

MSAD #11 Adult Education



Winter/Spring 2016
Course Guide

- Gardiner
- Pittston
- Randolph
- West Gardiner

Non-residents welcome



582-3774

www.msad11.maineadulted.org



MAINE Adult Education College Transitions

The Maine College Transitions Program helps adults prepare for and transition to college. Any adult who is not presently enrolled in college and needs assistance in getting started is eligible to participate.

Why should you enroll in College Transitions?

- Have access to college tours
- Attend college preparation workshops
- Receive free Accuplacer testing
- Receive college application fee waivers
- Receive one-to-one college advising
- Receive study support
- Receive free registration in the courses listed below

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.

Algebra Skills for College

Daniel Henry

This class is for students with good basic skills in arithmetic but little or no experience with algebra. This is the perfect class for those looking to develop the skills necessary 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 placement test. Maranacook Adult Education hosts this course at UMA, 189 Jewett Hall

Tuesday 1/26/2016 5:30-8:30 p.m.

Classes: 15 No registration fee.

Book Rental \$50

College Prep Biology

Deb 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 impact on our health. Students will also gain research, observation and laboratory skills that will prepare them to transition into college level coursework. Offered through the RSU 3 Virtual Learning Center.

Wednesday 1/13/2016

6:00-7:00 p.m. Classes: 15

Registration fee: \$25

Writing Skills For College

Giselle Cinq-Mars

This course is appropriate for adults who want to upgrade their skills in the areas of grammar, writing mechanics and expres-

sion. Students who are preparing for the college placement exam will benefit from this course. Course content includes conventions of standard English usage with applications in writing sentences, paragraphs, and essays. Writing exercises will introduce students to the rigors and requirements of college writing. Students are required to take CASAS Reading test prior to enrollment. Call 582-3774 to register. Gardiner High School, Room 120

Tuesday 1/26/2016 5:30-7:30 p.m.

Classes: 17 No registration fee

Reading Skills For College

Giselle Cinq-Mars

This is a preparatory course for college bound students who need to increase their comprehension skills and improve their vocabulary skills. Students will learn and practice strategies intended to increase their ability to analyze information, compare and contrast ideas in text, evaluate information and understand a variety of literature. At the end of the course, students will be prepared to pass the Accuplacer test and comprehend college level material. Students are required to take the CASAS Reading test prior to enrollment. Call 582-3774 to register. Gardiner High School, Room 120

Tuesday 1/26/2016 3:30-5:00 p.m.

Classes: 17 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 and for students who are enrolled in college algebra and need ad-

Join us for an

INFORMATION NIGHT

to learn how this program can help you be successful in college

When: Tuesday, January 12, at 5:00 p.m.,
or Tuesday, January 19 at 5:00 p.m.

Where: Gardiner High School Adult Education Office

**Call College Transitions Advisors,
Jennifer Olin or Susan Brennan at 582-3774 to get started.**

ditional 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 1/25/2016 3:30-5:30 p.m.

Classes: 17 No registration fee

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 1/25/2016 5:30-8:00 p.m.

Classes: 17 No registration fee

Come with us to tour colleges!

This is a wonderful opportunity to get an inside view of several Maine colleges. Admissions representatives will answer your questions and show you around the campus.



Please contact College Transitions Advisor Jennifer Olin at 582-3774 or e-mail jolin@msad11.org for information.

**Step
Ahead >>>**
MaineCollegeTransitions.org



COL IXX--College and

Career Readiness *Jennifer Olin*

This course is designed to help adult students succeed in college. Participants will have exposure to a range of college success strategies including communication, critical thinking, time management and problem solving skills. Students will become acquainted with the University as they clarify personal values, goals and expectations. This is a University of Maine Augusta three-credit course. Gardiner High School, Room 127
Monday 2/1/2016 Noon-3:00 p.m.
Classes: 15 No registration fee

Starting Your On-Line

Employment Search *Jennifer Olin*

In this interactive workshop, participants will be introduced to internet-based employment platforms. We'll learn how to effectively navigate a variety of sites, organize and structure an employment search, and complete and submit an on-line applica-

tion. Participants will also be introduced to social media sites including Linked In and Facebook as professional networking tools to enhance their employment profile. Individuals are encouraged to bring an electronic version of their current résumé to the session if they have one. Call 582-3774 to schedule an appointment. Gardiner High School, Room 124.

Budgeting Basics *New Ventures Maine*

Sherrie Brann

In this workshop, you will learn the basic components for building a budget. We will discuss money tracking, goal setting, and how having a sense of your overall financial situation can assist you in developing your spending and saving plan. Gardiner High School, Room 123
Monday 5/2/2016 5:00-7:00 p.m.



FAFSA Lab: Financial Aid is Your Key to College

FAME representative Jennifer Lanphear will be here to assist you in completing the free federal financial aid form known as the FAFSA. You will need to bring your 2015 tax information with you and establish a Federal Student Aid (FSA) ID no later than one week prior to the workshop date. Your FSA ID can be created by going to www.studentaid.ed.gov. Please contact adult education at 582-3774 to register for this free workshop. Gardiner High School, Room 124
Monday 2/1/2016 5:30-7:30 p.m.



Individual Career Pathways Advising

Are you at a crossroad? Let us help you develop college and career goals and design a plan to reach them.

CONTACT: College Transitions Advisors Jennifer Olin or Susan Brennan to get started!

By phone: 582-3774

By e-mail: jolin@msad11.org or sbrennan@msad11.org



Resume Writing for the 21st Century

Jennifer Olin

Don't have a résumé or need to update an existing one? In this class you'll learn how to create an effective résumé or improve the one you already have. Students will reflect on their talents, achievements and experience to learn how to best showcase their skills and ambitions. Learn about different résumé formats and the advantages and disadvantages of each. Understand what you should and shouldn't reveal in a résumé and find out how to use references properly. Choose your preferred session. Gardiner High School, Room 124

Session I: Monday 2/22/16 6:30-8:00 p.m.

Session II: Monday 4/4/16 6:30-8:00 p.m.

Career and College Planning Workshops

All workshops are offered FREE.

Contact: College Transition Advisor
 Jennifer Olin, for details or to register:
By phone: 582-3774 or e-mail: jolin@msad11.org

Essentials of College Planning for Adults

Teri Morse

Maine Educational Opportunity Center

This interactive workshop touches on the four steps in the college process: admissions, financial aid, career and study skills. The admission section reviews college options, the college search process and the application structure. The fundamentals of financial aid, including the filing process and the applications are covered in detail. Career options and counseling are introduced. Effective transitions into college, college readiness and study skills are discussed. The participant receives The Essentials of College Planning Workbook, The Post Secondary Guide to Education in Maine, The Student Guide, and the Free Application for Federal Student Aid. Please call Maine Educational Opportunity Center (MEOC) at 800-281-3703 to register for this FREE workshop. Gardiner High School, Room 120

Wednesday 2/24/2016 5:00-7:00 p.m.

You Can Afford College

Jennifer Lanphear, FAME

College is one of the best investments you can make, increasing career opportunity and choice, earning potential, and job satisfaction. Staff from Financial Authority of Maine (FAME) will be on hand to present information about financial aid opportunities, scholarships and the financial aid process. Contact Jennifer Olin at 582-3774 or e-mail: jolin@msad11.org to register. Gardiner High School, Room 124

Monday 3/21/2016 5:00-7:00 p.m.

Career Changers Group

What will your next job be? Whether it's due to unemployment, a new-found interest, or other life circumstances, this may be the right time for you to explore your options with the support of others who find themselves in a similar place. We will consider life roles and experience, interests, and educational options for your next step. Contact Jennifer Olin at 582-3774 or e-mail: jolin@msad11.org to register. Gardiner High School, Room 124

Monday 3/14/2016 6:30-8:00 p.m.



Certified Nursing Assistant

Lois Bourque, RN, Heather Gibbert, RN, Heidi Coombe, 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 orientation meeting, reading test and individual interviews will be held on Wednesday, February 24 at 5:30 p.m. at Gardiner Area 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, GED or HiSET®.* Payment is due at registration. 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 3/15/2016 Ends 6/9/2016 Registration fee: \$1,000 Book fee: \$99

Academy of Medical Professions

Get nationally certified in portable, high-demand jobs through The Academy of Medical Professions. *Registration and payment are through The Academy of Medical Transcription and Professions.*

Attend a FREE information night on January 20, 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 Boot Camp
- Medical Billing Specialist with CPB Certification
- Medical Coding 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? 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 127

Wednesday 3/2/2016 6:00-8:00 p.m.

Classes: 1 Registration fee: \$20

Performing Beautiful and Meaningful Weddings as a Notary Public

Gwen Cole



This class will help you decide if performing weddings is something you might like to do. All the important details of planning a wedding ceremony will be discussed. Gardiner High School, Room 127

Wednesday 4/6/2016 6:00-9:00 p.m.

Classes: 1 Registration fee: \$20

Getting Paid to Talk Jenny Marcotte

This exciting class will explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn a great income in this exciting field. The class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. For more information, visit www.voicecoaches.com. Gardiner High School, ATM Room

Monday 2/1/2016 6:30-9:00 p.m.

Classes: 1 Registration fee: \$19

Introduction to the LSAT

Jane Beckwith

Are you thinking about Law School? This short course introduces you to the Law School Admissions Test, the admissions exam required by most law schools. Learn tips to help you master the logical reasoning, reading comprehension and analytical reasoning sections of the LSAT. Learn to think like a test writer and avoid common testing traps. Gardiner High School, Room 120

Wednesday 2/3/2016 6:00-8:00 p.m.

Classes: 5 Registration fee: \$80

These classes are offered by Maranacook Adult Education. Please call 685-4923 Ext. 1009 for registration information.

Welding Basics

This class teaches professional welding skills for those wishing to enter the welding profession or a technical college program. Hobbyists welcomed. No previous welding experience is required. Each class will include approximately 30 minutes of theory and safety training and two hours of hands-on welding. Safety glasses, welding gloves, and leather boots required. Book and supply fees are due at registration. Location: Maranacook High School

Wednesday 1/27/2016

5:30 p.m. – 8:30 p.m. Classes: 12

Registration fee: \$129

Book fee \$40 rental, Lab fee: \$30

Total due at registration: \$199

CDL Class B: Dump Truck or Bus

Nancy Frost

This class fully prepares you to meet Maine DMV requirements and gives you the hands on skills training that employers demand. The course consists of 42 hours in the classroom preparing you for all aspects of the CDL license process, including written and skills exam. The 30 hours of one-on-one instruction on the range and road will prepare you for the road test. In addition to the cost of the course, a \$35.00 permit fee, payable to the Secretary of State, is due by the second class. Additional endorsements of Bus, Tank and Hazmat are \$10.00 each. For the bus driving endorsement you must be over 21, have a clean driving record and get a physical exam at your own expense. Location: PDC, 75 North Road, Readfield

Orientation: 2/11/2016 6:00 p.m.

Begins: 2/25/2016

Registration fee: \$1500

Tech Topics...

with our highly-qualified instructors

Becky Ranks

Master the iPhone



There are over 90 million iPhones in use in the US. 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 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 an iPhone 6 or an older version, don't miss this class! Gardiner High School, Room 117

Monday 2/1/2016 6:00-8:30 p.m. Classes: 1 Registration fee: \$20

Master the iPad

Bring your iPad or iPad Mini to class and learn how to leverage the powerful technology inside. Set up your iPad to work with wireless networks and cellular service, download and organize apps, watch video, organize photos, listen to music, explore maps and games and adjust the iPad's settings to best suit your style. All versions of the iPad will be covered. Gardiner High School, Room 117

Monday 3/28/2016 6:00-8:30 p.m. Classes: 1 Registration fee: \$20

Are You a Facebook Novice?



