Serving Arrowsic, Bath, Bowdoin, Bowdoinham, Brunswick, Harpswell, Phippsburg, Topsham, Woolwich, and Wiscasset

MERRYMEEETING
ADULT EDUCATION
Where community and education meet!

www.merrymeeting.org

Amy Shipp works on a painting, spring 2019.

Classes start soon! Register early!
56 new classes!

Keep until June
Welcome to Merrymeeting Adult Education, where community and education meet!

MAE is pleased to offer a series of new classes for our winter/spring semester. We strive to provide high quality, exciting programming for the residents in our communities. Our programs and classes are growing, and the communities we serve continue to find value in our work. In order to continue to provide high quality service with minimum disruption to our students, we have eliminated the online registration fee of $1.99 and have modestly increased some of our course fees.

Have a great semester!
Warm regards,
Allen Lampert

Main campus:
Merrymeeting Adult Education Center
35 Republic Ave., Topsham
Phone - 729-7323
9 a.m. to 9 p.m. Monday to Thursday
9 a.m. to 3 p.m. Friday

Regional School Unit 1 campus:
Morse High School
826 High St., Bath
Phone - 443-8255
11 a.m. to 7:30 p.m. Monday to Thursday
9 a.m. to 3 p.m. Friday

Adult Education Staff
Allen Lampert ......................... Director
Dawn Wheeler ......................... RSU 1 Site Coordinator
Raye Leonard ......................... Project Administrator
Paul Elisha .......................... Academic Counselor
Carolee Tupper ...................... Office Manager
Jinger Howell ......................... Evening Secretary, Topsham
Suzanne White ...................... Evening Secretary, Brunswick
Pauline Hanson .................... Administrative Assistant, Bath

FAQs

How can I register?
We strongly recommend registering with a credit or debit card ONLINE or by calling the office as soon as possible. To secure a seat in class, payment MUST be made at time of registration.
Visit Merrymeeting.org, call 729-7323 or 443-8255. You can also fill out the registration form on the back page and bring, fax 729-5609, or mail it to Merrymeeting Adult Education, 826 High St., Bath, ME 0430.
A $25 fee is charged for each returned check.

What discounts do you offer?
Seniors age 60-plus $10 off classes of more than two nights.
Employees 20 percent off classes that cost up to $100; $20 off classes of $100 or more. School employees include MSAD 75, Brunswick (including Region 10 Technical High School), RSU 1, and Wiscasset.
Exceptions: One- and two-night classes, trips & tours, Ed2Go or where indicated.

Are materials and books included?
Materials for enrichment classes are not included in the registration fee unless noted. Material fees are payable to the instructor at class. Materials are NOT refundable.

Will I be sent a confirmation notice?
Confirmations are sent to anyone who registers with an email address. Some programs have limited enrollments. If you register after the course is full, we will notify you and ask if you want to be put on a waiting list or be refunded.

What are the cancellation and refund policies?
If you cannot start a course, notify us 5 business days prior to the first class and we will refund your registration fee. Materials and books or other personal expenses are not refundable.
No refunds for missed one- and two-night workshops or trips.
We reserve the right to cancel a class due to low enrollment or other circumstances. If we cancel a class, all fees are refunded.
We do not process cash refunds. Processing refunds may take up to 14 working days. Checks are mailed to the student unless otherwise requested.

Kick Start Your New Year By:

* finishing your high school diploma
* earning your HiSET
* going to college

Find out how:
Skate & Learn with Merrymeeting Adult Education

January 21 @ 6 pm
Bath Youth Meeting House and Skate Park
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Arts & Crafts

New! Portraiture
Imagine being able to capture the likeness of a person. Though it might seem like an impossibility, there are steps and techniques available to help you attain that goal. Learn the fundamental base skill to draw, illustrate, or paint the person where the face and expression predominate and display the likeness, personality, and mood of the person as well as what it means to create our interpretation of someone's essence or likeness. No class April 20 and May 25.
Instructor: Trisha Morey
Monday, April 13, from 9 a.m. to noon, for 10 weeks
Morse High School
$130

FAVE! Watercolor Combo Class
Are you a true beginner or have you painted in watercolor, but need help improving your skills? As a beginner, you will be introduced to painting individual elements of the landscape and then put those elements together. You will learn watercolor techniques, such as dry brushing, scraping and wet-into-wet applications. More advanced students will be challenged with a new exercise each week that includes a step-by-step handout. Classes begin with a helpful critique and demonstration of a new technique. Materials list at merrymeeting.org under News and Events. Class workbooks required for all beginners are available for purchase at MAE office, or on the first day of class, for approximately $25.
Instructor: Linda Murray
Thursday, beginning Feb. 27, from 9:30 a.m. to noon for 8 weeks
Adult Ed Center, Topsham
$100

Watermedia Directed Study
This class is for students who have worked in either watercolor or acrylics and would like direction or help with a subject or technique. This class is not for beginners. Students will work on their own projects in either medium. Each class will begin with an open critique discussion about issues each artist is having with their work. There will be an emphasis on composition, color theory and other design considerations. In addition, there will be demonstrations of various watercolor and acrylic techniques such as Decalcomania and blending using acrylic paints. Students are responsible for their own materials.
Instructor: Linda Murray
Friday, beginning Feb. 28, from 9:30 a.m. to noon for 8 weeks
Adult Ed Center, Topsham
$100

FAVE! Drawing: Learning to See
Using material from Betty Edwards, “Drawing from the Right Side of the Brain,” students will learn five basic perceiving skills in this 10-week course. The process is demanding, engaging and deeply satisfying as you integrate these skills and expand your awareness. Materials discussed at first class - approximately $40 to $45.
Instructor: Kathie Boldt
Wednesday, beginning Jan. 22, from 9:30 a.m. to 12:30 p.m. for 10 weeks
Adult Ed Center, Topsham
$130

Deepening Drawing Skills, Part 2
Drawing: Learning to See
This course is a follow-up for those who have taken the beginning course, Drawing: Learning to See, developing seeing skills even further. Emphasis is on the practice of sighting, negative spaces, and tonal skills. Materials discussed at first class - approximately $40 to $45.
Instructor: Kathie Boldt
Wednesday, beginning April 29, from 9:30 a.m. to 12:30 p.m. for 8 weeks
Location: Adult Ed Center, Topsham
$110

Continued Drawing B/W & Color Pencil
Join esteemed instructor Kathy Boldt as you further develop your drawing skills, working in black and white and color media. Learning the perception of color relationships demands a depth of experience in seeing tones and you will soon find yourself becoming more and more skilled in thumbnails. You will develop your knowledge of color theory and advance the building of your fine color perception. Materials discussed at first class - approximately $40-$45.
Instructor: Kathie Boldt
Winter morning session: Tuesday, beginning Jan. 21, from 9:30 a.m. to 12:30 p.m. for 10 weeks
Spring morning session: Tuesday, beginning April 28, from 9:30 a.m. to 12:30 p.m. for 8 weeks
Winter afternoon session: Tuesday, beginning Jan. 21, from 2:30 to 5:30 p.m. for 10 weeks
Spring afternoon session: Tuesday, beginning April 28, from 2:30 to 5:30 p.m. for 8 weeks
Adult Ed Center, Topsham
$130 for 10 weeks; $110 for 8 weeks

Register anytime at merrymeeting.org
Phone & office registration opens Jan. 6.
Call 729-7323 or 443-8255.

Merrymeeting Adult Education • Winter-Spring 2020
Acrylic Painting, Beginning

New at painting?
Interested in expanding your artistic expression? Join us for a fun adventure by adding acrylics to your palette of mediums. In just 6 weeks, you will learn to mix colors, use basic tools and various acrylic mediums and painting supports (canvas, wood, etc.). Create appealing still life compositions and experiment with texture, color, and contrast. Work at your own pace in your own style with Linda Murray, an experienced teacher. Materials list available at merrymeeting.org.

Instructor: Linda Murray
Friday, beginning Feb. 28, from 9:30 a.m. to noon for 8 weeks
Morse High School
$100

Acrylic Painting, Intermediate

If you’ve taken a beginner’s course or have some previous painting experience, this course will help you continue to explore acrylics. Begin at your own skill level and work at your own pace. Review mixing colors, choosing and preparing supports, adding texture; then on to using acrylic gels and other mediums (including mixed media art), composing a still life, and painting landscapes/seascapes from photos. We encourage experimentation and expanding your painting horizons.

Instructor: Pat Casey
Tuesday, beginning March 31, from 10 a.m. to 1 p.m. for 6 weeks
Morse High School
$100

Leatherbound Sketchbooks

Make a beautiful, rustic, leather covered sketchbook with Anna Low of Purplebean Bindery. You will work with reclaimed leather and some creative, heavy-weight paper to bind your very own blank book, perfect for a travel journal, sketchbook, or just to doodle in. We’ll cover some basic bookbinding techniques (no previous experience necessary!) and you’ll design your own book. We’ll bind it all together with the decorative and functional long stitch. You’ll leave class with instructions and a few tools to continue making books at home. $5 material fee included. No discounts.

Instructor: Anna Low
Thursday, beginning April 2, from 5 to 7 p.m. for 8 weeks
Morse High School
$165

Narrative Arts

Delve deep into the skills of narrative art and storytelling, and be prepared to create your own stories in comic book or graphic narrative form. Emphasis is on illustration, writing the script and presentation of ideas for potential publication. Students should bring a pad of drawing paper and pencils.

Instructor: Vance Bessey
Monday, beginning Jan. 6, from 6-8 p.m. for 12 weeks
Adult Ed Center, Topsham
$140

Beginning Ceramics, Hand Building

Ever wanted to take some time for yourself and play with clay, but you were too busy, too tired or too intimidated? Learn the basics of hand building, surface decoration and wheel throwing to create functional pieces and sculptures. This class is geared toward the beginner who would like to learn coil, slab and pinch construction as well as basic wheel throwing techniques and glazing. New demonstrations are given weekly, but students can also use this time as an open studio to work on their own personal projects. This is not a wheel-throwing class. $30 for materials and studio fee included. Additional clay can be purchased separately. No class April 20.

Instructor: Heather Monsen
Thursday, beginning April 2, from 5 to 7 p.m. for 8 weeks
Morse High School
$165
ARTS & CRAFTS

Experimental Printmaking
This course is a basic introduction to printmaking and using a press. While drawing ability can certainly enhance your final projects, drawing and printmaking experience is not necessary. Using plastic plates, you will etch an image into plastic and be able to make multiple copies using a small press. We will also experiment with multi media, adding color and other elements to your work. This is a great way to make prints as gifts or even holiday cards. Come play and explore this intriguing technique! $20 studio fee included. No class April 18.
Instructor: Heather Monsen
Tuesday, beginning March 31, from 5 to 7 p.m. for 4 weeks
Morse High School
$75

Getting To Know Your Digital Camera
This class is a perfect, less-technical introduction to using your new or barely used digital camera. Participants should have basic working knowledge of their own camera. In this two-week class, you will learn to navigate and select your camera's settings in the various automatic and semi-automatic modes for the best possible results.
Instructor: Leah Haraden
Tuesday, beginning April 28, from 6 to 8:30 p.m. for 2 weeks
Morse High School
$35

Digital Photography I
Whether you've just purchased your first digital camera or you are an aspiring pro or semi-pro photographer, this crash course will give you the technical skills and creative inspiration to take your work to a new level. You will become progressively more confident handling your camera and choosing settings that will help you produce the quality of images you have always desired. Included will be a combination of very lively lectures, demos, handouts, slide shows, videos, and hands-on practice. Students are encouraged to study and practice on their own with the optional homework assignments. Please bring a digital camera with manual exposure mode, fully-charged battery, at least one lens, tripod and an extra memory card.
Instructor: Leah Haraden
Tuesday, beginning May 12, from 6 to 8:30 p.m for 4 weeks
Morse High School
$50

Creative Digital Photography
Unleash your digital photo creativity. Learn how to take control of your camera settings and get the effect you want. This class covers the basic settings of your camera: Aperture, shutter speed, and ISO sensitivity. Each week we will explore an aspect of digital photography, learning what camera settings to use to get the effect you want, and practice putting it all together. There will be hands-on practice of each technique, plus a chance to view your pictures and get constructive comments. Students are encouraged to complete a fun assignment each week. Prerequisites: Digital camera basics or the ability to change shooting modes from Auto to Manual or other creative modes, ability to upload photos to a website from your computer. NOTE: You must have a DSLR (with removable lenses), your camera manual, and a tripod for this class.
Instructor: Dave Mention
Session I: Wednesday, beginning Jan. 22, 3 to 5 p.m. for 4 weeks
Session II: Wednesday, beginning Jan. 22, 6 to 8 p.m. for 4 weeks
Adult Ed Center, Topsham
$50

Digital Photography: Landscapes, Seascapes & Nature
This two-week beginner-intermediate creative photography class will focus on the essential tools and techniques for capturing the four season beauty of the Maine outdoors with your digital camera. This class will cover the selection of subjects, locations, composition, lighting and some of the tools and equipment that will help you produce better quality images.
Instructor: Leah Haraden
Tuesday, beginning April 7, from 6 to 8:30 p.m for 2 weeks
Morse High School
$35

Stained Glass
Beautiful objects are created in this class every semester by beginners. You can create a stained glass window or lampshade using the copper-foil technique. Learn acid etching and drilling. This is a fun and rewarding course. Students get a discount at Maine Art Glass for supplies. Instructor will discuss materials on the first class and direct students on what to purchase.
Instructor: Penny Hartwell
Monday, beginning Feb. 24, from 6 to 9 p.m. for 8 weeks
Mt. Ararat High School
$122

Silver Jewelry
Working with Silver Clay is an exciting process where the inexperienced can explore their artistic abilities and create unique one of a kind items. Come join this exciting class where beginners can easily learn to create earrings, pendants, charms, beads, bracelets, and rings. Experience a new creative adventure and learn how easy and fun it is to make beautiful items from Precious Metal Clay (PMC) or Art Clay Silver (ACS). Materials fee of $70 is payable to the instructor.
Instructor: Penny Hartwell
Monday, beginning April 27, from 6 to 9 p.m. for 3 weeks
Mt. Ararat High School
$57

Register anytime at Merrymeeting.org
Phone & office registration opens Jan. 6.
Call 729-7323 or 443-8255.
Introduction to Woodcarving
Introduction to tools and techniques of carving wood. Learn to safely shape wood with hand tools to create projects such as tool handles, folk art, wildlife carvings, and decorative spoons. No experience needed, all tools and materials provided. $15 material fee included in cost.

