



# MERRYMEETING

COMMUNITY & ADULT EDUCATION

SEE PENNY HARTWELL'S  
FEATURE ARTICLE ON PAGE 12!

# SPRING SUMMER 2024

*Keep Until August*



Dear Merrymeeting Students,

We would like to thank you for your continued loyalty. We are proud to share with you our most comprehensive catalog. Our popular classes are back, plus some new experiences like advanced watercolor workshops, German for Beginners, and comedy sketch writing.

We've also expanded our travel opportunities to include local trips in the greater New England Area and beyond. We are working with more community partners than ever before, and the list keeps growing.

Finally, we are pleased to introduce you to our new Academic Coordinator, Elyce Reavely. Until recently, Elyce has been with us as a HiSET Lab Instructor working at our Bath Campus site and as an enrichment teacher in Topsham. Elyce is a dedicated educator who brings a wealth of knowledge and experience to the role. Welcome Elyce!

We hope you enjoy the spring/summer semesters. Thank you for your support.

Allen Lampert  
Director



### ADULT EDUCATION STAFF

Allen Lampert	Director
Dawn Wheeler	Assistant Director
Jose Rodriguez, Jr.	Community Education Admin.
Elyce Reavely	Academic Coordinator
Susie MacDonald	Administrative Assistant
Catherine Scanlon	Administrative Assistant
Pauline Hanson	Administrative Assistant, Bath
Suzanne White	Evening Secretary, Brunswick
Benedita Kakhuba	ELL Coordinator

### WEATHER CANCELLATIONS

When MSAD75 or RSU 1 cancel school, adult education classes are also cancelled. If inclement weather starts during the day, adult education programs will announce at 2 pm if we will be cancelling classes for the evening. Please check our Facebook page for more information, or email Allen Lampert at [lamperta@link75.org](mailto:lamperta@link75.org) before venturing out to a class.

#### Cancellation Announcements:

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

## CAMPUS LOCATIONS

### MERRYMEETING ADULT EDUCATION CENTER

35 Republic Avenue • Topsham

Phone: 207.729.7323

Email: [adulsted@link75.org](mailto:adulsted@link75.org)

Monday - Thursday: 9:00am to 8:00pm

Friday: 9:00am to 3:00pm

### BATH CAMPUS:

34 Wing Farm Pkwy • Suite 200 Bath

Phone: 207.443.8255

Email: [hansonp@link75.org](mailto:hansonp@link75.org)

Monday - Thursday: 9:00am to 5:00pm

Friday: 9:00am to 2:30pm

### CLASS LOCATIONS

**Adult Ed Center, Topsham**

35 Republic Avenue, Topsham

**Adult Ed Center, Bath**

34 Wing Farm Pkwy, Suite 200, Bath

**Mt. Ararat High School**

68 Eagle's Way, Topsham

**Mt. Ararat Middle School**

66 Republic Avenue, Topsham

**Williams Cone School**

19 Perkins Street, Topsham

**Brunswick High School**

116 Maquoit Road, Brunswick

**Region 10 Technical High School**

68 Church Road, Brunswick

**Morse High School**

826 Shipbuilder Way, Bath

**Bath Regional Technical Center**

826 Shipbuilder Way, Bath

**Wiscasset Middle High School**

272 Gardiner Rd, Wiscasset

**People Plus**

35 Union Street, Brunswick

**Bowdoinham Town Landing**

Maily Waterfront Park, Bowdoinham

**Merrymeeting Arts Center**

9 Main Street, Bowdoinham

**Tony's Studio**

195 Water Street, Bath

**Peace Within**

9 Alphonse Drive, Topsham

**MidCoast Fencing Athletic Club**

49 Topsham Fair Mall Rd., Ste. 22 Topsham

### ADULT EDUCATION ADVISORY COMMITTEE

Allen Lampert	John Hodge	Kathleen Montejo
Dan Burson	Cory King	James Moulton
Nancy Chandler	Judith Long	Vicki-Rose Porter
Shawn Chabot	Kimberli Lovell	Phil Potenziano
Steve Connolly	Meridith Maloney	Jane Scease
Judy Connors	Patrick Manuel	Elizabeth Sokoloff
Jamie Dorr		Jon Woodman