Facebook is the leading social networking web site with over 500 million users. Learn how Facebook has become such an important communication tool in today's global community. Join the crowd and learn how to use the site quickly and safely. Topics include creating a Facebook account, establishing privacy settings, building your personal profile, using the wall, and creating groups. This class is designed for people who want to use Facebook as a social tool. **We will not be covering how to make a Facebook page for a business.** Gardiner High School, Room 117

Thursday 2/4/2016 6:00-8:30 p.m. Classes: 1 Registration fee: \$20

Go Google

Google Apps helps businesses, groups and individuals become more efficient and productive. We'll cover a variety of Google products and services such as Gmail, Calendar, News, Finance, Docs, Maps, Earth and more. You will be introduced to the Google Marketplace where you can choose which apps will best suit your needs. In addition, we'll discuss the benefits and challenges of saving files, photos, etc. on the Google cloud. Bring your username/password if you already have a google account. Gardiner High School, Room 117

Thursday 3/31/2016 6:00-8:30 p.m. Classes: 1 Registration fee: \$20

Using Windows 10

Patricia Naberezny

Make Windows 10 work for you! Topics include navigating the Windows 10 interface, customizing Windows with your preferences, managing folders, files and apps, using the new digital assistant Cortana, browsing the web with Edge, sharing via a home network, establishing security and privacy settings and troubleshooting problems. We'll cover launching, quitting, and managing applications, installing new apps, backing up and restoring files, configuring Windows updates, using Windows Defender and more. If you are considering an upgrade, this class is perfect for you. **Choose your preferred session.** Gardiner High School, Room 127

Session I: Wednesday 2/3/2016

6:00-8:00 p.m. Classes: 2

Session II: Thursday 4/28/2016

6:00-8:00 p.m. Classes: 2

Registration fee: \$39

Becoming An Online Learner

Kristen Carey

How do adults juggle jobs, family and going back to school? Online learning provides the flexibility and freedom to get the education you want, on your terms. In this class we will explore the online education community and give you tips on managing classwork, getting back into the learning groove and the basic tools to not sweat the technology. Mastering a few simple steps will allow you to focus on the content and demands of your class. We'll discuss the differences between bricks and mortar, blended, and online learning experiences and will address many of the questions you may have about returning to school via an online format. Gardiner High School, Room 120

Thursday 3/10/2016 6:00-8:30 p.m.

Classes: 1 Registration fee: \$20



Intuit Quickbooks Certified User

This new certification program provides students with credentials that demonstrate real-world abilities to prospective employers. By certifying one's skills, individuals can validate their technical abilities and demonstrate marketable skills that speak to employers.

Quickbooks 2015 for Business

Michael Fortin

Quickbooks has been the top-selling small business financial software program for years. Users say it is also the easiest to learn and use. Save time and simplify your bookkeeping tasks by using Quickbooks to do the following: invoice customers, pay bills, receive payments, chart accounts, complete financial statements, monitor customer payment status, reconcile bank accounts, interpret data and analyze trends. Students who complete this course will be prepared for the Intuit Quickbooks certified user exam. Students may arrange to take the exam onsite for an additional fee. Prerequisite: Windows skills, accounting skills helpful but not necessary. Gardiner High School, Room 127

Monday 2/1/2016 6:00-8:30 p.m.

Classes: 12 Registration fee: \$99 Book fee: \$80

Computer Tutor

Patricia Naberezny

Our computer 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 have one-to-one instructional time and be assured of a patient, knowledgeable instructor. Sessions can be scheduled both day and evenings at your convenience. Topics will be based on your individual level and training needs. All sessions will be two hours in length. Cost is based on one session. Students are required to have a phone or e-mail conversation with the instructor before the session. Gardiner High School, Room 127

Registration fee: \$85

It's All About Photos...with professional photographer, Gary Swinton and digital media specialist, Kristen Carey

Gary Swinton



Functions, Settings and Menus –Oh My!

Today's digital cameras have a variety of features. Are you getting the most out of your investment? Are you happy with your 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 2/24/2015 6:00-8:00 p.m. Classes: 2 Registration fee: \$49

Photographing Wildlife

Learn to create amazing wildlife photos from a professional. Topics will include choosing the right camera gear, isolating subjects, dealing with backgrounds, using natural light to your advantage, how to use zoom functions effectively, choosing exposure techniques that will provide the best images and finding uncommon perspectives. The April 27 and May 4 classes will be held at Gardiner High School. Although you may be hoping to travel to some remote or exotic location, our April 30 class will be the Maine Wildlife Park in Gray! We'll talk about animal behavior, habits, and how best to find animals in the wild. The Maine Wildlife Park is a haven for animals that cannot survive in the wild. Residents include deer, black bear, eagles, owls and more. It will make an excellent location to practice your skills. Gardiner High School, Room 117

Wednesday 4/27/2016 6:00-8:00 p.m.; Saturday 4/30/2016 9:00 a.m. - 1:00 p.m. Classes: 3 Registration fee: \$79



Create a Canvas Wrapped Photo

Imagine one of your favorite photos prominently displayed as a canvas wrap. Gary will demonstrate how to create canvas wrapped prints and you will have an opportunity to make your own (an additional fee paid to the instructor will cover the cost of supplies and printing). We'll also discuss traditional matting and framing techniques. Bring a CD or

pen drive with a favorite photo. Gardiner High School, Room 117

Wednesday 4/6/2016 6:00-8:00 p.m. Classes: 2 Registration fee: \$49

Travel Photography



We're all eager to share our photos after awesome vacations. Unfortunately, we're often disappointed with what we come home with! Whether your travels take you to exotic locales or the coast of Maine, you can learn how to shoot like a pro. Learn powerful techniques for photographing people, landmarks, landscapes and events. Discover why you should wake up early and nap at noon, and where to put stuff in the frame (a.k.a. composition). To get the most benefit from this course you should have a camera with manual settings capabilities and have a basic understanding of its functions. Bring camera and a tripod to class. Gardiner High School, Room 117

Wednesday 3/9/2016 6:00-8:00 p.m. Classes: 2 Registration fee: \$49



Kristen Carey

Digital Story Telling



Learn to use the video capabilities of your digital camera, phone or tablet to tell a story. Whether it's a family event, a special occasion, a vacation highlight or your pet's hilarious escapades, capturing it with video and turning it into a story complete with sounds, images and music will make you look like a pro! Learn some easy techniques for creating and sharing your visual story. We'll also discuss the newest apps and software available to help you create a fun and interesting video product. Bring your camera, phone or tablet. Gardiner High School, Room 120

Thursday 3/3/2016 6:00-8:30 p.m.

Classes: 1 Registration fee: \$20



Great Photos Using Your Mobile Device



Today's phones and tablets can produce excellent photos and videos. However, the techniques for getting the best quality results is different from what we are used to with traditional cameras. This class is designed to show you some tips and tricks on how to take effective digital photographs with your app based phone or tablet no matter the time of day or conditions. We will preview many of the various photo apps available today as well as how to present and share our work via social media and online outlets. Bring your favorite device. Gardiner High School, Room 120

Thursday 2/25/2016 6:00-8:30 p.m.

Classes: 1 Registration fee: \$20



Initiating Difficult Conversations with the Elderly *Alison Williams* *Spectrum Generations*

It can be difficult to think that the people who once cared for you may need assistance with their own everyday routine. Deciding when and how to approach the subject with your loved one can be intimidating. In this class you will learn how to approach your parents in a loving, supportive way to determine if and what help they may need at home. Learn about specific services, including caregiver selection, and other resources that may be available to them. How to pay for these services will also be discussed. Gardiner High School, Room 119
Monday 2/1/2016 6:00-8:30 p.m.
Classes: 1 Registration fee: \$10

Mark Pechenik *Alzheimer's Association,* *Maine Chapter*

Know The 10 Signs

This class is for anyone interested in learning more about the early detection of Alzheimer's disease. The purpose of this workshop is to provide the general public with a greater understanding of the difference between age-related memory loss and dementia and what to do if they have signs of Alzheimer's disease. At the workshop, you will learn: how to tell the difference between Alzheimer's and typical aging; steps to take if you recognize a warning sign in yourself or someone you know; the process to receiving an Alzheimer's diagnosis; why early detection is crucial. Gardiner High School, Room 117

Thursday 3/10/2016 6:00-7:30 p.m.
Classes: 1 Free, be our guest

Healthy Living For Your Brain and Body

This class is for community members who would like to learn more about healthy aging. 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 117

Tuesday 2/2/2016 6:00-7:30 p.m.
Classes: 1 Free, be our guest

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 5/7/2016 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? There's a world of information in death records, which can help. In this class, we will address online and print resources for death records; finding and using cemetery information; obituary research and locating death certificates. Materials in the Maine State Library's genealogical collection will be reviewed. Most importantly, we will approach it all with a sense of humor! Class meets at Maine State Library in Augusta.

Saturday 4/30/2016 10:00 a.m.-Noon, Classes: 1 Registration fee: \$10

Genetic Genealogy--Uncovering Your Ancestors *Nancy Milliken 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. Nancy Milliken Mason is a genetic genealogist who has been doing traditional genealogy research for over 30 years. Gardiner High School, Room 123

Monday 4/4/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$10



How Money Works

Libby Farmer

This workshop will focus on how to lower monthly debt payments, stop living paycheck to paycheck, save more money for the future, make wiser, more informed financial decisions and develop a program to build financial freedom. You'll receive a complimentary copy of *How Money Works*, a book that helps consumers find solutions to their financial problems and a complimentary financial needs analysis (FNA). This confidential financial review is based on information you provide and gives you a printed report of all major areas of your personal household finances. Gardiner High School, Room 118

Session I: Tuesday 2/9/2016 6:00-8:00 p.m. Classes: 1 Free: be our guest

Session II Tuesday 4/12/2016 6:00-8:00 p.m. Classes: 1 Free: be our guest

Simple Wills

Susan Farnsworth

Everyone needs a will. A will can protect your assets and helps 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, 3/16/2016 6:00-8:30 p.m.

Classes: 1 Registration fee: \$10

Hoarding 101

Harriet Vaughn



It's not just a reality TV show. Hoarding can be a significant problem for some individuals. Do you know a person who hoards or wants to avoid becoming an "accidental hoarder"? Are there people in your life who can't deal with the stuff that has accumulated around them but can't bear to get rid of it either? In this class, we will look at the many types of hoarding behavior and the tactics that work (and don't work) to remedy the behavior. Gardiner High School, Room 120

Thursday 5/19/2016 6:00-7:30 p.m. Classes: 1 Registration fee: \$10

Knitting and More...with Nina Tilander

all classes are held at Hook, Yarn and Stitcher, 642 Maine Avenue, Farmingdale

Finishing School for Knitters

In this beginner level skill-builder workshop, you will learn the basics of finishing your knitted project including blocking, weaving in ends, sewing seams and sewing on buttons. You may want to bring a project that is ready for finishing. Supply list available upon registration. Plan to purchase materials at Hook Yarn and Stitcher as needed.

