



MSAD #11 Adult Education

Gardiner • Pittston • Randolph • West Gardiner

-Non-residents welcome- www.msad11.maineadulted.org

207- 582-3774

Fall 2022

General Information

Welcome back!

These last few years have been quite different in Adult Education and we are happy to get back to some regularly scheduled programming! We will continue to provide online and in-person instruction for our academic courses and we have good variety of enrichment courses for you to choose from this fall. We hope you find something for you in these pages. Be sure to reach out to us at adulthood@msad11.org if you have suggestions or requests for specific program. We are always willing to listen. If you have a class you would like to offer we can also help you plan.

Our dedicated, talented, and caring staff look forward to helping you. Please call reach out to us if you have any questions or need help with registration.

Warm Regards,
Joshua Farr

Registration:

1. Go online to www.msad11.maineadulted.org, credit/debit card required
2. Bring your completed registration form and check/cash to our office
3. Mail the completed registration to the address in this catalog, make checks payable to MSAD #11 Adult Education.
4. Registration confirmations are sent via email. You are registered for a class when we receive your completed registration and fees unless the class is full, in which case you will be notified by the office.

Refunds: 100% refund issued when necessary if the office must cancel a course due to low enrollment. Full refunds (minus electronic transaction and convenience fees) will be issued if the registrant cancels no less than 72 hours before the initial class meeting.

Children in Classes: Unless the class specifically indicates that it is appropriate for children, or may include children, please do not register for or bring child(ren) to class. Please check with our office (207-582-3774) if you want clarification as there may be some circumstances where it is acceptable.

School Cancellations: If MSAD #11 district schools are closed during the day, Adult Education classes are automatically cancelled, and the office is closed. Cancellation notices are announced on television channels 6, 8, and 13. Please check these stations for the latest updates.

Masking and Social Distancing: At this time, we will be following school district and state guidelines. Please call our office if you have specific questions related to our current policies.

Office Hours: Monday-Thursday 9:00am-5:00pm; Friday 9:00 am-2:00pm

Office Location: 40 West Hill Road, Gardiner, ME 04345; Entrance on the end of the south wing of the high school

Areas of interest

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High School Completion

High School Equivalency Diploma:

The HiSET® is an equivalency diploma that replaces the GED program. This 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. This is a no-cost program in Maine. You must be at least 16 years of age to enroll and cannot take official exams until the age of 17.

HiSET® Students must complete the following:

1. Complete math and reading assessments at entry and exit to the program.
2. Attend morning or evening in-preparation classes twice a week.
3. Complete HiSET® official practice tests at "prepared" level to take official tests.
4. Participate in career/college planning.
5. Pass all five HiSET® tests.

High School Diploma:

If you have just a few credits needed to complete your High School Diploma we might be able to help you get that done! With your up-to-date transcripts, we will review our diploma requirements and discuss options. This is a no-cost program. Diploma classes are arranged as needed and may use online software (Edmentum Coursework) when appropriate. Individualized courses in English, Algebra & Geometry, Health, or Life and Work are offered as needed.

HiSET® Advising	HiSET® Math Prep Class	HiSET® Prep Class	HiSET® Academy
Students pursuing their equivalency diploma must participate in HiSET® advising. Activities will include understanding learning styles and personality preferences, evaluating individual interests, abilities, and skills, etc. Each student will develop individualized plans that address future goals. Advising activities occur during HiSET® prep classes.	This course offers individualized instruction in math for HiSET® prep students. Based on assessment of skills, students may work on basic arithmetic skills, geometry, and algebra. The class has a relaxed atmosphere in which students work at their own pace. Students are required to take the CASAS Math Test prior to enrollment.	Students will complete preparation activities in Writing, Reading, Science, and Social Studies skills. Much of each class will focus on reading strategies, writing mechanics, and essay development. The class has a relaxed atmosphere in which students work at their own pace. Mon/Wed 4pm-6pm Tues/Thurs 9am-11am	HiSET® Academy is an on-line learning system that can be accessed both at home and at school. The system provides interactive instruction in all five HiSET® subjects. Students who require preparation in reading, writing, science, and social studies are expected to participate in this program. Students should talk to their teacher about if this is a good option for them.

College and Career Access:

Our offices have a College and Career Advisor to support success in career and college pursuits or transitions. Meet with the advisor to see what we can do for you. We help adults find and explore new career pathways, return to college, get ready for, and enroll in college, improve math, reading and writing skills while in college, and gain skills for your current career. Along with advising, we have courses to offer in College Readiness, Reading and Writing Skills for College, and Math Skills for College.

Call us with questions or to schedule enrollment or advising at 207-582-3774

Creative Arts

Basic Crochet Skills
Instructor: Suzan Archer
Registration: \$45
Tuesdays, 11/8-11/22 from 6:30-8:30pm.
Located at GAHS

Learn how to read basic patterns, simple stitches, techniques, tips and tricks. Bring a skein of yarn. Instructor will supply a crochet hook for your use and to take home.