#### There are NO Classes on the following Holidays and School Vacations:

Winter Break II	February 19 - 23
Spring Break	April 15 - 19
Memorial Day	May 27
Juneteenth	June 19
4th of July	July 4



# SPRING/SUMMER 2024 TABLE OF CONTENTS

<b>ACADEMIC</b> .....	4	Open Studio for New Artists	Entertaining w/Maine Ingrid.	<b>SOMETHING FOR</b>
<b>AIR PROGRAM</b> .....	4	Origami Mobiles	Fast Fresh Homemade Ramen	<b>EVERYONE</b> .....
<b>BUSINESS PARTNERS</b> ..	9	Paint Night Classes	Fencing for Adults	36
<b>DRIVER'S ED</b> .....	5	Painting from Observation	Four Ways to Cook in a Wok	American Sign Language (ASL)
<b>FEATURED ARTIST</b> .....	12	Paper Casting	Fundamentals of Home Canning	Astrology 101: An Introduction
<b>FINE ARTS &amp; CRAFTS</b> ...	15	Pastels in the Wild	Knead & Nosh: Maine Bagel Lab	Basic Comedy Sketch Writing
10x10 Art & Artists: Women		Pet Portraits in Acrylic	Luscious Lemon Night	Connecting w/Younger Audiences
Abstract Studio		Pine Needle Baskets	Maine Blueberries: They're Wild!	Discover Your Writing Voice
Acadian Art Retreats		Portrait Studio: Trois Crayons	Make Your Own Kimchi	Fair Play 101
Acid Etching Glass		Silver Jewelry Making	<b>FREE + LOW COST</b> .....	Fiction in a Flash
Acrylic Pour 101		Sketching Flora and Fauna	6	German for Beginners
All About the Movies 101		Spring Soap Making	Adventure Marketplace Info	Get to Know Your Characters
Basic Cyanotype		Stained Glass	Becoming a Foster Parent!	Get to Know Your iPad/iPhone
Beginner Ceramics		Tetra-Pak Printmaking	Book Talk: Regina Strongheart	Get to Know Your MAC!
Beginning Watercolor		Traditional Case Bindings	Captain License Course	Get To Know Your PC!
Book Binding for Beginners		Sea Glass & Broken Pottery	Information on Zoom	Ghost Stories/Summer Nights
Braiding Circles		Watercolor and Ink in the Wild	Collette Tours Info Night!	Guided Journaling
Building Mosaic Landscapes		Watercolor Using Decalomania	Community Book Club	Heart Saver First Aid/CPR w/AED
Canoe Paddle Carving		Wine Glass Painting w/ Melissa	How Money Works	Move Forward, Better & Stronger
Carving Chopsticks & Spreaders		<b>FITNESS/WELLNESS</b> ..	Invest for Success	Immersive Creative Writing
Catching the Light		28	Investing at Retirement	Intro to Animation
Cattail Sun Hats		Gentle Yoga Stretch	Maine Death w/ Dignity Act	Intro to Astrology: Discussion Series
Coil Baskets		Integral Tai Chi with Robin	National Service: AmeriCorps	Intuitive Writing Seminar
Contemporary Marbling		Learn About Back Pain	Radical Kindness	Inventors from Maine
Create with Canva		Mindfulness Mini-Retreat	Renting for Success	Investigating U.A.P.
Luminescent Skies in Watercolor		MindfulPages: Group Journaling	Understanding Medicare	Journaling for Writers
Cut It Out!		NIA Dance Fitness	Young at Heart Fiesta	Jumpstart Your Memoir
