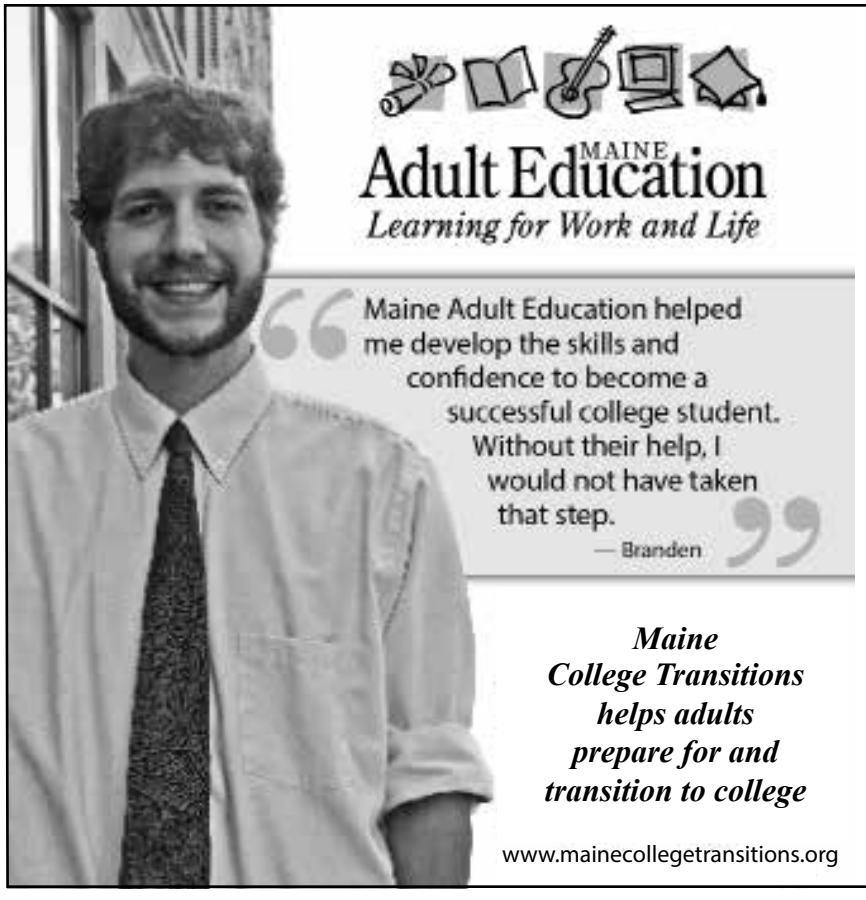


Join us for an
INFORMATION NIGHT

learn how this program can help you be successful in college

When: Wednesday, Jan. 11, at 5:30 p.m., or Tuesday, Jan. 17 at 5:30 p.m.
Where: Gardiner High School Adult Education Office

Light refreshments will be served. Bring friends who may be ready to make their next move.

Call College Transition Coach, Susan Crawford at 582-3774 to get started!

Algebra Skills for College
Susan Brennan
This class is for students with good basic skills in arithmetic, but little or no experience with algebra and looking to develop the skills needed to succeed at college level mathematics. To be eligible to take this class, students must have an arithmetic score higher than 55 and algebra score under 75 on the Accuplacer. **Maranacook Adult Education hosts this course at UMA, 189 Jewett Hall.**
Tuesday 1/24/2017 5:30-8:00 p.m.
Classes: 15 No registration fee.
Book Rental $50

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 2/6/2017 5:30-8:00 p.m.
Classes: 16 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. **This is a University of Maine Augusta three-credit course.** Gardiner High School, Room 127
Start Date To Be Announced
No registration fee

Math Tutorial *Susan Brennan*
This is a tutoring time for students who have taken the Accuplacer and failed it by just a few points or 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 1/23/2017 9:30 a.m.-noon
Classes: 16 No registration fee

High School Biology *Avalone King*
This class is a prerequisite for acceptance into a college health career program. You will learn the basics of cell biology and chemistry and how that relates to human body systems. You will also gain a basic understanding of the environmental Biology systems we live in and their potential impacts on our health. Students will also gain research, observation and laboratory skills that will prepare them to transition into college-level coursework. **Offered online through the RSU 3 Virtual Learning Center. Registration deadline: 1/11/2017**
Wednesday, 1/18/2017 6:00-7:00 p.m.
Classes: 15 No registration fee
Book fee: TBA

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. 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 1/24/2017 3:00-4:30 p.m.
Classes: 16 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 and prepare for the college placement exam. Writing exercises will introduce students to the rigors and requirements of college writing. Students are required to take CASAS Reading test prior to enrollment. **Call 582-3774 to register.** Gardiner High School, Room 118
Tuesday 1/24/2017 6:00-7:30 p.m.
Classes: 16 No registration fee

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.

Federal Job Search NEW

Jane Staples

Learn the process to apply for federal employment using the USA Jobs website https://www.usajobs.gov/. We will help prepare you for the process to apply for a job at Togus or any other federal agency. This class will be presented by the Human Resources Department at VA Maine Healthcare System (Togus). Gardiner High School, Room 118

Tuesday 5/2/2017 4:30-6:00 p.m.

Online Career Planning

Sherrie Brann, New Ventures Maine

This class is for anyone who is looking for a class with flexible hours. In this class you will explore your work values and interests, find out where job opportunities will be, and identify the skills, education, or training needed to launch a new career. Graduates of Career Planning are eligible to apply for the University of Maine at Augusta GEN Scholarship, to be used at any UMA location.

Winter dates: 1/18/17-3/1/17
Spring dates: 4/5/17-5/3/17
For more information or to register please contact: Sherrie Brann 621-3436 sherrie.brann@maine.edu

College Transition Advising

Susan Crawford

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.

Career and College Planning Workshops

All workshops are offered FREE. Contact: College Transitions Advisor, Susan Crawford, for details or to register: ***By phone: 582-3774 or e-mail: scrawford@msad11.org***

Building Self-Confidence NEW

Sherrie Brann--New Ventures Maine

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 and expanded on. Attend this class to learn concrete tools to help you build your confidence and keep it strong. Gardiner High School, Room 118 *Tuesday 2/7/2017 4:30-6:00 p.m.*

You Can Afford College

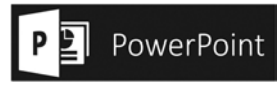
Jennifer Lanphear--FAME

Whether you are going back to school yourself or have a child enrolling in college soon, a major concern is how to juggle college expenses. FAME College Access Counselor, Jennifer Lanphear, will outline how to pay for college using financial aid, outside scholarships, tax breaks and borrowing. Ready to apply for financial aid? Remain after the presentation for help creating your FSA ID and filing the FAFSA. Gardiner High School, Room 118 *Tuesday 2/14/2017 4:30-6:00 p.m.*

Study Skills NEW

Teri Morse--MEOC

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. Gardiner High School, Room 118 *Tuesday 3/7/2017 4:30-6:00 p.m.*



Introduction to Powerpoint

Kristen Carey

Powerpoint is a presentation power tool most used to enhance and personalize any kind of lecture, presentation or social gathering. This class will introduce you to the basics of Powerpoint to make work, school or personal presentations. Gardiner High School, Room 118 *Tuesday 3/14/2017 4:30-6:00 p.m.*

Essentials of College Planning for Adults

Teri Morse--MEOC

This interactive workshop touches on the four steps in the college process: admissions, financial aid, career and study skills. We review 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. **Please call Maine Educational Opportunity Center (MEOC) at 800-281-3703 to register for this FREE workshop.** Gardiner High School, Room 118 *Tuesday 3/28/2017 4:30-6:00 p.m.*

Becoming An Online Learner

Kristen Carey

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 schedule. In this class we will explore the online education community and give you tips on managing class work, getting back into the learning groove and the basic tools to not sweat the technology. Gardiner High School, Room 118 *Tuesday 4/11/2017 4:30-6:00 p.m.*

Financial Aid Workshop

Teri Morse--MEOC

The Financial Aid Workshop will provide an overview of financial basics and the completion of the Free Application of Federal Student Aid (FAFSA). Upon completion of this workshop, the student will be able to effectively access the funding they need to complete their college degree. 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 Workshop with MEOC. Gardiner High School, Room 118 *Tuesday 4/25/2017 4:30-6:00 p.m.*

Budgeting Basics

Sherrie Brann--New Ventures Maine

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. Gardiner High School, Room 118 *Tuesday 5/9/2017 4:30-6:00 p.m.*

Certified Nursing Assistant

Lois Bourque, RN

Students enrolled in the CNA program will complete a minimum of 180 hours of theory, laboratory and clinical experience, meeting all requirements of the Maine State Department of Education. Upon successful completion of this program, the nursing assistant will be issued a certificate of training in compliance with the Maine State Board of Nursing. Basic skills learned will enable the Certified Nursing Assistant to deliver health care in hospitals, nursing home facilities, clinics and home-care situations. Course includes classroom theory, practice laboratory sessions and clinical experience to include rotations at the Maine Veterans Home. The course will conclude with the administration of the Maine State CNA Competency Exam. Students must have a physical, proof of immunizations, a recent TB test, grant permission for a criminal background check and pass a reading test. ***An information meeting, reading test and individual interviews will be held on Thursday January 19 at 5:30 p.m. at Gardiner High School. If you are interested in the CNA program, you must attend this meeting. Bring names and phone numbers of three professional references and a copy of your diploma.*** Payment is due at registration. Registration fee includes text books. Student limit is 10. Gardiner High School, Room 128

Tuesday, Wednesday, Thursday 5:30-8:30 p.m.; Friday 7:00 a.m.-3:00 p.m.
Begins 2/14/2017 Ends 5/11/2017 Registration fee: $1,200

Academy of Medical Professions

Get nationally certified in portable, high-demand jobs through The Academy of Medical Professions being held on-site at Gardiner High School. ***Registration and payment are through The Academy of Medical Transcription and Professions.***

Attend a FREE information night on Tuesday, February 7 at 6:00 p.m. and learn more about these opportunities!

Please note: For more information about any of these courses including payment plans to register, and start dates & time, contact Academy of Medical Professions at 866-516-8274 or www.academyofmedicalprofessions.com

- Certified Group Exercise & Personal Trainer
- Certified Medical Administrative Assistant/ Medical Office Specialist
- Dental Assistant
- Hospital Billing & Coding with COC Certification
- ICD-10-CM Boot Camp
- Medical Billing Specialist with CPB certification
- Medical Coding Specialist with CPC Certification
- Medical Transcription Certificate Program
- Pharmacy Technician Certificate with PTCB
- Phlebotomy with CPT Certification

Becoming a Notary Public in Maine

Gwen Cole

Interested in becoming a Notary? Notaries Public perform a whole host of duties for which they are especially entrusted by virtue of a Notary Commission. This course will prepare you to apply to become a Notary or to use your current Commission wisely and lawfully. You will learn about everything from the history of Notaries, to eligibility, powers and duties, procedures, troubleshooting, record keeping, documents, content and recommissioning. Gardiner High School, Room 120

Wednesday 3/1/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $20

Performing Beautiful and Meaningful Weddings as a Notary Public

Gwen Cole

Did you know that only three states in the union allow Notaries Public to perform marriage ceremonies and that Maine is one of them? This class will help you to decide if performing weddings is something you might like to do. Gardiner High School, Room 120

Wednesday 4/5/2017 6:00-8:30 p.m.
Classes: 1 Registration fee: $20

Federal Job Search

Jane Staples

Learn the process to apply for Federal Employment using the USA Jobs website https://www.usajobs.gov/. This class will be presented by the Human Resources Department at VA Maine Healthcare System (Togus). Gardiner High School, ATM Room

Tuesday 3/7/2017 6:00-8:30 p.m.
Classes: 1 No registration fee

Introduction To Social Media For Small Business

NEW

Meleena Erikson

Social media is a powerful tool used to grow and market your business. This presentation will identify which networks are best for your business and provide easy-to-implement strategies to get you started. Gardiner High School, Room 127

Monday 2/6/2017 6:00-8:00 p.m.
Classes: 2 Registration fee: $39

Introduction to Starting A Business

Jean Dempster--New Ventures Maine

In this class you will consider the pros and cons of starting a business, explore the elements of a business plan, and learn about the many local resources available to help you succeed. Gardiner High School, Room 127

Wednesday 4/12/2017 6:00-8:00 p.m.
Classes: 1 No registration fee

NEW

These classes are offered by our adult education partners.

