



AdultEd

Marshwood Adult Education
www.marshwood.maineadulted.org
(207) 384-5703

Kittery Adult Education
www.kittery.maineadulted.org
(207) 439-5896



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Community Learning Together

► Marshwood & Kittery Winter 2023

Get Started Today!

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Program Staff

Director

Linda Greer, Marshwood & Kittery Adult and Community Education

Kittery Adult Education

Cindy Furbish, Assistant Director
Jennifer Marcus, Certification Specialist

Marshwood Adult Education

Jennifer Marcus, Program Coordinator

Marshwood & Kittery Adult Education

Beth Dodd, Program Support
Marci Dionne, Student Advisor
Rita Pender, Curriculum Coordinator

Volunteers Needed!

We are looking for volunteers who can offer a few hours of time on a regular basis. A wide range of opportunities are available.



Director Letter

Our expanded offerings invite and support "Community Learning Together". Participants say how good it feels to get more instruction in person, learning skills with an instructor by your side prompts smiles when it's okay to not wear a mask.

Students seeking a high school diploma have access to more teachers and tutors who are ready to meet individual learning styles. "Thank you", to new and regular volunteers. Students have access to career and college advising to explore the next step to a new employer, certification courses or college experiences.

Partner organizations help us to keep learning free or at a low cost for those impacted by change from Covid and labor shortages. York county adult education programs collaboratively seek state and federal resources. Read about our AE YCCC Coordinator and MJRP navigator in this brochure.

I am grateful for staff who continue to take classes and expand their knowledge to offer more academic and workforce courses. Please call and share your email so we can let you know about opportunities as they become available.

Be Well,
Linda

Our Locations

Office Hours at Both Locations.
Please call/email for an appointment.



Marshwood Adult Education

Marshwood High School
260 Dow Hwy., South Berwick, ME 03908
(207) 384-5703
www.marshwood.maineadulted.org

**SCAN
QR CODE**
To view our
Marshwood
Courses ▶



Kittery Adult Education

Traip Academy
12 Williams Ave, Kittery, ME 03904
(207) 439-5896
www.kittery.maineadulted.org

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Courses ▶



High School Diploma and College & Career Prep: Kittery & Marshwood

We offer High School Diploma, Equivalency, Career and College Preparation at Marshwood and Kittery Adult Education. Maine residents are eligible for FREE high school completion classes, HiSET preparation classes and testing, as well as career and college counseling. Eligible adult education students can take **FREE** early college classes.

Digital literacy/computer classes for all levels, beginner through advanced are available with flexible scheduling.



Winter/Spring Academic and Career Prep. Courses at Marshwood AND Kittery Adult Education

Eligibility for free classes determined during the registration process.

CLASS	DAY	DATES	TIME
High School Diploma Courses	Monday-Thursday	Open Enrollment	Flexible Schedule
HiSET Test Prep	Monday-Thursday	Open Enrollment	Flexible Schedule
Accuplacer Test Prep	Monday-Thursday	Open Enrollment	Flexible Schedule
Career/College Counseling	Monday-Friday	Open Enrollment	Flexible Schedule
Community College Class	Varies	1/17/23-5/13/23	Varies
Career Certification Tutoring	Monday-Thursday	Open Enrollment	Flexible Schedule
Computer Certification Classes	Monday-Thursday	Open Enrollment	Flexible Schedule
BHP Class	Anytime	Open Enrollment	Flexible Schedule

Call or check our website for full course descriptions.

Career Development



Behavior Health Professional Training

👤 Woodford Services **ONLINE**

Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. The need in our area is great! We are excited to connect our adult education community with this wonderful ONLINE training program. The online training will equip you to successfully help children who are currently on a waitlist for services. The training will also prepare you for employment through local social services agencies.

Course Fee: Free



Test Prep: Bus Drivers; ASVAB, Accuplacer

Adult Education is excited to offer certified teachers and tutors to assist you with test preparation. You will learn:

- Tips for taking any standardized test
- How to organize study information
- Skimming and scanning text or information
- How to read diagrams, charts, and tables
- Finding practice tests online
- Where to find technical support

Course Fee: Free



FREE College!

Don't miss out on this amazing opportunity for recent Maine high school and HiSET graduates (class of 2020-2023) to receive FREE tuition at a Maine community college for 2 years! If you prefer to take 1 FREE community college class at a time many adult education students qualify. **We can help you reach your goals-contact us today for details.**

College and Career Access

Are you thinking about making a change in your job or career? Are you considering going back to school to further your education but are unsure of your options? Maybe you would like to take a gap year? Our college and career advisor can meet with you to complete career assessments, explore options that fit your needs, and make a plan to help you reach your goals. Get side by side support when applying for financial aid, scholarships, placement in workforce training programs and/or internships. Assistance to create resumes and with interview preparation is available. Additionally basic math, algebra, writing, and English courses are available if needed to help you improve your core skills.

Call or email us today for a free appointment

Rise Up Retail Credential

These 4 retail certifications designed by the National Retail Federation are offered in a blended learning format using an online platform and retail professionals. These courses offer career opportunities in partnership with Kittery Trading Post and other retailers who will pay for their employees to take the training. Eligible adult education students can take one or all four courses for free.

Choose from:

- Retail Fundamentals
- Customer Service and Sales
- Business of Retail: Operations and Profit
- Warehouse Inventory and Logistics

Open enrollment, sign up on the website or call for more information.



The World of Work Inventory- WOWI

The World of Work Inventory is a comprehensive career assessment instrument, which has been carefully constructed to help a person learn the most about themselves in relation to the wide variety of occupations available. The WOWI provides a personalized profile for each person. As a result you will receive a listing of occupations most suitable to your unique combination of personality interests and skills.

Free, call for a link to take the online assessment then meet with the career counselor to interpret the individualized reports.

For More Information or To Make An Appointment Contact Us Today!

Kittery: (207) 439-5896

Marshwood: (207) 384-5703

Career Development



Adult & Pediatric CPR/First Aid/AED

▲ **Brian Senesac**

This course, which meets OSHA/ workplace requirements, will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants. You will learn to care for first aid emergencies such as: burns, cuts, scrapes, sudden illness, head, neck, back injuries, and heat and cold emergencies. Students who successfully complete this course will receive an American Red Cross Certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. This is a blended online/in-person course.

In person at Marshwood, on Wednesday, Apr. 12, 6:00-8:15pm
Registration Fee: \$130

NorthStar Digital Literacy Micro Credentials

▲ **Marci Dionne**

Earn certificates in the areas that are important to you for daily life, employment or higher education. Choose the lessons and assessments you want to learn: basic computer skills, internet basics, Windows 10, Microsoft Word Office 2016, Excel, Mac OS, Using Email, Google Docs, Power Point, Your Digital Footprint, Supporting K-12 Learning, and/or Information Literacy.

Kittery and Marshwood Adult Ed

Times to fit your schedule- in person or remote

Free to eligible adult education students or \$70.00

IC3 Digital Literacy Certification

▲ **Chris Blackington**

This is the second course in the technology career pathway. You must pass the North Star assessments as a prerequisite. An IC3 Digital Literacy Certification demonstrates that you have mastered important computer literacy knowledge and skills. You can earn separate certifications for basic, intermediate, and advanced levels. The advanced level certification has potential to earn college credit.

Live online instruction

Tuesday, Mar. 7- May 30, 6:00-8:00pm
Free to eligible adult education students or \$70.00

Introduction to MS EXCEL

▲ **Marci Gaglione**

In this beginning EXCEL class you will learn about data entry, cell formatting, and simple formulas. Bring your own device or use one of ours. Please visit our website at marshwood.maineadulted.org or call the office to sign up. This course is held on three consecutive Wednesdays, please attend all three.

3 Wednesday Sessions
Feb. 1-15, 6:00-7:00pm
Registration Fee: Free
Location: Marshwood Adult Education

iPhone Basics

▲ **Marci Gaglione**

Learn how to log on using multiple methods from passcode to touch id and face recognition technology. Apple's iCloud service will be discussed as the benefits of this service help secure your data as well as allow your data to be used across multiple Apple devices. The App Store will be covered to find additional applications to meet your varied interests and needs. Please visit our website at marshwood.maineadulted.org or call the office to sign up. This course is held on three consecutive Wednesdays, please attend all three.