Instructor: Ken Wise
Wednesday, beginning April 29, from 6 to 9 p.m. for 3 weeks
Mt. Ararat Middle School
$75

Canoe Paddle Carving
In this 4-week hands-on workshop you will create a beautiful and useful canoe paddle using hand tools. We will explore traditional designs and local woods. All tools and materials will be provided. $35 material fee is included in the price. Spooncarving (offered in this catalog) or some woodworking experience suggested prior to this class.

Instructor: Ken Wise
Wednesday, beginning March 18, from 6 to 9 p.m. for 4 weeks
Mt. Ararat Middle School
$115

Introduction to Spoon Carving
In this 3-week hands-on workshop, you will design and carve your own spoon or spatula. We will explore local Maine hardwoods and learn to carve and shape with hand tools. No experience required. All tools and materials provided. Materials fee of $15 included in the price of the course.

Instructor: Ken Wise
Wednesday, Jan. 22, from 6 to 9 p.m. for 3 weeks
Mt. Ararat Middle School
$75

Spoon Carving Level 2
Up your spoon carving skills and build on what was learned in your previous spoon-carving class. This time around you'll carve a deeper serving spoon, as well as practice additional refining and finishing. Prerequisites: Previous woodworking experience or Introduction to Spoon Carving. Material fee of $15 included.

Instructor: Ken Wise
Wednesday, beginning Feb. 26, from 6 to 9 p.m. for 3 weeks
Mt. Ararat Middle School
$75

NEW! Coal-Burned Spoon Carving
Coal-burning is an ancient method of using fire to shape wood. Learning basic knife safety and different fundamental carving techniques you will use a burning coal from the fire to make a spoon bowl. This is a simple, safe introduction to the wide world of wood carving. No required texts, books, special materials, etc. All tools and materials included. Everyone makes a spoon to take home. No discounts.

Instructor: Zack Rouda
Thursday, May 21, from 6 to 9 p.m.
Morse High School
$40

NEW! Plaited Birch Bark Baskets
The history of the uses of birch bark is an exciting one dating back to our early ancestors. The bark of the paper or white birch tree was a critical material used to make strong and beautiful baskets, hats, sheaths, buckets, and more. Learn to identify, gather, process and weave with this remarkably strong, natural material. We’ll practice straight and diagonal plaiting to make a small basket for the kitchen or garden. No required texts, books, special materials, etc. All tools and materials included. Everyone makes a basket to take home. No discounts.

Instructor: Zack Rouda
Thursday, April 9, from 5 to 9 p.m.
Morse High School
$45

Coiled Pine Needle Baskets
White pine (Maine's state flower) and Red pine are ubiquitous throughout the region and provide a vital pool of resources for human and nonhuman Mainers alike. Pine needles are beautiful, strong, and can be coiled and sewn together to make jewelry, hats, lovely usable baskets and/or adorably tiny ones. Learn to identify, regeneratively gather and harvest, properly store and process, and weave with pine needles. We’ll cover the basics of coiled basketry, which is a global, ancient human skill, and create a wonderful pine-needle basket. Every participant will make a basket to take home. No required texts, books, special materials, etc. All tools and materials included. No discounts.

Instructor: Zack Rouda
Thursday, June 11, from 6 to 9 p.m.
Adult Ed Center, Topsham
$40
ARTS & CRAFTS

NEW! Native American Beading
Beadwork is an art form expressed and practiced throughout Native American tribes. Each tribe has designs, colors, patterns, and techniques which identify them. This one-night workshop will give a quick history of traditional beadwork of the Wabanaki people, color representation, and the difference between the traditional materials and the materials we use today. We will then dive into a beading project and produce a finished piece. $15 material fee included. No discounts.
Instructor: Trisha Morey
Monday, June 1 from 5 to 9 p.m.
Morse High School
$50

NEW! Native American Medicine Bag
A Native American medicine bag is a container for items believed to protect or give spiritual powers to its owner. Varying in size, it could be small enough to wear around the neck or it could be a large bag with a long strap called a “bandolier.” This one-night workshop will give a quick history of the traditional medicine bag of the Wabanaki people, color representation, and the difference between the traditional materials and the materials we often use today. Then we will dive into a medicine bag making project and produce a finished product. $15 material fee included. No discounts.
Instructor: Trisha Morey
Monday, March 30 from 5 to 8:30 p.m.
Morse High School
$50

NEW! Build a Rustic Garden Trellis for Climbing Vines
Fresh local twigs will be provided to become the centerpiece for your garden. Simple skills are all that’s needed to make a useful and attractive garden structure. Maple, ash, beech, willow, or birch twigs will be fixed together to create a unique, beautiful, and practical structure for climbing vines. Plan to drive home with your creation! Material fee of $25 included. No discounts.
Instructor: Susan Perrine
Saturday, April 18, from 9 a.m. to noon
Adult Ed Center, Topsham
$80

NEW! Weave It & Wear It!
Weaving is one of the oldest surviving practices in the world, with a history rooted in the Neolithic period. In one session you can experience this ancient craft for yourself and weave either a hat band or belt on a rigid heddle loom. Your loom will be pre-warped when you arrive so you can begin to weave with your choice of colorful yarns, creating a very singular item for your personal use. Material fee of $12 is included. No discounts.
Instructor: Susan Perrine
Monday, March 2, from 6 to 9 p.m.
Adult Ed Center, Topsham
$42

NEW! Small Wonderful Weavings
Students will build a portable loom, set up the warp and weave a square or two. Each participant will make their own small weaving board. All materials will be provided but you are welcome to bring additional fun yarns, ribbon, lavender, balsam, beads, and seashells to integrate. Learn basic techniques that you can share with kids, grand kids, students. Students must bring a hammer and scissors. Material fee of $14 included. No discounts.
Instructor: Susan Perrine
Wednesday, Jan. 29, from 6 to 9 p.m.
Adult Ed Center, Topsham
$45

FAVORITE! Adorable Needlefelted Animals
In two evenings, each participant will make one or more cozy soft small mammals or birds of their choice out of wool using the needle felting method. In the past, popular choices were bears, penguins and ducks! A material fee of $11 included in the cost covers the wool and armature materials. One felting needle is also included. Bring your glasses if you wear them for close vision. No experience required. Class size is limited. No discounts.
Instructor: Debra Arter
Tuesday, Feb. 25, from 6 to 9 p.m., for 2 weeks
Brunswick High School
$75

NEW! My First Cardigan
"Ramona" is a wonderful pattern for the first-time sweater knitter with straightforward directions, flattering lines, subtle (optional) waist shaping, and thoughtful details. Knit a cardigan that will be a wardrobe staple for many years to come. You will learn top-down raglan construction, how to pick up and knit stitches for a button band, and blocking. Prerequisites: Knit, purl, long-tail cast on, bind off, knit in the round on DPNs or magic loop, gauge swatching. Yarn, notions, and gauge needles need to be obtained before first class. Students need to find their guage needle before first class.
Instructor: Zoe Howell-Martin
Wednesday, beginning Feb 26, from 6 to 8 p.m. for 5 weeks
Adult Ed Center, Topsham
$90
NEW!  Crochet for Beginners
Whether you’ve never held a skein of yarn before or you learned to crochet years ago and need a refresher, this class will get you started on all those cute projects you’d love to make. Topics include choosing patterns, yarn, needles, troubleshooting common problems, and basic techniques.
Instructor: Hoa Pham
Monday, beginning April 6, from 5:30 to 7:30 p.m., for 4 weeks
Adult Ed Center, Topsham
$60

NEW!  Euro-Leather Bracelet
Make an ultra-hip Euro Leather bracelet with a huge selection in colors, textures, finishes and clasps. Learn how to incorporate different colors and symbols into your bracelet for a personalized piece of stunning jewelry. Materials to make one basic bracelet with one charm included. No discounts.
Instructor: Art Night Out
Thursday, Jan. 23, from 6 to 9 p.m.
Location: Brunswick High School
$45

NEW!  Beginning Rug Hooking
Ready to try an "old" craft? Students will learn to draw their own pattern using templates transferred to a linen backing. The class will use strip cutters and wool provided by the instructor and learn to use wool fabric strips to create a small mat. Topics covered will include preparing new and recycled woolen clothing for hooking, mat finishing, and a bit of history on Maine hooked rugs. $45 material fee included.
Instructor: Cherylyn Brubaker
Wednesday, beginning March 25, from 6 to 8 p.m., for 6 weeks
Adult Ed Center, Topsham
$100

FAVE!  Recycled Driftwood Tree
Move over bonsai trees! A handcrafted tabletop driftwood tree will add a touch of the Maine coast to your home decor. Join Chris for this fun, hands on craft activity using driftwood, beach stones, and recycled wire from political signs. Chris will supply all materials but feel free to bring your own supplies from your walks along the shore, battery powered drills, and garden clippers. Material fee of $5 included. No discounts.
Instructor: Chris Toy
Monday, May 18, from 6 to 8 p.m.
Location: Mt. Ararat Middle School
Cost: $40

FAVE!  Mosaic Stepping Stones
Create your unique path with the help of a stepping-stone. Learn how to use mosaic tools while working with our extensive tile collection. Pour your cement and take the form home to be removed the next day. Workshop fee includes all materials to make one 9-inch stepping-stone. No discounts.
Instructor: Art Night Out
Wednesday, May 20, from 6 to 8 p.m.
Morse High School
$45

NEW!  Stained Glass Hanging Art
Learn the fundamentals of stained glass work while constructing a light-catching hanging artwork. Student will learn to copper foil and solder stained glass shards while incorporating wire to create links. Materials included. No discounts.
Instructor: Art Night Out
Thursday, Feb. 13, from 6 to 9 p.m.
Brunswick High School
$45

NEW!  Wirebound Sea Glass Jewelry
Twist, wrap, and loop your way to a sophisticated design using elements drawn from the sea. Using sterling silver wire, pearls and seaglass, you’ll create a lovely necklace and earring set. No drilling necessary. Bring your own seaglass or choose from our collection. Materials to make a pendant and one pair of earrings in sterling silver included. No discounts.
Instructor: Art Night Out
Tuesday, Feb. 11, from 6 to 8 p.m.
Location: Morse High School
Cost: $60

NEW!  Paint Portland Headlight
Portland Head Light is one of the most photographed lighthouses, with good reason—it’s such a stunning vista. Even if you’ve never tried painting before, we show you the steps to paint this iconic landmark. Express your creativity in a fun and relaxed atmosphere.
Workshop includes all materials to make one 11-by-14-inch painting. No discounts.
Instructor: Art Night Out
Tuesday, March 10, from 6 to 8:30 p.m.
Location: Morse High School
Cost: $45

NEW!  Paper Earrings
Create beautiful, lightweight earrings with paper! Use hand-printed paper from our collection or bring your own. Create a pair to coordinate with an outfit! Embellish with paints and then coat to finish and waterproof. In this class, you will also learn how to make your own ear wires to fit your paper creations. Workshop fee includes all materials needed to make two pairs of earrings. No discounts.
Instructor: Art Night Out
Tuesday, April 28 from 6 to 8 p.m.
Location: Morse High School
Cost: $45

www.merrymeeting.org • 729-7323 • 443-8255
AUTOS, BOATS & PLANES

Driver Education in Topsham, Brunswick & Bath

Are you 15 years of age or older and want your State of Maine permit to prepare for your driving exam? We offer driver education courses to help build strong, safe, and confident drivers. Students are awarded an instructional permit upon successful completion of the course with a grade of 80 percent or better. Full payment is required at the time of registration. Download and print the registration packet at merrymeeting.org or pick one up at the Student Affairs Office at Mt. Ararat High School or the main offices at Brunswick High School, Morse High School, Region 10 Technical High School, Merrymeeting Adult Education. An occasional evening class may be necessary due to instructor availability. Total hours of instruction is 40; 30 classroom and 10 driving. Only employee discounts allowed. $465

Mt. Ararat High School, January: Tuesday, Thursday, beginning Jan. 7, from 2:40 to 5:40 p.m., for 5 weeks Jan. 7, 9, 14, 16, 21, 23, 28, 30, Feb. 4 and 6.
Instructor: Chriscinda Park

Morse High School, January: Tuesday, Wednesday, Thursday, beginning Jan. 14, from 2:30 to 5:30 p.m., for 4 weeks Jan. 14, 15, 16, 22, 23, 28, 30, Feb 5 and 6.
Instructor: Donna Plourde

Brunswick High School, February: Tuesday, Thursday, beginning Feb. 11, from 2:40 to 5:40 p.m., for 5 weeks Feb. 11, 13, 25, 27, March 3, 5, 10, 12, 17 and 19. NO CLASS FEB. 17-21, although individual driving time will be scheduled.
Instructor: Chriscinda Park

Morse High School, March: Monday through Thursday, beginning March 30, from 2:30 to 5 p.m., for 3 weeks March 30, 31, April 1, 2, 6, 7, 8, 9, 13, 14, 15, and 16.
Instructor: Donna Plourde

Mt. Ararat High School, April: Tuesday, Thursday, beginning March 31, from 2:40 to 5:40 p.m., for 5 weeks March 31, April 2, 7, 9, 14, 16, 28, 30, May 5 and 7. NO CLASS APRIL 20-24, although individual driving time will be scheduled.
Instructor: Chriscinda Park

Brunswick High School, May: Tuesday, Thursday, beginning May 12, from 2:40 to 5:40 p.m., for 5 weeks May 12, 14, 19, 21, 26, 28, June 2, 4, 9 and 11.
Instructor: Chriscinda Park

Mt. Ararat High School, July: Tuesday, Thursday, beginning July 7, from 2:30 to 5:30 p.m., for 5 weeks July 7, 9, 14, 16, 21, 23, 28, 30, Aug. 4 and 6.
Instructor: Chriscinda Park

Morse High School, July: Monday through Thursday, beginning July 8, from 8 to 10:30 a.m., for 4 weeks July 8, 9, 13, 14, 15, 16, 20, 21, 22, 23, 27, 28.
Instructor: Donna Plourde

Maine Driving Dynamics

Maine Driving Dynamics offers drivers the opportunity to improve their defensive driving abilities. This 5-hour course includes collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. The course is taught by a certified Maine Driving Dynamics instructor. Those completing the course receive a 3-point credit on their driving record. Must attend both evenings. Those ages 15 to 64 pay $40 and those 65-plus pay $25. For discount, please call to register.
Instructor: Ron Jack

Session I: Tuesday and Thursday, Feb. 11 and 13, from 6 to 8:30 p.m.
Location: Brunswick High School

Session II: Tuesday and Thursday, March 17 and 19, from 6 to 8:30 p.m.
Location: Morse High School
$40 / $25 over 65

FREE! Bus Driver Training Permit Prep

Interested in becoming a school bus driver? Want a rewarding career making a difference in the lives of our students? MSAD 75 Transportation will be offering the classroom portion of School Bus Driver training. Instructors will prepare students to take their permit test and complete required hours to obtain your School Bus Drivers license to operate within the State of Maine. This course is open to anyone interested in getting their CDL Class B license with P and S endorsements. All materials will be provided by instructors. After completion of this course, you will still need to complete on road driving (see below).
Instructor: Melanie Page
Wednesday, beginning Feb. 26, from 6 to 8 p.m., for 6 weeks
Location: Adult Ed Center, Topsham
Free

Bus Driver On-the-Road Training

If you have your bus driving permit, you can register with Merrymeeting Adult Education to complete the on-road driving requirement. The cost for this is $285 which includes the use of a bus and an instructor for 10 hours. No discounts.
Instructor: Ray Dyer
TBD by student and instructor
$285
Private Pilot Ground School

“Yes, you can fly!”

