

# Now is the Time to Launch Your College Career

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

## Why should you enroll in College Transitions?

- You will have access to college tours
- You can attend college preparation workshops
- You can receive free Accuplacer testing
- You will receive college application fee waivers
- You will receive one-to-one college advising
- You will receive study support
- You will receive free registration in the courses listed below



## College Transition Day Program

College Transition students can do it all in ONE DAY! Make Wednesday your college transition day. Program runs from 10:00 a.m. to 6:00 p.m. This comprehensive college preparation program includes math/algebra skills, writing/research skills, critical reading skills, filing the FAFSA, college tours, and college success workshops. Students must commit to the full day for 15 weeks. Plan to attend an INFORMATION SESSION January 16 at 5:30 p.m. or January 22 at 10:00 a.m. CASAS and Accuplacer testing are required and will be scheduled on an individual basis. No registration fee. Gardiner High School Room 127. **Book Rental \$50**

**Begins Wednesday 1/31/13 10:00 a.m. – 6:00 p.m. 15 classes**

## Accuplacer Prep Math

*Stephen Curtis*

The Accuplacer is a comprehensive exam given to prospective college students for the purpose of helping colleges and universities properly place them. This prep course is appropriate for students who have taken the Accuplacer and failed it by just a few points. We'll use practice questions from the test and cover a variety of test taking strategies so that you'll be successful the next time you take the Accuplacer. No registration fee. Gardiner High School Room 127

**Session I: Monday 1/28/13 4:00–6:00 p.m. 4 classes**

**Session II: Monday 3/4/13 4:00-6:00 p.m. 4 classes**

**Session III: Monday 4/1/13 4:00-6:00 p.m. 4 classes**

## Advanced Number Skills For College

*Stephen Curtis*

The goal of this class is to prepare students for the Accuplacer test and college level math. Course content includes working with square root, ratio, proportion, graphs, tables, measurement, formulas, working with integers and basic geometry. Emphasis will be on applying math in real-life situations and problem solving. No registration fee. Gardiner High School Room 127 **Book Rental \$50**

**Begins Wednesday 1/30/13 6:00-9:00 p.m. 15 classes**

## Algebra Skills for College

*Catherine Emery*

This competency-based course is intended for students with good basic skills in arithmetic and little or no previous experience with Algebra. The purpose of this course is to develop the algebra skills necessary for success in higher level mathematics courses. Topics will include order of operations, evaluating and simplifying variable expressions, first-degree equations and inequalities, word problem applications, integers, exponents, polynomials, and factoring. Prerequisite: Arithmetic score greater than 55 and Algebra score less than 75 on the Accuplacer.

**Non-College Transitions students may enroll in any of these courses. A \$50 registration fee will be charged.**

## Join us for an INFORMATION NIGHT

**When:** Wednesday, January 16 at 5:30 p.m., or  
Tuesday, January 22 at 10:00 a.m.

**Where:** Gardiner High School Adult Ed Office

Light refreshments will be served and you will have an opportunity to find out if the College Transition Program is right for you. Bring a friend.

**Call College Transition Coach, Melinda Gilman at 582-3774 to get started.**



er placement test. Course is held at UMA, 289 Jewett Hall

**Begins Tuesday 1/29/13 5:30-8:30 p.m. 15 classes**

**Book Rental \$50 (non-refundable) payable to Maranacook Adult Education**

## 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.

## Reading For College

*Janice Foster*

This course is for students who are preparing for college and would like to increase their comprehension, vocabulary, ability to recognize the main idea, understand comparison and contrast, and cause and effect. The class is taught using the STAR reading method to prepare students to pass the college entrance Accuplacer assessment. This course is hosted by Augusta Adult Education at Kennebec Learning Center in Augusta. Call 626-2470 for more information.

**Begins Monday 1/28/13 2:30-5:30 p.m. 15 classes**

## Writing Skills for College

*Janice Foster*

This course is appropriate for adults who want to upgrade their skills in the areas of grammar, writing mechanics and expression. 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 who are preparing for the college placement exam will benefit from this course. Students are required to take CASAS Reading test prior to enrollment. Augusta Adult Education at Kennebec Learning Center in Augusta hosts this course. Call 626-2470 for more information.

**Begins Tuesdays & Thursdays 1/22/13**

**8:30-10:00 a.m. 15 classes**

## College Prep Chemistry with Lab

*Truax McFarland*

This course is for students who have not previously taken a Chemistry course. Class emphasizes mathematical relationships, formulas, equations, atomic structure, gas laws, naming compounds, acids and bases. Therefore, an understanding of algebra is a pre-requisite. The class methods of teaching are a combination of lecture, small group practice and drill work, lab experiments, and workshops. Please bring a scientific calculator. Augusta Adult Education at Cony High School hosts this course. Register by calling 626-2470.

**Begins Wednesday 1/23/13 6:00-9:00 p.m. 15 classes**

**\$30 lab fee \$90 book fee**

# ASPIRATIONS

This program offers adults who intend to enroll in a career or technical program at Kennebec Valley Community College the opportunity to take tuition-free college courses. In collaboration with KVCC, adults can take Introduction to College Writing (ENG 031) Introduction to Sociology (SOC 101), Medical Terminology (MAS 121) or College Algebra (MAT 117). These are core courses and are required for many community college degree programs. These courses are offered at local adult education sites with supportive instruction and are an excellent way for adults to get started with college level work. Participants must agree to: 1) take the Accuplacer pre-test, 2) attend two meetings with our college coach, and 3) attend a college tour or other college transition activity. Books must be purchased by the first night of class.

**Find out if ASPIRATIONS is right for you!** Join us for an **INFORMATION MEETING** on Wednesday, January 16 at 5:30 p.m., or Tuesday, January 22 at 10:00 a.m. at Gardiner High School Room 127.

**Can't attend an information night? Call 582-3774 to schedule an enrollment appointment with Melinda Gilman.**

## ENG 031 Introduction to College Writing (3 credits)

*Erika Bourget*

This course is designed for students whose writing placement assessment indicates the need for further instruction before taking ENG 101 or ENG 108. The purpose of this course is to develop the writing skills necessary for success in ENG 101 or ENG 108 and college-level writing generally. Topics will include reading skills, grammar and sentence structure. The basic elements of essay writing including introductions, thesis statements, paragraph development and conclusions will be covered. Attention to individual writing needs will be given. This course will not count toward the fulfillment of an associate degree's requirements, but credits can be used for financial aid purposes. An Accuplacer Writing score of 55 -73 indicates a need for ENG 031. *Students must purchase textbook. Details available at registration.* Gardiner High School Room 205

**Begins Wednesday 1/30/13 3:00-6:00 p.m. 15 classes**

## SOC 101 Introduction to Sociology (3 credits)

*Pamela Boivin*

This course is a general scientific study of people and the dynamics of society, with emphasis upon the nature of culture, social institutions, social interaction, social units, and their influence on the individual. An overview of sociological concepts and perspectives is also presented. *Students must purchase textbook. Details available at registration.* Kennebec Learning Center, Union Street, Augusta

**Begins Monday 1/28/13 6:00-9:00 p.m. 15 classes**

## MAT 117 College Algebra (3 credits)

*Kim Backus*

The emphasis of this course is on problem solving. This course unifies the traditional analytical methods of Algebra with the modern graphing technologies in order to solve problems modeled by a variety of functions such as linear, quadratic, absolute value, polynomial, exponential and logarithmic. The central theme is authentic applications from traditional disciplines such as the physical sciences and engineering, as well as applications from business, economics, social sciences, life science, health science, sports, and other areas of student interests. This course provides the foundation necessary for success in future studies of mathematics. Prerequisite: High school algebra and an Algebra score greater than 75 on the Accuplacer placement test or successful completion of MAT 031. *Students must purchase textbook. Details available at registration.* Gardiner High School Room 106

**Thursday 1/31/13 p.m. 6:00-9:00 p.m. 15 classes**

## MAS 121 Medical Terminology (3 credits)

*MaryAnn Fortin*

The student will develop a basic understanding of the medical language employed in the health care professions utilizing word analysis and application of medical terms to anatomy, physiology, and path physiology of the human body. *Students must purchase textbook. Details available at registration.* Capital Area Technical Center, Augusta

**Begins Tuesday 1/29/13 6:00-9:00 p.m. 15 classes**

## College Success Workshop Series

*All workshops are offered FREE for College Transition Program students. Call Melinda Gilman at 582-3774 to register*

### You Can Afford College

College is one of the best investments you can make, increasing career opportunity and choice, earning potential, and job satisfaction. Staff from FAME (Financial Authority of Maine) will be on hand to present information about financial aid opportunities, scholarships and the financial aid process. Gardiner High School Room 124. **Wednesday 4/10/13 4:00 p.m.**

### FAFSA Lab: Financial Aid is Your Key to College

File early and maximize your financial aid package! Attend one of our FAFSA Labs for help completing your Federal Financial Aid form. Sessions are open to any student, including non-traditional adult students and family members who need to complete the FAFSA form. Labs are offered monthly. All labs are from 3:00-4:00 p.m. Choose any date. Gardiner High School Room 124.

**1/15/13, 1/29/13, 2/5/13, 2/26/13, 3/5/13, 3/19/13**

### Essentials of College Planning for Adults

*Maine Educational Opportunity Center*

Are you 19 or older, do not have a four-year college degree and are the first in your family to attend college? This free, one-night class will help you find out more about colleges, what they have to offer and how you can get started in a college program. We will talk about the admissions and financial aid processes and help you decide what career you may want to pursue. Please bring your 2011 Federal Tax Return and W2's so we may complete the Free Application for Federal Student Aid. Please call MEOC at 800-281-3703 to register for this FREE workshop.

**Wednesday 2/12/13 5:00-8:00 p.m.**

### Career Changers Group

Are you in a crossroad in your career? 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, and with the guidance of a Career Development Facilitator. We will consider life roles and experience, interests, and educational options for your next step. Choose the session which is most convenient.

**Tuesday 3/26/13 12:30-2:00 p.m. 4 weeks**

**at Gardiner High School Room 124**

**Wednesday 2/27/13 9:30 a.m.-11:00 a.m. 2 weeks**

**at Augusta CareerCenter**

### From our students

"By taking Aspirations (courses), I had 9 credits that were applicable towards my degree."

*Jeremy T. Precision Machining student at CMCC*

### It's All About You!

*Dennis Unger*

You have a unique personality type! Learn how your personality type is an important factor in your personal and professional success. Understanding yourself and others based on the Myers Briggs Type Indicator can lead to increased satisfaction in career choice and interpersonal relationships. Gardiner High School Room 120  
**Begins Wednesday, 2/6/13 5:00-7:00 p.m. 2 classes**

### Admit-in-a-Day Free Event

If you have been thinking about going to college, this event is for you! There are many new and exciting program options at nearby colleges, including online options at a low cost. This is an exciting opportunity to complete the entire college enrollment process in just one day, including career advising, placement testing, expert help with financial aid, and interviews with local college admissions representatives. All testing and application fees will be waived. Don't miss out: mark your calendar and register today to reserve your testing spot by calling 582-3774.

**Wednesday, 4/10/13 5:00-7:00 p.m.**

### Using Social Media in Your Job Search

Are you LinkedIn? Who are you following on Twitter? What role can FaceBook play in your job search? Learn how technology and the power of the internet can help you find a new job or advance in your current position. Learn how to effectively utilize technology to market yourself in a professional manner. Please call 582-3774 for date.

### From our students

"Career Changers Group did what it was supposed to do for me. It got me to the best possible launching point."

*Dana W.*

## College Tours

Call Melinda Gilman at 582-3774 for more information.

### University of Maine at Augusta

Tuesday 3/5/12 12:30-2:30 p.m.

### Central Maine Community College & University of Maine, L/A College

Wednesday 3/13/12 10:30-2:00 p.m.  
(Lunch provided)

### Southern Maine Community College Midcoast Campus-Brunswick and Midcoast Hospital Career Day

Wednesday 3/27/12 10:00 a.m.-1:30 p.m.

### Southern Maine Community College University of Southern Maine University of New England

Thursday 3/28/12 9:00 a.m.-5:30 p.m.

### Kennebec Valley Community College

Thursday 4/25/12 5:30-7:30 p.m.

### University of Maine Orono Eastern Maine Community College NESCOM, University of Maine College/Bangor

Wednesday 5/1/12 9:00 a.m.-6:00 p.m.

### Careers in Energy Services

Are you considering a career in trades and technology? Are you interested in energy? Join us to learn more about the KVCC Energy Services and Technology program. This new Associate in Applied Science Degree program is the first of its kind in Maine to offer plumbing, HVAC, solid fuel, geothermal and solar heating in one comprehensive program. Come to hear about the KVCC admission process and about careers, wages, and future job opportunities. KVCC Classes begin in fall 2013. To register contact Jean Dempster at 621-3434 or [dempster@maine.edu](mailto:dempster@maine.edu). Offered through Augusta Adult and Community Education. Cony High School/CATC, Augusta

**Thursday, 1/31/13 6:00-8:00 p.m.**

## This Four-Step Plan is Your Design for Success!



### 1 Identify Your Personal Learning Style

Knowing how you learn best will help you to use efficient study methods so you can be more successful in college classes and career choices.

