



# Noble Adult & Community Education

*Learn. Grow.  
Achieve.*



**Courses  
Winter/Spring 2016**

[www.noble.maineadulted.org](http://www.noble.maineadulted.org)  
207-676-3223



**Adult Education**  
MAINE  
*Learning for Work and Life*

# WELCOME TO WINTER/SPRING 2016!

The NACE staff is excited about our winter-spring offerings and challenge you to Learn. Grow. Achieve. There are over twenty NEW classes ready for you to register for today! Take a moment to browse the catalog, go to our website [www.noble.maineadulted.org](http://www.noble.maineadulted.org), or stop by the office to find out the latest additions and news. You can also find us on facebook and twitter.

We are pleased to introduce Karen Forni who joined our team as administrative assistant in mid-September. Karen has an undergraduate degree in education and a master's degree in Gerontology/Management of Aging Services. She also works with older adults as an Aging Life Care Provider in her hometown of Kennebunk.

Please stop by to meet Karen. We are sure you will find her smile and laugh as contagious as we do. As always, we look forward to seeing you!

*Brenda, Louise, Lisa, Janna, Nancy, Kelly and Karen*

## Administration & Advisory Council

### MSAD #60 Administration:

Steven Connolly, *Superintendent of Schools*  
Susan S. Austin, *Assistant Superintendent*  
Susan Macri, *Director of Special Education*

### MSAD #60 Board of Directors

#### Berwick:

Ryan McCabe, Margaret Wheeler, Dustin Price

#### North Berwick:

Jacqueline Alwin, Stanley Cowen, Lynn Manley

#### Lebanon:

Beverly Olean, Joanne Potter, Andrea Rose

### Noble Adult & Community Education Advisory Council

Mr. Steve Connolly	Mr. Steve Howard
Mr. Brian Cincotta	Ms. Lisa Huestis
Ms. Kelly Gray	Ms. Nancy Welch
Ms. Rindi Hilton	



Karen Forni

## Adult Education Calendar

### Winter / Spring 2016

Jan. 18	MLK Jr. Day
Jan. 19	Enrichment Samples on Display
Jan. 27	Maine College Transitions @ NACE
Feb. 15 – 19	February vacation
Apr. 18-22	April vacation
May 30	Memorial Day
June 6	Adult Ed Graduation

## How to Register & General Information, Page 23



### CONNECTME

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.

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# Business & Skills

## CAREER, TRADES, & CERTIFICATES



### How Can Your Business Benefit From Adult Education?

#### Customized Computer Classes!

We have highly qualified staff who can work with you to create a custom class at an affordable rate. Based on experience, we know you need a team who is flexible, can personalize and listen effectively. You can count on NACE as the provider to meet your professional development needs.

#### Custom Workshops!

NACE can provide team building sessions, customer service training, a custom math or writing refreshers in our comfortable space or onsite. We are comfortable teaming with partner groups to provide you with a best fit workshop either during the day or evening.

#### Host Online Trainings!

Our Tandberg system includes a 52 inch screen and is connected to the Maine Network system. Mandatory and optional training courses are available through this system. Reach out to your partners and government agencies throughout the State of Maine to have a face to face conference with them in our air conditioned space. NACE is open during the summer and weekdays from 9am to 9pm. Just have your partner agency request NACE as a delivery site, contact us for confirmation and we will be happy to let you use our comfortable space for your training.

#### Career Planning

Did you get a great start at the Career Center but would like additional support? Julie will assist you in translating your work history into marketable work skills, help you explore your work strengths, and provide options for you to make your next career move. Resume writing has been part of this service for over fifteen years and at no cost to you. Individual appointments up to an hour are available. Call to schedule your appointment today!

Instructor: Julie Patten  
Starts January 19, 2016, day or evening appointment  
Noble High School  
Cost: no cost

#### Substitute Teaching Prep

Join Eva Hamel, Central Office HR Director, and a team of principals, and experienced substitutes for a 3-hour training to explore this important district position. Topics to be covered include how to use the AESOP system; classroom management tips; strategies to engage students; school/building policies and procedures; and dealing with emergency plans. There will be lots of time for conversation, please bring your questions.

Instructor: Eva Hamel and District staff  
Tuesday, January 26, 2016  
6:00-9:00 PM  
Noble High School  
Cost: No Charge

#### Welding for Beginners

Due to the large number of individuals on the Fall 2015 wait list, we will not be taking names this semester for the spring class. If you are on the wait list, you will be called regarding the spring class details. We appreciate your interest in welding and are working with Adam to find a second instructor.

Class start date: Monday, February 22, 2016.  
Instructor: Adam Reid

#### Academy of Medical Professions Series

Become **NATIONALLY CERTIFIED** in a high-demand job in as little as 16 to 20 weeks through The Academy of Medical Professions. These training programs are being held on-site, through our Tandberg system, or online. Attend a **FREE** information night on **Wednesday, February 3, 2016 at 6:00 p.m.** to learn more about career opportunities in the medical field. If you cannot attend the information night or wish to register immediately for one of the programs, contact us at 676-3223. To view the entire course listing go to: [www.noble.maineadulted.org](http://www.noble.maineadulted.org) or [www.academyofmedicalprofessions.com](http://www.academyofmedicalprofessions.com).

Noble High School  
Cost: No cost for information night but must register.





## Certified Nurses Assistant (CNA)

This 180 hour course is geared to prepare you to work in a nursing home, hospital, and a home healthcare setting. The class includes preparation for and taking the State of Maine Competency Exam as well as qualifying to work in both Maine and New Hampshire facilities. Pre-requisites include: proof of high school completion or senior in good standing, I.D. (driver's license and social security card), two letters of recommendation and a reading level of at least 9th grade (an assessment will be given as part of the interview process). Cost includes books, lab materials and exam fee.

Cost: \$950.00  
Lectures at Noble High School  
Date and Time: Late Spring

## Pre-Certified Nurse's Assistant

This twelve week course is designed for individuals who are exploring options of becoming a CNA or are currently in a CNA class and would like additional support. The class will focus on terminology, exploring skills expected of a CNA, test taking tips, and reading non-fiction texts. This class is a great first step for an individual thinking about entering the medical sector or new to the job market. Anyone 17 years of age or older are welcome. Class will run with a minimum of 4 students. Cost of class includes book cost and class materials.

Instructor: Tami Belanger  
Wednesdays starting in Early Spring  
4:30-6:00 PM  
Noble High School  
Cost: \$140.00

## Cash is King

Cash is arguably the most important factor in business success. D&B reports 90% of all small business failures are due to poor cash flow—more money gets paid out than collected. It is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash and find out your role in cash flow success. Average hours 16; 1.6 CEUs/ILUs. This is an online class for your convenience.

Sessions are one month in duration. Start dates for sessions:  
March 7 - April 1, 2016  
May 2 - 27, 2016  
July 5 - 29, 2016  
Instructor: Jodie Trana  
Cost: \$195.00



## Keys to Customer Service

Learning to build your customer service skills will have a powerful impact on your career success as well as success in other areas of your life. Through this course, you will discover the direct relationship between service skills and career achievement. You will become skilled at being an exceptional service provider. You can help your organization and your career by translating your good service intentions into a workable plan and gain knowledge of ways to consistently deliver great service. The payoff is enormous. One-month online course. This is one of two courses to obtain a Certificate in Customer Service.

Instructor: Nanette Sanders-Cobb, COI  
Cost: \$145.00

## Extraordinary Customer Service

Transform your customer service into something extraordinary. As a result, more repeat business will improve your bottom line. Customer service separates you from your competition. Extraordinary customer service comes from focusing on the few essential elements that yield big results. Discover how easy it is to tweak your customer service from the ordinary to the extraordinary. You'll take away a customer service plan that will help you focus on the key elements that will get you started on your pathway to success. This is the second of two courses needed to obtain the Customer Service Certificate.

Instructor: Fred Bayley  
Cost: \$145 (both customer service courses and certificate just \$245 total)

# COMPUTER

## **NEW! Getting To Know Windows 10**

Bring your Windows 10 Laptop and learn the basics. How to get around in Windows 10, use the Help, organize your icons, customize the taskbar, add & remove tiles from the start menu, explore the Control Panel, change the power settings, use the new start menu, backup your files, and even how to get Internet Explorer back. This is a 3-week, 9 hour class. Class will run with 5 students. Max is 9 so register soon!