Create a Canvas Wrapped Photo
Instructor: Gary Swinton
Registration: \$49
Wednesday 12/7 & 12/14 from 5:30-8:30pm
Located at GAHS

Imagine one of your favorite photos prominently displayed as a canvas wrap. In this class you will learn techniques and how to present your photograph with the greatest impact. Preparation of the photos, and for distribution and display online, will also be discussed. Each student may make one canvas wrap print in class. There will be an additional fee, paid to the instructor, to cover the cost of supplies and printing; fee will depend on what size canvas wrap is chosen. Bring a thumb drive with some of your favorite photos! What a great present your canvas wrapped photo would be for someone special! (2 classes)

Introduction to Woodcarving
Instructor: Jonathan Leach
Registration: \$95
Thursdays, 10/6-12/1 from 6-7:30pm
Located at GAHS

Participants will learn about different styles of woodcarving and the tools and materials used. Participants will carve and finish a basic bird carving; if a participant finishes a project early, they may begin another project of their choice, and participants with some carving experience may select a different project.. The course will also cover safety and carving techniques, hand and power carving, basic tool sharpening skills, and many other carving topics. A \$25 materials fee for woodcarving knife, blanks for projects and a Kevlar carving glove will be payable to the instructor at the first class



Create a Copper Beaded Suncatcher
Instructor: Fran Townsend
Registration: \$15
Tuesday 11/8 from 6-8pm.
Located at GAHS
Create a sparkling suncatcher from copper wire and a variety of dazzling glass beads. Make your own variation from a basic shape and wire wrap a variety of glass beads to catch the light. Makes a great gift. A \$10 material fee is due to the instructor at the beginning of class. Please bring a pair of needle nose pliers and a pair of wire snips to class.

Functions, Settings & Menus - It's Complicated
Instructor: Gary Swinton
Registration: \$79
Wednesdays 9/14, 21, 28 from 6-8pm and Saturday 9/24 10am-1pm
Wednesday classes held at GAHS, Saturday class held at another location TBD

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'll 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, giving everyone the 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. Your camera must be one that can be manually adjusted.

Introduction to Quilling
Instructor: Natalie Torgeson
Registration: \$40
Thursdays 10/13, 20, & 27 from 6-8pm
Located at GAHS

This three week course will explore the basic methods of quilling. Students will complete three projects including a card and two framed pieces. A \$35 fee for a beginner kit is payable to the instructor at the first class and will contain all the necessary tools and supplies for a beginner and will allow for further exploration of this art form.

Creative Arts

Snowflake Mandala
Instructor: Natalie Torgeson
Registration: \$20
Thursday 11/10 5:30-8:30pm. Located at GAHS
Exploration of mandala making in snowflake form! Students will create a framable piece using multiple quilling shapes. A \$10 fee is due to the instructor at the first class. *Prerequisite: Introduction to Quilling

Watercolor Flowers
Instructor: Darcy Duda
Registration: \$35
Wednesdays 11/2, 9, 16, 30 from 6:30-7:30pm
Located at GAHS

In this 4-week class, we'll work together on basic watercolor techniques as we complete a painting of watercolor flowers. All materials will be provided in the class - just bring yourselves and a willingness to learn something new!

String Art for Beginners-Fall Session
Instructor: Katrina Phair
Registration: \$35
Monday, 9/26 from 6-8pm. Located at GAHS
If you love to learn different crafts, this class will help you to make your own string art in a few hours! All materials and tools will be provided for you. A fall leaf or a heart are the options available. Join us for a fun night learning a new craft!

String Art for Beginners-Winter Session
Instructor: Katrina Phair
Registration: \$35
Monday, 12/5 from 6-8pm. Located at GAHS
If you love to learn different crafts, this class will help you to make your own string art in a few hours! All materials and tools will be provided for you. A snowflake or simple snowman are the options available. Join us for a fun night learning a new craft!

Join the Art Party with Shirley Anderson!

Abstract Painting in Acrylic:
Registration: \$35
Monday 10/24 from 5:30-8:30pm. Located at GAHS
Come create an abstract painting and let your imagination run wild. A variety of application techniques and beautiful colors will get you started.

Paint a Bouquet of Sunflowers
Registration: \$35
Wednesday, 9/14 from 5:30-8:30pm. Located at GAHS
Sunflowers reflect the warm glow and energy of the sun. Join a paint class and learn to paint these "happy" flowers in a beautiful blue and white vase.

Paint a Vase of Sweet Lily of the Valley
Registration: \$35
Wednesday 11/2 from 5:30-8:30pm. Located at GAHS
Join this fun paint class and create a beautiful bouquet of Lily of the Valley in a lovely blue and white vase. Step by step instruction will make you an artist in a night!

Pet Portraits
Registration: \$55
Session 1: Monday, 9/26 from 5:30-8:30pm
Session 2: Wednesday, 12/7 from 5:30-8:30pm
Both sessions located at GAHS

Create your own special pet's portrait or the pet of a family member: cat, dog, rooster, etc! Shirley will sketch your pet onto a canvas and get it ready for you to paint in class. Register early and email your pet's photo to her at least a week before the class (call our office for the email address). Canvas, paint and supplies all included. A great one-of-a-kind gift. Choose one of two sessions.

Sea Glass Art
Registration: \$35
Monday, 11/21 from 5:30-8:30pm. Located at GAHS
Use your imagination and create a unique piece of art using colorful pieces of sea glass, driftwood and seashells. All supplies included.

