

Join Us For These Special Events

Let's Go Curling!

Presented by Derek Campbell, Pine Tree Curling Club



Remember last winter when the USA Curling Team won an Olympic Gold Medal? This unique sport has gained in popularity - so much so that there are now two curling centers in Maine. Curling is an easy-to-learn sport for people of all ages and athletic abilities. What could be more fun than watching 44-pound granite stones traveling across the ice? Join Derek Campbell, President of Pine Tree Curling Club for a presentation and instructional session on this very sociable sport. All equipment will be supplied. Class takes place at William B.

Troubh Ice Arena, 225 Park Avenue, Portland. Car pooling will be encouraged. Find out more at www.pinetreecurlingclub.com.

Friday, 9/14/2018 5:30-8:00 p.m. Registration fee: \$55

Basic R.A.D. Self-Defense for Women



Amanda Roggio

Empower yourself by attending the Basic R.A.D. Self-Defense class for women. The Rape Aggression Defense (R.A.D.) System is a program of realistic self-defense tactics and techniques for women of all fitness levels and abilities. Each session is taught by certified R.A.D. instructor(s) and consists of five classes - you must attend all five classes to complete the program. Registration includes a student manual and free lifetime return and practice policy world-wide. Please wear loose, comfortable clothing, sneakers, or flat shoes. Class is held twice weekly on Tuesday and Thursday. **Choose your preferred session.** Boys and Girls Club

Session I Tues/Thurs 9/11/2018 6:00-9:00 p.m. Classes: 3

Session II Tues/Thurs 10/16/2018 6:00-9:00 p.m. Classes: 3

Registration fee: \$40

The New Mediterranean Diet



Nancy Harmon Jenkins

The Mediterranean diet: It's been hailed over and over by everyone from food writers to nutritional scientists as a great way for Americans to get a grip on better health for themselves and their families. It's been shown by solid medical research to have a positive effect on chronic diseases like heart disease and cancer, it helps to control diabetes, it's even been shown to slow the onset of Alzheimer's and other age-related dementias. But what is it exactly?

Join food writer Nancy Harmon Jenkins, author of *The New Mediterranean Diet* and a nationally recognized authority on the subject (and also on one of its prime components, extra-virgin olive oil), as she explains what the diet consists of and why it's not a restrictive eat-this-not-that kind of diet, but rather an entirely new, easy and delicious way to bring good health into your kitchen and onto your table - and to have fun doing so.

Nancy will have copies of *The New Mediterranean Diet* and also of her more recent *Virgin Territory* available for sale and signing. Gardiner High School, ATM Room

Wednesday 11/14/2018 6:00-7:30 p.m. Registration fee: \$20



Fall Floral Tablescape

Andrea Ault

Embrace the rich color palette of Autumn while creating a Fall Floral Tablescape with Andrea Ault, owner of Honeysuckle Way Flowers. Andrea will guide you through designing a natural, garden-style arrangement using seasonal flowers and foliage. You will learn techniques to create a free-flowing composition to decorate your table when welcoming family and

friends. A vibrant variety of flowers will be available to choose from, and everyone will build their own unique arrangement to take home at the end of the night. **Please bring a sharp pair of clippers.** There will be a few extras if you don't own a pair. A \$42 materials fee is payable to the instructor at the class. Gardiner High School, Room 343

Thursday 11/15/2018 6:00-8:00 p.m. Registration fee: \$10

Trace Your Irish Ancestors



B.J. Jamieson

If you're tracing (or trying to trace) Irish ancestors, you may have heard that "all the records burned in the fire"—the 1922 fire at the Public Records Office in Dublin, during the Irish Civil War. But online Irish family history databases are doing their best to make available the records that survive. Learn how to trace your ancestors in the surviving records that are online. Gardiner High School, Room 120

Wednesday 10/10/2018 6:30-8:00 p.m.

Classes: 3 Registration fee: \$39

Private Pilot Ground School



John Favreau

American Classic Flying Club located at the Brunswick Executive Airport is offering this Private Pilot ground school with the goal of providing the student with the requisite knowledge to pass the FAA written exam which is a major step toward your certification as a Private Pilot. You will learn about aerodynamics, aircraft systems, flight controls, weather, navigation, FAA regulations, aeromedical factors, air-



space, control tower operations and much more. The class is designed to be engaging, interactive and fun and will be conducted by certified flight instructors from their flying club. You may also begin your flight training at any time with their instructors and their aircraft for an additional cost. No prior aviation knowledge is required. Fee includes books, E6B manual flight computer, plotter. Brunswick Executive Airport

Wednesday 9/12/2018 6:00-8:30 p.m.

Classes: 10 Registration fee: \$400

Introduction To Social Media For Small Business

Meleena Erikson

Using social media effectively is essential to the success of every small business. This course will help you to understand and evaluate the big players in business social media: Facebook, LinkedIn, Instagram, Twitter and Pinterest. We will discuss the benefits and drawbacks of each, how companies are successfully using them to grow their customer base, advertising options and much more. Meleena will provide a variety of resources and strategies to get you started or to help you become a more proficient social media user. Gardiner High School, Room 117

Monday 10/29/2018 6:00-8:00 p.m.

Classes: 2 Registration fee: \$39

MAINE
Adult Education
Learning for Work and Life

“Maine Adult Education helped me develop the skills and confidence to become a successful college student. Without their help, I would not have taken that step.”
— Branden

Maine College Transitions
helps adults prepare for and transition to college

www.mainecollegetransitions.org

Learn how this program can help you be successful in college

Call 582-3774 to get started!

information and understand a variety of literature. At the end of the course, students will be prepared to pass the Accuplacer test and comprehend college level material. Students are required to take the CASAS Reading test prior to enrollment. **Call 582-3774 to register.** Gardiner High School, Room 118

Tuesday 9/11/2018 3:00-4:30 p.m.

Classes: 15 No registration fee

Writing Skills For College

Gisele Cinq-Mars

This course is appropriate for adults who want to upgrade their skills in the areas of grammar, writing mechanics and expression. Students who are preparing for the college placement exam will benefit from this course. Course content includes conventions of standard English usage with applications in writing sentences, paragraphs, and essays. Writing exercises will introduce students to the rigors and requirements of college writing. Students are required to take the CASAS Reading test prior to enrollment. **Call 582-3774 to register.** Gardiner High School, Room 118

Tuesday 9/11/2018 6:00-7:30 p.m.

Classes: 15 No registration fee

College Transition Advising

College Transition students meet weekly with their advisor to prepare for college entry. A variety of activities and guest speakers are planned throughout the semester. Gardiner High School, Room 118

Tuesdays 4:30-6:00 p.m.

Accuplacer Testing

The Accuplacer is the college placement test required by local colleges to determine college readiness. **Students can take it for FREE through our program.** Convenient testing times and dates are available. Call 582-3774 to see if you are college ready.

Math Tutorial

Susan Brennan

This is a tutoring time for students who have taken the Accuplacer and failed it by just a few points and for students who are enrolled in college algebra and need additional support. You'll receive individual help with your specific needs. We'll also cover a variety of test taking strategies and math study skills. Students may join at any time. Gardiner High School, Room 127

Monday 9/10/2018 3:00-5:00 p.m.

Classes: 15 No registration fee

College and Career Readiness

Susan Brennan

This course is designed to help adult students 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 college environment

as they clarify personal values, goals and expectations. **This is a University of Maine Augusta three-credit course.**

Start date to be announced

Number Skills For College

Susan Brennan

This course will help adult learners gain a strong foundation in basic arithmetic skills. Course content includes the basic arithmetic of whole numbers, fractions, decimals, percents, ratio and proportion. Emphasis will be on applying math in real life situations and problem solving. Students are required to take the CASAS math pre-test prior to enrollment. Gardiner High School, Room 127

Monday 9/10/2018 5:30-8:00 p.m.

Classes: 15 No registration fee

Reading Skills For College

Gisele Cinq-Mars

This is a preparatory course for college bound students who need to increase their comprehension skills and improve their vocabulary skills. Students will learn and practice strategies intended to increase their ability to analyze information, compare and contrast ideas in text, evaluate

Resumé Basics

Stephanie Burns

In this class you will learn how to create an effective resume or improve the one you already have and how to transform your resume into a powerful tool that will make employers take notice! Learn about different resume formats and the advantages and disadvantages of each. Write an employment objective that demonstrates to potential employers that you have a clear focus. Capitalize on your work experience and understand what you should and shouldn't reveal in a resume. Ascertain how to use references properly. You will reflect on your talents, achievements and experience to learn how to best showcase your skills and ambitions.

Monday 11/19/2018 6:00-7:30 p.m.

Study Skills

Teri Mann

This workshop will introduce specific study skills which will contribute to success in college. Students will develop useful study habits in the areas of note taking, effective listening, test taking, and time management. This workshop will be particularly relevant for those who are entering college or adult education.

Tuesday 10/16/2018 4:30-6:00 p.m.

Get to Know Google

Stephanie Burns

Google is far more than a search engine! Learn about finding images and videos. Discover more efficient ways to plan your travel routes. Have news alerts on specific topics sent to your inbox. Translate your e-mails to a foreign language to confound your family and friends. Keep up to date on the latest stock quotes. Browse the vast virtual library. Keep your schedule manageable by using the free calendar. Manage word processing documents and spreadsheets in one easy location. Make telephone calls for free. Organize your photos. Sorry, but Google cannot clean your house or walk the dog. Yet.

Tuesday 10/30/2018 4:30-6:00 p.m.

My Next Career Move

NEW offered FREE ONLINE
by New Ventures Maine

Join this multi-session career exploration and planning class to:

- connect your strongest skills to future careers
- identify high-growth job fields
- explore education and training options
- take steps to start or return to college
- review and strengthen your resume for targeted job search

Date: September 19—October 31, 2018

Registration deadline: September 14

To register or FMI: Register online at newventuresmaine.org or contact Suzanne Senechal-Jandreau at 207-768-9635 or senechal@maine.edu.

Career and College Planning Workshops

All workshops (unless noted) are held in Room 118 and are FREE. Contact our College Transitions Advisor at 582-3774 for details or to register.

Introduction to Powerpoint

Adam Soto

Powerpoint is a presentation power tool most often used to enhance and personalize any kind of presentation. This workshop will introduce you to the basics of Powerpoint to create appealing and effective work, school or personal presentations.

Tuesday 11/13/2018 4:30-6:00 p.m. Classes: 1

Budgeting Basics

Sherrie Brann

In this workshop, you will learn the basic components for building a budget. We will discuss money tracking, goal setting, and how having a sense of your overall financial situation can assist you in developing your spending and saving plans.

Tuesday 12/4/2018 4:30-6:00 p.m. Classes: 1



FAFSA and Financial Aid Workshop

Teri Mann

The Financial Aid Workshop will provide an overview of financial basics and the completion of the Free Application of Federal Student Aid (FAFSA). Discussion will include a review of the federal, state, school-based, and private funding sources. Upon completion of this workshop, the student will be able to effectively access the funding they need to complete their college degree. An emphasis will be placed on student responsibility and an understanding of the full financial process and timetable. Participants should bring their last year's income details to the workshop. Participants should be current college students or prospective college students who have attended an earlier session of Essentials of College Planning.

Tuesday 10/9/2018 4:30-6:00 p.m. Classes: 1

Building Self-Confidence

Sherrie Brann

Self-confidence is important in almost every aspect of our lives, yet many of us struggle to find it. The good news is that self-confidence really can be learned. Whether you are looking for a job, starting a business, or simply want to be more confident, attend this class to learn concrete tools to help you build your confidence and keep it strong.

Tuesday 9/18/2018 4:30-6:00 p.m. Classes: 2



Becoming an Online Learner

Adam Soto

How do adults juggle jobs, families and going back to school? Online learning provides the flexibility and freedom to get the education you want, on your terms. In this class we will explore the online education community and give you tips on managing classwork, getting back into the learning groove and the basic tools to not sweat the technology. Mastering a few simple steps will allow you to focus on the content and demands of your class. We'll discuss the differences between bricks and mortar, blended, and online learning experiences and will address many of the questions you may have about returning to school via an online format.