### 2 Discover Your Unique Personality

Discover what your personality type is and what careers will be the most satisfying for you as a unique individual.

### 3 Explore Your Career Options

Identify your interests and work values, and begin to explore career options.

### 4 Create Your Plan

You have learned a lot about yourself! Tie it all together into a personal plan for college and career decision-making.

**Call College Transition Coach Melinda Gilman  
at 582-3774 to get started!**

### Check out our website

<https://sites.google.com/site/collegedesignforsuccess>



**Follow us** on twitter: [maranacook.gardiner@collegetrans](mailto:maranacook.gardiner@collegetrans)



**Like us** on facebook

[facebook.com/maranacook.gardiner](https://www.facebook.com/maranacook.gardiner)

## Academy of Medical Transcription and Professions

The courses listed below are made available by the Academy of Medical Transcription and Professions and will be held on-site at Gardiner High School. Attend a FREE information night on January 10 at 6:00 p.m. and learn more about these opportunities.

**Please note: For more information about any of these courses including payment plans or to register, contact Academy of Medical Professions 866-516-8274 or [www.academyofmedicalprofessions.com](http://www.academyofmedicalprofessions.com)**



### Medical Office Specialist with CMAA and CEHRS National Certification

*Amy Alexander and Lori Marchbanks*

From this course you will learn the practical real-world skills essential for success in the healthcare field. This completely inclusive course consists of Medical Terminology, Medical Front Office Skills, EHR/EMR for the Medical Office and the Administrative Medical Assistant. You will learn MedTrak electronic records system used in many medical offices. In addition, upon completion of all courses, you will sit for your CMAA (Certified Medical Administrative Assistant) Examination that includes Electronic Health Records through the National Healthcare Association. Call for more information on our Medical Professional Program as well. Gardiner High School Room 118

**Terminology begins Wednesday 02/01/13**

**6:00-8:00 p.m. 16 weeks**

**CMAA begins Monday 02/04/13**

**6:00-8:00 p.m. 16 weeks**

**Registration fee: \$3,000 includes national certification, books, and fees.**

### Medical Billing & Coding with CPC Certification

*Amy Alexander and Karen Perry*

This is an in-depth, State-Certified Certificate program in both medical billing/coding. This program is designed to teach all aspects of both medical billing and coding and provide you the skills you need to get into the job market in either field or both. This certificate program is taught by a Certified Medical Coder. Basic computer skills are required. Gardiner High School Room 114

**Monday/Wednesday 2/4/13**

**(Mon.) 5:30-8:30 p.m. (Wed.) 6:00-8:00 p.m. 20 weeks**

**Registration fee: \$3,500 includes Medical Terminology, Anatomy & Physiology, CPC exam, AAPC membership, 3 practice CPC tests and all books.**

### Medical Transcription Certificate Program

*Amy Alexander*

Medical transcription is a desired field for most people trying to work at home. Strong typing, computer, and English grammar skills are essential. Course includes Medical Terminology, Anatomy & Physiology and transcription formats, rules and regulations, jobs, calculation of pay, confidentiality, FTP, and tricks of the trade. Classes are once a week for 16-weeks with a completion of 16 weeks to 6 month options. This is a State Certified Program and you will receive a Certificate of Completion and Letter of Recommendation upon graduation. Gardiner High School Room 106

**Wednesday 2/6/13 6:00-8:00 p.m.**

**Registration fee: \$2,400 includes all equipment, reference books, and course books**

### Pharmacy Technician Certificate with PTCB National Certification

Work one-on-one with a Pharmacy Technician instructor. The Pharmacy Technician is one of the fastest growing jobs in health care today. In this course, you will learn everything from the role of the technician in the pharmacy setting, to the basic sciences at the core of pharmacy practice, to preparing for the PTCB exam. You will learn complete drug information that includes proper

name, spelling and pronunciation, drug class, generic and trade name, route of administration, dosage and more. You will be able to identify pills on sight with pill photos, gain a better understanding of how certain drugs work within the body with a concise review of relevant anatomy and physiology, and stay up-to-date with cutting-edge pharmacy practice with the latest information on new drugs, regulations, HIPAA guidelines and safety procedures. You will be ready to pass your PTCB national certification. This is a 16-week online course.

**Registration fee: \$1,500 includes all materials and National Certification Exam fee.**

### Hospital Billing & Coding with CPC-H *Karen Perry*

This is a comprehensive program for Hospital Billing and Coding providing national certification as a CPC-H that covers everything hospital billers need to know, from patient admission to accounts receivable management and HIPAA. It builds on your knowledge so that you can make a successful transition from the physician/outpatient environment to the hospital setting. This course covers the hospital regulatory setting, the structure and functions of hospital departments, patient accounts and data flow, the billing process, coding, claim forms, reimbursement, accounts receivable management, HIPAA requirements, and updated electronic claim forms. You will have Hospital cases, which allow you to apply concepts to real-life scenarios. Gardiner High School Room 109

**Wednesday 2/6/13 5:30-8:30 p.m. 10 weeks**

**Registration fee: \$1,800 with payment plans available**

### Renovation, Repair & Painting Certification (RRP)

Get certified by professionals for lead paint removal. We offer EPA accredited training for both the 8-hour Initial RRP and the 4-hour RRP Review Training. Federal law requires contractors that disturb painted surfaces in homes, child-care facilities and schools built before 1978 to be certified and follow specific work practices to prevent lead contamination. Federal law also requires that individuals receive certain information before renovating more than 6 square feet of painted surfaces in a room for interior projects and more than 20 square feet of painted surfaces for exterior projects or window replacement or demolition in housing. Gardiner High School Room 101

**Tuesday 1/29/13 5:00-9:00 p.m. 2 classes**

**Registration fee: \$300 for Initial RRP and \$175 for Review**

### ICD-10-PCS Boot Camp for Coders

Be ready for ICD-10-PCS with ICD-10-PCS Online Training Modules! Get an overview of the history and format of the ICD-10-PCS coding and prove that you're ready for the new code set with this convenient online course. Five interactive modules give you an introduction to ICD-10-PCS and teach you how to translate your knowledge of ICD-9-CM to the new code set. Upon completion and passing of a final exam, print an American Academy of Professional Coders (AAPC) Certificate good for 2.0 continuing education units and American Health Information Management Association (AHIMA) Certificate provides 4 CEUs for AAPC or 5 CEUs for AHIMA. Prove to employers and colleagues that you are ICD-10-PCS-ready.

**Tuesday 1/29/13 5:30-8:30 p.m. 4 weeks**

**Registration fee: \$600**

## Certified Nursing Assistant

*Lois Bourque RN & Mary Bailey 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 Veteran's Home. The course will conclude with the administration of the Maine State CNA competency test. Students must have a physical, proof of immunizations and a recent TB test, and grant permission for a criminal background check. The ability to read at the 10<sup>th</sup> grade level is required. *An orientation meeting, reading test and individual interviews will be held on Tuesday, January 15 at 5:00 p.m. at the 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 or GED.* Payment is due at registration. Student limit is 10. Gardiner High School Room 106

**Begins:** 2/6/13 **Weeks:** 17

**Tuesday/Wednesday/Thursday** 6:00-9:00 p.m.

**Friday** 7:00 a.m.-3:00 p.m. (clinical)

**Registration fee:** \$900 **Book fee:** \$89



## Quickbooks 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. Prerequisite: Windows skills, accounting skills helpful but not necessary. Gardiner High School Room 127

**Tuesday** 2/5/13 6:30-9:00 p.m. **Classes:** 12

**Registration fee:** \$89 **Book fee:** \$49



## Google Analytics

*Christopher Osgood*

Explore one of the most powerful free tools on the Internet and see how it can help businesses of all sizes reach their full potential. Through the use of an arsenal of tools that are designed to plug into existing web pages, your business can gain digital visibility and become more competitive. Come explore and see how Google Analytics can help you. Gardiner High School Room 205

**Thursday** 1/31/13 6:00-8:00 p.m. **Classes:** 1

**Registration fee:** \$19

## Is Starting a Business Right For You?

*Betty Gensel*

This pre-business workshop will help you begin to assess whether you are ready to take on the challenge of starting your own business. We will talk about the characteristics of successful business owners, issues to consider before and during the start-up phase, and what tools and assistance you can access to help you along your way. We'll also cover the importance of business planning, the basics of marketing, and introduction to business financial planning. This program is presented by the Maine Women's Business Center at CEI. Gardiner High School Room 118

**Wednesday** 4/9/13 6:00-8:00 p.m. **Classes:** 1

**Registration fee:** \$19

## Tablets and Hotspots and Androids, Oh My!

*Lisa Roy*



It's strange to think that there was a time, back in the dark ages of the late 2000s, when personal electronics were really primitive. Today millions of consumers around the world use a wide variety of electronic devices. In this two evening class you will learn the features of Androids, Blackberries, Tablets, and other mobile devices. We'll talk about Hotspots, wireless connections, data plans and more. Feel free to bring your own device for hands-on training. Demos will also be available.

**Monday** 2/4/13 6:00-7:00 p.m. **Classes:** 2

**Registration fee:** \$12

## How to Become a Notary Public

*Carroll Paradis*

Did you know that with licensure, a Notary Public can perform marriages, certify documents and perform a whole host of duties for which they are especially entrusted by virtue of a Notary Commission? These class sessions will prepare students to apply for a Notary Public commission. Powers and duties of notaries, as well as procedures will be discussed. Ask Carroll about the lucrative business of a traveling Notary Public. There are many opportunities for part-time work as a traveling Notary, as well as a fixed Notary Public. Course fee does not include the cost of application to the Secretary of State's Office. Gardiner High School Room 114

**Wednesday** 3/27/13 6:00-8:00 p.m. **Classes:** 2

**Registration fee:** \$39

## Managing Money

*for today and tomorrow...*

### How Money Works

*Libby Farmer*

Is your money really working for you? Learn how to avoid the eight most common mistakes in money management in this one evening program. Simple solutions for eliminating debt, reducing insurance costs, lowering taxes and investing wisely will be offered in this lively presentation. Participants will receive a free financial book on personal finance. Gardiner High School Room 120

**Thursday** 5/16/13 6:00-8:00 p.m. **Classes:** 1

**Registration fee:** No Charge

### Building A Confident Retirement

*Jane Rice*

With the constantly changing markets and economy, you may feel less than confident about reaching your retirement goals. In this class, Jane Rice will offer tips and strategies that can help you prioritize your retirement saving and spending plans to address what is most important to you. By the end of the evening, you will have a plan which may bring your retirement dreams and goals more within reach. Gardiner High School Room 120

**Wednesday** 3/6/13 6:00-7:30 p.m. **Classes:** 1

**Registration fee:** No Charge

### Getting Paid to Talk

*Jenny Marcotte*

Have you ever been told that you have a great voice? 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. Class participants will even have a chance to record a commercial script under the direction of our voicecoaches producer! The class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited and registration closes one week prior to class - so register early! For more information, visit [www.voicecoaches.com](http://www.voicecoaches.com). Gardiner High School ATM Room

**Tuesday** 5/16/13 6:30-9:00 p.m. **Classes:** 1

**Registration fee:** \$19



## Microsoft Office Specialist (MOS)

Recognized globally as the premier credential chosen by individuals seeking to validate their knowledge, skills and abilities relating to the Microsoft Office applications.

### MS Office Specialist 2010: Word Core

Patricia Naberezny

The core-level MS Word 2010 user will be familiar with and know how to use at least 80% of the features and capabilities of Word 2010. The core-level user should be able to use Word 2010 to create and edit professional-looking documents for a variety of purposes and situations. Skills include: sharing and maintaining documents, formatting content, applying page layout and reusable content including illustrations and graphics, proofreading documents, applying references and hyperlinks, and performing mail merge operations. Students who complete this course will have reviewed all of the exam objectives and be prepared for the Microsoft Word 2010 Core Exam. Students may take the exam onsite for an additional fee. This course is designed for students who are familiar with personal computers, using a keyboard and mouse. The course assumes that students have Microsoft Windows knowledge and experience. Gardiner High School Room 127

Monday 2/4/13 6:00-8:30 p.m. Classes: 6  
Registration fee: \$89 Book fee: \$49

### MS Office Specialist 2010: Excel Core

Patricia Naberezny

The Core-level MS Excel 2010 user will be familiar with and know how to use at least 80% of the features and capabilities of Microsoft Office Excel 2010. The core-level user should be able to use Excel 2010 to create and edit professional-looking spreadsheets for a variety of purposes and situations. Skills include managing the worksheet environment, creating cell data, formatting cells and worksheets, managing worksheets and workbooks, applying formulas and functions, presenting data visually, sharing worksheet data with other users, and analyzing and organizing data. Students who complete this course will have reviewed all of the exam objectives and be prepared for the Microsoft Excel 2010 Core Exam. Students may take the exam onsite for an additional fee. This course is designed for students who are familiar with personal computers, using a keyboard and mouse. The course assumes that students have Microsoft Windows knowledge and experience. Gardiner High School Room 127

Monday 3/25/13 6:00-8:30 p.m. Classes: 6  
Registration fee: \$89 Book fee: \$49



### Using Windows 8

Jeanne Norris

Today's computers, laptops and tablets are pre-installed with Windows 8. Offering touch screen technology, Windows 8 can also be used via keyboard and mouse. Featuring a beautiful new start screen with live tiles, faster startup and longer battery life, a world of new apps, more secure web browsing and syncing for your pictures, files, and settings through the cloud, this new system is quite different from previous versions. Learn to use all of these new features with ease.