American Classic Flying Club at the Brunswick Executive Airport is offering a private pilot ground school with the goal of providing the student with the required knowledge to pass the FAA written Private Pilot exam. This is a major step toward becoming a private pilot. You will be taught aerodynamics, aircraft systems, flight controls, weather, navigation, FAA regulations, airspace, control tower operations and much more. The class is designed to be engaging, interactive and fun and will be conducted by certified flight instructors from the flying club. You may also begin your flight training at any time with our instructors and aircraft for an additional cost. All are welcome, if you have an interest in aviation this is the class for you. No prior aviation knowledge is required. Price includes books, E6B manual flight computer, plotter.

Instructor: Dave Keen
Wednesday, beginning March 11, from 6 to 8:30 p.m. for 12 weeks
Location: Brunswick Executive Airport, 2 Pegasus St., Suite 3, Brunswick
$395

FAVE! America’s Boating Course

Learn the basics of boating: trailering, rules of the road, navigational lights and buoys, and the use of compass for bearings. This course meets the requirements of most states for a recreational boating license. Taught by United States Power Squadron certified instructors. Cost for couples sharing materials is $95; call Merrymeeting for your discount. No other discounts.

Instructor: U.S. Power Squadrons
Tuesday, beginning March 3, from 6:30 to 8:45 p.m. for 5 weeks
Location: Brunswick High School
$70 / $95 couples

Marine Navigation (Piloting)

This course is the first of the navigational classes focusing on techniques for piloting a boat in coastal and inland conditions. The course emphasizes planning and checking, along with the use of GPS for determining position, and introduces digital charting along with traditional charting, compass and dead reckoning skills. Piloting, labeling, use of the compass, aids to navigation and a host of related topics are included in this approach to coastal and inland piloting. Navigation tools are required and available for purchase from the instructor if needed. Power Squadron members, call Merrymeeting for your discounted rate of $90. No other discounts.

Instructor: U.S. Power Squadrons
Thursday, beginning March 5, from 6:30 to 8:30 p.m. for 10 weeks
Location: Brunswick High School
$90 U.S. Power Squadron members / $125 nonmembers

Advanced Marine Navigation

This course builds on the base developed in Marine Navigation, and includes practical use of additional electronic navigation systems and other advanced techniques for finding position. Among topics covered are finding position using bearings and angles; collision avoidance using GPS and radar; what to do when electronics fail; tides, currents and wind and their effect on piloting; and electronic navigation. Navigation tools, if needed may be purchased from the instructor. Prerequisite: Marine Navigation (Piloting) recommended, or a knowledge of basic navigation skills. Power Squadron members, call Merrymeeting for your discounted rate of $90. No other discount.

Instructor: U.S. Power Squadrons
Wednesday, beginning March 4, from 6:30 to 8:30 p.m. for 10 weeks
Location: Mt. Ararat High School
$90 U.S. Power Squadron members / $125 nonmembers

Marine Electrical Systems

This course covers the wiring of your boat, including boat electrical wiring practices and diagrams, direct and alternating current power, galvanic and stray current corrosion, and lightning protection. Troubleshooting is emphasized, so students should feel comfortable performing even tricky wiring tasks after passing this course. Power Squadron members please call Merrymeeting for your discounted rate of $90. No other discounts

Instructor: Wawenock Sail and Power Squadron
Tuesday, starting March 3, 6:30 to 8:30 p.m., for 9 weeks
Location: Mt. Ararat High School
$90 U.S. Power Squadron members / $125 nonmembers

Marine Engine Maintenance

Developed by the U.S. Power Squadron, this course stresses the diagnosis of modern systems in a way that reinforces the common aspects of how engines work while also teaching the basics of engine layout and operation. Covered are the basic mechanical systems such as drive systems (propellers), steering systems, engine controls and gasoline inboards, outboards, and diesel engines. This covers repairs that do-it-yourselfers can perform, how to diagnose problems that might be beyond your ability to fix, and share information with your mechanic so the right repairs get performed. Also taught are solutions you might use to emergency problems that could occur while afloat and away from a repair facility. Power Squadron members, please call Merrymeeting Adult Education for your discount rate of $90. No other discounts available.

Instructor: Wawenock Sail and Power Squadron
Tuesday, starting March 3, 6:30 to 8:30 p.m., for 10 weeks
Location: Brunswick High School
$90 U.S. Power Squadron members / $125 nonmembers

Register anytime at Merrymeeting.org

Phone & office registration opens Jan. 6.
Call 729-7323 or 443-8255.


### AUTO, BOATING & PLANES

**FREE! Captain's License Information Night**

Are you interested in obtaining a Captain's License? The Captain School Key West, through local instructor John Coffin, is offering the Operator of Uninspected Passenger Vessel (OUPV), commonly called 6-Pack course. Learn the differences between the methods of completing the course requirements: Traditional face-to-face classroom; blended, or the recent Coast Guard-approved online course. Details of each are available at www.KUI-Adventures.com. Information sessions will answer additional questions about obtaining the license.

Instructor: John E Coffin  
Session I: Tuesday, beginning Jan. 21, from 6 to 9 p.m.  
Session II: Tuesday, beginning March 24, from 6 to 9 p.m.  
Location: Brunswick High School  
Free

**Captain's License, Classroom & Online**

The Captain School Key West, through local instructor John Coffin, is offering the Operator of Uninspected Passenger Vessel (OUPV), commonly called 6-Pack course. Course qualifies students for a Coast Guard license to operate vessels carrying up to six passengers for hire (OUPV). Fee includes texts, charts, use of navigation tools, and the USCG approved test. Online: 30 hours, beginning April 6. Student's progress will be mentored online by the instructor. Once online requirements are completed there will be 28 hours of required classroom sessions starting on May 5. Four Coast Guard-required examinations will be held on June 9 and 11. $50 registration fee payable to Merrymeeting before starting of the course. The remaining $800, payable to Knowledge Unlimited, Inc, is due at the first class. Fee includes texts, charts, use of navigation tools, and the USCG-approved exam. Payment arrangements may be made with the instructor, and details will be explained during Captain's License Information Nights.

Instructor: John E Coffin  
Online: April 6 to May 1  
Classroom: Tuesdays and Thursdays, May 5 to June 11, from 6 to 9 p.m.  
Location: Brunswick High School  
$850

### COMPUTERS & TECHNOLOGY

**Northstar Computer Basic Skills Certificates**

Want to earn certificates in a variety of basic computer skills to enhance your resume? Join this open lab to work through modules of your choice from the following list: Basic Computer, World Wide Web, Windows, Mac OS X, Using Email, Microsoft Word, Social Media, Microsoft Excel, Microsoft PowerPoint, and Information Literacy. You'll work with a computer instructor in an individualized self-paced format through the modules that match your personal career and educational goals. For more information, call Academic Counselor Paul Elisha, at 729-7323, Ext.3.

Instructor: Sarah Juenneman  
Tuesday, Jan. 28, from 6 to 8 p.m. for 10 weeks  
Location: Brunswick High School  
$50 (waiver available)

**Microsoft Excel 2013, Beginning**

In this class students learn Excel basics, entering and modifying data, navigating, moving, copying, formatting and printing. Students also learn to use formulas and functions. Come and learn tricks to make the program easier. Prerequisite: Basic computer knowledge.

Instructor: Sarah Juenneman  
Wednesday, Jan. 22 from 6 to 9 p.m. for 3 weeks  
Location: Region 10 Technical High School  
$55

**Microsoft Excel 2013, Intermediate**

Build on the basics! Topics covered are Excel lists, working with logical and database functions, and working with multiple worksheets and multiple workbooks. Students need to be familiar with Excel, formulas and functions and have taken an Excel class or have prior experience with Microsoft Excel.

Instructor: Sarah Juenneman  
Wednesday, March 4 from 6 to 9 p.m. for 3 weeks  
Location: Region 10 Technical High School  
Cost: $55

**NEW! Rejuvenate Your Computer**

Is Windows 10 not for you? Does your computer run slow? Are you tired of viruses? Irritating popups? Uncontrolled updates? In this class we will explore Ubuntu and see if it is right for you. It’s easy to use, safe, secure and virus free.

Instructor: Harold Roberts  
Thursday, Jan. 23, from 6 to 8 p.m.  
Location: Brunswick High School  
$32

**NEW! DeGoogle Your Life**

Do you really want to give up all your data and privacy to Google? We will discuss the many privacy apps that are as good or better than Google.

Instructor: Harold Roberts  
Thursday, Jan. 16, from 6 to 9 p.m.  
Location: Brunswick High School  
$32

Merrymeeting Adult Education is your anchor for lifelong learning!
NEW! Photos App for Mac Users
Turn your "OK" pictures into stunning images. The Photos app on your Mac provides amazing editing tools to improve your photos. We will also explore Apple’s automatic organizing actions and the processes to create and share your own albums and special projects. Please bring your iPhone and/or iPad. No discounts.
Instructor: Jill Spencer
Monday, May 11, from 1 to 3 p.m.
Location: Adult Ed Center, Topsham
$32

NEW! Photos App for iPhone/iPad Users
The photos app on iPhones and iPads is extremely versatile. iOS13 has added additional editing options that are fun to explore. Also, the Photos app allows you to create albums and special projects, such as slide shows and photo books. No discounts.
Instructor: Jill Spencer
Monday, May 4, from 1 to 3 p.m.
Location: Adult Ed Center, Topsham
$32

NEW! Mac Users: Take Control of System Preferences
Did you know that you can set your track pad/mouse to react to a multitude of finger swipes and taps? Or that you can set up your own keyboard short cuts? Furthermore, you can have your computer read back text you have written, making proofing and correction more efficient. The amount of control we have over our devices is really amazing once we master our system preferences! Remember, anything you change you can always reverse. No discounts.
Instructor: Jill Spencer
Monday, April 13, from 1 to 3 p.m.
Location: Adult Ed Center, Topsham
$32

NEW! Master Settings on iPhone/iPad
By delving deep into Settings, uncover the hidden potential of our devices in this hands-on session. Explore how to manage battery usage, ways to format your email account, filter text messages, control privacy settings on Safari, and much more. Please bring your fully charged Apple device. No discounts.
Instructor: Jill Spencer
Monday, March 23, from 1 to 3 p.m.
Location: Adult Ed Center, Topsham
$32

NEW! Burning Questions: iPhones & iPads
There is always something new to learn about iPhones and iPads. And there is always some function we just haven’t quite mastered, especially when there is a new system upgrade like iOS 13. Bring your questions and we will tackle them together. Please bring your fully charged Apple device. No discounts.
Instructor: Jill Spencer
Monday, April 27, from 1 to 3 p.m.
Location: Adult Ed Center, Topsham
$32

ONLINE COURSES

Ed2go Online Enrichment
Interested in taking a course in the comfort of your home or office? Merrymeeting Adult Education, in partnership with ed2go, offers hundreds of online open enrollment classes. Online classes are great for adults who want the convenience to work on their own schedule. Go to ed2go.com/merry and find a detailed description of the course, learn about any requirements, meet the instructor, review the course outline and find out what other students are saying!
Most courses run for six weeks (with a two week grace period at the end). Courses are project oriented and include lessons, quizzes, hands-on assignments, discussion areas and more. Prices start at $95 per course. No discounts.
www.ed2go.com/merry

Most popular online courses:
• Grant Writing
• Accounting Fundamentals
• Creating Wordpress Websites
• Become a Veterinary Assistant
• Medical Terminology A Word Association Approach
• Blogging & Podcasting for Beginners
• GRE Preparation
• Computer Skills for the Workplace

Ed2go Online Career Certificate Programs
Interested in Career Certificate Programs? Ed2go has worked with leaders in their respective fields to create career certificate programs that provide students with valuable and effective web-based learning programs. They are designed to provide the skills necessary to acquire professional level positions for many in-demand occupations. Instructors/mentors are actively involved in your online learning experience, responding to any questions or concerns, as well as encouraging and motivating you to succeed. Go to Careertraining.ed2go.com/merry and browse the selection.
• Healthcare and Fitness • Business and Professional
• Hospitality and Service Industry • Media and Design
• Sustainable Energy and • Skilled Trades and Industrial
Going Green Industrial

CareerTraining.ed2go.com/merry

www.merrymeeting.org • 729-7323 • 443-8255
Northern Italian Cooking - Mangiare!
In this new, one-night cooking class, we will make three traditional Northern Italian dishes. Cacio e Pepe Pie (Spaghetti Pie), Escarole with Italian Sausage and White Beans, and close with Italian Butterball Cookies. Come prepared to enjoy dinner and take home what is left to savor the next day. No experience needed. Class is part observation and part participation. Debra lived in Florence for a summer and longs to share some of these delectable and easy to prepare dishes with you. Bring tubs to take home samples. All recipes provided. $10 material fee included. No discounts.

Instructor: Debra Arter
Tuesday, March 31, from 6 to 9 p.m.
Brunswick High School
$40

Scone Home- A Night of Scone Delights
You do not need to be ET to make a wonderful scone! Debra will show you step by step how to make light and tender Chocolate Cherry Scones, Apricot Ginger Scones and Bacon, Cheddar, Chive Scones, as well as classic Basic Scones. Samples of all items will be tasted and the rest divided among the class. Bring a container to take home samples. Class size limited. Cost of the course includes $10 material fee. No discounts.