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 and 30 hours of one-on-one range instruction.

Instructor: Nancy Frost
Orientation: 1/19/2017, 6-7 p.m.
Call Maranacook Adult Ed at
685-4923, Ext. 1009 Registration: $1,800

Commercial Driving License (CDL): Career Night

This evening allows any individual with a current Class B driving licence a chance to talk with truck driving businesses looking to hire employees. Join us and leave with a new career!

March 9, 2017, 5:30-7:00 p.m.
Location: PDC, 75 North Road,
Readfield, Registration: FREE

Constructing Your Future: We'll Help You Pave the Way

Join us as we explore the world of construction. We will introduce you to such topics as:

- Construction site safety
- The wide variety of construction materials
- Using the GPS in construction work
- Laser use
- The basics of grades and how they are used

A certificate of completion with a list of the topics covered will be awarded upon completion. Instruction by Crooker Construction

Wednesday, 2/1/17-3/15/17
6:30 - 8:30 p.m. Registration fee: $25
Class held at Morse High School
Contact Bath Adult Ed at 443-8255

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 prior to the session in order to determine needs and clarify expectations. Topics will be based on your own training needs so that you can get over the hurdles and gain confidence using the technology. Gardiner High School, Room 124

Session fee: $100

NEW

InDesign Tutor
Caitlin Jaird

Do you need a hand getting started with InDesign or are you a current user experiencing challenges with the software? Let our InDesign guru help!

Mac Tutor
Becky Ranks

Do you have a new MAC or IPAD? Need a hand getting started? Or are you a current user experiencing hardware or software challenges? Let our MAC guru help!

PC Tutor
Patricia Naberezny

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. Students will be assured of a patient, knowledgeable instructor. Let our PC guru help!

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!

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

Monday 2/13/2017 6:00-8:30 p.m.
Classes: 1 Registration fee: $20

Social Media For Beginners
NEW
Meleena Erikson

Have you been thinking about using social media but are not sure where to start? Interested in learning about more than just Facebook? This course will cover an introduction to Facebook, Instagram, Linkedin and Pinterest and will include how to get set up, privacy settings, the value of each social network and how to use it on your computer and your smart phone. You will take home a reference guide for each of the four networks. Gardiner High School, Room 120

Monday 1/30/2017 6:00-9:00 p.m.
Classes: 1 Registration fee: $12

Master Your Android Tablet or Phone
Brad Dostie

This is an introductory class for individuals new to the Android world. Bring your Android-based device 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

Thursday 2/23/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $20

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. Course is taught using Quickbooks Premier Accountant Edition 2015. Gardiner High School, Room 127

Monday 3/20/2017 6:00-8:30 p.m.
Classes: 4 Registration fee: $69

Fix Your PC
NEW
Brad Dostie

Here's your chance to save money and get answers to technology related questions from a local expert. Have you been stumped by a software function, frustrated by an operating system issue or unable to solve internet access problems? Join us for this informal class designed to help you solve your most vexing technology issues and learn to fix you own PC! Participants must have basic computer knowledge. This course covers Windows only. Gardiner High School, Room 127

Thursday 3/2/2017 6:00-8:00 p.m.
Classes: 2 Registration fee: $39

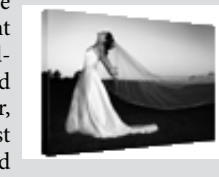
Functions, Settings, and Menus- It's complicated!
Gary Swinton

Today's digital cameras have a variety of features. Are you getting the most out of your investment? Are you happy with the results? Let a professional help you figure it all out! You'll be surprised by how much sharper and more interesting your photos are when you learn how to use your digital tools. We'll discuss image size and quality, shooting options, and menu choices that will make a difference in the sharpness of your photos. Leave this course with a solid understanding of your camera and the confidence to start making it work for you. Gardiner High School, Room 117

Wednesday 4/5/2017 6:00-8:00 p.m.
Classes: 2 Registration fee: $49

Create a Canvas Wrapped Photo
Gary Swinton

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 127



Wednesday 4/26/2017 6:00-8:00 p.m.
Classes: 2 Registration fee: $49

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 1/17/2017 6:00-8:00 p.m.
Classes: 4 Registration fee: $30

These Storied Walls - Trace the History of Your Gardiner Property NEW
Dawn Thistle
Do you have a particular Gardiner home or building you find intriguing? Have you wondered about its history - who lived or worked there, what businesses operated at that location, when it was built, or how its footprint changed over the years? Many answers to these questions can be found in old maps, directories, deeds, and newspapers in the Gardiner Public Library's amazing collection of archival resources. Special Collections Librarian, Dawn Thistle, will guide you through the library's collections, as well as other historical and online sources, to develop a timeline and narrative of the property you would like to explore - and you'll find yourself happily ensconced in plenty of Gardiner history, too! Gardiner Public Library
Tuesday 2/21/2017 6:00-8:00 p.m.
Classes: 3 Registration fee: $30

Learn To Play Bridge *Lynn Izzi*
Forget about Candy Crush and Pokemon. Learn the partner-based game of bridge and how much fun in-person social gaming can be! Learn the basic framework of this complex card game including how to value your hand, the strategies of card play, the many facets of bidding, game rules and bridge etiquette. After this class, you will know how to set up, bid, play and win a bridge hand! Bring a partner or meet someone new. Gardiner High School, Room 123

Wednesday 3/1/2017 6:00-8:00 p.m.
Classes: 5 Registration fee: $34

Find your ancestors...

Genealogy at the Maine State Library *Emily Schroeder*
Our Maine State Library has a wealth of materials for those interested in discovering their roots. Join Emily Schroeder to discover what the library offers and how to utilize the resources in your family history search. Highlights will include free access to Ancestry.com and HeritageQuest, vital records, cemetery records, town/city records and much, much more. The final class will focus on internet resources. You will leave ready to begin your family research with confidence! Class meets at Maine State Library in Augusta.
Saturday 5/6/2017 9:30 a.m.-noon Classes: 3 Registration fee: $30

More Genealogy - Death Record Resources *Emily Schroeder*
Are you at a stand-still tracking your elusive ancestors? In this class, we will address online and print resources for death records; finding and using cemetery information; obituary research and locating death certificates. A number of websites will be accessed including, Ancestry.com, FamilySearch.org, and MaineGenealogy.net. Materials in the Maine State Library's genealogical collection will be reviewed as well, emphasizing the library's catalog. Most importantly, we will approach it all with a sense of humor! Class meets at Maine State Library in Augusta.
Saturday 5/27/2017 10:00 a.m.-noon Classes: 1 Registration fee: $10

Genetic Genealogy--Uncovering Your Ancestors
Nancy Mason

Genetic genealogy uses DNA testing to determine the genetic relationship between individuals. It is a wonderful new tool to be used with traditional genealogical research. Genetic DNA testing can, among other things, help you discover the origins of your paternal and maternal lines and find unknown family lines in cases of adoption. We'll cover the three major test types, Y-DNA, mtDNA, and atDNA, find out what each test offers and which one might help you best with your research. Gardiner High School, Room 120
Thursday 5/11/2017 6:00-7:30 p.m. Classes: 1 Registration fee: $10

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. American Heart Association CPR certification will be awarded upon successful completion of class requirements. **Class may run until 9:00 p.m.** Gardiner High School, Room 128

Choose your preferred session.
Session I: Mon 3/6/2017 6:00-8:30 p.m.
Session II: Mon 4/3/2017 6:00-8:30 p.m.
Classes: 2 Registration fee: $40

Women's Writing Circle NEW
Janet Clement
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. Just as important, it provides a tight knit, supportive community of fellow writers with whom to share the fruit of your labor. Proven writing prompts and techniques will be presented to tickle your muse and coax even the most hesitant voice onto the page. Janet Clement, facilitator, is a certified workshop leader and member of the Amherst Writers and Artists Affiliate. Gardiner High School, Room 127
Monday 3/13/2017 9:30 a.m.-11:30 a.m.
Classes: 4 Registration fee: $39

Your Legislators at Work NEW
Gay Grant
This is your opportunity to learn about the legislative process - specifically how a good idea becomes a law. Gardiner's own State Representative Gay Grant will explain how new laws are developed from inception to final approval. Do you have an idea for a new law? Bring your ideas, questions and calendars. After class, Representative Grant will schedule a time when you may be her guest at the Statehouse. Gardiner High School, Room 120
Thursday 2/9/2017 6:00-8:00 p.m.
Classes: 1 Free, be our guest

Lunch and Learn...

Consumer Matters: Scams and More NEW *Martha Currier*

Join us for lunch while learning how to be a smart consumer who can identify and avoid scams. In this class taught by Martha Currier, a Complaint Examiner from the Consumer Protection Division of the Maine Attorney General's office, 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 127

Friday 3/10/2017 11:00 a.m.-12:30 p.m.

Classes: 1 Registration fee: $6 (includes lunch)

NOTE: An evening session is offered on Tuesday 3/7/2017, 6:00-7:30 p.m. This class is free of charge.

Lunch and Learn-Understanding Medicare NEW *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, 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 what might be your financial assistance options. Gardiner High School, Room 127

Friday 4/7/2017 11:00 a.m.-12:30 p.m.

Classes: 1 Registration fee: $6 (includes lunch)

NOTE: An evening session is offered on Tuesday 4/25/2017, 6:00-7:30 p.m. This class is free of charge.

Buying, Financing and Driving Cars...

Buying a Used Car NEW *Bruce Hurley*

Each used car has a unique history which can either work in your favor or become your biggest nightmare. Join Bruce Hurley, Senior Detective, from the Bureau of Motor Vehicles, as he explains how to avoid ending up with a "lemon." Some of the topics discussed will be what paperwork to look for in the car window, questions to ask the salesman, myths about which fees consumers are required to pay, taking the car for a test drive and/or to your mechanic, and much more. Gardiner High School, Room 119

Wednesday 4/26/2017 6:00-7:30 p.m. Classes: 1 Registration fee: $9

The ABC's of Auto Buying and Financing NEW *David Leach*

Learn the step-by-step approach to successful auto buying and financing. Topics will include the all-important initial research stage, shopping for credit, your actual dealership visit, and finally, knowing how to finish the "deal" in the dealership's closing room. Students will receive a free booklet, *Downeaster Guide: Auto Buying & Financing.* David Leach works for the Maine Bureau of Consumer Credit Protection. Gardiner High School, Room 119

Wednesday 4/12/2017 6:00-7:30 p.m. Classes: 1 Registration fee: $9

AARP Smart Driver Course *Don Lacount*

DRIVER SAFETY AARP Real Possibilities

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 for AARP members with cards and $21 for non-members.** Gardiner High School, Room 127

Friday 3/24/2017 10:00 a.m.-3:00 p.m.