Paper Glazed Earrings
Registration: \$35
Wednesday 10/12 from 5:30-8:30pm. Located at GAHS
Learn how to create beautiful, lightweight earrings in different shapes with an exciting assortment of papers in a variety of colors and patterns. All supplies included.

Cooking and Baking

10 Tips for Adults

Instructor: Courtney Whitney

Registration: Free

Tuesdays, 9/13-11/1 from 5-6pm. Located at GAHS.

10 Tips for Adults is a nutrition education series designed by Maine SNAP-Ed to support healthy eating on a budget for all Mainers. This series is taught in two parts-Part A and Part B. Part A focuses on healthy eating and Part B focuses on strategies to stretch food dollars.

13 Yeast Rolls in 3 Hours!

Instructor: Debra Arter

Registration: \$40

Tuesday, 11/1 from 5:30-8:30pm. Located at GAHS

Nothing smells like fresh bread baking! Learn how to make a savory braid, Swedish tea ring, cloverleaf, butterflake, caramel pecan and more rolls in this one night class. Bring tubs and bags to take home dough to bake later as well as fresh goodies we will bake together. Registration includes non-refundable materials fee of \$10.

A Night of Scones!

Instructor: Debra Arter

Registration: \$40

Thursday, 10/13 from 5:30-8:30pm. Located at GAHS

If you bought a scone recently you know they can be over \$4 each! Take the time to learn how easy they are to make! We will make traditional scones, savory scones, apricot ginger, orange cranberry and chocolate cherry together. Bring a tub and plastic bag to take home all the leftover goodies to enjoy with breakfast the next morning. Registration includes non-refundable materials fee of \$10.

Bountiful Bacon Night!

Instructor: Debra Arter

Registration: \$40

Tuesday, 11/15 from 5:30-8:30pm. Located at GAHS

Bacon is an ingredient many people adore! In this one night class, we will compare bacon types and use it to make Bacon Fettuccini Alfredo, Bacon Broccoli Salad and even Maple Bacon Candied Nuts. Bring a tub and/or plastic bag to take home all samples that are not eaten on the spot! Registration includes non-refundable materials fee of \$10.



Cooking Matters for Adults

Instructor: Courtney Whitney

Registration: Free

Wednesdays, 10/26-12/07 from 5-7pm. Located at GAHS

Cooking Matters for Adults is a nutrition program that teaches participants how to eat healthy, cook, and shop on a budget. Participants learn about cooking, meal prep, grocery shopping, food budgeting, and nutrition. Participants will enjoy a cooked meal together, and receive take home groceries every week.

Learn to Make Feta and Paneer Cheese

Instructor: Diana Mosher

Registration: \$17

Thursday, 9/29 from 6-8pm. Located at GAHS

In this one session, you will learn how to make a delicious feta cheese and a very versatile paneer cheese, a staple in India, which can be crumbled, fried, sliced and cubed. It can also be stuffed into bread, mixed with fresh herbs and used in salads, soups and main dishes. You will take home a small sample of both so bring in two 1-pint containers. A materials fee of \$8.00 is payable to the instructor at the beginning of the class.

Learn to Make Mozzarella and Ricotta Cheese

Instructor: Diana Mosher

Registration: \$17

Thursday, 12/1 from 6-8pm. Located at GAHS

If you love cheese, sign up for this one-night hands-on class! Learn to make mozzarella and ricotta cheese without any special tools or pans. Enjoy a tasting session during class and bring two 1-pint containers to take some cheese home to enjoy. A materials fee of \$8.00 is payable to the instructor at the beginning of the class.

Pie Crust Made Easy!

Instructor: Diana Mosher

Registration: \$17

Thursday, 11/10 from 6-8pm. Located at GAHS

Do you have crustophobia? With the right tools, a good recipe, and a little knowledge, you can be cured. Our instructor has a background in baking restaurant quality pies and will share her experience and tips for flaky, tasty crust. A materials fee of \$7 is payable to the instructor at the beginning of the class.

Cooking and Baking

Preserving the Harvest- Make Your Own Applesauce

Instructor: Debbie Barnett-Community Education Assistant

Registration: Free

Thursday, 9/22 from 6-8pm. Located at GAHS

This hands-on beginner food preservation workshop will teach you the basic steps for both canning and freezing. Participants will receive a "Preserving the Harvest" food preservation packet and will learn the latest and safest recipes, about equipment to ensure safety, and how to check for properly sealed jars. Please bring a potholder with you to the workshop (you will be able to take home a jar of what we prepare that evening!) A \$20 material fee is payable to the instructor at the start of class (checks made to UMaine Cooperative Extension).

Preserving the Harvest- Make Your Own Cranberry Sauce

Instructor: Debbie Barnett-Community Education Assistant

Registration: Free

Thursday, 9/22 from 6-8pm. Located at GAHS

This hands-on beginner food preservation workshop will teach you the basic steps for both canning and freezing. Participants will receive a "Preserving the Harvest" food preservation packet and will learn the latest and safest recipes, about equipment to ensure safety, and how to check for properly sealed jars. Please bring a potholder with you to the workshop (you will be able to take home a jar of what we prepare that evening!) A \$20 material fee is payable to the instructor at the start of class (checks made to UMaine Cooperative Extension).