3 Wednesday Sessions
Mar. 1-15, 6:30-7:30pm
Registration Fee: Free
Location: Marshwood Adult Education

Cutting the Cord-Getting TV and Phone Services Over the Internet

▲ **Eric Ewing**

What does it mean to "Cut the Cord"? It's about canceling cable or satellite services and being able to watch television shows online, as well as options that would allow you to get rid of your landline. The class will not only show you the wide variety of options but also teach you some tools to decide if cutting the cord is right for you. Please visit our website at marshwood.maineadulted.org or call the office to sign up.

Wednesday, Mar. 29, 6:30-7:30pm
Registration Fee: Free
Location: Marshwood Adult Education

Intro to Google Drive and Docs

▲ **Taylor Oddleifson**

Two of the great benefits to your Google account are the Google Drive and Google Docs. Drive is a free cloud storage and Docs is the free alternative to MS Word. In this class you will learn how to store and manage your files online as well as use the Docs platform where you can create stunning documents. This course is held on three consecutive Tuesdays, please attend all three. Please visit our website at kittery.maineadulted.org or call the office to sign up.

3 Tuesday Sessions
Mar. 7-21, 6:00-7:00pm
Registration Fee: Free
Location: Kittery Adult Education

Cloud Based Backup Solutions

▲ **Marci Gaglione**

In this one hour class we will explore the most popular, free types of cloud-based platforms to safely backup the information that is important to you on your devices. Please visit our website at kittery.maineadulted.org or call the office to sign up.

Tuesday, Mar. 21, 5:00-6:00pm
Registration Fee: Free
Location: Kittery Adult Education

Multilingual Learners & Citizenship



Multilingual Learners & Citizenship

▲ Kittery Adult Education
Enroll: Call (207) 439-5896

We offer English classes and tutoring for ML-Multilingual learners.

FREE! Ongoing Enrollment

Mondays

All Levels, 12:00-2:00pm

Tuesdays

Intermediate/Conversational, 6:00-8:00pm

Beginner/Prep. For Citizenship,

6:00-8:00pm

Thursdays

Advanced, 12:30-2:00pm

Intermediate/Conversational, 6:00-8:00pm

Beginner/Prep for Citizenship,

6:00-8:00pm

Workplace MLs (Multilingual Learners)

We know how short staffed many of our local businesses are right now, so keeping the employees you already have and helping them to be successful in the workplace, is critical. Adult Education looks forward to collaborating with local business to offer Workplace ML classes.

Classes would be offered on site at your location. This will make it easier on your employees, especially if transportation and scheduling is an issue.

As your busy season winds down, feel free to reach out to us this fall, winter or spring to discuss details.



¿Quieres hablar inglés?

◀ Escanear aqui

Preparation for Citizenship

▲ Kittery Adult Education
Enroll: Call (207) 439-5896

This class will prepare you to take the U.S. Citizenship exam.

FREE! Ongoing Enrollment

Varied days/times, please call for appointment.

Online English Language Learning

EnGen is a career focused, online English language learning platform. This is designed for intermediate or advanced English learners. Learn from anywhere, on a phone or computer. Choose from 64 industry specific courses to prepare you for jobs of the future while receiving career guidance from the student advisor.

Course Fee: Free

Register Today!

- ▶ kittery.maineadulted.org
- ▶ (207) 439-5896



Meet Kate and Audrey

Introducing York County's New Adult Education Career and College Coaches. We now offer Career Navigation, in conjunction with the *Maine Jobs & Recovery Plan*



Kate Points

Our Career Navigator, Kate Points, is connected with resources around the county and the state to help people get into sustainable careers and reduce barriers to employment. When you work with Kate, you can expect personal career guidance support.

Are you looking for a different work situation and aren't sure what your next steps should be? Do you want help with a resume or practicing job interviews? Are you looking for training opportunities or an apprenticeship? Do you want to get a certification? Whatever your career goals, Kate can help!

Kate Points

Email: KPoints@sanford.org

Phone: (207) 977-6548



Audrey Kimball

Are you interested in going to college? Also through the Maine Jobs Recovery Plan, our College Success Coordinator, Audrey Kimball, is available to help students explore their next steps and create a plan to meet their academic and career goals. Audrey is connected with York County Community College.

Make an appointment with her to learn more about the Maine Free College Scholarship and all the exciting opportunities to earn a degree or certificate as a part-time or full-time student.

Audrey Kimball

Email: akimball@yccc.edu

akimball@yorkschoools.org

Phone: (207) 216-4482

Kate or Audrey can meet with you at your local adult education program

Marshwood Online Classes: UGotClass



"Information That Works!"

Online Certificates For Business And Career

An adult education staff member will advise you on course selection and connect you with any needed support during the class. Local or state grant funding may reduce or eliminate the cost of the courses. Classes within the certification programs may be taken individually. Please contact us for more information and to sign up.

For a Complete List of Classes and to Register Visit:

► <https://yougotclass.org/index.cfm/Marshwood>



Certificate in Web Design

CEUs/ILUs: 4.8 | Length (in hours): 48
Course Fee: \$595.00

First discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. After the first course you will have the info you need to plan and design effective web pages. Then find out how to create effective and dynamic websites/applications. Take away a functioning web application hosted on a web server that is both accessible and Search Engine Optimized. Finally, learn about responsive design process, advanced layout and design features.

This Certificate must be taken in the following order:

1. **Intro to Web Design Feb. 6-Mar. 3**
2. **Intermediate Web Design Mar. 6-31**
3. **Advanced Web Design Apr. 3-28**

Podcasting

CEUs/ILUs: 1.6 | Length (in hours): 16
Course Fee: \$245.00

Businesses are turning to podcasting to grow their brand and connect with customers. People with a niche hobby are turning podcasts into a business. Podcasting is experiencing a rebirth as mobile devices are everywhere. Learn how to take your business or hobby and turn it into a podcast. This step-by-step class will take you from start to finish and cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear.

The course materials will be completed in 1 month. Choose one of the 3 sessions:

- **Monday, Feb. 6-Friday, Mar. 3**
- **Monday, Apr. 3-Friday, Apr. 28**
- **Monday, June 5-Friday, June 30**

Six Sigma Green Belt Professional

CEUs/ILUs: 4.8 | Length (in hours): 48
Course Fee: \$495.00

LERN's Green Belt training teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as a trained specialist able to work on Six Sigma projects that benefit the organization. The instructors and mentors work closely with the class to not only teach the material, but to guide candidates as they work projects.

This Certificate must be taken in the following order:

1. **Introduction Feb. 6-Mar. 3**
2. **Intermediate Mar. 6-31**
3. **Advanced Apr. 3-28**

Coding Certificate

CEUs/ILUs: 4.8 | Length (in hours): 48
Course Fee: \$595.00

Begin by getting introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard web page coding languages and the step by step process of hand coding and building web pages. Finally, discover the advanced features of CSS and learn how to use this very powerful language.

Students must take the Coding Certificate classes in the below order:

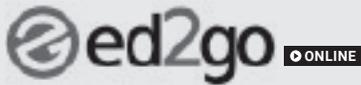
1. **Intro to Coding Feb. 6-Mar. 3 or Apr. 3-28**
2. **HTML Fundamentals Mar. 6-31 or May 1-26**
3. **CSS Fundamentals Apr. 3-28 or Jun 5-30**



Many More Courses and Certificates Available:

- **Social Media for Business Certificate**
Course fee: \$495, CEUs: 4.8
- **Instagram for Business**
Course Fee \$195, 1.6 CEUs
- **Certificate in Project Management**
Course Fee: \$495, 4.8 CEUs
- **Digital Reporting**
Course Fee: \$195, 1.6 CEUs
- **Spanish for Medical Professionals**
Course Fee: \$290, 3.2 CEUs
- **WordPress Certificate**
Course Fee: \$495, 4.8CEUs
- **Certificate in Teaching Adults**
Course Fee: \$295, CEUs/ILUs: 3.2

Kittery Online Classes: Ed2Go



100's of Classes to Choose From!

- ▶ Instructor Led or Self-Paced Courses!
- ▶ NEW Certificate Programs!
- ▶ 24-hour Access!



Online Courses

Getting Started with Google Workspace

More and more businesses are switching to Google Workspace for their business documents and communications. Are you ready? In this course, you will get experience with nine great Google apps for business and personal use, including Gmail, Docs, Sheets, and Slides, and learn how they all work together in a seamless suite.