Instructor: Debra Arter
Tuesday, March 3, from 6 to 9 p.m.
Brunswick High School
$40

Pies & Tarts, Oh My!
Have you suffered through pastry mishaps or despairs over runny pie filling? Let Deb help you with that. In one evening, we will make a standard two-crust Strawberry Rhubarb pie that will get rave reviews every time you make it, as well as a fresh fruit tart that is sure to please. Hands-on time with instruction, recipes, tips and liberal tasting opportunities assure that this is a class you won't want to miss. Be sure to bring a plastic tub to take home samples, as well as an apron and your favorite rolling pin that has been gathering dust in the closet! Class size limited. $10 material fee included in price of class. No discounts.

Instructor: Deb Arter
Tuesday, April 7, from 6 to 9 p.m.
Brunswick High School
$40

Cake! Gluten Free? Really!
Making the switch from using regular flour to gluten free can be tricky and is often disappointing, but when it comes to making cake, the moistness of the batter is the perfect medium to hide that gritty gluten free texture. Join Jinger and venture into the world of gluten free cakes. She’ll bring a fully baked carrot cake, which you’ll frost and sample while your chocolate cupcakes are baking. Once those cupcakes cool you’ll frost them with peanut butter frosting because chocolate & peanut butter! Recipes will be included. Bring a container to take home any uneaten cake/cupcakes. It will be one sweet evening! $10 food fee included in the cost of the class. No discounts.

Instructor: Jinger Howell
Wednesday, April 15, from 6 to 8:30 p.m.
Bath Middle School
$40
In the Dough, In the Know
Who can resist the smell of fresh bread baking? We will learn how to mix, knead, proof and shape basic yeast dough. Participants will learn how to create cloverleaf rolls, butter crescents, cinnamon swirls, tea rings and whole-wheat rolls as well as an economical savory braid that comes together quickly. Various yeast bread recipes will be shared and discussed. Each student will go home with a basket of yummy warm samples. Bring an apron, rolling pin, cutting board and a plastic tub to fill and take home. Winter in Maine is made for an activity like this! $10 material fee included in price of class. No discounts.
Instructor: Debra Arter
Thursday, Jan. 23, from 6 to 9 p.m.
Location: Brunswick High School
$40

Chocolate Extravaganza!
Nothing says dessert quite like chocolate! In this one-night class, we will prepare molten lava cakes, white chocolate macadamia nut cookies and take home a fudge sauce to die for. Bring your sweet tooth, an empty container or two and a friend for a night of sinful decadence. Recipes and generous samples of all things we create will be distributed. Just in time for Valentine’s Day! Ingredient fee of $10 included. No discounts.
Instructor: Deb Arter
Thursday, Feb. 6, 6 to 9 p.m.
Brunswick High School
$40

Sourdough Bread Baking
Do you love the smell of bread fresh from the over? Sourdough bread is simple, healthy, and easy to make. Join Harold and learn how, in one evening, you will have hands-on experience making and baking sourdough bread. You will go home with bread and sourdough starter to make your own bread. Bring a jar for your sourdough. $10 material fee included. No discounts.
Instructor: Harold Roberts
Tuesday, Feb. 4, from 7 to 9 p.m.
Brunswick High School
$40

Raising the Bar: A Night of Baking Bar Cookies
In this 3-hour class we will make Cinnamon Cranberry Oat Bars, Apricot Squares, Chocolate Peanut Butter Bars, Salted Caramel Chocolate Chip Cookie Bars, and possibly more. Each student will take home a variety of these delicious treats along with the recipes. Why bring the same old brownies to your next gathering when you can WOW the crowd with homemade treats like these! All recipes provided. Bring home baked items. $10 material fee included in price of class. No discounts.
Instructor: Debra Arter
Tuesday, March 24, from 6 to 9 p.m.
Brunswick High School
$40

Make Sauerkraut & Kimchi
Besides tasting incredible, lacto-fermented vegetables provide beneficial bacteria to pre-digest your food, providing a great source of vitamins, B, C, and K. Join Zach and learn how to make sauerkraut and kimchi! Using knives and other kitchen tools to cut up the vegetables, and follow a few time-tested and honed recipes to craft these delicious and healthy fermented foods. Everyone gets one pint of sauerkraut and one pint of kimchi to take home. No required textbooks, special materials, etc. All tools and materials included. No discounts.
Instructor: Zack Rouda
Monday, May 4, from 6 to 9 p.m.
Mt. Ararat High School
$40

Chinese Cooking Secrets
Learn Chinese cooking secrets from Chris’ home kitchen. We’ll get hands-on experience folding and cooking fresh shrimp wonton soup, enjoy some hot and spicy chicken party wings, and savory fried rice. A seasonal fruit dessert wraps up the evening. Food fee of $10 included. No discounts.
Instructor: Chris Toy
Thursday, March 19, from 6 to 8:30 p.m.
Brunswick High School
$40

Handmade Pasta 101
Join Chris as he shows us how to turn flour and fresh eggs into amazing handmade pasta. We’ll make plain and flavored pasta along with red and white sauces with and without meat and seafood. If you have a manual pasta machine that’s gathering dust, bring it with you and we’ll teach you to use it. Bring containers for any leftovers. Food fee of $10 included. No discounts.
Instructor: Chris Toy
Thursday, April 16, from 6 to 8:30 p.m.
Brunswick High School
$40
COOKING

Handmade Pasta 102: Stuffed Pasta!
Who can resist warm tasty, tender pockets of pasta filled with a variety of cheeses, vegetables, meat or seafood? Join Chef Chris Toy for a night of making your own dough and feasting on several choices of herbed and multi-colored pastas, fillings and easy and flavorful sauces! Remember to bring some ziplock bags...just in case you make more than you can eat! Food fee of $10 included. No discounts.
Instructor: Chris Toy
Thursday, May 14, from 6 to 8:30 p.m.
Brunswick High School
$40

Make & Can Strawberry Jam
Strawberry season is almost here! And what better way to enjoy these berries than in homemade strawberry jam? Join Allison Carroll Duffy, Master Food Preserver and cookbook author, for this hands-on workshop where you’ll learn not only how to make strawberry jam, but also how to can and preserve it--so that you can enjoy it year round! We’ll cover the basics of safe home canning, including proper procedures, techniques, and use of tools and equipment. Then we’ll learn hands-on by making a big batch of strawberry jam, and canning it using the boiling water bath method. There will be plenty of jam to taste, and each participant will go home with a jar of jam to enjoy. $10 material fee included. No discounts.
Instructor: Allison Carroll Duffy
Tuesday, June 2, from 6 to 8:30 p.m.
Brunswick High School
$40

Photo by instructor Chris Toy

NEW! Winter Getaway: Tasty Tunes & Funky Foods
Join 12 guests for an exclusive escape to the Old River House, a Kennebunkport waterfront mansion. First a cooking lesson with Stonewall and LeRoux kitchens instructor Chris Toy, followed by a 4-course meal, dessert, and a private concert with Grammy Award-winning songwriter Monte Selby. A morning cooking demonstration and light breakfast wraps up a perfect winter getaway. Check in is at 3 p.m. Checkout on Sunday is 11 a.m. $195 double occupancy. $245 single occupancy rate available. Please call the adult ed office at 729-7323 to register. Space is very limited!
Instructor: Chris Toy
Saturday and Sunday, Jan. 18 and 19
Old River House, Kennebunkport
$195 each double occupancy / $245 single occupancy

FINANCE & BUSINESS

NEW! Five Money Questions For Woman
Married or single, working or retired, whatever your current situation, there are things you need to know about money, especially if a spouse or partner has been the one to manage the finances. Discover ways to take control of your own money situation. No discounts.
Instructor: Cindy Smith
Wednesday, April 29, from 6 to 8 p.m.
Morse High School
$20

NEW! Financial Literacy for Families with Little Ones
Children and money – there’s more to it than keeping a piggy bank. Most adults wish they learned more about money when they were younger so they could avoid the financial pitfalls of adulthood. In this interactive class, parents will leave with fun activities to use with their children to help them understand money and how it works in our world. This class is for adults only. No discounts.
Instructor: Cindy Smith
Wednesday, May 20, from 6 to 8 p.m.
Morse High School
$20

FAVE! Legally Speaking
Participants will learn about the legal system, with a focus on planning for their own future and the future of loved ones. Topics will include wills, trusts, powers of attorney, death tax, guardianship/conservatorship, elder care, and more. Bring your own legal questions!
Instructor: Madelyn Breerwood
Session I: Tuesday, March 10, from 6 to 8 p.m.
Session II: Tuesday, May 12, from 6 to 8 p.m.
Brunswick High School
$20

Need a night out?
Get discount Regal movie tickets - $9.25 at Merrymeeting Adult Education offices in Topsham and Bath!
NEW! Ready, Set, Retire!
Step number one is figuring out if you’re financially ready to retire. To help you reach that point we will talk about different types of retirement accounts, social security, types of investments, asset allocation, and the importance of having a dynamic, written financial plan. If you are already retired, you may hear some new ideas that could benefit your situation. No discounts.
Instructor: Cindy Smith
Wednesday, June 10, from 6 to 8 p.m.
Morse High School
$20

FAVE! So You Want to Open an AirBnB …
Did you know that the number of people turning to choosing Airbnb for lodging in Maine has almost doubled from two years ago? The revenue earned by Airbnb owners in Maine was roughly $40 million. If you have entertained the idea of opening up your guest bedroom or summer camp for short term rental this is a class not to miss. Debra has operated River Escape for two years in Damariscotta as an active and popular Airbnb. She has also interviewed many other Airbnb or VRBO owners and put together a packet with good information, tips and actual stories of unusual events in the life of a short term landlord. Included will be issues dealing with ordinance, insurance, expectations, fees, hosting, communication, neighbors and more. Class size limited to 25 people. Handouts provided. No discounts.
Instructor: Debra Arter
Thursday, March 26, from 6 to 8:30 p.m.
Mt. Ararat High School
$30

FREE! Understanding Medicare
Is it time for you to look into Medicare? This workshop will answer all of your questions. It will cover eligibility, timeline to enroll, what it covers and what it doesn’t cover, additional plans that are available, and financial assistance options. Come with paper and pens to take notes.
Instructor: Robert Harvey
Tuesday, March 17, from 6:30 to 7:30 p.m.
Brunswick High School
Free

FREE! Nourish, Inspire, Energize, & Reset!
Join us for 3 weeks to develop your self-awareness of your own bio-individuality as you are guided with ease, flow, and simplicity through a Spring Reset Cleanse! Tune into your own body and life to discover what nourishes, energizes, and inspires you. You have a unique body that requires an individualized approach to everything. Think of our Reset as a fun, self care experiment, just for you!
Instructor: Deborah Walder
Tuesday, beginning March 24, from 6 to 8 p.m. for 3 weeks
Morse High School
$65

FREE! Living Well with Chronic Pain
Living Well with Chronic Pain is ideal for people who are experiencing a wide range of chronic, non-cancer related pain conditions. Participants in this class will experience the Moving Easy exercise program and learn practical tools to develop self-management skills. Other topics include debunking myths, using your mind to manage symptoms, healthy eating and so much more!
Instructor: Jen Paquet
Wednesday, beginning March 4, from 10 a.m. to 12:30 p.m., for 6 weeks
Adult Ed Center, Topsham
Free

FREE! Living Well with Diabetes
Living Well with Diabetes was designed for people with type 2 diabetes to learn a variety of day-to-day self-management skills to actively manage their diabetes and increase their activity level. Topics such as testing your blood sugar, diabetes medications, stress management, activity level, treating low blood sugar, healthy eating and so much more!
Instructor: Jen Paquet
Thursday, beginning April 2, from 10 a.m. to 12:30 p.m., for 6 weeks
Morse High School
Free

Register anytime at Merrymeeting.org
Phone & office registration opens Jan. 6.
Call 729-7323 or 443-8255.
FAVE! Water Fiesta Fitness
Love to dance, but hate to workout? Jump in the pool for a fitness routine that’s easy on your knees, legs, and joints, and never gets boring. Latin Flair and other multicultural music sets the beat as you splash-splash and boogie your way to physical fitness. Swimsuits are mandatory (no shorts and T-shirts). Please bring a towel. You can sign up for once a week for 6 weeks or twice a week for 3 weeks - the cost is the same. This class is ongoing so you can continue registering for new classes as you go. No discounts.
Instructor: Nicole Smith
6-week sessions: Monday OR Wednesday, beginning Jan. 6, from 5:30 to 6:30 p.m. OR 6:40 to 7:40 p.m.
3-week sessions: Monday AND Wednesday, beginning Jan. 6, from 5:30 to 6:30 p.m. OR 6:40 to 7:40 p.m.
Best Western Plus, Cook’s Corner
$75

FAVE! Beginner Pickleball
Have you heard the buzz about Pickleball and wondered what it was all about? Come learn to play this wonderful paddle sport, suitable for all ages. Taught by an experienced tennis professional who has become a Pickleball devotee, this class will have you playing in no time. Paddles and balls supplied. Bring tennis shoes to put on when you arrive (no street shoes allowed on the courts). Class will take place at the Landing Y, 24 Venture Avenue, Brunswick Landing.
Instructor: Barbara Rondeau
Session I: Wednesday, beginning Jan. 8, from 12:30 to 2:30 p.m. for 6 weeks
Session II: Wednesday, beginning March 11 from 12:30 to 2:30 p.m. for 6 weeks
Location: Landing Y, Brunswick
$50

CBD Medicine Making
In this class, you will learn how to create the most effective CBD remedies in your own home kitchen. We will explore the hemp plant’s phytochemistry and extraction techniques, and learn how to accurately dose finished products. Participants will get hands-on experience making hemp-infused oil, salve, tincture, and edibles, as well as take home recipes and a few of their creations. $15 material fee included. No discounts.
Instructor: Stephanie Boucher
Saturday, Feb. 8, from 1 to 5 p.m.
Adult Ed Center, Topsham
$60