General Enrichment

Lotions, Chapsticks, and More

Instructor: Laurel Lopez

Registration: \$19

Monday, 10/31 from 6-8pm. Located at GAHS

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.

Making Milk Soap

Instructor: Laurel Lopez

Registration: \$19

Monday, 10/24 from 6-8pm. Located at GAHS

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.

Soap Making

Instructor: Laurel Lopez

Registration: \$19

Monday, 11/7 from 6-8pm. Located at GAHS

Learn how to make these all natural soaps! Create your own signature soap to take a whole homemade batch with you. A supply list will be provided before class and there is also a \$20 fee for the instructor to help facilitate with her products.

Medicare 101

Instructor: Ruth LaChance

Registration: Free

Session 1: Thursday, 9/15 from 530-620pm

Session 2: Thursday, 10/20 from 530-620pm

Session 3: Thursday, 11/17 from 530-620pm

All sessions located at GAHS

Prepare ahead for Medicare: get all the information on Medicare plans you will need, explained in plain English, by a Medicare Plan Specialist.

Audio Engineering: An Introduction to Live Sound and Home Recording

Instructor: Luke Martin

Registration: \$65

Tuesdays, 10/18-12/6 from 6-7:30pm. Located at GAHS

This course is designed to be a very basic introduction to the field of audio engineering and recording. From simple micing techniques to learning the layout of a Digital Audio Workstation, this course will begin your path to the home recording revolution. Over the course of eight (8) weeks, students will learn a basic understanding of plugins, learn to record their own simple audio recordings, and develop simple mixing techniques. Students will need a laptop or computer, DAW of student's choice (Garageband, Logic, StudioOne, Cubase, ProTools) and headphones/earbuds



General Enrichment

Worm Composting for Beginners

Instructor: Jock Robie

Registration: \$12

Tuesday, 9/27 from 6-8pm. Located at GAHS

In this class, you will 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 vermicompost 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. In-person classes may require COVID 19 screening, mask & distancing.

Submitting Your Writing

Instructor: Darcy Duda

Registration: \$19

Tuesday, 10/25 from 6:30-8:30pm. Located at GAHS

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.

Start Homeschooling with Confidence

Instructor: Trish Hutchins

Registration: Free

Tuesday, 9/13 from 6:30-8:30pm. Located at GAHS

This course offers in-depth information to begin homeschooling with success! Topics include: Maine’s homeschool laws, record keeping, curriculum planning, portfolios and evaluations, special needs, resources, and more! Time for Q&A included.

Homeschooling High School 101

Instructor: Trish Hutchins

Registration: Free

Tuesday, 9/20 from 6:30-8:30pm. Located at GAHS.

This course offers in-depth information and support to those interested in homeschooling during high school years. Topics include: record keeping, transcripts, credits, dual enrollment, standardized testing, college applications, gap years, and more! Time for Q&A included.

Free Worm Harvest for Alumni

Instructor: Jock Robie

Registration: Free

Session 1: Tuesday, 9/20 from 6-8pm.

Session 2: Tuesday, 12/6 from 6-8pm.

Both sessions located at GAHS

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.

Introduction to Woodcarving

Instructor: Jonathan Leech

Registration: \$95

Thursdays, 10/6-12/1 from 6-7:30pm. Located at GAHS

Participants will learn about different styles of woodcarving and the tools and materials used. Participants will carve and finish a basic bird carving; if a participant finishes a project early, they may begin another project of their choice, and participants with some carving experience may select a different project. The course will also cover safety and carving techniques, hand and power carving, basic tool sharpening skills, and many other carving topics. A \$25 materials fee for woodcarving knife, blanks for projects and a Kevlar carving glove will be payable to the instructor at the first class

Writers Workshop

Instructor: Darcy Duda

Registration: \$49

Tuesdays, 9/13-10/18 from 7-8:30pm. Located at GAHS

Get your creative juices flowing, overcome the inner critic, and get your story onto the page. No matter what you want to write - poetry, memoir, short story or novel - we will work together to bring out the best in your work.

A Community that Cares: Be A Foster Family

Instructor: Kasey McDonough

Registration: Free

Tuesday, 10/4 from 6-7pm. Located at GAHS

Start your journey to become a foster or adoptive parent! Foster families and homes are needed in every Maine community. Children in foster care need supportive adults to provide loving homes until they can safely be reunited with their family. Join us for an informational meeting to learn how you can help Maine children.

General Enrichment

Stories from the Collections

Join us for 5 nights exploring Maine history. From the collections at Maine State Museum, we welcome staff who will walk you through some of Maine’s greatest treasures! Each class is \$10. Should you choose to attend all 5 classes, a \$10 discount is applied at time of registration (\$40 for all 5 classes). All classes held at GAHS. We hope you can join us!

Historic Maine in 3-D

Instructor: Bernard Fishman, Director

Tuesday, 9/13 from 6:30-8pm.

This program features a modern way of looking at early 19th-century commercial photography, which used binocular images on cards, called stereoviews today, to allow images to be seen in 3-D when looking through a viewer. To see this projection show, you’ll be given free paper glasses, like those used to view 3-D movies in the 1950s, to see the images in 3-D as they were meant to be viewed! Images will include small cities and villages, farmers, shipbuilders, and industrial workers in mines and factories, parades and entertainments, social and life-cycle events, homes with their kitchens and parlors, family portraits, institutional buildings and employees, hunters, loggers, Natives, and many more moments of Maine life 150 years ago!

