Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate. Merrymeeting will email information about accessing each class prior to its start date.
Welcome!
Hello and Welcome to Merrymeeting Adult Education!
We are pleased to provide you with a schedule of our fall classes. Like every year, Merrymeeting Adult Education is offering a full menu of interesting and exciting classes for your enjoyment and educational support. In order to ensure our classes run on time and on schedule with no disruptions, we are offering all classes this semester on-line. This will ensure your class will start on the designated date in the catalog. We may be able to slowly transition back to in person classes, and we will keep you informed of any progress made on that front.
We look forward to seeing you all again this fall. Please join us for another exciting semester of classes. We are proud to be able to continue serving you. Have a great fall semester!
Warm Regards,

Allen Lampert
Director

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), RSU1, and Wiscasset. Exceptions: One- and two-night classes, Certificate and Workforce Training courses, 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.

Merrymeeting Adult Education

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

Please call the office at 729-7323 or 443-8255 to register for a class with a discount
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All classes this semester will be offered through distance learning. They will be offered in part through video conferencing platforms, like Zoom or Webex. Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate. Merrymeeting will email information about accessing each class prior to its start date.
Allen Lampert’s strategy when he became director at Merrymeeting Adult Ed last year was to watch and learn how the program operated already. But one thing jumped out as needing an update right away. **The old logo.**

A call was put out to Merrymeeting art teachers and students to help design a new branding. Many answered with creative ideas that projected a new image for the program.

Ultimately, staff chose the design of **Patti Norzow of Bowdoin**. The six waves of the pinwheel represent the six rivers of Merrymeeting Bay from which the adult ed program takes its name.

Patti attended Linda Murray’s watercolor class and worked with both her teacher and project administrator Raye Leonard to come up with a logo everyone loved.

Merrymeeting Adult Ed offers its sincere thanks to Patti, and all the students and teachers who shared their work for consideration.
Undecided about whether or not online learning is right for you? Test drive the tools of online learning in a one-hour informational session every Wednesday with Raye Leonard, Merrymeeting’s project administrator and distance learning coordinator. Take a virtual tour of the digital platforms you are most likely to encounter in an online course at Merrymeeting, ask questions, and share your concerns.

This class is offered in part through video conferencing platforms, like Zoom or Webex. Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate. Merrymeeting will email information about accessing the class prior to its start date.

Instructor: Raye Leonard
Wednesdays, starting Sept. 9, from 1 to 1:45 p.m.
FREE

Thanks for 15 great years at Merrymeeting Adult Ed,
Jinger!
We wish you much creative enjoyment in your retirement!
**ARTS & CRAFTS**

**NEW! Natural Soy Wax Candle Making for Beginners**

Soy wax candles are the new rave. Learn a new trade skill. Start a business or new hobby. If you have a basic knowledge of candle making, join us anyway to learn a few tips, tricks, and secrets of the trade for getting a superior cold and hot throw with natural soy. Your competitors will want to know your secret. Your family members will want to know how to do it too and you will LOVE the way your craft space smells after class! A materials list can be found on the Merrymeeting Adult Education website. Watch and follow the video before the first class. Video and materials list will be made available to students upon registration. No discounts.

Instructor: Trisha Morey  
Wednesday, September 30, from 10-11:30 AM  
$50

**NEW! Crochet: Getting Creative with Granny Squares**

You would be amazed at just how many things can be made using such small panels of material. The options are pretty limitless. Most of us know that we can make blankets, throws or lap blankets with them, but did you know that we can make items like overalls, pants, shorts, vests, slippers, shoulder bags, shawls, belt pouches or a box with them as well? We will be choosing three uncommon things to make out of a long list of items and over the next few weeks, we are just really going to have a lot of fun with this! If you love crochet and you love getting creative with it, you will be right in your element here. Prerequisite: You will need to have some prior knowledge of basic common stitches, however if you can make ANY kind of granny square, then you should have no trouble taking this class. Watch Video #1 before first class. Available by: September 1. Video and materials list will be made available to students upon registration. No discounts.

Instructor: Trisha Morey  
Tuesday, starting September 8, from 10-11:30 AM, for 6 weeks  
$60

**NEW! Native American Medicine Bag**

Making medicine bags is an important part of the Native American culture. In this workshop you’ll learn the traditions behind the medicine bags and how they are used. You will also be learning how to make one for ourselves or for someone else and what the difference is. After you learn how, this is a project that you can do easily as a family down the road. You may also find them personally useful. This same method can be used for larger bags too, so it’s a useful leatherwork skill that translates into other projects with ease. Watch video before the first class and try it. Available by: December 4. Video and materials list will be made available to students upon registration. No discounts.

Instructor: Trisha Morey  
Tuesday, December 8, from 10-11:30 AM  
$50

**NEW! Native American Beading**

This is a traditional method of Maliseet beadwork passed down to the instructor through her family. There are many styles of beading, from earring making to medallions and loom work. For this class we’ll be planning our work first on grid paper, transposing that to canvas and then beading what we have planned. We will be focusing on hair pieces and medallions for this particular project, but you can use this method to create nearly anything. It’s very freeing. You may follow along as I go and create what I do with me, or you may watch what I do and then try to create your own pattern and style. I can’t wait to see what you come up with! Let’s bead! Watch and follow the video before the first class. Video and materials list will be made available to students upon registration. No discounts.

Instructor: Trisha Morey  
Monday, November 16, from 10 AM-12 PM  
$50

**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 a 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. No discounts.

Instructor: Leah Haraden  
Monday, starting January 11, from 6-8:30PM, for 2 weeks  
$35

*All classes this semester will be offered through distance learning. They will be offered in part through video conferencing platforms, like Zoom or Webex.*
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. All students should have a digital camera that has manual exposure mode with a fully-charged battery, at least one lens, a tripod and an extra memory card.

Instructor: Leah Haraden
Monday, starting October 19, from 6-8:30 PM, for 4 weeks
$50

Landscapes, Seascapes, & Nature Photography

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. No discounts.

Instructor: Leah Haraden
Monday, starting September 28, from 6-8:30 PM, for 2 weeks
$35

NEW! Introduction to Zentangle®

Zentangle® is an easy, relaxing, and fun way to create beautiful structured patterns. While drawing simple pen strokes, you will enter a state of increased focus and calm. Though Zentangle art appears intricate and complicated, the method is actually quite simple and engrossing! Many people are astonished with the 3.5" square piece of art they create and share in their first class and go on to practice this accessible art form for fun as well as to calm themselves in stressful situations. Sarah Prescott is a former librarian and 'non-artist' who attended her first Zentangle workshop in 2016. Like many others, she was amazed by her creation as well as a sense of well-being after the class. She became a Certified Zentangle Teacher and Restorative Yoga teacher in 2018 and now combines the methods in her Zentangle classes. All materials are included in the price of the course. Material kits can be picked up at the adult ed office the week before the start of class. No discounts.

Instructor: Sarah Prescott
Tuesday, November 3, from 6-8 PM
$35

NEW! The Pet Portrait Project

Let's honor our furry or feathery friends with the art of portraiture! This could be a great opportunity to make a hand-made gift for a special somebody, or to make a fun bit of decor for your home! All you’ll need are pictures of your pets and the art supplies of your choosing!

Instructor: Matt Tanzi
Saturday, starting November 7, from 10-11:30 AM, for 6 weeks
$75

NEW! Portraiture

The focus here will be on not just how to draw a portrait, but how to look at the body's canon of proportions and how others have used different methods of measurement in order to create a realistic portrait. This is a Fine Arts class that includes both short lectures and long studio work. Any level of artist is welcome, however the class is designed to be beginner friendly. If you are looking for a more advanced class, watch for a listing in the upcoming winter spring semester. But you are still very likely to learn something and are more than welcome to join us. The practice never hurts! Watch video #1 and try it before first class. Available by: October 21. No class on Nov 25.