Gardiner High School Room 127

Session I: Wednesday 2/6/13, Session II: Wednesday 5/1/13  
6:00-8:00 p.m. Classes: 2 Registration fee: \$39

## Morning Classes with Jeanne



### Computer Skills for the Novice

Jeanne Norris

In this introductory course, students who are new to computer technology will learn terminology and basic concepts. Using the Windows 8 operating system and Microsoft Office Word, students will have a hands-on introduction to basic computer skills. Learn to turn the machine on and off properly, use a mouse, use MS Word to write, edit and print a simple letter, gain skill in navigating the Internet, stay safe while on-line, and feel much more confident with today's technology. Gardiner High School Room 127

Monday 1/28/13 10:00-12:00 noon Classes: 4

Registration fee: \$64

### Internet and E-mail for the Novice

Jeanne Norris



E-mail has become the most often used method of communication. It's fast, cheap and easy! What you may not know is that e-mail programs offer more than just a way to correspond with others. In this course, we will use Gmail, one of the most frequently used programs, to learn all aspects of e-mail. Topics will include basic functions such as create, send, reply, forward and delete, as well as how to maintain an address book, use the calendar, and deal with spam. You'll also learn to use the web for a variety of tasks such as searching for information, shopping, doing your banking, playing online games, getting a weather report, and much more. We'll talk about web browsers, internet service providers and how to be safe online. Gardiner High School Room 127

Monday 3/11/13 10:00-12:00 noon Classes: 4

Registration fee: \$64

### Word Processing

Jeanne Norris

Using MS Word, students will learn the terminology and skills necessary to word-process personal and business documents. This course will cover navigating the Word environment, creating, formatting, editing and saving documents. We'll cover all the important skills needed for word processing so that students gain competency in using the application. Gardiner High School Room 127

Monday 4/8/13 10:00-12:00 noon Classes: 4

Registration fee: \$64

### What's Excel Good For?

Jeanne Norris

Excel is great for business purposes, but there are lots of things that the personal user can do with Excel that will make life easier. Microsoft Excel is an electronic spreadsheet program that can be used for storing, organizing and manipulating information. In this class you will learn to use excel to create simple documents for personal use. You can use it to create lists, to keep track of spending, organize projects and more. Use it to organize your life! Gardiner High School Room 127

Monday 5/13/12 10:00-12:00 noon Classes: 2

Registration fee: \$39

### Computer Tutor

Jeanne Norris

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 email conversation with the instructor before the session. Gardiner High School Room 127

Monday 11/26/12 10:00-noon Classes: 4

Registration fee: \$79



## Let Jeanne guide you to the *perfect picture*...

### Getting to Know Your Digital Camera

*Jeanne Norris*

New digital camera? Lots of features? Let Jeanne 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 quality 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 127

**Thursday 2/7/13 6:00-8:30 p.m. Classes: 2**

**Registration fee: \$39**

### Make Your Old Photos New Again

*Jeanne Norris*

Today our family histories are being captured through digital pictures. But what about the photos from "back in the day?" Wouldn't it be fun to have a complete digital album which includes many generations and family events? In this course we'll work on scanning, digitalizing and repairing our old photographs. We'll then organize them using a photo sharing website which allows users to store and share photos for free. Gardiner High School Room 127

**Wednesday 3/27/13 6:00-8:30 p.m. Classes: 3**

**Registration fee: \$49**

### Using Photoshop Elements I

*Jeanne Norris*

This course will focus on editing digital photos using Adobe Photoshop Elements 10. Version 10 has a number of enhancements and functions not found in prior versions. Instruction will emphasize: organization of the hard drive to receive photos, use of the organizer window, use of zoom and hand tools, quick fix feature, palettes, rotating, cropping, magic wand, marquee tool, red-eye correction, clone and pattern stamps and preserving image quality. Other topics include sizing a photo for printing and using the printing package. No digital camera required. Photos supplied by instructor. Gardiner High School Room 127

**Thursday 2/28/13 6:00-9:00 p.m. Classes: 6**

**Registration fee: \$89**

### Using Photoshop Elements II

*Jeanne Norris*

Make Photoshop work for you! Advanced Photoshop Elements Version 10 will be taught and practiced. Additional features include: understanding layers, printing considerations, masking, special effects and automation tools. Students will have the opportunity to create a collage using their own photos. It is assumed that students registering for this course will have mastered the skills taught in Photoshop Elements I. Gardiner High School Room 127

**Thursday 4/25/13 6:00-9:00 p.m. Classes: 4**

**Registration fee: \$59**

### The Power of Social Media

*Christopher Osgood*

We live in a new era where technology has made our once vast planet very accessible. Social technologies such as Twitter and Facebook have become more than just tools for us to use, they have become part of our culture. Come explore how these technologies can enrich our lives in ways that are limited only by our imaginations. Gardiner High School Room 205

**Thursday 3/28/13 6:00-8:00 p.m. Classes: 1**

**Registration fee: \$19**

### Creating YouTube Videos

*Christopher Osgood*

YouTube has become a very powerful tool, making many people in our society instant successes. Learn the art of video creation from local author and story teller Christopher Osgood. Chris will explore the art behind creating a successful short story and how these stories can then be turned into amazing videos for millions of people to enjoy. All you need is a camera that can record video, free video editing software that comes with most versions of Windows and an imagination. Gardiner High School Room 205

**Thursday 2/28/13 6:00-8:00 p.m. Classes: 4**

**Registration fee: \$49**

### Pinterest For Fun and Business

*Christopher Osgood*

Learn about one of the fastest growing internet sensations 'Pinterest'. See how to create your own picture board and have it available for others with similar interests to enjoy worldwide. This program will become very addictive and fun for the whole family as you collect and share images and ideas from our world. We'll also look at the various ways Pinterest can be used to provide greater visibility for your small business. Gardiner High School Room 205

**Thursday 2/27/13 6:00-8:00 p.m. Classes: 1**

**Registration fee: \$19**



### Design Your Personal Web Site

*Jessica Norton*



Do you have a personal idea or hobby that you would like to share through a web page? Are you part of a family, school, church or other organization that would like a website? Join Jess Norton and learn how to create a website that is fast, easy and free! It doesn't require major technological skill and you'll come away from this course with a completed site that is live on the web and ready for use. Students will need to bring digital pictures and pre-determined content for their sites. A follow-up class will be held on April 11 where social media will be covered. Gardiner High School Room 127

**Saturday 4/6/13 9:00 a.m.-1:00 p.m.**

**Tuesday 4/11/13 6:00-8:00 p.m. Classes: 2**

**Registration fee: \$49**



### Create Cool Stuff with Java

*Aaron Basford*

You don't have to be a computer programmer to create some very cool and really useful programs using Java. You will learn the basics of object oriented programming, how to plan out a program for the intended results, and then how to implement the plan. Learn the basics of file input and output and Graphical User Interface (GUI) design. No experience needed. Gardiner High School Room 205

**Tuesday 3/26/13 6:00-8:00 p.m. Classes: 6**

**Registration fee: \$69**

### How to Be Safe in "Cyberspace"

*Kathleen Paradis*

Like many parents, you may feel that your child or teen knows more about technology than you do! There are still things you can do to encourage them to be safe and respectful in "cyberspace". Parents will receive hands-on, creative ways to handle issues around cyber stalking and harassment, cell phones, social media, and protecting their digital footprint. Gardiner High School Room 127

**Tuesday 4/2/13 6:30-8:30 p.m. Classes: 1**

**Registration fee: No charge**

## Knitting for Newbies

Jenna Dolley

Come learn the basics of knitting in a fun and supportive atmosphere. Learn basic stitches, casting on and off, working with patterns and repairing mistakes. Become a happy knitter in the company of friends as you learn new skills and refine them! Our first project will be making some pretty dish clothes. You will advance to making a basket weave pattern scarf for your next project. Bring a pair of size 9 or 10 needles and the yarn of your choice. The instructor will provide the patterns. Gardiner High School Teacher's Room

**Tuesday 2/26/13 6:00-8:30 p.m. Classes: 7**

**Registration fee: \$59**

## Sock It to ME!

Lynn Walkiewicz

If you can knit and purl, you CAN knit socks! Join the sock knitting craze as we complete a pair of socks. Working from the top down, we'll do a pair of socks on four needles. We'll use worsted weight yarn for this pair to gain confidence when working with lighter weight yarn. Learn how to turn a heel and kitchner stitch a toe closure. Once you wear hand-knit socks, you'll never go back! Bring 400 yds. of worsted weight wool or wool blend yarn. Instructor will provide the rest as we begin the sock journey. Supply fee of \$10 for needles and pattern is payable to instructor at the first class. You may contact instructor for more details on supplies. Gardiner High School Teacher's Room

**Wednesday 1/23/13 6:00-8:30 p.m. Classes: 5**

**Registration fee: \$49**

## Beginning Crocheting

Jenna Dolley

Have you wanted to learn how to crochet, but were overwhelmed by the vast array of available hooks, yarns, stitches, and patterns? In this six-week class, all the unknown will be laid to rest. You'll learn about the tools and materials for crocheting as well as learn some basic stitches. By the time the seven weeks are over, you'll have made a scarf, a hat and a blanket. Supply list is available upon registration. Gardiner High School Teacher's Room

**Thursday 2/14/13 6:00-8:30 p.m. Classes: 7**

**Registration fee: \$59**



## Mosaic Garden Sculpture *Marie Palluotto*



This "sculpture" will make a unique planter for your deck or garden. It is created by hand building a clay shoe and studding it with

light reflective mosaic glass or broken china shards. Creating paper templates from a life size object makes hand building direct and simple in this fun and creative project. Sanded grout with an acrylic addition to the mix will make the mosaic stronger and weather tolerant for your outdoor garden. A supply list is available at registration. A materials fee of \$20 (payable to instructor at first class) will provide basic material. Prior experience with clay is helpful but not required. Gardiner Middle School Art Room

**Tuesday and Thursday 1/29/13 6:00-8:00 p.m. Classes: 8**

**Registration fee: \$59**

## Stained Glass Workshop

Cathy Ottum

Learn or perfect stained glass cutting, construction and soldering techniques while completing projects of your choice in 1 or 3 dimensional work. Select a project or design your own. Your project selection, its degree of challenge and your individual skill level will determine completion. This workshop welcomes all: beginners, returning students and those students who want to refresh their glass crafting skills. All supplies for first project are available from instructor (\$4-\$6). Total materials fee (\$15 and up) based on project choice. A list of additional suggested supplies and tools will be available the first night of class. Gardiner High School Room 506

**Thursday 3/14/13 6:30-9:00 p.m. Classes: 6**

**Registration fee: \$59**

## Stained Glass Window

Cathy Ottum

Students who have stained glass crafting skills can expand these skills during this 4 week course by constructing stained or beveled glass projects with came. This is the traditional method used for stained or beveled glass windows crafted for installation including exterior locations exposed to the weather. You'll complete, on your 1<sup>st</sup> night, a small beveled glass project that will expose you to all the elements of constructing with came (we will be using lead came) as well as a demonstration on glazing your project for strength and all weather conditions. Remaining classes will focus on your personal project needs. Note this class may qualify for extended sessions depending on enrollment. Requirement: Prior stained glass crafting experience. Tools: 80-100 watt soldering iron with point tip. (note: instructor will have available only a limited number of irons with point tips), a small construction board (8" x 8" will be adequate) with at least (1) right angle framing the edge Ex: Framed Cork Board. Note: All materials for the initial project will be available the 1<sup>st</sup> night of class for approximately \$6. Gardiner High School Room 506

**Tuesday 3/12/13 6:30-9:00 p.m. Classes: 4**

**Registration fee: \$39**

## French Braid Quilt

Barbara Acord



Come join us in making an elegant "French Braid Quilt" that will make a great addition to any room. This class is appropriate for beginner and advanced quilters alike. The classes will be held at Mystic Maine Quilts, 287 Water Street, Gardiner. Supplies needed for the class will be the "French Braid Quilts" book (ISBN-101571203264) by Jane Hardy Miller, cutting mat, rotary cutter, 27" cutting ruler,

material, thread, scissors and other sewing supplies. See this quilt on display at Mystic Maine Quilts!