NEW! Civilian Safety Awareness
Being violently attacked is 52 times more likely than experiencing a car accident, 229 times more likely than having your house catch fire and 1,000 times more likely than being in a plane crash. Numbers like these can be frightening, but the good news is that there are opportunities throughout your day to minimize threats to your safety. The Civilian Safety Awareness Program teaches you these precautions and helps you build habits that enhance your safety. Michael Mercer, founder/CEO of Michael Mercer Consulting LLC, is a retired police officer who spent nearly 30 years in law enforcement and crime prevention. You will be trained in verbal Judo, de-escalation techniques, and in the proper use of pepper spray. No discounts.
Instructor: Michael Mercer
Tuesday, April 14, from 6 to 8 p.m.
Morse High School
$20
Trim & Tone
This 60-minute, energetic, fun-filled cardio fitness class features a fusion of easy to follow dance based moves, resistance training, yoga, and kickboxing, all choreographed to popular music! The class is designed for all fitness levels with safe and effective moves to give a total body workout! Students should bring a mat and weights. **No class Feb. 18 and 20, April 21 and 23.**
Instructor: Pamila Justice
**Session I:** Tuesday and Thursday, beginning Feb. 4, from 6-7 p.m. for 8 weeks
**Session II:** Tuesday and Thursday, beginning April 28, from 6-7 p.m. for 8 weeks
Mt. Ararat Middle School
$75

Barre
Barre combines ballet inspired moves with elements of Pilates, dance, yoga and strength training. Isometric movements working specific muscles lead to feeling the "barre burn." Set to a great playlist this class will help build lean muscle and target your core.
Instructor: Carlyn Adams
**Session I:** Tuesday, beginning Jan. 21, from 6 to 7 a.m. for 6 weeks
**Session II:** Tuesday, beginning March 10, from 6 to 7 a.m. for 6 weeks
Bath Dance Works, 72 Front St., third floor, Bath
$60

Zumba with Kathy
Zumba can best be described as an easy to follow, Latin-inspired dance party, where you will have so much fun you won’t even notice you’re exercising. This class will provide you with both cardiovascular and strengthening benefits and is literally for everyone, as intensity variations are taught throughout the class to fit individual needs. No experience is necessary for this uplifting class!
Instructor: Barbara Johnson
**Session I:** Wednesday, Jan. 22, from 5:45 to 7 p.m. for 6 weeks
**Session II:** Wednesday, March 11, from 5:45 to 7 p.m. for 6 weeks
**Session III:** Wednesday, April 29, from 5:45 to 7 p.m. for 6 weeks
Location: Mt. Ararat Middle School
$60

POUND Fitness
Become the music and release your inner rock star in an exhilarating, full body workout that combines cardio and strength training with yoga and Pilates inspired movements. Using lightly weighted drumsticks specifically designed for exercising, POUND transforms drumming into an effective and fun way of working out! Please bring a mat. **No class Feb. 19.**
Instructor: Heather Bowman
**Bath Session I:** Wednesday, Jan. 22, from 6 to 7 p.m. for 6 weeks
**Bath Session II:** Wednesday, March 11, from 6 to 7 p.m. for 6 weeks
Dike-Newell Elementary School, 3 Wright Dr., Bath

**Topsham Session I:** Thursday, Jan. 23, from 6 to 7 p.m. for 6 weeks
**Topsham Session II:** Thursday, March 12, from 6 to 7 p.m. for 6 weeks
Brunswick High School
$60

Circuit Training
Join us for this 45-minute workout. This class will help you burn calories, lose weight and strengthen your muscles. Interval training involves alternating segments of high-intensity exercise with periods of rest. This class is for all levels. The workout program is very flexible & easily adapted to match your individual fitness level. Please bring a mat, water and hand weights. Let’s get a great workout!
Instructor: Liz Ostergaard
**Session I:** Monday, beginning Jan. 27, from 5 to 6 p.m. for 3 weeks
**Session II:** Monday, beginning Feb. 24, from 5 to 6 p.m. for 3 weeks
**Session III:** Monday, beginning March 16, from 5 to 6 p.m. for 3 weeks
**Session IV:** Monday, beginning April 6, from 5 to 6 p.m. for 3 weeks
Morse High School
$30

Register anytime at Merrymeeting.org
Phone & office registration opens Jan. 6.
Call 729-7323 or 443-8255.
**FITNESS, HEALTH & WELLNESS**

**Stability Ball**
A strong body starts at the core. You’ve heard about it, you’ve seen it, now try it! This innovative workout uses a stability ball to help you burn calories, strengthen your core muscles, improve your balance, and tone your entire body. Class focuses on proper technique, all you need is a stability ball. Students bring their own, inflated ball to class. Make sure you use the proper size ball for your height.: 4’8”-5’3” use 55 cm, 5’4”-6’ use 65 cm, over 6’ use 75 cm.

Instructor: Liz Ostergaard
**Session I:** Wednesday, beginning Jan. 29, from 5 to 6 p.m. for 3 weeks
**Session II:** Wednesday, beginning Feb. 26, from 5 to 6 p.m. for 3 weeks
**Session III:** Wednesday, beginning March 18, from 5-6 p.m. for 3 weeks
**Session IV:** Wednesday, beginning April 8, from 5 to 6 p.m. for 3 weeks
Morse High School
$30

**FAVE!  Nordic Walking**
Nordic Walking burns 20-40 percent more calories than regular walking, develops upper body strength, increases safety by adding upright stability, while reducing the impact on lower body weight-bearing joints. It improves mobility, enhances mood, and is a fun and social way to enjoy the outdoors year round. Nordic Walking is suitable for everyone from beginner to the active athlete. Please wear comfortable footwear and dress for outdoor weather. You may bring your own set of poles or rent a pair for 3 weeks for $9 from the instructor.

Instructor: Barbara McGranahan
**Tuesday, beginning May 5, from 5:30 to 6:30 p.m. for 3 weeks**
Brunswick High School
$30

**Tai Chi For Balance & Therapeutic Qigong in a Chair**
Looking for better balance and coordination while walking? Part of each class will be dedicated to using tai chi movements in a specific way to improve your balance, functional walking, coordination, range of motion, and leg strength. Therapeutic Qigong in a Chair is an adaptation of the Eight Pieces of Brocade, allowing for performance while seated, making this form appropriate for people of all ages and most degrees of ability. This is a form of medical qigong, which offers a way of balancing one’s energy, strengthening tendons, and improving bone strength while focusing on the breath and calming the mind. These exercises have been developed with the guidance of psychiatrists, physical therapists, neurologists, and recreation therapists as a means of daily physical activity. Please wear loose, comfortable clothing and bring some water to drink.

Instructor: Diane Doiron
**Thursday, beginning Jan. 23, from 1 to 2 p.m. for 12 weeks**
Adult Ed Center, Topsham
$125

**NEW! Yang Family Tai Chi Kung**
This is an introductory course for Yang Style Taijiquan (tai chi). Tai Chi Kung is a 10 movement form designed by the lineage holder of Yang Family Tai Chi, Master Yang Jun, and is known for its circular movements practiced in a slow even pace. You will also learn the 10 Essential Principles of Taijiquan. If you would like to wear shoes, please bring a pair that you have not worn outside.

Instructor: Diane Doiron
**Thursday, beginning Jan. 23, from 10 to 11 a.m. for 8 weeks**
Shotokan Karate Academy, 63 Elm St., Topsham
$80

**T’ai Chi with Robin**
Learn the Vitality Method and the fundamentals of tai chi to cultivate your energy, or Qi, and generate more well-being. We will explore the Three Treasures of posture, mind focus, and breath awareness throughout our practice. Robin's classes are fun and inclusive. All are welcome, from experienced to beginners.

Instructor: Robin Brooks
**Session I:** Wednesday, beginning Feb. 5, from 5:15-6:30 p.m. for 6 weeks
- **Session II:** Wednesday, beginning April 1, from 5:15-6:30 p.m. for 6 weeks
Adult Ed Center, Topsham
$62

**FAVE! Absolute Beginner Yoga**
You’re tempted and would like the chance to give yoga a try but aren’t sure where to start. These gentle poses and helpful modifications are perfect for beginners and those who are new to yoga and might lack flexibility. Enliven, de-stress, and maintain a healthy body with yoga and mindfulness techniques taught by an experienced, certified yoga and stress management instructor.

Instructor: Ann Kimmage
**Session I:** Thursday, beginning Jan. 23, from 4 to 5 p.m. for 6 weeks
**Session II:** Thursday, beginning April 2, from 4 to 5 p.m. for 6 weeks
Location: Adult Ed Center, Topsham
$62

**Meditation & Stress Management**
Have you wondered what meditation is all about? This beginning class will explain meditation and its benefits and teach you how to establish your own practice. In addition to meditation and breathing techniques, you will be introduced to practical skills for managing and reducing stress. Please bring a cushion for the meditation.

Instructor: Ann Kimmage
**Session I:** Monday, beginning Jan. 27, from 5 to 6 p.m. for 6 weeks
**Session II:** Monday, beginning March 30, from 5 to 6 p.m. for 6 weeks
Mt. Ararat Middle School
$60

**Forest Bathing**
Forest Bathing is also known as the Japanese practice of Shinrin-yoku, being outdoors and discovering the beauty of nature in a mindful slow way to promote healing, reduced blood pressure and heart rate. Join a Kripalu Mindful Outdoor Guide once a month for these easy short walks with stops for quiet guided meditation and awareness sessions. A closing tea ceremony will be held. The forest is calling you to heal yourself!

Instructor: Alice Bean Andrenyak, MMG
**Super Bowl Sunday Morning, Feb. 2, from 10 a.m. to noon, followed by first Sunday of the month, from 1 to 3 p.m.**
Location: TBA
$25 individual class or $100 for all five sessions
Chakras, Reiki, Energy Work? Get Your Questions Answered

Learn the basics of your energetic body by exploring popular alternative therapies. Acupuncture, acupressure, therapeutic touch, polarity, Integrated Energy Therapy, Emotional Freedom Technique, CranioSacral Therapy, Color Therapy, and more. Bring your questions. You will leave with a good understanding of what these modalities are and what they can and cannot do for you. We will do some fun exercises and learn how to clear and balance your own energy centers. Enjoy the positive benefits of having clear and balanced energy. No discounts.

Instructor: Mary Maverick
Wednesday, Jan. 22 from 5:30 to 7 p.m.
Mt. Ararat High School
$30

Essential Oils - Magic in a Bottle

Essential oils can be used for a wide range of emotional and physical wellness applications and used as single essential oils or in a complex essential oil blend. Come and learn all about these magical liquids in a bottle. They do more than just smell good! No discounts.

Instructor: Cheri Murray
Wednesday, April 8, from 6 to 7:30 p.m.
Adult Ed Center, Topsham
$32

Introduction to Hypnotherapy

Hypnotherapy uses guided relaxation and focused attention to achieve a heightened state of awareness. Discover how it can be used to work changes in your life. We know how to physically relax, but do we know how to mentally relax? Bring a pillow and a blanket. No discounts.

Instructor: Cheri Murray
Wednesday, May 13, from 6 to 7:30 p.m.
Adult Ed Center, Topsham
$32

Kinesiology - The Art of Muscle Testing

Kinesiology taps into the body to find, heal, or shift the root cause of the imbalance. Since emotions are held in the body, Kinesiology is a powerful modality to experience. Did you ever wish you had the answers? What if you knew for sure your intuition was right? Each of us has the ability; we just need to learn how to use it. Come and enjoy a fun and interactive evening of learning how to access your body’s knowledge. No discounts.

Instructor: Cheri Murray
Wednesday, April 15, from 6 to 7:30 p.m.
Adult Ed Center, Topsham
$32

Gentle Beginner Yoga

Yoga can help you feel better in your body by reducing stress, and improving strength, flexibility, and balance. This slow-flowing, gentle yoga class teaches two poses each week to explore in greater detail and offers yogic breathing and relaxation for stress reduction. Modifications are offered so you can feel your best in each pose. Wear comfortable clothing that allows movement and bring an extra layer. Bring a yoga mat, if you have one. All levels welcome, no prior experience necessary. Questions? Contact Certified Pranakriya Yoga Teacher Amanda Kibbe-Wark at phippsburgyoga@gmail.com.

Instructor: Amanda Kibbe-Wark
Session I: Friday, beginning Jan. 24, from 10 to 11 a.m. for 6 weeks
Session II: Friday, beginning April 3, from 10 to 11 a.m. for 6 weeks
Morse High School
$62

Yoga With Ann

Stretch, flex, breathe and relax for optimum well-being. Yoga is a wonderful way to re-balance and feel grounded. Join this class with an experienced instructor who brings out the joy of yoga and tailors yoga to your individual needs. No class Feb. 6.

Instructor: Ann Kimmage
Session I: Thursday, beginning Jan. 23, from 5:15 to 6:15 p.m. for 6 weeks
Session II: Thursday, beginning April 2, from 5:15 to 6:15 p.m. for 6 weeks
Mt. Ararat Middle School
$62

Yoga with Dennis

Yoga helps make you more flexible, stronger, and relaxed. Dennis’ classes are for women and men who enjoy simple, safe, and doable yoga postures for a healthier body and positive outlook on life. Give yoga a chance, and discover how good it makes body and soul feel. Bring a mat and dress in loose clothing.

Instructor: Dennis Kimmage
Session I: Monday, beginning Jan. 27, from 5 to 6 p.m. for 6 weeks
Session II: Monday, beginning March 30, from 5 to 6 p.m. for 6 weeks
Mt. Ararat Middle School
$62

Yoga for Men

The benefits of yoga for men and women are similar: more flexibility, strength, and stress relief. But men are built differently and lose flexibility faster. The practice in this class recognizes men’s upper-body strength and promotes elasticity in tight areas for men like the shoulders, hips, and back. Bring a mat and dress in loose clothing.

Instructor: Dennis Kimmage
Session I: Wednesday, beginning Jan. 22, from 5:15 to 6:15 p.m. for 6 weeks
Session II: Wednesday, beginning April 1, from 5:15 to 6:15 p.m. for 6 weeks
Mt. Ararat Middle School
$62

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LANGUAGES

FAVE! American Sign Language - Level I
Do you want to enhance communication with deaf and hard of hearing family, friends, and co-workers or pre-verbal children? Join Martin Samelson, college professor and job coach for the deaf, as he demonstrates the manual alphabet, fingerspelling, vocabulary, and sentence structure. Learn how to communicate without voice by the end of your first class. No textbook required. Handouts provided.

Instructor: Martin Samelson
Tuesday, beginning Jan. 21, from 6 to 7:30 p.m. for 6 weeks
Brunswick High School
$80

FAVE! Spanish for Beginners
You will develop skills in grammar, pronunciation, vocabulary, spelling and conversation. Students are responsible for ordering their own book prior to the start of class: “Basic Spanish” (second edition), by Dorothy Richmond.