Tuesday 11/6/2018 4:30-6:00 p.m. Classes: 1

Essentials of College Planning for Adults

Teri Mann

This interactive workshop touches on the four steps in the college process: admissions, financial aid, career and study skills. The admission section reviews college options, the college search process and the application structure. The fundamentals of financial aid, including the filing process and the applications are covered in detail. Career options and counseling are introduced. Effective transitions into college, college readiness and study skills are discussed. The participant receives The Essentials of College Planning Workbook, The Post Secondary Guide to Education in Maine, The Student Guide, and the Free Application for Federal Student Aid. **Please call Maine Educational Opportunity Center (MEOC) at 800-281-3703 to register for this FREE workshop.**

Tuesday 10/2/2018 4:30-6:00 p.m. Classes: 1

UMA Admissions Process & General Information Session - Understanding Blackboard & Online Learning

Laurie Ficker and Morgan Huckey

In this one-night workshop, students will learn the basic navigation required to participate in online courses through Blackboard, the online content management system used by many institutions, including the University of Maine at Augusta for online course participation. In addition, students will review the admission application process, talk about degree programs, placement testing, tuition and fees. Students attending will get their \$40 UMA application fee waived and a free water bottle!

Tuesday 11/27/2018 4:30-6:00 p.m. Classes: 1

Certified Nursing Assistant

The CNA program is a 200-hour course consisting of classroom, lab and clinical instruction in an area health care facility. This program meets the Maine State Board of Nursing requirements. Successful completion of this course and passing the State of Maine CNA competency exam will qualify an assistant to work in a hospital, rehabilitation facility, clinic, or home health care.



This class is offered in partnership with MaineGeneral Medical Center. For CNA Training Program application, go to www.maine-general.org, and click on "Search Jobs", then "CNA Training Program" tab. Contact Kari Bickmore at 621-4212 for additional information.

Academy of Medical Professions

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 the Tandberg system. **Registration and payment are through The Academy of Medical Professions.**

Attend a FREE information night on Tuesday, September 25, at 6:00 p.m. and learn more about these opportunities!

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

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

Tech Tutors...get one-on-one help with one of our highly-qualified instructors

Sessions are one-to-one and can be scheduled 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 (call adult ed at 582-3774 to schedule) prior to the session in order to determine needs and clarify expectations.

Gardiner High School, Room 124 Session fee: \$125

Quickbooks Tutor

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!

PC Tutor

Adam Soto

Our PC tutor program is designed for two types of individuals, 1) those who need assistance in operating new (or new to them) computers, and 2) those who have specific needs with Windows operations or any of the MS Office Suite applications.

Massage Therapy Program



Zardus Art of Massage

Join our Certified Massage Therapy Program with comprehensive career development courses. Our program uses an integrative wellness approach emphasizing skill mastery and client relationship. Classes are held at Zardus Art of Massage, Lincoln Avenue, Gardiner. **For details and enrollment, go to www.zardusartofmassage.com/school.html**

Are you interested in a career in Information Technology?

TechHire is a program designed to recruit, assess, train and place young adults into Maine's IT industry in positions like computer support specialist, software, and health informatics. Completed training will result in credentials recognized by the IT industry. This grant-funded program provides a host of services to train young adults (**between the ages of 17 and 29**) as well as career changers who are looking to transition into IT roles.* Eligibility requirements do apply. Find out more by contacting Debra Bomaster at Debra.Bomaster@goodwillnne.org.

Stephanie Burns

Northstar Computer Basic Skills Certificate

Enhance your resume and employment options! Solid computer skills are essential for the job market. This certificate program offers participants the opportunity to earn certificates in a variety of computer skills. Based on assessments, students will work through modules including Windows/OS navigation, internet/e-mail, social media, MS Word, MS Excel, MS Powerpoint and information literacy. You will work in an individualized self-paced format through the modules that match your needs and interests, earning certificates of competency as you progress toward your goals. Gardiner High School, Room 127

*Wednesday 10/10/2018 6:00-8:30 p.m.
Classes: 8 Registration fee: \$89*

Computer Skills for the Workplace

Today's digital workplace demands the ability to navigate easily in Windows, create and edit documents in MS Word and Excel, utilize social media effectively, communicate digitally and understand basic security features. Master the most in-demand skills so that you can work faster and more efficiently and take your computer skills from plain and drab to exciting and engaging. You will leave class with a set of skills that are a workplace requirement in today's fast paced ever-changing digital environment. Gardiner High School, Room 127

*Wednesday 10/10/2018 6:00-8:30 p.m.
Classes: 8 Registration fee: \$89*

This class is offered by Maranacook Adult Education.

Commercial Driving License (CDL) Class B: Dump Truck or Bus

This class prepares you to meet Maine DMV requirements and gives you the hands-on skills that employers demand. The course consists of 42 hours of classroom instruction to prepare you for the CDL license process, including written and skills exam. The 30 hours of one-on-one range instruction will prepare you for the road test. In addition to the cost of the course, a \$35 permit fee, payable to the Secretary of State, is due by the second class. Additional endorsements of Bus, Tank, and Hazmat are \$10 each. For the bus driving endorsement, you must be over 21, have a clean driving record, and get a physical exam at your own expense.

Instructor: Nancy Frost.

Call Maranacook Adult Ed 685-4923, Ext. 1009 for registration information



Picture Perfect Classes... with Gary Swinton

Functions, Settings, and Menus--It's Complicated!

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 (Sept. 29), 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. Gardiner High School, Room 120
Wednesday 9/26/2018 6:00-8:00 p.m. Classes: 3 Registration fee: \$59
Saturday 9/29/2018 10:00 a.m.-noon

Make a Great Photograph

Lightness, darkness, shapes, points of focus and the locations of each in the image, all matter in the language of photography. Composition is a way of guiding the viewer's eye towards the most important elements of your work. It will make the difference between good and great pictures. Bring some of your images on a thumb drive and learn about the elements of composition. The instructor will also project some of his own images for discussion. Gardiner High School, Room 117
Wednesday 10/24/2018 6:00-8:00 p.m. Classes: 1 Registration fee: \$29

Create a Canvas Wrapped Photo

Imagine one of your favorite photos prominently displayed as a canvas wrap. In this class you will learn canvas wrap techniques and how to present your photograph for the greatest impact. The preparation of photos for distribution and display on the web and via e-mail will be also be discussed. Each student may make one canvas wrap print in class. An additional fee, paid to the instructor, will cover the cost of supplies and printing. **Bring a pen drive with some favorite photos.** Gardiner High School, Room 117
Wednesday 11/7/2018 6:00-8:00 p.m. Classes: 2 Registration fee: \$49



Master the iPhone

Becky Ranks

There are over 90 million Apple iPhones in use in the U.S. Packed with power, this device has the capability to enhance our lives and change the way we do everyday tasks. We'll talk about the obvious and not-so-obvious features that the Apple iPhone has to offer. Topics will include iCloud, privacy, photos, App Store, iTunes, Apple Pay, Health Apps, Siri, Spotlight Search, iBook, and much more. Whether you have the newest version or an older one, you're sure to pick up valuable information! Gardiner High School, Room 117

Wednesday 12/5/2018 6:00-8:30 p.m.
Classes: 1 Registration fee: \$29

Master the iPad

Becky Ranks

Bring your Apple iPad or Apple iPad Mini to class and learn how to leverage the powerful technology inside. Set up your Apple iPad to work with wireless networks and



cellular service, download and organize apps, watch video, organize photos, listen to music, explore maps and games and adjust the iPad's settings to best suit your style. All versions of the Apple iPad will be covered. Gardiner High School, Room 117
Monday 12/10/2018 6:00-8:30 p.m.
Classes: 1 Registration fee: \$29

Quickbooks Quickstart

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. Gardiner High School, Room 127

Monday 10/29/2018 6:00-8:30 p.m.
Classes: 4 Registration fee: \$69



Basic Website Design

Meleena Erikson

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. Gardiner High School, Room 127
Wednesday 10/10/2018 6:00-9:00 p.m.
Classes: 1 Registration fee \$39

Using Windows 10

Adam Soto

Make Windows 10 work for you! Topics include: navigating the Windows 10 interface, customizing Windows with your preferences, managing folders, files and apps, understanding the new digital assistant Cortana, browsing the web with Microsoft's Edge, adding additional browsers, establishing security and privacy settings and troubleshooting problems. We'll cover launching, quitting, and managing applications, installing new apps, backing up and restoring files, configuring Windows updates, using Windows Defender and other antivirus options. If you are purchasing a new computer or considering an upgrade, this class is perfect for you. Gardiner High School, Room 127



Wednesday 9/26/2018 6:00-8:30 p.m.
Classes: 1 Registration fee: \$29

Master Your Android Phone or Tablet

Adam Soto

This is an introductory class for individuals new to the Android world. Bring your Android based tablet or phone to class and learn how to leverage the powerful technology inside. Learn to use the touch screen effectively, customize your browser, transfer files to your computer, set up



your tablet to work with wireless networks, manage storage, download and organize apps, watch videos, organize photos, listen to music, manage security settings, explore maps and games and adjust the settings to best suit your style. Participants are certain to leave class feeling more confident and comfortable with their device. Gardiner High School, Room 127

Wednesday 10/3/2018 6:00-8:30 p.m.
Classes: 1 Registration fee: \$29

These classes are offered by Lee Pennington Alzheimer's Association, Maine Chapter

Know the 10 Signs

This program is for anyone interested in learning more about the early detection of Alzheimer's disease. The purpose of this workshop is to provide the general public with a greater understanding of the difference between age-related memory loss and dementia and what to do if they have signs of Alzheimer's disease. At the workshop, you will learn: how to tell the difference between Alzheimer's and typical aging; steps to take if you recognize a warning sign in yourself or someone you know; the process for receiving an Alzheimer's diagnosis and why early detection is crucial. Gardiner High School, Room 120



Tuesday 9/18/2018 5:30-7:00 p.m. Classes: 1 Free, be our guest

Effective Communication Strategies - for caregivers of people living with Alzheimer's disease

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Gardiner High School, Room 120

Thursday 10/25/2018 5:30-7:00 p.m. Classes: 1 Free, be our guest

Understanding Medicare

Robert Harvey

Have you 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 like 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, what is 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. Gardiner High School, Room 120

Wednesday 10/24/2018 6:30-7:30 p.m.

Classes: 1 Registration fee: \$10

Ten Legal Do's and Don'ts for People Over 65 (Basic Estate Planning)

Travis Hasenfus

This seminar provides critical information about important legal issues pertaining to people over age 65. Each legal topic will take ten minutes, just long enough to go over the basics that you need to know. Topics include the most important document needed to protect your assets, how to not lose everything to long-term care costs, what is the five-year look back and seven more essential do's and don'ts. We'll wrap up with common questions/concerns from the group. This class is appropriate for those 65 or older and for others who may be helping older individuals. Gardiner High School, ATM Room

Thursday 11/15/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$10

Planning and Paying For Elder Care

Dan Eccher

As you grow older, you may worry about how you can remain independent, pay for the care you may need, and preserve your home and your savings. Alternatively, you may be responsible for an older relative who is starting to fail. In this course, you will find out how and where to find good care, how to cover the costs, and what opportunities there are to preserve your estate for you and your family's benefit. Subjects will include: home care, nursing home and residential care, government programs such as Medicare and more. Gardiner High School, ATM Room

Thursday 10/11/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$10

Simple Wills

Susan Farnsworth

Review the basics of making a simple will. A will can protect your assets and help minimize the 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), or name a guardian for minor children. Join local attorney Susan Farnsworth for this one-evening class as she explains the process of 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. Gardiner High School, ATM Room



Wednesday 10/10/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$10

Long-Term Care Insurance

Mike Trenholm

Long-term care insurance can provide peace of mind and continued independence especially for individuals who feel uncomfortable relying on their children or family members for support. Long-term care insurance can help cover out-of-pocket expenses for in-home and facilities care. Without insurance, the cost of providing these services may quickly deplete the savings for the individual and/or their family. Walk away with answers to these questions about long-term care insurance so that you can make an informed decision. What is long-term care? Why is it important to plan for long-term care? Does Medicare pay for long-term care? Can I pay for care out-of-pocket? Should I buy long-term care insurance? Time will be made available for questions. Gardiner High School, Room 120

Wednesday 9/26/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$10



AARP Smart Driver Course

Don Lacount

Cars have changed. So have traffic rules, driving conditions, and the roads you travel every day. 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 geared for students 50+ and is taught by an AARP trained volunteer. A break is scheduled for brown bag lunch. Participants who successfully complete the course are eligible for a reduction in automobile insurance premiums. **Cost is \$16.00 for AARP members with cards and \$21.00 for non-members.** Gardiner High School, Room 127

Friday 9/28/2018 9:30 a.m.-2:30 p.m. Classes: 1

Daytime Art Classes...by Marge Otis

all classes held in Gardiner High School, Room 127

Pizza Paddle Chef! **NEW**

Paint a fun, old-world chef on a pizza paddle to decorate your kitchen, and bring a smile to you and your guests! **Bring your acrylic brushes to class.** Sample will be on display at Adult Ed office. Materials fee of \$10.00 is payable to instructor at the first class. No experience necessary.

