Welcome

Greetings and welcome to MSAD#11 Adult education. My name is Josh Farr and I am the new director. I hope to continue the good work that has been done here and look forward to meeting you as you take classes with us. We are proud to offer a large array of classes and opportunities. We are sure something will fit your needs! Our dedicated, talented, and caring staff look forward to helping you. Please call 582-3774 if you have questions or need help with registration.

Warm regards,

Josh Farr
Director

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**CABBAGE ISLAND CLAMBAKE**

Spend a perfect summer day on the coast enjoying quintessential Maine! We're headed down the Boothbay Peninsula to the world class Coastal Maine Botanical Gardens. The Gardens has become one of Maine's top attractions and one of the most distinguished botanical destinations in the country. Its exquisite gardens, dramatic and compelling natural landscape—including a near mile of tidal saltwater frontage—make it ever-changing, captivating and thoroughly unique (mainegardens.org). We'll enjoy a docent led highlights tour with time to explore on your own. Early afternoon will find us aboard the Bennie Alice bound for Cabbage Island. Getting there is half the fun as this one hour narrated journey takes us past several lighthouses and miles of iconic coastline. On the island, guests are treated to a traditional Downeast clambake including fish chowder, two lobsters, clams, golden corn on the cob, potato, onion, a hard steamed egg and Maine's finest blueberry cake. Clambakes are cooked traditionally—steamed over open fires between thick layers of seaweed. After your meal, explore the natural beauty of Cabbage Island. Whether lounging under the shade of the great oak tree or exploring the wooded trails to Hawk Point, the island's beauty has attracted artists and those seeking a peaceful reprieve for years (cabbageislandclambake.com). We'll round out the day with free time in Boothbay Harbor before heading home. Registration fee includes motor coach transportation, garden admission and tour, and clambake. Deadline to register is June 15th. No refunds will be issued after that date.

Saturday August 1
Depart 8:00 a.m., Waterville Sr. High School; 7:45 p.m. Return
Depart 8:45 a.m., Gardiner (Park and Ride, I-95 Exit 102); 7:00 p.m. Return
Registration fee: $149.00 per person
CAKE DECORATING
with Vicki Dill

This class will help you learn the basic fundamentals of cake decorating. It’s not just a buttercream world anymore! Whether you are new to cake decorating or have been decorating for years, this class will help you enhance your skills. Multiple techniques will be introduced and practiced. Students are required to bring their own cakes to decorate for this class. All other materials for decorating will be provided. A materials fee of $10 is due to the instructor at first class.

Tuesday 04/28/20 • 6-8pm
Classes: 1 • Registration Fee: $15
Location: GAHS

COOKING WITH ESSENTIAL OILS
with Mary Alderman

Come join us in a hands-on class and take home some simple and delicious treats made with essential oils. You will learn how to determine what oils are safe to take internally and how to use them. You will have the opportunity to sample and take home a variety of treats including a dip, main dish, and a sweet treat, as well as, the recipes so that you can make them at home. There will be a lab fee for this class of $20 to cover food and oil costs due at class. We will also learn some of the basics about essential oils, we can answer any questions you have, and introduce you to some of the most popular oils and how to use them.

Wednesday 05/13/20 • 6:30-8:30pm
Classes: 1 • Registration Fee: $20
Location: GAHS

COOKING WITH FRESH HERBS
with Vicki Dill

Love fresh herbs but never know how much or how little to use? Scared to use the wrong type of herb in your cooking? Fear no more! This class will introduce fresh herbs to your meals with classics like chicken salad with tarragon, and roasted vegetables with rosemary, as well as a delicious light beverage made with mint! Samples will be available and each student will go home with copies of the recipes to share and make again! A materials fee of $5 is due to the instructor at first class.

Tuesday 03/31/20 • 6-8pm
Classes: 1 • Registration Fee: $15
Location: GAHS

COOKING YOUR WAY WITH EFNEP
(EXPANDED FOOD & NUTRITION EDUCATION PROGRAM)
with Debbie Barnett

Cooking Your Way is a fun interactive series with 3 independent online sessions and 3 hands on workshops. Online sessions cover MyPlate, Smart Snacking, and Food Safety. Hands on workshop topics will be creating and sampling healthier recipes, saving money at the grocery store (including a $10 gift card) and increasing daily physical activity. All EFNEP programs are for income eligible adults with children under 18.

Mondays 5:30-7:30pm
03/30/20 - 04/13/20
Classes: 3 +3 Online
Registration Fee: Free
Location: GAHS

IN THE DOUGH, IN THE KNOW
with Deb Arter

Who can resist the smell of fresh bread baking? Learn how to mix, knead, proof and shape basic yeast dough. Learn how to create cloverleaf rolls, butter crescents, cinnamon swirls, tea rings, and caramel pecan rolls, whole-wheat rolls and an economical savory braid! You will learn what gluten is really about! Various yeast bread recipes will be shared and discussed. Leave with a basket of yummy, warm samples! All baking levels are welcome for this hands-on class. Bring an apron, rolling pin, cutting board and plastic tubs and/or a plastic bag.

Thursday 02/27/20 • 5:30-8:30pm
Classes: 1 • Registration Fee: $39
Location: GAHS

FETA & PANEEER CHEESE
with Diana Mosher

In this one session you will learn how to make feta and paneer cheese. Both are wonderfully versatile. Feta is usually made with goat milk. However, if you do not have a resident goat, Diana will also show you how to make a delicious feta using cow milk. Paneer is an acid curd cheese which is a staple in India. It has a delicious, creamy flavor which reminds one of mozzarella and baked ricotta. There are so many ways to use it! It can be crumbled, fried, sliced and cubed. It can also be stuffed into bread, mixed with fresh herbs, put into salads, soups, main dishes and much more. Best of all, it is easy to make using common kitchen tools. You will take home a small sample of both feta and paneer. Bring in 2 one pint containers. An added materials fee of $8.00 is due to the instructor at first class.

Wednesday 05/20/20 • 6-8:45pm
Classes: 1 • Registration Fee: $22
Location: GAHS

LEARN TO MAKE MOZZARELLA & RICOTTA CHEESE
with Diana Mosher

If you love cheese, sign up for this one-night hands-on class! Learn to make ricotta and mozzarella cheese without any special tools or pans. Enjoy a tasting session during class and then take home some of your cheeses to enjoy. Students will need to bring 2, one-pint containers to take cheese home. A materials fee of $8.00 is due to the instructor at class. There are two sessions of this class offered.

Wednesday 03/04/20 • 6-8pm
Classes: 1 • Registration Fee: $18
Location GAHS

Wednesday 04/29/20 • 6-8pm
Classes: 1 • Registration Fee: $18
Location GAHS
软中心椰子甜点和一个带有巧克力外皮的甜点，灵感来自Needhams——一种传统的缅因州土豆糖果。如果你是缅因州人，你可能知道Needhams，这是一种传统的缅因州土豆糖果。与Diana Mosher一起制作Needhams：缅因州土豆糖果

**位置：GAHS**
**课程：1** • 注册费：$15
**日期：05/19/20 • 6-8pm**

课程费用为$15，需在第一节课时支付。A $5.00补给品费是由于上课。A材料费用为$5由教师在第一节课时支付。

超级碗赢取零食

与Vicki Dill一起

准备好主持终极超级碗派对吗？这个课程将帮助您在派对上招待客人。了解如何准备非传统的、有趣的游戏！

**位置：GAHS**
**日期：03/18/20 • 6-8pm**

课程费用为$19，需在第一节课时支付。Supply fee of $10由于教师在第一节课时支付。
BEGINNER CROCHET  
with Samantha Dimmick  

In this class you will learn about the tools and materials needed for crocheting, basic stitches, how to troubleshoot mistakes, and how to read a yarn label. Students can choose to make a scarf, dish cloth, or head band. No prior experience needed. This class is the foundation for all crochet projects.

Mondays 6-8pm  
01/27/20 - 02/24/20  
Classes: 4 • Registration Fee: $34  
Location: GAHS

CROCHET GRANNY SQUARES  
with Samantha Dimmick  

You won't believe how many things you can do with a granny square! These versatile crochet patterns are the foundation for lots of fun and creative projects. Students will learn how to follow a pattern to create a granny square and how to join squares to create a larger project such as a blanket, tote bag or pillow. Basic knowledge of crochet stitches is required. Bring two skeins of two coordinating colors and hook sizes recommended on label.

Mondays 6-8pm  
03/02/20 - 03/23/20  
Classes: 4 • Registration Fee: $34  
Location: GAHS

CROCHET CORNER 2 CORNER AFghan  
with Samantha Dimmick  

The C2C afghan is a popular stitch that is worked diagonally, giving it a nice modern look. C2C class requires knowledge of basic crochet stitches. All you need is a crochet hook and yarn for this class!

Mondays 6-8pm  
05/04/20 - 05/25/20  
Classes: 5 • Registration Fee: $41  
Location: GAHS

CROCHET A REUSABLE GROCERY TOTE  
with Samantha Dimmick  

Did you know Maine is banning plastic grocery bags in April? Come learn how to crochet a reusable grocery bag. This class requires knowledge of basic crochet stitches; bring your crochet hook, stitch markers and 3 balls of 100% cotton yarn (not cotton thread).