Instructor: Elizabeth Boston  
Thursday, March 10, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$60.00

## **Getting To Know Your iPad**

Your new iPad came with some cool apps, do you know how to use them? Bring your iPad to this three week class and learn the basics. We will look at how to get around on your tablet, organize your icons, how to turn it on and off, change the power settings, find and install apps, how to close running apps, and even how to “reboot” your iPad. During the second week, we will learn how to copy & paste text and images, how to use the onscreen, or connect an external keyboard, and finally, learn all those little tips and tricks that make surfing the web on your iPad faster and easier. Finally, learn how to use your Calendar, manage your Contacts, take Notes, use your camera, and make video calls with Face Time. Maximum number of students is ten and class will run with a minimum of five. Be sure to bring your fully charged iPad or iPad mini to class.

Instructor: Elizabeth Boston  
Monday, March 14, 2016  
6:30 – 8:30 PM  
Noble High School  
Cost: \$36.00

## **Introduction to Windows 7**

We would like to provide everyone an opportunity and welcome you to join us on a twelve hour tour in Windows 7. We have had young and old participants complete the course finding they gained more knowledge when they completed the course then they had before taking it. We provide a very relaxed and dynamic environment promoting a fun and informative experience. Whether you have used computers or not, it doesn't matter. If you are willing to expand your familiarity from what you already know or even take a chance at trying something new, you will discover that you can look at things differently. For example you will understand what GUIs are and what tool bars are used for. There is one more important thing, “there is no stress allowed” during your experience. Call us if you have any questions or want to reserve your place for the tour, a friendly voice will be on the other end to greet you and get you enrolled. If you choose to bring your laptop, please let us know when you register. Book cost is approximately \$30.00. Senior Discount for course is \$36.00.

Instructor: Keith Hurd  
Monday & Wednesday, Starts February 22 - March 9, 2016  
4:00 – 6:00 PM  
Noble High School  
Cost: \$68.00

## **Introduction to WORD 13**

In today's world everyone communicates electronically. We provide a tool that will aid you towards completing such a task. Word 13 makes it easier to edit and format group your collective ideas in such a way that you will be impressed with your final document. We provide a fun and relaxed environment conducive to stress free learning. If you have had problems, whether at home or at work putting ideas together in a document, try using Word 13 to help you complete your mission. You will discover things as, saving and moving files, changing the appearance and positioning of your text in a document as well as organizing your thoughts and presenting it in a finish product. Call or email us with questions or to register. You will be greeted by a friendly voice that will be more than happy to assist you in enrolling in the Word 13 course. Registration requires a minimum of 5 and a maximum of 8. Book Cost is approximately \$30.00. Senior Discount for course is \$36.00.

Instructor: Keith Hurd  
Monday & Wednesday, Starts March 14 - 30, 2016  
4:00 – 6:00 PM  
Noble High School  
Cost: \$68.00

## **Introduction to EXCEL 13**

Sometimes you find out when it comes tax time that somehow you can't seem to keep all of your important information together. Excel 13 is a fun and creative tool that helps you organize all of your household or business information. It is a very dynamically structured program in which you can take the information you have and keep it current throughout the year. We provide a fun and relaxed environment where you will gain knowledge in the workings of the Excel program. You will find that creating work sheets for designing your information are simply done by right clicking. Since there is no stress allowed during the course, you will discover that come tax time your personal information will be organized and designed by yourself. Please call for more detail, a friendly voice will be more than happy to assist you in enrolling in the Excel 13 course. (Pre-Requisite: Windows 7). If you plan on bringing your own laptop, please let us know for planning purposes. Registration requires a minimum of 5 and a maximum of 8. Senior Discount for course is \$36.00. Book Cost is approximately \$30.00.

Instructor: Keith Hurd  
Monday & Wednesday, Starts April 4 - 27, 2016  
4:00 – 6:00 PM  
Noble High School  
Cost: \$68.00

## **Microsoft Office 2013**

This fifteen week course will focus on multiple application programs used in both academic and professional settings. Gain computer literacy skills, understanding operating systems, file management and internet use. You will create spreadsheets, use presentation tools, explore databases and other practical applications. Prior knowledge will be assessed to personalized lab work. This course uses the Microsoft Office suite running on Microsoft Windows operating system. This is a no cost class for Maine College Transitions students.

Instructor: Jill Smith  
Wednesday, January 27, 2016  
3:30 – 8:00 PM  
Noble High School  
Cost: \$145.00



# Academics

## LITERACY



Fall 2015 ESL Class

### Advanced ESL

Student placement is based on individual writing and reading skill assessments. Students will set short and long term academic goals that compliment clear career and employment goals to help guide this student centered learning environment. Course is funded through an AEFLA grant. Course runs 15 weeks.

Instructor: Donka Theriault  
Monday, January 25, 2016  
10:00 AM - 1:00 PM  
Noble High School  
Cost: No Charge to Maine residents.

### Civics Literacy for U.S. Citizenship

This class is designed using the process needed to attain citizenship in a democratic society. You will build the literacy skills needed and the knowledge required to become a U.S. citizen. Lessons include how our country was formed, important U.S. texts and governing documents. This class is funded through an AEFLA grant and may be taken more than once. Class runs 14 weeks.

Instructor: Tami Belanger  
Wednesday, Open enrollment starts January 6, 2016  
3:30 - 5:30 PM  
Noble High School  
Cost: No Charge to Maine residents.

### Reading & Writing for Career & College

Improve your reading comprehension and writing skills to qualify for a job training program or college admission during this fourteen week course. Emphasis is on daily reading, expanding your vocabulary, and learning to write well. This is an AEFLA grant supported class. \$10.00 refundable book deposit may be required.

Instructor: Mara Flynn  
Wednesday, January 13, 2016  
9:00 AM - Noon  
Noble High School  
Cost: No charge to Maine residents

### ESL for Work, Home, & Community

Focus on language skills found in the workplace as well as home and throughout the community. You will establish career goals, explore workplace vocabulary, and build communication skills found in all three environments. Students will experience team building skills, how to fill out job applications, basic computer skills, and build a skill based resume. Course runs 15 weeks. This is an AEFLA funded class.

Instructor: Tami Belanger  
Monday/Tuesday, January 4, 2016  
3:30 - 5:30 PM  
Noble High School  
Cost: No Charge to Maine residents.



### Math for Today

Whether you are preparing for a college placement test, hoping to understand your child's homework, or just love math, we invite you to join our fifteen week math lab where we try to make sense of the numbers in our lives. Anything from fractions, decimals and percents to the applications in the real world will be addressed. This is a judgment free zone where we actually have fun with numbers...and learn at the same time! Senior Discount: \$20.00. Out of State students: \$90.00.

Instructor: Louise Burns  
Tuesday & Thursday, January 12, 2016  
9:30 AM - 11:30 AM  
Noble High School  
Cost: No cost for Transitions, HiSET, or high school diploma students.



**Louise Burns** has been working with Noble Adult & Community Education for over 20 years. She is our Academic Coordinator, teaches various levels of mathematics, facilitates all our Independent Study classes, and oversees the annual PJ Party. Louise graduated cum laude from Bowdoin College in 1983 with a BA in Mathematics and a minor in Education. She

subsequently received her Master's in Educational Administration from the University of Southern Maine. Louise and her husband, Robert, have 2 adult children and reside in Berwick, Maine.

# TRANSITIONS TO COLLEGE



## MCT- Maine College Transitions

Maine College Transitions at NACE has been known as COMPASS for more than six years. Our goal is still your successful transition from our program to a post secondary training program of your choice in this fifteen week program. Career development topics include funding, seeking support services available to sustain a successful environment, and career exploration. This year we have joined forces with adult education programs throughout southern York county to increase schedule options for those looking for a boost before entering a post secondary training program or college. Our partners include: Marshwood, Kittery, York, Wells-Ogunquit, Biddeford, Adult Education of the Kennebunks and Arundel, and OOB-Saco.

Wednesday, January 27 - May 11, 2016

- Math: 9:00 AM - Noon & 3:00 - 8:30 PM
- College Study Skills/Writing: Noon - 3:00 PM

Noble High School

Cost: No cost to Maine residents

## College Transitions Study Skills/Writing

In this class you will explore career options, learn college language, visit programs of interest, sit in on college/training classes to see if they are right for you, hone your writing skills, and gain the confidence and skills needed to enter a post secondary program. As part of this class you will prepare to take the writing component of the ACCUPLACER test, an admission's requirement at most colleges.

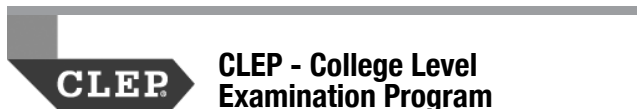
Instructor: Julie Patten

Wednesday, January 27 - May 25, 2016

Noon - 3:00 PM

Noble High School

Cost: No cost to Maine residents



Shorten your path to a college degree, recertification or career advancement with CLEP. CLEP is a time-saving avenue to degree completion, offering thirty-six tests assessing college-level knowledge to validate your prior learning. With over 2,900 colleges and universities in the United States accepting CLEP credits, you can save money and reach your academic goals. NACE offers a flexible schedule in a comfortable air-conditioned space as well as individual appointments for your comfort. Call to register now! Testing is ongoing throughout the year.