Maine Quilts: 250 Years of Comfort and Community

Instructor: Laureen A. LaBar, Chief Curator of History and Decorative Arts

Tuesday, 10/4 from 6:30-8pm

For over 200 years, Maine women kept farms, businesses, and families together when men were at sea, at war, or in the woods. The beautiful quilts they made can reveal information about how these women lived, the social networks that supported them, and the ways Maine changed through the years. Most Maine quilters were middle-class women, who are usually absent from historical records. The information we can glean from their quilts enriches the story of Maine’s past.

Logging Camps, River Drives, and Sawmills

Instructor: Dave Hunt, Lead Educator

Tuesday, 10/25 from 6:30-8pm

Explore what life was like in a 19th-century Maine logging camp, discover the dangers of river drives, and follow the logs into the sawmill. Examine the machinery involved in the harvesting and transporting timber and the many innovations that were inspired to make hard work of the lumber industry a little bit easier.

Exploring the Maine Labor Mural

Instructor: Angela Goebel-Bain, Curator of Historical Collections

Tuesday, 11/8 from 6:30-8pm

The Maine Labor Mural is a visual montage of imagery depicting working life in Maine. Each panel communicates a unique theme and is backed by a collage of scenes of Maine workers. The Maine State Museum’s Curator of Historical Collections, Angela Goebel-Bain, will delve into the imagery to piece together the multitude of stories that Artist Judy Taylor depicted in this artwork commemorating Mainers’ working past.

A Maine Bounty, Agriculture in Image

Instructor: Zach Selley, Curator of Archives

Tuesday, 12/6 from 6:30-8pm

Join this program for a tour of agriculture and food in Maine through a historic lantern slide presentation and talk. This unique look at our past will illustrate the agricultural bounty that makes Maine a rich and diverse land for food and farming.

Introduction to Guitar

Instructor: Luke Martin

Registration: \$69

Thursdays, 10/20-12/15 from 6-7:30pm. Located at GAHS

Have you wanted to play guitar but do not know where to get started? Then look no further! We are offering our guitar course for beginners! Breaking down the fundamentals of the instrument make it easy and enjoyable for all ages! Electric and/or acoustic guitarists are welcome! DISCLAIMER: if you are an advanced or intermediate player this may not be the course for you!

Exploring Opening a Family Child Care

Instructor: Deborah Arcaro, FCCAM

Registration: Free

Thursday, 10/6 from 6-8pm. Located at GAHS

Opening a Family Child Care means you will be a small business owner. You will be welcoming children into your home, providing a nurturing, safe environment supporting their development. Members of the Family Child Care Association (FCCAM) will share their stories. We will raise questions that will help you figure out if family child care is a good fit for you. We will provide resources to help you in navigating the licensing process. Come with your questions!

The Outdoors

Wild Mushroom Walk

Instructor: David Spahr

Registration: \$35

Session 1: Saturday, 9/17 from 1-4pm.

Session 2: Saturday, 10/8 from 1-4pm

All sessions meet at Jamie's Pond

This three hour course includes a walk through the woods to find edible mushrooms along with detailed descriptions of habitat and structure of mushrooms. Most mushrooms found in nature are not edible, but learning this is more important than knowing which ones to eat. David Spahr has collected edible mushrooms for 45 years and is a member of the Maine Mycological Society and North American Mycological Association. He is on the Maine Mushroom Task Force developing rules for the foraging and sale of wild mushrooms. Minimum age is 12 with an adult.

Creating Wildlife Friendly Spaces

Instructor: Laura Craver-Rogers, Outreach Education

Supervisor, Department of Inland Fisheries and Wildlife

Registration: \$15

Wednesday, 10/19 from 6:30-8pm. Located at GAHS

Everyone needs a home and for wildlife that means a suitable habitat. Join us as we take a look at the idea of backyard habitats and discuss ways to create wildlife friendly spaces on your own land. Using different perspectives, from bird to ground beetle, we will discover what each of the four elements of a habitat look like for different species. We will spend time discussing the use of natural and native elements to include, and some things to avoid. Whether you are looking to have more natural food for birds, appropriate flowers for bees and hummingbirds, or increase housing options for beneficial insects and nesting birds, we can help you start a plan. Join us for a fun, informative, and interactive session about creating wildlife friendly spaces!

Rockhounding 101

Instructor: Sharon Wright

Registration: \$20

Session 1: Wednesday, 9/21 from 6:30-8:30pm

Session 2: Wednesday, 10/19 from 6:30-8:30pm

Both Sessions located at GAHS

Rock collecting can be an exciting and rewarding hobby! This class is an introduction to collecting rocks and minerals in Maine. We will discuss tools, basic safety, identification, where to go, and everything you need to know to get started.