Mondays 6-8pm  
04/06/20 - 04/27/20  
Classes: 3 • Registration Fee: $27  
Location: GAHS

BIRDBOUSE PLAQUE  
with Marge Otis  

Create a plaque shaped as the front of a tall birdhouse that can be hung on the wall! A great way to welcome spring! Students must bring acrylic brushes to class. A materials fee of $8 is due to the instructor at the class.

Friday 03/27/20 • 9:30am-1:30pm  
Classes: 1 • Registration Fee: $17  
Location: GAHS

CANDLE MAKING WITH ESSENTIAL OILS  
with Mary Alderman  

Come join us in this two-night hands-on class and take home a handmade candle made with essential oils. You will learn how to make a beautiful candle made out of multiple mediums, such as paraffin, bees wax or soy. There is a lab fee for this class of $20 to cover supplies. You will bring home two lovely scented candles made with your own hands. We will learn basics about essential oils, answer your questions, and introduce you to some popular oils and how to use them. Please join us to learn how essential oils may improve your family's health and wellness!

Wednesdays 6:30-8:30pm  
04/15/20 - 04/29/20  
Classes: 2 • Registration Fee: $35  
Location: GAHS

CROCHET A BASKET  
with Meleena Erikson  

Are you looking for something unique to crochet? Bring along your basic crochet skills and leave with a completed basket. This is a quick, fun project and you'll be surprised to find your basket shaping up quickly! Please bring a crochet hook to class (size K or L). All other materials will be provided.

Tuesday 04/07/20 • 6-9pm  
Classes: 1 • Registration Fee: $30  
Location: GAHS

EAGLE SCENE CHOICE  
with Marge Otis  

We will paint this eagle scene as a silhouette with a predominantly red background. Students choose a tray or paper plate holder to paint it on. Painters must bring acrylic brushes to class. A materials fee of $8.00 is due to the instructor at class.

Friday 04/10/20 • 9:30am-1:30pm  
Classes: 1 • Registration Fee: $17  
Location: GAHS
ESSENTIAL OILS ROLLERBALL
MAKE & TAKE
with Mary Alderman

Come learn some basics about essential oils, how essential oils can improve your family’s health and wellness! Make a rollerball combining essential oils with a carrier oil for a specific purpose, such as stress, headache or muscle pain. Charge for the cost of supplies is $10 for 10ML, or make five(5) 10ML for the $40. We will also learn some basics about essential oils. We can answer any questions you have and introduce you to some of the most popular oils and how to use them.

Wednesday 03/18/20 • 6:30-8:30pm
Classes: 1 • Registration Fee: $20
Location: GAHS

EURO-LEATHER BRACELET
with Art Night Out

Make an ultra-hip Euro Leather bracelet with a huge selection in colors, textures, finishes and clasps. Learn how to incorporate different color meanings and symbolism into your bracelet for a personalized piece of stunning jewelry. Workshop fee includes all materials needed to make one basic bracelet with one charm.

Monday 04/13/20 • 6-8pm
Classes: 1 • Registration Fee: $39
Location: GAHS

FOLK ART RUG HOOKING
with Janet Conner

Like all old fashioned crafts, rug hooking is low-tech, simple and lots of fun! You can easily incorporate rovings, hand spun and commercial yarns, felting techniques and embellishments, once you have mastered the basics. Learn the sequence and procedure of rug hooking, from start to finish. Every step will be demonstrated. We will discuss the history and tradition of primitive rug hooking, learn about finding and preparing materials, and research sources for design inspiration. You will choose from a variety of simple folk art designed rug hooking KITS, for a small mat or chair pad, purchased directly from the instructor. Your rug hooking kit will include everything needed: hook, instructions, design suggestions, binding, burlap, hoop and a selection of one-of-a-kind heirloom and hand dyed wools. (541-$60 due at class, depending upon size) If you have a favorite pair of sharp fabric scissors, please bring these to class.

Saturday 03/07/20 • 10am-2pm
Classes: 1 • Registration Fee: $45
Location: GAHS

GLAZED EARINGS
with Shirley Anderson

You won’t believe that these beautiful glazed earings are made by layering paper! You will embellish them with paint and then add glaze for durability and shine. Choose from a variety of patterns and shapes.

Tuesday 04/28/20 • 5:30-8:30pm
Classes: 1 • Registration Fee: $35
Location: GAHS

LEARN FELTING
with Meleena Erikson

Are you interested in learning how to felt? Using a special needle and wool (provided), you will learn how to turn wool into adorable items. Students will be able to choose between several items to felt; including, a bunny, a chick, or a penguin.

Tuesday 02/25/20 • 6-9pm
Classes: 1 • Registration Fee: $30
Location: GAHS

IMAGE TRANSFERS
with Art Night Out

Turn your photography into fine art. Using this innovative technique, digital prints are transformed into art pieces to be hung in your home. We will provide photos for you to work with. (You are welcome to work with one of your own photos but it must be a laser ink (not ink jet) copy, the image being no larger than 5x7 inches and no smaller than 4x6 inches.) You will also get better results with a photo that is high in contrast. Each student makes several transfers on a variety of surfaces such as wood, metal and paper.

Monday 03/09/20 • 6-8pm
Classes: 1 • Registration Fee: $39
Location: GAHS

LOTIONS, CHAPSTICKS & MORE!
with Laurel Lopez

Nothing compares to the feel and healing power of handmade lotions, chapsticks and deodorants - especially when made from natural products. You will use all natural beeswax-based ingredients that are good for your skin and really work! Using a basic recipe, learn to mix and match different scents to create your own signature products. You’ll have several products to take home. Instructor will supply all materials for a fee of $20.00 which is payable to instructor at class time.

Monday 02/10/20 • 6-8pm
Classes: 1 • Registration Fee: $19
Location: GAHS

GRANDMOTHER’S WINDOW
PAINT NIGHT
with Shirley Anderson

This canvas will remind you of Grandmother’s window! In this class, you will learn how to paint a sheer curtain, rustic weathered siding, along with beautiful rose bushes. Come join us - it’s easier than you think.

Tuesday 04/14/20 • 5:30-8:30pm
Classes: 1 • Registration Fee: $35
Location: GAHS
MAINE BLUEBERRY TOLE PAINTING
with Shirley Anderson
If you are looking to try your hand at tole painting then this class is for you! In this class choose your wood or object and learn the art of painting beautiful Maine blueberries on wood.
Tuesday 03/31/20 • 5:30-8:30pm
Classes: 1 • Registration Fee: $35
Location: GAHS

MAINE CHICKADEE PAINT NIGHT
Shirley Anderson
This canvas depicts the Maine state bird, the chickadee. Come have fun while learning the technique of painting feathers and moss covered branches. Bring a friend and enjoy a night out!
Tuesday 03/10/20 • 5:30-8:30pm
Classes: 1 • Registration Fee: $35
Location: GAHS

MAKING MILK SOAP
with Laurel Lopez
Milk soap is the best moisturizer! Learn how to make this wonderful, luxurious soap and take a batch home too! You will have a choice of cow's milk or goat's milk (please indicate which you prefer at the time of registration). A supply list is available upon registration. A materials fee of $20 is due to the instructor at class.
Monday 02/24/20 • 6-8pm
Classes: 1 • Registration Fee: $19
Location: GAHS
$39
Location: GAHS

STAINED GLASS HANGING ART
with Art Night Out
Learn the fundamentals of stained glass work while constructing a light-catching hanging artwork. Students will learn to copper foil and solder stained glass shards while incorporating wire to create links. Workshop fee includes all materials to make one artwork.
Thursday 03/26/20 • 6-8pm
Classes: 1 • Registration Fee: $39
Location: GAHS

WINES OF ITALY
with Art Night Out
Check out our wine selection and pair with a pasta dish that we will prepare. Learn about each wine and how it pairs with food. We will also learn a few wine tasting tips.
Saturday, May 2nd
Classes: 1 • Registration Fee: $39
Location: GAHS

MOSS MOSAIC WINE STOPPER
Art Night Out
Impress your friends and family with handcrafted items that you've made yourself. This is a great activity in which to spend a relaxing time with friends. Learn basic mosaic techniques to wine stoppers using tiles from our extensive collection. Workshop fee includes all materials needed to make two stoppers.
Tuesday 05/05/20 • 6-8pm
Classes: 1 • Registration Fee: $39
Location: GAHS

NAUTICAL BUOY
with Marge Otis
This silhouette technique can be done with a variety of subjects and background tones! On this shaped buoy we will do a coastal lighthouse scene. The buoy has a flat back so you can hang it on the wall! Students need to bring acrylic brushes to class. A material fee of $12 due to instructor at class.
Friday 02/28/20 • 10am-1pm
Classes: 1 • Registration Fee: $18
Location: GAHS

SEWING MACHINE APPLIQUE
with Barbara Acord
The class will be held at Mystic Maine Quilts in Chelsea. You can pick out a simple Patchability pattern for $9 or choose a pattern of your choice. Fabric requirements come with the pattern. If you need assistance, the instructor, Barbara Acord is at the shop on Mondays, Tuesdays, and Wednesdays.
Mondays 5:30-7:30pm
03/02/20 - 03/16/20
Classes: 3 • Registration Fee: $29
Location: Mystic Maine Quilts in Chelsea ME

STAINED GLASS HANGING ART
with Art Night Out
Learn the fundamentals of stained glass work while constructing a light-catching hanging artwork. Students will learn to copper foil and solder stained glass shards while incorporating wire to create links. Workshop fee includes all materials to make one artwork.
Thursday 03/26/20 • 6-8pm
Classes: 1 • Registration Fee: $39
Location: GAHS

WINE BOTTLE TULIPS
with Marge Otis
Spring + Mother's Day are in the air! This bottle with yellow daisies will fit right in! To make it festive we'll add lights! The painting will be done with multi-surface paints, suitable for glass. Students must bring acrylic brushes to class. A material fee of $12 due to the instructor at the class.
Friday 05/01/20 • 10am-1pm
Classes: 1 • Registration Fee: $17
Location: GAHS

CHECK OUT TRIPS BY OUR PARTNERS TO THE BOSTON AREA!