Instructor: Trisha Morey
Wednesday, starting October 28, from 10 AM-12 PM, for 6 weeks
$75

2020 Student Art Exhibit:

Traditionally, Merrymeeting Adult Education has an annual spring student art exhibit, complete with Opening Night with refreshments. Unfortunately, this year, that was not possible. However, for the first time, you can enjoy the online student exhibit that you can view from the comfort of your living room. There are over 70 images on display, many of which were created from home with the help of online demos and critiques.

We invite you to visit our website at merrymeeting.maineadulted.org/ to see our students’ work. The 2020 Merrymeeting Adult Education Student Art Exhibit is dedicated to the memory of Carolee Tupper, long time employee of adult education and MSAD #75, who sadly passed away in February. Carolee was known and loved by many of these art students whom she knew well and greeted everyday as they passed through her office to their art classroom. She will be missed by all. Please see the memorial for Carolee at the end of this catalog.
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 approximately $40-$45, will be discussed at the first class.
Instructor: Kathie Boldt
Wednesdays, starting September 9, from 10-11:30 AM, for 10 weeks
$130

Continuing Drawing, B/W and Colored 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
Morning Session: Tuesday, starting September 8, from 10-11:30 AM, for 10 weeks
Afternoon Session: Tuesdays, starting September 8, from 2:30-4 PM, for 10 weeks
$130

Watercolor Combo
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 can be found at merrymeeting.org. 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, starting September 24, from 9:30 AM-12 PM, for 8 weeks
$100

Water Media Directed Study
Have you 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, starting September 25, from 9:30 AM-12 PM, for 8 weeks
$100

NEW! Creating a New World with Abstract Art
Have you ever dreamed of making art that goes beyond the lighthouse or bowl of fruit? Unleash the power of your imagination! Let’s take the idea of reality and transform it into new and compelling ways... resulting in the creation of unique abstract art. Materials are open for participants to choose.
Instructor: Matt Tanzi
Friday, starting September 25, from 9:30 AM-12 PM, for 8 weeks
$100

NEW! Artists’ Open Studio with Matt
Missing the social gatherings that came with the art studio? Come on in! In this group we will come together as artists in an open studio format. Everybody is welcome, from beginners to professionals. Will you bring your favorite set of paints? Or perhaps a new medium you’d like to learn? Maybe you even have some artwork you’d like critiqued? It’s all fair game! Let’s see what we can teach each other (safely from home, of course!)
Instructor: Matt Tanzi
Sunday, starting September 27, from 10-11:30 AM, for 12 weeks
$150

I think those of you who know me can imagine my absolute panic at the idea of teaching online. (I am not a computer person!) Having received a great deal of support (with humor) from Raye, Jinger and Pauline has turned this around for me. This process has been transformative for me on numerous levels. Being video-ed by Raye doing lengthy demonstrations (45 min.) has been revelatory. I am freshly inspired and flooded with new ideas on how to teach “seeing-to-draw” in this new medium. Even my artwork has been affected. New energy, taking risks.

– Kathie Boldt
**AUTO & BOATS**

**Coastal Navigation**

There are many nuggets inside this course that will help you become a safer recreational boater. This course is good for anyone planning to proceed on tidal waters including bays, rivers, and more open coastal Maine waters. You will need to have a chart parallel ruler, a chart pair of dividers, and a chart of Casco Bay to complete this course. You can find these at marine supply stores and online. It doesn’t matter whether your Casco Bay chart is paper or waterproof. If you have an old one that is OK as we are learning to navigate. We will be having two Zoom class meetings as part of this course. You should have a computer, internet access, and a webcam to participate. A meeting invitation will be emailed to you prior to the start of class. No discounts.

**Instructor: Alice Bean Andrenyak**

**Tuesday, starting October 13, from 7-8:30 PM, for 2 weeks**

**$50**

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**Coast Guard Captain License Information Night**

The Captain School Key West, through a local instructor is offering the Operator of Uninspected Passenger Vessel (OUPV), commonly called 6-Pack course. The information sessions will answer questions you may have about obtaining the license and will provide the various methods available to complete the course requirements. To attend the free Information Session, please select a date and time, pre-register and a meeting invitation will then be emailed to you prior to the start of the session.

**Instructor: John Coffin**

**Tuesday or Thursday, September 8 or September 10, from 6-8 PM**

**FREE**

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**Captains Course – Operator Uninspected Passenger Vessel (OUPV)**

An OUPV (Operator of Uninspected Passenger Vessels) or USCG Six-Pack Captain’s License is required for those who want to operate vessels for hire with no more than 6 paying passengers aboard. Activities such as fishing charters, sailing charters, dive boat, eco-tourism charters, and any other watercraft for hire require this license. The Captain School of Key West offers this license course. You choose your start date. After completing the online course, you will be offered an online review and then you are ready to take our USCG approved exams with John Coffin in Maine. These exams are based on course materials that you studied in the online classroom. Class fee includes chart, navigation tools, and approved testing in Maine.

**Instructor: John Coffin**

**Tuesday & Thursday, starting September 22, from 6-9 PM, for 10 weeks**

**$900**

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**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 729-7323 or 443-8255 to register.

**Instructor: Ron Jack**

**Session I: Tuesday & Thursday, October 27 & 29, from 6-8:30 PM**

**Session II: Tuesday & Thursday, December 15 & 17, from 6-8:30 PM**

**$40/$25 over 65**

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**Drivers Education**

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.

**Watch the Merrymeeting Adult Education website for dates and times of these courses.**

**Morse High School, Dates TBA**

**Mt. Ararat High School, Dates TBA**

**Brunswick High School, Dates TBA**

**$465**

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www.merrymeeting.org • 729-7323 • 443-8255
COMPUTERS & TECHNOLOGY

**NEW! Balloons, Funny Faces, & Other Special Effects On Our Digital Devices**

Texting, FaceTime, & Zoom are all great ways to keep in touch with friends and family. Learn to use features such as silly masks, exotic backgrounds, and special effects to personalize your message and create a lighthearted ambiance when communicating via digital apps. Have your phone or tablet ready and have some fun! No discounts.

Instructor: Jill Spencer  
Monday, November 9, from 1-3 PM  
$32

**NEW! Hidden Gems Lurking in Your iPhone**

Our iPhones have hidden depths we often totally miss because there are so many layers of feature options. Did you know your iPhone will read an article to you? Or that you can simply glide over the keyboard instead of tapping out each letter. Are you clear to the degree your phone is tracking you and whether you have any control over that function? Join our class, with phone in hand, to discover some buried features of your iPhone. No discounts.

Instructor: Jill Spencer  
Tuesday, October 13, from 1-3 PM  
$32

**Master the Settings of Your 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, September 21, from 1-3 PM  
$32

**Photos App for iPhone/iPad**

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, September 28, from 1-3 PM  
$32

**Northstar Digital Literacy**

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 Juenemann  
Tuesday, starting October 6, from 6-8 PM, for 10 weeks  
$50
Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate. Merrymeeting will email information about accessing each class prior to its start date.

**COOKING**

**NEW!** Vegan Test Kitchen: Glazed Cranberry Orange Scones

Nothing says fall like fresh cranberries - at least in my mind. If the idea of bites of tender goodness laced with tart explosions of fresh cranberries with a subtle hint of orange appeals to you, then you just might want to give these babies a try. They’re a breeze to make and can easily be ready for your next brunch or breakfast. AND made with zero animal products! No discounts.