Bunswick Session: Thursday, beginning Jan. 30, from 6:30 to 8:30 p.m. for 6 weeks
Brunswick High School
$80

NEW! Spanish for Beginners, Part II
For those of you who took Spanish for Beginners in a previous semester, pick up where you left off as we continue to work on building our vocabulary through storytelling and practice our hammer skills through our ‘Basic Spanish’ book by Dorothy Richmond.

Instructor: Laurie Howell
Tuesday, beginning Jan. 28, from 6:30 to 8:30 p.m., for 6 weeks
Morse High School
$80

FAVE! Beginning French
This class is for anyone who wants to learn just enough French to get by in a French-speaking country (or province), as well as those who want a refresher. We’ll cover pronunciation, basic phrases and essential vocabulary. Along the way get tips on travel and culture from your teacher, who has lived and traveled in Europe, Africa, and Asia. Students are responsible for ordering their own book prior to the start of class: "Barron’s E-Z French."

Instructor: Laurie Notch
Wednesday, beginning Jan. 29, from 6 to 8 p.m. for 12 weeks
Mt. Ararat High School
$140

Intermediate French
Learn lingo and cultural tidbits for travel, eating out, shopping, and holidays in French-speaking countries. Students are responsible for ordering their own book prior to the start of class: “Vite et Bien 1”.

Instructor: Laurie Notch
Monday, beginning Jan. 27, from 6 to 8 p.m. for 12 weeks
Mt. Ararat High School
$140

French Intensive
Explore current events and travel via news articles and videos with the goal of improving comprehension and conversation skills, as well as grammatical usage. This is a high-intermediate course. No textbook required.

Instructor: Laurie Notch
Tuesday, beginning Jan. 28, from 6 to 8 p.m. for 12 weeks
Mt. Ararat High School
$140

Need a night out?
Get discount Regal movie tickets - $9.25 at Merrymeeting Adult Education offices in Topsham and Bath!

Follow us on Facebook!
**MUSIC & DANCE**

**FAVE! Beginner Ballroom Dance**

Students get a unique opportunity to learn both Latin and American Ballroom in one class! Latin Ballroom is one of the hottest dance crazes to hit the U.S.; it’s fun, romantic and a great form of exercise. Cruises, nightclubs, weddings, reunions and parties are always more fun when you are dancing, and American Ballroom Dance is a perfect ice breaker. At any social event, the sight of a great dancer moving to a captivating beat is simply irresistible and now you can step into the light with confidence. No partner or prior dance experience necessary. Students learn all the basics. Classes are held at Cellar Fitness, 9 Cumberland St., Brunswick. No discounts.

Instructor: Barbara Charles

**Session I:** Wednesday, beginning Jan. 15, from 6 to 7 p.m. for 6 weeks
**Session II:** Wednesday, beginning March 11, from 6 to 7 p.m. for 6 weeks
**Session III:** Wednesday, beginning May 6, from 6 to 7 p.m. for 6 weeks
**Session IV:** Wednesday, beginning June 17, from 6 to 7 p.m. for 6 weeks

Cellar Fitness
$65

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**Ballroom Dance, Intermediate**

Students continue to learn American and Latin Ballroom in this intermediate dance class. Students who have some ballroom and Latin dance experience are welcome - so get ready to perfect your existing dance steps and build confidence with each class. Students continue to learn all the moves in Foxtrot, Swing, Mambo, Merengue, Waltz, Rumba, Cha Cha and Tango. No partner necessary. Classes are held at Cellar Fitness, 9 Cumberland St., Brunswick. No discounts.

Instructor: Barbara Charles

**Session I:** Wednesday, beginning Jan. 15, from 7 to 8 p.m. for 6 weeks
**Session II:** Wednesday, beginning March 11, from 7 to 8 p.m. for 6 weeks
**Session III:** Wednesday, beginning May 6, from 7 to 8 p.m. for 6 weeks
**Session IV:** Wednesday, beginning June 17, from 7 to 8 p.m. for 6 weeks

Cellar Fitness
$65

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**East Coast Swing**

Are you ready to be cool? If so, the Swing is a “must learn” dance. The dance was created by dance studios including the Arthur Murray dance studios in the 1940s, based on the Lindy Hop. For those who want to learn only Swing, we will be reviewing the foundation and adding more moves, including the triple step. It will be more technical than the foundation class. Classes are held at Cellar Fitness, 9 Cumberland St., Brunswick. No discounts.

Instructor: Barbara Charles

**Session I:** Wednesday, beginning Jan. 15, from 5 to 6 p.m. for 6 weeks
**Session II:** Wednesday, beginning March 11, from 5 to 6 p.m. for 6 weeks
**Session III:** Wednesday, beginning May 6, from 5 to 6 p.m. for 6 weeks
**Session IV:** Wednesday, beginning June 17, from 5 to 6 p.m. for 6 weeks

Cellar Fitness
$65

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**FAVE! Mixed Level Belly Dance with Josephina**

Authentic Belly Dance, or raks sharqi, is an ancient form of dance. Raks sharqi means “dance of the east” in Arabic. Belly dance celebrates every body type and every stage of life. The dance is proud and powerful and soft and sinewy with elegant and isolating movements emanating from the core. In this mixed level class, we will work with improvisation and group choreography, as well as continually working with subtleties of technique at whatever level you are. Please wear comfortable clothing, similar to what you might wear to a yoga class. No partner necessary. Classes are held at Cellar Fitness, 9 Cumberland St., Brunswick. No discounts.

Instructor: Josephina Gasca

**Session I:** Monday, beginning Jan. 13, from 6 to 7:15 p.m. for 10 weeks
**Session II:** Monday, beginning March 30 from 6 to 7:15 p.m. for 10 weeks

People Plus Center, Brunswick
$145

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**FAVE! Cuban Salsa for Beginners**

Join us for an introduction to Cuban Salsa! Students will learn the basics of the Salsa footwork and some simple, fun moves that will get you out on the dance floor. You will learn how to connect with any partner, and build your confidence dancing to different styles and tempos of music. Partner is not required but recommended. **No class Feb. 7, 21, April 10, 24, and June 12.**

Instructor: Anna Golendukhina

**Session I:** Friday, beginning Jan. 17, from 6 to 7 p.m. for 6 weeks
**Session II:** Friday, beginning March 20, from 6 to 7 p.m. for 6 weeks
**Session III:** Friday, beginning May 15, from 6 to 7 p.m. for 6 weeks

Mt. Ararat Middle School
$75

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**Cuban Salsa level 2**

Join us for Cuban Salsa level 2 class! Students will continue learning new moves and different Salsa footwork. You will learn how to connect with any partner, and build your confidence dancing to different styles and tempos of music. Partner is not required but recommended! **No class Feb. 7, 21, April 10, 24, and June 12.**

Instructor: Anna Golendukhina

**Session I:** Friday, beginning Jan. 17, from 7 to 8 p.m. for 6 weeks
**Session II:** Friday, beginning March 20, from 7 to 8 p.m. for 6 weeks
**Session III:** Friday, beginning May 15, from 7 to 8 p.m. for 6 weeks

Mt. Ararat Middle School
$80

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www.merrymeeting.org • 729-7323 • 443-8255 23
Jam Time
This class is for musicians who are past the beginner stage. Our Jam Time class will have discussions and hands-on practice with how each musician can be an integral part of the overall sound of making music with others. If you can tune your instrument and you can play through basic chord changes and/or melodies, and you are looking for something more to complete the joy of making music, this class is for you. We're talking guitar (even electric), voice, bass, keyboard, mandolin, fiddle, ukulele, sax, whatever. Come ready to build your skills by playing with other musicians. Materials supplied by the instructor.

Instructor: Randy Lindsey, M.M.A.
Tuesday, beginning Feb. 25, from 5:30 to 7:30 p.m. for 5 weeks
Mt. Ararat Middle School
$80

Just Once Guitar for Busy People
Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you'll learn enough about playing the guitar to give you years of musical enjoyment and you won't have to take private lessons! This crash course teaches some basic chords and will get you playing along with your favorite songs right away. Topics include how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar and things to avoid, and how to play along with simple tunes. Bring your acoustic guitar to class. Required materials fee of $29 for workbook and practice DVD will be collected in class by instructor. Limited to 15 students. For more information, visit justonceclasses.com. No discounts.

Instructor: Don Pride
Monday, March 9, from 6:30 to 9 p.m.
Mt. Ararat High School
$25

Singing
This winter we will have fun singing songs in parts (SATB) while discussing vocal production to help you become a stronger, more confident singer. Our singing class is not only for enjoying singing together; we will also address concepts such as accuracy of pitch, projection, pronunciation, and personal style. Come discover the capabilities of your own voice! New students: $20 materials fee paid to instructor.

Instructor: Randy Lindsey, M.M.A.
Monday, beginning Feb. 24 from 7 to 8:30 p.m. for 10 weeks
Mt. Ararat Middle School
$95
**NEW! Teach an Adult Ed Class in 2020!**
Do you have a hobby or skill you would like to share? Have you taught a skill or subject in the past? Teaching adult education is rewarding and fun. Join Merrymeeting staff for an informative evening of questions and answers. We will look at what is popular, how to write an appealing course description and how to create a dynamic first evening that will keep the students coming back for more. Come with your ideas!

Instructor: Merrymeeting staff
**Session I:** Wednesday, April 15, from 6:30 to 8 p.m.
Location: Adult Ed Center, Topsham
**Session II:** Tuesday, April 14, from 6 to 7:30 p.m.
Morse High School

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**NEW! Beautiful You, in color**
Have you ever noticed when you are wearing certain colors people comment on your looks? Learn how to look healthier and more attractive by dressing for your eye, hair and skin coloring as well as for your face shape. In this one evening workshop each attendee will have the opportunity to be draped in different shades of colors to demonstrate how choosing the right shades impacts your appearance and compliments your skin. Participants will also learn their face shape and receive overall tips on how to choose glasses, hairstyles and necklines that are the most flattering for their features. Bring paper and pen to take notes for your next shopping trip or to bring home and redesign what you wear! Limited seats, sign up early! No discounts.

Instructor: Candace Sanborn
Wednesday, Feb. 26, from 6 to 9 p.m.
Morse High School
$25

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**NEW! Beautiful You, Part II: Best Styles for Your Body Shape**
Do you have a lot of clothes in your closet but still feel like you have nothing to wear? Do you dislike shopping because you’re not sure what looks good on you? This interactive class will teach you about body types and face shapes and you’ll leave with tips for the most flattering styles of dresses, skirts, pants, shorts, sleeve lengths and necklines for your features. Limited seats, sign up early! Bring your phone to take pictures and a pen and paper for notes. No discounts.

Instructor: Candace Sanborn
Tuesday, April 28, from 6 to 9 p.m.
Morse High School
$25

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**NEW! Tell Your Story with Book Creator**
We all have a story we want to share. With Book Creator, digital books can be easily created and can contain many types of media. Family history? Your first novel? Your book can be published as you see fit - shared with family and friends or published through Apple’s Book Store or Amazon. Either bring or have online access to digital content you’ll use in your book - text, still images, video, or audio. You can also bring paper copies of pictures and we can digitize them that evening. You’ll even be able to record your voice right into your book! Please plan to bring your laptop or iPad along to build your book on.

Instructor: Jim Moulton
Monday, March 2, from 6 to 9 p.m.
Mt. Ararat High School
$50

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**NEW! Writer’s Notebook & Studio**
Tap into new, surprising, inspiring words in this improvisational, studio-style, monthly afternoon writer's workshop. The focus is on creative flow, writing in the moment, and generating material for your own writer's notebook. You will produce writing in multiple forms, including fiction, poetry, memoir, even graphic narratives. Prompts to encourage and support your writing process will be given at the end of each class. **Class dates are Jan. 26, Feb. 23, March 29, and April 26.**

Instructor: Raye Leonard
Last Sunday of the month, from 1 to 3:30 p.m.
Adult Ed Center, Topsham
$55

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**NEW! The Restorative Power of Fiction**
The First Slice (FS) is a workshop designed expressly for the reticent writer. If you’re a beginner who struggles putting pen to paper or fingertips to keys, this workshop is for you. We will mine for where we should begin and tackle three pillars of fiction writing-character, time and place. At the end of this workshop you’ll have discovered the organizing point(s) of tension that propel your character to move toward what she/he wants. Ideally, you’ll be primed to soldier on in your endeavor to tell your story. This workshop will be taught by an MFA with two published novels and one in the making. Let’s find our deepest truth, and figure out where we want to make the first slice in our story. The first cut’s the deepest.

Instructor: Shellie Leger
Friday, March 6, from 10 a.m. to 12 p.m., for 4 weeks
Adult Ed Center, Topsham
$70

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Introduction to Independent Publishing

Are you ready to independently publish your book? Now is the best time to finish your manuscript and learn about the publishing options available. This class will guide authors through the steps needed to publish responsibly, effectively and learn to avoid the many pitfalls in the fast-changing world of independent publishing. Independent writers now have a whole new way of producing and marketing their books. Recent innovations in the rapidly changing technology in printing have created a boom in self-publishing. Good books that don't meet traditional publisher's criteria can now be affordably printed and marketed by self publishing authors.

Instructor: Jenn Dean
Tuesday, April 14, 6 to 8 p.m.
Morse High School
$25

Intro to Astrology I: Rising, Sun, & Moon

Astrology provides great insight into our personalities. Learn about your Sun, Moon and Rising signs as depicted through the signs of the zodiac. In advance of class, registrants must provide place of birth, exact time, and date of birth to receive a color copy of their natal chart for use in class. No discounts.

Instructor: Peggy Schick
Monday, Feb. 10, from 6 to 8 p.m.
Location: Mt. Ararat High School
$32

Intro to Astrology II: Mercury, Venus & Mars

This introductory course focuses on Mercury (how we think), Venus (how we love), and Mars (how we assert ourselves). Prerequisite: Intro to Astrology I. Peggy will already have your birth information on file, so all you need to do is arrive ready to learn more about your beautiful self. No discounts.

Instructor: Peggy Schick
Monday, Feb. 24 from 6 to 8 p.m.
Mt. Ararat High School
$32

Intuitive Tarot

There is more to learning to read tarot cards than just memorizing endless tarot card meanings - it is also about learning how to develop your intuition and calming the mind so your intuitive insights have a chance to shine. Intuitive Tarot is a hands-on class teaching you to read the Tarot for others. You will learn to meditate before you begin and will finish the class with a review of the definitions of each card. Bring your own deck. No discounts.