Friday 9/21/2018 10:00 a.m.-1:00 p.m. Classes: 2 Registration fee: \$19



Four Seasons Calendar **NEW**

Move easily through the seasons with this refillable calendar! Interchangeable panels feature seasonal themes in this fun, yet practical project. Scenes include cute snowmen, a colorful harvest, fun bird houses and something special for summer. **Bring your acrylic brushes to class.** Sample will be on display at the Adult Ed office. Material fee of \$12.00 is payable to instructor at the first class. No experience necessary.

Friday 10/12/2018 10:00 a.m.-1:00 p.m. Classes: 2
Registration fee: \$19

Lighted Bottle Snow Scene **NEW**

A dreamy, night snow scene adorns a glass wine bottle in this decorative project. Use multi-surface paints to create the scene, insert a string of mini lights and top it off with a specially designed cork to hold the batteries. **Bring your acrylic brushes to class.** Sample will be on display at the Adult Ed office. Material fee of \$10.00 is payable to instructor. No experience necessary.

Friday 11/16/2018 10:00 a.m.-1:00 p.m. Classes: 1 Registration fee: \$12

Driftwood Christmas Tree **NEW**

This unique, yet simple project is sure to garner attention. Shape your own tree using small pieces of driftwood and decorate it with a variety of embellishments to create your own style! The trinkets under the tree add interest to the piece. If you have seaside objects you would like to add to your design, feel free to bring them. A frame will be included with the project. **Bring your acrylic brushes to class.** Sample will be on display at the Adult Ed office. Material fee of \$11.00 is payable to instructor. No experience necessary.

Friday 12/7/2018 10:00 a.m.-1:00 p.m. Classes: 1 Registration fee: \$12

NEW Vintage, Winter-Themed Memory Book Junk Journal Cheri Weston

Create a vintage, winter-themed, memory book junk journal. A junk journal is a hand-made book made up of recycled items such as pages from magazines, brochures, patterned paper, music sheets, envelopes, packaging, brown paper bags, maps, greeting cards, post cards, doilies, to name a few. The book covers can be made from cereal boxes, old book covers or any hard cardboards. Creating and making a junk journal is like keeping a diary but with more graphics, memorabilia and keepsake items. Use it to record and document your thoughts, memories, an occasion or an event that has touched you. It tells a story and it does not necessarily have to be a daily journal. Let your creative imagination soar as you create your book as a gift or for personal use. **Please bring paper scissors, wet quick dry paper glue (such as Elmer's Craft Bond Tack Glue or Aileen's Clear Tacky Glue), and a ruler.** All other supplies will be provided by the instructor and a material fee of \$12.00 will be payable to the instructor at the time of class. **This class will be limited to 10 seats. Please register early.** Gardiner High School, Room 123
Class dates are Monday (11/5), Tuesday (11/6) and Thursday (11/8)

6:00-8:30 p.m. Registration fee: \$30



Origami Gift Box For The Holidays Carol Mitchell-Cusick

Origami is the art of paper folding. In this class, you will learn how to make a beautiful origami box with lid using simple folds. You'll want to make more than one after this class because they are so much fun and perfect for smaller gifts and treats! We will be using papers with a holiday theme. A \$5.00 supply fee is payable to instructor at class. Gardiner High School, Room 127

Thursday 11/15/2018 6:00-8:30 p.m. Classes: 1 Registration fee: \$12

The Art of Glass Production

...by Cathy Ottum

all classes held in Gardiner High School, Room 506

Glass Etching

Enjoy learning a fun and fast way to create etched glass pieces. We'll provide a variety of etching patterns that will enhance and personalize your project. A goblet (that doubles as a candle holder) and an etching pattern of your choice (with all other needed supplies) is included in the cost of the class. You'll also have time to complete an etching on an additional clear glass item you bring to class. **Consider bringing a clear mug, wine glass, clear carafe, vase, even a mirror.** Supply fee for patterns and materials as well as for additional glass pieces will be available with prices that vary - starting as low as \$1.00. Supply fee is payable to instructor at the class. **Deadline to register is September 20.**

Thursday 9/27/2018 6:30-9:00 p.m.
Classes: 1 Registration fee: \$19

Crafting Art Glass Snowflakes

Enjoy creating these two everlasting snowflakes designed to hang in your favorite location. The iridescent clear art glass is embellished with glass dollops and faceted jewels. In the first class, students will cut and grind glass pieces. The second class will focus on soldering and completing the snowflakes with wire for hanging in a window or on your tree. An \$18.00 supply fee, which includes two 6-inch snowflakes, is payable to instructor at class. **Deadline to register is November 29.**

Thursday 12/6/2018 6:30-9:00 p.m.
Classes: 2 Registration fee: \$29

Stained Glass Workshop

Learn or perfect stained glass cutting, construction and soldering techniques while completing projects of your choice. Select a project or design your own. Your project selection, its degree of challenge and your individual skill level will determine completion. This workshop welcomes all: beginners, returning students and those students who want to refresh their glass crafting skills. All supplies for first project are available from instructor (approximately \$6). Total materials fee is based on project choice. A list of additional suggested supplies and tools will be available the first night of class.

Thursday 10/18/2018 6:30-9:00 p.m.
Classes: 6 Registration fee: \$59

Quilting...with Lynn Irish (classes held at Whipper Snapper's)

Students will need to bring sewing machine.

Beginner's Quilting

This is a six-week class for students to learn a wide range of quilting techniques. We will make a 40" square sampler wall hanging, from start to finish in a small class setting. Homework will be required to complete this project in the allotted time. A tried and true book will be used that has other projects to make using the instructions from this class. The book is available for purchase from the instructor for \$13.50 plus tax. A supply list is available upon registration. **You will need to purchase fabric and batting for this project.**

Tuesday 9/18/2018 5:30-8:00 p.m. Classes: 6 Registration fee: \$49

Squedge Wall Hanging **NEW**

What is a squedge? Come find out! Use this fun tool to make a unique wall hanging using just two fabrics, a striped fabric and a solid. There are many other projects you can make with this ruler and your imagination! Rulers may be purchased from the instructor for \$14.50. Patterns are included with the class. A supply list will be available upon registration. **Choose your preferred session.**

Session I Saturday 11/10/2018 10:30 a.m.-1:00 p.m.

Session II Tuesday 11/27/2018 5:30-8:00 p.m.

Classes: 2 Registration fee: \$19

Christmas Tree Wall Hanging **NEW**

Make a quick and easy Christmas tree, perfect for anyone's home or office. This is so cute, you will want to make them for everyone on your list! Purchase the pattern from the instructor for \$9.00 plus fabric and batting. A supply list is available upon registration. **Choose your preferred session.**

Session I Saturday 10/20/2018 10:00 a.m.-1:00 p.m.

Session II Tuesday 11/13/2018 5:30-8:30 p.m.

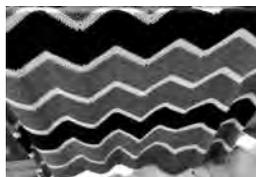
Classes: 1 Registration fee: \$19

Crochet...with Samantha Dimmick

Beginner's Crochet

Have you wanted to learn how to crochet, but were overwhelmed by the vast array of available hooks, yarns, stitches, and patterns? In this class, you'll 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, coffee cup cozy or headband - add a crochet flower for extra appeal. No previous experience is necessary. This class is the foundation for all crochet projects. Supplies needed will be discussed at the first class. Gardiner High School, Room 128

Monday 9/17/2018 6:00-8:00 p.m. Classes: 4 Registration fee: \$29



Crochet Chevron Afghan **NEW**

Chevron (zig zag) afghans are the quintessential crochet blanket pattern. In this class you will learn how to make a chevron afghan, your choice of size: baby, lap, or throw size. Perfect for gifts, or keeping for yourself! Blankets can be made in one color or more. **Knowledge of basic crochet stitches is a must. Bring one skein of each of your colors**

to start. Refer to your yarn label for recommended hook size. Gardiner High School, Room 128

Monday 10/22/2018 6:00-8:00 p.m. Classes: 4 Registration fee: \$29

Crochet Slipper Socks **NEW**

Keep your feet warm or make a gift for someone in your life who has perpetually cold feet! You can change up the pattern to make a basic slipper or add on to make them cozy slipper socks. **A knowledge of basic crochet stitches is needed. Please bring a couple skeins (approx. 450 yards) of worsted (size 4 medium) weight yarn. Using bulky yarn is okay too, but you will need more skeins. Bring hook sizes I/5.5mm, J/6.0mm, K/6.5mm.** Multiple hooks are needed to test gauge, which will be discussed and tested during the first class. Gardiner High School, Room 128

Thursday 11/29/2018 6:00-8:00 p.m. Classes: 3 Registration fee: \$24

Debra Arter

Needle Felted Animals **NEW**

In this one night class, each participant will make a cozy, soft small mammal or bird of their choice out of wool and use the needle felting method to create the features of their new friend. A material fee of \$9.00 is included in the registration fee which covers the cost of all wool, beads, supplies and armature materials. You will be able to take home a needle felting needle too. No experience required! You will want to make an entire zoo because it is so much fun! Class size is limited. **Please bring your reading glasses and a small plastic pill bottle or jar to take home needle safely.** Children over age 12 welcome to attend with an adult. Gardiner High School, Room 117

Tuesday 10/23/2018 5:30-8:30 p.m.

Classes: 1 Registration fee: \$40

Nadine Aubuchon

Knitting for Beginners

Join us and learn the basics of knitting in a fun and supportive atmosphere. Learn basic stitches, casting on and off, and working with patterns. During this four-week class, you will learn how to make a dishcloth and a scarf, ready for holiday gift giving. Become a happy knitter in the company of friends as you learn new skills and refine them. Instructor will provide patterns and a materials list. Gardiner High School, Teacher's Room

Tuesday 10/2/2018 6:00-8:00 p.m.

Classes: 4 Registration fee: \$29

Melissa Gregoire

Recycled Wool Sweater Mittens

Keep your hands wicked warm this winter with mittens you made yourself from recycled wool sweaters. Lined with fleece, these sweater mittens will be your favorites for years to come.

Once you learn how, you can make them over and over and they make awesome gifts. A supply fee of \$5.00 for pattern is payable to the instructor at the time of class. **Students**

need to bring a sewing machine, thread, 1 or 2 old wool sweaters pre-washed in hot water and machine dried, 1/2 yard of fleece to match or contrast with sweater, scissors and pins. Gardiner High School Library

Wednesday 10/24/2018 6:00-8:30 p.m.

Classes: 1 Registration fee: \$19



Chalk Painting..with Charlene Carr

Chalk Painting - Holiday Sign

Tis the season for holiday signs! Invite your friends and have some crafty fun making your own chalk-painted holiday sign. The instructor will teach students how to apply paint and stencils, as well as distressing techniques. **Students should bring a sanded piece of wood (up to 10" x 14"), stencil for sign, chalk brand paint in color of your choice for sign board, small bottle of acrylic craft paint for sign lettering, an apron, and small drop cloth.** Instructor will provide brushes. Gardiner High School, Room 343

Tuesday 11/6/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$19

Chalk Painting - Furniture

Bring your boring, unloved furniture to this class and transform it into something special! Students should bring a small piece of furniture, such as a yard sale find; end tables are a good choice. Any piece that you can carry solo will do. **Prior to bringing the furniture to class, please clean with mild soap and water, sand off any chipping paint; otherwise, no sanding is necessary. Students should bring a quart of chalk paint, clear wax, dark wax, (instructor's preferred paint and wax is made by Annie Sloan, however, students may bring brand of their choice), an apron, and small drop cloth.** Instructor will provide brushes, waxing cloths, and sandpaper. Gardiner High School, Room 343

Thursday 9/27/2018 5:30 p.m.-8:30 p.m.

Classes: 1 Registration fee: \$19



Diana Mosher

Up-Cycled Wool Sweater Purse

Diana Mosher

Re-purpose that old wool sweater into a cute sling purse! You're sure to receive many compliments on this lined and embellished over-the-shoulder bag. No sewing machine, but basic sewing skills are required. **Students need to bring sharp scissors, pins and a few decorative buttons.** The instructor will provide all other supplies including the sweater. There is a \$10 material fee payable to instructor at the class. Gardiner High School, Room 313

Wednesday 11/28/2018 6:00-8:30 p.m.