**Thursday 2/28/13 6:00-8:00 p.m. Classes: 6**

**Registration fee: \$39**

## Beginning Tatting

Elaine O'Donal

Learn the fine art of tatting with a shuttle from international award winning tatter Elaine O'Donal of Tatted Webs. Tatting is a technique for handcrafting lace to make lace edgings as well as doilies, collars, and other decorative pieces. Students will start by learning the basic stitch and progress through the course, learning everything from how to read patterns to completing a piece. Supplies needed will be discussed at the first class. Gardiner High School Teacher's Room

**Tuesday 3/5/13 6:00-8:00 p.m. Classes: 5**

**Registration fee: \$59**

## Daytime Art Classes with Deb Arter

### Painting With Acrylics

Debra Arter

Acrylic paints are versatile, colorful, fume free and quick drying. Take a break in your week to experience the fun of mixing colors, establishing skills in composition, trying out abstraction or painting a realistic special gift for a loved one. Both beginning and experienced painters are welcome. We will use a variety of surfaces, techniques and grounds to further your artistic journey. Small materials fee paid directly to instructor. You won't regret choosing yourself for five weeks! Gardiner High School Room 127

**Tuesday 2/5/13**

**9:30 a.m.-12:30 p.m. Classes: 5**

**Registration fee: \$59**

### Drawing for Fun for Beginners and Intermediates

Debra Arter

Learn a variety of approaches to drawing as a way to practice and expand your skills. We will use Betty Edward's book, "Drawing on the Right Side of the Brain" as a resource. Our class will work primarily from observation to learn techniques such as contour drawing and cross-hatching, as well as the basics of shape, value, and composition. Color will be added as desired by class. We will have fun together, while improving in a supportive environment! This class is designed to help build confidence as you develop your own drawing style. Supply list is available upon registration. Gardiner High School Room 127

**Tuesday 2/5/13**

**12:30-2:30 p.m. Classes: 5**

**Registration fee: \$49**

### Outdoor Painting Workshop

Debra Arter

Bring your hat, paints and lunch and join us outdoors to gain experience painting Maine from life. Spring is a great time to enjoy the outdoors and paint with color! Beginning and experienced painters are both invited. Use your medium of choice as the instructor is familiar with acrylics, oils and watercolors. The instructor will give a short demonstration before we set out on our own to find what interests us. With a full day to paint, each participant will surely finish one or two pieces. Bring a bag lunch to eat on the trail. We will gather at the Gardiner Adult Ed office and then go to our painting site. A supply list will be mailed to students prior to class.

**Thursday 5/14/13**

**9:30 a.m.-12:30 p.m. Classes: 4**

**Registration fee: \$49**

### Tole Painting Sky, Sea and Sand

Marylu Wellwood



Anyone ready for the beach with warm, sunny skies? In this class we are painting a seascape with a beach house perched atop the dunes amongst the seagrass. The scene is painted on a natural pine board framed by natural bark edges. Some

previous painting experience suggested. Supply list available upon registration. Please register for this class by March 13. A picture is on display at the Adult Ed Office. Gardiner High School Room 127

**Thursday 3/21/13**

**10:00 a.m.- noon Classes: 4**

**Registration fee: \$39**

### Open Studio: Calling All Artists

Juanita Longwell

Do you paint in oils, acrylics, watercolor or pastels? If so, join us. We will share our knowledge, expertise, techniques, ideas, and tricks of the trade with you. We will try new ideas and methods to expand creative abilities. It will be a fun time to share your hobby, and find answers to questions that may be preventing your work from reaching the level that you envision. Through critiquing we will learn to see through the eyes of another person. This will help us to honestly evaluate our own work and expand our own vision, understanding, skill and experience. All levels of painting abilities will be accepted. All you need to bring are the materials that you use for your paintings and a desire to have fun, grow and develop your talents. Easels are very helpful if you have one, but not necessary. Gardiner High School Room 343

**Thursday 1/24/13**

**6:00-8:00 p.m. Classes: 5**

**Registration fee: \$49**

### Pastels

Juanita Longwell

This is a friendly, informal introduction to the fine art of pastel painting. Learn how to apply, blend, layer, mix and shade pastels as you create a painting uniquely yours. Pastels are one of the most durable of the fine art painting mediums. Join us, experiment, discover and create. No experience is necessary. All levels of painters are welcome. Each student will receive personal attention from starting to matting the finished piece. Supply list is available at registration. Gardiner High School Room 343

**Thursday 3/28/13**

**6:00-8:00 p.m. Classes: 5**

**Registration fee: \$49**

### Exploring Watercolors

Juanita Longwell

Have you ever had the desire to capture the scene before you? Or perhaps its mood or illusion, not necessarily the true image you are seeing? Watercolors can be a versatile, spontaneous, flexible and unpredictable method of satisfying this desire. They can inspire creative ideas and unleash hidden talent! Let's explore their potential as we learn the techniques that make watercolor painting such an artistic adventure. Part of each class will be devoted to a new lesson or technique, the other segment of class will be devoted to your painting. Classes are informal and each student will receive individual attention. Class is geared for beginning students, but all are welcome. Supply list is available upon registration. Gardiner High School Room 343

**Thursday 5/9/13**

**6:00-8:00 p.m. Classes: 5**

**Registration fee: \$49**



### Paper Bag Mini Album

Cheri Weston

Paper bags aren't just to pack your lunch in anymore. Did you know you could create a stunning mini photo album with them? In this two-part class you'll learn how to create a beautifully decorated paper bag mini album that will amaze you and your friends. Create one for a special occasion, event or gift for someone special. All materials will be provided by the instructor. There will be an \$8 material fee payable to the instructor at the time of class. Gardiner High School Room 313

**Wednesday 3/13/13**

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

**Registration fee: \$19**

## The first four courses... cook up a storm with us!

### 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. Participants must be at least 21. Location: Richmond Home Brew, 52B Main Street, Richmond

**Thursday 2/28/13 6:30-8:30 p.m. Classes: 5**  
**Registration fee: \$29**

### Artisan Breads - Where Art and Science Meet



*Nancy Ferland*

In the first of this two-part class, you will learn how to make a basic hand-crafted bread of your choice (country white, rye or cracked wheat), ready to take home to your family. In part two you will learn how to take your bread to an artistic level making it presentable for festive and special occasions. Location: Faith Christian Church, Brunswick Avenue, Gardiner

**Saturday 3/23/13 12:00-3:00 p.m. Classes: 2**  
**Registration fee: \$39**

### Tofu for you and Tempeh Too!

*Richard Tory*

Discover the uses and joys of the wily soybean with these two excellent vegetarian protein sources. Tofu and tempeh are versatile foods that have been staples of Asian cuisine for centuries. They are high in protein with no cholesterol and low in fat and carbohydrates. Learn how to prepare a delicious assortment of appetizers, entrees and even a dessert or two. Class demonstration will include original recipes and tips by long time vegetarian cook, gardener and mushroom hunter Richard Tory. Several excellent and informative cookbooks on the topic will be available for sale. Gardiner High School Room 313

**Monday 3/25/13 6:00-9:00 p.m. Classes: 1**  
**Registration fee: \$19**

## May we offer you dessert?...

### Sweets For Your Sweetie

*Vicki Dill*

Get ready for Valentines Day. Cakes, pies, or cookies are the grand finale to all meals. Making just the right dessert can be tricky. Take the guess work out of that preparation and make simple, but scrumptious desserts. Helen Thompson School Cafeteria

**Monday 2/11/13 6:00-8:00 p.m. Classes: 1**  
**Registration fee: \$12**

### Dessert--The Perfect Ending

*Vicki Dill*

To some, desserts are the most important part of the meal. Cakes, pies, or cookies are the grand finale. Making just the right dessert can be tricky. Take the guess work out of that preparation and make simple, but scrumptious desserts. Helen Thompson School Cafeteria

**Monday 3/11/13 6:00-8:00 p.m. Classes: 1**  
**Registration fee: \$ 12**

### Soups and Stews from Scratch

*Vicki Dill*

On a cold winter's night, nothing warms you up faster than a cup of hot soup or a bowl of stew. Students will see how easy it is to build a great soup or stew with just a few basic ingredients. Leftovers won't be a problem now! Helen Thompson School Cafeteria

**Monday 2/25/13 6:00-8:00 p.m. Classes: 1**  
**Registration fee: \$12**

### Comfort Food Gone Healthy

*Theresa Kates*

Are you afraid to eat some American comfort foods because of the high fat and calorie content? In this class you'll learn how to create two delicious dishes, Chicken Alfredo and Beef Stroganoff in a healthier way without losing the wonderful flavors we crave in comfort foods. Gardiner High School Room 313

**Wednesday 3/6/13 6:00-8:00 p.m. Classes 1**  
**Registration fee: \$12**

### Quick and Easy Appetizers

*Vicki Dill*

Make a great first impression at your next party! Learn how easy it is to create great appetizers for any occasion. There will be plenty of sampling and tasting. Helen Thompson School Cafeteria

**Monday 4/8/13 6:00-8:00 p.m. Classes: 1**  
**Registration fee: \$ 12**



### Party Planning 101

*Vicki Dill*

Come learn some great ideas for planning a party for any occasion (graduations are coming up). Vicki will share recipes for making the perfect pastries and drinks while keeping the cost at a minimum. Helen Thompson School Cafeteria

**Monday 5/13/13 6:00-8:00 p.m. Classes: 1**  
**Registration fee: \$12**

### Summer Salad Fun!

*Vicki Dill*

Did you ever wish you could make the perfect dressing for those potato, pasta, and toss salads? Well now you can. Come learn to make a dressing that will have your guests asking for the recipe. You will also learn how to make the best barbecue sauce you have ever tasted. Helen Thompson School Cafeteria

**Monday 5/20/13 6:00-8:00 p.m. Classes: 1**  
**Registration fee: \$12**

### Cream Horns and Whoopie Pies

*Theresa Kates*



Who cares who made them first or why! When it comes to deliciously special treats for any occasion, if they come from your kitchen they'll be the stars on the dessert plate and you'll get rave reviews. In this class you'll learn how to create these yummy pastries and maybe have some to take home to share with your family. Gardiner High School Room 313

**Wednesday 2/6/13 6:00-8:00 p.m. Classes 1**  
**Registration fee: \$12**

### Cupcake Creations

*Vicki Dill*

Cupcakes are all the rage now! Come learn how to create them with simple recipes that are scrumptious. We will have a variety of fillings (fruit, jam, jelly) and top them off with a delicious frosting. Vicki has great ideas for decorating. Helen Thompson School Cafeteria

**Monday 4/22/13 6:00-8:00 p.m. Classes: 1**  
**Registration fee: \$12**

# Get Ready for Spring!

## Using Low Tunnels for Garden Season Extension



*Ben Whatley*

Low tunnels are an easy way to extend the fresh vegetable season. Pieces of metal conduit (EMT) are bent using a jig to make 4-foot wide hoops which are inserted into your garden soil and

then covered with fabric row covers. The covers offer frost protection to the plants growing inside the low tunnel. In this way, crops can be planted earlier in the spring and harvested later into the fall. Instructor Ben Whatley will show you professional techniques which were perfected by Maine farmer and writer Eliot Coleman for setting up low tunnels. Using his bending jig you will create 10 hoops, enough to cover a 50-foot garden bed. You will also receive 50 feet of fabric row cover at a substantial discount (part of the course materials fees) because the instructor will buy in bulk for the whole class. Using these rugged hoops you will be able to harvest crops even as the snow falls. So, come on and get started with season extension in the garden. It's easy with the right tools! Class will be held at the Long Branch School, 20 Main Street, Bowdoinham.

**Saturday 2/23/13 9:00 a.m.-12:00 noon Classes: 1**  
**Registration fee: \$35 Materials fee: \$45**

## Accessible Gardening

*Irene Brady Barber*



Gardening doesn't have to result in aches and pains. This course will introduce different gardening methods and low maintenance plants that will ensure an enjoyable and ergonomically sensible experience. We will explore particular garden and plant structures such as raised beds and containers along with tools that lend to accessible gardening in restricted spaces. Prepare to consider your own gardening needs to benefit you while preventing physical stress. Irene is a horticulture consultant and has recently taught at Coastal Maine Botanical Gardens. Gardiner High School Room 123

**Tuesday 3/12/13 6:00-7:30 p.m. Classes: 1**  
**Registration fee: \$19**

## Grow Your Own Shiitake Mushrooms in Logs

*Ben Whatley*



In this course, you will learn how to grow shiitake mushrooms in small-diameter hardwood logs outdoors. Instructor Ben Whatley will demonstrate the method, which involves drilling holes which are filled with mushroom spawn and sealed with wax. Participants will leave with 2-3 inoculated logs and instructions for how to care for them. Keep in mind that cultivating mushrooms takes patience and you will have to wait 6-12 months for mushrooms to fruit from your log, but it is worth the wait. The course will take place off-site at the Whatley Farm in Topsham.