**Instructor:** Jinger Howell  
**Wednesday, November 18, from 6-8 PM**  
**$30**

**13 Types of Yeast Rolls!**

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. Each student will learn how to create their own yummy breads! No discounts.

**Instructor:** Deb Arter  
**Thursday, October 22, from 5:30-8 PM**  
**$30**

**Pies & Tarts**

Have you suffered through pastry mishaps or despaired 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, and tips. No discounts.

**Instructor:** Deb Arter  
**Wednesday, September 23, from 5:30-8 PM**  
**$30**

**FINANCE**

**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. Have paper and pen to take notes.

**Instructor:** Robert Harvey  
**Wednesday, October 28, from 6:30-7:30 PM**  
**FREE**

**NEW!** The Hospice Volunteer: The Heart of Hospice

This brief overview will describe the vital function of the volunteer on the hospice team. Did you know that hospices cannot operate without volunteers? They provide support, presence, companionship, silence, laughter, and diversion to people who are facing a vulnerable time of life and are often isolated. What motivates volunteers and what skills are helpful? How do volunteers function in a variety of settings? Find out what is involved in the fuller training program that leads to a nationally recognized certificate. Volunteering, in general, has been proven to help the volunteer live longer and better—hospice volunteering helps everyone involved live longer and better! No discounts.

**Instructor:** Donna Teague  
**Tuesday, October 13, from 9-11 AM**  
**$5**

**NEW!** The Best Kept Secret: The Free Hospice Medicare Benefit

Come discover how hospice is about living! This 100% Medicare benefit provides a multitude of services to support a person as well as their caregivers. Who qualifies for the benefit? How do you access the benefit? Which professionals comprise the team? Is hospice just for the last few days of someone’s life? Does it really mean “giving up?” If you or someone you care about has a life-limiting illness, don’t wait any longer to find out what hospice really is and how it can make life better—for everyone. No discounts.

**Instructor:** Donna Teague  
**Tuesday, October 6, from 10-11:30 AM**  
**$5**

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FITNESS, HEALTH & WELLNESS

NEW! Better Health Now
This program is designed to help participants actively manage ongoing health conditions such as heart disease, arthritis, hypertension, high cholesterol, asthma, etc. Program topics include techniques to deal with frustration, fatigue, appropriate exercise for maintaining and improving strength, flexibility, and endurance, effective communication with family, friends, and health professionals and healthy eating. Your instructor will mail you program materials including a booklet, workbook, exercise CD and relaxation CD. Jen’s classes are held once per week for 6 weeks. These are held at convenient times for each participant and can be set up individually. Call Jen at (207) 620-1642 to schedule your class.

Instructor: Jen Paquet
FREE

FITNESS, HEALTH & WELLNESS

NEW! Better Health Now: Chronic Pain
This program was created to help individuals with a wide range of persistent pain conditions – from arthritis to fibromyalgia to an injury and everything in between. Participants in this class learn practical tools to help develop self-management skills, by increasing self-efficacy, improving knowledge and developing positive behavior change. Other topics include debunking myths, using your mind to manage symptoms, and more, are covered. Your instructor will mail you program materials including a booklet, workbook and exercise CD. Jen’s classes are held once per week for 6 weeks. These are held at convenient times for each participant and can be set up individually. Call Jen at (207) 620-1642 to schedule your class.

Instructor: Jen Paquet
FREE

FITNESS, HEALTH & WELLNESS

NEW! Better Health Now: Diabetes
This program was designed for people with type 2 diabetes to learn a variety of day-to-day self-management skills to actively manage their diabetes. This is also a great program for friends, family and support persons, as well as those diagnosed with prediabetes. This workshop helps empower adults to address and better manage their health issues by increasing self-efficacy, improving knowledge, developing positive behavior change, and improved self-management. Topics such as managing blood sugar, menu planning, stress management, strategies for sick days, and more, are covered. Your instructor will mail you program materials including a booklet, workbook and exercise CD. Jen’s classes are held once per week for 6 weeks. These are held at convenient times for each participant and can be set up individually. Call Jen at (207) 620-1642 to schedule your class.

Instructor: Jen Paquet
FREE

FITNESS, HEALTH & WELLNESS

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 have a mat and weights.

Instructor: Pamila Justice
Tuesday & Thursday, starting September 8, from 6-7 PM, for 8 weeks
$75

Zumba with Kathy
Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system designed for everyone. A Zumba class creates a party-like atmosphere that provides a non-intimidating opportunity for non dancers, new exercisers, or those previously hesitant to participate in group classes.

Instructor: Kathleen Lamonthe
Tuesday & Thursday, starting September 15, from 5:30-6:30 PM, for 8 weeks
$160
Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate. Merrymeeting will email information about accessing each class prior to its start date.

**Meditation/Stress Relief**

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 have a cushion on hand for the meditation. Ann Kimmage is a certified, experienced yoga and stress management instructor.

Instructor: Ann Kimmage
Session I: Monday, starting September 28, from 5-6 PM, for 5 weeks
Session II: Monday, starting November 9, from 5-6 PM, for 5 weeks
$45

**Tai Chi Easy™ for Overall Balance and Stress Relief**

Tai Chi Easy™ is an arrangement of up to nine movements from the traditional tai chi 108-movement long form. The movements are simplified and are performed repetitively, keeping the practice light-hearted with the focus on awakening the body’s healing resources. Our bodies hold our stress, resulting in blocked energy which disrupts the flow of our chi - our life force energy. Through gentle flowing movement, we get the chi flowing, resulting in a connection between our mind and body. Our thoughts become clear, and our inner knowing ignites the body’s self-healing ability that’s often masked in today’s stressful world. A calm, meditative state of mind and improved balance is achieved through these gentle, flowing movements. All of these moves can be performed standing or sitting, allowing anyone to participate. Beginners will find the class easy to follow. Returning participants will have the opportunity to deepen their practice. We will also use a walking pattern that will be easy to do while using Zoom.

Instructor: Diane Doiron
Tuesday, starting September 22, from 1-2 PM, for 12 weeks
$120

**The Vision of Spring Forest QiGong: “A Healer in Every Home and a World Without Pain and Suffering” Master Chunyi Lin (founder of SF Qigong)**

Spring Forest QiGong includes slow gentle movements, qigong breathing and focused concentration. With consistent practice you will discover your natural ability to heal and protect yourself. We will be practicing the Level 1 active exercises. All of the movements of this form are designed to help you remove energy blockages, which are the root cause of illness, in multiple ways. These movements can be done sitting or standing. Relax, unwind, and reconnect all while improving your balance.

Instructor: Diane Doiron
Thursday, starting September 24, from 1-2 PM, for 12 weeks
$120

**Tai 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: Monday, starting September 7, from 5:15-6:30 PM, for 6 weeks
Session II: Monday, starting October 19, from 5:15-6:30 PM, for 6 weeks
$62

**Absolutely Beginning 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, starting October 1, from 4-5 PM, for 5 weeks
Session II: Thursday, starting November 12, from 4-5 PM, for 5 weeks
$45

**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.

Instructor: Ann Kimmage
Session I: Thursday, starting October 1, from 5:15-6:15 PM, for 5 weeks
Session II: Thursday, starting November 12, from 5:15-6:15 PM, for 5 weeks
$45

**REGISTER TODAY!**

Merrymeeting.org
729-7323 | 443-8255
*All classes this semester will be offered through distance learning. They will be offered in part through video conferencing platforms, like Zoom or Webex.*

**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. Have a mat handy and dress in loose clothing.

**Instructor: Dennis Kimmage**

**Session I:** Monday, starting Sept. 28, from 5-6 PM, for 5 weeks
**Session II:** Monday, starting November 9, from 5-6 PM, for 5 weeks

$45

**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. Have a mat handy and dress in loose clothing.

**Instructor: Dennis Kimmage**

**Session I:** Wednesday, starting September 30, from 5:15-6:15 PM, for 5 weeks
**Session II:** Wednesday starting November 11, from 5:15-6:15 PM, for 5 weeks

$45

**Chakras**
What are these things anyway? Are these energy centers real and how do they serve us? Learn why that feeling in the pit of your stomach shows up there, and why all the major chakras need to have balance to support us. No discounts.