Current Price: \$129 to \$139

Discover Sign Language

Gain confidence in your ability to sign with the Deaf community. This course immerses you in silence to help you gain an understanding of the perspective of the hearing impaired and uses videos to demonstrate not only how to make signs, but how to communicate with facial expression.

Current Price: \$100 to \$115

Grammar Refresher

Develop English grammar skills and take your writing and speaking to the next level. This course explores the eight parts of speech, punctuation and mechanics, foundational sentence construction, phrases, clauses, problem words, common mistakes, and more with practical, hands-on exercises.

Current Price: \$100 to \$115

Instant Italian

Learn to express yourself comfortably in Italian. You'll be surprised how quickly and easily you are able to learn Italian in this course, which provides knowledge of practical, everyday words and phrases you are likely to hear if you vacation in Italy.

Current Price \$100

For a Complete List of Online Courses Visit:

▶ ed2go.com/kae



Online Career Training Certificates

Entry-Level Driver Training (ELDT) for Class A

Operating heavier vehicles with a combination of truck and trailer, such as a tractor-trailer, can be an in-demand and high-paying profession, especially with the right training and license. The Federal Motor Carrier Safety Administration (FMCSA) has established minimum training standards for individuals applying for their Class A commercial driver's license (CDL) for the first time. These individuals are subject to the entry-level driver training (ELDT) requirements and must complete a prescribed program of instruction.

Current Price: \$595

120-Hour TEFL Certification

With an estimated 1.5 billion English language learners around the world, the demand for TEFL certified teachers is sky high. Earn your internationally recognized TEFL certificate in this online course, so you can teach English online, abroad or wherever the need arises. Once qualified, you will be able to confidently walk into a classroom and deliver a lesson to English language learners.

Current Price: \$695

Optician Certification Training

In this course, you can gain the skills and knowledge you need to obtain an entry-level job as an optician in the states that recognize this certification. In addition, you'll prepare to take the Basic American Board of Opticianry (ABO) exams, which includes the NOCE (National Opticianry Competency Exam) and the CLRE (Contact Lens Registry Exam), which is required by many states to work as an optician or as a stepping-stone to career advancement.

Current Price: \$1,995

For a Complete List of Certificate Programs Visit:

▶ careertraining.ed2go.com/kae



MARSHWOOD: Enrichment



Knitting

▲ Vicky Vaughn

Always wanted to learn how to knit? Or has it been a long time since you've picked up the needles? Maybe you're stuck on a project. Join us in a relaxed and fun atmosphere! You'll learn how to cast on, knit and purl, read a pattern, as well as repair mistakes in an easy-going class. It's fun to be part of a creative community. You'll need a skein of light-colored Red Heart Worsted Weight yarn and a pair of size needles (size 7 or 8 is best) other small supplies will be discussed. Sessions are taught separately, with no prior experience required and all levels are welcome!

Session 1: Wednesdays, Feb. 8-Mar. 22, 4:30-6:30pm

Session 2: Wednesdays, Mar. 29-May 10, 4:30-6:30pm

Registration Fee: \$65 per 6-week session

Tai Chi

▲ Dianne Mros

Practice slow movements to help relieve tension, improve balance, and promote overall fitness. Develop breathing techniques to promote calmness and beneficial energy levels. Sessions are taught separately, with no prior experience required.

Session 1: Tuesdays, Feb. 7-Mar. 21, 4:00-5:00pm

Session 2: Tuesdays, Mar. 28-May 9, 4:00-5:00pm

Registration Fee: \$75 per 6-week session

Register Today!

- ▶ marshwood.maineadulted.org
- ▶ (207) 384-5703

Kripalu Yoga for Every Body

▲ Carin Sarzynski

A gently guided yoga class that will encourage you to listen to your inner wisdom as you move through centering, poses and relaxation in a supportive community. This is a great class for beginners and those who have experience with yoga practice. Please bring water, your yoga mat, any props you might like (yoga strap, blanket, or yoga block) and dress in layers.

8 Tuesday Sessions

Feb. 7-Apr. 4, 6:00-7:15 PM

Registration Fee: \$105

Maine Driving Dynamics

▲ State of Maine

Maine's "Driving Dynamics Course" offers drivers the opportunity to improve their defensive driving abilities. This course includes a discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers. Those completing the course could receive a three-point credit on their driving record.

1 Tuesday & Wednesday Session

Apr. 11 & 12, 6:00-8:30pm

Registration Fee: \$40

Age 65 and over: \$25

Intro to Expressive Art Journaling

▲ Pamela Clark

Mixed media art journaling gives you the freedom to create self-expressive art without the fear of mistakes. Expressive art journaling can help to reduce stress, depression and anxiety. Learn to create a visual expression of ideas, thoughts & emotions while relaxing & having fun using a wide range of art supplies & techniques. No art skills required! Pamela Clark is the owner/instructor at Healing Expressive Art (HEART) with over 11 years of experience using expressive art to help facilitate self-exploration, healing, and empowerment.

4 Wednesday Sessions

Mar. 8-29, 6:00-7:30pm

Registration Fee: \$60

Improving Positive Self-Talk through Art Journaling

▲ Pamela Clark

The words you use in your internal self-dialogue impact you everyday. Learning to improve these messages can help you improve depression, anxiety, self-confidence & self-esteem. Learn a fun & easy way to change the messages while creating a mixed media art journal. No technical art skills required!

6 Wednesday Sessions

Apr. 5-May 17, 6:00-7:30pm

Registration Fee: \$80



Estate Planning-Prepare for the Uncertainties of Life and Revocable Trusts & Irrevocable Trusts-Are They Right for You?

▲ Kathryn Bedell, Esq.

This class will begin with an overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives, etc. The class will then delve into, learning how revocable trusts can help avoid probate and protect your privacy, and how irrevocable trusts can protect your assets from nursing home or Maine Care (Medicaid) liens. Discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children.

Kathryn Bedell is a lawyer in York, Maine and has been practicing for 31 years. Her practice focuses on estate planning, asset preservation, and probate matters.

Tuesday, Apr. 25, 6:00-8:00pm

Registration Fee: \$15

Register Today!

ONLINE marshwood.maineadulted.org

PHONE (207) 384-5703

MARSHWOOD: Enrichment

Downsizing?

▲ Jill Braceland

This seminar is designed to offer organizing strategies to start your downsizing efforts. Establish your project priorities, learn what supplies you might need, and set realistic time constraints. Students will leave with an action plan!

Wednesday, Apr. 5, 6:00-8:00pm

Registration Fee: \$30

Leave a Legacy:

A Memoirs Journal

▲ Jill Braceland

Leave a Legacy is designed for anyone who wants to record some precious memories and family stories to pass onto future generations. This seminar will give structure to writing our histories/her-stories.

Wednesday, May 10, 6:00-8:00pm

Registration Fee: \$30

Material Fee: \$5, payable to instructor



Solopreneur: Want to Start Your Own Company?

▲ Jill Braceland

Learn how to answer 5 basic questions: Who are you? What are the cost estimates? What are you offering? Who will be your customers and competition? How will you advertise? Leave with resources to get started on your own business. Jill Braceland has been successfully delivering seminars in organizing and writing topics to adult ed programs in the local area. Her seminars have a reputation of being interactive and practical, and are presented in an easy, friendly manner.

Wednesday, Mar. 1, 6:00-8:00pm

Registration Fee: \$30

Material Fee: \$5, payable to instructor

Beginner Soap Making

▲ Sarah Holden-Remick

Learn the basics of cold process soap making! You will make all-natural honey and oatmeal soap, learn the basic process of soap making, and how to safely make soap at home. You will leave the class with 2 lbs of cold process soap, the recipe for the soap you make, and your soap mold. Students should wear long sleeves to class.

Please choose one session!

Tuesday, Mar. 7, 6:00-8:00pm

Wednesday, Mar. 22, 6:00-8:00pm

Registration Fee: \$50

Intermediate Soap Making

▲ Sarah Holden-Remick

Previous cold process soap making experience is required for this class. In this course, you will learn how to formulate your own recipes, which natural colorants you can use to color your soaps, basic swirling techniques, and use of essential oils in your soap. You will leave this class with 2 lbs of soap and your soap mold. Students should wear long sleeves to class.