Homebuyer Seminar *Linda Lajoie*

This course brings participants through the entire home-buying process. Learn more about the MSHA Advantage Program $3500 assistance with closing costs, evaluating your credit, types of mortgages (MSHA, RHA, VA, etc.), the closing and beyond. **Participants must attend all four sessions and will receive a letter of completion.** Bring a calculator, pencil and notebook to class. Registration fee is $30.00 per person or $50.00 for couples purchasing together. **Registration and payment must be made through Coastal Enterprises Inc. at www.ceimaine.org or call (207)504-5884.** Gardiner High School, ATM Room

Monday and Wednesday

5/1/2017 6:00-8:30 p.m. Classes: 4

Free Tax Prep NEW

New Ventures Maine has partnered with Capital Area Ca$H to offer free-tax clinics. Most individuals with household income under $54,000 are eligible to have their taxes prepared for free. Clinics will be on Tuesday evenings in February and March. To schedule an appointment, call 621-3430

My Money Works *Jean Dempster*

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. Offered by New Ventures Maine. Gardiner High School, Room 127

Thursday 4/27/2017 6:00-8:30 p.m.

Classes: 5 Free, be our guest

The Comedy Hypnosis Show

is coming to Gardiner on March 11

See page 13 for details

Behind the Green Curtain - The Truth About Hypnosis

March 13

See page 15 for details

In partnership with GOAHEAD Tours, we are sponsoring

a trip to Ireland

June 8-18. Join us

http://gardineradulted.grouptoursite.com

Art Night Out®
The Original Art Party

Note: There are only 8 seats available in each of these classes. Register early! All classes are one-evening and are held from 6:00-8:00 p.m. in Room 343

Projects can be viewed at www.artnightout.com. Our instructors are experienced artists who provide a relaxed atmosphere, lots of support, and quality materials/tools to ensure a positive experience. Leave class with new skills and an amazing piece you created yourself.

Basic Beaded Earrings
Love gorgeous beaded jewelry, but not sure how to make your own? Let us show you the basic tools and techniques needed to make attractive earrings in just minutes. Choose from our large selection of high quality materials; silver ear wires and head pins, faceted Czech crystal in all colors and sizes, and seed beads in our own color way mixes. Learn basic wire wrapping techniques as well as advanced techniques such as working with chain and clusters. Workshop fee includes all materials needed to make two pairs of earrings.

Thurs 1/26/2017 Registration fee: $39

Paint Sunflowers Step-by-Step
Do you have a desire to explore yourself through painting? You will learn step by step how to utilize expressionist painting techniques to create these sunny yellow sunflowers. Even if you've never tried painting before this is easy to accomplish and provides the opportunity to express your creativity. Workshop includes all materials to make one 9 x 12 inch painting.

Thurs 3/23/2017 Registration fee: $39

Collage Resin Coaster
Design your own mini collages and turn them into a set of four high quality customized coasters. Utilize our extensive collection of background papers, small photos and found text, or bring your own laser-copied ephemera to create a truly personalized set of coasters. This is a great way to preserve vacation memories, original artwork, or cherished photos of loved ones. NOTE: Each participant will receive their own 1 oz. tube of resin and four self-adhesive felt pieces to complete their coasters at home. **If using your own images, ONLY laser copies will work in these collages.** Coaster size is roughly 3.25" square. Workshop fee includes all materials to make a set of four coasters.

Thurs 4/13/2017 Registration fee: $39

Image Transfer
Turn your photography into fine art. Using this innovative technique, digital prints are transformed into art pieces to be hung in your home. **We will provide photos for you or you are welcome to work with one of your own photos. It must be laser ink (not ink jet) copy on 20#white bond, the image being no larger than 5x7 inches and no smaller the 4x6 inches.** You will also get better results with a photo that is high in contrast. **If your image has words, be sure to reverse the image when making the copy.** Each student makes several transfers on a variety of mediums. Workshop fee includes all materials.

Thurs 2/9/2017 Registration fee: $39

Resin Pendant
Create high quality jewelry using beautiful patterned paper and resin. Begin by designing a small collage in an attractive silver bezel, adding ice resin over the top of the decorative papers to create a jewel-like finish. This process is magical – you can even customize your pendant with small laser copies of your own photos or other memorabilia. **NOTE: If using your own images, ONLY laser copies will work in these collages.** Workshop fee includes all materials needed to make one pendant.

Thurs 2/16/2017 Registration fee: $39

Vintaj Natural Brass Embossed Pendant
Create interesting embossed jewelry that gets noticed! Using the Vintaj metal texturizing system, you will impress patterns on pre-patinaed natural brass shapes and reveal interesting contrast with sanding blocks and sand paper. You will then experiment with metal patina inks, allowing you to add gorgeous, layered color. Finally, you will combine your textured metal with chain and beads to create whimsical, modern jewelry. Workshop fee includes all materials needed to make one embossed pendant with brass chain.

Thurs 3/2/2017 Registration fee: $39

Wire Bound Seaglass Necklace & Earrings
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 necessary. **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.

Thurs 4/6/2017 Registration fee: $49

Recycled Wool Sweater Mittens
Bobbi Mahler

Keep your hands wicked warm this winter with mittens you make yourself from recycled wool sweaters. These sweater mittens are felted for density and lined with fleece for warmth. They will be your favorites for years to come. Once you learn how, you can make them over and over and they are awesome gifts. The wool and fleece is supplied by the instructor for a fee of $15.00 and is payable to the instructor at the time of class. **Students need to bring a sewing machine, scissors and notions to class.** Gardiner High School, Room 313

Wednesday, 2/8/2017 5:30-8:30 p.m.
Classes: 1 Registration fee: $10

Mixed Media Art Journaling NEW
Amanda Russell

Check out the infinite and amazing world of art journaling. Artist and art journaler Mandy Russell will bring many of her journals and take you through the steps to create a page spread of your own. Play with paint, ink, stamps, stencils, paper ephemera, and different mark making tools. **Students should bring with them 140 lb. cold press watercolor paper or a mixed media art journal, a pencil, and an open mind!** There is a $10.00 materials fee made payable to the instructor at the start of class. FMI visit www.mandyrussell.com. Gardiner High School, Room 343

Thursday 2/2/2017 6:00-8:30 p.m.
Classes: 1 Registration fee: $29

Rubber Stamping Tips, Tricks and Techniques NEW
Cheri Weston

In this class we will learn the basics of rubber stamping with various stamps, inks, coloring tools and heat embossing. You'll have an opportunity to use dies and die cutting machines and by the end of class you'll have created at least two cards you'll be proud to send to anyone. This class is geared toward the beginner in rubber stamping. **Please bring your own small paper scissors.** All other supplies will be provided by the instructor. A supply fee of $7.00 is due to the instructor at the time of class. Gardiner High School, Room 123

Wednesday 2/15/2017 6:00-8:30 p.m.
Classes: 1 Registration fee: $12

These classes are offered by Mark Pechenik Alzheimer's Association, Maine Chapter

Lunch and Learn...

Know the 10 Signs
This program is for anyone interested in learning more about the early detection of Alzheimer's disease. 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 of receiving an Alzheimer's diagnosis and why early detection is crucial. Gardiner High School, Room 127
Friday 3/17/2017 11:00-12:30 p.m. Classes: 1
Registration fee: $6 (includes lunch)

The Basics: Memory Loss, Dementia, and Alzheimer's Disease
This program is designed to provide people with the basic information that everyone needs to know about memory loss issues and what they mean for all of us. Learn about: symptoms and effects of Alzheimer's disease and other types of dementia, how Alzheimer's effects the brain; causes and risk factors; and ways the Alzheimer's Association can help. Gardiner High School, Room 127
Friday 4/28/2017 11:00-12:30 p.m. Classes: 1
Registration fee: $6 (includes lunch)

Evening classes...

Dementia Conversations
This program is primarily designed for working adults who have a family member or close friend beginning to experience Alzheimer's or another dementia. This program will offer helpful tips to assist families with difficult conversations related to dementia, including visiting the doctor, deciding when to stop driving, and making legal and financial plans. Gardiner High School, Room 120
Tuesday 1/31/2017 6:00-7:30 p.m. Classes: 1 Free, be our guest

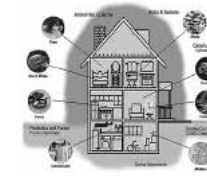
Healthy Living for Your Brain and Body
For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Gardiner High School, Room 120
Tuesday 2/7/2017 6:00-7:30 p.m. Classes: 1 Free, be our guest

Make Your Home Safe from Fire and Carbon Monoxide NEW
Chief Al Nelson
Could you operate a fire extinguisher if you had to? Did you know that smoke alarms are not all the same? The Gardiner Fire Department will teach community residents how to protect their families and homes from the threats of fire and carbon monoxide (CO). Attendees will learn about smoke and carbon monoxide alarms, view short video clips showing the dangers of fire and carbon monoxide, and practice using a fire extinguisher. **Attendees who complete the workshop and extinguisher training will have their names entered in a drawing to receive a combination smoke and carbon monoxide detector.** Gardiner High School, Room 123
Thursday 4/27/2017 6:00-8:00 p.m. Classes: 1 Free, be our guest

Healthy Homes/Healthy Families NEW *Dr. Ashley Rice*
The products we choose to use and consume can have a negative effect on our health. Cleaning products, candles, even make-up can have harmful ingredients. Likewise sugar-filled snacks and high-calorie meals are not the best choices for growing families. Join us while we discuss what products and foods to eliminate and how substitutions can help. Gardiner High School, Room 120
Monday 3/27/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $12

Improving Your Home Through Energy Efficiency *Bo Jespersen*
Many of our homes were built before spray foam insulation and triple pane windows. 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. If you own an older home and you've been considering doing some renovations, this a class you won't want to miss. Gardiner High School, ATM Room
Thursday 3/30/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $5

Make Your Home a Healthier Home: 10 Tips to Improve Your Home Air Quality
Kurt Johnson, Fresh Air Ventilation, Inc.
Indoor air quality is now recognized as a major environmental concern and is identified as a source of minor and major health problems. Come and learn the simple steps you can take to make your home environment healthier for you and your family. This session will discuss the most common pollutants found indoors in Maine, and provide easy, practical approaches to reduce or remove them. Special emphasis will be given to mold and moisture problems in homes, which are a common cause for concern. This is a great session for homeowners and home buyers, as well as tenants. Free test kits will be given to attendees. Presented by the Maine Indoor Air Quality Council



Thursday, 3/9/2017 6:00-8:00 p.m.
Classes: 1 Free, be our guest

An Introduction and Overview to Tiny House Construction
John Favreau

In this class, we will learn the basic fundamentals involved in the tiny house construction process. This is a lecture-based class that gives students an overview of tiny house construction. This 1½ hour class is ideal for the person who is contemplating building a tiny house. You will walk away with the knowledge to make an informed decision. Topics covered in the class are not limited to, but will cover, design considerations, construction techniques, codes, and tiny house living. This class will be held at the Long Branch School, 25 Main Street, Bowdoinham.
Saturday 4/29/2017 6:00-7:30 p.m.
Classes: 1 Registration fee: $50

Quilting Projects...by Lynn Irish

Quilt As You Go Tablerunner

This is a quick project that you should be able to complete in class, except for the binding. Once you learn this technique, you can make beautiful runners for any occasion. **You must have fabrics cut before class. Basic quilting skills needed.** Pattern cost of $8.00 payable to the instructor at class time. **You may bring your own fabric or the instructor will have kits available for purchase.** Supply list available upon registration. Gardiner High School, Room 127

Tuesday 1/24/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $10

Beginner Paper Piecing

Paper piecing is a quilting method which achieves perfect points for very precise blocks. We will cover basic paper-piecing techniques while making a block suitable for a pillow cover. We will discuss color choices, materials, various techniques, and how to draft very simple blocks to use for corners, etc. This class will prepare you for the Bargello Lap quilt or wall hanging class. There will be a $3.00 material fee payable to the instructor at the first class. Supply list available upon registration. Gardiner High School, Room 127

Tuesday 1/31/2017 6:00-8:00 p.m. Classes: 2 Registration fee: $19

Quilting -Attic Window Wall Hanging NEW

This interesting project features a panel used to create the illusion of looking out a window at a scene. Window colors will determine if it's summer or winter, you decide! **Details of fabric selections will be provided before the class. Basic quilting skills needed.** Supply list available upon registration. Gardiner High School, Room 127