Saturday 2/6/2016 10:00 a.m.-Noon Classes: 1 Registration fee: \$15



Knitting Socks

In this class students will learn to knit a pair of adult-sized socks in worsted weight yarn using five double pointed needles. Participants should be proficient in basic knitting stitches and should visit Hook Yarn and Stitcher a week prior to the class to purchase their yarn. A pattern will be provided. Supply list

available upon registration. The materials can be purchased at Hook Yarn and Stitcher as needed. **There will be no class on February 16.**

Tuesday 2/2/2016 5:30-7:30 p.m. Classes: 4 Registration fee: \$39

Got Gauge?

What is gauge and why is it so important? In this two-hour beginner-level skill-builder workshop you will learn how to use the right yarn for the right project for either knitted or crocheted item. All it takes is a little bit of simple math. Participants should be proficient in either the basic knitting or crochet stitches. Supply list available upon registration. Plan to purchase the materials at Hook Yarn and Stitcher as needed.

Saturday 3/5/2016 10:00 a.m.-Noon Classes: 1 Registration fee: \$15

Knitting Your First Garment

In this class students will knit an easy and classic crew neck vest and will learn skills such as how to choose the right yarn, determining the right size, picking up stitches for the armholes and neck, sewing seams, and other finishing techniques. Participants should be proficient in basic knitting stitches and should visit Hook Yarn and Stitcher a week prior to the class to purchase their yarn and the pattern. Supply list available upon registration. The materials can be purchased at Hook Yarn and Stitcher as needed.

Class meets on March 15, March 29, April 5 and April 26.

Tuesday 3/15/2016 5:30-7:30 p.m. Classes: 4 Registration fee: \$39



Felt Making and Mixed Media Techniques

Susan Mills

Mixed media artist Susan Mills leads you step-by-step through the process of wet felting while you create your own unique piece of felt art in this class. Learn to select wool and, with soap and water, make beautiful, seamless pieces such as handbags, vessels, or even mittens. You will also learn to incorporate found objects into your designs. Beginners are welcome, but some experience is helpful. Classes will be held at Susan Mills studio in Bowdoinham. The class will begin with a centering process and communion with nature to inspire your work. From there, Susan will assist you with your project, whether it be a traditional felting arrangement or a non-traditional piece of artwork. Unleash your imagination!

Sunday 3/27/2016 1:00 -4:00 p.m. Classes: 1 Registration fee: \$72



Recycled Wool Sweater Mittens

Bette Seymour

Keep your hands wicked warm this winter with mittens you made yourself from recycled wool sweaters. Lined with fleece, these sweater mittens will be your favorites for years to come. Once you learn how, you can make them over and over and they make awesome gifts. A supply fee of \$5.00 is payable to the instructor at the time of class. Students need to bring a sewing machine and accessories, 1 or 2 old, washed wool sweaters (think Goodwill), scissors and pins. Gardiner High School Room 313

Tuesday 1/26/2016 6:00-8:30 p.m. Classes: 1 Registration fee: \$12

Lorraine Hart

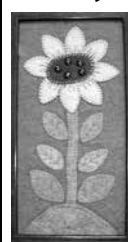
Springtime Wool Applique

Join us as we create a bit of springtime whimsy for your home with this wool felt appliqued 9.5"x 9.5" table/candle mat. The mat has a scalloped edge with four little chicks blanket stitched onto a background of pastel green wool felt. Embellishments of embroidered spring flowers with button centers are stitched in between each chick and black seed beads form the chicks eyes. Purchase kits (\$8.00) from instructor at first class. Gardiner High School, Room 128

Wednesday 2/24/2016 6:00-8:30 p.m.

Classes: 2 Registration fee: \$15

Wool Applique-Framed Country Sunflower



The sunflower is one of our happiest flowers. This wool felt appliqued project is of a single tall sunflower framed in a 7"x 14" wooden frame. The country sunflower is blanket stitched onto a barn red wool felt background with yellow

petals, green stem and leaves, a brown flower center with accents of black buttons for seeds. Purchase kits (\$10.00) from instructor at first class. Gardiner High School, Room 128

Wednesday 3/23/2016 6:00-8:30 p.m.

Classes: 3 Registration fee: \$23

Introduction to Chair Caning

Dana Carey

This is a hands on two-part class and includes a brief history of chairs and chair caning, an introduction to weaving materials, sources and uses, the seven-step weaving technique, care and finishing of cane seats, and the materials, tools, and techniques used for restoring broken seats. For the first session, the student should bring in their chair for evaluation and preparation. The instructor will evaluate the chair and give the student guidance for his or her project in addition to the overview of caning fundamentals. In the second session, the students will return with their chair and continue to work on their project. Collectively, the class will share in the knowledge for the various projects. There may be a small (\$5 to \$10) materials fee for each student's project which will be determined during the evaluation of the chairs. Long Branch School, 20 Main Street Bowdoinham

Sunday 3/27/2016 1:00-3:00 p.m.

Classes: 2 Registration fee: \$82

Paint away...with Kellie Chasse



Alcohol Ink Painting - Dragonfly

Join local artist Kellie Chasse and experience the joy of painting with alcohol inks on a 4"x4" tile. You will be amazed at the unparalleled color, spontaneity, and vibrancy achieved with this technique! In fact, your dragonfly will almost take flight! No experience is required. **Inks stain - please wear old clothing and plastic gloves.** Class fee includes all materials and instruction. Wooden display pieces for your tiles will be available for purchase that evening - payable to the instructor \$5.00-\$15.00. Gardiner High School, Room 343

Wednesday 3/9/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$40



Watercolor Painting - Sand Dollar

Join local artist Kellie Chasse for a fun and relaxing night of painting! Receive step-by-step instructions and complete a 5"x7" watercolor painting in one night. The scene is a large sand dollar posed on a sandy beach. No art experience is needed and all supplies are included. We promise you'll be amazed at your creation and have a great time! There will be 8"x10"

wooden frames available for purchase that evening for \$15.00 payable to the instructor. Gardiner High School, Room 343

Wednesday 3/23/2016 6:00 -8:00 p.m. Classes: 1 Registration fee: \$35

Art Night Out - Euro Leather Bracelet

Emily Jansen

Make an ultra-hip Euro Leather bracelet with a huge selection in colors, textures, finishes and clasps. Learn how to incorporate different color meanings and symbolism into your bracelet for a personalized piece of stunning jewelry. Workshop fee includes all materials needed to make one basic bracelet with one charm. There are only 8 seats available for this class. Register early. Gardiner High School, Room 117

Monday 3/7/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$39

Art Night Out - Drilled Seaglass Pendant Necklace

Emily Jansen

Learn the secrets to drilling glass, stones and shells. Add colorful beads and spirals using our easy wire-wrapped loop techniques to create your own unique jewelry. Use our collection of sea glass, beach stones and shells, or bring your own favorites. Workshop fee includes all materials to make one pendant. There are only 8 seats available for this class. Register early. Gardiner High School, Room 117

Monday 4/11/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$39

Tin of Cards Project

Carol Mitchell Cusick

Have fun creating and stamping 16 all occasion cards that you will keep organized in this beautiful printed tin with lid. Your kit includes all the card bases, envelopes and accents you need to make 16 cards—4 each of 4 designs. Instructor provides stamp set, ink pads and all other supplies needed to complete all your cards and dividers. Project materials are \$40.00 payable to instructor at first class and include your kit, decorated tin and adhesive. There are only 6 seats available in this class. Register early. Gardiner High School, Room 117

Wednesday 4/27/2016 6:00-8:30 p.m. Classes: 3 Registration fee: \$15

Chalk Painting Furniture

Miki Earle

Create beautiful, professional-quality painted furniture for your home using chalk paint, a new paint medium that is changing the DIY world of decorating. This fun technique gives new life to old furniture. A small table, wooden decorative piece, stool, or book shelf work well for class. **Please NO chairs.** You will leave with a beautifully painted addition for your home. Learn technique and process as well as discover your style options in furniture finishing. Bring to class: A small thoroughly cleaned piece of furniture, an apron, a small drop cloth and a \$3.00 SAMPLE 7-8 ounce jar of matte or satin paint in your favorite color from Home Depot (Behr) or Lowes (Valspar). The instructor will provide everything else. A \$22.00 supply fee is due to the instructor at the time of class. Gardiner High School, Room 313

Monday 4/4/2016 5:30-9:00 p.m. Classes: 1 Registration fee: \$35

Cheri Weston

Create an Explosion Box Mini-Album

Prepare yourself for the magic album that transforms regular 12 x 12 pieces of card-stock and patterned papers into interactive mini photo albums. Lift the top off the box and it "explodes" with creative design. Make these albums for Easter, Mother's Day, birthday, baby, wedding attendants gifts or for yourself. Please bring double-sided tape, paper scissors, a bone folder or other scoring tool, and a ruler. All other supplies will be provided. A \$7.00 supply fee is payable to the instructor at the time of class. Gardiner High School, Room 123

Wednesday 2/24/2016 6:00-8:30 p.m.
Classes: 1 Registration fee: \$12

Stunning Coasters Created From Tumbled Tiles

Take a tumbled tile, a pretty cocktail napkin and watch the transformation from blah to fabulous! In this class you will make a set of four coasters from a wide selection of themes. All supplies will be provided and a \$5.00 supply fee is due to the instructor at the beginning of class. There are only 8 seats available for this class. Register early. Gardiner High School Room 123

Tuesday 3/22/2016 6:00-8:30 p.m.
Classes: 1 Registration fee: \$12

Luxurious Stenciled Silk Scarf

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 and amazing 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 supply fee of \$8.00 is due to the instructor at the time of class. Gardiner High School Room 123

Wednesday 4/27/2016 6:00-8:30 p.m.
Classes: 1 Registration fee: \$12

Painting for Beginners

Janna Civittolo

Learn the basics of painting. Each week students will be guided through the planning process for the painting project: under-painting, compositional planning, sketching out, blocking in colors, and completing a painting. No experience necessary. Acrylic paints are recommended for this course. Please contact the adult education office for a materials list. This is a great opportunity to try a new hobby or dig out those paints you have sitting in your attic that you have been meaning to try out. Gardiner High School Room 343

Wednesday 3/2/2016 5:45-7:15 p.m.
Classes: 6 Registration fee: \$49

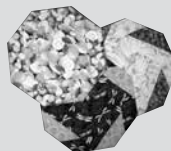
Let's Quilt...with Denise Lemoine and Lynn Irish

Quilting-Rotary Cutting 101

Denise Lemoine

Are you interested in quilting/crafting/ sewing...well, let's learn the updated way of cutting your project with precision. Grab a notebook and pen and head to this one evening class. You will be shown a variety of cutters, mats, rulers and techniques of cutting "rotary style." This is a great class to take before diving into any of the other quilting classes. Gardiner High School, Room 127

Thursday 1/28/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$10



Quilting - Designer Grocery Bags

Denise Lemoine

Many stores are already charging for plastic bags and it's right around the corner that all stores will be doing this. It has been proven that cloth bags will outlast the coated bags available at grocery stores, so let's make our own. Yours will be made out of decorator fabric of your choice with reinforced seams and bottoms and durable handles. Plus, you'll be "styling at checkout." Supply list available upon registration. Gardiner High School, Room 127

Thursday 2/11/2016 5:30-8:00 p.m. Classes: 2 Registration fee: \$19

Quilting-Hexagon Place Mats

Denise Lemoine

If you are looking for a place mat to use with oval or round tables, this is a wonderful design made just for you. They will be made of two fabric choices and completed in only two classes. If you are just getting back into sewing or want to try quilting, this is the perfect class to begin that journey. Taking Rotary Cutting 101 first will make this class easier and more productive for you. A supply list is available upon registration. A pattern will be provided by instructor for a fee of \$10.00 at first class. Gardiner High School, Room 127