Wednesday, Apr. 26, 6:00-8:00pm

Registration Fee: \$50

Running Form Workshop- Run Strong! Run Healthy!

▲ Keri-Ann Rugg

Join this two part running form workshop led by Running Coach, Keri-Ann Rugg, to learn proper running form techniques, runner specific strength & mobility exercises, injury prevention tips, and more! During the sessions Coach Keri-Ann will assist with running form identification, modification, cues and drills to help you improve efficiency while running. Whether you are just getting started, or have been running for years, this workshop is open to all levels and paces!

2 Tuesday Sessions

Mar. 28 & Apr. 4, 6:00-7:30pm

Registration Fee: \$59



Introduction to Embroidery and Crewel Techniques

▲ Linda Greer & Rita Pender

Decorative embroidery is one of the most universal forms of self-expression, spanning many centuries of history and cultures. Embroidery is a fun way to upscale clothing with your own art. In this workshop, the teachers will provide instruction of basic stitches and how to make and iron on a pattern to start an embroidery sample. Materials will include: small hoop, fabric, thread, and needle. No experience required! Registration Fee to benefit Adult Education student's emergency needs.

Tuesday, Mar. 14, 6:00-8:00pm

Registration Fee: \$30

Material Fee: \$5, payable to instructor

Wire Wrap Jewelry Basics

▲ Linda Greer

Class includes instruction on using small tools, using 22 "gauge wire", jump rings, wire crimping, designing, accenting and creating from shared learning in a small group setting. Bring tools, old jewelry to upcycle, and beads for your creation. The instructor's tools will be available for use during class and basic materials will be provided. Registration Fee to benefit Adult Education student's emergency needs.

Wednesday, Feb. 8, 6:00-8:00pm

Registration Fee: \$30

Material Fee: \$5, payable to instructor

Register Today!

- ▶ marshwood.maineadulted.org
- ▶ (207) 384-5703

MARSHWOOD: Outdoor Learning

Get Hooked on Fishing!

▲ Chelsea Lathrop

In this one day workshop students will learn the basics of fishing in Maine with hands-on application. Participants will also discover the joy and wonder of this classic Maine past-time while exploring the diversity of angling methods, techniques and freshwater species the state has to offer. Registered students can apply for an educational fishing permit which would allow all students the ability to fish in our event for free. Materials needed would be weather dependent clothing, waterproof shoes, warm socks, hat and gloves. All fishing rods, tackle and bait for the day will be provided. Chelsea Lathrop is the Education and Outreach Coordinator for the Maine Department of Inland Fisheries and Wildlife.

Saturday, May 20, 10:00am

Location: TBD, please check our website for more information

Registration Fee: Free!

So You Want to Raise Chickens?

▲ Sturgeon Creek Farm

Keeping backyard chickens is fun and a great way to provide food for the household. They have been raising chickens for 15 years and love to help new chicken owners get started. This class will address how to decide which kinds of chickens to get, how to keep them healthy, what kind of safe housing to provide, how to limit predation, what to feed them, and when to expect the hens to start laying eggs. Participants will get to see their brooders for young chicks, many different types of coops, the type of fencing we use, and many different varieties of hens and colored eggs. This class is appropriate for children aged 8 and older.

Saturday, Mar. 18, 10:00am

at Sturgeon Creek Farm

Registration Fee: Adults: \$15,

Children 12 & Under: \$10



Start Your Own Annual Vegetable and Flower Seedlings for Spring

▲ Sturgeon Creek Farm

Starting seeds is fun and much more cost effective than buying seedlings. With a few tips you can start your own vegetable and flower seedlings now and be ready for planting by the end of May. Join Master Gardener Leslie Stevens for an in-depth look at successful seed starting. Everyone will leave with a packet of seeds and the knowledge needed to grow healthy seedlings. This class is appropriate for children 12 and older with an adult.

Wednesday, Apr. 5, 6:00pm

at Sturgeon Creek Farm

Registration Fee: \$20

Grow Your Own Mini Lettuce or Herb Garden

▲ Sturgeon Creek Farm

It is possible to grow food, even in winter! Join Master Gardener Leslie Stevens to learn how to start and maintain a lettuce or herb bowl that can be repeatedly harvested starting in about a month. This class is appropriate for children 8 and older with an adult.

Saturday, Feb. 25, 10:00am

at Sturgeon Creek Farm

Registration Fee: Adults: \$15,

Children 12 & Under: \$10

Material Fee: \$5, payable to instructor

GWRLT Hike Series: Wildlife Tracking at Desrochers Memorial Forest, South Berwick

▲ Great Works Regional Land Trust

Wildlife tracking with Maine Master Naturalist, Rachel Graber. Desrochers Memorial Forest is a 135 acre preserve that abuts the South Berwick Town Forest and offers an extensive trail network. Recommended gear: warm/layered clothing, gloves/mittens, hat, winter-ready footwear, walking or hiking sticks if you're unsteady on your feet. Bring water and a light snack. Hikes are limited to 25 people.

Saturday, Feb. 11, 10:00am-12:00pm

Registration Fee: Free!



GWRLT Hike Series: Wildflower ID Walk, Orris Falls Conservation Area, South Berwick

▲ Great Works Regional Land Trust

Wildflower ID walk with naturalist and science teacher, Sue Pike. Visit Orris Falls Conservation Area, located in the Tatnic region of South Berwick and Wells. The diverse habitat features beaver wetlands, the gorge of Orris Falls, the Littlefield Homestead, a large glacial erratic aptly named Balancing Rock and the Big Bump. Recommended gear: pants, layers on top, either running shoes or hiking boots, and walking or hiking sticks if you're unsteady on your feet. Bring water and a light snack. Hikes are limited to 25 people.

Saturday, May 6, 10:00am-12:00pm

Registration Fee: Free!

Register Today!

- ▶ marshwood.maineadulted.org
- ▶ (207) 384-5703

MARSHWOOD: Travel

Register Today!

ONLINE marshwood.maineadulted.org

PHONE (207) 384-5703

Bus Trips

Marshwood Adult Education has partnered with Adventure Marketplace to offer new travel opportunities.

Please email nancy@adventure-marketplace.com for more details or visit www.adventure-marketplace.com to book



Springtime Broadway Adventure in New York!

📍 Adventure Marketplace

New York City in Springtime! Please join us as we travel from Portland and points south (during Apr. School Vacation) when the buds are busting, birds are singing and Broadway is hoppin! Organized and escorted by Nancy of Adventure Marketplace, you will travel in style and comfort from the centralized parking and pick-up location at Marshwood High School to NYC on a Custom Coach deluxe motorcoach. All details are handled meticulously, adding value and reducing risk and stress, giving you more time to enjoy and get the most out of your time in the Big Apple! Leave the transportation concerns to us and spend 3 nights in the Big Apple at the lovely Belvedere Hotel in Times Square! We'll experience The Lion King on Broadway Friday night and many other options planned...Stay tuned!

Apr. 14-17, 2023



Spring Cape Cod & Nantucket Daffodil Festival

📍 Adventure Marketplace

Join us for the annual "Three Million Daffodil Celebration" on Nantucket. We will depart Portland, Maine, head south and spend 2 nights in Hyannis. Enjoy a centralized parking and pick-up location at Marshwood High School on a Custom Coach deluxe motorcoach. Take a day trip via high-speed ferry to Nantucket Island for the annual Daffodil Festival on Saturday. Enjoy the Daffodil Festival's grand event-the Annual Antique Car Parade, which features over 100 daffodil-bedecked vintage cars. Wear your daffy hat, watch the car parade and welcome spring!

Apr. 28-30, 2023



Travel like a Pro

Nancy Dorrans, CTC

Discover the magic of travel. Join Nancy, owner of Adventure Marketplace, for a unique seminar on how to travel like one of the pros, locally or internationally! Learn about how to organize a trip from start to finish and develop the right type of itinerary for your interests and budget. Learn more information about passports, Real IDs, health requirements, visas, insurance, and more in today's travel market. Nancy will guide you through the steps you can take to prepare for your trip that can make or break your experience. Come ready with your questions and learn from the group!

Tuesday, March 7, 6:00-7:30 PM

Registration Fee: \$15

Register Today!