Tuesday 2/28/2017 6:00-8:00 p.m. Classes: 3 Registration fee: $29

Bargello Lap Quilt or Wall Hanging NEW

Learn to create a stunning work of art that looks more difficult than it is. The first class will be an hour to discuss fabric choices and general information. Choosing your fabric will take a bit of time, or kits will be available for purchase. **No need to bring sewing supplies to this first class. Homework will likely be required to complete the top in the next 5 weeks.** Basic quilting skills are required. 9 1/2 yards of fabric are needed for this quilt top, but it will be gorgeous! There will be a $9.00 supply fee plus the cost of the fabric payable to the instructor at the first class. Supply list available upon registration. Gardiner High School, Room 127

Tuesday 4/11/2017 6:00-8:00 p.m. Classes: 6 Registration fee: $39

Lorraine Hart

Wool Applique-Mini Penny Rug Hanging

In the mid 19th century, women would use old wool coats, suits, hats and leftover fabrics to design decorative items for their homes, such as mantle scarfs, wall hangings, table runners and hot pads to name a few. The women would use pennies and different size coins for a pattern to cut out circles. Hence, the name "penny rug." In this class you will choose from different color wool and wool felts, using freezer paper to trace your pennies on and iron onto the wool. You will then cut out the pennies to design your 8"x10" mini penny rug hanging. Finished project will be hung onto a 12" heirloom wire hanger. Purchase kit and wire hanger for $10.00 from instructor at first class. Gardiner High School, Room 128

Wednesday 3/29/2017 6:00-8:30 p.m. Classes: 3 Registration fee: $24

Wool Applique-Spring Chicken Table Runner

This 10"x30" table runner with scalloped ends is made from wool/wool felt material in soft spring colors. It will be a perfect piece with blanket-stitched spring chickens on each end of the runner. The chicks are sitting among 3 garden flowers with button centers. Kits are $12.00 and include all materials. Purchase from instructor at first class. Gardiner High School, Room 128

Wednesday 3/1/2017 6:00-8:30 p.m. Classes: 3 Registration fee: $24

Marge Otis

Seas the Day Wall Hanging

Summer is coming! Here is a coastal scene to accent your home decor. A beach scene

embellished with sea shells is painted on an 18 inch board and wrapped with nautical roping. **Bring your acrylic brushes.** There is a material fee of $9.00 payable to the instructor during class. Project is available to view in the adult education office. **No painting experience necessary.** Gardiner High School, Room 127

Friday 3/3/2017 10:00 a.m.-1:00 p.m. Classes: 1 Registration fee: $12

Paint a Buoy

Add this coastal scene to your home decor. A picturesque lighthouse at sunrise adorns a 16 inch lobster buoy in this easy project. The half-buoy design makes it easy to hang on a wall. **Bring your acrylic brushes.** There is a material fee of $12.00 payable to the instructor during class. Project is available to view in the adult education office. **No painting experience necessary.** Gardiner High School, Room 127

Friday 3/31/2017 10:00 a.m.-1:00 p.m. Classes: 1 Registration fee: $12

Slate Welcome Sign

This project features a whimsical bird house design painted with acrylics on an 18 inch slate - perfect to hang by your front door this spring. Personalize with welcome or your family name. **Bring your acrylic brushes.** There is a material fee of $9.00 payable to the instructor during class. Project is available to view in the adult education office. **No painting experience necessary.** Gardiner High School, Room 127

Friday 4/14/2017 10:00-1:00 p.m. Classes: 1 Registration fee: $12

Flip Flop Flag

Turn this garden flag into a statement about your creativity. Let the world know you like to paint! Our scene is a pair of flip flops with an artist brush painted with multi surface paint on 12x18 weatherproof canvas. Add your family name to make it your own. **Bring your acrylic brushes.** There is a material fee of $7.00 payable to the instructor during class. Project is available to view in the adult education office. **No painting experience necessary.** Gardiner High School, Room 127

Friday 5/5/2017 10:00 a.m.-1:00 p.m. Classes: 1 Registration fee: $12

The Art of Glass Production...by Cathy Ottum

Glass Etching
Enjoy learning a fun and fast way to create etched glass pieces. We'll have a variety of etching patterns that will enhance and personalize your project. **A goblet (that doubles as a candle holder) and an etching 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 any clear glass item you bring to class. Consider bringing a clear glass mug, wine glass, clear carafe, vases, even mirrors. We'll have additional glass items to purchase ($1.00 each) with the cost for stencils & materials to vary – starting as low as $2.00. In addition to glass etching you'll be shown a demonstration of glass drilling. Discover a great way to use that empty beverage bottle and transform it into an affordable accent lamp. **Deadline to register is March 2.** Gardiner High School, Room 506

Thursday 3/16/2017 6:30- 9:00 p.m. Classes: 1 Registration fee: $15

A Trio of Hearts
These beveled glass pieces are so pretty. Learn to foil and solder as you complete one, two or all three sparkling, heart shaped sun catchers. This is an excellent way to get acquainted with the production of glass soldering. A**ll supplies, materials and equipment needed are included in your cost - $5.00 for each small heart and $10.00 for each large heart.** Faceted glass beads, brass accents, or etching stencils will be available to embellish your pieces starting at $1.00. **Deadline to register is March 9.** Gardiner High School, Room 506

Thursday 3/23/2017 6:30-9:00 p.m. Classes: 1 Registration fee: $15

Seaside Memory Cube
This fun project involves assembling glass bevels into a cube with copper foil and then soldering them together. We'll fill the cube with "the traditional" beach sand, sea shells, sand dollars and starfish. Shake your finished cube and you'll take home an ever-changing memory of your last seaside trip. **Bring your own beach keepsakes if you have them. All supplies, materials and equipment needed are included in your cost - $12.00 for 3x3 cube.** Alternative bevel shapes will be available for a second project at similar pricing. Soldering experience is recommended for completing this project. **Deadline to register is March 16.** Gardiner High School, Room 506

Thursday 3/30/2017 6:30-9:00 p.m. Classes: 1 Registration fee: $15

Dragonflies and Bees
Choose a colorful dragonfly or bee to adorn your favorite houseplant. In this session your soldering experience will come in handy as you foil, solder and strengthen with wire, your precut fancy flier. You'll be using glass and beads (you'll select from my stock) in the production of your selected piece. You will learn to wire overlay when you assemble either piece. Your completed project will be wired to hang or stand in your favorite house plant. **All supplies, materials and equipment needed are included in your cost -$10.00 for each dragonfly and $6.00 for each bee. Soldering experience is necessary to complete these projects. Deadline to register is March 23.** Gardiner High School, Room 506

Thursday 4/6/2017 6:30-9:00 p.m. Classes: 1 Registration fee: $15

Stained Glass Wind Chime
You will learn to cut art glass and use your already perfected skills to complete your wind chime start to finish. The project features a conch shell pattern which you'll cut, grind, foil, and solder adding wire supports where needed. Pretty, pre-drilled stained glass pieces will be suspended below the shell. All materials, supplies and equipment are included in your cost of $18.00 per wind chime. Scrap glass will be furnished to learn and practice your cutting skills. **Deadline to register is March 30.** Gardiner High School, Room 506

Thursday 4/13/2017 6:30-9:00 p.m. Classes: 1 Registration fee: $29

Gift Boxes and More *Carol Mitchell-Cusick*
Presentation is everything! Let's have fun creating these special boxes! You will create two different styles of boxes using specialty papers, ribbon and an envelope punch board. These boxes are great for small pieces of jewelry, chocolates or other surprises. A $5.00 supply fee is payable to instructor at class. Gardiner High School, Room 123

Wednesday 3/8/2017 6:00-8:30 p.m. Classes: 1 Registration fee: $12

Alcohol Ink - Glass Pendant Necklace *Kellie Chasse*
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 4/5/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $25

Alcohol Ink - Love Tree *Kellie Chasse*
Learn to use alcohol inks on yupo paper and create a beautiful, bold, and spontaneous LOVE TREE! Receive step by step instructions and complete a 5"x7" ink painting in one night! **No art experience is needed. All painting supplies will be provided by the instructor along with an 8"x10" 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 3/22/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $35

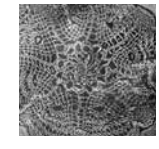
Luxurious Stenciled Silk Scarf
Cheri Weston

There is nothing like a silk scarf to add luxury to your wardrobe and accessories. In this class you will transform a plain white silk scarf into a gorgeous wearable art piece using stencils and paint. You will be proud to give this as a gift (just in time for Mother's Day) or keep it and wear it yourself. A material fee of $15.00 is due to the instructor at the time of class. Gardiner High School, Room 123

Wednesday 4/26/2017 6:00-8:30 p.m. Classes: 1 Registration fee: $12

Gelatin Plate Printing (aka Monoprinting) *Amanda Russell*
NEW

Learn how fast and easy gel plate printing can be. Play with acrylic paint, stencils, lace, netting and more. **Each student will have the use of a plate and be able to pull as many prints as time allows.** These are perfect for mounting to cards, using in collage art, or as stand-alone wall art ready to be framed. **Everyone will be given an easy recipe for making their own plate at home.** There is a $5.00 materials fee made payable to the instructor at the start of class. FMI visit www.mandyrussell.com. Gardiner High School, Room 343



Wednesday 2/8/2017 6:00-8:30 p.m. Classes: 1 Registration fee: $29

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

Philadelphia Flower Show and More

Welcome Spring in fine fashion this year with a visit to the City of Brotherly Love and the internationally-renowned Philadelphia Flower Show. This year's show theme, HOLLAND: Flowering the World, will showcase the extraordinary plants, creativity and talent of this region's top horticulturists and designers along with award-winning landscape and floral designers from the Netherlands. From towering windmills, wooden shoes and delectable cheeses, to the whimsical bicycles, canals and vibrant tulip fields of the iconic Dutch landscape, the 2017 Flower Show is certain to be a must-see event. **Highlights include competitive growers and horticulturists from around the world displaying their plants in bids for major honors, landscape displays, lectures, and hundreds of vendors, from all over the world selling plants, flowers, artwork, and garden-related crafts and supplies.**

Our accommodations for the three nights are at the Courtyard by Marriott in downtown Philadelphia. Listed on the National Register of Historic Places, guests will appreciate sophisticated décor, newly renovated, spacious rooms, modern amenities and an unbeatable city-center location. This location, a five-minute walk to the convention center, will make access to the flower show easy and convenient.

Our second full day in Philly features a **guided tour of the National Constitution Center** followed by a **two-hour city tour via motorcoach.** Our guide will entertain us with historical tales, cultural highlights and stories of the cities past and present. Several **photo stops are planned** as part of the tour which ends at the Italian Market just in time for lunch! The afternoon brings us to **Independence National Historical Park,** quite possibly America's most historic square mile. We'll visit **Independence Hall,** home to some of America's most important historical moments and best known as the place where the Declaration of Independence was adopted in 1776. Our evening activities include dinner on Thursday at City Tavern, a reconstructed Colonial tavern where servers in period dress deliver old-fashioned American fare and dinner on Friday at Positano Coast featuring seafood and Italian specialties and an ambiance that will make you feel like you are on an Italian holiday.

A culinary tour of the city is on the docket for Saturday night. Flavors of Philly affords us classic Philly eats like cheese steaks, tomato pie, soft pretzels and much more as we make the rounds of places that the locals love and visitors rave about.

Registration includes: motorcoach transportation, three nights accommodations, three breakfasts, flower show tickets, museum tours, city tour, and three dinners. **Deadline to register is February 16. No refunds will be made after that date.**

Thursday-Sunday March 16-19

Depart 6:15 a.m. Waterville (Elm Plaza) Return 8:45 p.m.
Depart 7:00 a.m. Gardiner (Hannaford Parking Lot) Return 8:00 p.m.
Depart 7:35 a.m. Topsham (Merrymeeting Adult Education, 35 Republic Avenue) Return 7:15 p.m.