Thursday 3/10/2016 5:30-8:00 p.m. Classes: 2 Registration fee: \$19

Quilting-Super Easy Pillowcase

Denise Lemoine

Looking for a wonderful unique gift to give to children, grand babies, special mother, auntie, or a friend recuperating from surgery or illness? This pillowcase made in fabrics that match their personalities, will be surely be a hit. One evening of class, one pillowcase made, walk out with the knowledge of how to make dozens. These are always a big seller at craft fairs. A supply list is available upon registration. Gardiner High School, Room 127

Thursday 4/7/2016 5:30-8:00 p.m. Classes: 1 Registration fee: \$10

Beginner Paper Piecing

Lynn Irish

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, when you can use it, and how to draft very simple blocks to use for corners, etc. This class will prepare you for the Mariner's Compass Wall Hanging class. Supply list available upon registration. There will be a \$3.00 material fee payable to the instructor at the first class. Gardiner High School, Room 122

Tuesday 2/2/2016 6:00-8:00 p.m. Classes: 2 Registration fee: \$19

Mariner's Compass Wall Hanging

Lynn Irish

Use paper piecing to make a gorgeous mariner's compass quilted wall hanging from start to finish. This popular design will make a charming accent for any home. If you have never paper pieced, please take the beginner class first! Supply list available upon registration. If you have any questions about fabric choices please call instructor at WhipperSnappers in Hallowell. There will be a \$5.00 supply fee payable to the instructor at the first class. Gardiner High School, Room 122

Tuesday 3/1/2016 6:00-8:00 p.m. Classes: 5 Registration fee: \$35

Basic Sewing for Beginners and Intermediates

Wynne Winchell

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 springtime 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 117

Tuesday 3/1/2016 6:00-8:30 Classes: 5 Registration fee: \$49

Arlene Gagnon

Create A Seashell Wreath

Do you like to pick up shells from the beach? Here is a decorative project which will make good use of your collection while preserving memories of warm summer days. Students may use seashells they have collected or purchase ones from a craft shop. Bring gloves, glue gun, glue sticks and approximately 100 varied size seashells. Purchase wreath form from instructor (\$5.00). Gardiner High School, Room 343



Wednesday 4/13/2016 6:00-9:00 p.m. Classes: 1 Registration fee: \$12

Fresh Floral Design

Just in time for Easter - Arlene will show you how to design using a container and instant foam as well as a fresh arrangement in a clear vase. Previous experience or none at all, you will go home with a fresh arrangement and can say "I made it myself!" Please bring a sharp knife and scissors. All materials are included in a \$20.00 lab fee payable to instructor at class. Gardiner High School, Room 313

Tuesday 3/22/2016 6:00-9:00 p.m.

Classes: 1 Registration fee: \$12

Mother's Day Floral Arrangement



"Say it with flowers" in this class. Just in time for Mother's Day, a colorful mix of fresh seasonal flowers will be designed in a basket with all the frills for Mom. No experience necessary. Please bring scissors and a sharp knife. Lab fee of \$20.00 payable to instructor at class. Gardiner High School, Room 313

Tuesday 5/3/2016 6:00-9:00 p.m. Classes: 1 Registration Fee: \$12

Deck or Memorial Planter

Learn to design a colorful planter that can be used on your deck or at the cemetery. Once you master the design principles, use your knowledge to create other containers for different areas and uses. Supply list will be available. Other materials (\$5.00-\$15.00) may be purchased from instructor. Gardiner High School, Room 313

Wednesday 5/11/2016 6:00-9:00 p.m.

Classes: 1 Registration fee: \$12

Marge Otis

Mixed Media Musical Snowman



This wintry piece features a snowman ticking the ivories along with several cardinals who are enjoying the show! A combination of stamping and acrylic paint results in a fun project done on an 8x16 wrapped canvas. Bring your acrylic brushes. There is a material fee of \$6.00 payable to the instructor. Project is available to view in the adult education office. No painting experience necessary. Gardiner High School, Room 127

Friday 2/12/2016 10:00 a.m.-2:00 p.m.
Classes: 1 Registration fee: \$13

My Blue Rooster



That's right - this project features a rooster done in shades of blue! He's very dressy and will adorn your country kitchen with pride. Paint this cheerful guy with acrylics on a 9x12 wooden oval. Bring your acrylic brushes. There is a material fee of \$10.00 payable to the instructor. Project is available to view in the adult education office. No painting experience necessary. Gardiner High School, Room 127

Friday 3/11/2016 10:00 a.m.-2:00 p.m.
Classes: 1 Registration fee: \$13

Nautical Silhouette

This project will be perfect to complement your seaside motif. The silhouette is created with acrylics on a 16 inch round ships wheel accented with a painted rim. Bring your acrylic brushes. There is a material fee of \$15.00 payable to the instructor. Project is available to view in the adult education office. No painting experience necessary. Gardiner High School, Room 127

Friday 4/8/2016 10:00 a.m.-1:00 p.m.
Classes: 1 Registration fee: \$13

Seashell Shadowbox

Preserve your summer memories with this pretty shadowbox. A coastal scene creates the perfect background for a collection of shells and other mementos from the beach. All of this is featured within a 9x11 driftwood frame. Bring your own keepsakes or purchase a collection from Marge. Bring your acrylic brushes. There is a material fee of \$11.00 payable to the instructor. Project is available to view in the adult education office. No painting experience necessary. Gardiner High School, Room 313

Tuesday 4/26/2016 5:30-9:00 p.m.
Classes: 1 Registration fee: \$13

The Art of Glass Production...by Cathy Ottum

Learn etching, soldering, and glass cutting while working with glass bevels, stained glass, glass beads and more. Class materials & supplies will vary. Please be sure to register for each class you will be attending two weeks in advance so that you are assured materials will be available the night of the class.

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. Cost for stencils & materials for item(s) will 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 10. Gardiner High School, Room 506

Thursday 3/24/2016 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. All 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 17. Gardiner High School, Room 506

Thursday 3/31/2016 6:30-9:00 p.m. Classes: 1 Registration fee: \$15

Seaside Memory Cube



This fun and easy 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 a 24/7 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 or \$15.00 for 4x4 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 24. Gardiner High School, Room 506

Thursday 4/7/2016 6:30-9:00 p.m. Classes: 1 Registration fee: \$15

Dragonflies, Butterflies and Bees



In this session your soldering experience will come in handy as you foil, solder and strengthen with wire, your pre-cut fancy fliers. You'll be using glass beads (you'll select from my stock) in the production of the dragonfly and butterfly and you will learn to wire overlay when you assemble each piece, including the bee. 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 or butterfly and \$6.00 for each bee. Soldering experience is recommended to complete these projects. Deadline to register is March 31. Gardiner High School, Room 506

Thursday 4/14/2016 6:30-9:00 p.m. Classes: 1 Registration fee: \$15

Stained Glass Wind Chime



This project, requiring two classes, will make you long for summer breezes. 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 April 14. Gardiner High School, Room 506

Thursday 4/28/2016 6:30-9:00 p.m. Classes: 2 Registration fee: \$15

Join us for some ad

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



NOTHING SAYS SPRINGTIME LIKE TULIPS! Ottawa boasts millions of them each year when they host the annual **Canadian Tulip Festival** - the largest tulip festival in the world! The tulips, originally a gift from the Netherlands in 1945, have become an important symbol of international friendship and a celebration of spring.

Our group will leave early on Thursday, May 12, heading towards the province of Quebec and Sucrierie de la Montagne. Designated an official Québec Heritage site, this **sugar shack**, located in the midst of a 120-acre forest of century-old maples atop Mont Rigaud, transports its visitors back in time, providing them with a momentary glimpse of life as it truly was for Québec and Canadian pioneers. We'll enjoy a **horse drawn carriage ride, a traditional sugaring-off meal, musical entertainment and a tour of the property.**

Arriving in the capital city of Ottawa by early evening, our overnight accommodations are at the award winning **Hilton Lac-Leamy**. Guests will enjoy the restaurants and entertainment at the adjacent **Casino Lac-Leamy** as well as the hotel's pool and other amenities.

Friday will be a full day of **touring Canada's capital city**. Activities include a fully **narrated motor coach tour of the city, a visit to the Royal Canadian Mounted Police Stables, touring the various tulip venues, exploring Ottawa's famous Byward Market, a tour of Parliament and the Peace Tower**. Dinner is included tonight at **Tucker's Marketplace**, an award-winning buffet restaurant located in downtown Ottawa.

On Saturday morning we plan to visit the remarkable **Canadian Museum of History** where an impressive array of exhibits are included in our tour. Highlights of the museum include the world's largest indoor collection of totem poles and exhibits showcasing the traditions and achievements of Canada's First Peoples. We'll also visit historic **Rideau Hall and the Royal Canadian Mint**. Leaving Ottawa by mid afternoon will put us in Montreal in time for dinner. Our accommodations are at the downtown **Hotel Omni Mount Royal**, where the hospitality experience is enhanced by luxurious and comforting loft style guest rooms.

On Sunday morning we'll have a guided tour of the **St. Joseph Oratory**. Visited by two million pilgrims and visitors every year, the **basilica and gardens** are one of Montreal's must-see destinations. We'll plan a stop at one of the city's **open air markets** before heading home. En route we'll stop for lunch in Newport, Vermont at the delicious **Eastside restaurant**.

Deadline to register is April 8. No refunds will be made after that date.
A passport is required for this trip.

Thursday-Sunday, May 12 - May 15
Depart 6:00 a.m. Waterville (Elm Plaza) Return 8:45 p.m.
Depart 6:45 a.m. Gardiner (Hannaford) Return 8:00 p.m.
Registration fee: \$649 per person based on double occupancy



Registration fee includes motor coach transportation, three nights accommodations, three breakfasts, Thursday lunch, Friday dinner, guided city/tulip tour, and attraction tickets. All other meals are on your own.



The Sound of Music in Boston

Reviewers have called it "a show that restores one's faith in human nature" and "an irresistible score that's always in tune". Don't miss this chance to see one of the most loved musicals of all time at **Boston's beautiful Opera House**. This brand new production of *The Sound of Music* celebrates the 50th anniversary of the film version, which continues to be the most successful movie musical in history. The spirited, romantic and beloved musical story of Maria and the Von Trapp Family will once again thrill audiences with its award-winning best score, including "My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain," "Edelweiss" and the title song.

We'll arrive in the theater district in plenty of time for **lunch on your own** prior to the matinee performance. There are lots of dining choices in the area and if you choose a quick bite there will be time to explore some of the interesting shops, as well.

After the show we'll visit the **historic seaport village of Newburyport, MA, for dinner at Not Your Average Joes**. Please note that cost of dinner is not included in the trip price.

Deadline to register is February 26.
No refunds will be made after this date.

Saturday April 9
Depart 7:00 a.m. Waterville (Elm Plaza)
Return 9:45 p.m.
Depart 7:45 a.m. Gardiner (I 95 Park & Ride) Return 9:00 p.m.
\$189 per person

Registration fee includes motorcoach transportation and show ticket (orchestra seating). All meals are on your own.

Adventure and travel!

These trips are hosted by MSAD 49 Adult Education.