Draw, Draw with Paint, Paint!		Nordic Walking	<b>MUSIC + DANCE</b> .....	Legally Change Name & Gender
Drawing with Wool		Nutrition for Wellbeing	31	Memoirs for Grandchildren
Driftwood Mobiles & Stables		Pickleball for Beginners	Cuban Salsa, Level 1	Message Circle with Jeannie
Exploring Contemporary Art		Pickleball for Intermediates	Guitar w/ Randy	Painting on the iPad
Figure Drawing		Pilates Level One w/ Barbara	How to Play Piano by Ear	Past Life Regression
Folded Bark Baskets		Restorative Yoga	Instant Guitar for Busy People	So, You Want To Run An Airbnb?
Freedom to Paint		Scones Are Simple	Instant Piano for Busy People	Spanish: Beyond Beginners
Illustrate Nature Watercolor & Ink		SerenityShift: Subconscious	Middle Eastern Belly Dance	The Enneagram & Self-Awareness
Image Transfer Workshop		Healing for Anxiety Alleviation	Modern Line Dancing	The Leadership Conference
Improv for Healing the Heart		Slow Flow Vinyasa	Play the Ukulele	The Sales Agent Online Class
Innovative Watercolor		SoulAlchemy: Craft Your	Singing w/ Randy	Finding A Mental Health Therapist
Intermediate Watercolor		Emotional Soul Blend	<b>NURSING PROGRAMS</b> ...	44
Interpreting the Landscape		Tai Chi Easy™ with Robin	5	<b>TRAVEL</b> .....
Intro to Digital Photography		Tai Chi for Arthritis/Fall Prevention		44
Intro to Narrative Arts		Trim & Tone	<b>OUTDOOR</b> .....	<b>WORKFORCE</b>
Intro to Stained Glass		Yin Yoga w/ Barbara	33	<b>TRAINING</b> .....
Introduction to Wood Carving		Yin Yoga w/ Heather		46
Introduction to Zentangle		Yoga: All Levels	Baxter State Park Camping Trip	<b>YOUTH + FAMILY</b> .....
Invasive Bittersweet: Bird Feeder		Healing Art of Jin Shin Jyutsu	Captain License Info Session	10
Landscape & Color w/Amanda		ZenFlow: A Guided Meditation	Coastal Navigation, Level 1	Bundle Bows/Arrows for Kids!
Learn to Sew a Basic Wardrobe		Experience with Essential Oils	Coed Basics of Pistol Handling	Fencing Camp for Kids!
Let It Flow		Zumba Dance Fitness	Constitutional Carry Explained	Let's Make It Up! Improv Camp
Macramé Basics		<b>FOOD + COOKING</b> .....	Develop Home Defensive Plan	Mad Science Homeschool
Mixed Media Journaling Studio		26	Edible & Medicinal Mushrooms of NE	Program: Ready, STEM, Go!
Monoprinted Nature Journal		13 Rolls in 3 Hours!	Farming with Native Plants	Movie-Making Magic for Teens!
Oil Painting in the Wild		Journey into Essential Oils	Foraging	Summer Animation Camp!
Oil Painting Studio		Chinese Dumplings	Katahdin Camping/Hiking	Summer Art Camp
Open Studio Ceramics		Chris and Ken's Awesome	Malaga Island Sea Kayak & Walk	Summer Kids Cooking Camp!
		Cooking and Carving Adventure!	Map and Compass, Level 1	Summer Science Camp
		Easy Chinese Favorites	Mushroom Walk	TEEN! Mixed Media Art Exp.
		Eating Japanese Knotweed	Oyster Farm/Tasting Kayak Tour	Tropical Costa Rica
			When Office Is Someone's Home	TWEEN! Creativity Art Camp