CHICAGO, BROADWAY IN BOSTON
Saturday, May 2nd
Registration Fee: $179
Offered by MMRACE
https://midmaine.mainemaineadulted.org

BOSTON MUSEUM OF SCIENCE DAY TRIP
Saturday, May 9th
$65 Adult /$60 Child /$61 Senior
Offered by MMRACE
https://midmaine.mainemaineadulted.org

BOSTON FLOWER & GARDEN SHOW
Saturday, March 14th
Registration Fee: $92
Offered by Lawrence Adult Education
https://fairfield.maineadulted.org
ORAGAMI GIFT BOX
with Carol Mitchell-Cusick

Origami is the art of paper folding. In this class, you will learn how to make a beautiful origami box with a lid using simple folds. You’ll want to make more than one after this class because these are so much fun and perfect for smaller gifts and treats! You will receive a printed tutorial to take home with you. $7.00 supply fee to be paid to instructor.

Thursday 04/30/20 • 6-7:30pm
Classes: 1 • Registration Fee: $20
Location: GAHS

JUST ONCE PIANO FOR BUSY PEOPLE
with Don Pride

You don’t need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. You can learn all chords you’ll need to play any song in one evening: any song, any style, any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll in this workshop. Students do not need to bring a keyboard to this class. A materials fee of $29.00 for workbook and practice CD (for each registrant) is due to the instructor at class. Cash/check only.

Monday 04/06/20 • 6-8:30pm
Classes: 1 • Registration Fee: $24
Location: GAHS

GUITAR FOR BEGINNERS
with Pat Colwell

This class is designed for those who are either rusty or who have never played. Don’t worry if you can’t read music. Participants will learn to play basic chords that will allow you to join in on simple songs. You will become familiar with the parts of your guitar, “open” chords, finger placement, different genres of music and much more. Soon you will be strumming along to your favorite music! Bring your acoustic guitar, tuner, and a flat pick. A three ring binder or pocket folder is highly encouraged.

Wednesdays 6-6:45pm
01/22/20 - 03/18/20
Classes: 8 • Registration Fee: $69

WOOD BURNING
with Scott Shaw

Wood burning has been around since the 1600s, most often used to add details to scroll work on furniture and leather. Learn the historical technique using modern means. In this class, we will go over tools including different tips, discuss safety styles, and practice finishing techniques. Students will first try their skills on scrap wood, then have time to work on a larger live-edge board and walk away with a finished piece. A materials fee of $10 is due to the instructor at the first class.

Tuesdays 6-8:30pm
02/04/20 - 02/11/20
Classes: 2 • Registration Fee: $35
Location: Spin Off Studios, 252 Water Street, Gardiner ME

BIRD FEEDING BASICS: SPRING EDITION
with Derek Lovitch

Join Derek Lovitch of Freeport Wild Bird Supply for this fun and informative program covering all of the topics that you need to create a perfect avian haven in your backyard! Food, water, and shelter are the basic components of survival, and we’ll learn how to supplement the natural environment to draw more birds to your yard and keep them happy and healthy. By selecting the best bird seed and offering it in different feeder styles and incorporating native plants that offer food and shelter, we’ll learn how to have more birds, and get more enjoyment from our backyards. We’ll cover the basics of the successful bird feeding station, including what to feed and what not to feed, types of feeders, problem-solving, and yes, of course, squirrel-proofing (and yes, it CAN be done!). The spring course will spend more time discussing bird houses, offering water, and attracting birds with native plants in order to have a well-rounded bird sanctuary.

Tuesday 04/09/20 • 6-8 p.m.
Classes: 1 • Registration fee: $15
Location: GAHS
COMPANION PLANTING
with Jean Vose

Many people who garden stay with what we consider to be a typical garden - vegetables in separate rows, flowers in flower beds and maybe some herbs in an herb garden. But there is a better way, and it's not new. In fact, it's been around for thousands of years! Interested in increasing your garden production, while creating more beauty and diversity and at the same time bringing in pollinators? This concept is now known as companion planting - plants you should grow side-by-side. Companion planting is a method of getting the most out of your garden in the most natural way. It's a good way to not only make your garden work but also to make it look good. It may seem a little chaotic, but fun - you'll want to try it in your backyard!

Wednesday 04/08/20 • 6-8pm
Classes: 1 • Registration Fee: $15
Location: GAHS

DESIGN YOUR LANDSCAPE
with Sharon Turner

Do you want to make the most of your yard and garden? Then this field-based class is for you! Spring is an excellent time to assess your garden shrubs, trees and perennials and prepare the ground for planting. After the first meeting, classes will meet at each participant's property where an individualized, site-specific plan will be developed. Organic practices will be emphasized as well as the incorporation of native plants, especially those important for birds, bees, butterflies, and other beneficials. The first night is for information and planning. Subsequent dates and times of meetings will be mutually arranged. A visit to the instructor's nursery is included. A materials fee of $10.00 is payable to the instructor.

Please notify adult education office of your physical address. Sharon Turner, at Crystal Lake Farm and Nursery in Washington, specializes in open-pollinated flower seedlings, native trees, shrubs, and perennials. She grows for Fedco Trees and teaches classes at MOFGA.

Thursday 04/16/20 • 6-7:30pm
Classes: 1 • Registration Fee: $18
Location: GAHS

COMMON BEES IN YOUR BACKYARD
with Jean Vose

This program will provide information on the native bees in Maine, their habitat requirements, understanding their role in the environment and how to enhance a habitat to support and attract them. Jean will suggest ways to manage yards for bees, so that they will survive, thrive and reproduce. Food plants, nest sites and appropriate nest materials critical for enhancing bee habitats will be discussed. Jean Vose is an experienced Master Gardener, certified horticulturist and backyard beekeeper.

Wednesday 04/01/20 • 6-8pm
Classes: 1 • Registration Fee: $15
Location: GAHS

GARDENING WITH NATIVE PLANTS
with Tracy Weber

Native plants play a critical role in providing food and habitat for birds, bees, butterflies and other insects. In this class, you will learn more about native plants ecological role, their growing requirements, and how to use them in your garden.

Tuesday 04/14/20 • 6-7:30pm
Classes: 1 • Registration Fee: $18
Location: GAHS

WORM COMPOSTING
FOR BEGINNERS
with Jock Robie

Come and learn how to construct, set up, and maintain a worm bin to compost kitchen vegetable waste in order to recycle it as plant food. Join Jock Robie as he discusses the harvesting of worm castings and vermi-compost for gardening and houseplants as well as “worm tea”! Each student will set up their own worm bin with worms to take home. All materials and worms are supplied at no extra charge. Jock Robie has over eight years of practical experience designing, building, and using worm bins to compost kitchen waste. He feeds his 40 worm bins close to 35 pounds per week of kitchen scraps.

Thursday 02/06/20 • 6-8pm
Classes: 1 • Registration Fee: $12
Location: GAHS

WORM COMPOSTING HARVEST
with Jack Robie

This will be a free session for any interested composting alumni. The instructor will inspect worm bins, demonstrate and assist with harvesting, and answer any questions. The instructor will bring harvest kits for alumni to use for harvesting their own worm bins.

Priority for Fall ‘19 Students
Tuesday 01/28/20 • 6-8pm
Classes 1 • Registration Fee: FREE

Priority for Spring ‘20 Students
Tuesday 06/02/20
Classes 1 • Registration Fee: FREE
IS FARMING FOR ME?
with Caragh Fitzgerald

Interested in starting a farm? Caragh Fitzgerald, Extension Educator, University of Maine Cooperative Extension, will teach you how to evaluate assets and attributes that can contribute to a successful farm, and help you generate ideas for moving forward with your plans. We also talk about resources for production information and business planning.