Register at www.lawrenceadulted.org

or call 453-4200 ext. 3114

Museum of Science

Ride in comfort to the Museum of Science in Boston to explore more than 700 interactive, hands-on permanent exhibits, ranging in topic from human biology to the latest technology. You can choose to spend your entire day at the museum or half the day and explore **Quincy Market/Faneuil Hall** in the afternoon. Your registration fee covers the bus transportation and admission to the Museum. Add-on venues (Mugar Omni Theater, Charles Hayden Planetarium, 4-D Theater, and Butterfly Garden) are also available. They are \$6 each for adults, \$5.50 for seniors, \$5 for children and may be purchased on your own upon arrival at the museum.

Deadline to register: April 16, 2016 (No refunds will be made after this date.)

Saturday, April 30

Depart 6:45 a.m. Fairfield, Lawrence Jr. High parking lot, Return 9:35 p.m.

Depart 7:20 a.m. Gardiner (I-95 Park and Ride), Return 9:00 p.m.

Please indicate age and pick up location when registering.

Registration fee: \$68 adults, \$66 seniors (60+) and \$65 for children (3-11)

Grapes and Grains

Back by popular demand - with a twist on our most popular event.

Join us as we escort you in comfort to sample the finest wines, spirits and brews in Maine. Our journey will take us to **Tree Spirits in Oakland** to taste their specialty wines and spirits such as Apple Picnic Wine, Maple Demi-Sec and Pear Brandy. We will arrive in Portland in time to have lunch and shopping on your own in the **Old Port**. After lunch, will have a virtual tour of the **Shipyard Brewery** and sample their famous brews. Registration fee covers bus transportation and two souvenir glasses. Lunch is on your own.



Deadline to register is April 30, 2016 (No refunds will be made after this date.)

Saturday, May 21

Depart 9:30 a.m. Fairfield, Lawrence Jr. High parking lot, Return approx. 6:00 p.m.

Depart 9:00 a.m. Gardiner, (I 95 Park and Ride), Return 5:15 p.m.

Registration fee: \$49 per person

This trips is hosted by MSAD 11 Adult Education.

Register at www.msad11.maineadulted.org or call 582-3774

Maine Lighthouse Adventure *The Lady in the Red Cloak*

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 one-hour 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. Meet at Pier 8 in Boothbay Harbor. **Deadline to register is April 30.** *Saturday 5/21/2016 9:15 a.m.-11:45 a.m. Registration fee: \$72 per person*



*This trip is hosted by
Mid-Maine Adult Education*

Register at

www.midmaine.maineadulted.org

or call 873-5754

Boston Flower and Garden Show

Leave behind the gray days of winter and enter the garden oasis that is the 2016 Boston Flower and Garden Show. Join us for a trip to Boston's biggest horticultural happening at the **Seaport World Trade Center**. The show, which features gardens, demonstrations, displays and merchandise, will provide the tools and inspiration to kick off the gardening season in style! This year's theme is Nurtured by Nature and will feature exciting new techniques, products and plants being embraced by today's adventurous and environmentally-concerned gardeners. Enjoy lunch within the Show or outside at the various restaurants surrounding the Trade Center. Travel in the comfort of a Cyr Bus Line motor coach and arrive in Boston in time to spend a full day among the greenery and blossoms.



Following an early departure and after a "stretch-your-legs" break in Kennebunk, we should arrive at the Trade Center at around 11:30 a.m. At 4:30 p.m. the bus will depart from the Trade Center and stop at **Quincy Market** for dinner and light shopping. We will depart Quincy Market at 6:00 p.m. for Maine and after a "pit-stop" in Gardiner, we should return to Waterville by approx. 9:30 p.m. For the complete schedule of events, go to: www.BostonFlowerShow.com.

No refunds after March 11 (Exception: in the event of a weather cancellation, you will receive a full refund).

Saturday, March 19

Depart 7:30 a.m. Waterville

(Elm Plaza Shopping Center parking lot)

Return 9:30 p.m.

Depart 8:00 a.m. Gardiner

(I 95 Service Plaza)

Return 8:45 p.m.

Registration fee: \$59 per person

Registration fee includes transportation and entrance fee; you are expected to pay for your own meals.

For home cooks and food lovers...

Create Your Own Chocolate Truffles

Jon Jennings

In this two consecutive night class, you will learn the basics of making chocolate truffles and at the end you will take home 2 pounds of these delicacies. We'll make a cream ganache with Belgium chocolate one night, then enrobe them with tempered chocolate the next. Bring an apron, the largest Pyrex container you have, chocolate forks if you have them, (the instructor will bring some too), a cup of heavy cream along with your favorite jam, coconut, herbs or nuts for the flavoring. Want to try something exotic? Bring your favorite coffee bean or Earl Grey loose leaf tea and 12 oz. of heavy cream, and we'll bring the rest. A \$15.00 supply fee is due to the instructor at the time of class. Gardiner High School, Room 405

Wednesday 1/27/2016 6:30-9:00 p.m.; Thursday 1/28/2016 6:30-9:00 p.m.

Classes: 1 Registration fee: \$29

Let's Make Cheese

Diana Mosher

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. From there, students will make Monterey Jack and ricotta using cow's milk. Also, they will learn how to use whey in cooking. In the "down time" of the cheese process, students will make butter and sample cheeses with some apples and crackers. Lastly, students will learn how to make chevre. At the end of the course, student 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. **Choose your preferred session.** Gardiner High School, Room 313.

Wednesday 3/2/2016 6:00-8:00 p.m. Classes: 2 Registration fee: \$30

Wednesday 4/6/2016 6:00-8:00 p.m. Classes: 2 Registration fee: \$30

Mozzarella and Ricotta Cheese

Diana Mosher

If you love cheese, sign up for this one-night hands-on class! Learn to make ricotta and mozzarella cheese without any special tools or pans. Enjoy a tasting session during class and then take your cheeses home to stuff pasta shells. Students will need to bring good rubber gloves, and 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 2/3/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$15

Making Great Beer At Home

Sylvia Johnson

Do you love craft beers but hate the cost? Learn how to make your own at home and save money at the same time. In this course, taught by the owners of Richmond Home Brew Supply, you will learn how to cook wort, utilize hops for bittering, flavoring and aroma, cool wort efficiently and safely, maintain good sanitation, select appropriate yeast strains, racking, understand specific gravity readings, priming, bottling and kegging. We will use

a beer kit with this class. Everyone 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.

Wednesday 1/27/2016 6:00-8:00 p.m.

Classes: 3 Registration fee: \$39

Home Wine Making Sylvia Johnson

Making wine at home is a great hobby to share with family and friends. Learn how in this course taught by the owners of Richmond Home Brew. Participants will learn the winemaking process using a wine kit. We will offer a brief overview of winemaking, grape varieties, equipment requirements, yeasts, additives, sanitation, bottling and detailed steps for consistently making good white and/or red wine. Everyone will take home several bottles at the end of the course. All materials are included in the course fee. Class will meet on February 18 (school vacation week). Participants must be at least 21. Location: Richmond Home Brew, 52 Main Street, Richmond

Thursday 2/4/2016 6:00-8:00 p.m.

Classes: 5 Registration fee: \$49

Wild Food Foraging Walk David Spahr

This four-hour course will include walking in the woods to find edible wild food along with detailed descriptions of plant habitat and structure of the plants. Please contact the LongBranch School at 207-751-8760 to learn more about the specific location of the walk. David is a member of the Maine Mycological Society and the North American Mycological Association. Bring: Notebook and pen, basket, mesh or other bags, wax or brown paper bags, knife, bug repellent and hat, water or other refreshment and a snack, gloves, waterproof boots (preferred), tall socks you can tuck your pant legs. Optional: gps, backpack, field guide, magnifying glass.

Sunday 5/29/2016 1:00-4:00 p.m.

Classes: 1 Registration fee: \$52

Healthy Cooking on a Budget

Deborah Barnett, Cooperative Extension
Would you like to eat healthier foods? Would you like new recipe ideas? Join us for this FREE class. Learn how to choose healthier foods, get the most from your food dollars, create menus, and shop creatively. You will have the opportunity to try out your new skills by preparing healthy recipes in this fun and relaxed class! This class is for income eligible adults (must be receiving some state assistance) with youth living in the home. Several meals will be served. Gardiner High School Room 406

Wednesday 4/6/2016 6:00-7:30 p.m.

Classes 4 Free: be our guest



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.

Soups on...and It's Healthy!

There is nothing quite like a bowl of soup to warm you up and soothe your soul on a cold winter day. In this hands-on cooking class, Lauren Whitman will share some old family soup recipes that have been modified to make them healthier, and if even possible, tastier! To register for this class, go to mainegeneral.org and click on "Search all Classes & Events," and search for the class title, or call 872-4102. Gardiner High School, Room 313

Thursday 2/11/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$15

Make Your Own Spring Rolls & Dipping Sauces

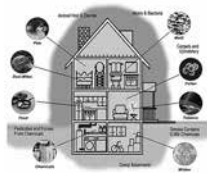
Looking for a fun, healthy cooking class that doesn't require actual cooking? In this hands-on class, you will learn how to make fresh, cool, (healthy, of course!) and crunchy spring rolls with seasonally available vegetables and yummy dipping sauces. To register for this class, go to mainegeneral.org and click on "Search all Classes & Events," and search for the class title, or call 872-4102. Gardiner High School, Room 313

Monday 4/25/2016 5:30-7:30 p.m. Classes: 1 Registration fee: \$15

Make Your Home a Healthier Home: 10 Tips to Improve Your Home Air Quality



Presented by the Maine Indoor Air Quality Council.



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.** Presenters: Desi-Rae Severson, Maine Asthma Program and Kurt Johnson, Fresh Air Ventilation, Inc. Gardiner High School, ATM Room
Wednesday 3/16/2016 6:00-8:00 p.m.
Classes: 1 Free: be our guest

Design Your Own Tiny House

Janice Brackett



Do you dream of living in a home that allows you to live a simplified, less-financially

strapped, more sustainable life? Design your own tiny house! Learn what you need to know about designing (or choosing) a home to support a compact lifestyle. We'll discuss foundations, building materials, water, power, heating/ventilation, building codes and permits, reading/drawinghouse plans, pitfalls to avoid, and creative possibilities as they relate to tiny house living. Whether your dreams of going tiny are new or have been percolating for years, connect with others who share a passion for living a right-sized life. Materials fee of \$16.00 is payable to instructor. Gardiner High School, Room 128

Monday 3/7/2016 6:00-8:00 p.m.
Classes: 6 Registration fee: \$49

Lotions, Soap, and Chapstick...by Laurel Lopez

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. Supply list will be mailed to you after registering. Materials fee of \$10.00 is payable to instructor at the first class. Gardiner High School, Room 313

Monday 2/8/2016 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 use. 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

Monday 2/22/2016 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! Using the cold process method you'll create naturally unique soaps for a variety of use. 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. Gardiner High School, Room 313

Monday 3/7/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$19



Making Milk Soap



Milk soap is the best moisturizer! Learn how to make this wonderful luxurious soap and take a batch home too! You will have a choice of cow's milk or goat's milk (please indicate which you prefer at the time of registration). A supply list is available upon registration. Additional materials fee of \$20.00 payable to the instructor at

time of class. Gardiner High School, Room 313

Monday 3/14/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$19

First Time Home Buyer Seminar

Coastal Economic Development

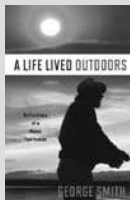
This course brings participants through the entire home-buying process. Topics include preparing for home ownership, obtaining a mortgage, and choosing the right home for you. Learn more about evaluating your credit, types of mortgages (MSHA, RHA, VA, etc.), the closing and beyond. Participants must attend all four sessions and will receive a letter of completion. Bring a calculator, pencil and notebook to class. Please do not bring children to class. Registration fee is \$30.00 per person or \$50.00 per couple. Please send payment to CEI, PO Box 268, Wiscasset, ME 04578. **To register or to learn about future seminars, call 882-5177.** Gardiner High School, ATM Room
Monday and Wednesday 6:00-8:30 p.m.
5/2/, 5/4, 5/9, 5/11 Classes: 4