**Instructor: Mary Maverick**

Tuesday, October 6, from 5-6:30 PM

$20

**Sound/Vibrational Healing**
Is this really a thing? Yes! There is science behind vibrational healing. We will have some discussion and some sound therapy samples to try out. No discounts.

**Instructor: Mary Maverick**

Tuesday, November 3, from 5-6:30 PM

$20

**Intro to Reiki**
We will explore the origins and value of Reiki. We will also do a mini online healing session. This is your opportunity to give Reiki a try and ask any questions you have.

**Instructor: Mary Maverick**

Tuesday, September 22, from 5-6:30 PM

FREE

**NEW! Empower Your Health! Do One Thing Different**
The most effective tool to prevent or fight any illness, disease, infection or virus is a strong immune system. Learn about the pillars of good health and immune function including nutrition, stress management, reducing inflammation, detoxification, your gut microbiome, brain function/memory, movement/exercise, breathing, sleep, intermittent fasting and more. These issues profoundly affect both our mental as well as physical health. Chronic illnesses like diabetes, thyroid disease, anxiety and depression, Alzheimers, obesity, irritable bowel, and others such as cancer, heart disease, Covid-19 to name a few, can potentially be prevented or substantially improved if not reversed through changing your lifestyle. Start your journey towards a robust immune system by doing ‘one thing different’ (to start) in each of these areas of wellness, and take responsibility for your own well-being!

**Instructor: Diana Stokke**

Wednesday, starting October 14, from 6-7:30 PM, for 3 weeks

$50

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**CLASSES FILL QUICKLY! REGISTER TODAY!**

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Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate. Merrymeeting will email information about accessing each class prior to its start date.

LANGUAGES

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 & Thursday, starting September 22, from 11-11:30 AM, for 4 weeks
$40

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, starting September 30, from 6-8 PM, for 4 weeks
$48

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, starting September 28, from 6-8 PM, for 4 weeks
$48

Intensive French
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. Students are responsible for ordering their own book prior to the start of class: “Vite et Bien 1”.

Instructor: Laurie Notch
Tuesday, starting September 29, from 6-8 PM, for 4 weeks
$48

MUSIC & DANCE

Cuban Salsa – Fundamentals
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 tempos of music. Partner is not required but recommended!

Instructor: Anna Golendukhina
Friday, starting September 18, from 6-7 PM, for 6 weeks
$75

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!

Instructor: Anna Golendukhina
Friday, starting September 18, from 7-8 PM, for 6 weeks
$85

Mixed Level Belly Dance
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. It’s the Pilates of dance. And so much fun! 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 that will allow for free movement and the ability to see your movement. Hip scarves make it even more fun. You can dance barefoot or in a pair of comfortable dance shoes. Zils (finger cymbals) and veils will also be used in class and are available for purchase from the instructor.

Instructor: Josephine Gasca
Free Trial: Monday, September 14, from 6-7:15 PM, for 1 session
Monday, starting September 21, from 6-7:15 PM, for 10 weeks
$145
*All classes this semester will be offered through distance learning. They will be offered in part through video conferencing platforms, like Zoom or Webex.*

**Guitar Class**
Learn to play songs in just a few classes this fall! While we discuss technique and practice chords and strumming, we'll work on reading music in standard notation and guitar tablature. Get some new strings, start practicing, and bring lots of enthusiasm and questions about guitar! New students: $20 materials fee paid to instructor.

Instructor: Randy Lindsey, MMA
Monday, starting September 21, from 5:30-7 PM, for 10 weeks
$95

**Singing Class**
This fall 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. Join us and discover the capabilities of your own voice! New students: $15 materials fee paid to instructor.

Instructor: Randy Lindsey, MMA
Monday, starting September 21, from 7-8:30 PM, for 10 weeks
$95

**Jam Time Class**
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, MMA
Tuesday, starting September 22, from 5:30-7:30 PM, for 5 weeks
$80

**PERSONAL ENRICHMENT**

**NEW! Your Best Clothing Colors**
Learn your most flattering clothing colors in this interactive, 2-part class!

**Class 1:** Color Analysis - Participants will get an overview of color and its impact on appearance. Each participant will take turns having their colors individually analyzed while classmates observe and weigh in. This is fun for everyone involved and learning the concepts is increased when observing the difference it makes in others.

**Class 2:** Analysis results; Face Shape Determination & Recommendations - Color palettes will be delivered prior to class. The class will review the palettes and how to use them. Afterwards, we’ll review the 10 face shapes and learn how to choose flattering glasses and hairstyles for each shape. $65 materials fee included in the cost of the course for customized color palette of 40 colors.

Instructor: Candace Sanborn
Tuesday, starting October 13, from 6-9 PM for 2 sessions
$100

**NEW! Makeup Techniques for Your Features**
Do you avoid wearing makeup because you don’t like looking “made up” or your features have changed with time and you aren’t sure what to do? In this online course you’ll learn easy makeup tips that give you an enhanced, natural appearance! You’ll identify your face, eye and lip shapes then learn application techniques for your features. Have your makeup ready to apply what you learn as we go! No discounts.

Instructor: Candace Sanborn
Wednesday, November 4, from 5:30-8 PM
$25
Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate. Merrymeeting will email information about accessing each class prior to its start date.

**NEW! Best Clothing Styles for Your Body Type**

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 are 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. No discounts.

Instructor: Candace Sanborn  
Wednesday, November 18, from 5:30-8:30 PM  
$25

**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. No discounts.

Instructor: Jenn Dean  
Tuesday, October 6, from 6-8PM  
$25

**Writers 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 October 4, November 1, and December 6.  
Instructor: Raye Leonard  
First Sunday of the month, starting October 4, from 1-3 PM  
$45

**The Art of Writing Horror**

Poe, King, Shelley, Jackson… just a few names of successful writers who made their mark in horror. This course will aspire to build our own monster stories by learning the tricks and treats of horror writing. A harrowing creative writing experiment for the Halloween season.

Instructor: Laurie Notch  
Saturday, starting September 26, from 10 AM-12 PM, for 4 weeks  
$76

**Smudging and Clearing Your Space**

This is a fun and informative class. You will learn why you like to walk into some homes and buildings, and why you can't wait to get out of others. And what you can do about it! Bring an open mind and see what is really going on! No discounts.

Instructor: Mary Maverick  
Tuesday, November 17, from 5-6:30 PM  
$20

**Connecting with Your Intuition**

How do you know when your intuition is nudging you? How do we know if it is “guilt” or “shoulds” or “should nots” or if it is guidance from your Higher Power or true self? How do you know what to trust? No discounts.

Instructor: Mary Maverick  
Tuesday, December 1, from 5-6:30 PM  
$20

**Dowsing with a Pendulum**

How does this work? Where does the answer come from? Is this witchcraft? No, not at all. It is the same as dowsing for water on land. It is just another way to connect with Divine energy. Come and learn how it works and how it can work for you. You do not need to go and buy a pendulum. After you have signed up I will send you an email and give you some ideas of how to make one with things you already have on hand. No discounts.