Instructor: Lisa Smith, CLEP Administrator

Ongoing, by appointment

Noble High School

Cost: \$115.00 per exam

## Proctoring for Your Online Exams!

Taking an online college or certification course and you need a proctor? We continue to serve residents throughout the year, including the summer months by being proctors for individuals requiring a quiet and official testing space. Call or email to make an appointment. Due to a reduced summer schedule, please call ahead for an appointment. This is a no cost service to you.

## Support for your Online Courses!

Taking an online course to fulfill personal or career goals and your home internet service is being troublesome? Are you looking for a quiet space to study? You are welcome to use adult education classroom space when classes are not in session. We also have laptops available for use in the adult education space to assist you in meeting your course deadlines. Office hours are Monday through Thursday from 9am to 9 pm during the school year so call us for more information. Summer hours are reduced so please schedule at least 48 hours in advance. There is no cost for Maine residents.

## Internet Access for Online Courses!

Taking an online course to fulfill personal or career goals and your home internet service is being troublesome? You are welcome to use our classroom space when classes are not in session. We also have laptops available for use in the adult education space to assist you in meeting your course deadlines.

## HIGH SCHOOL CREDENTIAL HiSET™



If you are at least 18 years of age, are no longer enrolled in school, need a high school credential and do not have the time to take classes in a traditional setting, the ETS® High School Equivalency Test (HiSET)® exam may be for you.

The HiSET® exam consists of the following five subjects: Language Arts Reading, Language Arts Writing, Science, Social Studies, and Mathematics.

HiSET® exam preparation and testing are free to Maine residents at NACE. Call 207-676-3223 for more information. Testing accommodations available to persons with documented disabilities.

## HiSET Orientation

This 12 hour program includes meeting with Academic Coordinator, Louise Burns; taking the CASAS reading and writing assessments, meeting with the Career Advisor for an initial visit, placement into an individualized program which may include taking classes, creating a student HiSET account, and taking the Official HiSET Practice tests. Appointments are done on an individual basis and ongoing. This program is considered an open enrollment program which means you can call any time throughout the semester. This is a no cost to Maine residents program.



# HIGH SCHOOL DIPLOMA CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday
<b>English</b> Ingrid Strange 6 PM-9 PM 1/25/16-5/16/16	<b>HSD Orientation</b> L Burns/J Patten 6 PM – 9 PM 1/12/16 – 1/19/16	<b>English</b> Mara Flynn 9 AM- Noon 1/13/16-4/27/16	<b>HSD Orientation</b> L Burns/J Patten 6 PM – 9 PM 1/14/16 – 1/21/16
	<b>Number Sense</b> Louise Burns 9:30 AM- 11:30AM 1/12/16-5/3/16	<b>Pre-Algebra/Algebra</b> Louise Burns 9 AM – Noon 1/27/16 – 5/18/16	<b>Number Sense</b> Louise Burns 9:30 AM- 11:30AM 1/14/16-5/5/16
	<b>English-Writing</b> Julie Patten 12:00 PM -3:00 PM 1/19/16 - 5/10/16	<b>Computer Applications</b> Jill Smith 3:30 PM – 8:00 PM 1/27/16 – 5/18/16	
	<b>Financial Literacy</b> Louise Burns 6:00 PM - 9:00 PM 1/26/16 - 5/17/16	<b>Math Lab</b> Jill Smith 3:30 PM – 8:00 PM 1/27/16 – 5/18/16	
<b>Independent Study**</b> Louise Burns  1/11/16 – 5/9/16	<b>Independent Study**</b> Louise Burns  1/12/16 – 5/10/16	<b>Independent Study**</b> Louise Burns  1/13/16 – 5/11/16	<b>Independent Study**</b> Louise Burns  1/14/16 – 5/12/16

\*\*by appointment only

- ▶ **Registration:** To register for the above classes you must schedule an appointment with the academic coordinator, Louise Burns at 207-676-3223.
- ▶ **High School Diploma Registration Requirements:** Must be at least 17 years of age and officially withdrawn from high school for at least one semester.
- ▶ **Hiset Registration Requirements:** Must be 18 years of age and officially withdrawn from high school.
- ▶ **Career Advising** is a mandatory part of our high school completion program. For appointments call julie patten at 207-676-3223.
- ▶ **Accuplacer:** Contact Louise Burns at 207-676-3223 to make an appointment.
- ▶ **For Summer 2016** Schedule of academic classes call 207-676-3223.



## *Luba McDonough*

Eight local adult education programs joined forces over the summer to provide southern York County a more consistent and unified Maine College Transitions program. They have decided to call themselves the Consortium for Learning and Student Success (CLASS). Maine College Transitions at NACE will continue to operate our full program and is still on Wednesdays. Our next session is starting January 27, 2016 and you can register now!

Luba McDonough has been hired as Consortium Coordinator. Ms. McDonough will be working with the programs to reach out to businesses in the community and our local community colleges to better serve you as you transition into a certificate training or college program.

Ms. McDonough earned her Master's Degree in Educational Technology and a Certificate in Technology Integration, from Boise State University. Before that, she worked for 17 years in the Oxford Hills School District as an elementary school teacher and federal grant manager.

If you are a business, social agency, or other organization, and would like to have her present to your employees or clients about the Maine College Transitions CLASS program, please contact: [lmcdonough@rsu23.org](mailto:lmcdonough@rsu23.org).

# Enrichment

## FAMILY FUN

### **NEW! Twists, Braids, & Twirls**

Spend a fun evening with your child and learn how to make creative, timesaving hairstyles. Melt away your hesitations and be amazed how easy you will build confidence creating a hairstyle your child will love! Bring a comb and brush. The hair ties and other securing items are included in the cost of the class. Registration requires a minimum of 5 teams of two and a maximum of 8. Class cost covers one adult and one child.

Instructor: Cynthia Plaisted  
Wednesdays, March 9, 2016  
5:30 – 8:30 PM  
Noble High School  
Cost per team: \$10.00

### **Family Science Night**

Crush those winter blues with these fun, safe activities. Build a canister rocket, watch a color symphony appear before your eyes, dip your hands in Oobleck, along with four new experiments! All projects are reproducible in a home. Wear washable clothing. Materials fee included in cost of class. Minimum is 6 teams and maximum is 8 teams.

Instructor: Brenda Gagne  
Thursday, February 11, 2016  
6:00-7:30 PM  
Noble High School  
Cost: \$7.00 per team of two

### **NEW! Family Seed Starting Night\***

Avoid planting too many of one vegetable or herb. Come ready to learn about seed planting depths, soil, and tips on how to get your seeds to grow into delicious vegetables or herbs to garnish your meals. You will take home four different planted things. Soil, seeds and plant pots are included in the cost of the class. Maximum number of 8 families for this class.

Instructor: Elizabeth Goody  
Wednesday, April 6, 2016  
6:30-9:00 PM  
Hanson School  
Cost: \$12.00 per family



### **Beginner Sewing Project: “Foot Frenzy”**

Yes! You will be making the “Foot Frenzy” game from the book *Sew and Play*, copyright 2014 by Farah Wolfe. Martingale and Company has graciously granted me permission to use the pattern to create this game with you and then use it during the last class with your children! This is the perfect beginner sewing project and a game your children will be playing over and over. Week 1 and 2: You will learn about fusible fabric stabilizers, fray preventative options, fabric marking and rolled hems all while creating this terrific child’s game that builds balance, coordination, and cooperation skills. This game can be used by toddlers and preschoolers as well as school aged children. Week 3 is Game Time!! So register now to secure your spot! Maximum class size is 8 with a minimum of 6. Just bring a 42” x 42” piece of felt. All other materials are included in cost of class.

Instructor: Brenda Gagne  
Wednesday, January 13, 2016  
6:30-9:00 PM  
Noble High School  
Cost: \$24.00

### **Parent/Child Yoga**

Do you want to laugh and participate in a fun activity with your child? This 3 week class is designed to offer a healthy way for parents/guardians and children to make a special connection while being introduced to yoga. This class will be a beginner level class and will focus on learning poses, breath techniques and lots of fun! Classes will be led by Nancy. All equipment will be provided for you. Information learned in yoga classes should not be considered a substitute for medical advice.