Improving Your Home Through Energy Efficiency



Many of our homes were built before spray foam insulation and triple pane windows. This class, offered to you free of charge through the city of Gardiner's Housing Committee, 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 buck. You will also learn about available rebates and how to access those dollars. We are pleased that Bo Jespersen, owner of Breathable Home and Ian Burnes from Efficiency Maine have agreed to be the evening's presenters. If you own an older home and you've been considering doing some renovations, this is a class you won't want to miss. Gardiner High School, ATM Room
Thursday 3/24/2016 6:00-8:00 p.m.
Classes: 1 Free: be our guest

Maine Author Talks



A Life Lived Outdoors



George Smith

In *A Life Lived Outdoors*, published by Islandport Press, popular Maine columnist and outdoor enthusiast George Smith, reflects on the way life should be, could be, and sometimes is, in the great state of Maine. From finding newborn mice in a drawer the first day back at camp, to saying goodbye to a beloved son after graduation, to searching for the right words to honor a friend, Smith transforms everyday encounters and outdoor adventures in an entertaining narrative that is both funny

and heartfelt. In this collection of new and favorite columns, the former executive director of the Sportsman's Alliance of Maine and now regular contributor to the *Bangor Daily News*, the *Kennebec Journal* and the *Waterville Morning Sentinel*, finds the perfect hook to land your attention and keep you reading until the very last line. Books will be available for purchase. Gardiner High School, ATM Room

Wednesday 2/10/2016 6:00-7:30 p.m. Classes: 1 Registration fee: \$12



Maine Women's Fight for Voting Rights



Anne B. Gass

Did you know women in most of the US, including Maine, couldn't vote until 1920? It was a long hard struggle. From 1914-1920 Florence Brooks Whitehouse led Maine's effort to win this fundamental right, battling conservative attitudes and political intrigues that sought to keep women in the home and out of the voting booth. Join Maine author Anne B. Gass as she shares the inspiring story of this determined Maine woman. Her new book is *Voting Down the Rose: Florence Brooks White-*

house and Maine's Fight for Woman Suffrage. Gardiner High School, ATM Room

Tuesday 3/15/2016 6:00-8:00 p.m. Classes: 1 Registration fee: \$12



Weathering Shame



Kevin Mannix and Linda Rota

Weathering Shame, a personal journey of shame and stigma, is an autobiography penned by two well respected professionals, weatherman Kevin Mannix and social worker wife Linda Rota, written about their individual experiences with shame and stigma throughout their childhood and adult lives. In this book the authors share their life experiences, lessons, struggles and feelings of shame and the stigma that results from growing up exposed to alcoholism, severe depression

and suicide. In *Weathering Shame* the authors' goal is for readers to benefit from their struggles, raise awareness and to be inspired and encouraged by their personal stories to embark on their own journey of self-discovery, recovery or awareness. Kevin and Linda's mission is to lead society farther down a path of reducing shame and stigma. Kevin and Linda will be signing books which you will be able to purchase for a cost of \$21.00. Gardiner High School, ATM Room

Thursday 4/7/2016 6:00-7:00 p.m. Classes: 1 Registration fee: \$12

Maine Travel and Sporting Camp Books



George and Linda Smith

George and Linda Smith will talk about their recently published book, the *Maine Travel Book*, which features their favorite inns and restaurants. George and Linda Smith, the "Travelin'" Main(ers) column appears every Thursday in the *Kennebec Journal* and *Morning Sentinel*. George, who is a former executive director of the Maine Sportsman's Alliance of Maine, will also speak about his book, *Maine Sporting Camps*, which features information and stories about 80 Maine sporting camps. Books will be available for purchase.

Wednesday 5/11/2016 6:00-7:30 p.m. Classes: 1 Registration fee: \$12

Independent Publishing For Maine Writers

Jane Karker

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. Materials will be provided. Gardiner High School, ATM Room

Thursday 5/19/2016 6:30-8:30 p.m. Classes: 1 Registration fee: \$19

Historic Wiscasset Walking Tour



The Lady in the Red Cloak

This walking tour of Wiscasset, led by historical researcher Sally Lobkowicz of Red Cloak Tours, begins at the Ancient Burial Ground on Federal Street where headstone symbols and cemetery lore provide insight into some of the hardships early Wiscasset settlers encountered. Learn of George Washington's bodyguard, Civil War soldiers, Chief Justice Samuel Sewall and other prominent characters. On your walk past the Sunken Garden and up along High Street you will hear the early history of Wiscasset, why it was almost chosen as the Maine state capital, who lived in all the beautiful homes, what is so special about the courthouse and many anecdotal tales which will bring historical Wiscasset alive. We'll visit Castle Tucker and the Nickels-Sortwell House, with a lunch break in between, to see what life in the 1800's was like for these local Wiscasset families. Step back in time as guided tours through their homes and lives, will lend a very unique comparison with today's pretty little village. Meet at the Ancient Burial Ground on the corner of Lincoln and Federal Streets.

Saturday 6/11/2016 9:00 a.m.-4:00 p.m.

Classes: 1 Registration fee: \$35

Experience Cuba



Deb Bomaster

Join Deb Bomaster as she shares the highlights of her recent trip to Cuba. Cuba, a large Caribbean island nation under communist rule, is known for its white-sand beaches, rolling mountains, cigars and rum. Its colorful capital, Havana, features well-preserved Spanish colonial architecture within its 16th-century core. Salsa emanates from the city's dance clubs and cabaret shows are performed at the famed Tropicana. Up until recently, Cuba had been closed to Americans for 50 years; come experience this island nation before development occurs. Gardiner High School, Room 123

Tuesday 3/29/2016 6:00-7:30 p.m.

Classes: 1 Free: be our guest

Touring Barcelona, Florence and Venice



Diann Bailey

Join Diann and learn why these three vibrant European cities are destinations that visitors return to again and again. Learn about the culture (Italians have a lengthy lunch break), the architecture (discover the origins of gawdy), the food (can you say ribollita), the history (what is a doge, anyway), the art (David is a can't miss) and discover why there's a photograph around every corner. There will be tips and travel resources and some European goodies! Don't miss the fun. Gardiner High School, Room 123

Thursday 3/24/2016 6:00-7:30 p.m.

Classes: 1 Free: be our guest

For the gardener...with Sharon Turner

Sharon Turner is a certified Master Gardener Volunteer, consultant, educator and designer.

Plan, Garden, Cook, Eat



Annual planning and preparation are essential to the creation of productive, efficient and beautiful vegetable gardens. The instructor will address the topics of garden design, plant varieties, seed starting, mulching, composting and fertilizing. Organic and "low till" practices and the inclusion of plants attractive to birds, bees, butterflies and other beneficiaries will be emphasized. A materials fee of \$10.00 is payable to the instructor. Gardiner High School, Room 233

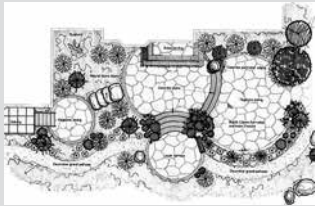
Thursday 2/25/2016 6:00-8:00 p.m. Classes: 4 Registration fee: \$34

Gardening for Birds and Beneficials



Our birds need to eat insects to feed their young. Insects eat plants—largely VERY specific plants. When non-native plants replace natives in our landscapes, we ignore the eons of evolution that have allowed the critical relationships that support our native insects, plants and consequently our birds to survive. In this class you'll learn what plants to place in your landscape and which are for what birds. Gardiner High School, Room 233

Thursday 3/24/2016 6:00-8:00 p.m. Classes: 2 Registration fee: \$24



Designing Your Landscape



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 an individualized, site-specific plan will be developed. Organic practices will be emphasized as well as the incorporation of native plants, especially those important for birds, bees, butterflies, and other beneficials. Dates and times of meetings after the first session will change subject to participant approval. A materials fee of \$10.00 is payable to the instructor. Please notify adult education office of your physical address. Gardiner High School, Room 233

Monday 4/11/2016 6:00-8:00 p.m. Classes: 8 Registration fee: \$79

Pasture Management Basics

Caragh Fitzgerald

Cooperative Extension



With the information provided in this class, you will be able to develop your pasture into a useful source of forages for livestock production. Learn how to maximize forage production from your pastures and reduce the amount of feed you purchase. Topics discussed will include managing soil fertility, weeds, and animal grazing. Gardiner High School, Room 120

Monday 3/21/2016 6:00-8:30 p.m.

Classes: 1 Registration fee: \$11

How to Tap Maple Trees and Make Maple Syrup

Kathy Hopkins



This is a course for hobbyists who want to learn techniques for safe and efficient maple syrup production in their own backyards. Join Kathy Hopkins of the University of Maine Cooperative Extension and prepare for the next maple

season. When do I tap? What is the right temperature? What equipment will I need? How much sap can I get? What happens in the tree? And finally, turning the sap into maple syrup!! This informative session will prepare you to be part of Maine's Maple Harvest! Gardiner High School, Room 120

Wednesday 2/3/2016 6:00-8:00 p.m.

Classes: 1 Registration fee: \$11

Grow Your Own Organic Garden!

Jon Ault

Interested in learning how to grow your own vegetables in a sustainable manner? 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 and how to incorporate green manures to manage nutrients in the garden. Other topics will include how to tell the difference between cultivated plants and weeds, 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 4/6/2016 6:00-9:00 p.m.

Classes: 1 Registration fee: \$6

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 the cranberry got 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 4/27/2016 6:00-8:00 p.m.

Classes: 1 Registration fee: \$11

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 5/21/2016 9:00 a.m.-3:00 p.m.

Classes: 1 Registration fee: \$39

Enjoying Backyard Birds



Derek Lovitch

Join Derek Lovitch of Freeport Wild Bird Supply for this fun and informative program covering all of the topics that you need to create a perfect avian haven in your backyard! You will learn how to supplement the natural environment to draw more birds to your yard and keep them happy and healthy. We'll cover the basics of the successful bird feeding station, including what to feed and what not to feed, types of feeders, problem-solving, and yes, of course, squirrel-proofing (and yes, it CAN be done!). The final section of the program will focus on the identification of our most common backyard feeder birds. All participants are invited to join a Saturday morning bird walk originating from the Freeport store (dates to be announced). Gardiner High School, Room 123

Thursday 4/28/2016 6:00-8:00 p.m.

Classes: 1 Registration fee: \$15

Learn a new language...