**Saturday 3/16/13 9:00 a.m.-12:00 noon Classes: 1**  
**Registration fee: \$35 Materials fee: \$25**

## Therapeutic Gardening

*Irene Brady Barber*

Strategic garden design will stimulate your senses and improve your way of life. Gardening benefits our well-being particularly when we consider the characteristics of various plants and how they

appeal to our senses. Gardening has proven to reduce stress, relieve anxiety, stimulate cognitive activity and improve our physical well-being. Nature provides us therapy through the scents, sounds, colors, textures, and edible gifts of our vegetable and herb gardens. A garden or pleasing home landscape can do the same. Gardiner High School Room 123

**Tuesday 3/26/13 6:00-7:30 p.m. Classes: 1**  
**Registration fee: \$19**

## Grow Your Own Organic Garden!

*Renata Christen*

Interested in learning how to grow your own vegetables in a sustainable manner? We'll talk about the basics of soil science, and how to enrich your soil to produce healthy, high-yielding plants. Also covered will be the basics of making and using compost, the principles of crop rotation and how to incorporate green manures and manage nutrients in the garden. Learn how to tell the difference between cultivated plants and weeds, basic weed control strategies and common insect pests and methods of natural insect control. All are welcome, from first-timers to experienced gardeners who want to experiment with new techniques. Gardiner High School Room 119

**Wednesday 4/3/13 6:00-9:00 p.m. Classes: 1**  
**Registration fee: No Charge**

## Spring Floral Arrangement

*Arlene Gagnon*

April showers bring May flowers! If you haven't learned the basics of designing with fresh flowers, you'll want to try your hand at this class. Arlene will show you how to design both in a container using 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. All materials are included in a \$20 lab fee payable to instructor at first class. Gardiner High School Room 313

**Monday 4/8/13 6:00-9:00 p.m. Classes: 1**  
**Registration fee: \$9**

## Landscaping for Butterflies and other Pollinators

*Caragh Fitzgerald*

Picture a warm summer day with colorful butterflies enhancing your landscape. These insects are enjoyable visitors to the home garden as well as important pollinators. Learn ways to manage your home landscape to attract butterflies and other pollinators. Selection of plants and management practices will be discussed. The instructor is an Extension Educator with the University of Maine Cooperative Extension. Gardiner High School Room 120

**Tuesday 4/23/13 6:00-8:30 p.m. Classes: 1**  
**Registration fee: \$9**

## Fresh Floral Arrangement for that Special Person

*Arlene Gagnon*

"Say it with flowers" in this class. Show that special person in your life how much you appreciate them by creating a fresh mixed floral arrangement. Just in time for Mother's Day, a colorful mix of seasonal flowers will be designed in a basket with all the frills for Mom. Come try your hand at giving a special person that special touch in being able to say "I made it myself!" Please bring a sharp knife. Lab fee of \$20 payable to instructor at first class. Gardiner High School Room 313

**Monday 5/6/13 6:00-9:00 p.m. Classes: 1**  
**Registration fee: \$9**

## Indoor Fairy Garden

*Arlene Gagnon*

Captivate the imaginations of children and adults by providing an escape into a tiny world. Students will be responsible for bringing "accessories" such as a small fairy, gnome, artificial mushroom, small garden furniture (bench, bird bath, trellis, etc.) Lab fee includes the container, soil, miniature plants and decorative stones. A sample fairy garden will be available to see at the adult ed office in April as well as a display of materials you may want to bring to class. Lab fee of \$25 is included in registration. Gardiner High School Room 313 **Monday 5/13/13 6:00-9:00 p.m. Classes: 1 Registration fee: \$9**

# Spring '13 Excursions

## Maine Brewery Tour

Maine's breweries and microbreweries merge old-fashioned techniques with modern tastes. Maine is a haven for craft beer, and what better way to enjoy the Maine beer experience than to visit the breweries. Ever wonder what the difference is between ale and a lager? How a beer gets bottled or canned? Why some beers are darker than others and what exactly is a hop? Join us as we get all these questions and more answered. During the visits, you will have the opportunity to sample some great beers, tour the facilities and purchase items to enjoy at home. We will visit two breweries, Allagash Brewery in Portland and Baxter Brewery in Lewiston with enough time to have lunch on your own, shop and sight-seeing in the Old Port. Ages 21 and above are welcome. Registration fee includes motorcoach transportation and tours. All meals are on your own. **Deadline to register is March 11.**



**Saturday 3/23/13**

**9:30 a.m. departure from Gardiner Hannaford**

**6:00 p.m. return \$59 per person**

## Gardens and Gospel



It's May – time to enjoy two terrific public gardens in Massachusetts and let's throw in a Boston Pops concert to top off the day! Our first stop is Framingham where the Garden in the Woods awaits

us. This ever-changing living museum—New England's premier wildflower garden—has more than 1,000 native plant species, with many rare and endangered native specimens throughout the gardens, as well as the unique New England Rare Plant Garden. The Garden Shop offers native plants, garden gear, botanic books, bird houses and fun gifts. Mid-afternoon takes us to Boylston and The Tower Hill Botanical Garden. Tower Hill has eight distinct gardens, dedicated to woody plants, vegetables, fruits, perennials, wildlife and more. Our guided tour will focus on the design of Tower Hill, and the many types of plants on display and their landscape value. Of course, we'll have time to visit the garden gift shop before leaving. Dinner time will find us in downtown Boston where you will be on your own for dinner before the 8:00 p.m. concert. Charles Floyd conducts the Boston Pops Gospel Choir in this performance guaranteed to uplift and inspire all of us. With vocal artist and motivational speaker Wintley Phipps as the special guest artist, the concert will have you flying high with the power of their signature gospel sound. Registration fee includes motorcoach transportation, garden tours and concert ticket. All other meals are on your own.

**Deadline to register is March 29:**

**Saturday 5/25/13**

**8:00 a.m. departure from Gardiner Hannaford**

**1:00 a.m. return**

**\$169 per person**

## March Madness

Enjoy a girls (or boys) day out and celebrate the coming of Spring with Seeds of Change– the 2013 Boston Flower and Garden Show. New Englanders have always embraced a good revolution. In addition to the display gardens, numerous vendors will offer a wonderful selection of plants, seeds, flowers, garden tools, and garden-related gift and artwork. Exhibitions, design competitions, demonstrations and lectures add even more interesting features to the show. Our evening entertainment is "Shear Madness" at the Charles Playhouse. The cast has been delighting audiences night after night with its unique blend of madcap improvisation and spine-tickling mystery. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery in the annals of crime. Over 9.6 million people worldwide have joined in the fun, and while no one has actually died laughing, some are still rolling in the aisles. [www.shearmadness.com](http://www.shearmadness.com). Registration fee includes motor coach transportation, flower show ticket and Shear Madness ticket. All meals are on your own. **Deadline to register is February 15**

**SHEAR  
MADNESS**

**Saturday 3/16/13**

**9:30 a.m. departure from Gardiner Hannaford**

**11:00 p.m. return \$119 per person**

## Spring Time in Quebec City



Treat yourself to a special trip this spring with two fun-filled days in Quebec City. This World Heritage site offers a host of activities and attractions. North America's only walled city will remind you of European villages with its old world architecture and cobblestone streets. We will be staying at Fairmont Le Chateau Frontenac, the city's number one landmark and only four-diamond hotel. The hotel's castle-like appeal, indoor pool and beautifully appointed rooms will make you feel like royalty. The Chateau is truly a destination all on its own! On our way north, we'll enjoy a unique French Canadian sugar shack luncheon complete with musical entertainment! From the freshly-baked bread to the traditional tourtiere and maple desserts – this should be a memorable feast! Sunday begins with a bountiful breakfast buffet in the hotel's Café de la Terrasse followed by a guided tour of the city. Free time for exploring on Sunday afternoon will round out the excursion. An optional trip to St Anne De Beaupre will be available. Registration fee includes motorcoach transportation, hotel accommodations, breakfast buffet, city tour and sugar shack luncheon. All other meals are on your own. **Deadline to register is March 15.**

**Saturday/Sunday 4/27/13 and 4/28/13**

**7:00 a.m. departure from Gardiner Hannaford**

**midnight return**

**\$269 per person based on double occupancy**

### Chunky Button Bracelets

*Amanda Russell*

Make a mixed-media bracelet - a one-of-a-kind wearable work of art. These chunky bracelets incorporate glass and metal beads, layered buttons, wool felt, and denim. Basic beading techniques will be explained including crimping, measuring for an accurate fit, and stringing your own button-and-bead toggle clasp. A \$7 materials fee is paid to instructor at class. Gardiner High School Room 313

**Thursday 3/7/13**

**6:00-8:30 p.m. Classes: 1**

**Registration fee: \$12**

### Beaded Charm Bracelet and Earrings

*Amanda Russell*

Students will be able to choose their own beads and learn how to construct an elegant bracelet and simple pair of earrings. This set incorporates gemstone, faceted glass, and metal beads with copper findings. Students will be shown how to make their own charm with their choice of text from a vintage book. Basic stringing, crimping, and how to make a wire loop will be demonstrated along with how to measure for an accurate fit. A \$7 material fee is payable to the instructor at the time of the class. Gardiner High School Room 313

**Thursday 4/25/13**

**6:00-8:30 p.m. Classes: 1**

**Registration fee: \$12**



### No Sew Blanket & Pillow

*Jenna Dolley*

Leave your sewing machine at home! You can make a no-sew snuggly fleece blanket and pillow in one evening. This is a perfect gift for your special someone as well as the

hard-to-buy-for person for any occasion. Customize your blanket with a sports team, a child's favorite character, or a favorite color. The possibilities are unlimited. These reversible fleece blankets and pillows are sure to be a hit! A supply list will be available upon registration. Gardiner High School Room 313

**Tuesday 2/5/13**

**6:00-9:00 p.m. Classes: 1**

**Registration fee: \$12**

### Exotic Ukrainian Egg Decorating

*Juanita Longwell*

Come join us and make some very special heirloom eggs to welcome spring. Ukrainian egg decorating was done as a spring ritual, even before the birth of Christ. The beautiful eggs were produced by peasants with only the most primitive of tools and dyes. If they could do it, you can too! In this class, the instructor will provide modern tools and dyes for you to try. Supply list available at registration. There is a \$4 fee payable to instructor for eggs and materials used in class. Gardiner High School Room 343

**Thursday 3/7/13**

**6:00-8:00 p.m. Classes: 3**

**Registration fee: \$39**

### Making Soap

*Laurel Lopez*

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. Please obtain a supply list at registration. Additional materials fee of \$20 payable to the instructor. Gardiner High School Room 313

**Monday 3/18/13**

**6:00-8:00 p.m. Classes: 1**

**Registration fee: \$19**

### Lotions, Chapsticks and More

*Laurel Lopez*

Nothing compares to the feel and healing power of handmade lotions, chapsticks and deodorants - especially when made from natural products. In this class you will use all natural beeswax based ingredients that are good for your skin and really work! Using a basic recipe, you'll learn to mix and match different scents to create your own signature products. You'll have several products to take home. Ask for supply list at registration. Materials fee is \$10 payable to instructor at the first class. Gardiner High School Room 313

**Monday 3/25/13**

**6:00-8:00 p.m. Classes: 1**

**Registration fee: \$19**



### Do It Yourself Chair Caning

*Dana Carry*

Take chair caning to the next level. If you participated in the introductory chair caning course or have some prior experience in weaving, this work shop is for students that

want to bring in their own piece of furniture to work on. The instructor will guide each student through the process. The students will collectively learn from the individual projects. We will review the following fundamentals prior to getting into the individual projects: project preparation-cleaning, restoration, choosing the appropriate cane size, selecting cane grain direction, the seven step weaving technique, care and finishing of cane seats. Long Branch School 20 Main Street Bowdoinham

**Saturday 3/2/13**

**9:00 a.m.-12:00 noon Classes: 1**

**Registration fee: \$35**

### Raku Pottery

*Todd Jubinville*

Raku is a firing process developed in 16th century Japan for the Japanese tea ceremony. Pieces fired in this manner are referred to as Raku or Raku pottery. Raku firing is dramatic and exciting and a wonderful way to actually watch the glazes melt while watching what happens inside the kiln, all in a matter of minutes! The first three classes will consist of demonstrations and the making of pieces. There will be a one-week break for the instructor to bisque fire the pieces. Glazing will take place the following week, with the final class being held at the instructor's home for pieces to be Raku fired (date to be announced). There is a \$45 material fee payable to the instructor at the first class. Gardiner High School Room 343

**Monday 3/11/13 6:00-7:30 p.m. Classes: 5**

**Registration fee: \$59**



### Introduction to Wood Carving

*Gus Feeney*

Are you interested in wood carving? Join Gus for this lecture and demonstration. This workshop will give students a broad overview of carving and get them started. Facets to be covered include: relief

carving, chip carving, "in the round" (three dimensional carving), and whittling. Tools needed will be discussed as well as tool maintenance. An in-depth wood carving course is planned for spring. Students wishing to take the series will have the cost of this course deducted from price of the series. Bring note pad and paper. If students want to bring their carving tools for evaluation by the instructor, they are welcome to do so. Location: The Long Branch School, 20 Main Street, Bowdoinham

**Saturday 2/16/13**

**1:00-3:00 p.m. Classes: 1**

**Registration fee: \$25**

## Learn a new language... and open up new doors!

### 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 Michaud), from bookseller of their choice. Gardiner High School Room 118

**Monday 1/29/13 6:00-8:00 p.m. Classes: 8**

**Registration fee: \$49**

### Spanish II

Celina Page

If you already know a little bit of Spanish, this class is for you! We will build on the skills taught in Spanish for Beginners 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 Michaud), from bookseller of their choice. Gardiner High School Room 118