Getting Outside with Kids

Instructor: Laura Craver-Rogers

Registration: \$15

Wednesday, 11/16 from 6:30-8pm. Located at GAHS

Time spent outdoors is good for us! The truth is the fresh air, time spent exploring and enjoying nature away from screens, and structure is good for the brain. Sometimes we hesitate to go out because it's cold, rainy, or it's easier staying inside. We will talk about how to prepare, motivate, and enjoy the great outdoors

Edible and Medicinal Mushrooms of Maine and the Northeast

Instructor: David Spahr

Registration: \$28

Session 1: Wednesday, 9/14 from 6:30-8:30pm

Session 2: Wednesday, 10/12 from 6:30-8:30pm

Session 3: Wednesday, 11/9 from 6:30-8:30pm

All sessions located at GAHS

Join self-proclaimed "mushroom Maineiac" David Spahr and get the inside information on the wild mushrooms of the Northeast. Edible and medicinal mushrooms represent an opportunity for sustainably foraging and enjoying healthy, locally sourced food and present a potential for health benefits beyond good nutrition. This presentation will cover finding, collecting, identifying and preparing the safe and common edible and medicinal mushroom species of Maine, New England, and Eastern Canada. Nature enthusiasts, cooks, foragers, herbalists, and others will enjoy and benefit from David's expertise. Topics will include matching species with appropriate foods, discovering mushrooms that contain unique medicinal properties, and exploring information about dyeing fabrics and paper. David's book, Edible and Medicinal Mushrooms of New England and Eastern Canada, will be available.

Farming with Native Plants

Instructor: David Spahr

Registration: \$28

Session 1: Wednesday, 9/21 from 6:30-8:30pm

Session 2: Wednesday, 10/19 from 6:30-8:30pm

Session 3: Wednesday, 11/16 from 6:30-8:30pm

All sessions located at GAHS

This class is about how you can grow and harvest edible native plants. David has been farming his land (and a nearby public plot) in Washington, Maine for many years, and his PowerPoint will show the native plants he farms with - such as wild high bush blueberries, American chestnut, Viburnums and dozens more - while he provides a discussion of the ecological implications.

Bird Feeding

Instructor: Derek Lovitch

Registration: \$20

Thursday, 10/20 from 6:30-8pm. Located at GAHS

An introduction to creating a successful bird feeding garden, including food, feeders, pest issues, habitat, and conservation, using a powerpoint presentation chock full of expert advice, beautiful bird photos and helpful tips. In 18 years of running Freeport Wild Bird Supply, Derek Lovitch has heard it all and this overview will help you help birds in an enjoyable and successful backyard habitat. And yes, we can keep squirrels off feeders, too!

Mind and Body

Zumba

Instructor: Tori Morrill

Registration: \$50

Session 1: Thursdays, 9/8-10/13 from 5-6pm

Session 2: Thursdays, 11/3-12/15 from 5-6pm

All sessions located at GAHS

ZUMBA® is a Latin inspired dance class fun for everybody and every body! Grooving to the beats of salsa, merengue and other world music feels more like a dance party than a workout. Combining all elements of fitness – cardio, muscle conditioning, balance and flexibility with simple dance steps you will see why "Ditch the Workout, Join the Party" is the ZUMBA® tagline. Wear clothes that let you move freely, comfortable supportive sneakers and bring a bottle of water.

Yoga for Relaxation

Instructor: Nancy Kelley

Registration: \$50

Session 1: Mondays, 9/12-10/3 from 5:30-6:30pm

Session 2: Mondays, 10/17-11/7 from 5:30-6:30pm

Both sessions located at GAHS

This class uses basic and gentle yoga moves along with breathwork to bring both flexibility and relaxation to the students. This class is designed to assist in reducing stress as well as creating a practice you may use at home to increase your own flexibility and balance.

Holiday Stress Reduction

Instructor: Nancy Kelley

Registration: \$20

Mondays, 11/28 and 12/5 from 5:30-6:30pm.

Located at GAHS

Let's take time during two sessions to center ourselves with guided imagery, breathwork, some gentle yoga stretches and a bit of meditation. With winter and the busy holiday season soon to be here, take a little time for yourself. Bring your yoga mat (or borrow ours).

Personal Safety

Instructors: Kevin and Hollie Webb

Registration: \$36

Saturday, 11/5 from 11am-2pm

Located at Martial Arts Institute, Augusta

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.

Swing Dancing

Instructor: Louis Muniz Jr.

Registration: \$75

Mondays, 9/12-10/31 from 6-7pm. Located at LER

Remember the great party you went to last summer? Remember when you go 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.

Line Dancing

Instructor: Louis Muniz Jr.

Registration: \$75

Mondays, 9/12-10/31 from 7-8pm. Located at LER

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 lots of fun. Mad Louie will teach both current and older dances being done at local establishments. Wear proper footwear (for safety).

No flip flops, clogs, crocs, or open back shoes.

Roy's Driving School

Roy's Driver & Rider Education has been providing quality driver's education classes for Maine residents for over 60 years for individuals looking to get their Maine driver's license or Maine motorcycle license. We offer Maine driver's license education classes year round and Maine motorcycle license education classes seasonally.

Registration and fees online at www.roysdriving.com under the Gardiner location. Email for more info at info@roysdriving.com or Call (207) 784-6245



BoomerTECH Adventures

BoomerTECH Adventures courses are developed by Jill Spencer, Ed Brazee, and Chris Toy, all Maine Educators. BoomerTECH Adventures began in 2014 by three friends and colleagues, all Maine Educators who have worked with adults and technology for more than 100 years (collectively)! We provide expert guidance and personalized resources for adults to develop competence and confidence using Apple devices.