Registration fee: $759 based on double occupancy

New Hampshire Winery Adventure

Many of you have enjoyed our past winery tours! This spring, let us take you a little farther afield as we sample some of the finest wines along the southern New Hampshire Wine Trail. Experience the hospitality of some of the granite state's best known wine venues during this day of touring, tasting, and shopping. Our first stop will take us to scenic **Lee and the Flag Hill Winery** where all of the wines are produced using cold hardy grapes grown on site. With the largest vineyard in the state, Flag Hill is proud to say they are 100% New Hampshire! Our second stop will be **Labelle Winery in Amherst** where winemaker Amy LaBelle began making small batches of wine in 2005. Production has dramatically increased, now offering over 30 styles of award winning, world class wines all produced in their state of the art facility surrounded by lush vineyards. We'll

sample some of the favorites followed by plenty of time to visit the gift shop featuring all 34 varieties for sale along with the Winemaker's Kitchen culinary line. Our last stop of the day is the unique **Moonlight Meadery in Londonderry.** Mead, the world's oldest alcoholic beverage, is made from honey and hard ciders. The diversity of Moonlight's offerings often leaves people speechless, while the flavors have them asking for it from their local retailers. Try some Blood Moon, Wet and Wild or Truth Bee Told – you just might develop a new tasting hobby! Our **tour lunch will be served at the Holy Grail Restaurant in Epping** where the old St. Joseph's Church has been reborn into one of the Seacoast's premier restaurants. The owner's Irish roots are reflected in the food and ambience of this very unique pub. Our dinner stop will be at **The Cracker Barrel in South Portland** (not included in registration fee). Registration fee includes motorcoach transportation, three winery tours, tastings and souvenir glasses, and Holy Grail lunch. **No one under 21 may participate -must have valid ID. For liability reasons, alcohol consumption on the bus is not permitted. Deadline to register is April 6. No refunds will be issued after this date.**

Saturday, May 6, 2017

Depart 7:00 a.m. Waterville (Elm Plaza), Return 10:00 p.m.
Depart 7:30 a.m. Gardiner (Park and Ride, I-95 Exit 103, just off RT 126 across from West Gardiner Service Plaza) Return 9:30 p.m.
Depart 8:00 a.m. Topsham (Park and Ride I- 295 Exit 37 Home Depot) Return 9:00 p.m.

Registration fee: $159.00 per person

Register early!

Comedy Hypnosis Show

The Jason Christopher Comedy Hypnosis Show is an outstanding entertainment program unlike any other. Jason is one of the East Coast's top hypnotic entertainers. He has written a book on hypnosis and has appeared across the country hypnotizing tens of thousands of people at corporations, schools and organizations coast to coast. Specially crafted, the show is fast-paced, hilarious, clean, and safe. Once the entertainment begins, the stage becomes filled with audience participants ready for a laugh packed program. You will be amazed at how quickly he can hypnotize a group of total strangers and make them stars of the show. ***This show is sure to be sellout and the number of seats are limited. Buy your tickets today!***

Gardiner High School Little Theater Saturday 3/11/2017 7:00 p.m. Registration Fee: $20

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

Saturday Night Fever

Let's have a night out on the town! **Saturday Night Fever** is coming to Merrill Auditorium in Portland! This all-new production fueled by vintage Bee Gees hits is a contemporary retelling of the classic story that captures the energy, passion and life-changing moments that have thrilled movie audiences since 1977. This musical adaptation of the '70s classic film is the story of a talented, streetwise kid from Brooklyn who attempts to escape his dead-end life through dancing. The score to Saturday Night Fever includes many disco-era hits by the Bee Gees. You'll recognize **Jive Talkin, You Should Be Dancing, How Deep is Your Love** and so many more! We'll travel by motorcoach to Freeport tor dinner on your own and then on to Portland for an 8:00 p.m. performance. Registration fee includes motorcoach transportation and show ticket. **Deadline to register is February 15. No refunds will be made after that date.**

Friday March 31

Depart 3:00 p.m. Waterville (Elm Plaza) Return 11:30 p.m.
Depart 3:30 p.m. Gardiner (Park and Ride, I-95 Exit 103, just off RT 126 across from West Gardiner Service Plaza) Return 11:00 p.m.

Registration fee: $119.00 per person

Maine Lighthouse Adventure

Join an adventure by land and sea exploring the legends and lore of lighthouses in the Boothbay Harbor area. Board the passenger vessel Novelty at Pier 8 in Boothbay Harbor for a comfortable **90-minute cruise through inshore waters by Ram Island Light, Cuckolds Lighthouse, Pemaquid Point Lighthouse, Monhegan Light and Seguin Island Light** (some locations are weather permitting). Learn the stories behind these iconic beacons; about the lives of some of the keepers and their families - daily routines, schooling, traditions and hardships, as well as legends of the lights. Your voyage then takes a dramatic turn as you make landfall on **historic Burnt Island** to explore Burnt Island Light, built in 1821 and still a working lighthouse. The group will have exclusive access to the island as your qualified Red Cloak Tour Guide leads you back in time, exploring the historically restored facilities on the island, including the **keeper's residence and the lighthouse.** Go home with a new and very personal understanding, not only of the lighthouses, but of the people who manned them. Hear stories of the lives these humble keepers saved while enduring their own physical hardships as they offered those who went to the sea in ships a hopeful light toward home. A portion of your registration fee goes toward the restoration of the original lighthouse tower which will be 200 years old in 2021. **Meet at Pier 8 in Boothbay Harbor. Please register by May 12.**

Saturday, June 3**, 9:00-noon **Registration fee: $72

This trip is hosted by Mid-Maine Adult Education
Register at www.midmaine.maineadulted.org or call 873-5754

The Illusionists in Boston

This mind blowing spectacular showcases the jaw dropping talents of the most incredible Illusionists on earth. **The Illusionists – Live From Broadway** has shattered box office records across the globe and dazzles audiences of all ages with a powerful mix of the most outrageous and astonishing acts ever to be seen on stage. This non-stop show is packed with thrilling and sophisticated **magic of unprecedented proportions.**

After a "stretch-your-legs" break in Kennebunk, we should arrive at **Faneuil Hall Marketplace** at around 11:30 a.m. for some shopping and lunch on your own. We will then attend the 2:00 p.m. matinee at the Boston Opera House with our seats located in the mezzanine section!

We will head back to Maine after the show with "pit-stops" in Kennebunk and Gardiner. Registration fee includes transportation and theater ticket. You are expected to pay for your own meals. **No refunds will be made after March 24, 2017.**

Saturday, April 8

Depart 7:30 a.m. Waterville (Elm Plaza) Return 9:00 p.m.
Depart 8:00 a.m. Gardiner (Park and Ride, I-95 Exit 103, just off RT 126 across from West Gardiner Service Plaza) Return 8:30 p.m.

Registration Fee: $169

Soap, Lotions, Chapsticks & More ...by Laurel Lopez

Three Quick Gift Projects NEW

Create bath fizzies, salt scrubs, melt and pour soaps - three fun and quick projects that make wonderful gifts for yourself or a loved one! These are fun projects for rainy days and are sure to please everyone. Materials fee of $20.00 covers all supplies and is payable to the instructor at time of class. Gardiner High School, Room 313

Monday 1/23/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $19

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 beeswax-based ingredients that are good for your skin and really work! Using a basic recipe, learn to mix and match different scents to create your own signature products. **You'll have several products to take home.** Instructor will supply all materials for a fee of $20.00 which is payable to instructor at class time. Gardiner High School, Room 313

Monday 2/6/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $19

Basic Soap Making

Make soap in your own kitchen and discover the benefits that handmade soaps have for your skin. You'll learn the cold process method combining lye solutions with essential oils to create naturally unique soaps for a variety of uses. We will discuss scenting, cutting, storing and packaging your products. **You'll have several products to take home.** A supply list is available upon registration. Additional materials fee of $20.00 payable to the instructor at time of class. Gardiner High School, Room 313

Wednesday 2/15/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $19

Advanced Soap Making

Now that you've learned the basics, let's take soap to the next level! Learn to add color and scents with different techniques. We'll discuss additives, layering, swirling and more. **You'll have several products to take home.** A supply list is available upon registration. Additional materials fee of $20.00 payable to the instructor at the class.

Wednesday, 03/01/2017 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. A supply list is available upon registration. Additional materials fee of $20.00 payable to the instructor at time of class. Gardiner High School, Room 313

Monday 3/6/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $19

Essential Oils and How They Can Benefit You

Richard Acker

Essential oils have been used for thousands of years. They are the fragrant oils that are present in many plants and are used as perfumes, food flavorings, medicines, and as fragrant and antiseptic additives in many common products. Richard Acker, a certified medical assistant, will explain the many uses of essential oils and describe how they can be of benefit to you. **This will be an interactive class - please bring your questions.** Gardiner High School, Room 313

Monday 3/20/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $12

Supermarket Showdown NEW

Dr. Ashley Rice

Eating healthy does not have to be expensive. This class is designed to help you shop healthy and smart. Shopping strategies, label reading and understanding ingredients is key to shopping smart. Eating well is a key factor to staying healthy, avoiding illness, and living a long life. Gardiner High School, Room 120

Tuesday 3/21/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $12

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. From there, students will make monterey jack and ricotta using cow's milk. 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 2/8/2017 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. Gardiner High School, Room 313

Wednesday 3/8/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $15

An Introduction to Maple Syrup Making

Come spend the afternoon learning about the history and fundamentals of maple syrup production. Students will initially meet at the Long Branch School facility at 25 Main Street in Bowdoinham. From there, we will travel a short distance to a small family maple syrup production facility. The class will cover the basics, ranging from how and when to tap the trees, which trees to tap, sap collection, processing, and final storage of the finished products. Instructors: Delbert and Linda Temple. Sponsored by Longbranch School.

Saturday 3/18/2017 1:00-4:00 p.m.
Classes: 1 Registration fee: $60

Behind the Green Curtain - The Truth About Hypnosis

Karen Stultz

Ever wondered what was really going on during a stage hypnosis, or the difference between "Stage Hypnosis" and "Hypnotherapy"? What does it feel like to be hypnotized? Can someone get "stuck" in a hypnotic state? What are the benefits of hypnosis? These questions and more will be answered by Karen Stultz, Certified Hypnotherapist. After receiving her degree in Hypnotherapy, at the first accredited college of hypnotherapy, she has been helping her clients with stress and anxiety, to relax and let go, for greater health and happiness both virtually and in person. Gardiner High School, Room 123

Monday 3/13/2017 6:00-8:00 p.m.

Classes: 1 Registration fee: $19

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, explores 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. Gardiner High School Library

Thursday 3/2/2017 6:30-7:45 p.m.

Classes: 6 Registration fee: $59

So Much Stress NEW *Dr. Ashley Rice*

Stress is something we can all relate to. Now is the time to trade in your stress for good health. This class is designed to help you understand how stress affects the body and discover ways to change a stressful lifestyle. Learn to transform negative thinking, build awareness of your own stress triggers, and build enhanced coping skills. Gardiner High School, Room 120

Monday 2/13/2017 6:00-8:00 p.m.

Classes: 1 Registration fee: $12

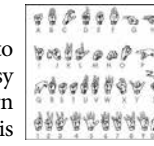
The Laughter Class *Karen Stultz*

Laughter Class challenges you to laugh, intentionally, for 30 minutes. The psychological, emotional, and healing benefits of laughter include lowering blood pressure, releasing stress, boosting the immune system, toning core muscles, stimulating creativity, exercising your heart and lungs, and elevating your mood. Karen Stultz, Certified Laughter Facilitator and Happiness Coach, will lead you through exercises that bring out a child-like playfulness while breathing, clapping, moving, and, of course, laughing. Participants leave feeling energized and renewed! Gardiner High School, Room 123

Monday 3/6/2017 6:00-7:00 p.m.