Instructor: Nancy Cotty of Peace Within Yoga.  
Wednesday, March 2, 2016  
5:30-6:30 PM  
Noble High School  
Cost: \$36 for each parent/child team

### **Toddler Time**

Are you looking for a way to harness your toddler’s attention while building lifelong healthy exercise habits? Come join us for this 3 week adult/child exercise class with your toddler. They get to have lots of fun while helping you to get your exercise! Come in comfortable clothes and sneakers. No more than two children for every adult. The class will run with a minimum of four adult/child teams.

Instructor: Samantha Pannier, Clinical Exercise Pathologist  
Tuesday, January 26, 2016  
6:00 – 7:00 PM  
Noble High School Fitness Center  
Cost: \$12.00 per parent/child team

# ARTS & CRAFTS

## All Natural Lip Balm & Essential Oil Basics

All Natural Lip Balm made with Essential oils. You will make and take home 6 tubes of lip balm. As the office staff can attest these are great gifts or to use yourself! We go over the basics of the essential oil properties and uses. If time we will make a surprise take home gift. A \$7.00 material fee is payable directly to the instructor.

Instructor: Diana Minutelli  
Wednesday, March 16, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$15.00

## Beading Basics Night

Learn about beading supplies, tools, wires, thread, clasps, and tricks of the trade with Michelle. You will make both a necklace and a pair of earrings while learning how to build a sequence, crimp and tuck your wires, and learn how to bend your wires to make earrings. All materials will be provide by the instructor. A \$15.00 material fee is payable to the instructor. Additional tools will be available for sale for home use.

Instructor: Michelle McCarty  
Thursday, March 24, 2016  
6:00 - 8:30 PM  
Noble High School  
Cost: \$16.00

## NEW! Color Work Hat

Learn how to make this simple Fair Isle style hat in a selection of sizes using a version of the "Magic Loop" technique on circular needles. This is a great pattern for your first time using this technique. Debra has found Tin Can Knits patterns to be clear, concise and well written. You'll learn how to incorporate new colors into your work, tips on color and yarn selection, basic chart reading, a better understanding of the choice of fibers and the use of circular knitting needles.

Class meets once per week for three weeks: February 2nd, 9th and 23rd. Bring yarn and knitting needles to the first class—call the office for details or go to [www.noble.maineadulted.org](http://www.noble.maineadulted.org).

Instructor: Debra Kimbrell  
Tuesday, February 2, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$32.00



## Do Your Own Quilting

Need time to finish a project? This 5 week class is perfect! Join the group to laugh, chat, sew and get tips from experienced quilter Kelly. Show and tell is strongly encouraged. Drop in fee: \$10.00 per visit. Maximum registration for this class is 6 students to be sure everyone has plenty of sewing room.

Instructor: Kelly Monroe  
Wednesday, February 24 - March 23, 2016  
6:00 - 9:00 PM  
Hanson School - PDC  
Cost: \$38.00

## NEW! Embroidery for All Levels\*

During this 3 week class, you will be making a small wall hanging using a 5 x 7 kip provided by Beth. Learn a variety of embroidery stitches to complete this project. This is a beginner friendly class yet well suited for those who have experience. You will feel great when you leave with your finished project! A \$7.00 material fee is payable to instructor. Bring a pair of scissors. Register now as the maximum class size is 7.

Instructor: Beth Goody  
Wednesday, March 9, 2016  
6:00 - 9:00 PM  
Hanson School  
Cost: \$28.00



## NEW! Essential Oils for Mom

This one afternoon class will focus on making essential oil products that would make great gifts for mom. We will make hand sanitizer, a sugar scrub, a reed diffuser for the home, and an herbal hairspray. The essential oils used can be customized according to personal preference. As we make the products, I will highlight the benefits of specific oils to help with decision making. Material fee of \$20.00 payable to instructor at time of registration.

Instructor: Heather Fletcher  
Wednesday, May 4, 2016  
3:00 - 5:00 PM  
Noble High School  
Cost: \$17.00

## Fabric Design with Linda

Explore natural dyes on synthetic fabrics with artist and teacher Linda Thorndike Williams. Learn techniques to create your own fabric designs using heart-dispersed dyes and the heat press. In this class you will paint, stamp, comb and layer dyes onto paper that will then be pressed onto fabric. These fabrics can be made into scarves, clothing, pillows, and unique fabrics to use in quilting and fabric art pieces. The first night of the class will cover all the methods! Saturday you will design, create, and share ideas. Register early as maximum class size is eight. More details and the materials list can be found at [www.noble.maineadulted.org](http://www.noble.maineadulted.org).

Instructor: Linda Thorndike-Williams  
Friday & Saturday, March 11 & 12, 2016  
Fri - 6:00-10:00PM, Sat: 9:00 AM - 3:00 PM  
Hussey School  
Cost: \$60.00

## ARTS & CRAFTS (continued)



### **NEW! Felted Slippers**

Join us as we learn how to create these wonderful felted slippers. If time permits we will explore various decorating techniques on our newly crafted slippers such as needle felting, embroidery and beaded design. All necessary yarn and the pattern will be provided. The \$20.00 material fee is payable to the instructor. Please add an additional \$10.00 materials fee if you want a double sole. Call Noble Adult Ed office for further details such as knitting needle size needed. Class meets once per week for three weeks on February 4th, 11th and 25th. Once you have learned the technique the slippers work up quickly and you'll want to make several pair as gifts! You will need to work on the slippers between classes in order to complete them by the end of the three classes. Class is limited to six so sign up as soon as possible to secure your spot. Skills needed: basic knitting stitches, knit and purl, as well as basic knitting pattern reading and hand sewing techniques.

Instructor: Debra Kimbrell  
Thursday, February 4 - 25, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$36.00

### **Getting To Know Your Serger**

Dust off your serger and learn how easy it is to use! We will start with serger threading and maintenance then learn basic stitches. Discover how easy it is to tie on and off, and to sew perfect curves and corners. Bring your serger to class, along with 2 needles, 4 different colors of thread and any accessories that you have. A 3-ring binder and page protectors will help keep your stitch book organized. Your instructor will provide fabric samples and instructions. Cost of class includes materials. Class has a maximum of 4.

Instructor: Elizabeth Boston  
Thursday, May 19, 2016  
6:30 - 8:30 PM  
Noble High School  
Cost: \$60.00



### **NEW! Grocery Tote Bag**

Create this grocery tote in three classes. This bag works up quickly and stretches upwards to hold a large amount of items. Make yourself several to use at those great summer farmers markets and craft fairs. Participants should be comfortable with single crochet and double crochet. Materials list: 4-ply cotton yarn, suggest 1-lb cone to complete bag without tying in (1 lb will make 2 bags) OR for 2-tone bag, 4-ply cotton yarn, two 50-gm skeins each of two contrasting colors (4 skeins total), crochet hooks sizes H and I, stitch marker, yarn needle, and scissors. Maximum enrollment is 8.

Instructor: Elizabeth Chickering  
Thursdays, March 31, 2016  
6:30 - 9:00 PM  
Noble High School  
Cost: \$30.00



### **NEW! Making Granny Squares\***

We all learned how to crochet granny squares but were never sure what to do with them. Beth will not only teach you basic crocheting and how to make even squares, but how you can assemble them to make a throw or a handy tote. The first night you will learn the stitches and plan your piece. The second class will be assembly and celebrating your success! Materials list includes one skein yarn and crochet hook G or H. Maximum registration for this class is 6 students.

Instructor: Elizabeth Goody  
Wednesday, February 24, 2016  
6:00 - 8:00 PM  
Hanson School  
Cost: \$20.00

### **Paper Piecing\***

You will dazzle your family and friends with perfect points, straight seams, and a completed project! Learn the basics to paper piecing during this two week class while creating a fun quilt block(s).

Kelly will guide you to be sure you understand the concepts and discuss great sources for additional blocks. Maximum registration for this class is 6 students to be sure everyone has plenty of sewing room. Bring your machine and basic sewing supplies. Fabrics included in price of class.

Instructor: Kelly Monroe  
Wednesday, March 30, 2016  
6:00 - 9:00 PM  
Hanson School - PDC  
Cost: \$24.00



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20 Minutes a Day



**Consortium for Learning  
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*Serving Southern York County,  
through adult education programs.*



***If you answer YES to any of the following, then this  
Maine College Transition Program is for YOU!***

- ✓ Thinking about going back to school, but it's been a while and you need to refresh your Writing and/or Math skills?
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- ✓ Like to advance in your place of employment, but need some college to get you there?
- ✓ Want to avoid paying tuition costs and books for developmental courses that give you no college credit?