**Tuesday 4/2/13 6:00-8:00 p.m. Classes: 8**

**Registration fee: \$49**

### Introduction to Italian Level I

Cristiana Richardson-Sartorello

Have you been wanting to learn Italian to travel, to discover your heritage, or just to have some fun? Here's your chance! Join Cristiana Richardson-Sartorello as she introduces you to basic Italian grammar and gets you started with simple conversation as she shares some interesting facts about Italy! Gardiner High School Room 119

**Monday 1/28/13 6:30-8:30 p.m. Classes: 7**

**Registration fee: \$49**

### Introduction to Italian Level II

Cristiana Richardson-Sartorello

This is an advanced Italian course which provides students with advanced level skills in grammar, reading, writing and listening skills. Become acquainted with Italy and its culture, and explore the cultural similarities and differences between Italy and the United States. Gardiner High School Room 119

**Monday 3/25/13 6:00-8:30 p.m. Classes: 7**

**Registration fee: \$49**

### Conversational French I

Andrea Creamer

Join us in a fun approach to learning a second language. You will quickly gain essential French vocabulary and build on it at each successive class meeting. Activities will help you gain basic skill and confidence allowing simple french conversation for travel and personal interest. From sightseeing and entertainment to eating out and shopping, you'll be well on your way after this introductory course! Students are required to purchase Barron's *Learn French the Fast and Fun Way - 3rd Edition* from bookseller of their choice. Gardiner High School Room 229

**Thursday 1/31/13 6:00-8:00 p.m. Classes: 8**

**Registration fee: \$49**

### Conversational French II

Andrea Creamer



This sequel to Conversational French I will further develop your vocabulary and speaking skills. You will continue to gain essential French vocabulary at each class meeting. Fun activities will help you progress and increase your confidence. New

themes will be explored in addition to cultural and historical information as it relates to the language. Students are required to purchase Barron's *Learn French the Fast and Fun Way - 3rd Edition* from bookseller of their choice. Gardiner High School Room 229

**Thursday 4/4/13 6:00-8:00 p.m. Classes: 8**

**Registration fee: \$49**

### American Sign Language Level I

Alex Wilbur



The ability to sign is a rewarding skill in which individuals use the hands, face and body to communicate with others. You will build a vocabulary, learn to sign easy sentences and gain insight into the hearing-impaired culture. This class is designed for beginners who want to learn a new language. Students are responsible for purchasing text book from their preferred book seller, *Signing, How to Speak with Your Hands*, ISBN 055337539-3. Gardiner High School Room 118

**Wednesday 1/30/13 6:30-8:30 p.m. Classes: 8**

**Registration fee: \$49**

### American Sign Language Level II

Alex Wilbur

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 118

**Wednesday 4/3/13 6:30-8:30 p.m. Classes: 8**

**Registration fee: \$49**



### Writing For Fun and Money

Sherry Hanson

Do you want to get your book published? Ever wondered how to get articles and stories in print? In this one-day workshop learn all you need to know about publishing your writing. Learn how to approach publishers and editors, prepare manuscripts, do research and write a book proposal or query letter. Handouts include helpful websites, a Maine publications list, query letter samples and manuscript submission basics. Walk out of this class ready to send your work to publishers! Gardiner High School Room 128

**Saturday 4/6/13**

**9:00 a.m.-2:00 p.m. Classes: 1**

**Registration fee: \$29**

### Self-Publishing For Maine Authors

Jane Karkar

Are you ready to self publish your book? New advances in printing technology have led to a boom in self-publishing. Now is the time to finish your manuscript and learn about your options. The workshop presenter, from Maine Authors Publishing in Rockland, will discuss traditional and nontraditional publishing, editing, marketing, ebooks, and the technical assistance you need to get your book in print. Gardiner High School Room 118

**Thursday 2/14/13**

**6:15-8:30 p.m. Classes: 1**

**Registration fee: \$19**

### Introduction to Shapenote Singing *Peter Golden*



Shapenote (a type of music notation) singing was developed

in the early 1800s to help people learn to sing 3 and 4-part music together. The music consists of hymns, fusing tunes, and other songs popular in Maine up to the Civil War and sung in the rural South and West well into the 20th century. This class will cover the history of this music from its roots as fasola singing in colonial America and Maine, and its survival and revival with its variations up to the present day. You will learn the basics of this style of singing, sing fasola scales, learn shapes, and sing a variety of hymns. Musical background helpful, but not necessary. Gardiner High School Room 117

**Tuesday 2/5/13 6:00-8:30 p.m. Classes: 2**

**Registration fee: \$19**

### Guitar for Beginners *Pat Colwell*

You've got talent! Break out that old guitar and discover how much fun this popular instrument can be. Don't worry if you can't read music! This class is designed for those who are either rusty or who have never played. Participants will learn to play the basic chords that will allow you to join in on simple songs. You will become familiar with the parts of your guitar, "open" chords, finger placement, different genres of music and much more. Soon you will be strumming along to your favorite music! Bring your acoustic guitar, tuner, and a flat pick. A 3 ring binder or pocket folder is highly encouraged. Gardiner High School Library

**Monday 2/25/13 6:00-7:00 p.m. Classes: 8**

**Registration fee: \$69**

### Intermediate Guitar *Pat Colwell*

Not a beginner anymore? Join Pat for the next level of learning to play that old guitar of yours. Start to put more complex chord progressions together, learn the major and minor scales, barre

chords and some basic guitar theory that will help you unlock the mysteries of the fretboard! This 8-week course is sure to be full of fun and great learning. Bring your acoustic guitar, tuner, and a flat pick. A 3 ring binder or pocket folder is highly encouraged. Gardiner High School Library

**Monday 2/25/13 7:10-8:10 p.m. Classes: 8**

**Registration fee: \$69**

### Irish Tin Whistle *Adam Soosman*

St. Patrick's Day is just around the corner. Surprise your friends and family by playing a little Irish jig on your Irish Tin Whistle. This eight-week introductory course will teach you basic playing skills on tin/penny whistles. American, French, Scottish, and Welch pieces as well as traditional Irish music will be featured. Students will need to have an Irish Tin Whistle, Celtic Whistle, or Penny Whistle (in the key of D), and a copy of Clarke's "Tin Whistle book". Tin whistle and book may be purchased online at [www.amazon.com](http://www.amazon.com) for approximately \$31. Gardiner High School Library

**Thursday 1/28/13 6:30-7:30 p.m. Classes: 8**

**Registration fee: \$69**

### Community Brass-Wind Ensemble *Adam Soosman*

Brass and woodwind instrumentalists will have an opportunity to improve their skills and techniques while working in a group environment. Discover a new woodwind or brass instrument for yourself, or perhaps brush up on one that has been idle for a time. Difficulty level and choice of repertoire will depend on skill levels involved. This course is geared toward brass and woodwind musicians who are trying to improve, or rediscover skills on their instruments. Participation by string or percussion musicians is welcome, but instruction with these instruments will not be offered. Gardiner High School Teacher's Room

**Monday 4/1/13 6:00-8:00 p.m. Classes: 6**

**Registration fee: \$59**

### Robotics Open House *Aaron Basford*



Robotics is a fun hobby for all ages. Join Aaron to discover what robotics is all about and to see if it is something you want to pursue. He will demonstrate a basic robotics kit and discuss what is involved in assembly and programming. There is no fee for this demonstration class. If there is enough interest, a six-session robotics course will be offered beginning February 5th. Gardiner High School Room 233

**Tuesday 1/29/13 6:00-8:00 p.m. Classes: 1**

**Registration fee: No Charge**

### Genealogy at the Maine State Library

*Emily Schroeder*

Our Maine State Library has a wealth of materials for those interested in discovering their roots. Family Tree Magazine recently named MSL as one of their "distance champs," along with eight other libraries across the country, recognizing their depth of genealogical materials and efficiency of services. 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 5/4/13 9:30 a.m.-12:00 noon Classes: 3**

**Registration fee: \$29**

### Civil War Genealogy *Emily Schroeder*



The Civil War era is a fascinating time in our history. Perhaps some of your ancestors played a role in those events. This presentation will focus on resources available for discovering your Civil War ancestor. Print materials, especially those at Maine State Library, databases and websites will be featured, including the National Archives. References will be demonstrated, and many handouts will be included. If you already know the name of a family member who served, we'll be able to find out more about him via the tools that will be presented. Class meets at Maine State Library in Augusta.

**Saturday 4/27/13 9:30 a.m.-12:00 noon Classes: 1**

**Registration fee: \$9**

### Gardiner History *Jody Clark*

Did you know that the first white men to settle in the Gardiner area were here as early as 1670? Are you aware of Gardiner's importance in the literary world? Did you know that Egyptian mummy wrappings were used to make paper in the Gardiner mills and caused an outbreak of cholera? Delve into this area's colorful past in this informal, informational course. Sessions are geared to students individual interests. Field trips may be planned in addition to class time. Location: Gardiner Public Library

**Tuesday 2/26/13 6:30-8:30 p.m. Classes: 8**

**Registration fee: \$49**



### **Puppy Kindergarten** *John Palange*

Do you want to teach your puppy positive behavior patterns and guide your puppy to fit into your family? Join John Palange in this six-week class which will focus on socialization skills for your puppy. Age limit for puppies is up to seven months. *Proof of rabies vaccination must be submitted to the Adult Ed office*

*prior to first class.* Puppies must be on a leash. Gardiner High School Cafeteria

**Tuesday 2/5/13**

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

**Registration fee: \$39**

### **Basic Dog Obedience**

*John Palange*

Do you sometimes feel like your dog is the master? Do you think that your pet only hears "blah, blah, blah" when you speak? Not to worry...in this six-week basic obedience class we will work on teaching your dog to stop pulling, 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. Gardiner High School Cafeteria

**Tuesday 2/5/13**

**7:00-9:00 p.m. Classes: 6**

**Registration fee: \$69**

John Palange has trained dogs professionally at K-9 Training Center for over 35 years, with other trainers often referring their most "challenging" dogs to him. He specializes in obedience and problem behavior. Check out his website at [palangedogtraining.com](http://palangedogtraining.com)

### **Safe Driving for the Mature Operator** *Brian Hill*

AAA "Safe Driving for Mature Operators Program" is designed for those 55 years of age and older who are interested in the effects aging has on their driving ability. This DVD and lecture-based course is designed to increase safe driving awareness and confidence behind the wheel. This course is designed to be fun, interactive and anxiety free. Discussions are led by AAA trained and certified instructors. (Maine residents 55+ are entitled to a mandatory insurance premium discount upon completion of the course). This course does not qualify for driving record credit points. Please bring a snack or lunch if you wish. This is a four-hour class, so we will take breaks! Gardiner High School Room 127

**Monday 4/8/13**

**9:00 a.m.-1:00 p.m. Classes: 1**

**Registration fee: \$20**



### **1,2,3,4 Parents!**

*Ruth Lessard*

Parenting young children is a challenge to all. New information on parenting and child behavior is now available for parents and care providers of children ages one through four. In this series of three 2-hour classes, you will learn how to use discipline methods that work, how to prevent tantrums, to establish routines that make life easier, and much more. The class consists of video vignettes, discussion, and activities. A parenting guidebook is available for a fee of \$12, payable at the first class. Pre-registration is required. Gardiner High School Room 106

**Monday 4/22/13**

**6:00-8:00 p.m. Classes: 3**

**Registration fee: No Charge**

### **Adult, Infant, Child CPR & First Aid** *Adam Winchenbach*

Students will gain the knowledge and skills necessary to recognize and care for individuals in emergency situations including cardiac arrest. Emphasis will be on providing basic care until advanced medical care personnel arrive and take charge. American Heart Association CPR certification will be awarded upon successful completion of class requirements. Gardiner High School Room 128

**Session I: Wednesday 2/6/13**

**Session II: Wednesday 4/3/13**

**6:00-9:00 p.m. Classes: 3**

**Registration fee: \$39**



### **Planning and Paying for Elder Care**

*Patrice Putnam*

As you grow older, you may worry about how you can remain independent, pay for the care you may need, and preserve your home and your savings. Or you may be responsible for an older relative who is starting to fail. In this course, you will find out how and where to find good care, how to cover the costs, and what opportunities there are to preserve your estate for you and your family's benefit. Subjects will include: home care, nursing home and residential care; government programs such as Medicare and more. Gardiner High School Room 109

**Monday 2/4/13 6:00-8:30 p.m. Classes: 1**

**Registration fee: \$9**

### **Know the 10 Signs of Alzheimer's** *Bill Kirkpatrick*

This Alzheimer's Association workshop provides attendees with an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease. The workshop will cover the following topics: the 10 warning signs, basic overview of Alzheimer's disease, risk factors, getting a diagnosis, benefits of early detection including accessing available treatment, planning for the future and participating in clinical trials. Gardiner High School Room 120

**Tuesday 2/26/13**

**6:00-8:00 p.m. Classes: 1**

**Registration fee: No Charge**

### **Staging A House to Sell** *Geri Robbins-Doyle*

Thinking of selling some day? Concerned about what improvements to make before listing your home? This presentation will offer some practical ideas on how to stage your home before you put it on the real estate market. Content will include: standing out from the competition, first impressions, clutter, lighting, colors, sounds, pets, and scents. Gardiner High School Library