Classes: 1 Registration fee: $12

Learn a Language...



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. Learn from Deaf/Hard of Hearing individuals about their life experiences. 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 2/2/2017 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. 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 3/30/2017 6:00-8:00 p.m. Classes: 7 Registration fee: $69

Spanish I *Ana Figueroa-Gomez*

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. Focus is on all four language skills: listening, speaking, reading, and writing. Students will be responsible for purchasing textbook, *Spanish is Fun-Lively Lessons for Beginners*, ISBN-10: 1567654649, from the bookseller of their choice. Gardiner High School, Room 118

Wednesday 2/1/2017 6:00-8:00 p.m. Classes: 7 Registration fee: $49

Spanish II *Ana Figueroa-Gomez*

If you already know a little bit of Spanish, this class is for you! We will build on the skills taught in Spanish I through conversation, songs, reading, and games. Students will be responsible for purchasing textbook, *Spanish is Fun-Lively Lessons for Beginners*, ISBN-10: 1567654649, from the bookseller of their choice. Gardiner High School, Room 118

Wednesday 3/29/2017 6:00-8:00 p.m. Classes: 7 Registration fee: $49

Let's Make Blueberry Beer NEW

Sylvia Johnson

Making beer is almost as fun as drinking it! In this class, taught by the owners of Richmond Home Brew Supply, we will make a Blueberry Wit beer that is oh so tasty! While the class will have a blueberry focus, students will discuss adding other kinds of fruit during the brewing process. E**veryone will take home several bottles of beer at the end of the course.** All materials are included in the course fee. **Participants must be at least 21.** Location: Richmond Home Brew Supply, 52 Main Street, Richmond.

Thursday 3/2/2017 6:30-8:30 p.m.

Classes: 3 Registration fee: $39

Let's Make Hard Cider NEW *Sylvia Johnson*

This two-night class will show the steps involved in the fermentation of apple cider. There will be a gap between sessions to make sure the fermentation has been completed. We will use a cider concentrate kit during class in order to speed up the process. There will also be discussion about using fresh apple cider. All materials are included in the course fee. **Participants must be at least 21.** Location: Richmond Home Brew, 52 Main Street Richmond

Thursday 3/30/2017 6:30-8:30 p.m.

Classes: 2 Registration fee: $29

Touring the Baja NEW *Bob McIntire*

The Baja is an amazing destination for anyone who enjoys pristine natural habitats, immaculate beaches, migratory whales, and tropical escapes. Home to both UNESCO World Heritage Sites and Biospheres, the Baja is a paradise for those who love nature and history. Bob and Nancy have visited Mexico's Baja Peninsula three times in the last eighteen months. Their photos and stories will leave you ready to pack your bags! Gardiner High School, ATM Room

Monday 3/6/2017 6:00-7:30 p.m.

Classes: 1 Registration fee: $9

INTERESTED IN A TRIP TO IRELAND?

We are partnering with GOAHEAD Tours for Traditions of the Emerald Island

Departure date: June 8, 2017. Call 582-3774 for more details.

Learn an instrument...

Just Once Guitar for Busy People NEW *Don Pride*

In just a few hours you'll learn enough about playing the guitar to give you years of musical enjoyment and you won't have to take private lessons! This crash course teaches some basic chords and will get you playing along with your favorite songs right away. Topics include: how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar, and how to play along with simple tunes. **Bring your acoustic guitar to class.** Required materials fee of $29.00 for workbook and practice DVD is payable to instructor at the class. Gardiner High School, Room 128

Monday 3/13/2017 6:30-9:00 p.m. Classes: 1 Registration fee: $19

Guitar for Beginners *Pat Colwell*

For those who want more guitar lessons - 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 the 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.** Gardiner High School, Room 117

Monday 3/20/2017 5:45-6:45 p.m. Classes: 8 Registration fee: $69

Acoustic Jam Session *Pat Colwell*

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.** The ability to accept constructive feedback from an instructor is also important. Gardiner High School, Room 117

Monday 3/20/2017 6:45-8:00 p.m. Classes: 8 Registration fee: $79

Just Once Piano for Busy People NEW *Don Pride*

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one-evening. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Required materials fee of $29.00 for workbook and practice CD is payable to instructor at the class. **Students do not need to bring keyboard to this class.** Gardiner High School, Room 128

Monday 4/24/2017 6:30-9:00 p.m. Classes: 1 Registration fee: $19

Learn to Play the Flute NEW *Judy Mank*

The flute is a beautiful sounding woodwind instrument, which can be played as part of an orchestra, band, or enjoyed on its own. After learning a few basic fingering positions, students will be able to play songs in their first class! **Students may bring their own flutes or rent through musicarts.com.** Judy Mank has been a performer and teacher of flute and music in the Gardiner/Augusta area for over 30 years. Materials fee of $10.00 for instruction book is payable to instructor at time of class. Gardiner High School, Room 117

Wednesday 1/25/2017 6:00-7:30 p.m. Classes: 8 Registration fee: $69

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. 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 3/22/2017 6:00-8:30 p.m. Classes: 1 Registration fee: $5

All about songs...

Song Writing *Martin Swinger*

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 music theory and elements, 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.** Gardiner High School, Room 117

Tuesday 2/7/2017 6:30-8:00
Classes: 6 Registration fee: $79

Sing! NEW *Martin Swinger*

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. 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 and into creative singing games! Gardiner High School, Room 117

Tuesday 3/28/2017 6:30-8:00 p.m.
Classes: 6 Registration fee: $79

Ten Legal Dos and Don'ts for People Over 65 *Patrice Putman*

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. This class is appropriate for those 65 or older and for others who may be helping older individuals. Gardiner High School, ATM Room

Thursday 3/23/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $5

Dreaming of Spring...

Daylilies: The Essential Perennial

Diann Bailey

Learn why this "perfect perennial" is so popular and how you can add it to your garden or landscape with minimal effort and reasonable cost. We'll cover bloom forms and color patterns along with plant size and growth habits. Learn how to choose healthy plants and how to help them thrive. We'll talk about hybridizers, exhibitions and resources. **Best of all, everyone gets a plant to take home!** Be careful - daylily gardening can become an addiction! Gardiner High School Library

Thursday 5/11/2017 6:00-7:30 p.m.
Classes: 1 Registration fee: $12

Gardening Forever

Ellen Gibson

Gardening, as much as we love it, can take its toll on the body. Take this workshop and learn how to circumvent problems by practicing good ergonomic principles in the garden. Topics will include practical suggestions for working smarter, being mindful of energy conservation (physical and mental), and avoiding injuries from slips, trips and falls. Ellen will demonstrate ergonomically-designed gardening tools and techniques to make gardening stress and pain free. Workshop is made possible by Maine AgrAbility. Gardiner High School, Room 120

Monday 5/1/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $10

Grow Your Own Organic Garden!

Jon Ault--MOFGA

Join us for a workshop on how to grow your own garden organically. We'll talk about the basics of soil science and how to enrich your soil to produce healthy, high-yielding plants. The course will also cover the fundamentals of making and using compost, the principles of crop rotation, basic weed control strategies and cultural methods for dealing with pests. **We will even send you home with free seeds!** All are welcome, from first-timers to experienced gardeners who want to experiment with new techniques. Gardiner High School, Room 123

Wednesday 4/5/2017 6:00-9:00 p.m.
Classes: 1 Registration fee: $10

Growing Cranberries in the Maine Garden

John Harker

Why are cranberries called the "Peace Berry"? What role did cranberries play in saving the Cape Cod economy in the 1800s? How did the cranberry get its name? All this and more, as well as how to grow this beautiful ground cover in your own home garden for fun and nutrition, will be discussed. **Participants will bring home a cranberry plant to grow.** Gardiner High School, Room 120

Wednesday 4/26/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $12

Pruning Fruit Trees

Renae Moran
University of Maine Cooperative Extension

Winter is a great time to learn how to prune fruit trees. This course will cover basic pruning techniques for apple, pear, peach, plum, and cherry trees and will include a discussion of pruning principles and examples. Additional topics will include varieties adapted to Maine, dwarf types, and propagation. Gardiner High School, Room 128

Tuesday 2/7/2017 6:00-8:30 p.m.
Classes: 1 Registration fee: $10

Successful Berry Growing

David Handley--University of Maine Cooperative Extension

Strawberries, raspberries, blueberries, and grapes can be an enjoyable part of any home garden, but each has specific growing requirements that must be met in order to produce good crops. David Handley, from Highmoor Farms in Monmouth, will teach students the best type of berries to grow, how to manage them, and how to keep pests from ruining the crop. Gardiner High School, Room 235

Wednesday 3/29/2017 6:00-8:30 p.m.
Classes: 2 Registration fee: $15

Growing Vegetables in Raised Beds

Caragh Fitzgerald
University of Maine Cooperative Extension

Raised beds are a convenient way to grow vegetables in small spaces. Learn which vegetable, variety, and spacing choices will help you maximize your yield. We'll also cover how to build a raised bed and how to keep your plants healthy and well-fed. Bring your questions! The instructor is an Extension Educator with the University of Maine Cooperative Extension. Gardiner High School, Room 120

Wednesday 3/8/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $10

Designing Your Landscape

Sharon Turner

Have you always wanted to develop a plan to make the most of your yard and garden? Then this field-based class is for you! After the first meeting, classes will meet at each participant's property where individualized, site-specific options will be developed. Dates and times of meetings after the first session will change subject to participant approval. **Class will include a visit to Sharon's nursery in Washington where she specializes in heirloom vegetables and flower seedlings, native perennials, shrubs and trees.** A materials fee of $10.00 is payable to the instructor. Gardiner High School, Room 123

Thursday 4/13/2017 6:00-8:00 p.m.
Classes: 8 Registration fee: $79

Starting A Garden From Scratch

Sharon Turner

Turn that patch of ground into something beautiful and productive. The instructor will address the topics of choosing the best location, soil preparation, garden design, plant varieties, seed starting, mulching, composting and fertilizing. Organic and "low till" practices and the inclusion of plants attractive to birds, bees, butterflies and other beneficials will be emphasized. A materials fee of $10.00 is payable to the instructor. Gardiner High School, Room 123

Thursday 3/2/2017 6:00-8:00 p.m.
Classes: 4 Registration fee: $39

MaineGeneral Health Healthy Living Resource Center

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

Make Your Own Flatbread

Burritos, sandwiches, thin crust pizzas...flatbreads are a great way to add lots of veggies to your diet and it is easy to make your own. Join us for this hands-on class and then go home to impress your family and friends! Gardiner High School, Room 313

Monday 2/13/2017 5:30-7:30 p.m. Classes: 1 Registration fee: $15

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

Thursday 5/4/2017 5:30-7:30 p.m. Classes: 1 Registration fee: $15

Maine Authors...