American Sign Language - Level I

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. It will be fun and exciting, so join us and meet some new friends! 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

Tuesday 2/2/2016 6:00-8:00 p.m. Classes: 7 Registration fee: \$69

Alma Simmons



American Sign Language-Level II

This class is designed for those who want to expand their basic skills. Now you can continue to build your vocabulary and signing techniques as you progress to a higher level. Come join us; it will be fun and exciting! Students will be able to use the same text book they purchased for ASL I, *Signing, How to Speak With Your Hands*, ISBN 055337539-3. Gardiner High School, Room 235

Tuesday 4/5/2016 6:00-8:00 p.m. Classes: 7 Registration fee: \$69

Alma Simmons

Spanish I

Patricia Cordon-Chacon

With some 400 million speakers, Spanish is the fourth most commonly spoken language in the world. Join the growing number of English speakers who are choosing Spanish as a second language. This course will focus on building a basic vocabulary and developing an understanding of the fundamentals of grammar. Join us as we explore Spanish language and culture through a variety of fun activities and lessons. Students will be responsible for purchasing textbook, *Practice Makes Perfect: Basic Spanish* (author Dorothy Richmond- ISBN 0071458050) from bookseller of their choice. Gardiner High School, Room 118

Tuesday 1/26/2016 6:00-8:00 p.m. Classes: 8 Registration fee: \$49

Spanish II

Patricia Cordon-Chacon

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. You will learn new vocabulary and grammar and have many opportunities to practice pronunciation. Students are required to purchase textbook, *Practice Makes Perfect: Basic Spanish* (author Dorothy Richmond-ISBN 0071458050) from bookseller of their choice. Gardiner High School, Room 118

Tuesday 3/29/2016 6:00-8:00 p.m. Classes: 8 Registration fee: \$49

Karen Stultz

Living on Purpose



Discover and reconnect with your passions and life purpose through an intensive three-class workshop that will provide awareness, vision and spiritual awakening to living on purpose. Participants will explore their gifts, talents and passions as they define their life purpose. This will lay the foundation for creating a life-plan to help you create the life of your dreams. Karen Stultz is "the stress whisperer", certified hypnotherapist, EFT Specialist and Life Strategist. She facilitates transformation by clearing stress, anxieties and other unwanted emotions, patterns and beliefs. Gardiner High School, Teacher's Room

Wednesday 3/16/2016 6:00-8:00 p.m. Classes: 3 Registration fee: \$29

Demystifying Hypnosis



The misconception that some people hold is that hypnosis is something magical, mystical and sometimes dangerous. Hypnosis has even been portrayed, by some, as a scary kind of mind control. Hypnosis is, in fact, the complete opposite. Many people visit hypnotherapists or utilize self-hypnosis because they want to gain more control over their lives, not less. Discover the truth about hypnosis and understand the many benefits from certified hypnotherapist Karen Stultz. There will be ample time for questions and answers. Gardiner High School, Room 123

Wednesday 3/9/2016 6:00 -8:00 p.m. Classes: 1 Registration fee: \$15

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 3/10/2016 6:30-7:45 p.m.

Classes: 6 Registration fee: \$59

Chronic Pain Workshop



Jennifer Fortin, Spectrum Generations

Have you had long-term or chronic pain lasting longer than three to six months, or beyond the normal healing time for an injury? Come to this workshop and learn ways to better manage your pain and health concerns. Participants in this workshop will learn ways to deal with frustration, fatigue, poor sleep, and isolation. Learn appropriate exercises for maintaining and improving strength, flexibility, and endurance, techniques for pacing activity and rest, how to evaluate new treatments, appropriate use of medications, and much more. Spectrum Generations is licensed by Stanford University to provide this program. Gardiner High School, Room 128

Monday 2/29/2016 6:00-8:30 p.m.

Classes: 6 Free: be our guest

De-Stress With Meditation



Nancy Kelley

Take a few moments and withdraw from your busy life. Practicing meditation can enhance your enjoyment of each new day. Find inner peace, joy, relaxation, compassion, improved health and spiritual focus through this ancient art. Participants will be introduced to the meditative processes and learn how to blend meditation into daily routines. Gardiner High School, Library

Monday 3/7/2016 6:00 -7:15 p.m.

Classes: 1 Registration fee: \$12

Feel Better in Five Minutes



Carol Richards, Certified Practitioner

Today's chaotic and fear ridden world keeps many of us in a constant state of anxiety; anxiety about our jobs, anxiety about our finances, anxiety about our relationships, and anxiety about our health. Between our own anxiety and the traumas of the world, much of our lives are controlled by negativity. TFT, or tapping, can bring control back to our lives, erasing the pain of past traumas, melting fear, and boosting our energy. Discover how these simple techniques can help you gain control in the midst of challenges. Gardiner High School, Room 117

Tuesday 4/5/2016 6:00-8:00 p.m.

Classes: 1 Registration fee: \$12

Jam with Pat...



Acoustic Jam Session

Pat Colwell

This class will provide students with a low pressure, non-judgmental opportunity to experience the joy that comes from making music with other people. We will focus primarily on acoustic guitar-based music, but other acoustic instruments such as mandolins, fiddles, bass & harmonicas are welcome, as are people who would like to try singing with a group. Students should have a solid understanding of their instruments including tuning, basic chords and rhythm patterns and be willing to work in small groups with other musicians. The ability to accept constructive feedback from an instructor is also important. Gardiner High School, Room 117

Tuesday 2/23/2016 6:45 -8:00 p.m. Classes: 8 Registration fee: \$79

Intermediate Guitar

Pat Colwell

Intermediate Guitar is for those students who have completed Guitar for Beginners or those who have a working knowledge of the basic open chords. This course will focus on more advanced chords, drumming, pattern and basic music theory as it applies to the guitar. We will also be learning some simple songs. Students should have their own guitar, tuner, and a 3-ring binder. Gardiner High School, Room 117

Tuesday 2/23/2016 5:45-6:45 p.m. Classes: 8 Registration fee: \$69

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. Some classes may run until 9:00 p.m. **Choose your preferred session.** Gardiner High School, Room 128

Session I: Mon 3/7/2016 6:00-8:30 p.m.

Classes: 3 Registration fee: \$40

Session II: Mon 3/28/2016 6:00-8:30 p.m.

Classes: 3 Registration fee: \$40

Hunter Safety

Craig Gerry

The Department of Inland Fisheries and Wildlife's Hunter Education Course is more than a "gun safety" class. The basic mandatory course consists of classroom instruction, a course handbook, outdoor survival information, and additional handouts. Courses involve lectures and demonstrations by instructors, homework, field experiences and a final written exam. You must attend each class in order to receive your certificate. The Saturday class will be held at the Gardiner American Legion, 46 Griffin Street. Gardiner High School, ATM Room

Tuesday 3/1/2016 6:00-9:00 p.m. and

Saturday 3/12/2016 8:00 a.m.-4:00 p.m.

Classes: 2 Registration fee: \$5

Archery Education Course

Craig Gerry

Archery education will provide students with a wealth of knowledge regarding equipment, proper hunting methods, responsibilities, and general safety. Successful completion of the final exam is required and you must attend each class to earn certification. This course may be taken as an individual course or if you will be taking the Hunter's Education Course in March, materials and homework assignments will be given to you on your last night of Hunter's Safety and you will be required to complete the home work and attend the final date of class for archery. The Saturday class will be held at the Gardiner American Legion, 46 Griffin Street. Gardiner High School, ATM Room

Tuesday 4/5/2016 6:00-9:00 p.m. and

Saturday 4/16/2016 8:00 a.m.-4:00 p.m.

Classes: 2 Registration fee: \$5

Outdoor Survival Skills

Craig Gerry

Whether hiking for long periods of time or just out for a leisurely walk in the woods, alone or with a group, there are basic survival skills you should know. Being prepared is key to a positive outcome if the slightest emergency should occur. Topics will include essential gear to carry, how to make a usable survival kit, basic map and compass skills, and other survival related tips and strategies. Instructor, Craig Gerry is a registered Maine guide. Gardiner High School, Room 123

Wednesday 2/3/2016 6:00-9:00 p.m.

Classes: 2 Registration fee: \$39

About dogs...

Basic Dog Obedience

John Palange

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. Class will be held on April 19 (school vacation). John Palange has trained dogs professionally at K-9 Training Center for over 35 years. He specializes in obedience and problem behavior. Check out his website at www.palangedogtraining.com. **There is no class on November 3.** West Gardiner Rod and Gun Club

Tuesday 3/29/2016 6:00-8:00 p.m.

Classes: 6 Registration fee: \$81

Intermediate Dog Obedience

John Palange

Intermediate dog obedience classes focus on strengthening basic obedience skills and introducing more complex exercises. Intermediate skills also include refining of previously learned commands, such as increasing the duration of the "stay" or moving out of sight during a "down" exercise. Trick training is another facet of intermediate obedience, and tricks, such as rolling over or choosing the right toy from a pile, are easier to teach once your dog has a handle on basic obedience skills. Proof of rabies vaccination must be submitted to Adult Ed office prior to first class. You will need a six-foot leash and an appropriate training collar. Class will be held on April 19 (school vacation). **There is no class on November 3.** West Gardiner Rod and Gun Club

Tuesday 3/29/2016 8:00-9:00 p.m.

Classes: 6 Registration fee: \$50

How to Have a Therapy Dog

Paula Philips

You've probably seen therapy dogs in various community locations such as schools and nursing homes. These special volunteers and their owners bring love and comfort to those in need. Come and learn what having a therapy dog is all about. Topics will include choosing, training, testing and registering your dog as well as the commitment needed from dog owners and their families. The resources of Therapy Dogs International will be discussed. **Please do not bring dogs to this class.** Gardiner High School, Room ATM

Wednesday 3/30/2016 6:00-7:30 p.m.

Classes: 1 Registration fee: \$12

Let's go dancing...with Louis Moniz (Mad Louie)

Line Dance for Beginners & Intermediates

Line Dancing is more fun than ever! Join other dancers and conquer the steps or just come for the great exercise. A partner is not needed. Wear proper footwear (for safety). No clogs, flip flops, crocs or open back shoes. Laura Richards School Gym

Monday 2/29/2016 7:00-8:00 p.m. Classes: 8 Registration fee: \$71

East Coast Swing

Remember that great party you went to last summer and it seemed like everyone but you was dancing? 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. No experience necessary. Both couples and singles are welcome. Laura E Richards School Gym

Monday 2/29/2016 6:00-7:00 p.m. Classes: 8 Registration fee: \$71



Chess for Beginners

Curt Brock

Chess moves and strategies have fascinated players for over 15 centuries. Whether you are new to chess or would like to improve your game, this course is for you! Topics covered will range from the basic rules through beginning tactics and strategies. No prior knowledge of the game is required Gardiner High School, Library

*Monday 3/21/2016 6:00-8:00 p.m. Classes: 4
Registration fee: \$31*

Chess for Intermediate Players

Curt Brock

If you already know the basics, but would like to delve deeper into this royal game, this is the course for you! Here you will learn the weapons of chess that will help you to win more games. The essentials of tournament chess will also be covered. Gardiner High School, Library

Monday 4/25/2016 6:00-8:00 p.m. Classes: 4 Registration fee: \$31

Learn the Game of Petanque

Ray Fecteau

Petanque is a low impact activity that can be played by literally everyone from adolescents to grandparents. Learn the proper stance, grip, backswing and release, as well as the basic rules of the game. Class will run for 1 1/2 hours, but students may stay longer to play, if they wish. All equipment will be supplied. Classes are held at Mill Park, 1 Water Street, Augusta, ME. Rain date will be Tuesday, May 24.