Thursday 04/09/20 • 5:30-8pm
Classes: 1 • Registration Fee: $15
Location: GAHS

PLAN GARDEN COOK EAT
with Sharon Turner

Planning and preparation are essential to the creation of productive, efficient and beautiful vegetable and perennial gardens. The instructor will address the topics of garden design, plant varieties, seed starting, mulching, composting and fertilizing. Organic and “low till” practices and the inclusion of plants attractive to birds, bees, butterflies and other beneficials will be emphasized. This class will include a visit to instructor’s nursery in Washington, ME.

Tuesday 6-7:30pm
03/12/20 - 04/02/20
Classes: 4 • Registration Fee: $39
Location: GAHS

COMPUTER BASICS
Nat’l Digital Equity Center

This class is through the National Digital Equity Center, a program dedicated to providing Maine students with computer skills and digital literacy. In this class students will adopt a safer mindset, gain an understanding of internet threats, and learn about internet safety and privacy. Students will also be googling themselves to know their online presence. Sign up and learn how to be safe on the internet.

Thursday 02/27/20 • 6-9pm
Classes: 1 • Registration Fee: FREE
Location: GAHS

SO YOU WANT TO BE A BEEKEEPER?
with David LeGloahec

Beekeeping has gained in popularity in past years. Providing habitat for bees, pollinating your garden and producing honey and other products make beekeeping a great hobby. Join Bob Foster and Dave LeGloahec of the Kennebec Beekeepers Association, and find out what all the buzz is about. Topics will include bee equipment, when and how to purchase bees, safety considerations, honey and beeswax products, benefits and challenges, and local resources. There will be lots of hands-on materials and bee related items to “play with”.

Tuesday 01/21/20 • 6-8pm
Classes: 1 • Registration Fee: $12
Location: GAHS

INTERNET SAFETY
Nat’l Digital Equity Center

This class is through the National Digital Equity Center, a program dedicated to providing Maine students with computer skills and digital literacy. In this class students will gain an understanding of hardware vs software.They will understand the anatomy of a computer as well as the operating systems: Windows and Apple OS. Students will learn about file systems and file extensions: .doc, .pdf, .mp3. This class will also teach students about internet access. Sign up to get a better understanding of your computer.

Thursday 02/13/20 • 6-9pm
Classes: 1 • Registration Fee: FREE
Location: GAHS

THE BEE SCHOOL
with David LeGloahec

This bee school is designed to give those who are interested in getting started keeping bees a basic understanding of bee biology, hive dynamics, beekeeping equipment and setting up an apiary, as well as hive management, and understanding and managing pests and diseases. All sessions are taught by experienced beekeepers. The Kennebec Beekeepers Association encourages all who are interested in keeping honeybees and the challenges of beekeeping to join us! A materials fee of $55 includes a text book and one year membership to the Kennebec Beekeepers Association, due to the instructor at first class.

Saturdays • 9am-Noon
02/29/20 - 3/21/20 & 4/18/20
Classes: 5 • Registration fee: FREE
Location: Viles Arboretum, Augusta

BASIC WEBSITE DESIGN
with Meleena Erickson

Do you need a website for your small business or organization? Not sure how to start? Wordpress is a free, open-source platform that allows you to start small and grow the site as needed, without needing to know any code. In this course, Meleena will walk you through purchasing a domain name, setting up hosting and starting a basic WordPress site. We will cover the basics of set-up, choosing a theme, customizing your templates and how to use plugins. Students are encouraged to bring their laptops and work in real time to get their site launched.

Thursday 03/12/20 • 6-8:30pm
Classes: 1 • Registration Fee: $39
Location: GAHS
March Mystery Tour

Destination unknown tours are the new travel trend. Ready to join in and see what the buzz is all about? Willing to take a chance on a surprise itinerary? It’s March – so let’s throw caution to the wind and strike out for a day’s worth of interesting activities, good eats and friendly fun. What does a barn, a sawmill, a re-purposed church and hot cocoa have in common? Come along (with a warm coat, an appetite and a sense of adventure) and find out! Registration includes motorcoach transportation, meals and activities.

Deadline to register is February 15th. No refunds will be issued after this date.

Thursday March 19, 2020
Depart 6:15am, Waterville Sr. High School; 8:45pm Return
Depart 7:00am, Gardiner (Park and Ride, I-95 Exit 102); 8:00pm Return
Depart 7:30am, Topsham Park & Ride; 7:30 pm Return

Registration fee: $189.00 per person

Springletime in Quebec City

Treat yourself to a special trip this spring with three fun-filled days in Quebec City. North America’s only walled city, with its old-world architecture and cobblestone streets, will remind you of a typical European village. This World Heritage site offers a host of activities and attractions! Trip highlights include:

• Guided tour of Morrin Centre - a National Historic Site built over 200 years ago as a prison, it is now one of the world’s most beautiful libraries. Visitors discover a hidden part of the city’s history by exploring the building’s past.
• Dinner at Aux Anciens Canadien - internationally known for its fine cuisine and warm hospitality. We’ll enjoy typical Quebec cuisine topped off with maple syrup pie.
• Guided city tour with Marie-Pierre of Nomad Tours, a local guide who will bring Quebec’s culture and history alive. This three-hour riding/walking tour includes visits to the top sites including Notre Dame Basilica.
• Visit to the Museum of Civilization, housing an expansive array of exhibits related to Quebec history and culture.
• Afternoon tea at the Chateau Frontenac, the city’s most famous landmark. Tea, sandwiches, scones, and pastries will enhance your visit to this castle-like destination.
• Visit the Albert Gilles Copper Art Studio and Museum and witness a passionate artisan bring copper to life. You will see the life of Christ told in copper panels and have the opportunity to create your own copper keepsake.
• Visit Boulangerie Chez Marie, where the bread is baked daily in ancestral ovens and served with delicious maple products.
• Visit Basilica Sainte Anne De Beaupre, inspiring thousands of pilgrims each year with stories of healing.
• Ride a cable car to the top of Montmorency Falls and enjoy a guided tour of the area.
• Enjoy a unique French Canadian sugar shack dinner complete with musical entertainment at La Cabana Pierre, a traditional sugar farm in the heart of Quebec’s “maple bush”.

Our accommodations for the weekend are in the heart of downtown Quebec City, just a short distance from the city’s historic district and fortifications. Rated 4-stars, Hotel Palace Royal welcomes guests in an environment where coziness meets high standards. The hotel provides many on-site amenities including an indoor garden with swimming pool and palm trees, elegant guest rooms with city views and a renowned steak house. Registration fee includes motorcoach transportation, hotel accommodations (two nights), two breakfast buffets, two dinners, afternoon tea, city tour, all museum/activity tickets. Deadline to register is March 12th. No refunds will be issued after this date. U.S. Customs requires that all citizens have a passport when crossing the border. You must bring a passport for this trip.

Friday/Saturday/Sunday May 1, 2, & 3, 2020
Depart 9:00am from Hannafords Gardiner; 10:15pm Return
Depart 9:45am from Waterville Sr. High; 9:30pm Return

$649.00 per person based on double occupancy
We're off to the North Shore Music Theater in Beverly Massachusetts! This award winning theater in the round is kicking off the 2020 season and we have some of the best seats in the house for a matinee performance. "Filled with flappers, tappers, and a roaring good time, THOROUGHLY MODERN MILLIE is set in 1922 New York, when the modern girls are sporting bobbed hair, heightened hemlines and entering the work force. Small-town newcomer Millie jumps headlong into a makeover and a dizzy plan to marry rich - until she falls for a penniless charmer. Her adventures are crowded with a flurry of jazz-age ladies, a runaway heiress, a nefarious landlady, and more. This Tony Award-winning Best Musical is a mix of madcap mistaken identity, high-spirited show tunes, and tap-happy dance numbers that will have more kick than bootleg gin. (nsmt.org). We'll plan a stop for lunch (on your own) in Portsmouth's busy Market Square where there are a variety of choices. Registration fee includes transportation and show ticket. Deadline to register is May 1st. No refunds will be issued after this date.

Saturday, June 6, 2020
Depart 8:00am, Waterville Sr. High School; 8:15pm Return
Depart 8:45am, Gardiner (Park and Ride, I-95 Exit 102); 7:30pm Return
Depart 9:15am Topsham Park & Ride; 7:00pm Return
Registration fee: $159.00 per person

Many of you enjoy our annual winery tour. This spring, let us take you a little farther afield as we sample some of the finest wines along the southern New Hampshire Wine Trail. Experience the hospitality of some of the granite state’s best known wine venues during this day of touring, tasting, and shopping. We can't leave Maine without stopping at the Cellar Door's Thompson Point location. The urban sister to Lincolnville's popular winery is designed to spoil guests with elegance and city flair. We'll sample a variety of wines that are both distinctly Maine-made and uniquely American. A charcuterie and cheese board, souvenir glasses and time for the gift shop round out our visit. In New Hampshire, we'll first visit the Labelle Winery in Amherst where winemaker Amy LaBelle began making small batches of wine in 2005. Production has dramatically increased, now offering over 30 styles of award winning, world class wines all produced in their state of the art facility surrounded by lush vineyards. We'll sample some of the favorites followed by plenty of time to visit the gift shop featuring all 34 varieties for sale along with the Winemakers's Kitchen culinary line. In Brookline, we’ll visit Averill Farm Winery where the Waite family prides itself in keeping an unassuming, friendly, and relaxing atmosphere at the winery that lends itself to personal exploration and an intimate tasting. The goal is to create the best wines and provide a rich and friendly atmosphere for family, friends, and wine-lovers alike. We'll try four varieties, enjoy snacks, and go home with a souvenir glass and wine shop purchases! Our tour lunch will be served at the Holy Grail Restaurant in Epping where the old St. Joseph’s Church has been reborn into one of the Seacoast's premier restaurants. The owner's Irish roots are reflected in the food and ambience of this very unique pub. Registration fee includes motorcoach transportation, three winery tours, tastings and souvenir glasses, and Holy Grail lunch. No one under 21 may participate -must have valid ID. For liability reasons, alcohol consumption on the bus is not permitted. Registration deadline is April 15th. No refunds will be issued after this date.