Memories from John Ford and Mark Nickerson

Join Maine authors, John Ford (retired game warden) and Mark Nickerson (retired Maine State Trooper) for a night that will leave you laughing, while at the same time pointing out the dangers and hazards of being a Maine game warden and Maine State Trooper. Ford and Nickerson have become two of Maine's favorite storytellers, appearing at libraries and other venues across the state sharing their hilarious "back in the day" stories of law enforcement. John Ford has authored three books, *Suddenly the Cider Didn't Taste So Good*, *This Cider Still Tastes Funny!*, and *Deer Diaries*, while Mark Nickerson has written two books, *Blue Lights in the Night*, and *Behind the Blue Lights*." Their books will be available for purchase at the end of the presentation. Gardiner High School, ATM Room

Thursday 4/13/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $10

Raising Chicks-101 NEW *Lisa Steele*

Learn how to raise healthy, happy baby chicks from hatch to laying hen - naturally without using antibiotics or chemicals. Discussion will also include the pros and cons of hatching eggs versus buying day-old chicks, as well as tips for hatching eggs under a broody hen and in an incubator. Various breeds will be discussed for those wanting a gentle, friendly flock, exceptional egg layers, a colorful egg basket - or all of the above! Lisa's books, *Fresh Eggs Daily* and *Duck Eggs Daily* will be available for purchase. Gardiner High School, Room 120

Wednesday 3/1/2017 6:00-8:00 p.m. Classes: 1 Registration fee: $10

Secrets to Successful Publishing NEW *Jane Karkar*

Independent writers now have a whole new way of producing and marketing their books. Recent innovations in printing technology have created a boom in self-publishing. Good books that don't meet traditional publisher's criteria can now be affordably printed and marketed by self publishing authors. This workshop will outline some of the options both traditional and nontraditional, including what is offered locally. Students will find out how to get the technical assistance they need, and about the many types of organizations, printers, and publishers that work with Maine authors. Gardiner High School, Room 120

Thursday 2/2/2017 6:15-8:30 p.m. Classes: 1 Registration fee: $19

Stone Wall Construction *Jon Jennings*

Stone walls are both useful and add to the appeal of your landscape. This spring, we're offering a great opportunity for you to get your hands dirty, and learn the basics of how to build a dry laid stone wall using gravity. Start with a base, build corners, learn how to fill in and finally how to cap off the wall. This is a rain or shine event being held at Forgotten Stoneworks (FSW), 767 Western Ave., Manchester, ME (if it rains the workshop will be held indoors). Wear appropriate clothing (including work gloves and boots) for working with stone and dirt. **Please DO NOT call FSW to register. Registration is through MSAD #11 Adult Education only.**

Saturday 5/20/2017 9:00 a.m.-3:00 p.m.
Classes: 1 Registration fee: $39

Window Treatment Styles & Home Decorating Tips NEW *Joyce Schoenthaler*

With so many options to choose from, finding the perfect window treatments can be tricky. In this class you will learn about the latest designs in window treatments, and how flooring, a little wallpaper, paint, and/or colorful accents can make such a big difference in your home! Class will be held at Mattson's Flooring, 276 Whitten Road, Augusta

Wednesday 4/5/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $12

Basic Sewing for Beginners and Intermediates *Wynne Winchell*

Join our "sewcial" and learn the very basics of sewing, if you are a beginner, or continue progressing if you've taken the class before. You will have an opportunity to create spring-inspired gifts such as aprons, fabric books. place mats, decorations, simple clothing and more. Learn how to read a pattern and understand the features of your sewing machine. Materials are provided. **Bring your sewing machine to class.** Gardiner High School, Room 128

Tuesday 3/21/2017 6:00-8:00 p.m.
Classes: 6 Registration fee: $49

Solar Energy in Maine *Hans Albee*

Enough solar energy falls on the earth's surface each minute to meet world energy demand for an entire year. In this workshop, learn about current and forthcoming solar options for the homeowner, including growing options for battery storage, as well as the smart grid and grid modernization. Attendees will learn how photovoltaic systems, especially when paired with heat pump technology for supplemental space heating and water heating, are a cost-effective way to reduce fuel usage immediately. Current system pricing, financial incentives and loan programs, and community solar farm options in Maine also will be discussed. Optional articles to read prior to the class will be sent upon registration. Gardiner High School, Room 120

Tuesday 2/28/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $10

Woodworking Unplugged NEW *Rick Gallion*

Here is a unique opportunity to learn woodworking skills from an accomplished craftsman. Participants will learn basic woodworking techniques while crafting a useful piece of furniture. Using only hand tools, your step stool will be made with poplar wood using traditional joinery techniques. Handsaws, chisels, marking knives, hand planes, and scrapers, etc. will be featured. All tools provided and materials will be provided by the instructor. Materials cost of $20.00 is payable to the instructor at the first class. Class location is Clary Lake Woodworking School 777 Gardiner Road, Jefferson. **Choose your preferred session.**

Session I: Saturday 2/4/2017
9:00 a.m.-1:00 p.m.
Session II : Saturday 3/4/2017
9:00 a.m.-1:00 p.m.
Each session 2 classes Registration fee: $99

Woodworker's Workshop - Tool Sharpening NEW *Rick Gallion*

The first, and most important thing to learn in woodworking is how to sharpen the hand tools you will be using the most – chisels, plane irons, scrapers and marking knives. **Bring in an old chisel or hand plane of your granddad's or new ones, they will both need sharpening.** These should be "Bench Chisels" with the longer blade. **No other materials needed.** Safety glasses are a must and are available at the school. Class will be held at Clary Lake Woodworking School, 777 Gardiner Road, Jefferson

Monday 5/1/2017 6:00-8:00 p.m.
Classes: 3 Registration fee: $59

Pie Crust---Made Easy!

Diana Mosher

Do you have crustophobia? With the right tools, a good recipe and a little knowledge, you can be cured. Our instructor has a background in baking restaurant quality pies, and will share with you her experience and tips for baking a flaky, tasty crust. A $5.00 supply fee is payable to instructor at the class. Gardiner High School, Room 313

Wednesday 4/5/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $10

Dogs...

Train Your Puppy or Small Dog

John Palange

Do you want to teach your puppy or small dog positive behavior patterns and guide him or her to fit into your family? Join John Palange in this six-week class which will focus on socialization skills. Age limit for puppies is up to seven months. Small dogs over seven months and under 20 lbs. are also welcome to join this class. **Proof of rabies vaccination must be submitted to the Adult Ed office prior to first class. Dogs must be on a leash.** Class is held at West Gardiner Rod and Gun Club

Tuesday 3/28/2017 6:00-7:00 p.m.
Classes: 6 Registration fee: $50

Basic Dog Obedience *John Palange*

Do you sometimes feel like your dog is the master? Do you think that your pet doesn't understand when you speak? Not to worry...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 or older. Proof of rabies vaccination must be submitted to Adult Ed office prior to first class. You will need a six-foot leash and an appropriate training collar.** John Palange has trained dogs professionally at K-9 Training Center for over 35 years, with other trainers often referring their most "challenging" dogs to him. Check out his website at www.palangedogtraining.com. Class is held at West Gardiner Rod and Gun Club

Tuesday 3/28/2017 7:00-9:00 p.m.
Classes: 6 Registration fee: $80

Feisty Fido NEW *Jessica Greenleaf*

Do you avoid walking your dogs or taking them out in public because they bark and lunge at other people and dogs? This type of behavior can be embarrassing but it can also be quite dangerous. If your dog doesn't exactly get along with others, this class will help you understand why and what you can do about it. We'll discuss leash reactivity, aggressive behaviors and how to handle fear triggers (ex. the vacuum cleaner). Gardiner High School, Room 120

Thursday 3/2/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $15

Ask the Expert...get answers from professionals NEW

Ask the Chiropractor *Dr. Ashley Rice*

Chiropractors use a variety of non-surgical procedures to treat patients with certain types of pain and injury. Daily activities such as lifting, stooping, walking, sleeping, etc. can be improved by chiropractic care. Topics may include: various issues and related treatments, when and how to choose a practitioner, what to expect at the first appointment and how to supplement care via exercise, ergonomics and other therapies. Please bring your questions, and leave armed with the knowledge and confidence to make informed decisions regarding your health. Gardiner High School, Room 120

Tuesday 3/14/2017 6:00-7:30 p.m. Classes: 1 Registration fee: $12

Ask The Veterinarian *Dr. 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 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. Gardiner High School, Room 120

Wednesday 2/1/2017 6:00-7:30 p.m. Classes: 1 Registration fee: $12

Ask the Realtor *Geri Doyle*

Do you have property to sell? Are you interested in purchasing a home or business? Local realtor, Geri Doyle, has helped hundreds of individuals and families sell and purchase homes. This presentation will offer information on appraisals, inspections, pricing, location, how to stage your home before you put it on the market and how to effectively work with your realtor. Please bring your questions, and leave armed with the knowledge and confidence to make informed real estate decisions. Gardiner High School, Room 120

Tuesday 4/11/2017 6:30-8:00 p.m. Classes: 1 Registration fee: $12

Indoor Activities for You and Your Dog NEW *Jessica Greenleaf*

When the weather outside is frightful, indoor activities for your dog are a must! Boredom can get your faithful friend into trouble! Keep your dog entertained and tire him out with games, puzzles and activities that you can enjoy from the comfort of your own home. We'll discuss how you can modify games to meet your dog's needs and how you can incorporate actives into your daily routine. Gardiner High School, Room 120

Thursday 2/9/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $15

Puppies! NEW *Jessica Greenleaf*

Are you a new puppy owner? Just like any new parent, you want to make sure you do everything right. We'll cover potty-training and crate-training (your dog should LOVE their crate!) as well as jumping, nipping, chewing and any other behavior problems you may be dealing with or want to prevent. This class will start you and your new pup off on the right paw. Gardiner High School, Room 120

Thursday 3/16/2017 6:00-8:00 p.m.
Classes: 1 Registration fee: $15

Restoring, Renovating, Repairing Your Old House *Les Fossel*

This is a course for people who have an old house, want to have an old house, or just love old houses! You will learn about early building styles and construction techniques, restoration and renovation approaches, building codes, fire and safety issues, energy conservation, electrical/plumbing problems, cost considerations and much more. This is a field course. The first class will be at Gardiner High School. The remaining classes will take place at participant's homes (those who wish to open their homes to the class) giving everyone a chance to examine, discuss and problem solve specific issues. Bring your calendars to the first class so that dates (week nights and week ends are possible) can be arranged. Les Fossel owns Restoration Resources and provides old house restoration services in mid-coast Maine. He is one of Maine's foremost experts on early buildings. Visit his website at www.oldhouserestoration.com. Gardiner High School, Room 123

Wednesday 3/8/2017 6:00-8:00 p.m.
Classes: To be determined by students
Registration fee: $74

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 "usable" dances. No experience necessary, just a desire to have fun! Both couples and singles are welcome. Laura E Richards Gym

Monday 2/27/2017 6:00-7:00 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 Gym

Monday 2/27/2017 7:00-8:00 p.m. Classes: 8 Registration fee: $71

Boating Safety

Hobie Ellis

Get ready to set sail! This American Boating Course is offered by the Kennebec River Sail and Power Squadron. Topics include boating terms, federal and state boating regulations, aids to navigation, safety equipment, dealing with adverse weather conditions and emergencies. Participants should check with their insurance company to (perhaps) receive a discount based on course completion. Materials fee of $45.00 is payable to KRSPS at first class. An additional two-week session on navigation, plotting, use of compass, position determination, etc. will be offered if there is enough interest. Participants must purchase materials (plotter and dividers) $20.00 from the instructor. Gardiner High School, Room 506

Wednesday 3/22/2017 6:30-8:30 p.m.
Classes: 5 Registration fee: $19

Learn to Sail

Joel Ellis

Have you always wanted to sail? Let's give it a try! This is introductory sailing instruction and will include rules of navigation, safety instruction, rigging the sails, tacking, dealing with weather and more. Instruction takes place on the water in a 19.5 foot sloop. Successful completion of this course will enable individuals to responsibly skipper or crew a day sailor in familiar waters in light to moderate wind and sea conditions. **Bring a life jacket and dress to be on the water. Requires physical ability to get in and out of boat from the dock.** Class is held at Androscoggin Yacht Club, 22 Lake Street, Wayne.

Choose your preferred session.