Classes: 1 Registration fee: \$19



Scott Shaw

Wood Burning

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 finishing techniques. Students will first try their skills on scrap wood and then have time to work on a larger live-edge board and walk away with a finished piece. There is a \$10 materials fee payable to instructor at class. The class is held at SpinOff Studio.

Tuesday 11/6/2018 6:00-8:30 p.m.

Classes: 2 Registration fee: \$29



Weaving..with Jonathan Price



Intro to Weaving

You can weave! We will start by covering the basic equipment and selecting yarn before moving on to winding a warp, reading patterns, then threading a loom. By the end of the course, you will have a scarf size collection of woven material and will feel confident to set up a loom at home. A fee of \$20.00 to cover materials will be payable to the instructor at the class. Material will be available to weave, but

students are encouraged to bring materials to play with. SpinOff Studio will provide a selection of floor and tabletop looms to choose from and use during class. Classes will be held at SpinOff Studios, 252 Water Street, Gardiner. **Space is limited. Please register early.** Wednesday 9/19/2018 6:00-8:30 p.m. Classes: 5 Registration fee: \$49

Draw and Paint ... with Rachel Wilson

Ready Set Draw

Learning to draw is crucial to developing any other art form, i.e., painting. Participants will focus on drawing from observation and developing the basic elements of design: line, shape, space (light), and form. We will be experimenting with different methods of mark-making and creating value to add depth to your drawings. This class is designed to help build confidence as you develop your own drawing style. **Bring a large sketchpad, charcoal (block & willow or vine), graphite/drawing pencils, erasers, and a drawing board, if you have one.** This course is great for beginners. Gardiner High School, Room 343

Thursday 9/20/2018 6:00-8:00 p.m.

Classes: 6 Registration fee: \$59

Open Studio: Calling All Artists

Whether you work in oil, acrylics, or watercolors, join us! All levels of painting abilities are welcome. Through sharing knowledge, techniques, and methods amongst a group of peers, you gain ideas and tricks of the trade to develop as an artist. Through critiquing, we will learn to see through the eyes of another person. This will help us to honestly evaluate our own work and expand our own vision, understanding, skill and experience. **Bring your in-progress paintings, paints, and other work materials. If working with oils, please be certain they are "school safe".** Gardiner High School, Room 343

Wednesday 10/10/2018 6:00-8:00 p.m.

Classes: 6 Registration fee: \$59

Genealogy First Steps

Emily Schroeder

In this class for beginners to genealogy, we will cover research techniques and choosing persons of particular interest; document gathering; interviewing relatives; and form use.

Also covered will be guidance in using resources, such as the Census, vital records, obituaries, and organizations. Students will be referred to the Maine State Library and a number of websites. Gardiner High School, Room 123
Tuesday 9/18/2018 6:00-8:30 p.m.
Classes: 1 Registration fee: \$15



Jewelry classes

Art Night Out - Drilled Sea Glass Necklace & Key Chain

Learn the secrets to drilling glass, stones and shells. Add colorful beads and spirals using our easy wire-wrapped loop techniques to create your own unique jewelry. Use our collection of sea glass, beach stones

and shells, or bring your own favorites. Workshop fee includes all materials to make one pendant and one key chain. **There are only 8 seats available for this class. Register early.** Gardiner High School, Room 343

Thursday 9/20/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$35

Art Night Out - Collage Glass Charm

Make your own meaningful mini-collages using paper, text, photos and other ephemera. Collage techniques include color washing, glazing, and applying pigment powders. After completing

your two-sided collage, you will place it between glass and finish with a unique, solderless metal frame to achieve a polished look. This technique can be used to create ornaments or embellishments for jewelry design. NOTE: If using your own images, ONLY laser copies will work in these collages. Size of charm is 1"x 3". Workshop fee includes all materials needed to make one two-sided orna-



ment/charm. There are only 8 seats available for this class. Register early. Gardiner High School, Room 343

Thursday 10/11/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$35

Art Night Out - Wire Bound Seaglass Jewelry

Twist, wrap, and loop your way to a sophisticated design using elements drawn from the sea. Using sterling silver wire, pearls and seaglass, you'll create a lovely necklace and earring set. No drilling required. Bring your own seaglass or choose from our collection. Workshop fee includes all materials to make a pendant and one pair of earrings in sterling silver. There are only 8 seats available for this class. Register early. Gardiner High School, Room 343

Thursday 10/25/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$55

Basic Beading **NEW** Tonya Gorman

Have a fun learning experience while creating a piece of jewelry you can wear or give as a gift! The instructor will present different beading projects and give the group one-on-one instructions as needed. Feel free to bring any projects you may have started or beads you would like to include in your finished project. There is a \$15 materials fee payable to instructor at class. Gardiner High School, Room 128

Monday 11/5/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$10



Alcohol Ink - A Whimsical Love Tree

Kellie Chasse

Join Portland Jetport's featured artist and experienced instructor Kellie Chasse, as she shows you how to paint with colorful alcohol inks. Learn to use them on yupo paper and create a beautiful, bold, and spontaneous LOVE TREE! Receive step-by-step instructions and complete a 5"x 7" ink painting in one night! No art experience is needed. All painting supplies will be provided by the instructor along with an 8"x 10" acid-free mat, foam core backing and plastic sleeve. There will be a \$10.00 materials fee payable to the instructor on the night of the class. Gardiner High School, Room 343

Wednesday 10/17/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$42

Alcohol Ink - Art Jewelry

Kellie Chasse

Join Portland Jetport's featured artist and experienced instructor Kellie Chasse, as she shows you how to paint with colorful alcohol inks on jewelry. Create this one of a kind glass pendant necklace with your choice of colors. Seal, add a fabric chain and you have a unique piece of wearable art. **Use our collection of inks and supplies or bring your own favorites.** There will be a \$10.00 materials fee payable to the instructor on the night of the class. You may create more than one necklace for additional material fees of \$5.00 per necklace. Gardiner High School, Room 343

Wednesday 11/7/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$42

Zentangle

Amanda Russell

Take a breather from the holiday hubbub to see what all the buzz is about. Zentangling is a meditative process that has been shown to reduce stress and evoke a feeling of calm. Relax and enjoy while learning several different repetitive zentangles and a fun way to shade them. There is a \$5 materials fee made payable to the instructor at the start of class. FMI visit www.mandy russell.com. Gardiner High School, Room 123

Wednesday 9/26/2018 5:30-8:30 p.m.
Classes: 1 Registration fee: \$49



Jelly Roll Pillow *Amanda Russell*

Make two awesome over-sized floor pillows simply from jelly roll strips or scrap fabric. Learn how to follow a quarter inch seam and make your own piping. Supply list available upon registration. For more information, visit www.mandy russell.com. Gardiner High School Library

Wednesday, 10/17/2018 5:30-8:30 p.m.
Classes: 1 Registration fee: \$49

Getting Started on Etsy

Meleena Erickson

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!

Monday 9/24/2018 6:00-8:00 p.m.
Classes: 2 Registration fee: \$39

Sustainable Balsam Wreath

David Fuller

This is a wreath making workshop with a twist. Join David Fuller, University of Maine Cooperative Extension, and learn about the sustainable harvest of white pine and balsam fir as it relates to the wreath industry in Maine. At class, assemble your holiday wreath with seasonal greens. At home, add your own decorations and ribbon. Wreath ring, wire, balsam fir, pine greens and cones will be supplied and is included in registration fee. **Bring wire cutters.** Gardiner High School, Room 120

Wednesday 11/18/2018 6:00-7:30 p.m.
Classes: 1 Registration fee: \$19

**These trips are hosted by MSAD 11 Adult Education.
Register at www.msad11.maineadulted.org or call 582-3774**

Pre-Holiday Getaway

Treat yourself to a fun filled pre-holiday weekend. Join us as we travel to Massachusetts for a variety of activities and experiences. There's something for everyone on this trip! On Friday, we head towards **Sandwich** where we'll enjoy a **buffet luncheon at the Daniel Webster Inn followed by a visit to the Sandwich Glass Museum.** The Inn, the centerpiece of historic Sandwich village, is proudly recognized as a distinguished restaurant of North America, placing it in the top 1% of restaurants in the country. At the museum, we'll celebrate the 9th annual **Glassblower's Christmas** where hundreds of unique glass ornaments, made by the region's finest local and national glass artists will adorn Christmas trees in the Contemporary Gallery. We'll ooh and ahh over the enchanting stained glass holiday village exhibit and watch a demonstration of molten glass, drawn from the furnace, blown and pressed into exquisite shapes. This evening we'll head to **Plymouth and the America's Hometown Thanksgiving Kick-off concert at Memorial Hall.** "The weekend of festivities has become a beloved holiday occasion as well as an important link to our nation's history and heritage. The celebration of Thanksgiving becomes history-brought-to-life as Pilgrims, Native Americans, Soldiers, Patriots, and Pioneers proudly climb out of the history books and onto the streets of Plymouth." usathanksgiving.com

Tonight's accommodations are at the Townplace Suites by Marriott in Wareham. Offering free WIFI, hot breakfast buffet, spacious guest suites, indoor swimming pool, fitness center, "In a Pinch" market and 24 hour coffee service, this property is sure to please.

Saturday morning, it's back to Plymouth for grandstand seating at the **Hometown Thanksgiving Parade.** This is one of America's only historically accurate parades, visually bringing to life America's rich heritage representing each century from the 17th through the 21st. Music, historical reenactments, vintage American cars and beautiful handmade floats are all part of the visual feast and fun. After the parade, we'll continue the celebration with a **full Thanksgiving Dinner buffet at Plimoth Plantation.** Where better to have our turkey and all the trimmings than at the place where it all began! Be forewarned, there may be pilgrims joining us for lunch! Our time at Plimoth ends with a visit to the **Craft Center** where celebrated artisans provide guests with a glimpse into the historic crafts and technologies that allow the Museum to so vividly re-create the look and feel of the 17th century. Later in the afternoon our motorcoach transports us to Springfield

where this evening's accommodations are at the Sheraton Monarch Place. Contemporary accommodations, friendly service



and an outstanding location make this a destination hotel. We'll enjoy spacious rooms, complimentary internet, indoor pool, fitness center, on-site restaurant and thoughtful amenities at this downtown location. Dinner and evening activities are on your own tonight. The hotel is only two blocks from the brand new **MGM Casino** where a number of restaurants are featured along with gaming and entertainment. Alternately, there is a variety of dining options in the Sheraton vicinity.

Sunday begins with a breakfast buffet followed by time at the **Old Deerfield Holiday Sampler Craft Fair** at the Eastern States Exposition Better Living Center. Featuring over 240 juried crafters, designers and artists, this will be a fun way to start your holiday shopping! Early afternoon takes us back downtown for a visit to **The Amazing World of Dr. Seuss Museum.** Not just for kids, the museum is a tribute to Springfield native Theodor Seuss Geisel, also known as Dr. Seuss. Geisel is quite simply the most beloved children's book author of all time. Our guided tour invites us to enjoy the creativity and genius of this inspiring author. Heading East, we have one more trip highlight planned at the Salem Cross Inn in West Brookfield. This special dining event, **The Fireplace Feast**, is prepared on the open hearth of a great fieldstone fireplace. Chowder is bubbling in the cauldron, prime rib is roasting over the crackling fire and New England's best apple pie is being prepared in the kitchen. Enjoy the feast!

Deadline to register is October 15th.

No refunds issued after that date.

Friday - Sunday, November 16-18, 2018

Depart 7:00 a.m. Waterville (Location TBA)

Return 10:45 p.m.

Depart 7:45 a.m. Gardiner (Hannaford)

Return 10:00 p.m.

Registration fee: \$469 per person

Registration fee includes motorcoach transportation, overnight accommodations (two nights), Friday lunch, museum tours, parade seating, craft show and concert tickets, Thanksgiving buffet and Fireplace Feast.

Wicked Walking Tour

Celebrate Halloween early! Authentically researched and expertly delivered, this 75 minute walk is a "must do" for anyone who enjoys storytelling, history and being just a tiny bit scared! Join us for comedy, ocean views and an easy, half mile stroll down the cobblestone streets of Portland's Old Port. Each performance features exciting histories of pirates, witches and "Indians" from the 1600's to the present. Says one reviewer "Gordon Tweedie was entertaining and engaging. His expertise regarding Portland history was A+. He provided a good balance of historical facts and story telling that made this a very memorable experience." www.wickedwalkingtours.com. We'll travel in comfort aboard a Cyr motorcoach and stop on the way back for a quick bite to eat. Suitable for all ages and abilities. **Registration fee includes motorcoach transportation and tour ticket.**

Deadline to register is September 12th No refunds issued after that date.