***Learn. Grow.  
Achieve.***



**Adult Education**<sup>MAINE</sup>  
*Learning for Work and Life*



**Call any of the following Adult Education offices to learn more about the program.**

**Noble** 207-676-3223 | **Adult Education of the Kennebunks & Arundel** 207-985-1116 | **Biddeford** 207-282-3883

**Kittery** 207-439-5896 | **Marshwood** 207-384-5703 | **OOB-Saco** 207-934-7922

**Wells-Ogunquit** 207-646-4565 | **York** 207-363-7922

# ARTS & CRAFTS *(continued)*

## Quilt & Sew Weekends

Finish those PhD's (projects half done), start a new one, pick up tips from fellow quilters and make new friends! Escape those constant interruptions at home for over eleven hours of sewing and camaraderie. Show and tell is encouraged and no one is too new to join in the fun! Bring handwork or your sewing machine and supplies. Iron, ironing board, cutting mats and rulers supplied. Registration requires a minimum of 8 and a maximum of 20. Senior Discount: \$7.00. One day cost: \$10.00.

Instructor: NACE Staff

- Friday & Saturday, March 18 & 19, 2016  
6:00 -10:00 PM & 8:30 AM – 4:00 PM
- Friday & Saturday, April 1 & 2, 2016  
6:00 -10:00 PM & 8:30 AM – 4:00 PM

Noble High School

Cost: \$15 per session

## Quilts of Valor - A Community Service Opportunity

Join Becky in making lap quilts for our veterans for the local group affiliated with Quilts of Valor. She has partnered with NACE and The Village Quilt Shop for the past three years and the job is not done! There is a need for those who iron, cut, sew or who can design! You will meet a terrific group of people who will make any task fun and full of laughter. Can't make it but want to contribute? We will be happy to take donations to have the quilt tops finished by local long arm quilters or to purchase fabric. Bring a smile and if you plan on sewing, please bring your sewing machine. Do not forget National Quilt of Valor Sew Day is Saturday February 6th!

Instructor: Becky Hanson

- Friday & Saturday, February 5 & 6  
5:00 – 10:00 PM & 8:00 AM - Noon
- Friday & Saturday, April 8 & 9  
5:00 – 10:00 PM & 8:00 AM - Noon

Noble High School

Cost: No cost but should register.

## NEW! Reversible Jacket

Patchwork pockets add pizzazz to this otherwise plain jacket, but there is a surprise – the jacket is reversible so you get double the reward for half the effort!

Variations on four favorite quilt

blocks - rail fence, log cabin, nine-patch, and Seminole work - are used to make the four pockets. Roll-back sleeves bring a little of the reverse color to the front, accenting the colors in the pockets. Patterns are included for child's XXSmall thru Women's 3XL. Jacket can be made with your serger or your sewing machine. Class runs for 4 weeks. Go to [www.noble.maineadulted.org](http://www.noble.maineadulted.org) for supply list. \$10.00 pattern fee is included in cost of class. Maximum enrollment is 6.

Instructor: Elizabeth Boston

Tuesday, April 12, 2016

6:30 - 8:30 PM

Noble High School

Cost: \$60.00



## Sewing Open Studio – 8 Weeks

Complete unfinished projects or create items to ring in the spring! You will be guided through difficult spots whether you are making a new handbag, completing a quilt or looking for new ideas and patterns. You will not run out of creative juices and reasons to laugh! Bring sewing machine and supplies or do hand work. Irons, ironing boards, cutting mats and rulers supplied. Registration requires a minimum of 7 and a maximum of 10.

Instructor: Nancy LeClair

Monday & Tuesdays, February 22 & 23, 2016

6:00 – 9:00 PM & 10:00 AM – 1:00 PM

Noble High School

Cost: \$56.00



## NEW! Ukrainian Egg Decorating

Explore a new craft as you learn to decorate eggs using dyes and wax in just three classes.

With this technique, eggs are dipped successively in darker dyes as you apply wax to areas of the egg you want to remain for each color. This very simple process results in a beautifully decorated egg that can be kept for many years. Gift your beautiful egg or create more and decorate your home with them. A \$30.00 material fee is payable to instructor to make up to two eggs. The tools used (kristka, 3) will be yours to keep and use on additional projects. This course meets on March 8, 15 and 22.

Instructor: Debra Kimbrell

Tuesdays, March 8 - 22, 2016

6:00 - 9:00 PM

Noble High School

Cost: \$32.00



## NEW! Upcycle Project with T-shirts\*

Not quite ready to toss out those favorite T-shirts? Never wore those shirts you picked up during those vacation trips? Here is just the class! Turn your old T-shirts into infinity scarves or totes. The sky is the limit so bring as many T-shirts to make several different items in one night. Please bring a pair of scissors and old t-shirts.

Instructor: Beth Goody

Wednesday, March 30, 2016

6:00 – 9:00 PM

Hanson School

Cost: \$12.00

## NEW! Zippered Jewelry Keeper

Decorative as well as functional, this is a perfect beginning sewing project. During the 3 week class you will use a pretty fashion fabric on the outside of the unit. Exposed zippers are inserted into the flannel lining to create six roomy pockets. The front is attached to the lining with piping inserted between the layers, and an attached, elasticized band wraps around to secure the roll for storage. This makes a great gift. Class will run with 6 students. Cost of class includes pattern and materials.

Instructor: Elizabeth Boston

Tuesdays, May 24, 2016

6:30 - 9:00 PM

Noble High School

Cost: \$40.00

# WORKING WITH WOOD

## Chip Carving

Is a style of carving where small chips of wood are removed to create simple or intricate designs on wooden surfaces and is very popular in Europe. During the 4-week class you will create a unique piece that will stand on its own. Surprisingly you do not have to have previous carving experience to successfully complete this class! You may purchase a carving knife through instructor for \$14.00. The course materials fee of \$8.00 is included in cost of class. For more ideas related to woodcarving go to: [www.CarverWayne.com](http://www.CarverWayne.com). Class will run with a minimum of 6 students.

Instructor: Carver Wayne Preston

Wednesday, January 20, 2016  
6:00 - 8:00 PM  
Noble High School  
Cost: \$43.00



Chip carving by Fall 2015 student

## Carve a Face on a Stick

This a great 4-week carving project! Create a wood spirit face on a walking stick. Watch how a simple piece of wood will evolve into a sure walking partner with every blade movement you make. You may purchase a carving knife through instructor for \$14.00. The course materials fee of \$8.00 is included in cost of class. For more ideas related to woodcarving go to: [www.CarverWayne.com](http://www.CarverWayne.com). Class will run with a minimum of 6 students.

Instructor: Carver Wayne Preston  
Wednesday, February 24, 2016  
6:00 - 8:00 PM  
Noble High School  
Cost: \$43.00

## Shaker Tray

Master woodworker John Randall will guide you step by step in the creating of an oval shaker tray made of cherry or oak. It is approximately 10"-12" long and 3" high. It features copper tacks and finger joints. This classic piece is fun to produce and will compliment any home as either a decorative or functional piece. Bring gloves. A materials fee of \$20.00 is payable directly to John the first night of class. Maximum size of class is six.

Instructor: John Randall  
Wednesdays, March 16, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$30.00



# PHOTOGRAPHY & POTTERY

## Photography 101

Learn the basics of photography by utilizing your camera to its utmost. Understand the components that you control in order to create a photograph. All skill levels welcome. Bring your camera and manual. This class is the first in a series of three classes to hone your photography skills.

Instructor: Geri Lynn Smith  
Thursday, March 31, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$18.00

## Photography Design

Understand the elements of design and how they impact your photograph. Learn how to "see" art and utilize nature's color wheel. Geri will use her own work to demonstrate how just a simple change in viewpoint makes all the difference. This class is the second in a three part series.

Instructor: Geri Lynn Smith  
Thursday, April 7, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$18.00

## Photography Workflow

Now it's time to process your work. Learn about folders, basic editing software, and resizing photos for export. Bring your camera and manual. This is the final class in the series.

Instructor: Geri Lynn Smith  
Thursday, April 14, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$18.00

## For more information on the above classes

Please visit: [www.flickr.com/photos/gerilynns](http://www.flickr.com/photos/gerilynns) to learn more about the instructor and view photos. Registration is a minimum of 6 students and a maximum of 15.



Old Dinghys Never Die by Geri Lynn Smith

## PHOTO & POTTERY *(continued)*

### Pottery For Adults

Each four week session is a studio class you be coached to develop a favorite technique or explore clay in new ways. Class is open to beginners as well as potters, hand workers, and sculptors. Manual and electric wheels, roller, carving tools, and new glazes are available to use. Firing and pick up dates to be set at the first class. This is the perfect class to turn on those creative juices! Registration requires a minimum of 6 students and a maximum of 10. Clay and glaze cost is \$40.00. Class cost is \$20.00 per week if not attending all four weeks.

Bonus: Pay for first class and get the second class at half price!