## CURRENT ACADEMIC PROGRAMS

If you have credits from when you last attended high school, we can help you complete the rest of your requirements so you can take the High School Equivalency Test and receive your diploma.

To help you do this, Merrymeeting Adult Education offers 3 academic terms per year: Fall, Winter/Spring and Summer. Each term has in-person and on-line day and evening classes throughout the week for students wishing to enroll to complete their high school diploma.

**We offer a variety of programs for our continuing and returning students:**

- HiSET Learning Lab
- English Language Arts Lab
- Critical Reading & Writing
- U.S. History
- Chemistry w/Lab
- Math Lab
- Arithmetic and Algebra
- Computer Fundamentals

**You ONLY need 5 High School Equivalency Tests to receive your diploma from Merrymeeting:**

**• Reading • Writing • Science • Social Studies • Math**

## WE CAN ALSO HELP WITH

Once you have your high school diploma, we can help you with your career goals. Reach out to us today so we can help you get the certificate or degree you'll need to get your dream job!

- College Academic Success Class
- College Transition Classes
  - Prep classes before starting college
- Goal Setting
- Career Planning
- Workforce Development Programs
  - Academy of Medical Professions
  - Certified Nurses Assistant (CNA) Certificates
    - CNA Certificate
    - CNA-M Certificate
    - CRMA Certificate
    - PSS Certificate
- UGotClass Online Training Certificates

Please contact Elyce Reavely, ([reavelye@link75.org](mailto:reavelye@link75.org)) Dawn Wheeler ([wheelerd@link75.org](mailto:wheelerd@link75.org)) or Pauline Hanson ([hansonp@link75.org](mailto:hansonp@link75.org)) to get started today.

Academic classes are free to students completing HiSET. Please visit our website for more details, or call the office for inquiries.

For more information, please contact Elyce Reavely, Topsham Area Academic Coordinator at 729-7323, Ext. 1312 or Dawn Wheeler at [wheelerd@link75.org](mailto:wheelerd@link75.org) if you live in Topsham or Brunswick area.

If you live in Bath, Wiscasset or Phippsburg, please contact Pauline Hanson, Administrative Assistant, in our Bath Adult Ed office at [hansonp@link75.org](mailto:hansonp@link75.org) or 443-8255.

### ENGLISH LANGUAGE LEARNING

These classes are an opportunity to learn the basics of English, including conversation and grammar. Students will learn sentence structure, spelling, reading comprehension, and writing. Classes are held in-person and online. Books and materials are included and free to students enrolled in our program.

**We offer the following classes for our English Language Learning students:**

- Introduction to English
- Beginner ELL
- Intermediate/Advanced ELL
- ADVANCED ELL
- American English Pronunciation
- Intro to Computers
- Intermediate ELL
- ELL CNA Prep
- Building Your Future: Education + Training in Maine

## GET STARTED TODAY!

**It's easy! Here's what you need to do:**

- Call our office to set up an appointment.
- Complete the intake paperwork and pre-CASAS testing.
- Review your learning plan with Elyce, Dawn, or Pauline.
- Complete the needed classes.
- Take the HiSET PreTest.
- Take and pass all of the Official HiSET Tests.
- Graduate.
- Receive your diploma. That's it.

# SAVE THE DATE

Graduation is Wednesday, May 29, 2024 at 4:00pm  
at the Orion Performing Arts Theater at  
Mt. Ararat Middle School in Topsham

## DRIVER'S EDUCATION

Maine law states any student enrolling in Driver's Education **MUST** be 15 years of age **ON** or **BEFORE** the class start date and **must** bring their birth certificate or passport to the first class.

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 receive an instructional permit after successful completion of the course with a grade of 80 percent or better. Total hours of instruction is 40; 30 classroom and 10 driving. Only employee discounts for this class. If you are employed by MSAD 75, RSU 1, Brunswick or Wiscasset school departments, please call Merrymeeting to register by phone. Student **MUST** bring birth certificate to the first class and a pen to every class.

Various Locations ..... \$535

### BRUNSWICK HIGH SCHOOL

Instructor: Terry Goan - April 18 to May 9 - 4:45 to 7:45pm

### TOPSHAM ADULT ED OFFICE

Instructor: Pierre Martin - May 20 to June 14, 4:45 to 7:45pm

Instructor: Chris Brilliant - July 15 to August 6, 4 to 7pm

### MORSE HIGH SCHOOL

Instructor: Bryan Fortier - April 1 to April 29 - 2:30 to 5:30pm

Instructor: Gina Caldwell - March 4 to March 25 - 5 to 8pm

Instructor: Bryan Fortier - July 10 to August 10 - 2:30 to 5:30pm

### WISCASSET HIGH SCHOOL

Instructor: Chris Brilliant - May 8 to May 30, 4:45 to 7:15pm

**Important: Starting September 1, 2024, the  
registration fee for Driver's Ed will be \$560**

There are **NO CLASSES** in district schools on the following  
Holidays + School Vacations, unless noted otherwise.