Wednesday, October 17, 2018

Depart 4:00 p.m. Waterville (Elm Plaza) Return 10:00 p.m.

Depart 4:45 p.m. Gardiner (I-95 exit 102 Park and Ride) Return 9:15 p.m.

Registration Fee: \$69.00 per person



**These trips are hosted by MSAD 11 Adult Education.
Register at www.msad11.maineadulted.org or call 582-3774**

Fall Foliage Special

Fall is a great time to enjoy a special outing! Join us as we travel to central New Hampshire on board our deluxe motorcoach for a day of fun and Fall foliage. We'll appreciate the changing colors of sugar maples and the gorgeous foliage of the beautiful **White Mountain area** as we head toward Meredith, NH on the shores of Lake Winnepesaukee. It's all aboard the Hobo Railroad for a relaxing train ride that takes you north from Meredith past several small lakes, up and over the **Ashland Summit, across the Ashland Trestle and past the Bonnie Brae Deer Farm to the quaint village of Plymouth, NH** where we'll enjoy a **hot buffet lunch at the Common Man Inn & Restaurant**. Be sure to bring your camera as we'll make a brief stop at the restored **Ashland Train Station** where you'll be greeted by station attendants dressed in period attire. We'll have some time to explore the **shops in Meredith** before heading to Laconia for the annual **New Hampshire Pumpkin Festival** - a community-hosted, family friendly celebration of fall celebrating artistry and creativity and all things pumpkin! Time permitting, there may also be another stop to "sweeten" our day. **Deadline to register is September 13. No refunds will be issued after this date.**

Saturday, October 13, 2018

Depart 7:00 a.m. Waterville (Elm Plaza) Return 10:15 p.m.

Depart 7:45 a.m. Gardiner (I-95 exit 102 Park and Ride) Return 9:30 p.m.

Registration fee: \$139.00 per person

Registration fee includes motorcoach transportation, train ride, buffet lunch and Pumpkin Festival.



Vienna Choir Boys Holiday Celebration

Kick off the holiday season with this amazing Christmas concert from the Vienna Choir Boys - one of most famous concert choirs in the world. Today's choir is the modern-day descendant of the boys' choirs of the Viennese Court, dating back to the late Middle Ages. The approximately 100 boys between 10 and 14 years of age sing in four different choir groups at various public occasions around the world. **This year's New England concert is at Carey Hall in Lexington Massachusetts.** After selling out Cary Hall in 2017, the Boys Choir returns to Lexington for a holiday performance featuring traditional and contemporary favorites. The angelic-voiced musicians celebrate the magic of the holiday season with a delightful program of **Christmas hymns, Austrian folk songs, classical masterpieces, and holiday carols.** For six centuries, these young cultural ambassadors have been adored the world over for their wide range of repertoire, purity of tone, and generosity of musical spirit. Our day includes some **holiday shopping time at Quincy Market** prior to the afternoon concert. Boston is sure to be dressed in its holiday finest and Faneuil Hall marketplace hosts the largest Christmas tree in New England.

Deadline to register is October 31st. No refunds will be issued after this date.

Sunday, December 2, 2018

Depart 7:15 a.m. Waterville (Elm Plaza) Return appr. 8:30 p.m.

Depart 8:00 a.m. Gardiner (I-95 exit 102 Park and Ride) Return Appr. 8:00 p.m.

Registration fee: \$169.00 per person

Registration fee includes motorcoach transportation and orchestra level concert ticket.

**These trips are hosted by Mid-Maine Adult Education.
Register at www.midmaine.maineadulted.org or call 873-5754**

Gardens Aglow

Coastal Maine Botanical Gardens

Travel to Boothbay in comfort with a Cyr Bus and in-bus entertainment. The bus will drop you off at the Visitor's Center of the gardens. Once inside, you will have two and one half hours to explore the magic within the gardens. This year, over 360,000 energy efficient LED lights decorate our central gardens and buildings. That's right - the largest light display in Maine just got

larger! From the lights, to the s'mores pit, food trucks and special art exhibits, Gardens Aglow has something for the whole family. Join us to experience the magic.

Sat., 12/1/2018, Rain Date: Sat., 12/8/2018

Depart 4:30 p.m. Waterville,

Return 10:00 p.m.

Depart 5:00 p.m., Gardiner (West Gardiner Service Plaza) Return 9:30 p.m.

Registration fee: \$35

Become Your Own Travel Agent

Becky Ranks

This class will provide resources and information for anyone who wants to find the best deals for hotels, cruises, RV travel, AirBNB, escorted tours, and more. We will answer questions about RV driving to Alaska and the western US, how to get the lowest prices for escorted tours to almost anywhere, and getting great deals on hotels while traveling at home and abroad. Information will be presented on river cruises for less, as well as airfare tips. In addition, you will go home with valuable online resources. Gardiner High School, Room 117

Thursday 12/6/2018 6:00-8:30 p.m.

Classes: 1 Registration fee: \$20

Exploring the Rhine, Bavaria and Austria

Diann Bailey

Some of the world's most awe inspiring sights are in Germany and Austria. Join Diann for a highlights tour of the people and places that make this area one of Lonely Planets top European destinations. We'll drive the **Romantic Road**, roam the **wine-loving villages along the Rhine**, take an evening walk with the night watchman in Rothenburg and wonder at the legacies of Bavarian kings. We'll visit **Die Zugspitze (Germany's highest peak)**, wander through **Schloss Neuschwanstein (the model for Disney's castles)**, see **authentic Sound of Music locations in Salzburg** and learn about **World War II Germany at Berchtesgaden**. We'll talk about culture, history, traditions, food, and more as we discover German allure and Austrian charm. Tips and travel resources will be offered.

Gardiner High School, ATM Room

Wednesday 11/7/2018 6:00-7:30 p.m.

Classes: 1 Registration fee: \$12

Day Trip Boston Museum of Science

Join us for a fun packed day in Boston and a visit to the Museum of Science. Your day includes time to enjoy the shopping and eating opportunities at Faneuil Hall and Quincy Market. **Your registration fee includes transportation to and from Boston and general admission to the museum. An adult must accompany children under the age of 18. Call 873-5754 to register.**

Saturday, 10/6/2018

Depart 7:30 a.m. Waterville,

Return 9:00 p.m.

Depart 8:00 a.m., Gardiner (West Gardiner Service Plaza) Return 8:30 p.m.

Registration fee: \$65 (Adult-12 and over)

\$60 (Child - under 12)

Let's Eat!...with Vicki Dill

Chili - On A Chilly Night

With chilly weather comes the desire to make hearty, one-pot nutritious meals for family and friends. Chili has been an American favorite for a long time and can be made with meat or meatless, spicy or not spicy. Join Vicki as she, in her own creative way, teaches you how to prepare this soul satisfying dish. A \$5 supply fee is payable to the instructor at the class. Gardiner Middle School Cafeteria

Monday 10/15/2018 6:00-8:00 p.m. Classes: 1 Registration fee: \$10

Needhams--Maine's Potato Candy

While Maine is not only famous for its blueberries and maple syrup, it has another, more earthy, local crop: potatoes. If you're from Maine, you've probably heard of needhams — a traditional sweet, covered in chocolate, with a soft center coconut confection and a surprising ingredient, POTATO. In this one-evening class, learn how to make these sweet Maine treats, just in time for the holidays. A supply fee of \$6.00 is payable to instructor at the class. **Students should bring a flat, 1-pint container to take their needhams home.** Gardiner Middle School Cafeteria

Monday 11/5/2018 6:00-8:00 p.m. Classes: 1 Registration fee: \$10

How to Make Gluten Free Bread

Baking gluten free can be a challenge. Learn about ingredients and techniques that will result in a versatile dough that can be used for breads, pizza crust or hamburger rolls. This recipe bakes in a short time, so students can sample the end results. There will be a \$5.00 supply fee payable to instructor at class. Gardiner Middle School Cafeteria

Monday 11/19/2018 6:00-8:00 p.m. Classes: 1 Registration fee: \$10

Whoopie Pies - A Maine Tradition

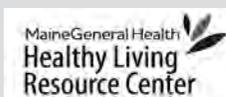
Who cares who made them first or why! When it comes to deliciously special treats for any occasion, if they come from your kitchen they'll be the stars on the dessert plate and you'll get rave reviews. In this class you'll learn how to create the traditional whoopie pie and may even have some to take home to share with your family. A \$5.00 material fee is payable to the instructor at the time of class. Gardiner Middle School Cafeteria

Monday 11/26/2018 6:00-8:00 p.m. Classes: 1 Registration fee: \$10

Creative Holiday Appetizers

Are you hosting or attending parties for the holidays? Would you like to bring a dish that will be a huge hit with the other guests? In this class you'll learn how to create appetizers that look like they took a lot of time but they really didn't. You will wow your friends and family with dishes that are sure to become seasonal favorites. A \$7.00 supply fee is payable to the instructor at the time of class. Gardiner Middle School Cafeteria

Monday 12/10/2018 6:00-8:00 p.m. Classes: 1 Registration fee: \$10



These classes are offered in partnership with MaineGeneral Health. **To register, go to www.maine-general.org, click on "Search all Classes & Events," and search for the class title, or call 872-4102.**

Make Your Own Spring Rolls & Dipping Sauces

Looking for a fun, healthy cooking class that doesn't require actual cooking? In this hands-on class, you will learn how to make fresh, cool, and crunchy spring rolls with seasonally available vegetables and yummy dipping sauces. Gardiner High School, Room 406

Wednesday 9/19/2018 5:30 p.m.-7:30 p.m.

Classes: 1 Registration fee: \$17

Cooking the Mediterranean Way

You don't need to travel across the globe to experience the health benefits of a Mediterranean Diet. A quick trip to your local grocery store and you can be on your way to discovering delicious flavors and fresh foods that promote health and prevent disease. Gardiner High School, Room 406

Wednesday 10/17/2018 5:30 p.m.-7:30 p.m.

Classes: 2 Registration fee: \$20

Preserving Food...

with Deb Barnett

Preserving the Harvest - Salsa

Ever wonder how to preserve all those great garden vegetables? This hands-on food preservation workshop will teach you the basic steps for hot water bath canning and freezing. Students will learn how to make salsa by combining tomatoes, peppers, onion, and garlic with a variety of spices. They will also receive a "Preserving the Harvest" food preservation packet, and will learn recommended methods for preserving foods, the latest and safest recipes, about equipment to ensure safety, and how to check for properly sealed jars. This class is a beginning-level class. **Please bring a potholder with you to the workshop.** You will be able to take home a jar of salsa! Materials fee of \$15.00 is payable to instructor. Gardiner High School, Room 313

Wednesday 9/26/2018 5:30-8:30 p.m.

Classes: 1 Registration fee: \$10

Preserving the Harvest - Cranberry Sauce

Ever wonder how to preserve all those great seasonal fruits and vegetables? This hands-on food preservation workshop will teach you the basic steps for hot water bath canning and freezing. Students will learn how to make cranberry sauce using fresh cranberries. They will also receive a "Preserving the Harvest" food preservation packet, and will learn recommended methods for preserving foods, the latest and safest recipes, about equipment to ensure safety, and how to check for properly sealed jars. This is a beginning-level class. **Please bring a potholder with you to the workshop.** You will be able to take home a jar of cranberry sauce! Materials fee of \$15.00 is payable to instructor. Gardiner High School, Room 313

Wednesday 11/7/2018 5:30-8:30 p.m.

Classes: 1 Registration fee: \$10

Courtney Roderick

Cooking Matters for Adults

In this series of six FREE, fun and interactive cooking and nutrition classes, participants will learn how to shop, cook, and eat healthy on a budget. All materials will be provided at no cost and participants will cook a delicious meal and eat together at every class. They will also receive ingredients to make the meal at home again! Gardiner High School, Room 313

Tuesday 10/2/2018 6:00-8:00 p.m.