Instructor: Mary Maverick  
Tuesday, October 20, from 5-6:30 PM  
$20
*All classes this semester will be offered through distance learning. They will be offered in part through video conferencing platforms, like Zoom or Webex.*

**Astrology 101: 5-Week Course**

The position in the sky of the planets at the exact date, time, and place you were born describe your personality and life themes with uncanny accuracy! In this introductory class, begin to interpret your natal chart by understanding your Ascendant, Sun, Moon, Inner Planets, and Nodes signs and houses. No text is required, but Stephen Arroyo’s “Chart Interpretation Handbook” is recommended. Materials for this class can be accessed on the adult ed website under online courses.

Instructor: Peggy Schick
Thursday, starting September 17, from 6-8 PM, for 5 weeks
$60

**Map & Compass Level I**

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. This class will be offered via Zoom. No discounts.

Instructor: Alice Bean Andrenyak
Tuesday, starting November 10, from 7-8:30 PM, for 2 weeks
$50

**History of Malaga Island**

Malaga Island is a 41-acre island at the mouth of the New Meadows River in Casco Bay, Maine. It was the site of an interracial community from the Civil War until 1912, when the residents were forcibly evicted from the island. Travel back in history and learn about who used the island before the colony, about the colony and its history, and then about it now. Take a virtual tour with Master Maine Guide, Alice Bean Andrenyak, who specializes in its tumultuous history. No discounts.

Instructor: Alice Bean Andrenyak
Friday, October 16, from 3-4:30 PM
$25

**Chaga Facts**

Join author David Spahr for an indoor presentation and discussion of chaga. This details all aspects of chaga “mushroom” (Inonotus obliquus) including where to find them, how to use, and current science. Many aspects are shown including those most never see. David has collected edible and medicinal mushrooms for 46 years. He is a member of the Maine Mycological Association and the North American Mycological Association. No discounts.

Instructor: David Spahr
Tuesday, October 13, from 6:30-8:30 PM
$25

**Farming with Native Plants**

Author David Spahr has an extensive native farming project. In this class he will discuss and illustrate the hows and whys of farming with native plants, trees, and bushes. No discounts.

Instructor: David Spahr
Session I: Tuesday, September 22, from 6:30-8:30 PM
Session II: Tuesday, October 20, from 6:30-8:30 PM
$25

**Edible & Medicinal Mushrooms of New England**

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: Tuesday, September 29, from 6:30-8:30 PM
Session II: Tuesday, October 27, from 6:30-8:30 PM
Session III: Tuesday, November 4, from 6:30-8:30 PM
$25
So, You Want to Open an Airbnb...

Did you know that the number of people turning to choose 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. Handouts provided. No discounts.

Instructor: Deb Arter
Tuesday, October 6, from 5:30-8 PM
$30

Mask Making Session

We will be learning how to make masks following the CDC safety guides on stitch placement and how to sew stitches in a safer way by making as few holes as possible. The instructor makes and donates masks for the medical community and frontline workers, however these masks can be worn by anyone, it’s a fun and easy skill to learn whether you intend these for yourself, your loved ones, or as a trade skill. This class is for anyone who really enjoys sewing. We can craft and create something that helps others at the same time!

Prerequisite: Must have a basic knowledge for how to use a sewing machine. Watch and follow the video before the first class. Available by: September 8th and October 19th. Video and materials list will be made available to students upon registration. No discounts.

Instructor: Trisha Morey
Monday, September 14 or October 26, from 10 AM-12 PM
$30

NEW! Punch Needle

Make a modern, fun, piece of wall art for your home using the traditional craft of punch needle rug hooking! Learn the basics and tools of punch needle, as well as tips and tricks, ideas on how to finish your piece, and the confidence to start new ones on your own. Find materials list at Merrymeeting.org.

Instructor: Sarah deGrandis
Tuesday, October 13, from 6-8:30 PM
$50
$20 material fee included in the price. Registrants should pick up the materials package at the Topsham Adult Ed office.

CERTIFICATES AND WORKFORCE TRAINING

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. Download the application from www.merrymeeting.org and return it to the adult education office, or call 729-7323 to have an application mailed. No discounts. Limited scholarships available, call 443-8255 to learn more.

Instructor: Margo Kovach, RN
Tuesday & Thursday, starting October 20, 4-9 PM
$975

Clinical Medical Assistant

All-inclusive 16-week certification course: Medical Assistants are responsible for a variety of medical office tasks from administrative to technical and scientific duties and must have quality human relations skills. Some of the job duties include cleaning and dressing wounds, taking blood samples, administering medications, taking vitals, preparing a patient for EKGs, obtaining a patient’s history, and assisting physicians during examinations. Our program provides virtual reality style classroom work as well as traditional style 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 the National Certification. Upon completion of the program, you will sit for your CCMA (Clinical Certified Medical Assistant) national certification exams through NHA. $3200 includes national certification, 6 practice exams, online study guide materials, books, resume assistance, and all other associated fees. Externships may be available in your area. TO REGISTER OR INFORMATION ON PAYMENT PLANS CALL The Academy of Medical Professions. 866-516-8274 or 207-721-0714 or www.academyofmedicalprofessions.com.

Instructor: Academy of Medical Professions
Tuesday & Thursday, starting October 13, from 5:30-8:30 PM, for 16 weeks
$3200

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<table>
<thead>
<tr>
<th>Course</th>
<th>Start Date</th>
<th>Tuition</th>
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<tbody>
<tr>
<td>Dental Assistant</td>
<td>Monday, October 19, 6-8 PM</td>
<td>$2500</td>
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<tr>
<td>Certified Group Exercise &amp; Personal Trainer</td>
<td>Looking for a new career? Interested in changing the lives of those around you? How about a part-time career or to get paid to work out? This program is designed to teach you everything you need to know to enter the health and fitness field as a group fitness instructor and/or personal trainer. Our trainers are highly recognized in this field, with more than 20 years experience, and will provide you hands-on training to pass the national tests through AFAA. The program is all-inclusive. You may choose to complete both group fitness and personal training, or take one or the other. Lectures are once a week for 10 or 20 weeks. $1,500 or $3,000 for both. All materials included in fee including National Certification Exams.</td>
<td>TO REGISTER OR INFORMATION ON PAYMENT PLANS CALL The Academy of Medical Professions. 866-516-8274 or 207-721-0714 or <a href="http://www.academyofmedicalprofessions.com">www.academyofmedicalprofessions.com</a>.</td>
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<tr>
<td>Phlebotomy with CPT Certification</td>
<td>Tuesday &amp; Thursday, starting October 13, 5:30-9:00 PM</td>
<td>$2400</td>
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<tr>
<td>Medical Office Specialist with Billing Certification</td>
<td>Start date: October 14, 6-8 PM, 16 weeks</td>
<td>$3200</td>
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<td>Medical Coding with CPC Certification</td>
<td>Thursday, starting October 15, 5:30-8:00 PM, for 20 weeks</td>
<td>$3750</td>
</tr>
</tbody>
</table>