Instructor: Rose Morris
Monday, beginning March 16, from 6 to 8 p.m. for 6 weeks
Mt. Ararat High School
$60
**Quantum Spoon Bending**

What is the value of this spoon bending class? If, with very little training, you can easily bend a spoon that you could not easily bend before (if at all), then you can begin to see how powerful you actually are! Learn to access the subtle energy field that surrounds us all. The metal softening mechanisms you will learn in this class are actually quantum mechanics techniques you can transfer to enhance your daily life. This is the same energy field ancient and new age healers are accessing to perform healings and miracles. You will learn and practice several different techniques that will not only allow you to bend spoons, but allow you to experience inducing other changes in material reality. Learn how healers have been able to mend broken bones instantaneously and see how it might be possible for you to perform miracles in your own life. There is a $10 materials fee payable to the instructor at the start of class. No discounts.

Instructor: Mary Maverick
Wednesday, March 25, from 5:30 to 7:30 p.m.
Mt Ararat High School
$35

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**Smudging & Clearing Your Space**

Smudging is just one way to clear out stagnant and residual energies from your personal, living or work space. Have you ever walked into a room right after an argument and you could just feel it “hanging in the air”? Ever feel great until you spend a few minutes listening to someone report their sorrows and when they walk away you feel terrible? You will learn several ways to clear yourself and your space of unwanted energy. In class we will do a few exercises, clear some energy, lift our vibration and have some fun! You will also receive a personal “toolkit” so you can get started clearing immediately. $10 toolkit fee paid to instructor at class. No discounts.

Instructor: Mary Maverick
Wednesday, April 8, from 5:30 to 7 p.m.
Mt Ararat High School
$35

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**Intro to Keeping Backyard Chickens**

It’s time to experience the joy of going out to the coop to collect fresh eggs for your morning’s breakfast and knowing those eggs came from your own birds. Chickens are fun, chickens are comedians, and with care can give you eggs for years. University of Maine Cooperative Extension Professor Tori Lee Jackson will present some of the best practices for housing, selecting breeds, and caring for chickens in your backyard in time for a spring start with your new flock. No discounts.

Instructor: Tori Jackson
Tuesday, Feb. 4, from 6 to 8 p.m.
Morse High School
$15

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**Introduction to Beekeeping**

This course will provide a basic overview of what is involved and required for beekeeping, such as equipment, equipment sources, what to expect, level of effort required, basic bee biology and care, etc. The course is intended to provide background information and provide a basic understanding of beekeeping, to help determine if beekeeping is for you. It is not intended to function as a full beekeeping course; it is highly recommended a full basic beekeeping course is taken prior to becoming a beekeeper.

Instructor: Josh Botting
Tuesday, Jan. 14, from 6 to 8 p.m.
Morse High School
$25

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**Fundamentals of Beekeeping**

The course will cover the what, why and how of beekeeping. Topics include but not limited to bee biology, equipment requirements and setup, seasonal management techniques, diseases, pest management, etc. The goal of this course is to develop a foundation for new beekeepers to be prepared to keep bees. No class on Feb. 18.

Instructor: Josh Botting
Tuesday, beginning Jan. 21, from 6 to 8 p.m. for 7 weeks
Morse High School
$100

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**Giving Through Gleaning**

Our corner of Maine is incredibly lucky to have an abundance of local farmers providing the community with fresh vegetables year round. Recognizing the fact there are those amongst us who are food insecure, many donate produce to the Merrymeeting Gleaners, who harvest surplus crops from local farms and donate them to food pantries and other service organizations. Join us and learn about this extraordinary program and how to get involved as a volunteer or a farmer. No discounts.

Instructor: Merrymeeting Gleaners
Thursday, Feb. 6, from 6 to 7:30 p.m.
Morse High School
$5

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**Grow Your Own Organic Garden**

Interested in learning how to grow your own vegetables in a sustainable manner? Join MOFGA for an evening workshop on how to grow your own garden organically. We’ll talk about the basics of soil science and how to enrich your soil to produce healthy, high-yielding plants. The course will also cover the fundamentals of making and using compost, principles of crop rotation and how to incorporate green manures to manage nutrients in the garden. Other topics will include how to tell the difference between cultivated plants and weeds, basic weed control strategies and cultural methods for dealing with pests. The instructor will be an experienced farmer or gardener from your region. We will even send you home with free seeds! All are welcome, from first-timers to experienced gardeners who want to experiment with new techniques.

Instructor: MOFGA
Wednesday, April 8, from 6 to 9 p.m.
Morse High School
$10
NEW! Map & Compass Basics
Learn how to read a topographic map and DeLorme Gazetteer, colors of a map, symbols used, topography, and more. Latitude and Longitude and locating your position. Parts of a compass. How to make a bearing on a map, determining distance. Introduction to using a compass outside will be covered but not practiced.
Instructor: Alice Bean Andrenyak, MMG
Session I: Tuesday, Feb. 11, from 6 to 9 p.m.
Session II: Tuesday, March 31, from 6 to 9 p.m.
Brunswick High School
$40

NEW! Edible & Medicinal Mushrooms of New England & Eastern Canada
Join author David Spahr for an indoor presentation and discussion of edible and medicinal mushrooms, identification, tools and equipment for harvesting, as well as books, materials, and other resources. David has collected edible mushrooms for 46 years. He is a member of the Maine Mycological Association and the North American Mycological Association. No discounts.
Instructor: David Spahr
Session I: Monday, March 16, from 6 to 8:30 p.m.
Adult Ed Center, Topsham
$25

FAVE! Foraging
This 2.5-hour course will include walking the woods to find edible wild food along with detailed descriptions of habitat and structure of the plants. David has been foraging for over 50 years. He is a member of the Maine Mycological Society and the North American Mycological Assoc. Supplies to bring: Notebook and pen to take notes on your finds is very useful. A GPS if you have one, basket, mesh or other bags, wax or brown paper bags, knife, bug repellent and hat, water or other refreshment and a snack, gloves, waterproof boots (preferred), tall socks you can tuck in your pant legs. Optional: Vest with pockets or backpack, field guide, magnifying glass. No discounts.
Instructor: David Spahr
Sunday, June 7, from 1 to 3:30 p.m.
Location: TBD
$40

Register anytime at Merrymeeting.org
Phone & office registration opens Jan. 6.
Call 729-7323 or 443-8255.

TRIPS & TOURS

NEW! The Maine Trail: The Story of Malaga
Discover the secrets of Malaga Island with Master Maine Guide Alice Bean Andrenyak! Spend the morning sea kayaking in beautiful Casco Bay and learn the history of Malaga Island, a former interracial colony that was eradicated by the State of Maine in the early 1900’s. Explore the nooks and crannies of the rugged Maine coast, while learning about the culture of the island colony and possibly observing seals, osprey, and great blue herons during our five hour journey. Let’s visit historic sites on the island and enjoy a picnic lunch on the beach. Don’t miss this chance to experience and learn about the history of Maine’s coast! All equipment included in cost. Information about departure location will be emailed to participants in advance. Please bring closed-toe shoes that can get wet, a hat, windbreaker/rain coat, 32 ounces of water, a bagged lunch, sunscreen, and no cotton clothing. Space is VERY limited. A second trip date may be added if there is sufficient interest. No refunds will be issued within 2 weeks of the trip date. Please call RSU 5 Adult & Community Education at 865-6171 to register.
Trip Leader: Alice Bean Andrenyak, MMG
Saturday, May 30, from 8:30 a.m. to 2:15 p.m.
Location: TBD
$69

NEW! The Maine Trail: Wyeth Vistas
Discover the enchantment of the Wyeth legacy in Maine! Enjoy a private guided tour of the Olson House in Cushing, site of Andrew Wyeth’s famous painting, Christina’s World. From there, we’ll make our way to the Farnsworth Museum in Rockland, where we’ll learn about the lives of N.C., Andrew, and Jamie Wyeth. Let’s peruse the galleries and harbors of downtown Rockland before heading to Port Clyde for lunch on the water! After lunch, we’ll immerse ourselves in the landscapes and seascapes that have made their way into the Wyeths’ artwork over the course of three generations.
We’ll explore the nooks and crannies of the coast as we visit sites from Wyeth paintings aboard the Linderin Losh, a refitted lobster boat operated by Linda Bean’s Perfect Maine.
Discover the secrets of Malaga Island with Master Maine Guide Alice Bean Andrenyak! Spend the morning sea kayaking in beautiful Casco Bay and learn the history of Malaga Island, a former interracial colony that was eradicated by the State of Maine in the early 1900’s. Explore the nooks and crannies of the rugged Maine coast, while learning about the culture of the island colony and possibly observing seals, osprey, and great blue herons during our five hour journey. Let’s visit historic sites on the island and enjoy a picnic lunch on the beach. Don’t miss this chance to experience and learn about the history of Maine’s coast! All equipment included in cost. Information about departure location will be emailed to participants in advance. Please bring closed-toe shoes that can get wet, a hat, windbreaker/rain coat, 32 ounces of water, a bagged lunch, sunscreen, and no cotton clothing. Space is VERY limited. A second trip date may be added if there is sufficient interest. No refunds will be issued within 2 weeks of the trip date. Please call RSU 5 Adult & Community Education at 865-6171 to register.
Trip Leader: Alice Bean Andrenyak, MMG
Tuesday, Feb. 11, from 6 to 9 p.m.
Location: TBD
$139

Please
CERTIFICATES & WORKPLACE TRAINING

NEW! Become a Registered Maine Guide
Future Registered Maine Guides with Recreation, Hunting, Fishing, Sea Kayaking, or Tidewater Fishing specialty choices, should take this weekly course that will have 2 all day outdoor skills sessions. Training will cover those topics needed for guiding and your oral and written examinations. Alice’s Awesome Adventures, LLC is partnering with Merrymeeting to offer this Registered Maine Guide training course.
Instructor: Alice Bean Andrenyak, MMG
Wednesday, Jan. 22, from 6 to 9 p.m., for 10 weeks
Mt. Ararat Middle School
$500

NEW! Red Cross Lifeguard Certification
Lifeguard training enables students to learn and apply safety principles in their decision making skills and improve their decision making skills. This course provides a comprehensive education centered on preventing accidents in aquatic environs. It offers up-to-date information on how to take action to help those in danger. Please note several prerequisites, including swim 300 yards, tread water for 2 minutes using only your legs, complete a timed event within 1 minute 40 seconds, among others. For a complete list, contact the Bath Y at 443-4112. Please pay registration fee at Bath Area Family YMCA or Landing Y. No discounts.
Instructor: Jeanette Lewis & Andrea Moskevitz
Friday, beginning Feb. 14, from 6 to 9 p.m., for 10 weeks
Bath Area Family YMCA
$325

Traditional Usui Reiki Level I
Be involved in your healthcare. Reiki is a simple, natural and safe method of healing and self-improvement beneficial to people, animals, plants and more and everyone can use it. Reiki connects with your own body wisdom which knows what is needed for complete healing for you and Reiki follows this protocol. Reiki also works well in conjunction with all medical or therapeutic techniques. This class will include a brief history of the art, attunement for accessing Reiki energy for self-treatment, hand positions, body scanning method, genealogy chart, introduction to chakras, hands-on clinical experience and a framed certificate. Reiki is not massage, hypnosis, a religion or a tool for diagnosing illness, but it may set you on a path of personal discovery. Instructor Mary Maverick is a Licensed Massage Therapist and a 7th generation Reiki Master/Teacher with over 20 years in the healing arts. Class held at Midcoast Massage & Reiki Center, 103 Harpswell Road, Brunswick. No discounts.
Instructor: Mary Maverick
Saturday, Feb. 8, from 9 a.m. to 4 p.m.
Midcoast Massage & Reiki Center
$175

Traditional Usui Reiki Level II
Reiki Level II is for those who have completed Reiki Level I. You will become skillful at directing the flow of energy and using it to aid others. The Level II training and attunements will allow you to access up to 90% more energy as your body is now conditioned to the flow. Level II training is focused on treating others, including people, pets, plants and more. Studies of Reiki with pre- and post-surgical patients at Portsmouth Regional Hospital in New Hampshire have shown significant reduction of pain following Reiki treatment. Patients also report increased feelings of relaxation and a renewed sense of well-being. You will also receive training on using 3 symbols to enhance the focus of your treatments along with instruction on beaming and distance healing. Class held at Midcoast Massage & Reiki Center, 103 Harpswell Road, Brunswick. No discounts.
Instructor: Mary Maverick
Saturday, March 14, from 9 a.m. to 4 p.m.
Midcoast Massage & Reiki Center
$225

Certified Nursing Assistant
Would you like to become a Certified Nursing Assistant? This State-approved 180-hour course consists of classroom time, lab practice and clinical work. Time is spent on the aspects of caring for patients and residents, diseases and disease processes, and anatomy and physiology. Clinical hours allow the student to practice what was learned in the classroom with actual hands-on experience. The Certified Nursing Assistant State Competency Test is administered upon completion of the course. To register for this class, download the application from merrymeeting.org and return it to the adult ed center in Topsham, or Morse High School. Apply early for funding resources. For more information, call Raye Leonard, project administrator, at 729-7323.
Instructor: Margot Kovach, RN
Free Information Night: Monday, Jan. 13, from 6-7 p.m. at Merrymeeting Adult Ed, 35 Republic Ave.
Tuesday & Thursday, beginning March 3, from 4 to 9 p.m. for 19 weeks
Region 10 Technical High School
$975

Certified Nursing Assistant - Medication (CNA-M)
The purpose of this course is to teach experienced certified nursing assistants to administer selected non-injectable medications to patients who are 14 years of age and older. This complex nursing task is to be performed under the direct on-site supervision of a licensed nurse only in long-term care nursing facilities and state mental health institutions. This standardized medication course will provide the basis of understanding needed for the certified nursing assistant to administer medications accurately and safely. Call our office at 443-8255 or check our website for more information on documents required for registration. The process of acquiring the necessary paperwork is lengthy, so please inquire early.
Instructor: Linda Ross, RN
Tuesdays and Thursdays, beginning March 10, from 3 to 8 p.m., for 12 weeks
Morse High School
$999

www.merrymeeting.org • 729-7323 • 443-8255
**CERTIFICATES & WORKPLACE TRAINING**

**Certified Residential Medication Aid (CRMA)**

This course provides the student with the necessary knowledge and practice to become state certified as a CRMA. It is designed to teach students to administer selected non-injectable medications safely and to document accurately in Assisted Living Residences, group homes, as well as in the home setting (Agency Home Care) within the guidelines of the DIRS for the State of Maine. The DIRS designated that a minimum of 40 hours class time would be required, however to ensure that students are able to learn all materials in a non-time pressured class, the class may take up to 48 hours to complete.