Instructor: Cynthia Plaisted

- ▶ Tuesdays, January 26, February 2, February 9, February 23  
5:30 – 8:30 PM
- ▶ Tuesdays, March 8, March 15, March 22, March 29  
5:30 – 8:30 PM
- ▶ Tuesdays, April 5, April 12, April 26, May 3  
5:30 – 8:30 PM

Cost per session: \$60.00



## HOME DECOR, FOOD, & OUTDOOR LIVING

### **NEW!** Fabric Looped Curtains

When the look has to be soft but not fussy, this curtain is the perfect choice. Fabric loops at the top slip over a decorative rod and the fabric panel falls in soft folds below.

This is a look that goes from casual to dressy, depending on your fabric choice and room accessories. The curtain is unlined and can be custom-cut to fit your specific window. A small sample size will be made during this two week class. Supplies for the sample include: general sewing supplies, 1 yard drapery fabric, matching sewing thread, and a #90/14 needle for your sewing machine. \$4.00 pattern fee is included in cost of class. Maximum enrollment is 8.

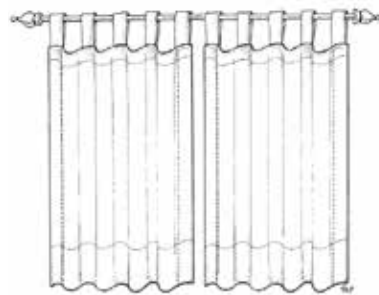
Instructor: Elizabeth Boston

Thursday, April 7, 2016

6:30 - 9:00 PM

Noble High School

Cost: \$35.00



### **NEW!** Foaming Hand Soap and Air Freshener

Avoid those drying commercial soaps and join us to make a foaming hand soap made with essential oils and natural ingredients. We will also make an all natural air freshener to help whisk away those closed in winter odors. This freshener is easy to make and you can refill the bottles you take home. A \$7.00 material fee is payable directly to the instructor.

Instructor: Diana Minutelli

Wednesday, March 30, 2016

6:00 - 9:00 PM

Noble High School

Cost: \$15.00

### Introduction to Beekeeping

In this one night class you will receive an overview of keeping bees with brief presentations about the time, commitment, and financial consideration involved in this hobby. Peggy and Brian are happy to answer questions and provide splendid visuals to show specifics along with equipment, tools and samples honey. Class will run with a minimum of five students.

Instructor: Peggy and Brian Pride

- ▶ Wednesday, January 13, 2016

6:30-8:30 PM

- ▶ Thursday, March 24, 2016

6:30-8:30 PM

Noble High School

Cost: \$12.00/session



## **NEW! Natural Bug Spray**

Get ready for the spring season with these two popular products. First you will make Diana's bug spray made from natural ingredients while you learn what natural ingredients combine to keep those bugs away! In addition you will also make a Tiki Torch using a mason jar to enhance your outdoor living. A \$7.00 material fee is payable directly to instructor.

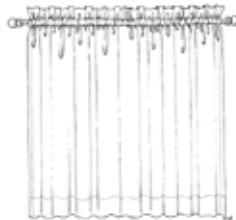
Instructor: Diana Minutelli  
Wednesday, March 23, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$15.00



## **NEW! Rod Pocket Curtains**

In two weeks create this simple curtain to add a soft touch to any room. The rod pocket is easy to construct, and the curtain just slips onto a rod, creating gathers in the fabric. Your fabric choice will determine whether the look is soft and romantic, or heavy and rich. A shorter version of this curtain makes a great valance. The curtain is unlined and can be custom-cut to fit your specific window. The class sample is made to fit a window that is 14" wide and 16" long. Supplies for the curtain this size: general sewing supplies, 1 yard fabric, matching sewing thread, and a #90/14 needle for your sewing machine. \$4.00 pattern fee is included in cost of class. Maximum enrollment is 8.

Instructor: Elizabeth Boston  
Thursday, April 28, 2016  
6:30 - 9:00 PM  
Noble High School  
Cost: \$35.00



## **NEW! Roman Shades**

A tailored shade can add a touch of interest in rooms where you don't want curtains. This is a clean, no-fuss look that can be casual or formal, depending on your choice of fabric. Construction is easy and the result is very professional looking! The shade can be lined or unlined, and is custom-cut to fit your specific window. In this two week class you will make one shade. Supplies for the shade: general sewing supplies, 1 yard fabric, matching sewing thread, a #14 needle for your sewing machine, and 2 yards of ring tape. \$4.00 pattern fee is included in cost of class. Maximum enrollment is 8.

Instructor: Elizabeth Boston  
Thursday, May 19, 2016  
6:30 - 9:00 PM  
Noble High School  
Cost: \$35.00



## **NEW! Seasonal Mesh Wreath\***

Learn to make this seasonal and fun wreath. Let your creativity soar as you determine which season or holiday you will focus on when decorating the wreath. Beth will assist you with how many or few embellishments you need to make your wreath stand out. A \$10.00 materials fee is payable to the instructor. Bring a pair of scissors and gloves.

Instructor: Beth Goody  
Wednesday, February 3, 2016  
6:00-9:00 PM  
Hanson School  
Cost: \$15.00



## **NEW! Sweets for the Sweet**

Make professional quality chocolates from tried and true recipes just in time for Valentine's Day. Learn tips and tricks from Cynthia to make amazing creamy turtles and peanut butter balls. You will not leave disappointed nor will you want to share your results! A \$10.00 materials fee payable to instructor. Bring a container to bring sweets home. Bring a pair of scissors and gloves to this one night class.

Instructor: Cynthia Plaisted  
Wednesday, February 10, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$12.00

## **NEW! Toss Pillows!**

Quickly freshen up any room with new pillow covers in two nights. You will learn how to machine appliqué while making two 20" matching covers. A basic understanding of how your sewing machine works is all you need. This is a fantastic way to brighten your space for very little money. Cost includes material and patterns. Maximum class size is 6.

Instructor: Brenda Gagne  
Thursday, March 31 - April 7, 2016  
6:30-9:00 PM  
Noble High School  
Cost: \$28.00



# HEALTH & FITNESS

## Become a Noble Strider

Multiple indoor and outdoor walking routes go throughout the Noble High School property! The indoor routes range from 1/3 of a mile to 1/2 mile. If you're feeling up for a challenge, you have the option of including stairs in your workout. The outdoor routes are closer to a mile in distance. To join just drop by the adult education office to pick up a name tag and sign in. The rest is up to you and your walking friends. This is a family friendly environment.

Monday – Thursday, Starts January 4, 2016

3:30 – 8:00 PM

Noble High School

Cost: No Cost. Snack and nutrition materials provided by the Choose To Be Healthy Coalition.

## Body Sculpt

This 6-week class mixes a variety of strengthening routines and Pilates exercises that will strengthen and sculpt all your major muscle groups! Develop lean muscle and core strength in this total body workout just in time for spring break. Please bring an exercise mat or large towel.

Drop in fee is \$12.00.

Instructor: Christine Fortin

Tuesdays, March 1, 2016

6:00 - 7:00 PM

Noble High School

Cost: \$40.00

## Cardiovascular Training for All

In this 3 week course you will learn how to properly use each of the cardio machines in the Fitness Center to help you achieve an optimum workout! Samantha will teach you how to achieve your target heart rate on each piece of equipment, set achievable goals, and become a confident user of fitness equipment. This class is especially geared toward avoiding injury when using fitness equipment. Minimum registration required is 7 individuals.

Instructor: Samantha Pannier, Clinical Exercise Physiologist

Tuesday, April 5, 2016

6:00 – 7:00 PM

Noble High School Fitness Center

Cost: \$13.00

## Complete Fitness Program

This is a complete personal training program! Receive assistance and coaching in both the cardio and weight rooms by our certified instructor. An individualized plan will be created with you to meet your fitness goals at no additional cost. Your program will be modified as you progress to the next level. Can't make all four nights a week? Purchase an eight visit punch card for \$20.00 to personalize your schedule and workout. Senior and college student discount: \$4.00 per week. No senior or student discount on punch card.

Instructor: Samantha Pannier, Clinical Exercise Physiologist

Mondays – Thursdays, January 11, 2016

5:30 - 7:30 PM

Noble High School

Cost: \$9 per week



## NEW! Pilates 3 Week Shape-Up

Have the holidays gotten the best of you? Are you going someplace sunny? This 3 week class will get you feeling good again! Class meets 2 nights a week. The focus of one class will be traditional Pilates mat exercises and the second class night will combine Pilates and cardio exercise. Please bring mat, water and wear sneakers. Drop in fee is \$12.