**Tuesday 4/9/13**

**7:00-8:30 p.m. Classes: 1**

**Registration fee: \$9**

### **First Time Home Buyer Seminar** *Elaine Richer*

Find out how to prepare for home ownership, obtain a mortgage, and select a home. 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. Please send payment to CEI, PO Box 268, Wiscasset, ME 04578. Registrations will NOT be accepted after May 6. Bring a calculator, pencil and notebook to class. To register or to learn about future seminars call 882-5177. Please do not bring children to class. Gardiner High School ATM Room

**Monday and Wednesday 5/13/13 6:00-8:30 p.m. Classes: 4**

**Registration fee: \$30 per person/\$50 per couple**



### **Complete Beekeeping** *Rick Cooper*

This course, conducted over seven consecutive Wednesday evenings followed by one full Saturday in the field with the bees, will give students the knowledge and skills they need to get their equipment assembled, get

their bees, and manage them through the entire first season including harvesting the first honey crop. Discussions will include the flowering plants that benefit honeybees, races of honeybees and their attributes, the lifecycle of the honeybee, and the diseases and pests that affect the honeybee. Hands on will include installing bees in the hive and assembling equipment. Evening segments will be conducted in the classroom, and the final class will be held in the field on Saturday. The Long Branch School 20 Main Street Bowdoinham

**Wednesday & Saturday 2/20/13 6:00-7:30 p.m. Classes: 8**  
**Registration fee: \$75**

### **Enjoying Wine**

*Toby Tyler*

This class is perfect for wine enthusiasts or for those who just want to impress their friends at the next dinner party! You will learn how to evaluate wines based on appearance, body, composition, aroma and taste. You'll learn about the most important wine grapes, essential wine regions, how to buy wine, how to pair food & wine and much more. The last class, a wine tasting with appetizers) will feature three reds and three whites and will be held at Riverside Farm Market in Oakland. Ages 21 and over are welcome. A materials fee of \$15 is due at registration. Gardiner High School Room 120

**Monday & Saturday 3/11/13 and 3/30/13**  
**6:00-8:00 p.m. Classes: 4 Registration fee: \$39**

### **Foraging Funghi Fearlessly**

*Richard Tory*

Learn how to identify, collect and prepare locally common and easily identifiable choice, wild edible mushrooms with local mycology hobbyist, woods walker and cook, Richard Tory. Leader of workshops and walks in this area for many years, Richard will share his own "Helpful hints for successful foraging" including a short bibliography and discussion of how, where, when and why to hunt the wily wild shrooms. His list of "Top Choice Edibles", a baker's dozen of delicious species with an emphasis on those easiest to find and identify, will be accompanied by samples and original photographs. Join him in discovering the joy and wonder of these and other notable species. Several excellent and informative books will be offered for sale. Gardiner High School Room 120

**Wednesday 5/29/13 6:00-9:00 p.m. Classes: 1**  
**Registration fee: \$19**

### **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 your own backyard. 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

**Thursday 2/6/13 6:00-8:00 p.m. Classes: 1**  
**Registration fee: \$9**

### **Birdwatching- An Introduction**

*Mark Desmeules*



Birdwatching is your lifetime ticket to the theater of nature. It is meant to be fun, easy and enjoyable. In this class you will use binoculars to find birds, learn how to call birds, and learn basic avian ecology and identification tips. Loaner binoculars will be available for those who do not have them. Viles Arboretum, Augusta

**Saturday 5/11/13 10:00 a.m.-12:00 noon Classes: 1**  
**Registration fee: \$5**

### **Let's Make Cheese**

*Diana Mosher*

Join us for a hands-on experience in making a variety of cheeses using common kitchen equipment. We'll begin by making chevre and feta cheese using local goat's milk. From there, students will make jack cheese using cow's milk, then use the whey for ricotta. Time permitting, mozzarella cheese, yogurt and butter will also be made. Samples of the cheese will be presented with some apples and crackers during the course. At the end of the course, students will take home feta, ricotta, and chevre cheese. Along with the cheese, students will also receive muslin cloth, mesophilic starters for making cheese, and all the recipes. Materials fee of \$20 is payable to instructor at first class. Gardiner High School Room 313

**Monday 3/4/13 6:00-8:00 p.m. Classes: 2**  
**Registration fee: \$24**

### **Touring the Night Sky**

*Jeanne Norris*



Spring is a perfect time to enjoy the celestial universe! Picture yourself outside on a pleasant evening with the night sky spread out before you. Can you identify the stars, planets, constellations? Stargazing is a great way to enjoy nature's beauty. The focus of this class will be to understand and use the various reference points that act as guides in the sky. You'll learn how to identify planets, constellations and star clusters using Stellarium – a planetary software. We'll also talk about meteors and mythological references. Gardiner High School Room 127

**Monday 3/25/13 6:00-8:00 p.m. Classes: 3**  
**Registration fee: \$39**

### **Food in Jars - Food Preservation**

*Abigail Perry*

Ever wonder how to preserve all those great garden vegetables? This hands-on food preservation workshop will teach you the basic steps for canning and freezing. While it's not officially harvest season, by taking this class now, you can get fully prepared for that time of year. Students will receive a "Preserving the Harvest" packet. Please bring a potholder to class. There is a \$10 material fee payable to the instructor at the time of the class. Gardiner High School Room 313

**Tuesday 3/26/13 6:00-9:00 p.m. Classes: 1**  
**Registration fee: \$12**

### **Chicken Coop Challenge** *Pete Feeney*

Has your family decided to have a backyard flock of chickens, but you don't have a coop? If so, this workshop might be the one for you. In this two-day workshop, we will collectively build chicken coops so that each student will leave with a completed coop capable of housing approximately a dozen laying hens. The workshop will be an exercise in general carpentry with the use of power saws and pneumatic tools. The course will be led by one of our local craftsmen and an experienced builder. The actual design of the coop will be adapted to the recycled materials that are available at the time. The cost of the course will be based on the coops built, not on the students attending. In other words, if a family of five wants to come and all work collectively on their coop, they will be charged the same price as one individual building one coop. Each coop team is limited to five individuals. The material fee will be waived for the best coop. A waiver of liability will be required for this class. Required supplies: Safety glasses, gloves, work shoes. The Long Branch School 20 Main Street, Bowdoinham

**Saturday & Sunday 5/4/13 and 5/5/13 9:00 a.m.-3:00 p.m. Classes: 2 Registration fee: \$105**

## 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 evenings and not worry about inclement weather! Call ahead to register. You will be required to show your ID on your first visit and then sign in every time you attend. Once again, random prize drawings will be offered to those who walk regularly! Roster will be at the Adult Education Office in Room 124 at the High School. Goal sheets are available to track your winter walking progress. Gardiner Area High School hallways.

**Monday through Thursday January 14 through April 30**

## Reiki

*Patricia Bailey*

Reiki, pronounced, "ray key" in Japanese, literally means "universal energy". Reiki is an ancient method of hands-on healing that is now practiced around the world to bring healing on all levels: physical, emotional, mental, and spiritual. In this class, each student will receive a Reiki treatment and an attunement from the instructor, who is a Reiki Master with certificates in Holistic Healthcare and Therapeutic Touch. Through the Reiki attunement, training, study, and practice, you will learn to use this energy to help and heal yourself and others. The recommended textbook is "Essential Reiki" by Diane Stein. Gardiner High School Teacher's Room

**Monday 4/1/13 6:30-8:30 p.m. Classes: 3**

**Registration fee: \$39**

## Would you like to dance?...

*Go ahead, kick up your heels*

### Line Dance for Beginners & Intermediates

*Louis Moniz, Jr.*

Line Dancing is back and hotter than ever! Come and learn steps, terminology and technique from Mad Louie. Don't be the only person at the wedding that doesn't know the Electric Slide! Join this fun, high-energy class yourself or bring a partner. Students should wear proper footwear (for safety). No clogs, flip flops, crocs or open back shoes. Location: Laura Richard's School Gym

**Wednesday 1/38/13 6:00-7:00 p.m. Classes: 8**

**Registration fee: \$59**

### Contra Dance

*Pam Weeks*

In this four-week class, learn the basics of New England contra dancing and leave ready to attend any public contra dance with confidence and style! Related to square dancing, but much easier, contra dancing is done in long lines with partner facing partner. However no partner is necessary to take this class or to go to a dance - the tradition is to dance with many different partners during the evening and we will do the same in the class. Location: Teresa Hamlin Gym

**Monday 1/28/13 7:00-8:30 p.m. Classes: 4**

**Registration fee: \$19 or \$15 each (if registering as a couple)**

### Personal Safety Training for Women

*Karen Jones*

Don't be a victim! This short course will help you learn practical self defense along with a few more advanced techniques. Learn to defend yourself against the five most used attacks on women as well as wall and floor attacks. Karen Jones, a second degree black belt from the Tao Karate Club, will be instructing this course. This is an excellent choice for high school seniors preparing to go off to college and/or mother and daughters

to take together. Open to women of all ages. Gardiner High School Teacher's Room

**Monday 3/4/13 7:00-8:30 p.m. Classes: 4**

**Registration fee: \$39**

### Fly Casting Clinic

*Forrest Faulkingham*

This clinic taught by a local Maine Guide is a perfect opportunity to learn more about the sport or pick up some tips to improve your casting skills. You will be introduced to the mechanics of fly-casting as well as some tips and techniques that will make your casts more effective. Students will learn to cast a flyrod with floating line for species such as trout, salmon and freshwater bass. The second session will focus on the heavier saltwater rods/reels/lines. Participants will learn casting techniques like the double haul and roll cast. Yes, we fish for stripers, bluefish, sharks and blue fin tuna with flyrods in the Gulf of Maine! Instructor will provide tools if student does not have own. A \$10 material fee payable to the instructor the first class. Gardiner High School Room 120

**Tuesday 3/12/13 6:00-8:00 p.m. Classes: 2**

**Registration fee: \$19**

### Salt Water Fly Tying

*Forrest Faulkingham*

Get ready for fishing on Maine's fresh and salt water! Join Maine Guide Forrest Faulkingham and learn to tie the flies that catch the BIG fish. During this four-week introductory class, students will learn to tie two flies each night working with natural and synthetic materials. No experience necessary. All equipment and materials supplied. A material fee of \$20 is payable to the instructor at the first class. Gardiner High School Room 106

**Tuesday 1/22/13 6:00-8:00 p.m. Classes: 4**

**Registration fee: \$39**

### Sea Kayaking

*Scott Shea*



Sea kayaking is one of the most popular summer activities in Maine. Nestled amidst the Atlantic's waves brings paddlers a wonderful perspective of our coast and all it has to offer.

This class is a great opportunity to try out this sport and enjoy some Maine history in the bargain. Instruction will cover safety, equipment, navigation, paddling skills and much more. The Saturday outing features a guided trip to Malaga Island off Phippsburg. In 1912, a mixed-race community of about forty-five people was evicted by the state of Maine from Malaga Island. It was an act motivated by economics, racism, eugenics, and political retribution. An entire community was erased. Once on the island (about a 45 minute paddle), your guide will discuss the history and give everyone a chance to explore. Registration fee includes instruction, kayak rental and guided tour. No experience necessary. Participants can choose a single or double kayak when registering. Gardiner High School Room 120 and Sebasco Harbor Resort

**Tuesday 5/14/13 and Saturday 5/18/13**

**(Tues) 6:00-8:00 p.m. and (Sat.) 10:00 a.m.-3:00 p.m.**

**Classes: 2 Registration fee: \$59**

### Boating Safety

*Hobie Ellis*

Offered by the Kennebec River Sail and Power Squadron, this course covers boating terms, federal and state regulations, navigation rules, aids to navigation, safety equipment, adverse conditions and emergencies, chart reading and plotting, position determinations and use of compass and GPS. There is a \$55 materials fee payable the first night of class. Make checks payable to Kennebec River Sail and Power Squadron. Gardiner High School Room 506

**Wednesday 3/27/13 6:30-8:30 p.m. Classes: 6**

**Registration fee: \$19**

## Zumba

*Kate Macomber*

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive. Since its inception 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. Class meets twice/weekly. Location: TC Hamlin Gym

**Session I Monday/Wednesday 1/28/13**

**Session II Monday/Wednesday 3/25/13**

**6:00-7:00 p.m. Classes: 12**

**Registration fee: \$39**

## Adult Co-Ed Volleyball

*Maitland Hallett*



Break the winter blues cycle, have fun, get some exercise and join us for some recreational co-ed volleyball this spring. Persons of all skill levels are welcome. Maitland Hallett, coach and instructor, will teach you volleyball techniques and variations of play. Come and join the fun, bring along your friends and make some new friends. Gardiner High School Gym