Meet the Instructors!

Ed Brazee: tennis player, runner, "refocused" professor and author/editor.

Jill Spencer: Traveler, enthusiastic gardener and photographer, middle school teacher, international consultant, and author.

Chris Toy: Chef, YouTube cooking sensation, long-distance biker, school principal, international consultant, and author.

Available Online Classes

Taking Awesome Pictures with Your iPhone/iPad Camera

Registration: \$30

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

Fantastic Photo Finishes- Organize & Edit Images with Your iPhone/iPad Photos App

Registration: \$30

Most of us take hundreds of photos that languish on our iPhone/iPad or in the cloud. Knowing how to edit images and organize your photos on your iPhone and iPad is essential. Other areas of study include using the tabs in the Photos App- "For You" tab (ready made slide shows), creating, using, and sharing albums, and the very useful search function.

Introduction to Mac Basics

Registration: \$30

In this course you will learn everything you need to know to make your Mac computer (laptop or desktop) hum! Areas of focus include: Mac Operating System, features of the Mac, choosing the best browser, using Spotlight Search, learning how to use the Finder and App Store, understanding the keyboard, and learning the icons that define a Mac computer.

Introduction to iPhone Basics

Registration: \$30

The vast majority of iPhone users rarely access all of the available iPhone features. In this course, learn to use your iPhone to the best possible advantage. Some critical features covered include Apple ID and password; structure of the iPhone (buttons and how they work); best apps to have and how to get them; how to test, phone, FaceTime, and email; how to use the Control Center; mastering Settings; updating operating systems; using key apps; and more. An additional session will include iOS 15 updates and unique features of the newest iPhones (iPhone 12 & 13)

Take Fabulous Photos of the Flora and Fauna in Your World

Registration: \$30

This course shows you how to take beautiful photos of flowers, plants, and wildlife. Four easy-to-follow videos demonstrate and give examples of each of the topics which include: using focus, exposure and HDR features to capture the beauty of your surroundings; ways to avoid blurry images; tips for composing your images; and editing options that turn so-so images into stunning images. In addition to the instructional videos, we have several articles with useful information to build your repertoire of photographic strategies. This course is made for you if you want to learn to use your camera or significantly upgrade your skills and abilities.



BoomerTECH Adventures

Introduction to Zoom Basics

Registration: \$30

Using Zoom more than ever? Here is a great way to learn everything you need to know about the Zoom Video Conferencing platform. The course videos demonstrate examples of using Zoom on different devices- smartphones, tablets, and computers. Course content includes: muting audio and video; using chat; screen sharing; recording; trouble-shooting; scheduling meetings; break-out rooms; and more. This course is appropriate for Zoom beginners as well as those who have used Zoom and want to learn more.

Hidden Gems Lurking in Your iPhone and iPad

Registration: \$30

Did you know...your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? Our iPhones/iPads have many time-saving features that allow you to be creative, efficient, and have fun. These "hidden gems" will show you how to learn advanced features of your iPhone and iPad.

Create and Deliver Online Zoom Courses

Registration: \$30

This course is designed for those who want to develop an online course using Zoom, a video conferencing platform. This guide consists of step-by-step videos that explain and demonstrate how to use Zoom as well as appropriate instructional tips to build an engaging online course in any subject. You will learn everything you need to know about Zoom- tools, settings, security, instructional strategies, building community, Zoom tips for instructors and students, and much more.

Cooking with BoomerTECH Adventures

Registration: \$30

In this course, BoomerTECH Adventure guides Chris, Jill, and Ed share their love of cooking and enjoyment for lots of different types of foods. You will learn how to prepare several tasty stir fries using traditional Chinese flavorings, make fresh pasta, turn left-over sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade. In addition, discover an easy way to make your own pita pockets, flat breads, and tortillas. Plus, you will see a way to combine the benefits of cooking on cast iron with your love of grilling. We haven't forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie?



Digital Tools for the Beginning Memoir Writer

Registration: \$30

Everyone has a story to tell. Writing your memoir helps you reflect on the varied experiences that impacted your life and helped shape who you are today. This course looks at a variety of digital tools, available through any digital device, that make the process of memoir writing more fun and a little less daunting. You will explore several unique approaches to research, learn strategies for gathering and storing materials in one easily accessible place, and delve into ways to illustrate your memoir even if you are not an artist. Polishing your work for publication and presenting it in a public format are other video topics. You will leave the course equipped to begin your writing adventure.

Maximize Your iPad's Potential

Registration: \$30

Learn to increase your capabilities to communicate, create, and connect by mastering your iPad's features. This course covers navigating your iPad, its Camera and Photo apps, the options available in Settings, ways to communicate through writing and video, plus how to answer and make phone calls. Plus, you will learn about the apps that come already loaded on your iPad like the Calendar and Siri, your virtual assistant. It is important that you have updated to iOS 15; but don't worry- if you don't know how, we will show you the steps. Finally, you will also learn about accessibility features that are helpful for folks with finger mobility, sight, or hearing difficulties.