*All classes this semester will be offered through distance learning. They will be offered in part through video conferencing platforms, like Zoom or Webex.*
Medical Transcription Certificate Program
Medical transcription is a desired field for most people trying to work at home. Strong typing, computer, and English grammar skills are essential. Medical terminology, formats, rules and regulations, jobs, calculation of pay, confidentiality, FTP, and tricks of the trade, all equipment, reference books, and course books are provided with the course fee. Classes are once a week for 16-weeks with a completion of 16 weeks to 6 month options. This is a State Certified Program and you will receive a Certificate of Completion and Letter of Recommendation upon graduation, resumes and how to obtain a job are covered in this program. Course includes medical terminology, anatomy & physiology and transcription. Price of the course includes everything for the course and the field. TO REGISTER OR INFORMATION ON PAYMENT PLANS CALL The Academy of Medical Professions. 866-516-8274 or 207-721-0714 or www.academyofmedicalprofessions.com.
Instructor: Academy of Medical Professions
Online, Open Enrollment
$2650

Pharmacy Technician Certificate Program with PTCB National Certification
All Inclusive 14 week program. Work one-on-one with a Pharmacy Technician Trainer and entirely online with support from a Pharmacy Technician and Trainer. The Pharmacy Technician is one of the fastest growing jobs in health care today. In this course, you will learn everything from the role of the technician in the pharmacy setting, to the basic sciences at the core of pharmacy practice, to preparing for the PTCB exam. You will learn complete drug information that includes proper name, spelling and pronunciation, drug class, generic and trade name, route of administration, dosage and more of hundreds of drugs. You will be able to identify pills on sight with pill photos, gain a better understanding of how certain drugs work within the body with a concise review of relevant anatomy and physiology, and stay up to date with cutting-edge pharmacy practice with the latest information on new drugs, regulations, HIPAA guidelines and safety procedures. You will be ready to pass your PTCB national certification. For more information contact the Academy of Medical Professions, Inc. All materials included in fee including National Certification Exam fee.
TO REGISTER OR INFORMATION ON PAYMENT PLANS CALL The Academy of Medical Professions. 866-516-8274 or 207-721-0714 or www.academyofmedicalprofessions.com.
Instructor: Academy of Medical Professions
Online, Open Enrollment, for 14 weeks
$2050

The Basics Of Bookkeeping
How do you keep track of the day-to-day financial transactions of a business? Whether you are looking to advance in your career, or you’re an entrepreneur, (or maybe you are a part of a family business), this course will help you if you are looking to understand the numbers. The Basics of Bookkeeping course will help you understand, and know how to record, every penny that comes into your business and every penny that goes out of your business. This course shows you how to create a chart of accounts that meet your needs. All of the money you spend, and all of the money you earn, have a place to go. How do your record them? What are debits and credits? What do the numbers mean? How do I label accounts? Even if you outsource your bookkeeping needs, you should still have a basic understand of what happens with the money earned and the money spent. No one should be blind to his or her finances! In this course you will learn where the numbers go, and why! You will learn the bookkeeping terminology as well as what it means to keep track of the numbers. At the end of the cycle, what do the numbers mean? The Basics of Bookkeeping will show you how to keep track of the numbers and why! CEUs/ILUs: 1.6 Length (in hours): 16 One Month Course
Instructor: TBA
$195

Bookkeeping Certificate
How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting.
No one will care more about the financial health of your business than you! It’s imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business. CEUs/ILUs: 4.8 Length (in hours): 48
Instructor: Sharon DeFonteny

COURSE SCHEDULE
Understanding Debits and Credits: Sep 8 – Oct 2
General Ledger and Month End Procedures: Oct 5 – 30
Closing Procedures and Financial Statements: Nov 2 – 27
$495

www.merrymeeting.org • 729-7323 • 443-8255
Certificate In Accounting And Finance For Non Financial Managers

Every successful person in the workplace utilizes financial information to aid effective decision making. The Certificate in Accounting and Finance for Non-Financial Managers explains the financial concepts and accounting processes used in most businesses and will provide practical techniques that will increase your effectiveness and career.

First, get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance.

Then find out what you need to know about cash. Cash is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash and find out your role in cash flow success.

Finally, acquire advanced knowledge on the financial information that drives your organization. See how business reports are assessed and analyzed. An understanding of this information will help you make smart decisions when it comes to budgeting, setting goals, and assessing performance within your own area of influence. CEUs/ILUs: 4.8 Length (in hours): 48

Instructor: Sharon DeFonteny & Jodi Trana

COURSE SCHEDULE
Accounting and Finance for Non Financial Managers: Sep 8 – Oct 2
Cash is King: Oct 5 – 30

$495

Legal Office Administration

This course seeks to enable students to acquire the necessary knowledge and skills needed toward the goal of becoming an exceptional legal practitioner in an administrative capacity. It is a bridge course designed to provide students with the tools to develop a thorough understanding of legal office procedures including database management, the preparation of legal documentation including research, legal accounting methods, legal analysis, communications and ethics. At the conclusion of the course, you will be able to improve communication methods, improve the productivity within the legal office by obtaining effective tools that promote a smoother operation. You will also get a better understanding of the importance of competency, confidentiality and the administration of ethics in a legal office environment.

Instructions will be given through a blend of lectures, discussions, presentations, class exercises and quizzes. Students shall be expected to complete each assignment in order to receive the legal office administration certificate. CEUs/ILUs: 1.6 Length (in hours): 16

Instructor: LaSania Hamilton
Sep 8 – Oct 2

$245

Graphic Design Software Essentials Certificate

The Adobe software tools are the leading software for graphic design. Adobe Illustrator is the industry standard computer illustration software. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. Adobe InDesign is the industry standard page-layout program that works with Adobe Illustrator and Photoshop seamlessly. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Use Adobe Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch and enhance existing images or create your own composite digital art work. Access to the Adobe software tools required.

Instructor: Andy Helmi

COURSE SCHEDULE
Adobe Illustrator Essentials: Sep 8 – Oct 2
Adobe Photoshop Essentials: Oct 5-Oct 30
Adobe InDesign Essentials: Nov 2 – 27

$545

Certificate In Web Design

Online users say a website’s design is the number one criteria for deciding whether a company is credible or not, according to recent research. Understanding what it takes to produce effective web design is essential in today’s market of highly saturated digital competition. First discover the basics of web design using HTML and CSS. The No prior knowledge of HTML or web design is required. After the first course you will have the info you need to plan and design effective web pages.

Then find out how to create effective and dynamic websites/applications. Take away a functioning web application hosted on a web server that is both accessible and Search Engine Optimized.

Finally, learn about responsive design process, advanced layout and design features using the Bootstrap framework. Plus explore CMS frameworks and industry standard technologies and frameworks.

Instructor: Tonya Wright & Marcus Lander

COURSE SCHEDULE
Introduction to Web Design: Sep 8 – Oct 2
Intermediate Web Design: Oct 5 – 30
Advanced Web Design: Nov 2 – 27

$595

Follow Us On Facebook
**Certificate In Data Analysis**

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally you will find out how to perform inquiries that will be useful to your business or organization, and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home based or a large company, this certificate will take you to the next level where important decision-making is concerned. CEUs/ILUs: 4.8 Length (in hours): 48

Instructor: John Rutledge, Mary Dereshiwsky, & Jeff Kritzer

**COURSE SCHEDULE**
- Introduction to Data Analysis: Sep 8 – Oct 2
- Intermediate Data Analysis: Oct 5 – 30
- Advanced Data Analysis: Nov 2 – 27

$495

**Certificate In Mastering Excel**

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Begin with learning how an Excel worksheet is constructed, populated with content, and edited for delivery. Discover how various menu items, commands, settings and processes affect the look of your Excel worksheets and workbooks.

Then, increase your efficiency by learning how to organize, display and calculate your data into useful information. Identify different types of data and how data can be best visually represented or formatted, by using different data tool techniques.