Classes: 6 Free, be our guest



Cheese classes...

with Diana Mosher

Let's Make Cheese

Join us for a hands-on experience in making a variety of cheeses, some using common kitchen equipment. We will begin by making feta using local goat's milk, when available. (When goat's milk is not available, students will learn how to make feta with cow's milk, adding an enzyme which makes the cheese taste like goat's milk feta.) From there, students will make Monterey Jack and ricotta using cow's milk. In addition, students will learn how to use whey in cooking. In the "down time" of the cheese process, students will make butter and sample cheeses with some apples and crackers. Lastly, students will learn how to make chevre. At the end of the course, students will take home feta, ricotta and chevre. Along with these cheeses, students will also receive butter muslin, mesophilic and chevre starters for making cheese and all the recipes. Materials fee of \$20.00 is payable to the instructor at first class. Gardiner High School, Room 313

Wednesday 10/3/2018 6:00-8:00 p.m.
Classes: 2 Registration fee: \$30

Mozzarella and Ricotta Cheese

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. Supply fee of \$8.00 is payable to teacher at class. **Choose your preferred session.** Gardiner High School, Room 313

Tuesday 10/16/2018 6:00-8:00 p.m.
Wednesday 11/14/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$15

NEW

The Art of Butchery

Leon Emery

Prime rib or short ribs? Skirt steak or flank steak? This class is for meat lovers who want to know more about how dinner gets from pasture to plate. Learn the art of butchering beef, pork, and chickens, from local expert and professional butcher Leon Emery. Learn what cooking methods are best for what cuts, how to save money by buying in bulk, the right knives for various tasks, and, of course, the importance of sanitation. Learn how to truss and break down a whole chicken, de-bone a pork loin, make a sausage and so much more. Gardiner High School, Room 313



Monday 9/17/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$15

Let's Eat!...with Deb Arter

Cooking German Night-Spaetzle, Schnitzel, and Strudel

If your mouth waters when you hear schnitzel, spaetzle and strudel, this is the class for you! We will prepare various schnitzels with a side dish of German cucumber salad, taste pink sauerkraut, make a quick version of apfelstrudel and, of course, practice making plain and cheese spaetzle. All recipes provided and generous samples will be shared by all. **Bring your meat mallets and steak knives to class as well as an apron and two sealed tubs to take home "planned overs."** You will get to eat a full meal! \$10.00 material fee is included in the registration fee for all ingredients and materials fee. Deb Arter lived and dined in the asparagus capital of Germany for years - join her for oompah music and delicious dishes. Gardiner High School, Room 313

Tuesday 10/30/2018 5:30-8:30 p.m. Classes: 1 Registration fee: \$39

In The Dough, In The Know

Who can resist the smell of fresh bread baking? In this one-night class we will learn how to mix, knead, proof and shape basic yeast dough. Participants will learn how to create cloverleaf rolls, butter crescents, cinnamon swirls, tea rings and whole-wheat rolls as well as an economical savory braid that comes together quickly. You will learn what gluten is really about! Various yeast bread recipes will be shared and discussed. Each student will go home 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 an/or a plastic bag to fill and take home.** Registration fee includes all ingredients and materials fee. Gardiner High School, Room 313

Thursday 11/8/2018 5:30-8:30 p.m. Classes: 1 Registration fee: \$39

Perfect Pies and Tarts, Oh My!

NEW

If you have suffered through pastry mishaps or wondered what to do about runny pie filling, this may be the class for you. In one evening we will make a standard two-crust pie as well as a fresh fruit almond tart that will get rave reviews every time you make it. Hands on time with instruction, recipes, tips and liberal tasting opportunities assure that this is a class you won't want to miss! **Be sure to bring a zip lock bag to take home samples (that do not get eaten) as well as an apron and your favorite rolling pin that has been gathering dust in the closet!** Class size limited! Fun guaranteed! Registration fee includes material fee. Gardiner High School, Room 313

Tuesday 11/20/2018 5:30-8:30 p.m. Classes: 1 Registration fee: \$39

Holiday Cookies...with Kristine Hoffer

Join us for an evening of decorating amazingly artful sugar cookies with royal icing. Learn to create piping with multiple techniques including pipe & flow; wet on wet; dry brush; faux knitting; sugar crystallizing, and scrollwork. Cookies will be pre-baked for the class, but we will go over techniques for baking the perfect cookie to be a canvas for your icing artwork. We will mix icings together, learning how to tint and thin. Take home one dozen cookies, (two each of six different techniques.) **Bring one cookie tray with lid or multiple shallow, flat containers with lids to take cookies home to dry.** All cookies, icing, tools, and materials will be provided. Detailed instructions and recipes will also be provided to take home. A materials fee of \$15 is payable to instructor at class. Gardiner High School, Room 313

NEW

Halloween Sugar Cookies - Edible Art!

Monday 10/29/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$10



Christmas Sugar Cookies - Edible Art!

Wednesday 12/12/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$10



For Lovers of Music...

Jason Goucher



Beginner Ukulele

With its chunk-a-chunk sound, whispery nylon strings, and diminutive body, the ukulele is having a moment. Find out why the ukulele is making a strong comeback in this beginner-level class. Students who have some experience with the ukulele are also welcome. Learn about tuning, strumming, fingerpicking, chords, reading tab...then put it all together to learn your first songs. Scales, technique, and easy music theory will also be discussed. Ukulele should be soprano, concert, or tenor size. Ukuleles are available to purchase at local music stores, eBay, or Amazon. **Please bring an electric tuner. Students are asked to purchase Hal Leonard Ukulele Method, Book 1, ISBN 9780634079863, from bookseller of their choice.** Gardiner High School, Room 120

Monday 11/19/2018 7:00-8:00 p.m. Classes: 6 Registration fee: \$49

Guitar for Beginners

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 3-ring binder or pocket folder is highly encouraged. Please purchase the Hal Leonard Guitar Method Book 1 (second edition ISBN-13: 978-0793533923) from the bookseller of your choice.** Gardiner High School, Room 120

Monday 9/10/2018 6:00-7:00 p.m. Classes: 8 Registration fee: 69

Acoustic Jam Session

Tired of strumming your guitar alone in your basement or garage? Ready to take the next step and start playing with others? This class will provide students with a low pressure, non-judgmental opportunity to experience the joy that comes from making music with other people. We will focus primarily on acoustic guitar-based music, but other acoustic instruments such as mandolins, fiddles, bass & harmonicas are welcome, as are people who would like to try singing with a group. Students should have a solid understanding of their instruments including tuning, basic chords and rhythm patterns and be willing to work in small groups with other musicians. The ability to accept constructive feedback from an instructor is also important. Gardiner High School, Room 120

Monday 9/10/2018 7:00-8:00 p.m. Classes: 8 Registration fee: \$69



Martin Swinger

Song Writing for Adults

Music inspires hope, unites hearts, changes moods, and challenges thinking. If you can carry a tune and play a little bit of guitar or piano, you'll enjoy this opportunity to write your own song. We'll review basic melodic choices, learn about song construction, discuss what makes a great lyric and talk about how particular songs have impacted our world. We'll write a song as a group and then each person will unleash his/her creativity to write their own original work, with Martin's assistance. **Bring an idea for a song theme you would like to develop and a guitar, if you play. The ability to read music is not necessary for this class. Bring a notebook and your favorite pen.** Gardiner High School, Room 117

Wednesday 9/19/2018 6:30-8:00 p.m. Classes: 6 Registration fee: \$79

Sing!

Do you sing in the car, by yourself? Love music, but hesitant to sing in front of others? It's time to get beyond all that and make a joyful noise! In this class, participants become an instant choir - beginning with the simplest forms of duet improvisation and harmonic possibilities. Large group, small group and solo-opportunities will be offered. This class is not about songs - it is about singing! Martin Swinger, accomplished vocalist and musician, leads you safely and gently through vocal warm-ups, vocal techniques, hitting pitch and breath control, dealing with stage fright and into creative singing games! BYO water bottle! Gardiner High School, Room 117

Wednesday 11/7/2018 6:30-8:00 p.m. Classes: 6 Registration fee: \$79

Writer's Workshop

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. Join us! Gardiner High School, Room 118

Wednesday 9/26/2018 7:00-8:30 p.m. Classes: 6 Registration fee: \$49

Writing for Fun and Money

Do you want to get your book, short stories or articles published? This one-evening workshop will teach you 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! Gardiner High School, Room 118

Wednesday 11/14/2018 6:00-8:30 p.m. Classes: 1 Registration fee: \$19

Darcy Casey

Darcy Casey

Piano Keyboarding Luke Martin

In this eight-week introductory course, learn piano and keyboard concepts through study of music theory and notation. Students will be required to perform various chord progressions, melodies, and chord



voicings, while at the same time gaining an appreciation for various styles of music and a greater understanding of music theory. **Students will be required to provide their own keyboard, although there will be a limited number of piano keyboards available for students to use during class if they do not have one. Please contact the Adult Education office for availability.** Gardiner High School, Room 128

Tuesday 9/11/2018 6:00-7:30 p.m. Classes: 8 Registration fee: \$69

Worm Composting for Beginners

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 vermicompost for gardening and houseplants as well as "worm tea"! Each student will set up their own worm bin with worms to take home. A harvest party will be scheduled for early 2019. Worm bins are supplied at no charge. Worms will be supplied for free, if available. Otherwise, they may be purchased for \$8.00/200 worms. 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. Visit Jock's blog at mainlywormbins.blogspot.com for more information about worm composting. This class is offered in partnership with the Gardiner Food Co-op and Cafe. Gardiner High School, Room 128

Monday 10/15/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$10

Worm Harvest Night

Jock 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. This class is offered in partnership with the Gardiner Food Co-op and Cafe. Gardiner High School, Room 128

Monday 9/17/2018 6:00-8:00 p.m.
Classes: 1 Free, be our guest

Learn to Build a Root Cellar for Vegetable Storage

Kathryn Hopkins

Have you ever stopped to think what people did long before refrigeration? What would life be like without it? One way was with the help of root cellars. The great news is that they are still around today. Join Kathryn Hopkins from the University of Maine Cooperative Extension, for an introductory workshop on designing, constructing and maintaining root cellars for winter food storage. Gardiner High School, Room 120

Thursday 9/13/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$10

Growing Great Garlic

David Fuller

Fall is garlic planting time! Growing garlic is fun and easy and increasingly popular in Maine. Learn how to grow garlic for the first time or how to improve your garlic crop. We will cover all aspects of garlic culture and how to deal with challenges including disease management. Garlic makes nearly everything taste better and it has health benefits, as well. David Fuller works with the University of Maine Cooperative Extension. Gardiner High School, Room 120

Tuesday 10/2/2018 6:00-8:00 p.m. Classes: 1 Registration fee: \$10

Fall

Sharon Turner

Sharon Turner, of Crystal Lake Farm and Nursery in Washington, specializes in open pollination flower seedlings, native trees, shrubs, and perennials. She grows for Fedco Trees and teaches organic classes at MOFGA.

Design Your Landscape and Jumpstart Spring

Do you want to make the most of your yard and garden? Then this field-based class is for you! Fall is an excellent time to assess your garden shrubs, trees and perennials and prepare the ground for spring 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 materials fee of \$10.00 is payable to the instructor. Please notify adult education office of your physical address. Gardiner High School, Room 123

Thursday 9/13/2018 6:00-8:00 p.m. Classes: 8 Registration fee: \$79

Extending the Gardening Season

Maine has a short traditional growing season. There are, however, many ways to lengthen that short season and have good wholesome food available through the fall, winter, and early spring. In this class we will explore everything from old-fashioned cold frames and hot caps to the latest in low and high tunnels and coverings. Seed starting, winter vegetable storage and fall garlic planting will be addressed. Organic practices will be emphasized. Garlic will be available for purchase. A \$10.00 fee for handouts is payable to instructor at first class. Gardiner High School, Room 123

Thursday 9/27/2018 6:00-8:00 p.m. Classes: 3 Registration fee: \$39

So You Want to Farm in Maine?

NEW

Caragh Fitzgerald

This course is designed for current farmers and those who are aspiring to have a farm. During this course, participants will be equipped with knowledge and skills to start, adapt and maintain a profitable land-based business. Instructors for the course are Cooperative Extension faculty, Caragh Fitzgerald and Rich Kersbergen, along with guest instructors. The goals of the class are to help participants feel comfortable evaluating and starting a farm-based business; understand the need for a business plan; select and use a recordkeeping system; understand how to use the Cooperative Extension and other agencies as resources for their farm business; and understand the importance of and basics of marketing their products, including customer surveys. Gardiner High School, Room 120

Thursday 11/1/2018 5:30-8:30 p.m.
Classes: 4 Registration fee: \$59

Bird Feeding Basics

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 final section of the program will focus on the identification of our most common backyard feeder birds. All participants are invited to join a Saturday morning bird walk originating from the Freeport store (dates to be announced.) Gardiner High School, Room 123

Thursday 10/18/2018 6:00-8:00 p.m.
Classes: 1 Registration fee: \$15

Learn Spanish...with Eliana Figueroa

Spanish Quickstart

This introductory course is designed for adults with little or no previous study of Spanish. The class will address some of the important structures of the language, as well as basic language patterns and vocabulary. Homework will be assigned and active participation is encouraged. **Students will be responsible for purchasing textbook, *Spanish is Fun: Book 1*, ISBN-10: 1634199286, from the bookseller of your choice.** Gardiner High School, Room 235

Tuesday 9/11/2018 5:30-7:30 p.m. Classes: 7 Registration fee: \$69

Spanish - Beyond the Basics

Hola! Como estas? This course is designed for students who have taken an introductory class and already know a little Spanish. Take the next step toward exploring the foundations of Spanish grammar and pronunciation. Begin to read in Spanish, learn a lot of new vocabulary and engage in conversations. Active participation in class is expected and homework will be assigned. **Students will be responsible for purchasing textbook, *Spanish is Fun: Book 1*, ISBN-10: 1634199286, from the bookseller of your choice. Choose preferred session.** Gardiner Area High School, Room 235

Session I Monday 9/10/2018 5:30-7:30 p.m.