**Saturday 3/2/13**

**10:30 a.m.-12:00 noon Classes: 4**

**Registration fee: \$39 (\$35 each if registering as a couple)**

## Cardio Kickboxing I

*Karen Jones*

Kickboxing offers a workout that incorporates strength, balance and coordination. Enjoy this workout that involves fitness drills and a combination of upper and lower body strikes. Please bring hand wraps, or bag gloves, for contact with the bags. Wraps are also available to purchase for \$7. By the end of the session you will have increased your cardiovascular endurance and be on your way to a healthy lifestyle. Each session meets for one month (Monday and Wednesday evenings from 7:15-8:00 p.m.) Limited to 10 students per month. Location: Tao Karate Club 14b Second Street, Farmingdale (behind Goshline's Hardware Store)

**Session I Monday/Wednesday 1/28/13**

**Session II Monday/Wednesday 3/4/13**

**Session III Monday/Wednesday 4/1/13**

**Session IV Monday/Wednesday 5/6/13**

**7:15-8:00 p.m.**

**Registration fee: \$ 39**



## Learn to Rock Climb

*Paula Goodhue and Drew Riddle*

Now is the time to get the adrenaline pumping by learning how to rock climb right here in Gardiner! Indoor rock climbing is challenging, fun and offers the opportunity to meet people with a similar interest. This class is designed with the beginning student in mind. You will learn the basics of rock climbing including techniques, equipment, preparation and safety. We'll practice on a 20-foot climbing wall with a certified rock climbing instructor. No prior experience or equipment necessary. Gardiner Middle School Gym

**Monday 4/22/13 6:00-7:30 p.m. Classes: 5**

**Registration fee: \$59**

## De-stress with Nancy...

*You'll be glad you did!*



### Winter Blues Buster

*Nancy Kelley*

Got the January blues? Pamper yourself and recharge! You will do a variety of activities including stretches, gentle yoga, guided relaxation, meditation, and breath work. Nancy will tune you in to a variety of physical and mental

modalities which will both relax and energize you! This class is also a great way for you to become acquainted with the practice of yoga. Gardiner High School Library

**Wednesday 1/23/13**

**6:00-7:30 p.m. Classes: 1**

**Registration fee: \$12**

### Yoga For Back Care

*Nancy Kelley*

Many of us experience chronic back discomfort due to aging, poor posture, inactivity or injury. Yoga 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

**Session I Monday 1/28/13**

**Session II Monday 3/25/13**

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

**Registration fee: \$ 69**

### Yoga for Senior Adults

*Nancy Kelley*

This class is for individuals who wish to increase mobility and stamina as they age. Join Nancy to learn and practice fun, and easy yoga poses that you can do as part of your daily routine. Reduce the fear of falling by working on poses that improve balance and coordination. Other poses can help with posture, range of motion, stiffness and chronic pain. So take a break and stay flexible, focused, and balanced! Location: The River Studio, 332 Water Street, Hallowell

**Session I Friday 1/25/13**

**Session II Friday 3/8/13**

**Session III Friday 4/19/13**

**1:00-2:00 p.m. Classes: 6**

**Registration fee: \$60**

### Yoga to Enhance Your Life

*Nancy Kelley*

Learn to relax, stretch, breathe and quiet your mind. Based on the Iyengar style of Hatha yoga, you will learn poses and sequences that will help align your body and relax your mind after a busy day. Yoga will provide a wide range of benefits regardless of age or physical condition. Please wear comfortable clothing that



allows you full range of motion. A blanket will suffice in lieu of a yoga mat. Gardiner High School Library

**Session I Wednesday 1/30/13**

**Session II Wednesday 3/27/13**

**6:00-7:30 p.m. Classes: 6**

**Registration fee: \$69**

## Gardiner Area High School Diploma

Adults may earn a Gardiner Area High School diploma by taking the credit courses described on the following pages. 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. Many credit courses begin the third week of January. Students do not pay a registration fee, but do pay for textbooks and lab fees.

**Call 582-3774 to arrange enrollment.**



### \* US History II

*Pamela Corbin*

This course will focus on the historical events of the late 1800s -1950. Students will develop historical knowledge of major events, historical figures and enduring themes which influenced the development of the United States as we know it today. Immigration, prohibition, industrialization, suffrage, World War I, the Great Depression and World War II will be researched, examined and discussed. This will not be your ordinary history class. Content areas will be brought to life through art, exciting films, music and readings. Gardiner High School 127

**Tuesday/Thursday 1/22/13**  
**4:00-6:00 p.m. Classes: 34**

### \* Elements of English V

*Pamela Corbin*

Elements of English V is developed around the theme of notable New England authors. Instruction covers comprehension, interpretation, evaluation and appreciation of literature. Reading selections will be used to understand New England history and culture. Developing clear and effective written English, practicing presentation skills and learning research strategies for use in all content areas will be emphasized. Selections from New England fiction, non-fiction, poetry and drama will be enjoyed. Diploma students only. Gardiner High School 127

**Tuesday/Thursday 1/22/13**  
**6:00-8:00 p.m. Classes: 34**

### PLATO Lab/Self Directed Study

*Pamela Corbin*

PLATO is a computer managed learning system. It offers individualized, self-paced modules of study in math, reading, writing, science, GED preparation and other areas. It is accessible from home via a high speed internet connection, but a teacher is available to assist you during specific hours. PLATO is a great supplement to regular adult education classes if you are working on a high school diploma or getting ready for college. Free registration, but you must call 582-3774 to arrange enrollment. Gardiner High School Room 127

**Tuesday/Thursday 1/8/13**  
**2:00-4:00 p.m. Classes: 19**

### \* Survival Skills For Young Adults

*Pamela Corbin*

This course is designed to assist young adults in acquiring and applying the skills required for independent living. Students will focus on consumerism, food and nutrition, home-making skills, global trends and civic responsibility. Students will be required to complete a consumer portfolio, facilitate group projects, and participate in at least one community or citizenship event. Gardiner High School Room 127

**Wednesday 1/23/13**  
**2:00-4:00 p.m. Classes: 17**

### \* Algebra II

This college preparatory course reinforces and expands upon skills and concepts taught in Algebra I. Linear and quadratic functions, systems of equations, and graphing will be used as tools in problem solving. A solid understanding of linear algebra is necessary for success in this course. Prerequisites: Algebra I and Geometry. Diploma students only. Book deposit \$25. Gardiner High School Room 127

**Monday/Wednesday 1/23/13**  
**2:00-4:00 p.m. Classes: 34**

### \* Human Rights Issues

*Tammy Allard*

This course will be a survey of human rights issues around the world, including here in the United States. Students will analyze the Universal Declaration of Human Rights, an international document, outlining the basic human rights of all people, regardless of gender, ethnicity, race, color, creed, political views, etc. . . As part of the course, students will have the opportunity to research and present information on human rights issues of interest to them. The course will be concluded by each student developing a global or community awareness project that could actually be implemented. Students should expect to actively participate by way of discussion, written assignments, research, and class presentations. Diploma students only. Gardiner High School Room 214

**Thursday 1/24/13**  
**2:00-4:00 p.m. Classes: 17**

### SAT Prep

*Elizabeth Teret*

Colleges use SAT scores to help determine both admissions and merit scholarships. This course will help high school juniors prepare for the May SAT test. In class, the instructor will review necessary reading, grammar, and mathematical concepts and introduce specific test taking techniques. Students should continue to practice these techniques by completing regular homework assignments. The first four classes will cover reading and writing, and the last four will cover math. Gardiner High School Room 120

**Wednesday 3/6/13**  
**6:00-7:30 p.m. Classes: 8**



### \* Career Decision Making

*Melinda Gilman*

This course is designed to introduce a comprehensive approach to the three steps in career decision making. Personality assessments, career interest assessments, career resources, and computer career software will be introduced and discussed. Each student will complete the class with a personal and realistic career and educational plan. Diploma students only. Gardiner High School Room 127

**Wednesday 1/23/13 4:00-5:00 p.m. Classes: 17**

## The GED is an equivalency diploma

which can be earned by passing a five-part exam in the areas of writing, social studies, science, literature and mathematics. A GED can open the door to further education and improve employment opportunities. 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 GED test are available for individuals with a qualifying disability.



**For more information contact Diann Bailey at 582-3774**



**In 2014**, GED Testing Service will unveil a new assessment that ensures the GED® testing program is no longer an endpoint for adults, but a springboard for more education, training, and better-paying jobs.

The new assessment will continue to provide 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. Incomplete test batteries will no longer be valid when the new test becomes available. See [www.gedtestingservice.com](http://www.gedtestingservice.com) for additional information.

Your future  
is calling

### GED On Track

Diann Bailey



Students who are interested in pursuing the GED must attend this workshop series. Activities will include registration, goal setting, exploring career pathways, test taking strategies, calculator use, essay formula, etc. Students will take the CASAS reading and math assessments and the official GED practice tests. Once completed, students may go on to GED preparation classes or GED final testing. Students may choose from daytime (Monday/Wednesdays 10:00-12:30 p.m.) or evening (Wednesday 6:00-8:30 p.m.) sessions. A new series is offered each month. Call 582-3774 to register. Gardiner High School Room 128/124

Monday/Wednesday 1/7/13

10:00 a.m. – 12:30 p.m. or 6:00-8:30 p.m.

### GED Math Lab

Stephen Curtis

This course offers individualized instruction in math for GED 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. Students may join at any time. Students are required to take the CASAS Math test prior to enrollment. Gardiner High School Room 127

Monday 1/7/13

6:00-8:00 p.m. Weeks: 19

### GED Writing Lab

Pam Corbin

This course offers individualized instruction in writing for GED 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. Students are required to take the CASAS Reading test prior to enrollment. Gardiner High School Room 127

Wednesday 1/9/13 6:00-8:00 p.m. Weeks: 19

### Adult Learning Center

Pamela Corbin

The learning center is designed to help a variety of learners meet individual needs. Participants can prepare for the GED 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. Gardiner Boys & Girls Club

Tuesday/Wednesday/Thursday 1/8/13 9:00-11:30 a.m.

Weeks: 19

### Reading Foundations

Lorna Hughes

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

### No transportation?

**Family responsibilities keeping you at home?  
Work schedule keeping you from attending class?**

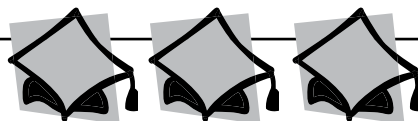
It is now possible to access GED preparation classes through our **new virtual learning environment**. What is a virtual learning environment? It is a computer based simulated environment where you can interact with a teacher and other students while learning.

High speed internet access is required.

**Contact Diann Bailey at 582-3774  
and find out how to get started.**

# Save the Date!

Adult Education Graduation • June 5, 2013



**LOCATION**

The Adult Education Office is located at Gardiner Area High School in the "C" Wing. We welcome visitors. When visiting, you will be asked to state your name and show an ID before entering the building. Office hours are: Monday–Thursday, 9:00–5:00 p.m. & 6:00–8:00 p.m. Friday, 9:00 – 2:00 p.m.

**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. Please listen to these stations for the latest information. We will also post a message on our website, Facebook, Twitter, and voice mail.

**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.

**CHANGES**

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

**MSAD#11 ADULT EDUCATION STAFF**

Patricia Hopkins, Superintendent  
Diann Bailey, Program Director  
Melinda Gilman, College Transitions Coordinator  
Cheri Weston, Secretary  
Mary Lou Sullivan, Secretary  
Brenda Evans, Secretary

**ADULT EDUCATION CALENDAR**

January 7	Registration Begins
January 21	Martin Luther King, Jr. Day
February 18-22	February break
April 15-19	Spring break
May 27	Memorial Day
June 5	Graduation

**ONLINE REGISTRATION** To register online, visit [www.msad11.maineadulted.org](http://www.msad11.maineadulted.org)  
Credit cards and PayPal are accepted.



**WALKIN REGISTRATION** You may register in person at the Adult Ed office. Please be prepared to show ID at entrance to our office.

**Registration Form:** Make checks payable to MSAD#11 Adult Education and mail to 40 West Hill Road, Gardiner, ME 04345. 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.

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone (W): \_\_\_\_\_ Phone (H) or Cell: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Course	Day	Registration Fee	Book/Lab/Other Fee

Total Enclosed:

Where did you obtain your brochure?

Do you have a recommendation for a course or a trip that we may offer?

Postal Patron  
Local Carrier Route  
Pre-Sort

---

**PLEASE KEEP THIS BROCHURE! SOME COURSES BEGIN LATER IN THE SPRING**




Scan to register for classes today!  
or visit [www.msad11.maineadulted.org](http://www.msad11.maineadulted.org)




**CONNECT ME** Broadband Adoption Project **for High-Speed, Broadband Internet Technical Assistance**

The MSAD 11 Adult Education program is your *ConnectME* source for information on how you can use Maine's expanding high-speed, broadband internet connectivity to help you meet educational goals, enrich your life, obtain health information, access governmental services and enhance economic and community development. Contact our office and arrange a special presentation on the importance of high speed internet for your civic or social organization.


Look for this symbol in our catalog. It identifies courses and workshops where you'll learn about high-speed internet connectivity. This community education program is presented in cooperation with the Maine Department of Education and the ConnectME Authority.



Learn more at [www.maine.gov/connectme](http://www.maine.gov/connectme) and check the speed on your internet connection.



The MARTI project is funded by the American Recovery & Reinvestment Act State Broadband Infrastructure Program  
Award Number 23-50-M09062



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