Instructor: Christine Fortin

Tuesday & Thursday, January 26, 2016

6:00 - 7:00 PM

Noble High School

Cost: \$40.00

## Strength Training for All

Join Samantha in this 3 week course to focus on techniques needed to train with weights in a progressive and safe manner. Learn how to use the weights and how to monitor your intensity. This class is not designed to build bulk but rather strengthen muscle groups to improve posture, tone muscles and improve overall health. However, if this is your goal, Samantha will be happy to design a program for you at no extra cost. Participants must be 18 years of age or 17 years and accompanied by a guardian. Class will run with a minimum of 7 paid registrations.

Instructor: Samantha Pannier, Clinical Exercise Physiologist

Wednesday, April 6, 2016

6:00 – 7:00 PM

Noble High School Fitness Center

Cost: \$15.00

## Tai Chi

Tai Chi is an excellent way to improve strength, balance, flexibility, and coordination. This program is designed to promote good health, stress relief, relaxation, and centering. Tai Chi provides a peaceful way to improve your well-being. This class is for all levels with little and absolutely no experience with Tai Chi. Each class is an 8 week session with a minimum of 8 students and a maximum of 12.

Instructor: Robert Rickard

Monday, January 25, 2016

6:00-7:00 PM

Noble High School

Cost: \$44.00

## Weights for Women Over 50

This 3 week class will focus on education and physical training for women age 50 and older. Age doesn't matter when it comes to physical fitness but it is increasingly more important as we age for our general health and wellness. No matter what your age, Samantha can teach you to use the weights safely to gain muscle and to assist in choosing proper equipment for home use. Registration requires a minimum of 7 participants.

Instructor: Samantha Pannier, Clinical Exercise Physiologist

Tuesday, February 23, 2016

6:00 – 7:00 PM

Noble High School Fitness Center

Cost: \$13.00

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## General information for yoga classes.

All equipment will be provided. Information learned through a yoga class should not be considered a substitute for medical advice. All yoga classes have a drop-in fee of \$12.00 per week.

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### **NEW! Absolute Beginner Yoga**

This 3-week introductory yoga class is great for the curious who want to try yoga or have not practiced in awhile. It is a comfortable relaxed environment and appropriate to use as a refresher. Nancy will guide the class through basic poses and focus on proper alignment of the body. Flexibility is not needed in this class. Drop in fee is \$12.00.

Instructor: Nancy Cotty from Peace Within Yoga  
Wednesdays, March 30, 2016  
5:30 - 6:45 PM  
Noble High School  
Cost: \$30.00

### **Couples Yoga**

Just in time for Valentine's Day! Looking for something fun and healthy to do together? Have you been interested in trying yoga? The one night class will be based at a beginner level and no yoga experience is necessary. You will try partner poses and relax together while learning gentle yoga and how to be calm, breath, and laugh together. The partner poses learned through this class can be practiced at home to increase strength, relaxation, and flexibility. All equipment will be provided for you.

Instructor: Nancy Cotty from Peace Within Yoga  
Wednesdays, February 10, 2016  
6:00 - 7:30 PM  
Noble High School  
Cost: \$25.00

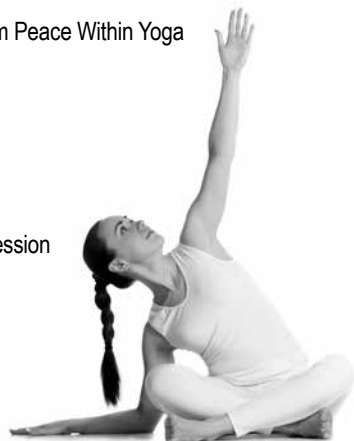
### **NEW! Gentle Beginner/Slow Flow Yoga**

Yoga is a great way to relax and improve your health and well being. Join Nancy for a class in Hatha Yoga. The focus will be on stretching and breathing while building strength and finding peace. All levels are welcome. Yoga classes are ongoing. Drop-in's are welcome and new students can join anytime. All equipment will be provided for you. Information learned through yoga classes and workshops should not be considered a substitute for medical advice. Each session is 6 weeks. Drop-in fee is \$12.00.

Instructor: Nancy Cotty from Peace Within Yoga

- ▶ Tuesdays, January 26  
5:30 - 6:45 PM
- ▶ Tuesdays, March 15  
5:30 - 6:45 PM
- ▶ Tuesdays, May 3  
5:30 - 6:45 PM

Noble High School  
Cost: \$60.00 per 6 week session



### **Low Back Relief Techniques Through Yoga Workshop**

This one night workshop is designed to help strengthen and stretch the low back muscles and abdominal muscles. These two muscle groups work together to form a strong core to support our whole body. The poses learned will also open the hips and stretch the back and whole body. You will learn many poses that can be practiced at home. Join us and learn some poses that can help relieve your tension. All levels are welcome.

Instructor: Nancy Cotty from Peace Within Yoga  
Wednesday, February 3, 2016  
6:00 - 7:30 PM  
Noble High School  
Cost: \$25.00

### **Yogathon to Benefit Cancer Care Center of York County**

3rd Annual Yogathon to benefit the patients of the Cancer Care Center of York County. Let's move together to help others! Instructors from area studios will offer a variety of yoga classes with different instructors from 8:30-11:30. There are classes for all levels and in totally stress free environments. All sessions will be held in the Noble High School gyms. Please save the date and help spread the word for this important cause. We had a lot of fun in the past and hope that you will join us. All levels are welcome.

Saturday, March 12, 2016  
8:30 -11:30 AM  
Noble High School  
Cost: Suggested donation of \$10 for 1 class, \$25 for more than 2.

# FINANCE, COMMUNITY ENRICHMENT, & MORE!

## Complete Guide to Retirement Planning

Do you want to spend your retirement comfortably and in control of your finances? In this 4-week, information-rich seminar you will be introduced to the concept and practices to help you reach those goals. You will explore a conservative approach to wise money management, as well as identify life-style issues facing retirees. You will learn how to seek maximization of income and receive more from investments, social security and retirement plans. John will also show you how to protect hard-earned assets from erosion due to inflation or a downturn in the economy. At the conclusion of the seminar you will have evaluated your individual retirement progress. John is president of Coastal Financial Services in Kennebunkport and has taught with us since 1999. There is no additional charge if your spouse/partner attends with you.

Instructor: John Spita  
Wednesdays, March 23 - April 13  
6:30 – 8:30 PM  
Noble High School  
Cost: \$9.00

## Dowsing with Glen

Join dowser Glen Johnson and explore authentic dowsing. Bring your own dowsing tool(s) or Glen will be happy to provide one for you. No experience is necessary. Enjoy the history of the art of dowsing for water, minerals, and other objects. Learn how to use various instruments and use them in the modern world. This three week course will run with a minimum of 7 students and a maximum of 15.

Instructor: Glen Johnson  
Mondays, April 25, 2016  
6:30 – 8:30 PM  
Noble High School  
Cost: \$20.00

## Getting Ready to Buy a Home

Are you thinking about buying a home? If you would like to learn about the pros and cons of homeownership, low down payment mortgages, and credit requirements, this class is for you. Bring your questions! This session is a prequel to the ten hour "hoMEworks" class required by Maine Housing, USDA and other lenders who offer affordable mortgage products for low to moderate-income homebuyers. The class is offered by York County Community Action Corp., a HUD-Certified Housing Counseling Agency. Visit <https://www.yccac.org/index.php/programs/housing-services> for more information on YCCAC's Homebuyer Education program. Minimum class size of ten is required for class to run.

Instructor: Lee Sullivan, YCCAC  
Tuesday, February 9, 2016  
6:30-8:00 PM  
Noble High School  
Cost: \$10.00



## German I

Join Nicole, a native of Germany, in a no stress environment. You will begin learning basic German vocabulary during the first class and be surprised at your growth at the end of this six week course. This is a terrific class for those who plan to travel or just love to learn. Class needs six to run. Book is approximately \$24.00 and is not included in the cost of the class.

Instructor: Nicole Maine  
Thursdays, March 10, 2016  
6:00 – 8:00 PM  
Noble High School  
Cost: \$48.00

## NEW! Healthy Lifestyle Coaching-8

This is an 8-week program of education, guidance and motivation to lose weight and maintain weight loss by changing lifestyle behaviors and habits. The course will focus on 3 essential points of weight loss and maintenance; which are mind, body and choices. Each week will focus on a different essential in order to develop a lasting healthier lifestyle. The cost of handouts and recording materials is included in the class fee to assist you in tracking your success. This class is appropriate for anyone interested in a living a healthier lifestyle and will run with 15 people.

Instructor: Christine Garcia  
Wednesday, February 24, 2016  
6:00-7:00 PM  
Noble High School  
Cost: \$50.00

## Maine Driving Dynamics

Prevent accidents by learning defensive driving techniques. Bureau of Highway Safety, will teach you how to improve your driving. Upon completion a 3-point credit will be applied to your driving record. Registration fee includes course materials. Payment in advance is preferred.