- ▶ marshwood.maineadulted.org
- ▶ (207) 384-5703

KITTERY: Arts, Crafts & Cooking

Watercolor Painting

▲ Doris Rice

Join in and learn some new techniques or improve on your skills. Bring to class: materials list supplied at registration.

5 Monday Sessions

Feb. 27-Mar. 27, 4:30-6:30pm

Registration Fee: \$85

Acrylic Painting

▲ Gayle Fitzpatrick

This class covers composition, color theory, color mixing, materials and techniques. You will learn and practice the fundamentals of painting with acrylics. Class time will provide time for experimentation, creativity and the opportunity to work on your own projects with guidance from the instructor. Beginner and Intermediate painters are both welcome! Materials list will be provided.

4 Tuesday Sessions

Mar. 7-28, 6:00-8:00pm

Registration Fee: \$64

Cards, Cards, Cards

▲ Gayle Fitzpatrick

In this class, students will create cards for all occasions! Four different processes will be explored-collage, printmaking, pop-up cards and "endless" cards.

4 Tuesday Sessions

Apr. 4- May 2, 6:30-8pm *no class 4/18

Registration Fee: \$56

Materials Fee: \$8, payable to instructor

A Library of Hand Bound Books

▲ Gayle Fitzpatrick

In this class, students will create 6 book structures: a simple pamphlet book a Japanese Stab Bound book, a basic Codex, a hard cover accordion book, a hard cover book with signatures sewn on tapes, and flutter books. Class will focus on the techniques, structures, tools, materials and processes.

4 Tuesday Sessions

May 9-30, 6:00-8:00pm

Registration Fee: \$56

Materials Fee: \$8, payable to instructor



Sgraffito Plate (Beginner) – Pottery Hand Building Techniques

▲ Pam Hansen

Sgraffito (in Italian "to scratch") is a decorating pottery technique produced by applying layers of color or colors (underglazes or colored slips) to leather hard pottery and then scratching off parts of the layer(s) to create contrasting images, patterns and texture and reveal the clay color underneath. Lessons include hand-building techniques. Homework includes making the sgraffito base into a heavy cream.

3 Wednesday Sessions

Apr. 5-26, 6:30-8:30pm * no class 4/19

Registration Fee: \$30

Material Fee: \$50, payable to instructor

Drilled Beach Stone: Necklace and Key Ring

▲ Susan Randall

Learn to turn beach stones into beautiful one of a kind necklaces and key rings by safely drilling beach stones, setting grommets and attaching jump rings. At the end of class, you will have 2 necklaces and 1 key ring. Choose from prepared stones that Susan will provide. If time allows additional materials may be purchased to make more items.

2 Thursday Sessions

May 18 & 25, 6:00-7:30pm

Registration Fee: \$69

Material Fee: \$5, payable to instructor

Goat Milk Soap Making

▲ Sarah Holden-Remick

In this class, you learn the basics of cold process soap making and learn how to integrate goats milk and honey into your soap making. The class will make a batch of honey and goats milk soap. Students will each leave the class with 2 bars of fully cured soap of the same design as made in class and a handout with the recipe and instructions for making goats milk soap at home.

Tuesday, Mar. 28, 6:00-8:00pm

Registration Fee: \$35

Material Fee: \$20, payable to instructor

Spa Gift Set

▲ Sarah Holden-Remick

You will learn how to make a selection of bath and beauty products perfect for the home spa experience. In the class, we will make all natural solid lotion bars, cleansing sugar scrub cubes and dry face masks. You will leave the class with 2 mini solid lotion bars, a jar of cleansing sugar scrub cubes and a dry face mask. You will also leave with the recipes used in the class.

Thursday, May 4, 6:00-7:30pm

Registration Fee: \$30

Material Fee: \$20, payable to instructor

Home for the Birds!

▲ Mary Alice LaPoint

Spring is around the corner and birds are searching for their new homes. In this class you will be guided through the creative process of decorating beautiful new bird houses. You will be provided with an unfinished birdhouse, and all the supplies for painting and decorating an outdoor or indoor creation that's fit for the birds.

Tuesday, Feb. 28, 6:30-8:00pm

Registration Fee: \$20

Material Fee: \$25, payable to instructor

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▶ (207) 439-5896



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KITTERY: Arts, Crafts & Cooking

Three Nested Stretch Bracelets

▲ **Mary Alice LaPoint**

This one-and-a-half-hour class will teach you the techniques for making a set of three, nesting, stretch bracelets from beads. At the end you will take home your one-of-a-kind, high-quality, beaded creation. Materials will be supplied to you. Just bring your creative juices.

Tuesday, May 23, 6:30-8:00pm

Registration Fee: \$25

Material Fee: \$20, payable to instructor

Macrame Plant Hangers

▲ **Alicia Stiles**

Macrame is a popular and aesthetically pleasing way to spruce up your home! During this class you will learn how to create your very own macrame plant hangers. Alicia is a textile artist specializing in macramé and weaving. All materials supplied.

**Tuesday, Mar. 7 or Apr. 4 or May 9
6:00-8:00pm**

Registration Fee: \$42

Creating and Connecting through Zentangle®

▲ **Valeria Rienzi**

Zentangle® method is an easy way to learn to create a beautiful piece of art. The method will help you expand your creativity, improve your focus, concentration, and relaxation. Valeria is a Certified Zentangle® teacher.

5 Thursday Sessions

Mar. 2-30, 6:00-8:00pm

Registration Fee: \$65

Material Fee: \$20, payable to instructor

Register Today!

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▶ (207) 439-5896



Cooking Classes



Sushi Made Simple

▲ **Carol Steingart**

Join this fun, hands-on adventure into the art of sushi rolling. Participants will choose from a wide assortment of sushi fillings, making it fun to customize your own rolls to eat during class.

A full meal will be served including miso soup and a dessert, both made with sea vegetables. Everyone will receive a bamboo mat to roll their own sushi and bring home afterwards. No raw fish will be served. This class is vegan-friendly. Please bring a cutting board, sharp, non-serrated knife, large bowl, and a cotton dish towel. Carol Steingart is a marine educator, owner of Coast Encounters, LLC.

Location: Traip

Thursday, Feb. 16, 5:30-8:30pm

Registration Fee: \$84

Massaman Thai Curry

▲ **Su Koerschner**

This traditional recipe uses ingredients such as: chicken, coconut milk, potatoes, rice, and Thai curry spices. You will help Su prepare and then enjoy a meal together. Dessert will include Coconut Tapioca. Su looks forward to sharing recipes from her native country, Myanmar and from Thailand where she spent many years working.

Location: Traip

Tuesday, Mar. 21, 6:00-8:00pm

Registration Fee: \$25

Material Fee: \$20, payable to instructor

Join Beth Kozemchak, former restaurant sous chef, for these Adult Ed classes at the Kittery Community Center!

Registration Fee: \$28, per class

Material Fee: \$10, payable to instructor

Pastries

Make homemade eclairs and puffs using different fillings like real pastry cream and savory gourgeres. Bring small bowl, pot and wooden spoon.

Monday, Feb. 6, 6:00-8:00pm

Bread Dough

Learn to make basic bread dough and all the things you can do with it. Bring rolling pin, cutting board and a bowl.

Monday, Feb. 20, 6:00-8:00pm

Herbs and Spices

Make your own spice blends at home and learn what various spices/herbs bring to your dishes. Learn how to care for them both dried and fresh. Bring a small bowl.

Monday, March 13, 6:00-8:00pm

Pies!

Make different pie crust from scratch and learn about different fillings from fruit to custard. Bring a rolling pin, cutting board and bowl.

Monday, Apr. 3, 6-8:00pm

Spring Vegetables

Turn simple spring vegetables into new side or even main dishes.

Monday, Apr. 24, 6:00-8:00pm

Fish

Learn how to handle, skin, season and prepare fish properly. Bring cutting board and a filet knife.

Monday, May 8, 6:00-8:00pm

KITTERY: Health & Wellness

Yin Yoga Nidra ONLINE

 **Mary Schwoerer**

Class includes movement to warm up muscles & joints, Yin yoga (gentle postures to stretch & strengthen body/ mind) & Yoga NIDRA (restorative to body/ mind). Please arrive on Zoom with a yoga mat, chair (no arms), water bottle & pillows, eye covering & blanket for diving deep into relaxation & calm.