Session II Tuesday 10/30/2018 5:30-7:30 p.m.

Classes: 7 Registration fee: \$69

Be A Mentor! **NEW**

Rene Igo

Big Brothers/Big Sisters

Find out about Big Brothers Big Sisters mentoring programs in your area. We'll talk about expected outcomes and volunteer requirements, get answers to frequently asked questions, fill out an application, and schedule an interview. Volunteer mentors help guide a child down the right path - sharing, caring and just being there to help their Little reach their highest potential. Learn how you can positively impact the life of a local child! Gardiner High School, Room 120

Thursday 9/27/2018 6:00-7:00 p.m.

Classes: 1 Free, be our guest

My Money Works

Sherrie Brann

This class will help you gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set personal financial goals. At the end of the class you will have a personal money management plan. Gardiner High School, Room 118

Tuesday 10/2/2018 6:00-8:00 p.m.

Classes: 5 Free, be our guest

Consumer Matters: Scams and More

Martha Currier

Learn how to be a smart consumer and how to identify and avoid scams. In this class you will get the answers to these questions: Why are there so many scams and do people really fall for them? How do I know whether that pop-up ad is legit? When I purchase something, what protections does Maine law provide? What tactics should automatically make me question whether an ad is authentic? What should I do if I fall for a scam? How can I avoid being a victim of identity theft? Gardiner High School, Room 123

Wednesday 11/14/2018 6:00-7:30 p.m.

Classes: 1 Registration fee: \$10

Drones, Planes, and National

Airspace

Greg Jolda

What goes up must come down - safely. Experience the adventure flight can give, from modeling to full-scale aircraft. The instructor will bring several drones for hands-on demonstration. We will investigate new laws covering drones, what it takes to make money with drones, and advance your fascination with flight. Gardiner High School, Room 235

Thursday 9/20/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$19

Hunter Safety

Craig Gerry

This firearms hunter safety course consists of 9 hours of classroom instruction broken up into a 3-hour introduction followed by two nights of classroom instruction and activities. Students are required to complete a workbook or an online course to obtain a voucher, both of which complement the student manual. 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%. Gardiner High School Cafeteria

Tuesday 10/16 and 10/23

Thursday 10/25 5:45-9:15 p.m.

Classes: 3 Registration fee: \$10

Driver Education

Mullens Driving School

Mullen's Driving School, with more than 38 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 and approachable, and they're determined to put safe, responsible drivers on the road. Class start dates are September 7, October 1, October 31, and November 30. There will be an additional fee of \$20 to purchase textbook, *How to Drive*. **Register online at www.mullensdrivingschool.com or call 1-800-595-9070.** Gardiner High School, ATM Room

Monday, Wednesday, Friday 2:30-5:30 p.m. Fee: \$510

Protecting Your Home and Property--Rights & Responsibilities

Todd Pilsbury

What are your legal rights in protecting your home or property against an invader? Join Detective Sergeant Todd



Pilsbury, from the Gardiner Police Department, for a discussion on the rights and responsibilities of the home/property owner regarding what levels of force can be used to protect home, property, self, and others. Maine state statute on this subject will be reviewed and will include the legal ramifications of excessive use of force by the private citizen. After the presentation, there will be time for questions and discussion. Gardiner High School, Room 120

Wednesday 11/7/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$10

A Buyers and Sellers Guide to Home Inspection **NEW**

Jeffrey Campbell

If you are considering purchasing or selling property, you will want to know the real condition of all the important aspects of it before making a commitment. Exterior grounds, decks, driveways, roof, electrical systems, plumbing, heating, lighting, and more, are areas that a home inspector will investigate. Learn about the process of inspecting homes and the easy-to-understand report that the prospective homeowner will receive. Gardiner High School, Room 120

Wednesday 9/19/2018 5:30-8:30 p.m.

Classes: 1 Registration fee: \$10

Improving Your Home Through Energy Efficiency

Bo Jespersen

This class will provide information about the value of an energy audit, energy improvement do's and don'ts and the best way to get the biggest bang for your bucks. You will also learn about available rebates and how to access those dollars. There will be ample time after the presentations for a question and answer session. If you own an older home and you've been considering doing some renovations, this is a class you won't want to miss. Gardiner High School, ATM Room

Tuesday 9/18/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$10

About Dogs

Choosing Your Four Legged Friend

NEW

Susan Bailey

Are you thinking of adding a new dog or cat to your household? Should you have a puppy, kitten or fully grown new friend? Choosing the pet for your home and family will determine the success of this important venture. You'll learn about the personalities and traits of various breeds/mixes, what to expect when bringing your new pet home and how to make that transition as smooth as possible. We'll discuss adopting from shelters and rescue organizations, buying from breeders, associated costs, potential challenges and how to solve them. Dr. Susan Bailey, owns Porchside Veterinary Clinic in Dresden. Gardiner High School, Room 120

Wednesday 10/3/2018 6:00-7:30 p.m. Classes: 1 Registration fee: \$20

Pet Talk

Susan Bailey

Join local veterinarian, Dr. Susan Bailey, to discuss common medical issues concerning cats and dogs. Topics may include: knowing when to take your pet to the veterinarian for preventative care and illness; how to recognize an emergency, and basic first aid for common injuries. We will also try to cover flea and tick control, dental health, and specific ways to help care for your geriatric pets. Please bring your questions, and leave armed with the knowledge and confidence to make informed decisions regarding your pet's health. Dr. Bailey owns Porchside Veterinary Clinic in Dresden. Gardiner High School, Room 120

Wednesday 10/24/2018 6:00-7:30 p.m. Classes: 1 Registration fee: \$20

Basic Dog Obedience

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.** Randolph United Methodist Church

Tuesday 10/16/2018 6:00-8:00 p.m. Classes: 6 Registration fee: \$99

Intermediate Dog Obedience

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 prior to first class. You will need a six-foot leash and an appropriate training collar.** Randolph United Methodist Church

Tuesday 10/16/2018 8:00-9:00 p.m. Classes: 6 Registration fee: \$79

Adult, Infant, Child CPR & First Aid

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 p.m. **Choose your preferred session.** Gardiner High School, Room 128

Monday 9/17/2018 6:00-8:30 p.m.

Monday 10/22/2018 6:00-8:30 p.m.

Classes: 2 Registration fee: \$49

Babysitting Basics

NEW

Vicki Dill

As a babysitter, parents and guardians trust you with their children's lives. Prepare yourself for the challenges of babysitting by following the information provided in this six-hour course. The class will instruct potential babysitters on the stages of growth for children, safety rules, what to do in an emergency situation, diapering and bottle feeding, preparing children for bed, behavioral problems, and more. In addition, CPR and first aid for children will be taught. Course material will be provided. Upon completion of the course, students will receive a certificate. **Minimum age to attend class is 12. Registration deadline is September 28.** Gardiner High School, Room 120

Wednesday 10/10/2018 6:00-8:00 p.m.

Classes: 3 Registration fee: \$49



Mushrooms...

with David Spahr

Wild Mushroom Walk

This three-hour course will include walking the woods to find edible mushrooms along with detailed descriptions of habitat and structure of mushrooms. The majority of the mushrooms found in nature are often not edible, but learning this element is even more important than knowing which ones to eat. Every mushroom walk bears a different bounty depending on the weather as much as location. Minimum age 12 with adult. Location: Jamies Pond, Hallowell.

Saturday 9/29/2018 1:00-4:00 p.m.

Classes: 1 Registration fee: \$35

Wild Food Foraging Walk

This four-hour course will include walking in the woods to find edible wild food along with detailed descriptions of plant habitat and structure of the plants. Please contact the Adult Education office at 582-3774 to learn more about the specific location of the walk. Bring: Notebook and pen, basket, mesh or other bags, wax or brown paper bags, knife, bug repellent and hat, water or other refreshment and a snack, gloves, waterproof boots (preferred), tall socks you can tuck your pant legs. Optional: gps, backpack, field guide, magnifying glass. Location: TBA

Saturday 10/6/2018 1:00-4:00 p.m.

Classes: 1 Registration fee: \$35

Edible and Medicinal Mushrooms of Maine and the Northeast

Join self-proclaimed "mushroom Mainiac" 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. Gardiner High School, Room 120

Wednesday 9/19/2018 6:30-8:30 p.m.

Classes: 1 Registration fee: \$19

Let's go dancing...with Louis Moniz, Jr.

East Coast Swing

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. Laura Richards School Gym
Monday 9/24/2018 6:30-7:30 p.m. Classes: 8 Registration fee: \$71

Line Dance for Beginners & Intermediates

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. Laura Richards School Gym

Monday 9/24/2018 7:30-8:30 p.m. Classes: 8 Registration fee: \$71

Mindfulness in Everyday Life ..

Lynn Deeves

Would you enjoy bringing greater awareness to all that you do? Meditation practitioner, musician, and licensed massage therapist, Lynn Deeves, invites us to explore simple practices to help us "show up" more fully. Offerings include:



introductory and guided meditation, cultivating happiness and gratitude, loving-kindness practice, and deep relaxation. All are welcome. No previous experience is needed. Gardiner High School Library
Thursday 10/11/2018 6:30-7:45 p.m. Classes: 6 Registration fee: \$59

Belly Dance

Darcel Niles

Belly dance is an excellent way to achieve toning and fitness while having fun and getting a good workout. In this class, you will learn belly dance techniques and style while enjoying a variety of music and choreography. For any age or physique, belly dance is one of the best ways to gain confidence and get in shape! This is a beginner

class; no experience necessary. Laura Richards School Gym

Wednesday 10/17/2018 6:45-7:45 p.m. Classes: 8 Registration fee: \$69

Gardiner History

Dawn Thistle

Gardiner has a fascinating history and the Gardiner Public Library has an amazing collection of artifacts, documents, maps, and photographs that bring it to life. Have you ever wondered about who may have lived in the historic homes in your neighborhood, what businesses or industries kept the downtown humming throughout the decades, or just what people did for fun during the long, cold Kennebec winters? Bring



your questions and curiosity and join Special Collections Librarian, Dawn Thistle, for an armchair tour of historic Gardiner. Learn about Gardiner's literary, cultural, and economic contributions to the area and the nation. Gardiner Public Library

Tuesday 9/18/2018 6:00-8:00 p.m. Classes: 4 Registration fee: \$30

American Sign Language - Level I

Alma Simmons

The ability to sign is a rewarding skill using the hands, face, and body to communicate with others. You will build a vocabulary, learn to sign easy sentences and gain insight into the Deaf/Hard of Hearing culture. This class is designed for beginners who want to learn a new language. **Students are responsible for purchasing text book from their preferred book seller, *Signing, How to Speak with Your Hands*, ISBN 055337539-3.** Gardiner High School, Room 235
Thursday 9/13/2018 6:00-8:00 p.m. Classes: 7 Registration fee: \$69

American Sign Language-Level II

Alma Simmons

This class is designed for those who want to expand their basic skills. Continue to build your vocabulary and signing techniques as you progress to a higher level. We will take a class trip to a local restaurant to practice our sign language skills. Come join us; it will be fun and exciting! **Students will be able to use the same text book they purchased for ASL I, *Signing, How to Speak with Your Hands*, ISBN 055337539-3.** Gardiner High School, Room 235
Thursday 11/1/2018 6:00-8:00 p.m. Classes: 7 Registration fee: \$69

Tuesday Night Soaps...

with Laurel Lopez

Students will have several products to take home.

Materials fee of \$20 is payable to the instructor at time of class.

Gardiner High School, Room 313

Lotions, Chapsticks and More

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

b e e s w a x - 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.

Tuesday 10/23/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$19

Making Milk Soap

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.

Tuesday 11/13/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$19

Bath Fizzies, Salt Scrubs, Etc.