Finally, you’ll learn a variety of Excel’s most powerful features to analyze data quickly and easily. This Certificate will help you discover how to attractively visualize your data into meaningful information with confidence. CEUs/ILUs: 4.8 Length (in hours): 48

Instructor: Betsy Flanagan, Amy Klous, & John Rutledge

**COURSE SCHEDULE**
- Mastering Microsoft Excel: Sep 8 – Oct 2
- Intermediate Excel: Oct 5 – 30
- Advanced Excel: Nov 2 – 27

$495

**Mastering Microsoft Excel**

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Stay current with this class, as it is always up-to-date and will change as the features of Excel change over time. Examine the life of an Excel worksheet and workbook, from creation to presentation. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Master the options that can take your Excel worksheet from plain, drab numbers to exciting and engaging multimedia. You will leave class with a set of skills that are in high demand and will be a deciding factor in your future success. CEUs/ILUs: 1.6 Length (in hours): 16 One Month Course

Instructor: Betsy Flanagan

Sep 8 – Oct 2

$195

**Spanish For Medical Professionals**

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare.

Instructor TBA

Sep 8 – Oct 30

$290
*All classes this semester will be offered through distance learning. They will be offered in part through video conferencing platforms, like Zoom or Webex.*

**Introduction to Social Media**
Get involved in the move from in-person to online communication. Learn what social media are and their role in your business and personal life. Find out the top sites and how businesses are using the sites for communication, customer retention, branding, marketing, market research, needs assessment and serving customers and clients. Explore the options for your organization. Look at case studies of what other organizations are doing. Let your instructor guide your exploration of Facebook and YouTube. For anyone interested in social media.

Your instructor is a nationally known speaker, consultant, and trainer on social networks and social media. CEUs/ILUs: 1.6 Length (in hours): 16

Instructor: Nicole Siscaretti
Sep 8 – Oct 2
$195

**Social Media for Business Certificate**
Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization.

Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.

Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks. CEUs/ILUs: 4.8 Length (in hours): 48

Instructor: Nicole Siscaretti & Jennifer Selke

COURSE SCHEDULE
Introduction to Social Media: Sep 8 – Oct 2
Marketing Using Social Media: Oct 5 – 30
Integrating Social Media in Your Organization: Nov 2 – 27
$495

**Integrating Social Media in Your Organization**
Take away a practical strategy and techniques for implementing a social strategy for your organization or business. Learn the top five considerations when starting a social network as well as tips to manage an online community. Discover how to create your own private social network using the Ning platform. Discuss the top tools to use to manage your social media life and build integration into your website. See how Google Docs and Calendars work and how to use online video to further your business goals. Hear about mobile check-in applications and how companies are using coupon and deal sites. Get your company listed properly on local search engines so more customers can find you. Discuss how web design has changed and get feedback on your website while discovering usability testing and user interface design. Finally, learn how to manage this influx of information created by the new media revolution. Develop a manageable workflow and get productivity tips to be more efficient. Learn what you might be doing wrong in social media as well as essential policies to have in place for your employees and company. See what trends are on the horizon and where your goals fit with those new trends.

CEUs/ILUs: 1.6 Length (in hours): 16

Instructor: Jennifer Selke
Nov 2-Nov 27
$195

**Mastering Computer Skills for the Workplace**
Must-have skills to succeed in the workplace include the ability to create, edit and manage presentations in MS PowerPoint, documents in MS Word, email and calendars in MS Outlook, and spreadsheets in MS Excel. Microsoft Office Suite of applications is the most used software tool in the world. Stay current with this class, as it is always up-to-date and will change as the features of MS Office change over time. Master the most common uses so that you can work faster and more efficiently and can take your computer skills from plain and drab to exciting and engaging. You will leave class with a set of skills that are a workplace requirement in today’s fast paced ever-changing environment and will enable your future career success.

CEUs/ILUs: 1.6 Length (in hours): 16

Participate When You Want You can participate any time of day or evening. The online classroom is open 24 hours a day, 7 days a week. There are no live real-time requirements or meetings. You decide when you participate.

Instructor: Betsy Flanagan

$195
Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate. Merrymeeting will email information about accessing each class prior to its start date.

**Wordpress Certificate**

WordPress is the most popular content management system (CMS) for website and blog design.

During the first week, you will learn or refresh your knowledge of all the initial steps and the required elements for having a website. Then find out how to build a simple WordPress website or blog. Topics include an introduction to CMS, WordPress installation and setup, page and content creation, administration, themes (selection, purchase, installation, and setup), working with widgets and plugins, and more.

Finally, acquire advanced knowledge about WordPress options and features. You will learn how to modify WordPress web pages by hand-coding, learn about simple yet effective search engine optimization (SEO) techniques that improve your website ranking, and much more.

After successfully completing the WordPress Certificate you will know how to build a WordPress website or blog, customize your WordPress site by hand-coding HTML, CSS, and PHP, know necessary regular WordPress maintenance, create WordPress website backup, and know how to apply SEO techniques in WordPress. CEUs/ILUs: 4.8 Length (in hours): 48

**Instructor:** Andy Helmi

**Sep 8 – Nov 27**

**$495**

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**Digital Marketing Certificate**

Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising.

Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions. CEUs/ILUs: 4.8 Length (in hours): 48

**Instructor:** Dan Belhassen & Susan Hurrell

**COURSE SCHEDULE**

**Improving Email Promotions:**

**Sep 8 – Oct 2**

**Boosting Your Website Traffic:**

**Oct 5 – 30**

**Online Advertising:**

**Nov 2 – 27**

**$495**

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**Six Sigma Green Belt Certificate**

Six Sigma professionals are in strong demand by organizations around the world. On the front-lines of Six Sigma efforts are Green Belts. LERN’s Green Belt training teaches participants problem-solving skills, using the DMAIC (Define, Measure, Analyze, Improve and Control) model. After completing this challenging course, Six Sigma Green Belts serve their organizations as a trained specialist able to work on Six Sigma projects that benefit the organization. Although not required, participants are strongly encouraged to have a project during the course. The instructors and mentors work closely with the class to not only teach the material, but to guide candidates as they work projects. CEUs/ILUs: 4.8 Length (in hours): 48

**Instructor:** Scott Follett

**COURSE SCHEDULE**

**Introduction to Six Sigma Green Belt:**

**Sep 8 – Oct 2**

**Intermediate Six Sigma Green Belt:**

**Oct 5 – 30**

**Advanced Six Sigma Green Belt:**

**Nov 2 – 27**

**$495**

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**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.
Certificate in Project Management

In today’s business environment, there is a need for good project management. Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancelation.

Project management is one of the fastest paths to promotion by increasing your network through greater exposure.

First, gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided.

Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. This basic information will assist you in learning the beginnings of Project Management, whether you are interested in project management, in a project management field, or in any line of work.

Finally, learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes. CEUs/ILUs: 4.8

Length (in hours): 48

Instructor Andy Stanhope & Christina Mitchell

COURSE SCHEDULE

Introduction to Project Management: Sep 8 – Oct 2
Project Management Processes: Oct 5 – 30
Project Management Knowledge Areas: Nov 2 – 27

$495

Adobe InDesign Essentials

Adobe InDesign is the industry standard page-layout program that works with Adobe Illustrator and Photoshop seamlessly. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. This course is a comprehensive exploration of InDesign tools and capabilities to create professional documents. You will learn how to manage the InDesign environment, create, setup, design, enhance and finalize multi-page documents. Access to Adobe InDesign software required. One Month Course

Instructor: Andy Helmi
Nov 2–Nov 27
$225

ACADEMICS

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 (distance learning), 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. You will need 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 through distance learning with the instructor. A meeting with the instructor and all students will be required on October 1, November 5, December 3, and January 7, each from 5:30-8:30 PM; this meeting will be held through distance learning. The instructor will send you information on how to access these meetings.