Saturdays, 9-10:00am

Registration Fee: \$56, for 1 month



Nutrition Basics

 **Monica Moore MS, RD, LD**

Label Reading, nutrients, balancing meals, healthy eating tips, portion control, and more will be discussed, with time for Q&A from a registered dietitian.

Thursday, Mar. 30, 6:00-7:30pm

Registration Fee: \$25

Eating with Diabetes

 **Monica Moore MS, RD, LD**

Eating with diabetes can be confusing but you don't have to cut out all your favorite foods! In this session, learn how to count carbohydrates, better food choices to pick for diabetes, basic blood sugar control tips, portion control, label reading, and Q&A with the Registered Dietitian at the end.

Thursday, Apr. 6, 6:00-7:30pm

Registration Fee: \$25

Eating on a Low Sodium Diet

 **Monica Moore MS, RD, LD**

Trying to follow a low sodium diet but stuck on how to do it? People follow low sodium diets for many reasons. In this class taught by a Registered Dietitian, learn how to read food labels, typical daily sodium amounts, food substitutions, ways to reduce sodium intake, and a Q&A with the dietitian at the end.

Thursday, Apr. 13, 6:00-7:30pm

Registration Fee: \$25

Breath-Taking at Night

 **Carole Freeman**

The #1 reason why so many people feel sick and tired is because of a Sleep/ Breathing Dysfunction. This class teaches you how to fall asleep faster, stay asleep longer, stop snoring and wake up feeling rested. You and I know that you can't possibly have your highest brain power, do your best performance and function at your highest level when you are chronically fatigued and drained from lack of deep restful sleep. Carole is a Registered Respiratory Therapist.

Tuesday, Apr. 4, 5:00-7:00pm

Registration Fee: \$37

Strong Bones ONLINE

 **Mary Schwoerer**

Are YOU ready to build bone density, improve strength, balance & agility? This class is your answer to a total-body/ mind workout for osteoporosis and osteopenia. Includes: weekly tips on Nutritional needs for Strong Bones, recipes that include delicious ways to get & absorb nutrients, exercises that include weight training, balance & agility and bone breathing exercises. Suggested items for class: 1, 2 OR 3 lb. weights (or any combination), resistance bands, bootie bands, chair & water bottle. Mary holds a M.Ed. and is Bone Builders Certified. This is a virtual class over Zoom.

Tuesday & Thursday, 9:00-9:40am

Registration Fee: \$69, for 1 month

Wake Up With Mimi ONLINE

 **Mary Schwoerer**

Class format includes conscious breathing, meditation, Qi-Gong & energy exercises. Various themes are presented each month. ie; brain health, tracing meridians, radiant circuits, eye care, healthy heart, etc. This is a virtual class over Zoom.

Tuesdays & Thursdays, 8:00-8:40am

Registration Fee: \$69, for 1 month

Medicare Basics

 **Timothy Harrigan**

Take the mystery out of Medicare and get all your questions answered. This informative class will help you understand the basics of Medicare in relatable, easy-to-understand language and provide you with the tools you will need to determine the best plan for you. Tim Harrigan is a Senior Benefits Specialist for Harrigan Insurance Services, Inc. He has 25 years' experience in the insurance industry and, as an independent agent, represents many of the major Medicare plans in ME and NH.

Tuesday, Feb. 28 or Mar. 28 or Apr. 25 or May 23, 6:00-7:00pm

Registration Fee: \$10

Register Today!

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- ▶ (207) 439-5896



Register Today!

ONLINE kittery.maineadulted.org

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KITTERY: Health & Wellness

Wellness Classes with Carol-Charland Cliche, Author & Wellness Coach

Carol specializes in Neural Retraining Therapy (NRT) and has been helping people achieve wellness goals since 1998. Neural Retraining Therapy (NRT) and “train your brain” therapies have become popular buzzwords in psychology circles and one of the most sought-after therapies worldwide for making positive life changes. Note: NRT is NOT hypnosis, no trance state is needed to be successful. All classes will include free NRT coaching support to help you achieve your goals, as well as Carol’s eBooks. All classes are offered via ZOOM online.



The Stress Reset: Stress-Proof Your Mind & Body **ONLINE**

Are you constantly stressed-out, tired and feeling overwhelmed? This course is a fresh new approach to reducing stress, moving out of survival mode and back into joy. Learn the most sought-after therapy worldwide; “Limbic Brain Retraining” that calms an overactive stress response and activates your natural relaxation response. You’ll learn modern neural retraining techniques (NRT) for effective stress and anxiety relief.

Thursday, Feb 23, 6:00-8:00pm
Registration Fee: \$49

Become a Holistic Health Practitioner PART 1 **ONLINE**

Do you have an interest in natural health and wellness? Do you like helping others? This course is an introduction to Holistic Wellness and CAM or Complimentary-Alternative Medicine therapies. You will learn how you can become a successful Holistic Health CAM Practitioner, see therapy clients and start a Holistic Wellness business. NOTE: No college degree is required in most CAM occupations only professional training or certification or licensing in the specific occupation.

Thursday, Feb. 16, 6:00-8:00pm
Registration Fee \$49



How to Build a Money-Making Holistic Therapy PART 2 **ONLINE**

This course is designed to jumpstart your Holistic Health Practice. You will be taught successful marketing and practice building strategies for any CAM profession. This course is for the new CAM practitioner or an established provider that wants professional marketing tips to successfully get more new clients to rapidly build their business.

Thursday, Mar. 2, 6:00-8:00pm
Registration Fee \$49

The Diet Fix: Stop Weight Cycling & Diet Failure **ONLINE**

Discover the real reason why 90% of diets end in failure. Over the years when you repeatedly went from one diet to another, it created a powerful neuropathway or behavior pattern of diet failure that the brain automatically used as a default behavior every time you started a new diet. Unknowingly, you programmed your brain to NOT lose weight! Neural Retraining Therapy uses techniques to break unwanted habits and behavior patterns stored in the brain.

Thursday, Mar. 16, 6:00-8:00pm
Registration Fee: \$49

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KITTERY: Enrichment



Beginners Stand Up PaddleBoard Yoga

▲ Cheryl Mazanec

Bring your Yoga practice outdoors, connect with nature, and try something new! We will review basic paddle techniques and safety instructions prior to anchoring down for a 60 minute relaxing SUP Yoga Class. No Experience Necessary. You must be able to Swim. Paddleboard, Anchor, PDF Life Vest, and a Paddle are provided.

Bring to Class: Arrive in clothing that can get wet and are comfortable to move in. Class Meets at Cutts Island Trail/Rachel Carson Wildlife Refuge at 37 Seapoint Road in Kittery Point, Maine. Parking along side of road.

**Thursday, June 8, 4:30-6:00pm or
Tuesday, June 13, 6:15-7:45pm or
Tuesday, June 27, 5:00-6:30pm or
Tuesday, Aug. 8, 5:00-6:30pm**
Registration Fee: \$45

Spring birding at Fort Foster

▲ Dave Tucker

Focus on migrating birds and spring specialties. Bring binoculars. Class will meet at the entrance gate of Fort Foster. Additional fee may be required for entrance to Fort Foster.

Saturday, May 20, 7:00-10:00am
*rain date 5/21
Registration Fee: \$20

Breeding Birds of Fort Foster

▲ Dave Tucker

Focus on birds who nest at the fort. Bring binoculars. Class will meet at the entrance gate of Fort Foster. Additional fee may be required for entrance to Fort Foster.

Saturday, June 10, 8:00-11:00am
*rain date 6/11
Registration Fee: \$20

Spring has Spawned: Getting Your Garden Ready for Mushroom Cultivation ONLINE

▲ North Spore

Every gardener in America should be growing mushrooms! If upgrading your garden this year sounds fun, join Louis Giller, from North Spore northspore.com, for an informative presentation. This will be a virtual class. You will be sent a ZOOM link closer to the start of the class.

Saturday, Feb. 25, 10:00am-12:00pm
Registration Fee: \$25

Basic Mushroom ID in Maine: Preparing to Forage Successfully ONLINE

▲ North Spore

We live in a beautiful place with a huge diversity of fungal species. This class is aimed at getting you acquainted with foraging in Maine, so that you can be ready once the season begins. Join Louis Giller, from North Spore www.northspore.com. This will be a virtual class. You will be sent a ZOOM link closer to the start of the class.