Saturday, May 16, 2020
Depart 8:15am, Waterville Sr. High School; 9:45pm Return
Depart 9:00am, Gardiner (Park and Ride, I-95 Exit 102); 9:00pm Return
Depart 9:30am, Topsham Park & Ride; 8:30pm Return
Registration fee: $199.00 per person
UNDERSTANDING EXCEL
Nat’l Digital Equity Center

This class is through the National Digital Equity Center, a program dedicated to providing Maine students with computer skills and digital literacy. In this class students will learn about the Microsoft program Excel. They will gain a better understanding of spreadsheets which can be used to track numbers, form lists, and data entry.

Thursdays 6-9pm
03/12/20 - 03/26/20
Classes: 3 • Registration Fee: FREE
Location: GAHS

UNDERSTANDING WORD
Nat’l Digital Equity Center

This class is through the National Digital Equity Center, a program dedicated to providing Maine students with computer skills and digital literacy. Students will learn about the Microsoft program Word. The word processor can be used for documents, letters, and resumes. Students will be able to explore the different templates Word has to offer.

Thursdays 6-9pm
04/02/20 - 04/16/20
Classes: 3 • Registration Fee: FREE
Location: GAHS

QUICKBOOKS QUICKSTART
with Michael Fortin

Quickbooks is a top-selling small business financial software program. This quick start course will cover program navigation, invoicing customers, paying bills, receiving payments, charting accounts, reviewing key financial statements and monitoring customer payment status. Quickbooks Accountant Edition 2018 will be used.

Saturday 02/01/20 • 8am-2:30pm
Classes: 1 • Registration Fee: $129
Location: GAHS

QUICKBOOKS TUTOR
with Michael Fortin

Do you need a hand getting started with Quickbooks or are you a current user experiencing challenges with the software? Let our Quickbooks guru help! Topics will be based on your own training needs so that you can get over the hurdle and gain confidence using the program. Sessions are one-on-one and can be scheduled in the evening at your convenience. Cost is based on one, two-hour session plus a follow-up phone call. Students are required to have a phone or e-mail communication with the tutor prior to the session in order to determine needs and clarify expectations. Please call adult ed at 582-3774 to schedule.

Registration Fee: $150
Location: GAHS

WHICH CAMERA SHOULD I BUY?
with Gary Swinton

You only have to go into a retail store or online to get an idea of the sheer number of digital cameras on the market. There are so many brands, types and technologies, each one claiming to be the best, that it’s hard to make sense of it all. Join this round-table discussion to learn what you need to know before purchasing a digital camera. The discussion will range from point and shoot cameras to high-end digital single lens reflex cameras, with the instructor bringing a wide variety of examples to view. Interchangeable lens options (with examples provided by instructor) and purchase resources, both online and locally, will be discussed.

Wednesday 03/11/20 • 6-8pm
Classes: 1 • Registration Fee: $19
Location: GAHS

FUNCTIONS, SETTINGS, & MENUS - IT’S COMPLICATED
with Gary Swinton

Today’s digital cameras have a variety of features. Are you getting the most out of your investment? Are you happy with the results? Let a professional help you figure it all out! You’ll be surprised by how much sharper and more interesting your photos are when you learn how to use your digital tools. We will discuss image size and quality, shooting options, and menu choices that will make a difference in the sharpness of your photos. A Saturday morning shooting class is included (4/11), giving everyone a chance for hands-on practice. Leave this course with a solid understanding of your camera and the confidence to start making it work for you. Please bring your camera with you. A manually adjustable camera will work best for the purpose of the class.

Wednesdays 6-8pm
04/01/20 - 04/15/20
Classes: 3 (+1 Saturday 04/11/20)
Registration Fee: $79
Location: GAHS

USING ADOBE LIGHTROOM
with Gary Swinton

Learn how to maximize your digital photographs with Adobe Lightroom version 5. Lightroom is logical, intuitive and will take your photos from ordinary to fabulous. It is also a superb tool to organize and catalog digital data files. In this first course you learn how to import, organize, and back up image files for effective but easy access, gain an understanding of the Lightroom interface, get acquainted with navigation techniques, and learn to use the collections feature to best advantage. This class will be mostly demonstration.

Wednesday 6-8pm
02/05/20 & 02/12/20
Classes: 2 • Registration Fee: $39
Location: GAHS
**FUN, FIT & FABULOUS**  
with Diedre Hutchins

Feeling tired, off balance, or having a difficult time getting up and down? This 45-minute fitness class is the answer to help you feel both emotionally and physically younger and stronger! Reenergize yourself in this welcoming, spacious, and uplifting environment. This class will enhance your overall well-being by improving brain function and helping you to regain youthful energy. Stretch, stabilize, and strengthen your way to the best version of you. Let us jump start your day with positive and inspirational energy; guaranteed to put a smile on your face. Join us!

Mondays & Wednesdays 9-9:45am  
01/27/20 - 03/04/20  
Classes: 5 • Registration Fee: $80  
Location: Sky High Studios  
2 Leighton Rd. Augusta

**STRONG & FIT**  
with Diedre Hutchins

Do you want to take your fitness to the next level? This heart pumping, non-stop workout is guaranteed to strengthen your core, increase your endurance, and improve your mental state. Engage in resistance training using dumbbells, bands, foam rollers, fit balls, medicine balls, kettle bells and more in a spacious and welcoming environment. Plank, push-up, and squat your way to a new and improved you. Increase your energy, challenge yourself, de-stress from work, and rise to the occasion in this high-energy atmosphere. This will be the best 45 minutes of your day!

Tuesdays & Thursdays 5:15-6pm  
01/28/20 - 03/05/20  
Classes: 5 • Registration Fee: $80  
Location: Sky High Studios  
2 Leighton Rd. Augusta

**YOGA 1**  
with Nancy Kelley

Anyone can learn yoga! This is a yoga class for those new to yoga or those wanting a basic flow class. This class introduces foundational yoga postures, teaches you how to breathe, introduces stretching techniques, and helps you feel more comfortable in the yoga practice. This class will move at a slower pace to help the individual feel the benefits of the yoga poses. Expect to be challenged both mentally and physically! Dress in loose clothes and bring a yoga mat.

Wednesdays 5:30-6:45pm  
04/29/20 - 5/20/20  
Classes: 4 • Registration Fee: $49  
Location: GAHS

**TAI CHI FLOW**  
with Lisa St. Hilaire

Have you wanted to try tai chi but felt like learning a whole form was too much? Come play Tai Chi Flow! You’ll learn a few basic tai chi and qigong movements in a flowing manner without the sequencing that is typical of tai chi forms. This is a great introduction to tai chi, and also a reinforcement for basic tai chi principles for people with previous tai chi experience.

Tuesdays 6-7pm  
03/10/20 - 3/24/20  
Classes: 3 • Registration Fee: $30  
Location: GAHS

**TAI CHI FOR CHANGE**  
with Lisa St. Hilaire

Like all tai chi, this short form will improve your coordination, balance, breath, health, and energy. This form incorporates aspects of qigong and two traditional styles (Yang and Chen) into movements that benefit change and growth in our lives. It is ideal for anybody recovering from surgery or any life change, big or small, but will benefit anybody regardless of why they want to learn it. Tai chi, and especially this form, is easily adapted to a seated position and students of all levels of mobility are welcome in this class.

Tuesdays 6-7pm  
04/7/20 - 05/12/20  
Classes: 5 • Registration Fee: $50  
Location: GAHS

**YOGA FOR BACK CARE**  
with Nancy Kelley

Many of us experience chronic back discomfort due to aging, poor posture, inactivity or injury. Specialized yoga practices can help! Learn stretches that help lengthen the spine, gentle poses that help reduce muscle tension and nerve pain, safe poses that increase flexibility in the neck and shoulders, strengthening poses that improve posture and alignment, and relaxation exercises that relieve chronic pain. Each class will enable you to become more knowledgeable about ways to move your back in a healthy manner. Dress in loose clothes and bring a pillow and blanket along with a yoga mat.