Make bath time more fun! Create bath fizzies, salt scrubs, and melt and pour soaps. Create three quick and easy projects that make wonderful gifts for yourself or a friend! These are fun projects for rainy days and are sure to please everyone.

Tuesday 11/13/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$19

Basic & Advanced Soap Making

This class is a combination of Basic & Advanced Soap Making. Discover the benefits that handmade soaps have for your skin. Using the cold process method, you'll create naturally unique soaps for a variety of uses. Learn to add color and scents with different techniques. We will discuss scenting, cutting, storing and packaging your products. A supply list is available upon registration.

Tuesday 11/6/2018 6:00-8:00 p.m.

Classes: 1 Registration fee: \$19

Zumba for everyone!

Zumba

Janet McRae

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. Since its inception, the Zumba program has grown to become the world's largest – and most successful – dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries. **Note: this class is held one day a week.** Laura Richards School Gym

Thursday 10/18/2018 5:30-6:30 p.m.

Classes: 8 Registration fee: \$50

Zumba Gold

Stephanie Dustin

Zumba Gold is the perfect option for those new to Zumba, older active adults, and for those who are de-conditioned and want to become more active. Zumba Gold is an easy-to-follow program using simple moves allowing participants to move to the beat at their own pace. This is exercise in disguise! It is a beginner class and suitable for all ages and abilities. **Bring water and shoes that do not have a tread, but allow you to move easily across floor surfaces.** Laura Richards School Gym

Wednesday 9/19/2018 6:30-7:30 p.m.

Classes: 4 Registration fee: \$29

Zumba Toning

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. It's an easy to follow, health-boosting dance fitness program for baby boomers, active seniors, as well as for 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. Weights are provided by the instructor or are available for purchase. Laura Richards School Gym

Wednesday 10/17/2018 6:00-6:45 p.m.

Classes: 6 Registration fee: \$50



Strength and Core Conditioning

Emily Chase

Join All Out Fitness for ten weeks of strength and core conditioning classes! Using light-to-moderate weights with lots of repetition, our group weight training class will give you a total body workout. All weight training exercises can be modified to suit any fitness level. All the moves have options, so it's challenging but achievable for your own level of fitness. Trained instructors will guide you through correct technique as you work with resistance tubes and weights, as well as body weight exercises like crunches and hovers. **Classes are held twice weekly** at All Out Fitness, 131 Kinderhook Street, Randolph.

Thursday 9/13/2018 5:30-6:00 p.m.

Saturday 8:15 a.m.-8:45 a.m.

Classes: 20 Registration fee: \$99

Trim and Tone Workout

Kim Gagne

Fall is a great time to get in shape! Students will be guided through a series of low impact exercises designed to trim the extra weight and tone those slack muscles. Workout will include stretching, aerobics, weights, circuit training and core exercises. Participants will work towards an intermediate fitness level. **Bring a mat, water and hand weights.** Laura Richards School Gym

Monday 10/15/2018 5:30-6:30 p.m.

Classes: 8 Registration fee: \$50

Tai Chi for Change

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 transition, 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. Gardiner High School Library

Tuesday 10/2/2018 6:00-7:00 p.m.

Classes: 6 Registration fee: \$50

Pickleball for Beginners

A-Copy Tennis & Sports Center

Pickleball, the game with the strange name, is a rapidly growing sport that combines many elements of tennis, badminton, and table tennis. It is a simple paddle game played using a special perforated, slow-moving ball over a tennis-type net on a badminton-sized court. Please wear loose fitting clothes and sneakers. Class will be held at A-Copi Tennis & Sports Center, Augusta.

Sat 10/6/2018 8:30 a.m.-10:00 a.m.

Classes: 5 Registration fee: \$39

Yoga...with Nancy Kelley

(classes held in high school library)

Fall Into Yoga

Nancy Kelley

Awaken your body with yoga poses and sequences that improve balance, coordination and range of motion. Prepare to stretch, twist and lengthen your body in a healthy way as you prepare both mentally and physically to transition into the shorter days of Fall. Each session is designed to lift your mood and energize you with yoga practice, breath work and a relaxation period at the end of class. **Please wear comfortable clothing allowing full range of motion and bring a yoga mat.**

Monday 9/10/2018 5:30-6:45 p.m.

Classes: 6 Registration fee: \$69

Yoga For Back Care

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. **Bring a yoga mat or blanket.**

Monday 10/29/2018 5:30-6:45 p.m.

Classes: 4 Registration fee: \$69

Yoga and Meditation for Stress Reduction and Healthy Sleep

Nancy Kelley



Do you have problems falling or staying asleep? Does your mind constantly race?

Prepare for the busy holiday season with time for yourself. This course will teach you gentle, flowing yoga moves coordinated with your breath to help you relax into breathwork and meditation as well as guided relaxation. Find a pattern that works for you that you can use on your own to enhance your busy and often stressful life. **Please bring a mat, blanket and pillow. You may also bring a cushion to sit on if you like.**

Monday 12/3/2018 5:30-6:45 p.m.

Classes: 2 Registration fee: \$39

Reading and Math Foundations

One-on-one tutoring and small group instruction are available based on students individual needs. Any adult who is not satisfied with their current reading/writing/math ability is welcome. Call 582-3774 to arrange enrollment. Boys and Girls Club
Thursday 9/6/2018 9:00-11:00 a.m.

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. Courses marked with an asterisk (*) may be taken for diploma credit. Students do not pay a registration fee.

Call 582-3774 to enroll

*Odyssey Lab

Pamela Corbin

OdysseyWare is a computer managed learning system. It offers individualized, self-paced modules of study in math, reading, writing, science, HiSET® preparation and other areas. OdysseyWare is a great supplement to regular adult education classes if you are working on diploma completion or getting ready for college. **Free registration, but you must call 582-3774 to arrange enrollment.** Gardiner High School, Room 127
Tues and Thurs 9/4/2018 2:00-3:30 p.m.

*Individualized English

Pamela Corbin

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, to make abstract connections to their own lives, and to elaborate on universal themes in literature. Students will improve their skills in vocabulary, written response, research and comprehension. **Diploma students only.** Gardiner High School, Room 127
Tues and Thurs 9/4/2018 3:30-5:30 p.m.

*Individualized Life and Work

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 will explore career options and related educational requirements, learn career decision-making skills and develop career goals. This class is a combination of at-home assignments and meetings with a career pathways advisor. Gardiner High School, Room 127
Wednesday 9/19/2018 12:30-2:00 p.m.

The HiSET® is an equivalency diploma program 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.

- You must be at least 18 years of age.
- Students may enroll at any time during the semester.
- There is no fee for this program.
- Accommodations for the HiSET® test are available for individuals with a qualifying disability.

How Can You Achieve Your Diploma?

1. Schedule an enrollment appointment with Diann Bailey at 582-3774
2. Complete CASAS Reading and Math Assessment
3. Choose morning (Monday/Thursday) classes or evening (Monday/Wednesday) classes. You must attend twice/week.
4. Complete all HiSET® practice tests and pretests
5. Complete all preparation activities
6. Pass all five HiSET® tests
7. Complete CASAS Reading and Math Post test

HiSET® Workshop

Diann Bailey

Students who are interested in pursuing their equivalency diploma must attend this workshop series. Students will complete HiSET® practice and pretests and will receive instruction in test taking strategies and preparation for reading, science and social studies. Activities will help students prepare for post-secondary education and the workplace. Activities will include understanding learning styles and personality preferences, evaluating individual interests, abilities and skills, communication and organization skills, etc. Each student will develop individualized plans that address future goals. Gardiner High School, Room 123/124

Choose Thursday, 9:00-noon or Monday, 5:00-8:00 p.m.

HiSET® Prep Math

Susan Brennan

This course offers individualized instruction in math for HiSET® prep students. Based on assessment of skills, students may work on basic arithmetic, algebra, and geometry. The class has a relaxed atmosphere in which students work at their own pace. Gardiner High School, Room 127

Choose Monday, 9:00 a.m. noon or Wednesday, 5:00-8:00 p.m.

HiSET® Prep Essay

Students will complete preparation activities in Writing 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. This class is a four-week series. A new series begins each month. Gardiner High School, Room 123 or Boys/Girls Club

Choose Monday, 6:00-8:00 p.m. or Thursday 10:00 a.m.-noon

HiSET® Academy

HiSET Academy is an online 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, or social studies are expected to participate in this program. Students may enroll at any time. Gardiner High School, Room 123

Choose Monday, 6:00-8:00 p.m. or Thursday 10:00 a.m.-noon

*Individualized Algebra and Geometry

Susan Brennan

Through specific instruction and targeted assignments students will be able to recover credit in Algebra and Geometry. Algebra I content will reinforce and expand upon skills and concepts taught in a traditional Algebra I course. Algebra II focuses on linear and quadratic functions, systems of equations, and graphing as tools for

problem solving. Geometry students will 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, and use logical reasoning. **Diploma students only.** Gardiner High School, Room 127

Wednesday 9/5/2018 2:00-5:00 p.m.

Registration begins August 20

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



Online

Go to www.msad11.maineadulted.org.
We accept credit/debit card payment.



By Mail

Mail completed form along with full payment to:

MSAD # 11 Adult Education
40 West Hill Road
Gardiner, ME 04345



Mobile

Scan the QR code on the front or back cover with your mobile device to visit our website and register with your credit/debit card.



In Person

Bring completed form along with cash or check to our office at 40 West Hill Road. **Please use the adult education entrance.**

REGISTRATION CONFIRMATION-You are enrolled as soon as we receive your completed registration form and fee. **You will not be notified of enrollment unless course is full or cancelled due to low enrollment.**

EQUAL OPPORTUNITY-MSAD#11 Adult Education ensures employment, equal educational opportunities and affirmative action regardless of race, gender, color, national origin, religion, marital status, age, sexual orientation, or disability in accordance with all federal and state legislation.

SCHOOL CANCELLATIONS AND SNOW DAYS-If day school is cancelled, adult education classes are automatically cancelled and the office is closed. School cancellation notices are announced on television channels 6, 8 and 13 websites. Please listen to these stations for the latest information. We will also post a message on our website, Facebook, and voice mail.

CHANGES-Published dates and times are subject to change. Registrants will be notified if changes occur.

CHILDREN IN CLASSROOM-Unless a class is specifically for children, please do not bring your child to class.

FEES-MSAD #11 Adult Education operates a variety of programs supported by federal, state and local monies. Your fees pay the costs not covered by these funding sources. General interest classes which are not self-supporting will be cancelled.

REFUNDS-100% refunds will be issued if a course is cancelled due to low enrollment or if a student drops a course prior to the first class meeting. Please note that if you don't cancel and don't attend, you are still responsible for payment.

MSAD#11 ADULT EDUCATION STAFF

April Reed, Administrative Assistant
Mary Lou Sullivan, Administrative Assistant

When entering Gardiner Area High School for a class, please use the adult education entrance.

Registration form for mail & walk-ins----begins August 20

Name:(s) _____

E-mail: _____

Address: _____

Cell phone: _____ Home phone: _____

Course Name	Day	Registration fee
Make check payable to: MSAD # 11 Adult Education. Mail to MSAD # 11 Adult Education, 40 West Hill Road, Gardiner, ME 04345	Total	

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

Where did you obtain your brochure? _____

MSAD 11 Adult Education
40 West Hill Road
Gardiner, ME 04345

Non-Profit
US Postage Permit # 454
Portland, ME

Postal Customer
Local Carrier Route
Pre-Sort

R.A.D. Self-Defense for Women

by Amanda Roggio

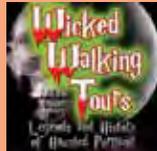
(page 2)



Wicked Walking Tour

by Gordon Tweedie

(page 13)



Trace Your Irish Ancestors

by B.J. Jamieson

(page 2)



Travel With Us!

**Fall Foliage Special
Vienna Choir Boys
Holiday Celebration
Pre-Holiday Getaway**

(pages 12 & 13)

Register early!



Let's Go Curling!

by Derek Campbell

(Pine Tree Curling Club)

Wednesday

November 7...page 2



**Exploring the Rhine,
Bavaria and Austria**

with Diann Bailey

Wednesday

November 7...page 13

**Diploma
Completion**
(page 22)

**College
Transitions**
(pages 3 & 4)

**Tech
Tutors**
(page 5)

Cooking
(pages 14 & 15)

**Workplace
Skills**
(pages 5 & 6)

Exercise
(page 21)

**Home and
Garden**
(pages 17-18)

**Creative
Arts**
(pages 9-11)



Follow us on Facebook
www.facebook.com/rsu11adulted

Registration Begins August 20