Saturday, June 4, 2016  
8:30 AM – 2:00 PM  
Noble High School  
Cost: \$40.00

## Reiki Level I

Reiki Level One is a first step certification course to self practice of Reiki. During the four week class you will be introduced to the healing/relaxing energy of Reiki. When you become attuned, you will practice the Reiki skills. Dress comfortably. Registration requires a minimum of 4 students but limited to 8 so register early. Book cost is \$20.00.

Instructor: Diana Minutelli  
Tuesday, March 29, 2016  
6:00 - 9:00 PM  
Noble High School  
Cost: \$50.00



***Diana Minutelli***

Reiki Instructor

## Reiki Level II

This course is offered through Di-AI Reiki at their studio located in North Berwick. The class is a combination of lecture, discussion and experience. You will learn the Reiki II symbols and how to use them during practice time. Practice time includes giving and receiving a complete Reiki treatment using all the hand positions, the self-treatment, and practice using all the Level II symbols including distant healing. Students will earn a class certificate and CEs and CEUs for nurses and massage therapists are provided. Pre-requisite: must have taken Level I class. For more information contact Diana at: didany2001@hotmail.com. Registration is done through office or by telephone. No online registrations please.

Instructor: Diana Minutelli  
Thursdays, May 5, 12, 19, & 26, 2016  
6:00 – 9:00 PM  
Di-AI Reiki Studio  
Cost: \$155.00

## NEW! Writing Studio

Cindy has created a judgment free, inspirational space for you to share and develop your writing skills. Bring pieces you have written to share or ideas you feel are ready to bring to life. Anyone who enjoys writing should sign up immediately. Creative writing exercises included each class! Writing ideas are unlimited from novel writing topics--such as character development, dialogue, plot development, what to do with all of your book ideas and more; to journal writing, travel writing, the world of publishing; poetry writing, and memoir writing in many forms such as cookbooks, gardening books, creative storytelling and the more traditional; writing for health and much more! Classes for each session are limited to 8 so register today!

Instructor: Cindy Simon, M.A., NCC, RMT  
► February 2, 9, 23, March 8, 22, & April 5  
► April 12, 26, May 10, 24, June 7, 21  
Cost: \$90.00



### Meet Cindy Simon

Cindy is a community educator, wellness coach, counselor, writing coach, as well as a freelance writer and published author. She holds a Master's degree, a national certification in counseling and is a Reiki Master. Her first novel "Wanting June" was published in 2011 by an independent publisher in Texas. Cindy has published a variety of articles

in Maryland and Maine-based magazines and newspapers, and two national magazines, "Natural Health" and "American Profile". She recently published a poem and a nonfiction piece in the "Aputamkon Review".

Cindy has done a wide range of program development and fundraising work. Cindy teaches classes/workshops and counsels individuals in health and wellness and writing; including such topics as meditation, yoga therapy, macrobiotics-ish diet, yoga mudras, healthy living, creative writing, novel writing, travel writing, journal writing, and senior exercise classes.

## TRAVEL



## NEW! Choose Fabrics with Confidence

Learn about color selection, using contrast to make your quilt pop, and tips on prints to build your next quilt with confidence. Join Brenda in the fabric area at Mardens to get hands on experience. In addition, Bonnie will generously give students a 10% discount on all fabrics purchased during the class. Registration fees from this class will be pooled to use as a door prize. Brenda will be waiting for you at Mardens front door in Sanford. Maximum class size is 10.

Instructor: Brenda Gagne  
Monday, February 8, 2016  
6:30-8:00 PM  
Sanford Mardens  
Cost: \$5.00



## Have you been thinking about a trip to Walt Disney World?

Come to this one night informational session to meet Kelly Monroe from "Destination Orlando," an authorized Disney vacation planner. There will be information on hotels, theme parks, dining plans, and costs. Kelly is an experienced Disney traveler and can provide you the tips and tricks you usually only hear about after your trip! She really will help you with everything you need to know to plan the ideal trip! There is no cost for this class but please register.

Instructor: Kelly Monroe  
► Wednesday, February 3, 2016  
6:30 – 7:30 PM  
Hanson School  
► Wednesday, February 10, 2016  
6:30 – 7:30 PM  
Hussey School  
Cost: Free but registration required.

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# How to Register and General Information

## REGISTER FOR CLASSES:

### 1. Online at [www.noble.maineadulted.org](http://www.noble.maineadulted.org)

*Payment method: debit or credit card*

### 2. Phone at 207-676-3223 (Fax: 207-676-2160)

*Payment method: mail in, debit or credit card*

### 3. Mail your name, address, phone number(s), and the name(s) and of the classes and information to:

Noble Adult & Community Education  
388 Somersworth Rd. North Berwick, ME 03906

*Payment method: check, money order, debit or credit card*

### 4. Walk-In: During office hours to complete a registration form. Office hours are Monday, Tuesday, Thursdays 9:00 am - 9:00 pm and Wednesdays 9:00 am - 7:30 pm.

*Payment method: debit or credit card, check, money order, cash*

\*We accept VISA and MasterCard\*



## FEES & DISCOUNTS:

**Payment is due with registration** °we accept cash, checks, credit and debit cards

*There will be a \$10 fee for any returned check*

**Materials Fees:** Pay directly to instructors unless otherwise indicated in course description.

**Book Fees:** Due at the first class. Book deposits are refunded if book is returned in good condition.

**Senior Citizen Discount:** Payments must be received before the day of the class to receive a 50% discount, a 20% discount is offered the day of the class and the duration of the class.

**Classes are filled on a first-come-first-serve basis.**

**Material/Lab fees are due at registration and are not refundable.**

**No double discounts.**

## GENERAL INFORMATION:

**Class enrollment:** Each class has a minimum number of participants needed to cover costs. Courses which fail to attract significant student enrollment two weeks prior to start date are subject to cancellation.

**Cancellations:** due to **severe weather** conditions or for other reasons will be announced after **3:00PM** on area TV and radio stations, and on our website. Also, if possible, we announce cancellations of classes on our voicemail in the office (207-676-3223).

If the school district has no school for the day, adult education classes are also cancelled that day and evening.

There are no adult education classes held during school vacations unless special arrangements have been made with the director two weeks in advance.

**Free/No Cost Classes:** You must register for all no cost classes at least five business days prior to the class. Classes with low enrollment are subject to **cancellation**.

**Confirmation:** Assume your class is running unless you hear from us. Please call us if you want to confirm.

► **Refunds: 100% refund** for cancelled courses or if you withdraw five business days prior to the first class. No refund for withdrawals for one session classes after that time. **50% refund** if you withdraw prior to the second class. Refunds are issued in the same payment method as the registration. Please allow 3 - 4 weeks to process all refunds.



## 4 Ways to Register for Classes!

### 1. Online

www.noble.maineadulted.org  
Pay with: *Debit or credit card*

### 2. Phone

207-676-3223  
Fax: 207-676-2160

*Pay with: Mail in, debit or credit card*

### 3. Mail

Must include your contact information and names of classes chosen. Mail to:  
Noble Adult & Community Education  
388 Somersworth Rd. North Berwick, ME 03906

*Pay with: check, money order, debit or credit card*

### 4. Walk-In

During office hours to complete a registration form. Office hours are Monday, Tuesday, Thursdays 9:00 am - 9:00 pm and Wednesdays 9:00 am - 7:30 pm.

*Pay with: debit or credit card, check, money order, cash*



# NOBLE ADULT & COMMUNITY EDUCATION

## Winter/Spring 2016 Registration Form

Please feel free to photocopy for additional copies.

Name \_\_\_\_\_ Email \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Course Name	Day	Course fee	Totals
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____

## We Accept Cash, Checks, Money Orders, and Credit or Debit Cards!

TOTAL \_\_\_\_\_

Office Use Only: Date: _____	Check# _____
<input type="checkbox"/> Visa	<input type="checkbox"/> Mastercard
Credit Card# _____	
Exp. date: _____	Signature: _____

Payment is due with registration. There will be a \$10 fee for any returned check.

Make check payable to Noble Adult & Community Education and mail to: 388 Somersworth Rd. North Berwick, ME 03906





## Noble Adult & Community Education

388 Somersworth Road  
North Berwick, ME 03906

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Permit #454

Postal Customer

[www.noble.maineadulted.org](http://www.noble.maineadulted.org)

Phone: 207-676-3223

Fax: 207-676-2160



Keys to Customer Service - page 5



Family Seed Starting Night - page 10



Choose Fabric with Confidence - page 21



Pottery for Adults - page 16