Wednesdays 5:30-6:45pm  
04/29/20 - 5/20/20  
Classes: 4 • Registration Fee: $49  
Location: GAHS
EAST COAST SWING
with Louis Moniz Jr.

Remember that great party you went to last summer? Remember when you got up and tried to channel Saturday Night Fever and everyone just stared? Don’t let that happen again! If you learn how to Swing, you’ll be the life of the party, impress the boss and probably get a raise. Who doesn’t want that? Swing can be danced to a wide variety of music, making it one of the most “useable” dances. No experience necessary, just a desire to have fun! Both couples and singles are welcome.

Mondays 6-7pm
02/24/20 - 04/13/20
Classes: 8 • Registration Fee: $71
Location: L.E.R. Gymnasium

ZUMBA GOLD TONING
with Stephanie Dustin

Take the Zumba fun to the next level! This class offers the best of both worlds – the fun of Zumba with the benefits of safe and effective strength training. Easy to follow, health-boosting dance fitness program for baby boomers, active seniors, as well as those new to Zumba. Through dynamic lightweight resistance training and Zumba dance moves, this class helps participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

Wednesdays 6-6:45pm
03/04/20 - 04/08/20
Classes: 6 • Registration Fee: $39
Location: L.E.R. Gymnasium

LINE DANCING
with Louis Moniz Jr.

Line Dancing is back and hotter than ever! Join other dancers and conquer the steps or just come for the great exercise. You never need a partner, but you can bring all your friends and have a lot of fun. Mad Louie will teach both current and older dances being done at local establishments. Wear proper footwear (for safety). No clogs, flip flops, crocs or open back shoes.

Monday 7-8pm
02/24/20 - 04/13/20
Classes: 8 • Registration Fee: $71
Location: L.E.R. Gymnasium

WINTER WALKING
with MSAD#11 Adult Education

Keep active this winter! Stop by Gardner Area High School, Monday through Thursday to walk indoors. Please enter the building through the Adult Education entrance and sign in/out at our office. Beat the cold and reach your goals by walking one or more indoor loops.

Monday-Thursday 3-7pm
01/16/20 - 06/04/20
Registration Fee: FREE
Location: GAHS

10 WARNING SIGNS OF ALZHEIMER’S
with Jake Holmes

Alzheimer’s and dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer’s and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

Friday 04/10/20 • 2-3:30pm
Classes: 1 Registration Fee: FREE
Location: GAHS

AARP SAFE DRIVING
with Joyce Polyniak

Cars, traffic rules, and roads have changed. Brush up on your driving skills, and learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today’s increasingly challenging driving environment. The class is for students 50+ and is taught by AARP trained volunteer. A break is scheduled for a brown bag lunch. Participants who complete the course are eligible for a reduction in automobile insurance premiums. Free online registration, and then pay instructor at the class. $16.00 for AARP members with cards and $21.00 for non-members. Cash/Check ONLY. Make checks payable to AARP.

Friday 04/03/20 • 10am-3pm
Classes: 1 Registration Fee: None
Location: GAHS

ADULT, CHILD, INFANT CPR & FIRST AID
with Vicki Dill

This class includes CPR (cardiopulmonary resuscitation) for Adult, Child and Infant, as well as AED (automated external defibrillator) and First Aid. Students will gain the knowledge and skills necessary to recognize and care for individuals in emergency situations including cardiac arrest. Emphasis will be on providing basic care until advanced medical care personnel arrive and take charge. American Heart Association CPR certification will be awarded upon successful completion of class requirements. Class may run until 9:00 pm. Two sessions.

Mondays 6-8:30pm
03/16/20 & 03/23/20
Classes: 2 • Registration Fee: $49
Location: GAHS

Mondays 6-8:30pm
04/06/20 & 04/13/20
Classes: 2 • Registration Fee: $49
Location: GAHS

FINANCIAL LITERACY
with Jake Holmes

A good budget and savings commitment are the foundation of your financial success. In this program, learn how to budget and reduce expenses, set savings goals, prevent financial fraud, and get a grasp on credit. Presented by Maine Credit Unions.

Tuesday 5/19/20 • 5:30-8pm
Classes: 1 • Registration Fee: FREE
Location: GAHS
**Basic Dog Obedience**

with John Palange

Do you sometimes feel like your dog is the master? A well-trained pet will make life easier and more enjoyable for everyone. In this six-week basic obedience class we will work on teaching your dog to walk without pulling on a leash, heel, sit, down, stay, and come, in a friendly and relaxed way. Dogs should be six months old or older. Proof of rabies vaccination must be submitted to Adult Ed office prior to first class. You will need a six-foot leash and an appropriate training collar. John Palange has trained dogs professionally at K-9 Training Center for over 42 years, with other trainers often referring their most “challenging” dogs to him.

**Intermediate Dog Obedience**

with John Palange

Intermediate dog obedience classes focus on strengthening basic obedience skills and introducing more complex exercises. Refining of previously learned commands, such as increasing the duration of the “stay” or moving out of sight during a “down” exercise are also included. Trick training is another facet of intermediate obedience, and tricks, such as rolling over or choosing the right toy from a pile, are easier to teach once your dog has a handle on basic obedience skills. Proof of rabies vaccination must be submitted to Adult Ed office priority first class. You will need a six-foot leash and an appropriate training collar.

**Basic Estate Planning**

with Travis Hasenfus

Wills, trusts, Powers of Attorney – Oh my! Do you need a will? Do you need a trust? What is a Power of Attorney, anyway? Come one, come all to Estate Planning 101, and we’ll at least sort out the vocabulary of “getting your affairs in order.” We’ll even throw in free Advanced Health Care Directive forms!

**Boating Safety**

with Hobie Ellis

Get ready to set sail! The American Boating Course is offered by the Kennebec River Sail and Power Squadron (KRSPS). Topics include boating terms, federal and state boating regulations, aids to navigation, safety equipment, dealing with adverse weather conditions and emergencies. Participants should check with their insurance company to (perhaps) receive a discount based on course completion. Materials fee of $55.00 is payable to KRSPS at first class.

**Getting Started on Etsy**

with Meleena Erikson

Etsy is an e-commerce business where creative entrepreneurs can sell their products in both global and local markets. Do you have handmade items or vintage goods to sell? Etsy may be the right marketplace for you. Join us to learn more. We’ll discuss how to sign up, build your brand, set up your shipping profile, promote your items and take pictures that drive traffic. The global world of Etsy may be your next big entrepreneurial step!

**Hunter Safety: Skills & Exam Day**

with Mike Foster

This is an Online Course format which requires that students complete the knowledge portion of the course online and attend a skills and exam day which is about 7 hours. Students complete quizzes and an exam as part of the online course and are provided with a completion voucher to attend the skills and exam day. In the skills and exam session students must demonstrate to the instructor that they can safely handle a firearm, participate in activities, bring in a survival kit with appropriate contents and pass a 50 question test with a grade of at least 70%. Students must bring the online course completion voucher or an electronic version of it to the first class. Please visit www.hunter-ed.com/maine to complete the online portion of the course.

**Learn to Play Bridge**

with Lynn Izzi

Forget about candy crush and pokemon. Learn the partner based game of bridge and how much fun in-person social gaming can be! Learn the basic framework of this complex card game including how to value your hand, the strategies of card play, the many facets of bidding, game rules and bridge etiquette. After this class, you will know how to set up, bid, play and win a bridge hand! Bring a partner or meet someone new. This addictive game will provide hours of entertainment!

**General Enrichment**
PAYING FOR LONG-TERM CARE
with Daniel Eccher

Are you wondering how to pay for assisted living or a nursing home? Did you know that the average monthly cost for nursing home care is $9,000? Did you know the average stay in a nursing home is two and a half years? Are you worried that the State is going to “take your house”? If these or similar questions have you curious or worried, come to this session and get the inside story on how to plan for paying for long-term care.

Tuesday 05/12/20 • 6-8pm
Classes: 1 • Registration Fee: FREE
Location: GAHS

PLANNING A SUCCESSFUL EVENT
with Mary Alderman

Make your special event one to remember. All kinds of parties and events come into our lives. Between engagements, weddings, anniversaries, baby showers, bridal showers, retirements, holiday parties and much more. Let’s talk about ways to make your day special while reducing the stress and chaos that often surrounds these events. We will discuss Budgets, Venues, Invitations, Food, Flowers, Music, and Decorations. Come join Mary a local Wedding/Event planner from Enchanted Events, as she gives you ways to look at making your event truly magical!

Wednesday 03/11/20 • 6-9pm
Classes: 1 • Registration Fee: $45
Location: GAHS

PERSONAL SAFETY
with Kevin & Hollie Webb

Personal Safety is designed for any individual who wants the tools to be confident in their everyday life. This class will teach the skills necessary to stay safe in a variety of situations; from outward appearance and confidence level, to utilizing the body as a weapon. Everyday items that can be used as a form of self protection will be addressed as well. This personal safety course will give you the tools necessary to recognize possible dangerous encounters and teach you how to handle them. Focus will be placed on prevention strategies as well as mental and physical preparation. This 3 hour course will employ a variety of techniques that are easy and practical to use. Ages 14+ welcome to attend. No experience is necessary.