Instructor: Susan Zimmerman, RN
Monday and Friday, beginning March 9, from 3:30 to 7:30 p.m. for 7 weeks
Morse High School
$299

**Clinical Medical Assistant**

Medical assistants are responsible for a variety of medical office tasks from administrative to technical and scientific duties and must have high quality people skills. Some of the job duties include cleaning and dressing wounds, taking blood samples, administering medications, taking vitals, preparing patient for EKGs, obtaining a patient’s history, and assisting physicians during examinations. Our program provides virtual reality-style classwork, as well as traditional teaching for a blended learning experience. Practicals are performed during the program to ensure that the student has proper techniques and will be ready to pass national certification. Upon completion of the program, you will sit for national certification exam through NHA. Course fee includes national certification, 6 practice exams, online study materials, books, resume assistance, and associated fees. Externships may be available in your area. Payment plans available. Call Academy of Medical Professions toll free 866-516-8274, 207-721-0714 or email info@academyofmedicalprofessions.com. **No class April 21 and 23.**

Instructor: American Academy of Medical Professions
Monday and Wednesday, beginning Feb 24, from 5:30 to 8:30 p.m. for 16 weeks
Location: Region 10 Technical High School
Cost: $3,000

**Phlebotomy Technician**

This all-inclusive and in-depth teaches the student to perform basic phlebotomy procedures, evaluate patients for venipuncture, and the venipuncture procedure. Perform basic point of care testing, such as blood glucose levels on patients, prepare blood, urine, and other body fluid specimens for testing according to established standards. Includes national certification, books, resume and job assistance. Payment plans are available. Call Academy of Medical Professions toll free 866-516-8274, 207-721-0714 or email info@academyofmedicalprofessions.com. **No class April 21 and 23.**

Instructor: American Academy of Medical Professions
Tuesday and Thursday, beginning Feb. 25, from 5 to 9 p.m. for 10 weeks
Location: Brunswick High School
$2,400

**NEW! Medical Coding with CPC Certification**

This program is designed to teach all aspects of medical coding and provide you the skills needed to become nationally certified and get into the job market as a Certified Coder. This certificate program is taught by a Certified Medical Coder and includes medical terminology, anatomy & physiology, CPC exam, AAPC membership, 3 practice CPC tests and all books. Basic computer skills are required. Payment plans available. For more information contact: Academy of Medical Professions toll free at 866-516-8274 or www.academyofmedicalprofessions.com.

Instructor: American Academy of Medical Professions
Thursday, beginning Feb. 27, from 5:30 to 8 p.m. for 20 weeks
Location: TBD
Cost: $3,500

**NEW! Dental Assistant**

This program is designed to teach all aspects of dental assisting and provide you the skills you need to work in this field and pass a national certificate exam. This program is taught by a dentist and includes an opportunity for internships. The price of the course includes all books, exam preparation material and fees for the DANB RHS certificate program. Payment plans are available. CDA, RHS are registered trademarks of the Dental Assisting National Board, Inc. (DANB). This course is not reviewed or endorsed by DANB. **No class April 20 and May 25.**

Instructor: American Academy of Medical Professions
Monday and Wednesday, beginning Feb . 24, from 6 to 8 p.m. for 10 weeks
Location: TBD
Cost: $2,400

**Funding for certificate courses may be available for qualified candidates through Workforce Solutions.**

The wait time for this process can be as long as 6 weeks; please apply early to ensure funding, if you are eligible.

Call the adult ed office and staff will make a referral to Workforce Solutions for you, or call 775-5891 to speak directly with a counselor.
ACADEMIC, COLLEGE & CAREER

ONLINE Academic Success Seminar

Are you interested in going to college? Do you want to take a course that will prepare you to be successful AND award you 3 college credits? Merrymeeting’s Academic Success Seminar is delivered in a hybrid model that includes four classroom meetings, followed by online assignments. The seminar is free to adults interested in preparing to attend college. Throughout the course students will engage in reading, writing, and activities. Bring a 3-ring binder, 15 subject dividers for in-class packets, highlighter and pen. Students must have their own computer and reliable internet access. Microsoft Office products will be provided to students. Students have the option to stay until 9 p.m. for additional instruction on the nights the class meets in person. Class meets in person on Feb. 6, March 5, April 2, and May 7.

Instructor: Vicki-Rose Porter
Thursday, beginning Feb. 6, from 5:30 p.m. to 8:30 p.m. for 4 weeks
SMCC Midcoast Campus, Brunswick Landing

English College Prep

Are you preparing to go to college? Individualized instruction will help students prepare for English placement tests and advance at their own pace. Students will study both sentence skills and reading comprehension. Textbooks included. Call Paul Elisha, academic counselor, at 729-7323 for more information.

Instructor: Kathy Ingmundson
TBD
Adult Ed Center, Topsham

Arithmetic & Algebra College Prep

This is the perfect class for students to review for math placement tests. Make the most of individualized programming where you can move at your own pace or be guided by the instructor through arithmetic and/or algebra. Textbook included. To register, contact Paul Elisha, academic counselor at 729-7323.

Instructor: Jan Crosson
Winter Session a.m.: Monday and Wednesday, beginning Jan. 13, from 9 a.m. to noon for 9 weeks
Winter Session p.m.: Monday and Wednesday, beginning Jan. 13, from 5-8 p.m. for 9 weeks
Mt. Ararat High School

Spring Session a.m.: Monday and Wednesday, beginning April 6, from 9 a.m. to noon for 9 weeks
Spring Session p.m.: Monday and Wednesday, beginning April 6, from 5-8 p.m. for 9 weeks
University College Bath-Brunswick

HiSET Prep Learning Labs

Preparing for the HiSET (High School Equivalency Test) can be difficult on your own. Join this class, conveniently offered both morning and evening, and benefit from the small class size and focus on your goal. Enroll anytime! Please call Paul Elisha, academic counselor, at 729-7323, or Dawn Wheeler, site coordinator, at 443-8255 for more information.

Merrymeeting Adult Ed Center
Instructors: Kathy Ingmundson and Pierre Martin
Monday and Wednesday, beginning Jan. 13, from 9 a.m. to noon
Tuesday and Thursday, beginning Jan. 14, from 5-8 p.m.

Morse High School
Instructors: Trish O’Leary and Michele Aronson
Monday/Wednesday, from 5:30 to 7:30 p.m., Tuesday/Thursday, from 5 to 7 p.m., beginning Jan. 13

Wiscasset Middle High School
Instructors: Trish O’Leary
Tuesday and Thursday, beginning Jan. 14, from 5 to 8 p.m.
Critical Reading & Writing, Online
Writing well requires an understanding of language and its possibilities. In this online class, students work on Academic English IV materials designed to meet the final English class for adults in the high school diploma program. **Access to a reliable computer and reliable internet is required.** Coursework includes critical reading of required informational and narrative texts, writing a college essay through multiple drafts, a review of basic grammar, and peer feedback. Textbooks included. For more information, please contact Paul Elisha, academic counselor, at 729-7323, Ext. 2. **Class meets in-person on Jan. 27, and continues online.**
Instructor: Michele Aronson
Monday and Wednesday, beginning Jan. 27, from 5 to 8 p.m. for 9 weeks
Online/Mt. Ararat Middle School

Critical Reading & Writing, Classroom-based
Same description as above without the online component. For more information, please contact Dawn Wheeler, site coordinator, at 443-8255.
Instructor: Michele Aronson
Tuesday and Thursday, beginning Jan. 21 from 5 to 7 p.m. for 13 weeks
Morse High School

Biology with lab
This activity oriented course deals with the study of life. All major biological concepts including cells, reproduction, genetics, evolution, plants, invertebrates and vertebrates animals, along with human biology will be explored. Biology with lab is a fast paced offering that will satisfy requirements for most post-secondary schools including those in the medical field.
Instructor: Pat Funk
Tuesday and Thursday, beginning Jan. 21, from 5 to 8 p.m. for 9 weeks
Brunswick High School

U.S. History
This course in U.S. history will cover selected thematic topics from Colonization to the Cold War Era. Units, work, and tests are designed to be done in class, as well as some homework. The course will primarily feature people and events throughout these eras that shaped the course of this country. Free. Please contact Paul Elisha, Academic Counselor, for information 729-7323.
Instructor: Bob Goddard
Tuesday and Thursday, beginning Jan. 21, from 5 to 8 p.m. for 9 weeks
Brunswick High School

Adult Basic Education
This class will provide instruction in basic reading, writing, critical thinking, and math to help students acquire fundamental academic, career and adult life skills. Students will meet with the Academic Counselor to do an intake and a pre-test CASAS to determine their strengths and weaknesses. The counselor will help them to set goals that will guide them in their classroom activities. No cost for this course. Books are included.
Instructor: Kathy Ingmundson
Tuesday and Thursday, beginning Jan. 14, from 9 a.m. to noon
Adult Ed Center, Topsham

English Language Learners
This class is an opportunity to learn the basics of English, including conversation and grammar. Students will learn sentence structure, spelling, reading comprehension and writing. Individuals are encouraged to progress at their own pace. Books and materials are included. Please call Paul Elisha, academic counselor, at 729-7323, or Dawn Wheeler, site coordinator, at 443-8255 for more information.
Merrymeeting Adult Ed Center
Instructor: Lori Powell
Tuesday and Thursday, beginning Jan. 21, from 9 a.m. to noon

UMA Brunswick
Instructor: Lori Powell
TBD

Morse High School
Instructor: Lori Powell
Monday and Wednesday, beginning Jan. 22, from 6:30 to 8:30 p.m.

Wiscasset Middle High School
Instructor: Trish O’Leary
Tuesday and Thursday, beginning Jan. 21, from 5-8 p.m.

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**Adult Education**

**Graduation 2020**

5 p.m. Tuesday, May 19, 2020
Mt. Ararat High School Commons, Topsham

Celebrating graduates from MSAD 75, RSU 1, Brunswick & Wiscasset. All are welcome. Refreshments served.
Finish Your Degree at UMA

Your credit is good here.
  • UMA welcomes hundreds of transfer students each semester.
  • We'll work with you to develop a specific plan to maximize your college credits.

Choose when and where to finish your degree.
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  • Complete your college degree with online access everywhere.

You’ll pay less.
  • UMA offers affordable tuition, great financial aid packages, and scholarships available for adults returning to college.
  • With the Pine Tree State Pledge, you may even qualify for zero tuition.

Visit the UMA Brunswick Center and learn how you can complete your Bachelor’s degree.

Orion Hall, 12 Sewall Street, Brunswick, ME 04011

UMA.EDU/FINISH
207.442.7736
Class Locations

Morse High School
826 High St., Bath

Bath Regional Career & Technical Center
800 High St., Bath

Bath Middle School
6 Old Brunswick Road, Bath

Dike-Newell Elementary School
3 Wright Dr., Bath

Bath Dance Works
72 Front St., Bath

Brunswick High School
116 Maquoit Road, Brunswick

Region 10 Technical High School
68 Church Road, Brunswick

Landing Y
24 Venture Ave., Brunswick Landing

Midcoast Massage & Reiki Center
103 Harpswell Road, Brunswick

Cellar Fitness
9 Cumberland St., Brunswick

Best Western Plus
71 Gurnet Road, Brunswick

People Plus Center
35 Union St., Brunswick

Mid Coast-Parkview Hospital
123 Medical Center Dr., Brunswick

UMA Brunswick Center
Orion Hall., Brunswick Landing

Southern Maine Community College, Midcoast
29 Sewell St., Brunswick Landing

Merrymeeting Adult Education Center
35 Republic Ave., Topsham

Mt. Ararat Middle School
66 Republic Ave., Topsham

Mt. Ararat High School
73 Eagle's Way, Topsham

Shotokan Karate Academy
63 Elm St., Topsham

Wiscasset Middle High School
272 Gardiner Road, Wiscasset

Adult Education Advisory Committee
Allen Lampert   Katie Clark
Christa Baade   Nancy Weed
Cory King       Patrick Manuel
Jackie Jordan   Paul Perzanoski
Jane Sease      Shawn Chabot
Judith Long     Steve Ciembroniewicz
Julie Booty     Vicki-Rose Porter

Weather Cancellations
When MSAD 75 cancels school, adult education classes are canceled at all sites. If inclement weather starts during the day, Merrymeeting will announce at 2 p.m. if it is canceling evening classes.

Check Channels 6, 8 & 13, merrymeeting.org, Facebook or call 729-7323 before venturing out in bad weather! Canceled classes will resume the following week unless you are notified. Due to the size of our program, teachers and students will not be individually contacted.

Weather Cancellations

Holidays & School Vacations
Jan. 20, Martin Luther King, Jr. Day
Feb. 17 to 21, Winter Break
April 20-24, Spring Break
May 25, Memorial Day

Age Policy
Unless specified the minimum age for participants in adult education enrichment courses is 18 years old.

For official High School Equivalency Testing (HiSET), you must be at least 17 years old to take the tests. If you are 16, you have enroll and prepare for the tests.

Merrymeeting does not discriminate based on race, color, national or ethnic origin, religion, gender, sexual orientation, marital or parental status, age or disability in its employment or in the administration. Contact Human Resources at 729-9961.

No Smoking
Smoking is not permitted on any school grounds.
We recommend registering online at Merrymeeting.org, but feel free to mail this form with payment.

Name ___________________________ email: ___________________________

Address ________________________________________________________________

Town ______________________________________________________________ State ___________ Zip ___________

Telephone: Home ______________________ Work ______________________ Cell ______________________

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TOTAL ____________________________

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Credit Card# ______________________ CVC/CID#: __________

Exp. Date __________ Signature __________

Fax to 729-5609 or mail to:
Merrymeeting Adult Education
826 High St., Bath, ME 04530

Discounts:
Senior citizens ages 60-plus deduct $10 per course; employees deduct 20 percent for classes $100 or less. For classes over $100, discount is a flat $20. No discounts for one and two-night classes, trips, or if indicated in the course description.

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Portraiture, page 4

NEW!

Kick the Sugar Habit, page 17

NEW!

Pies & Tarts, Oh My!, page 14

FAVE!

MERRYMEEETING ADULT EDUCATION
35 Republic Ave.
Topsham, ME 04086

For a full index of classes, see page 3!