Instructor: Vicki-Rose Porter

Thursday, starting October 1, from 6-9 PM, for 15 weeks
FREE

Virtual HiSET Essay Intensive

This class is primarily designed for HiSET students who are preparing for the “argumentative essay” and other components of the HiSET Writing Exam, but is also useful for students working on their college writing skills and High School Diploma students working towards an English credit. It will include grammar instruction, but will focus on developing your argumentative writing skills. This is a 6-week intensive course that will be taught remotely. After this class, HiSET writing testing will be available, by appointment for those that are ready. Please call Dawn Wheeler at 443-8255 to register and for more information.

Instructor: Patricia OLeary

Tuesday & Thursday, starting October 6, from 6-8 PM, for 6 weeks
FREE
Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate. Merrymeeting will email information about accessing each class prior to its start date.

**HiSET Lab with Pierre & Kathy**
Preparing for the HiSET (High School Equivalency Test) can be difficult on your own. Join this class, conveniently offered through distance learning models that work for each individual student, and benefit from the small class size and focus on your goal. Enroll anytime! Please call Paul Elisha, academic counselor, at 729-7323 for more information.

*Instructor: Pierre Martin & Kathy Ingmundson*
*Starting September 14*

FREE

**HiSET Lab with Patricia**
Preparing for the HiSET (High School Equivalency Test) can be difficult on your own. Join this class, conveniently offered through distance learning models that work for each individual student, and benefit from the small class size and focus on your goal. Enroll anytime! Please call Dawn Wheeler at 443-8255 to register and for more information.

*Instructor: Patricia O'Leary*
*Starting September 14*

FREE

**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*
*Starting September 14*

FREE

**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 with instructor and all students through distance learning on Sept. 28, and continues online.

*Instructor: Michele Aronson*
*Monday & Wednesday, starting September 28, from 5-8 PM, for 9 weeks*

FREE

**US 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. Preparing for the HiSET (High School Equivalency Test) can be difficult on your own. Join this class, conveniently offered through distance learning models that work for each individual student, and benefit from the small class size and focus on your goal. Enroll anytime!

*Instructor: Robert Goddard*
*Monday, starting September 28*

FREE

**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. Books are included. Please call Paul Elisha, academic counselor, at 729-7323 for more information.

*Instructor: Kathy Ingmundson*
*FREE*
English College Prep
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. Books are included. Please contact Paul Elisha to enroll in this course at 729-7323.
Instructor: Kathy Ingmundson
FREE

English Language Learners: Beginning to Intermediate Levels
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 for more information. Instructor will choose which session each student attends based on their current level.
Instructor: Kelli Park
Monday & Wednesday Or Tuesday & Thursday, starting September 14, from 10 AM-12 PM
FREE

English Language Learners: Intermediate to Advanced Levels
This class is for students who have a foundation in the basics of English and are ready to deepen their understanding. Students will practice grammar, conversation, listening, reading, and writing. Individuals are encouraged to progress at their own pace. Books and materials are included. Please choose the daytime class or the evening class. Call Paul Elisha at 207-729-7323 or Dawn Wheeler at 207-443-8255 for more information.
Instructor: Lori Powell
Evening Class: Mondays & Wednesdays,
starting September 14, from 6:30pm – 8:00pm
Daytime Class: Tuesdays & Thursday, starting September 15, from 10:00am – 11:30am
FREE

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CLASSES FILL QUICKLY!
REGISTER TODAY!

Carolee “Care” Tupper, age 55, passed away on Sunday, Feb. 2, 2020, at Maine Medical Center, after suffering a massive stroke following surgery to remove cancerous parts of one kidney. She is dearly missed by the Merrymeeting Adult Education community.

Carolee was born on July 4, 1964, in Gardiner, Maine, the beloved only child of Lorna Elizabeth Christl and the late Robert Ralph Nowell. She attended Augusta area schools, graduating from Cony High School in 1982.

In 1993, Carolee went to work in the MSAD 75 transportation department, known affectionately to the district as the “bus garage.” Two years later, she married Peter Tupper, and together they welcomed their son Logan in 1996 and Kiley in 1999. Carolee was incredibly proud of her family, sharing stories of their lives that always reflected the best of them. Even though Carolee and Pete’s marriage ended, the commitment they shared to their family - and each other - never did.

In 1997, Carolee transferred from the bus garage to Merrymeeting Adult Education where she worked for 22 years as an administrative assistant, eventually becoming the office manager. Carolee was the smile in the voice that answered the phone and the kindness that greeted students, teachers and staff for over two decades. She was so much more than a secretary; Carolee was the very heart of Merrymeeting Adult Ed. She was adored by all who knew her in the local community, and respected by adult ed programs around the state for her knowledge and know-how.

Carolee loved life and lived it to the fullest through simple exquisite pleasures. On summer weekends, she would almost always be on or near the water, whether at Old Orchard Beach (or any beach), on her friends’ houseboat in Merrymeeting Bay, or even just driving along the coast. She loved spending time with her kids and their significant others, her pets, her friends, and her mom. She was an unabashed cheerleader, salty life coach, soft place to land, and also - occasionally - that swift kick in the pants to all those she loved.

Carolee is survived by Logan Tupper, her son, and his girlfriend Samantha Hamilton, of Harpswell; and daughter Kiley Tupper, of Harpswell, and her boyfriend Trevor Drouin, of Bath; mother Lorna Christl of Gardiner; uncles John Grotton, his wife Janet and their children of Scarborough, and Doug Grotton, his wife Heidi, and their children of Swanzey, New Hampshire; step-sister Samantha Belanger, and her children, of West Bath; and former spouse and dear friend Peter Tupper and his wife and Monique, of West Bath. Carolee made everyone feel like they had a place in her heart, especially if they liked to laugh loud and live big.
Due to COVID19, our annual student art exhibit was cancelled. We have put together an online version for you to enjoy. Thank you to all the Merrymeeting Adult Ed. staff and students who made it possible. The show will be available at merrymeeting.org through the end of 2020. Please view often and tell your family and friends...And stay safe!

The show will be available at merrymeeting.org through the end of 2020.

This year’s exhibit is dedicated to Carolee Tupper, our amazing office manager, who passed away this year. Carolee was the eyes and ears of Merrymeeting Adult Ed. If someone needed a person to talk to, that was Carolee. If action needed to be taken, Carolee always stepped up to help. She was the glue that held us together. And she was an enthusiastic supporter of MAE’s annual Student Art Exhibits. Carolee is greatly missed by staff and students alike. It is only fitting that this exhibit be dedicated to her memory.

“What we have once enjoyed we can never lose; all that we deeply love becomes a part of us.” – Helen Keller
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 ________________

Course Name (no discounts for one-night classes or where indicated)  Start Date  Class Location  Course fee  Discount
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________
____________________________________________________________________________________________________

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.

TOTAL __________________________________________________________

☐ Visa  ☐ Mastercard  ☐ Discover  ☐ AMEX
Credit Card# ______________________________ CVC/CID#: ____________
Exp. Date ___________ Signature ________________________________

Fax to 729-5609 or mail to:
Merrymeeting Adult Ed, Bath Campus
826 High Street, Bath, ME  04530

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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Merrymeeting Adult Ed, Bath Campus
826 High Street, Bath, ME  04530
*All classes this semester will be offered through distance learning. They will be offered in part through video conferencing platforms, like Zoom or Webex.*

Students must have access to the internet, an active email account, and an audio and video enabled computer, tablet or smartphone to participate.

Merrymeeting will email information about accessing each class prior to its start date.