Saturday 02/29/20 • 10am-1pm
Classes: 1 • Registration Fee: $30
Location: Martial Arts Institute
23 Leighton Rd., Augusta

PHOTOGRAPHING WILDLIFE
with Gary Swinton

Learn to create amazing wildlife photos from a professional. Topics include choosing the right camera gear, isolating subjects, dealing with backgrounds, using natural light to your advantage, how to use zoom functions effectively, choosing exposure techniques that will provide the best images and finding uncommon perspectives. Our 05/20/20 class will be held at the Maine Wildlife Park in Gray! We’ll talk about animal behavior, habitats and how best to find animals in the wild. Residents include deer, black bear, eagles, owls and more. It will make an excellent location to practice your skills. There will be a fee to gain entrance to the park. This will be an individual or split fee depending on what the class decides. Please bring a bag lunch, or you may purchase a lunch there. Some walking will be required.

Wednesday 6-8pm
4/29/20 & 5/6/20
Classes: 2 +1 (Saturday 05/20/20)
Registration Fee: $69
Location: GAHS

SAVE FOR YOUR CHILD’S COLLEGE EDUCATION
with Eva Giles

Higher Education is likely in your family’s future! MSAD#11 Adult Education Program cares about the future education of Maine students, both children and adults, and is very excited to host staff from the Finance Authority of Maine to talk about planning and saving for higher education. Come learn about the aspirational and financial impacts of savings for students of all ages, how savings is currently considered in the financial aid process, and the program highlights of Maine’s Section 529 plan, a tool many families use to prepare for higher education expenses.

Thursday 04/16/20 • 6-7:30pm
Classes: 1 • Registration Fee: FREE
Location: GAHS

SO YOU WANT TO OPEN AN AIRBNB?
with Debra Arter

If you have entertained the idea of opening up your guest bedroom or summer camp for short term rental this is the class for you. Debra has operated River Escape for over two years in Damariscotta as an active and popular Airbnb. She has interviewed many other Airbnb or VRBO owners and put together a class full of good information, tips and stories of unusual events in the life of a short term landlord. Included will be issues dealing with ordinance, insurance, expectations, fee, hosting, communication, neighbors and more.

Tuesday 04/14/20 • 6-8:30pm
Classes: 1 • Registration Fee: $30
Location: GAHS
SAFETY IN THE MODERN WORLD
with Kevin & Hollie Webb

Participants will learn some basic ways to handle everyday situations that have the potential to turn violent. It is not unrealistic to be in a situation where you have to control a scenario involving a family member or friend that has escalated out of hand. This course looks to bridge that gap and address what happens in a situation when reasonable force is needed. A potentially dangerous situation where injuring one of the parties is not necessary, but some level of physical component is likely to be utilized. Conflict resolution skills will be taught in the form of de-escalation strategies, avoidance, restraining and controlling techniques. Adults 18 and over are welcome to attend. No prior martial arts experience necessary.

Wednesday 05/06/20 • 6:15-7:15pm
Classes: 1 • Registration Fee: $45
Location: Martial Arts Institute, 23 Leighton Rd. Augusta

SIMPLE WILLS & POWER OF ATTORNEY
with Susan Farnsworth

Review the basics of making a simple will. A will can protect your assets and help minimize chances of a contest over your estate. If you die without one, your estate may not be distributed as you would choose. Use a will to: provide for your family, specify to whom you would like to receive your property, state your funeral and burial instructions, create a trust for minor children, disinherit a person(s), name a guardian for minor children. Join local attorney Susan Farnsworth for class as she explains creating a will and discusses how to determine whether a simple will is sufficient or if a more complex document is in order to protect your assets.

Tuesday 03/10/20 • 6-8pm
Classes: 1 • Registration Fee: FREE
Location: GAHS

SO YOU WANT TO BE A RIDESHARE DRIVER?
with Spencer Quirion

This rideshare class covers the basics on how to drive with the industry leaders, Uber®, Lyft®. It will walk or “ride” you through the essential information that you need to know, such as: how to sign up, how the app works, and how to make the most of your time, making money, on the road. You will also get great tips and great stories from a driver – with over 5000 trips of experience!

Tuesday 03/19/20 • 6-8pm
Classes: 1 • Registration Fee: $19
Location: GAHS

UNDERSTANDING MEDICARE
with Robert Harvey

Ever felt like Medicare regulations are a black box? There’s an alphabet soup of plans, a book of fine print and a calendar full of dates to remember. The whole thing seems a mystery with too few clues to solve. Robert Harvey, a Licensed Insurance Agent with HealthMarkets, can answer many of the questions you may have about Medicare, from the beginning of the process on. He will discuss: when you are eligible, the timeline for enrollment without penalties, what original Medicare covers and what it doesn’t, what additional plans work in conjunction with original Medicare, and your financial assistance options.

Thursday 04/03/20 • 6:30-7:30pm
Classes: 1 • Registration Fee: FREE
Location: GAHS

UP CLOSE & PERSONAL WITH THE HIGHLAND BAGPIPE
with Vera Maheu

We’ve all heard Amazing Grace, Auld Lang Syne and many other songs played on the bagpipes. Here’s your chance to see how they work! Learn about the different parts of the bagpipes, how to tune them, and how they’re different from other instruments. We’ll talk about the pipe’s history and traditions, find out about available classes and how you can participate in a pipe and drum band. If you’re brave enough, you might just get a chance to play them. Are the pipes calling you?

Wednesday 03/03/20 • 6-7:30pm
Classes: 1 • Registration Fee: $15
Location: GAHS

DOG BODY LANGUAGE
with Jessica Greenleaf

Your dog is talking to you – are you listening? Learning your dog’s language will help you recognize when your dog is nervous, stressed, or becoming uncomfortable. Often, we do not understand these signals and therefore are unable to intervene when needed and prevent over arousal, fights, and/or bites. We’ll discuss dog body language as well as appropriate greetings and play. Come find out what your dog has been trying to tell you. This class is for humans only. Please leave your dog at home.

Thursday 03/26/20 • 6-8pm
Classes: 1 • Registration Fee: $15
Location: GAHS

WRITING FOR FUN OR MONEY
with Darcy Duda

Do you want to get your book, short stories or articles published? In this one-evening workshop learn all you need to know about publishing your writing. Learn how to approach publishers and editors, prepare manuscripts, do research and write a book proposal or query letter. Handouts include helpful websites, a Maine publications list, query letter sample and manuscript submission basics. Walk out of this class ready to send your work to publishers!

Thursday 05/12/20 • 6-8:30pm
Classes: 1 • Registration Fee: $49
Location: GAHS

UP CLOSE & PERSONAL WITH THE HIGHLAND BAGPIPE
with Vera Maheu

We’ve all heard Amazing Grace, Auld Lang Syne and many other songs played on the bagpipes. Here’s your chance to see how they work! Learn about the different parts of the bagpipes, how to tune them, and how they’re different from other instruments. We’ll talk about the pipe’s history and traditions, find out about available classes and how you can participate in a pipe and drum band. If you’re brave enough, you might just get a chance to play them. Are the pipes calling you?

Wednesday 03/03/20 • 6-7:30pm
Classes: 1 • Registration Fee: $15
Location: GAHS
WRITER’S WORKSHOP
with Dary Duda

This workshop offers participants an opportunity to get the creative juices flowing, overcome the inner critic, and let heart and soul flow on the page. Whether you want to improve your business writing skills, write a short story, focus on a journaling project, create poetry or start a memoir, we’ll work together to bring out the best in everyone. No matter the genre, our supportive group of beginners and published authors will provide support and critique as we move through the six week class. We’ll look at successful writers and find out how to use their techniques to improve our own work. This is a fun, relaxed, and informative class to explore your own interests.

Thursdays 7-8:30pm 04/02/20 - 05/14/20 Classes: 6 • Registration Fee: $49 Location: GAHS

WILDERNESS SURVIVAL 101
with Mike Foster

Are you looking to learn basic skills, build confidence and become more comfortable in the outdoors? Learn how to properly prepare for an outdoor excursion and how to deal with wilderness emergencies such as getting lost or spending the night in the woods. Basic first aid will be covered as well as map and compass use, the pros and cons of using GPS, fire building, shelter building, water filtration and more! This course is perfect for hikers, mountain bikers, foragers, canoers or anyone who spends time in the woods. Please bring compass, paper & pen for notes.

Tuesday 05/19/20 • 6-9pm Classes: 1 • Registration Fee: $35 Location: GAHS

ACCUPLACER TESTING

The Next Gen Accuplacer is the college placement test required by local colleges to determine college readiness. Take it for FREE through our program. Convenient testing times and dates are available. Call 582-3774 to find out if you are ready for college.

Wednesdays 2:4:30pm 02/05/2020 - 06/03/20 Classes: 17 • Registration Fee: FREE for College Transition Students

COLLEGE & CAREER READINESS
with Diann Bailey

This course is designed to explore the tools and strategies needed to succeed in college. Participants will have exposure to a range of college success strategies including communication, critical thinking, time management and problem solving skills. Students will become acquainted with the University of Maine and community colleges as they clarify personal values, goals and expectations. This is a University of Maine Augusta three-credit course.