More Hidden Gems in Your iPhone/iPad

Registration: \$30

In our basic course on "hidden gems", we explored: tracking, slide to type, customizing your control center, and accessing the built-in scanner among other cool features. In this level 2 course, we delve into the additional secrets of our iPhones and iPads. Learn how to set up helpful widgets, control text size, choose an interesting Siri sidekick, access important privacy features, and more. You'll definitely increase your understanding of the intricacies of your iPhone and/or iPad at the conclusion of this course.

Unlock Safari's Secrets on Your Mac in Just Five Lessons

Registration: \$30

Doing basic internet searches on Safari is fairly straight forward. However, within Safari there are many options most of us never explore. Join us for five lessons that will unlock the secrets of Safari: options contained in the top menu, choices provided on the opening screen, tips for more efficient searching, possibilities hidden within the share feature, and a demo of why you want to click on the AA button. After completing the five lessons you will truly know the ins and outs of Safari.

Beginning Conversational French

Registration: \$100

Proper pronunciation is important to good communication. Beginning Conversational French will help you master the best pronunciations. Simply click on each word to hear it spoken. Every word and sentence is also written out phonetically. Each lesson also includes cultural tips. Hand and body gestures mean different things in different cultures. For example, do you know the proper way to point to avoid offending people in France? This course will tell you. You will be pleased with your quick progress, and you will be prepared for your next trip!

Blogging and Podcasting for Beginners

Registration: \$100

Blogging and Podcasting for Beginners will teach you how to plan and create your very own blog and podcast. Through hands-on exercises, you will discover the benefits of using free web tools like Blogger, WordPress, Audacity, and YouTube. You will find that creating a blog and podcast is much easier than you ever imagined.

Creating Web Pages

Registration: \$115

Create and post your very own website using HTML. You will learn the best strategies for planning the content, structure, and layout of your website as well as creating pages with neatly formatted text, building links between the pages, and more! This course will also cover search engine optimization and powerful no-cost or low-cost web marketing strategies.

Discover Sign Language

Registration: \$100

Discover Sign Language teaches you how to sign basic phrases and expand to complete sentences and see how to put it all together, so you can introduce yourself and start a conversation. Along the way you will learn signs for colors, numbers, where you live, family, and the activities you like to do and even the ones you don't.

Drawing for the Absolute Beginner

Registration: \$100

If you've always been interested in drawing but don't really know how to get started, then this is the course for you. Gain a solid foundation and understanding of the basics of drawing and become the artist you've always dreamed you could be!

Start Your Own Edible Garden

Registration: \$115

Grow delicious, nutritious fruit and vegetables in your own backyard! In this course, you'll learn how to give your garden a healthy start and keep it growing strong all season. Whether you want to provide your family with nutritious food, save money, get some exercise, or just be more self-sufficient, this course will give you the skills and knowledge you need to be on your way to a successful harvest.

Genealogy Basics

Registration: \$100

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

Introduction to Digital Scrapbooking

Registration: \$100

Learn to use digital editing techniques to show off your photos and memorabilia in Introduction to Digital Scrapbooking! Using Photoshop Elements, this course will teach you how to make the most of your scrapbooking talents and artistic ideas when you combine traditional and digital scrapbooking. Come take your scrapbooking to a new level!

Introduction to Screenwriting

Registration: \$115

There's never been a better time to start a career as a screenwriter. With technological breakthroughs bringing the cost of making and distributing movies down to almost nothing, there is an ever-increasing demand for great scripts—and for people who can write them. Whether you want to write micro-budget indie films or Hollywood blockbusters, this course will teach you everything you need to know to write a script that sells. When you finish the course, you'll be ready to start writing your own script!

Resume Writing Workshop

Registration: \$115

Create an effective resume or improve the one you already have. Transform your resume into a powerful tool that will get you interviews. Learn different resume formats and the advantages and disadvantages of each.

New classes starting monthly! For more class options, check out the Ed2Go website!

<https://www.ed2go.com/MSAD11AdEd/>

-or-

<https://careertraining.ed2go.com/MSAD11AdEd/>

Get nationally certified in portable, high-demand jobs through AMP. Classes are broadcast from AMP over Zoom and registration and payment are through the Academy of Medical Professions.

Clinical Medical Assistant	10/11/2022 (Tuesdays)	\$3,200
Phlebotomy	10/11/2022 (Tuesdays)	\$2,500
Medical Coding	10/13/22 (Thursdays)	\$3,750
Medical Front Office (CMAA) with Billing	10/10/2022 (Wednesdays)	\$3,200
Medical Transcription	Online anytime	\$2,650
Pharmacy Technician	Online anytime	\$2,050
Dental Assisting	10/10/2022 (Mondays)	\$2,900

For more information about any courses, including payment plans, enrollment, or other information not included, you should contact the Academy of Medical Professions at 866-516-8274 or at www.academyofmedicalprofessions.com.

Registration Form

MSAD#11 Adult Education Registration form - Mail or Walk-In

Name(s): _____

Email: _____

Address: _____

Cell Phone: _____ Home Phone: _____

Course Name (Please list each individual separately)	Day	Registration Fee
Make checks payable to MSAD#11 Adult Education	Total	

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

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