Saturday, Apr. 8, 10:00am-12:00pm
Registration Fee: \$25

Ukulele for Beginners ONLINE

▲ Duncan Perry

Here's your chance to find out how to play this wonderfully versatile, go anywhere instrument in our no-stress program for beginners. Classes take place over Zoom. So grab a uke, you don't need to read music-sign up, tune up and show up. If you don't own a ukulele, please contact us for helpful information about buying one.

All sessions meet from 6:00-7:30pm
Registration Fee: \$79, per session
Session 1: Wednesday, Jan. 4-25
Session 2: Tuesday, Jan. 31-Feb. 21
Session 3: Wednesday, Feb. 1-22
Session 4: Tuesday, Mar. 7-28
Session 5: Wednesday, March 8-29
Session 6: Tuesday, Apr. 4-25
Session 7: Wednesday, Apr. 5-2

Instant Piano for Hopelessly Busy People ONLINE

▲ Craig Coffman

Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.

**Tuesday, Feb. 21, 6:30-9:30pm or
Monday, Apr. 17, 6:30-9:30pm**
Registration Fee: \$59

Instant Guitar for Hopelessly Busy People ONLINE

▲ Craig Coffman

This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is included. A recording of the class is included as well. Class limited to 15 students. For ages 13+.

**Wednesday, Feb. 22, 6:30-9:00pm or
Tuesday, Apr. 18, 6:30-9:00pm**
Registration Fee: \$59

Register Today!

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- ▶ (207) 439-5896



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KITTERY: Enrichment



How to Play Piano by Ear

ONLINE

▲ Craig Coffman

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

Thursday, Apr. 27, 6:30-9:00pm

Registration Fee: \$59

Introduction to Professional Voice Over **ONLINE**

If you've ever wondered how to begin in voice over, this workshop is a great, upbeat, first step. An easy-to-access remote learning system will take you behind the scenes at Voice Coaches main studios. This is just an introductory class if you are curious about the field and had questions. You are not obligated to purchase further lessons. Prior to class, you will be sent a ZOOM link to join this class virtually.

Monday, May 8, 6:30-8:00pm

Registration Fee: \$15

Publish Your Book on Amazon

ONLINE

▲ Carol Charland-Cliché

Have you always wanted to publish a book? I started my journey as an author by taking an adult education class on self-publishing. Getting your book on Amazon is easier than what you think. Includes my 25pg eBook, "Tips for Self-Publishing on Amazon". Class via Zoom online.

Thursday, Feb. 2, 6:00-8:00pm

Registration Fee: \$49

Siege at the State House - Book Discussion

▲ Mac Smith

Discuss *Siege at the State House*, the true story of a coup in Augusta, Maine in 1879. The several-week occupation culminated in a showdown between armed rebels and Civil War hero General Joshua Chamberlain standing on the State House steps, exposing his chest, and daring any man present to settle the standoff with violence, if they dared.

Thursday, April 27, 5:30-6:30pm

Registration Fee: \$15

My World as a Filmmaker

▲ Jim White

An evening of conversation, questions and answers with filmmaker Jim White about his 47-year career working all over the world, producing television commercials and documentaries. Jim will present the latest tools for his trade, various cameras and drones and talk about the ever-changing film production industry. Then the documentary "The Many Lives of Fort McClary" will be shown, one of six documentaries he's made about Maine seacoast history, with more discussion after, including new work for 2023.

Thursday, May 4, 6:00-8:00pm

Registration Fee: \$20

Get Your Acts Together

Masterclass **ONLINE**

▲ Kate Johnston

Three-act structure in literature mirrors life because humans' journeys unfold in a similar manner—with a beginning, middle, and end. Three acts are fundamental to storytelling, and when you infuse emotionally impactful events into the three-act plot, you can craft a meaningful story your readers will care about and that will keep them turning pages. Included in this program: the purpose of each act, how to construct each act, the components of each act, storyboarding tools, inner and outer story and more! This class will be held on Zoom and recorded. Worksheets will be sent to registered students. If you can't make the class, no worries—the recording and worksheets will be sent to you. Kate is a published author, writing coach, and book editor.

Saturday, Mar. 11, 10:00am-1:00pm

or Monday, Mar. 20, 5:00-8:00pm

Registration Fee: \$65



Digital Photo 1 Beginner Series

ONLINE

▲ Steve McGrath

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera ready and learn when and how to use its special features—such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plants, people, and landscape photography. Class meets over ZOOM.

4 Thursday Sessions

Feb. 2-23, 5:30-7:00pm

Registration Fee: \$95

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KITTERY: Enrichment

Smartphone Photography

ONLINE

▲ Steve McGrath

This Class is dedicated to helping you with understanding how to use your smartphone photography, how to create great Images on your phone, what editing apps to use, how to share and print your images. Class meets over ZOOM.

2 Wednesday Sessions

Mar. 1 & 8, 7:30-9:00pm

Registration Fee: \$54

Lighthouse Photography Workshop: Cruise from Maine Maritime Museum in Bath

ONLINE

▲ Steve McGrath

Learn about camera settings and compositions in the first online class and the types of images you can capture!

Then head out for a Lighthouse Cruise and photograph up to six lighthouses! Meet for the third class online to view and critique your images! Tickets for the cruise must be purchased separately at: <https://www.mainemaritimemuseum.org/visit/cruises/>

Online: May 17 & May 24, 6:00-7:30pm

Cruise: May 20, exact time TBD

Registration Fee: \$79

Estate Planning-Prepare for the Uncertainties of Life

▲ Kathryn Bedell, Esq.

Overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives. Kathryn Bedell is a lawyer in York, Maine and has been practicing for more than 31 years. Her practice focuses on estate planning, asset preservation, and probate matters.

Tuesday, Apr. 4, 6:30-8:30pm

Registration Fee: \$15

Revocable Trusts & Irrevocable Trusts-Are They Right or You?

▲ Kathryn Bedell, Esq.

Revocable trusts can help avoid probate. Irrevocable trusts can protect your assets from nursing homes or MaineCare liens.

Tuesday, May 16, 6:30-8:30pm

Registration Fee: \$15

My Dying to Do List

▲ Jill Braceland

Do you know how much paperwork is involved in organizing your estate? This quick overview deals with matters involving Family, Finances, Future, and Funeral. You will leave with a list of resources. This is an informational seminar only.

1 Tuesday Session

Feb. 28, 6:00-8:00pm

Registration Fee: \$20

Start Writing: A Quick Intro to Creative Writing

▲ Jill Braceland

Start writing that great American novel that rests within each of us. Learn about a writer's notebook, pre-writing process, poetry, and publication issues.

2 Thursday Sessions

Mar. 23 & 30, 6:00-8:00pm

Registration Fee: \$30

Taming the "To Do" List

▲ Jill Braceland

Identify techniques that will help you organize your personal time. Suggestions offered include prioritizing, creating the "To Do" list, and how we underestimate time.

1 Thursday Session

May 11, 6:00-8:00pm

Registration Fee: \$20

History of Fort Foster

▲ Bob Gray

For many years before it became the great town park that it is, Fort Foster played a large role in protecting our harbor. Come and learn about the multitude of armaments, bunkers, buildings and people who have been part of this important historic site.

Date/time: TBD

Registration Fee: \$20

Walking Tour of Fort Foster

▲ Bob Gray

Come and enjoy a walk through Fort Foster. On this tour you will see and learn about the history of the structures that are there now and see the sites of others that no longer exist. Class will meet at the entrance gate of Fort Foster. Additional fee may be required for entrance to Fort Foster.

Date/time: TBD

Registration Fee: \$20



Portsmouth Naval Shipyard: From Sails to Atoms

▲ Joseph J. Gluckert, PNSY, History and Heritage Center Director

Portsmouth Naval Shipyard has a venerable heritage and rich tradition. Learn about its role and achievements in times of war and peace from a military historian's perspective. The tour includes a visit to the Shipyard's Treaty of Portsmouth exhibit, a walking tour of the Shipyard Mall area, a driving tour around the perimeter of the base, including an up-close view of the former Naval Prison's exterior, and lastly a visit to the Shipyard's Heritage Center. Must bring valid photo I.D. such as Driver's License or U.S. Passport. Non U.S. Citizens will be required to submit additional documentation in advance. Participants must be able to use the bus and negotiate stairs. Neither the bus nor comfort facilities are handicapped accessible.