Wednesdays 2:4:30pm 02/05/2020 - 06/03/20 Classes: 17 Registration Fee: FREE for College Transition Students

READING & WRITING SKILLS FOR COLLEGE
with Diann Bailey

A preparatory course for college bound students working to increase comprehension skills, improve vocabulary, and upgrade skills in grammar, writing mechanics and expression. Students learn and practice strategies intended to increase ability to analyze information, compare and contrast ideas in text, evaluate information and understand a variety of literature. Course content includes conventions of English usage in writing sentences, paragraphs, and essays. Writing exercises introduce students to rigors and requirements of college writing. At the end, students will be prepared to pass the Accuplacer and comprehend college level material. Students are required to take the CASAS Reading test prior to enrollment.

Mondays 2-5pm 02/03/2020 - 05/01/20 Classes: 8 • Registration Fee: $49 Location: GAHS

TECHNOLOGY SKILLS FOR COLLEGE
with Adam Soto

Proficient technology skills are necessary for college success. Students learn and practice essential skills that will improve their confidence and ability to complete coursework. Document writing and editing (MS Word and Google), preparing presentations (Powerpoint), basic hardware/software maintenance, internet research, digital communication and online learning skills taught and practiced.

Fridays 10am-Noon 03/06/20 - 05/01/20 Classes: 8 • Registration Fee: FREE for College Transition Students

MATH SKILLS FOR COLLEGE
with Carol Lund

This course is for students who want to prepare for college level math. Course content includes arithmetic, Algebra and qualitative reasoning instruction as covered by the Next Gen Accuplacer test. You’ll receive individual help with your specific needs. We’ll also cover a variety of test taking strategies and math study skills. Students are required to take the CASAS math test prior to enrollment.

Mondays 2-5pm 02/03/2020 - 06/01/20 Classes: 17 • Registration Fee: FREE for College Transition Students
ACADEMIC SUPPORT
with Diann Bailey

HS Diploma students may use this time to get extra help with assignments, work on electives, plan for the future, make use of technology or just enjoy a comfortable place to complete work. We’ll provide coffee and snacks. Diploma Students only.

Tuesdays 9:30am-Noon
01/21/20 - 06/02/20
Location: GAHS

INDIVIDUALIZED ENGLISH
with Diann Bailey

Through reading, targeted assignments and independent research, students will be able to recover credit in English. Students will explore a variety of literary genres and informational text. They will improve their ability to apply mature strategies to the readings, make abstract connections to their own lives, and elaborate on universal themes in literature. Students improve their skills in vocabulary, written response, research and comprehension. Diploma students only.

Tuesdays • 2-5pm
01/21/20 - 06/02/20
Registration Fee: FREE
Location: GAHS

INDIVIDUALIZED ALGEBRA & GEOMETRY
with Carol Rizzo

Through specific instruction and targeted assignments, students will be earn credit in Algebra and Geometry. Algebra I content reinforces and expands upon skills and concepts taught in a traditional Algebra I. Algebra II focuses on linear and quadratic functions, systems of equations, and graphing as tools for problem solving. Mastery of conceptual and computational skills as well as the knowledge and ability to use both in the solution of problems is emphasized. Geometry students learn to apply formulas in a variety of situations, understand the relationship between angles, work with regular and irregular figures, use the Pythagorean Relationship to solve problems, understand how proportion is used in geometry and use logical reasoning. Diploma students only.

Wednesdays 2-5pm
01/22/20 - 06/03/20
Registration Fee: FREE
Location: GAHS

GARDINER AREA HIGH SCHOOL DIPLOMA

Adults may earn a Gardiner Area High School diploma by taking the credit courses described below. These credits are added to past high school credit. Students must be at least 17 years of age. Students do not pay a registration fee but must call 582-3774 to enroll.

INDIVIDUALIZED HEALTH
with Diann Bailey

Students participating in this class explore several health concepts, gain understanding of health promotion and risk reductions, acquire valid information about health issues, services and products as well as gain understanding of what influences their health. Topics include personal health and nutrition, stress and stress management, mental health/mental illness, substance abuse and consumer health. Diploma students only.

Tuesdays Noon-2pm
01/21/20 - 06/02/20
Registration Fee: FREE
Location: GAHS

INDIVIDUALIZED LIFE & WORK
with Diann Bailey

This course is designed to assist young adults in exploring further education and planning for success in the workplace while learning to balance personal, family, community and work responsibilities. Students explore career options and related educational requirements, learn career decision-making skills and develop career goals. Additionally, students focus on consumer decision making, understanding workplace responsibilities, and applying problem solving strategies. Students are be required to participate in one job shadow experience and research one community organization. Diploma students only.

Tuesdays Noon-2pm
01/21/20 - 06/02/20
Registration Fee: FREE
Location: GAHS

ODYSSEY LAB
with Diann Bailey

OdysseyWare is a computer managed learning system. It offers individualized, self-paced modules of study in a variety of subject areas. Diploma students only.

Wednesdays Noon-2pm
01/22/20 - 06/03/20
Registration Fee: FREE
Location: GAHS
The HiSET® is an equivalency diploma that replaces the GED program. An equivalency diploma can be earned by passing a five-part exam in the areas of writing, social studies, science, literature and mathematics. Visit www.hiset.ets.org for more information.

How Can You Achieve Your Diploma?
1. You must be at least 17 years of age.
2. Schedule an enrollment appointment with Diann Bailey at 582-3774
3. Complete CASAS Reading and Math Assessment
4. Choose morning or evening classes. *You must attend twice/week.
5. Complete all HiSET® practice tests and pretests
6. Complete all preparation activities
7. Participate in career/college planning
8. Pass all five HiSET® tests
9. Complete CASAS Reading and Math Post test


driver education
Mullens Driving School
Mullen's Driving School, with over 40 years of experience, offers driver education classes in Central and Southern Maine. We want our students to be safe drivers throughout their lives. All of our classroom instructors are friendly, approachable and determined to put safe, responsible drivers on the road. There will be an additional fee of $20 to purchase textbook, How to Drive.

Register on-line at www.mullensdrivingschool.com or call 1-800-595-9070.

Weekdays 2:30-5:30pm
Registration fee: Varies

ACADEMY OF MEDICAL PROFESSIONALS
Get nationally certified in portable, high-demand jobs through The Academy of Medical Professions. Classes are broadcast from the Academy of Medical Professions to Gardiner High School via Zoom Video Conferencing. Registration and payment are through The Academy of Medical Transcription and Professions.

Attend a FREE information session for any prospective students on Tuesday, January 28th at 6:00PM and learn more about these opportunities!

- Medical Transcription
- Pharmacy Technician
- Phlebotomy with CPT Certification
- Certified Group Exercise & Personal Trainer
- Clinical Medical Assistant
- Dental Assistant
- Medical Coding with CPC certification
- Medical Office Specialist with billing certification

Please note: For more information about any of these courses including payment plans, enrollment, and start dates & time, contact Academy of Medical Professions at 866-516-8274 or www.academyofmedicalprofessions.com
**COMMERCIAL DRIVER’S LICENSE**  
@ Maranacook Adult Education

This class prepares you to meet the Maine DMV class B driving requirements. The course consists of 42 hrs of classroom instruction to prepare you for the state CDL written and skills exam and 30 hours of one-on-one driving instruction to prepare you for the state road test. Class fee covers, class and driving fees, Permit fee made payable to Secretary of State, one endorsement (Bus, Tank, Hazmat), physical examination by certified doctor, one state test (including one use of the vehicle for testing purposes). Additional endorsements of Bus, Tank and Hazmat are $25 each. Contact Maranacook Adult Education at phone (207) 685-4923 x1065 or email adulted@maranacook.org  
Instructor: Nancy Frost and Catherine Dumais

Classes meet on the following dates and times:  
March 19, 21, 26, 28  
April 2, 4, 9, 11, 18  
Saturdays 8:30 am - 3:00 pm  
Thursdays 5:45 pm - 9:00 pm  
Driving time arranged individually.  
Location: PDC, 75 North Road, Readfield  
Registration: $2,500

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**REGISTRATION BEGINS**

**JANUARY 8**

Pre-registration is required for all classes. Classes fill quickly so register early!

**Online**  
Go to www.msad11.maineadulted.org on your computer of mobile device.

**By Mail**  
Mail your completed form and payment to:  
MSAD#11 Adult Education  
40 West Hill Road  
Gardiner, ME 04345

**In-Person**  
Bring completed form and check or cash to the office at 40 W. Hill Road. Please use the Adult Education entrance.

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**REGISTRATION FORM FOR MAIL & WALK-INS >>BEGINS JANUARY 8TH<<**

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Make check’s payable to MSAD#11 Adult Education  
Total

Do you have a suggestion(s) for future class or trip?_________________________________________________________________________________________

Where did you obtain this brochure?_________________________________________________________________________________________