Session I: Saturday 5/20/2017 9:00 a.m.-10:30 a.m.
Session II: Saturday 5/20/2017 10:30 a.m.-noon
Classes: 6 Registration fee: $89

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 one day of classroom instruction and activities. Students are required to complete a workbook or chapter reviews from an online course, 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 4/11/2017 6:00-9:00 p.m.; Saturday 4/29/2017 8:00 a.m.-4:00 p.m.
Classes: 2 Registration fee: $5

Dog Sledding Adventure

NEW

Alexander Therriault

Join long- time sled dog racer Alex Therriault for an introduction to the world of dog sledding. Topics include care and handling of the dogs, the mechanics and handling of the sled, racing, touring, mushing and a bit about the history of dog sledding. The best part will be your Sunday experience of sledding over the trails in Hebron as you enjoy the beauty and excitement of this unique winter sport. Alex's dogs are hand raised and love to run. Be prepared for some husky kisses! Gardiner High School, Room 128

Wednesday 2/15/2017 6:00-8:00 p.m.
Sunday 2/19/2017 1:00-3:00 p.m.
Classes: 2 Registration fee: $139

Introduction to Indoor Archery

NEW

James McDevitt

One of the greatest things about archery is that it's a year-round sport. It is a sport that almost anyone, young or old, can do for fun, hunting, or for competition. In this one-night introductory class, Mark McDevitt, Vice President of the Maine Archery Association, will provide an introduction to indoor shooting. He will discuss how to set up archery equipment, and instruct students on archery form, positioning your body, drawing your arrow, and positioning your fingers on the string. **A bow and arrow is not necessary for this class, but students who bring their bows will be allowed to shoot on the club's NFAA approved range.** West Gardiner Rod and Gun Club

Tuesday 2/7/2017 6:00-9:00 p.m..
Classes: 1 Registration fee: $12

Pickleball

NEW

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. All ages and abilities can play. **Please wear loose fitting clothes and sneakers.** Class will be held at A-Copi Tennis & Sports Center, Augusta

Saturday 1/28/2017 8:00- 9:30 a.m.
Classes: 5 Registration fee: $39

Wild Food Foraging Walk

David Spahr

This course will include walking the woods to find edible wild food along with detailed descriptions of habitat and structure of the plants. Please contact Longbranch School at 751-8760 to learn more about the specific location of the walk. **Supplies to bring: basket, mesh or other bags, water or other refreshment and a snack, tall socks and long pants.** Class sponsored by and held at Longbranch School, 25 Main Street, Bowdoinham.

Sunday 5/28/2017 1:00-4:00 p.m.
Classes: 1 Registration fee: $50

Winter Walking

Are you looking for an opportunity to walk in a dry, safe, well-lit place? The hallways at Gardiner Area High School are available from 4:00 p.m. – 7:00 p.m. and are the perfect place to walk during the winter. You must register with MSAD 11 Adult Education and sign in every time you attend. Roster will be at the Adult Education Office in Room 124 at the High School.

Monday – Thursday 1/23/2017-3/30/2017

Zumba for all levels...

Zumba *Janet McRae*

Zumba is 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. TC Hamlin Gym

Thursday 2/2/2017 5:30-6:30 p.m.
Classes: 8 Registration fee: $50

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 E Richards Gym

Wednesday 1/25/2017 6:00-6:45 p.m.
Classes: 4 Registration fee: $29

Zumbathon (sponsored by MSAD 11 Wellness Committee)

Laura E. Richards Gym
Friday, 3/3/2017 6:00-8:00 p.m.

Instructors: Jennifer Fortin, Holly Collins Gannett, Becky Stickney, Jenny Lynn Kingsbury

Cost: $5 students, $10 adults, $20 family

All proceeds help fund a college scholarship for a Gardiner Area High School senior who plans to study in the health/wellness field

Contact: Kristy McNaughton
kmcnaughton@msad11.org

Yoga...with Nancy Kelley (classes held in high school library)

Yoga For Back Care

Many of us experience chronic back discomfort due to aging, poor posture, inactivity or injury. Learn stretches that help lengthen the spine, gentle poses that help reduce muscle tension, safe poses that increase flexibility, strengthening poses that improve posture and alignment, and relaxation exercises that relieve chronic pain. Bring a yoga mat or blanket.

Monday 1/30/2017 6:00-7:15 p.m.
Classes: 6 Registration fee: $69

Chair Yoga

Would you like to try a yoga class but feel unsteady on your feet? Are you concerned about doing poses that might challenge your balance? Doing yoga in a chair will alleviate your concerns and offer many benefits as you learn to breathe and stretch from the convenience of your chair. Training your breath and body to move together will achieve a feeling of balance, lightness and confidence. This class is also appropriate for people who want to practice yoga at their workplace using chair poses as a great way to take a break.

Monday 3/20/2017 6:00-7:15 p.m.
Classes: 2 Registration fee: $29

Spring Into Yoga

Do you feel stiff or sluggish? Eager to get outside and enjoy the warmer weather? 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 longer days of spring. Please wear comfortable clothing allowing full range of motion and a yoga mat.

Wednesday 4/5/2017 6:00 -7:30 p.m. Classes: 6 Registration fee: $69

Yoga and Meditation to Help You Sleep

Do you occasionally have trouble relaxing and preparing for sleep? Does stress and "mind in motion" sometimes get in your way of beneficial rest? In this class participants will try out a variety of activities including stretches, gentle yoga, guided relaxation, meditation, breath work and aromatherapy. - all designed to relax you for a full and healthy sleep. Bring a mat or blanket.

Monday 4/10/2017 6:00-7:15 p.m.
Classes: 1 Registration fee: $12

Tai Chi for Health - Fall Prevention - Part I *Lisa St. Hilaire*

This easy-to-learn, safe and effective program uses fluid, gentle movements based on Sun Style Tai Chi. Studies have shown this Tai Chi form improves mobility, flexibility, and strength. It also decreases arthritis pain, and reduces falls, especially in older adults. Great for beginners of all ages and skill levels. Students should dress comfortably. There will be no class on February 7. Gardiner High School Library

Tuesday 1/24/2017 6:00-7:00 p.m.
Classes: 6 Registration fee: $50

Tai Chi for Health - Fall Prevention - Part II *Lisa St. Hilaire*

This four-week program builds on the basic movements learned in Part I. Students will learn the six advanced extension movements of the Tai Chi for Arthritis - Fall Prevention form. Students should dress comfortably. Gardiner High School Library

Tuesday 3/21/2017 6:00-7:00 p.m.
Classes: 4 Registration fee: $39

Trim and Tone Workout *Kim Gagne*

It's Spring 2017-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. TC Hamlin Gym

Monday 3/27/2017 5:30-6:30 p.m.
Classes: 8 Registration fee: $50

A Matter of Balance: Managing Concerns About Falls NEW

Jennifer Fortin

People who experience a fear of falling often limit their physical activities, which can result in loss of strength, reduced muscle tone and balance problems, making the risk of falling greater. In this class you will set realistic goals for staying active, learn how to stay safe at home, complete exercises to increase strength and balance, and learn how to identify and control your fear of falling. **This class is made possible FREE of charge from Spectrum Generations.** Gardiner High School Library

Wednesday 3/8/2017 3:00-5:00 p.m.
Classes: 8 Free, be our guest

High-Low Boxing NEW *Kim Gagne*

This class is a an intermediate high-low aerobics class that incorporates kickboxing moves to improve cardiovascular health. You'll improve strength, aerobic fitness, speed, flexibility, coordination and balance as a result of this workout. TC Hamlin Gym

Monday 3/27/2017 6:30-7:30 p.m. Classes: 8 Registration fee: $50

Reading and Math Foundations
One-on-one tutoring and small group instruction are available based on students individual needs. Free registration, but you must call 582-3774 to arrange enrollment. Gardiner High School, Room 124

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 and is a leading provider of eLearning solutions providing innovative, 21st century learning opportunities for today's tech-savvy learners. It offers individualized, self-paced modules of study in math, reading, writing, science, HiSET preparation and other areas. Free registration, but you must call 582-3774 to arrange enrollment. Gardiner High School, Room 127
Tues/Thurs 1/17/2017 2:00-4:00 p.m.

***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, etc. Diploma students only. Gardiner High School, Room 127
Wednesday 1/18/2017 2:00-5:00 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/Thurs 1/17/2017 4:00- 6:00 p.m.

***Individualized Life and Work**
Susan Brennan
This course is designed to assist young adults in exploring further education and planning for success in the workplace. Students will explore career options and related educational requirements, learn career decision-making skills and develop career goals. Additionally, students will focus on consumer decision making, understanding citizenship and workplace responsibilities, and applying problem-solving strategies to community problems. Students will be required to participate in one job shadow experience and one community or citizenship event. This class is a combination of at-home assignments and meetings with a career pathways advisor. Gardiner High School, Room 127
Monday 1/23/2017 3:00-5:00 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. The HiSET provides adults the opportunity to earn a high school credential, but it goes further by measuring career and college-readiness skills that are the focus of today's curriculum and tomorrow's success.

How Can You Get Started?

You must be at least 18 years of age. Testing sessions and test preparation are available during both day and evening hours. 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. Students are required to take the CASAS reading and math assessment, the official HiSET practice tests and the Career Pathways workshops prior to HiSET testing. Students must attend twice a week. Typically Mondays and Wednesdays from 5:00-8:00 p.m. and Mondays and Thursdays from 9:00 a.m. to noon.

For more information contact Diann Bailey at 582-3774

Career Pathways Workshop *Susan Brennan*
Students who are interested in pursuing their equivalency diploma must attend this workshop series. 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. *Mondays 9:00-9:30 a.m. or Wednesdays 5:00-5:30 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 skills through pre-algebra. The class has a relaxed atmosphere in which students work at their own pace. Gardiner High School, Room 127
Session I: Wed 1/11/2017 5:30-8:00 p.m. Session II: Mon 1/9/2017 9:30-noon

HiSET Preparation *Pamela Corbin*
Students will complete pre-testing and preparation activities in Reading, Science, Social Studies and Writing skills. Test taking strategies will be emphasized. 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.
Monday 1/9/2017 5:00-8:00 p.m. Gardiner High School, Room 123
Thursday 1/12/2017 9:00 a.m.-noon Boys/Girls Club

Driver Education

Mullens Driving School

Mullen's Driving School offers driver education classes in Central and Southern Maine, with more than 38 years of experience. Class start dates are January 4, February 1, March 6, March 31, May 3, May 31, June 23, July 17, and August 9. **Register online at www.mullensdrivingschool.com or call 1-800-595-9070.** Gardiner High School, ATM Room

Mon., Wed., Fri., 2:30-5:30 p.m. Registration fee: $510

Registration begins January 5

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.

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.

By Mail

Mail completed form along with full payment to:

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

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
Patricia Hopkins, Superintendent
Diann Bailey, Program Director
Sue Crawford, College Transitions Advisors
Brenda Evans, 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 January 5

Name:(s) _____

E-mail: _____

Address: _____

Cell phone: _____ Home phone: _____

Course Name	Day	Registration fee	Book/Lab 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

A sampling of our
NEW CLASSES

A Matter of Balance...pg. 21
Buying a Used Car...pg. 7
Consumer Matters: Scams and More...pg. 7
Dogsledding...pg. 20
Fix Your PC...pg. 5
Growing Daylilies...pg. 17
High-Low Boxing...pg. 21
Just Once Piano for Busy People!...pg. 16
Learn to Play the Flute...pg. 16
Making Blueberry Beer...pg. 15
Restoring Your Old House...pg. 19
Sing!...pg. 16
Social Media for Business...pg. 4
Supermarket Showdown...pg. 14
Tai Chi for Health...pg. 21
Touring the Baja...pg. 15
Window Treatment Styles & Home Decorating Tips...pg. 18
Women's Writing Circle...pg. 6

Registration Begins January 5

Register early!

Comedy Hypnosis Show

with Jason Christopher

Saturday, March 11...pg. 13

Travel With Us!

Philadelphia Flower Show

New Hampshire Winery Adventure

Saturday Night Fever
(pages 12 & 13)

Ireland: Traditions of the Emerald Island
(page 15)

Like us on Facebook
www.facebook.com/rsu11adulted

Lunch and Learn (pages 7 & 9)

Diploma Completion (page 22)

College Transitions (pages 2 & 3)