Thursday, Apr. 6 or Apr. 20

9:30am-12:00pm

***park at Kittery Lions Club and board the bus, bus leaves promptly at 9:30am and returns at 12:00pm**

Registration Fee: \$12

Register Today!

- ▶ kittery.maineadulted.org
- ▶ (207) 439-5896

KITTERY: Technology

Tech Series

Join librarian Katie Lyons for Adult Ed technology classes at Rice Public Library! Bring your own device or use a library tablet. All classes will be held at the library located at 8 Wentworth St., Kittery, ME.

Create Your Website

Want to create your own space online? There are some great, easy-to-use options out there to make a basic Web page. We'll primarily explore free platforms such as Weebly, Wix, and Canva, as well as some more advanced options if you'd like to go further.

Thursday, Mar. 2, 6:00-8:00pm

Registration Fee: \$15



Streaming Media: Cutting the Cord

Have you considered 'cutting the cord' and getting rid of your traditional cable package? From local news to live TV to premium cable, find out all the ways to watch what you want and leave the rest behind.

Thursday, Mar. 9 or Mar. 16, 6:00-8:00pm

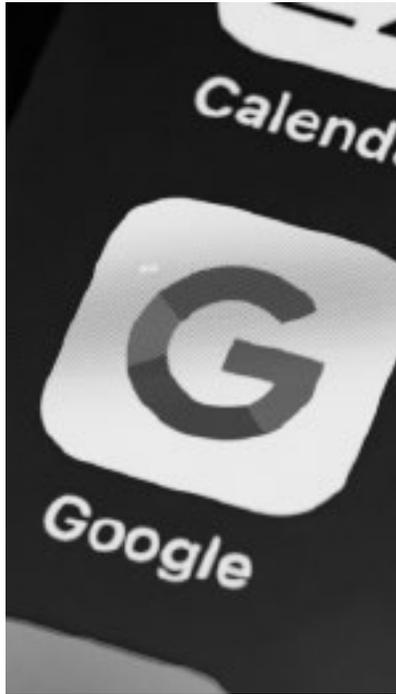
Registration Fee: \$15

Stop the Scams

Phishing, robocalls, spoofing-these are all tricks that scammers can use to steal your information. Learn how to identify common internet and phone scams, how to protect yourself against them, and what to do if it happens to you.

Thursday, Mar. 30, 6:00-8:00pm

Course Fee: \$15



Gmail

Learn the basics of sending, sorting and receiving mail in Gmail, and everything you can do with your account that makes Gmail stand out from the rest.

Thursday, Feb. 9, 6:00-8:00pm

Registration Fee: \$15

Google Apps

There's more to Gmail than meets the eye! Explore the apps that make Google Apps and Gsuite powerful, and all of the things you can do with your Gmail account.

Thursday, Feb. 16, 6:00-8:00pm

Registration Fee: \$15

Podcasts

What is a podcast? What makes them unique? How can you listen to them? Answer these questions and more as we dive into the medium. This class will be more about finding and listening to great podcasts, less about starting your own.

Thursday, Apr. 6, 6:00-8:00pm

Registration Fee: \$15



Tablet Time!

Are you thinking of buying a tablet? Do you have one, but are unsure how to get the most out of it? Get a hands-on demonstration of Apple and Android tablets. Discover great apps, connect with others, and bring your questions!

Thursday, Apr. 13, 6:00-8:00pm

Registration Fee: \$15

Register Today!

- ▶ kittery.maineadulted.org
- ▶ (207) 439-5896

Registration Information/Cancellations

Important Information

COVID-19 UPDATE: Adult Education will follow all the latest school district guidelines to maintain staff and students well being.

Program/Registration Information

Three Ways to Register for Classes

Registration forms (for both programs) are on the next page. You may register for classes online by visiting each program's website:

- ▶ www.marshwood.maineadulted.org
- ▶ www.kittery.maineadulted.org

As always, you can take classes at either location with no added "out of town" fee. You will not be able to register for Marshwood classes on Kittery's website or vice versa.



**All Classes, Even Free Ones,
Require Registration!**

1 Online. Register for most classes online with a credit card:

www.marshwood.maineadulted.org
www.kittery.maineadulted.org

2 By Mail. Mail your registration to:

Marshwood Adult Education
260 Dow Hwy., South Berwick, ME 03908

Kittery Adult Education
12 Williams Avenue, Kittery, ME 03904

3 By Phone. If paying with a credit card or registering for a free course:

Kittery Adult Ed: (207) 439-5896
Marshwood Adult Ed: (207) 384-5703

Class Cancellation Policy

Why Did My Class Get Canceled?

While classes may be canceled due to instructor emergencies, public health or weather events, most are canceled due to low enrollment. Enrichment classes are self-supporting. This means each class must create enough revenue to cover all costs. Therefore, when enrollment is low, we need to cancel, most often the week before a class is scheduled to start.

Weather Cancellations

Program updates and cancellations will be announced on our answering machine, website and local TV stations. If day school is canceled or dismissed early, Adult Education classes are also canceled. When in doubt, call the location where you attend class:

- ▶ Marshwood (207) 384-5703
- ▶ Kittery (207) 439-5896

Cancellation/Refund Policy

- 100% credit or refund if course is cancelled.
- 100% refund **less processing fees** if participant withdraws at least 5 business days before the class. Refunds for online payments will be processed immediately. Refunds for cash or check payments may take up to 6-8 weeks to process.
- No refund if participant withdraws within five business days of the class.
- Once classes have begun, there are no refunds.
- In the event of closure, participants will receive 100% credit for onsite-only classes that have not begun. Participants will receive a prorated refund for incomplete onsite-only classes.
- No refunds or credits for onsite courses designed to transition to a remote format in the event of closure.
- Refunds for trips will only be granted if your ticket/bus seat can be resold.
- Material fees and book charges are not refundable after the first Session.
- No cash refunds will be issued. Refunds will be made by check or to the credit card used at time of registration.

Additional Fees

Material Fees

Material fees are separate from Registration Fees. Many classes have material fees. These fees are generally paid directly to the instructor on the first day of class, by cash or check.

Material fees are not refundable.

Late cancellations/no-shows may be billed for the cost of wasted materials/fees incurred by the instructor.

Registration Forms

Registration Form: Marshwood Adult Education

You Can Register Online!

► marshwood.maineadulted.org

Name: _____ Email: _____

Address: _____ Town: _____ State: _____ Zip: _____

Home Phone: _____ Cell or Work Phone: _____

COURSE NAME	DATE	Course Fee
1.		\$
2.		\$
3.		\$
4.		\$
PAYMENT OPTIONS:		TOTAL:

Cash Check Credit Card/Type: Visa Master Card Discover

Credit Card Number _____ Exp Date: _____ CCV (code from back of card): _____

Payment must accompany registration. Make checks payable to M.S.A.D. #35

Mail Cash or Checks To: Marshwood Adult Education, 260 Dow Hwy., South Berwick, ME 03908



Registration Form: Kittery Adult Education

You Can Register Online!

► kittery.maineadulted.org

Name: _____ Email: _____

Address: _____ Town: _____ State: _____ Zip: _____

Home Phone: _____ Cell or Work Phone: _____

COURSE NAME	DATE	Course Fee
1.		\$
2.		\$
3.		\$
4.		\$
PAYMENT OPTIONS:		TOTAL:

Cash Check Credit Card/Type: Visa Master Card Discover

Credit Card Number _____ Exp Date: _____ CCV (code from back of card): _____

Payment must accompany registration. Make checks payable to Kittery Adult Education.

Mail Cash or Checks To: Kittery Adult Education, 12 Williams Avenue, Kittery, ME 03904

Here's Some of Our Exciting 2023 Classes & Activities!



So You Want to Raise Chickens

► See Page 10



Three Nested Stretch Bracelets

► See Page 13



High School Academics

HiSET is Maine's high school assessment. Earn your high school credential upon completion. Call today for more information!

► See Page 1

Free Academic/College Prep Classes & Career Guidance

Registering is Easy!

Marshwood Adult Ed

- marshwood.maineadulted.org
- (207) 384-5703

Kittery Adult Ed

- kittery.maineadulted.org
- (207) 439-5896

Marshwood Adult Education
260 Dow Hwy.
South Berwick, ME 03908

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