Monday 5/23/2016 1:30-3:30 p.m. Classes: 1 Registration fee: \$10



Boating Safety

Hobie Ellis, Kennebec River Sail & Power Squadron

Get ready to set sail! Topics include boating terms, federal and state boating regulations, aids to navigation, safety equipment, dealing with adverse weather conditions and emergencies. Upon successful completion of the final exam students will receive a National Boating Certificate. Participants should check with their insurance company to (perhaps) receive a discount based on course completion. Materials fee of \$35.00 is payable to KRSPS at first class. Cost of text is \$45.00 (but students may borrow squadron copy on the condition that no markings are made in it). An additional two-week session on navigation, etc. will be offered if there is interest. Gardiner High School, Room 506

Wednesday 3/16/2016 6:30-8:30 p.m. Classes: 4 Registration fee: \$19

Driver Education

Mullens Driving School

Mullen's Driving School offers driver education classes in Southern and Central Maine, with more than 38 years of experience. We want our students to be safe drivers throughout their lives, not just while they're in the car with their parents or our driving instructors. All of our classroom instructors are friendly and approachable, and they're determined to put safe, responsible drivers on the road. Class start dates are January 13, February 22, March 21, April 25, May 20, June 17, July 15, and August 8. Gardiner High School, ATM Room

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

Monday, Wednesday, and Friday 2:30-5:30 p.m. Registration fee: \$485

Introduction to Pickleball



Mike Gallagher

You're invited to see and participate in a demonstration of pickleball. This fun game with the strange name is a rapidly growing sport that combines many elements of tennis, badminton and ping-pong. All ages and abilities can play. Join us at the Gardiner Area High School tennis courts for a complimentary session. Wear tennis shoes/sneakers and dress to play. Please call our office at 582-3774 to register or you may register online.

*Saturday 4/30/2016 2:00-4:00 p.m.
Classes: 1 Free: be our guest*

Learn to Sail

Joel Ellis

Have you always wanted to sail? This introductory sailing instruction will include rules of navigation, safety instruction, rigging the sails, tacking, dealing with weather and more. 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.

Choose your preferred session. Class is held at Androscoggin Yacht Club, 22 Lake Street, Wayne.

Saturday 5/21/2016 9:00 a.m.-10:30 a.m.

Classes: 6 Registration fee: \$79

Saturday 5/21/2016 10:30 a.m.-Noon

Classes: 6 Registration fee: \$79

Discover the Maine Island Trails



Jack Phillips

Maine Island Trail Association

The Maine Island Trail is a 375-mile recreational waterway that spans the entire coast of Maine, connecting over 200 island and mainland sites. Many sites are open for day visits or overnight camping. Join Jack Phillips to learn about the trail's history, how to access it, and the wonders of exploring Maine's wild islands. Gardiner High School, ATM Room

Wednesday 3/23/2016 6:00-7:30 p.m.

Classes: 1 Registration fee: \$5

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 can walk indoors for an hour in the evening and not worry about inclement weather! You must register with MSAD Winter Walking #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

1/11/2016-5/12/2016

Tai Chi for Health

Achieve a healthier mind and body through an inner discipline that focuses on balance and controlled motion. Based on the Sun style with a more upright posture, this program is proven to reduce falls. This fun, easy-to-learn, safe, and effective program uses gentle, fluid movements that can be done by anyone regardless of age or physical capabilities. Comfortable clothing and shoes are recommended. Gardiner High School, Library

Tuesday 3/1/2016 6:00-7:00 p.m. Classes: 8 Registration fee: \$69

Train for 5K

This program is designed for people whose goal is to run a 5k (3.1 miles) but are currently not physically able to do so. We'll work on a training plan that will get you moving and help you stay motivated. We'll work with a variety of exercises that will build strength and stamina so that after 8 weeks you'll be able to run 30 minutes with few breaks. We'll discuss local 5k opportunities and (perhaps) make plans to run one together. Note that practice outside of class is a must in order to meet fitness goals. Participants should have physician's approval to participate. Class dates: April 7, 14, 21, 28, May 19, 26, June 2, 9. TC Hamlin School Gym

Thursday 4/7/2016 5:30-6:30 p.m. Classes: 8 Registration fee: \$69

Belly Fit

Belly dance is an excellent way to achieve toning and fitness while having fun and getting a good workout. In this class, you will learn belly dance techniques and style while enjoying a variety of music and choreography. For any age or physique, belly dance is one of the best ways to gain confidence and get in shape! This is a beginner class; no experience necessary. TC Hamlin School Gym

Thursday 2/4/2016 7:15-8:15 p.m. Classes: 8 Registration fee: \$69

Trim and Tone Workout

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

Monday 3/28/2016 5:30-6:30 p.m. Classes: 8 Registration fee: \$50

Zumba

Are you ready to party yourself into shape? 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 in 2001, 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 School Gym

Thursday 2/4/2016 6:00-7:00 p.m. Classes: 8 Registration fee: \$50

Zumba Gold

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

Wednesday 1/27/2016 6:00-7:00 p.m. Classes: 7 Registration fee: \$50

Zumba Toning

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 School Gym

Wednesday 3/23/2016 6:00-6:45 p.m. Classes: 4 Registration fee: \$29

Drums Alive Power Beats

Feel and experience the pulsating rhythms of this new and unique high-energy dance workout. Any one, of any age, and of any ability can do Drums Alive®. It's a workout for the entire body as well as a powerful tool for stress reduction and mental balance. Join Carol, a Certified Drums Alive Instructor and Master Trainer for a FREE class on February 9 at 6:30 p.m. to try it out! RSVP by calling 582-3774. Gardiner High School, Cafeteria

Tuesday 2/23/2016 6:30-7:30 p.m. Classes: 6 Registration fee: \$50

Lisa St. Hilaire

Erin Ball

Darcel Niles

Kim Gagne

Janet McRae

Stephanie Dustin

Stephanie Dustin

Carol Richards

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

Partner Yoga

Leap into something new, team up with someone else and discover the benefits of partner yoga. Increase your strength, balance and flexibility while working deep into the poses with each other's support. Partner yoga involves building a connected, trusting relationship with another person while gaining the physical and emotional benefits of practicing yoga. Wear comfortable clothing and bring a yoga mat. Gardiner High School, Library

Monday 2/29/2016 6:00-7:15 p.m. Classes: 1 Registration fee: \$12

Recharge With Yoga

Embrace the new year and find renewed energy as you recharge with yoga. Learn and practice yoga poses that will energize you and that you can incorporate into your everyday routine - even at work! Yoga will provide a wide range of benefits regardless of age or physical condition. Both new and veteran yoga students are welcome. Please wear comfortable clothing allowing full range of motion and a yoga mat. Gardiner High School, Library

Wednesday 1/20/2016 6:00-7:15 p.m. Classes: 6 Registration fee: \$69

Yoga For Back Care

Many of us experience chronic back discomfort due to aging, poor posture, inactivity or injury. Specialized yoga practices can help! Learn stretches that help lengthen the spine, gentle poses that help reduce muscle tension and nerve pain, safe poses that increase flexibility in the neck and shoulders, strengthening poses that improve posture and alignment, and relaxation exercises that relieve chronic pain. Bring a yoga mat or blanket. Gardiner High School, Library

Wednesday 4/6/2016 6:00-7:15 p.m. Classes: 6 Registration fee: \$69

Yoga For Men

Here's an exercise and relaxation class for guys only! Did you know that many sports stars use yoga in their training regimens? Learn to practice yoga for improved health, coordination, flexibility, stamina and stress reduction. You will leave this class feeling energized, focused and stretched! Class is geared for men of all ages and physical abilities. Please wear comfortable clothing allowing full range of motion and bring a yoga mat. Gardiner High School, Library

Wednesday 3/9/2016 6:00-7:15 p.m. Classes: 4 Registration fee: \$49

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

Adult Learning Center

The learning center is designed to help a variety of learners meet individual needs. Participants can prepare for the HiSET exam, earn credit toward the GAHS diploma or upgrade academic skills in preparation for advanced courses. Free, but you must call 582-3774 to arrange enrollment. You may enroll at any time during the semester. Boys and Girls Club
Tuesday and Thursday 9:00-11:30 a.m.
Begins 1/19/2016 Classes: 38

Odyssey Lab

Pamela Corbin

OdysseyWare is a computer managed learning system. It offers individualized, self-paced modules of study in math, reading, writing, science, HiSET preparation and other areas. OdysseyWare is a great supplement to regular adult education classes if you are working on diploma completion or getting ready for college. Free registration, but you must call 582-3774 to arrange enrollment. Gardiner High School, Room 127
Tuesday and Thursday 2:00-4:00 p.m.
Begins 1/19/2016 Classes: 38

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. Students will improve their skills in vocabulary, written response, research and comprehension. Diploma students only. Gardiner High School, Room 127

Tuesday and Thursday 4:00-6:00 p.m.

Begins 1/19/2016 Classes: 38

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 while learning to balance personal, family, community and work responsibilities. Students will explore career options and related educational requirements, learn career

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.

HiSET

For more information contact Diann Bailey at 582-3774

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. Testing is offered on Tuesdays from 6:00-8:00 p.m. and Thursdays from 10:00 am to noon. For more information contact Diann Bailey at 582-377 or dbailey@msad11.org

Career Pathways Workshops

Jennifer Olin

Students who are interested in pursuing their equivalency diploma must attend this workshop series. Activities will include HiSET pre-testing, college and career exploration, learning styles, test taking strategies, calculator use, essay formula, and much more. Students may choose from evening (Mondays 5:00-8:00 p.m.) or morning (Tuesday 10:00-1:00 p.m.) sessions. A new series is offered each month. Call 582-3774 for schedule a start date. Gardiner High School, Room 123

decision-making skills and develop career goals. Additionally, students will focus on consumer decision making, understanding citizenship and exploring workplace responsibilities. This class is a combination of at-home assignments and meeting with a career pathways advisor. Gardiner High School, Room 127

Tuesday 12:30-2:30 p.m.

Begins 1/19/2016

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, etc.. Diploma students only.

Gardiner High School, Room 127

Wednesday 1/20/2016 2:00-5:00 p.m.

Classes: 18

Reading Foundations

Learn to read and write better! One-on-one tutoring and small group instruction are available based on individual needs. Any adult who is not satisfied with their current reading/writing ability is welcome to enroll. Free registration, but you must call 582-3774 to arrange enrollment. Gardiner High School, Room 124

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: Wednesday 1/20/2016

5:00-7:30 p.m. Classes: 9

Session II: Wednesday 3/30/2016

5:00-7:30 p.m. Classes: 9

HiSET Prep Writing

Pamela Corbin

This course offers individualized instruction in writing for HiSET prep students. Based on assessment of skills, students may work on grammar, writing mechanics and essay development. The class has a relaxed atmosphere in which students work at their own pace. Students may join at any time. Gardiner High School, Room 124

Session I: Monday 1/11/2016

5:00-7:30 p.m. Classes: 9

Session II: Monday 3/28/2016

5:00-7:30 p.m. Classes: 9

Save the Date!

Adult Education Graduation • June 1, 2016



Registration begins January 6

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. 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
Jennifer Olin and Susan Brennan, College Transitions Advisors
Brenda Evans, Administrative Assistant
Mary Lou Sullivan, Administrative Assistant
Wendy Gogan, Administrative Assistant (evenings)

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

Registration form for mail & walk-ins----begins January 6

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

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Here are a few of our 70 new classes offered this semester

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Registration Begins January 6

Travel with us!

**The Sound of Music
April 9 ...pg. 12**

**Canadian Tulip Festival
May 12-15...pg. 12**

**Maine Lighthouse
Adventure
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Special Guest Speakers

**Kevin Mannix
April 7...pg. 16**

**George Smith
February 10
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*Scan QR code
to sign up for
classes*