Martin Luther King, Jr. Day	January 15
Winter Break II	February 19 - 23
Spring Break	April 15 - 19
Memorial Day	May 27
Juneteenth	June 19
4th of July	July 4



**MERRYMEETING**  
COMMUNITY & ADULT EDUCATION



**Begin your healthcare career today!  
Become a Certified Nursing Assistant  
with our State-Approved CNA Program.**

For more information, contact Pauline at  
[hansonp@link75.org](mailto:hansonp@link75.org) or 443-8255



**ACADEMY**  
*of* MEDICAL PROFESSIONS

Become **NATIONALLY CERTIFIED** to work  
in the medical field in as little as 16 to 20 weeks.

Choose from the following certificate courses:

Medical Coding w/CPC Certification, Medical  
Office Specialist w/Medical Billing Certificate,  
Clinical Medical Assistant, Dental Assisting  
Pharmacy Technician Certification with PTCB  
National Certification, Phlebotomy with CPT  
Certification, Medical Transcription Certificate

AMP is certified by the **Maine State Department of  
Education** and is established in the **Adult Education  
Systems** in Maine. To register for the **Academy of Medical  
Professions** certificate programs listed on this page,  
or for more info on payment plans, please contact Jose  
Rodriguez, Jr. at [rodriguezzj@link75.org](mailto:rodriguezzj@link75.org)



# FREE + LOW COST PROGRAMS

**SPECIAL NOTE:** When registering for enrichment classes and workshops, please provide an email address you check regularly. We communicate all pertinent information regarding class/workshop updates and news through email. And be sure to check your email on the day of your class! Thank you for your understanding and cooperation.

## BOOK TALK: REGINA STRONGHEART

Regina Strongheart's book, "When My Mother was a Mountain" is based on her month-long solo camping trip in the Black Hills of SD in 1996. For this event, Regina will read some of her chapters, entertain questions and discussions, and have books for purchasing. Regina was a chemistry teacher for thirty years. She learned about her healing gifts organically through her many adventures, individual research into the healing arts, and her own personal healing journey. She lives in a magical forest in Topsham where she operates her business, Forest Circles.

**Instructor: Regina Strongheart**

Tuesday, 3/26, 5:30-7pm, 1 Night

**Adult Ed Center, Topsham ..... FREE**

## UNDERSTANDING MEDICARE

Have you ever felt like Medicare regulations are a black box? There's an alphabet soup of plans, a book of fine print and a calendar full of dates to remember. The whole thing seems like a mystery with too few clues to solve. Aaron Manning, a Licensed Insurance Agent with HealthMarkets, can answer many of the questions you may have about Medicare, from the beginning of the process on. He will discuss: when you are eligible, what is the timeline for enrollment without penalties, what original Medicare covers and what it doesn't, what additional plans work in conjunction with original Medicare, and your financial assistance options.

**Instructor: Aaron Manning**

Session I: Mon, 3/4, 6:30-7:30pm, 1 Night

Session II: Mon, 6/3, 6:30-7:30pm, 1 Night

**Adult Ed Center, Topsham ..... FREE**

## RADICAL KINDNESS

### The Superpower That Can Change Your Life (and the World)

Kindness is a superpower that every one of us has. We will explore how "intentional acts of kindness" can transform our friendships, relationships, families, workplaces, schools, and politics. We'll look at the different forms that kindness can take and share our personal experiences with kindness. Students will have the chance to experiment with their kindness practices between sessions. We'll discuss ways to support each other in rising to our kindest selves, including introduction to a wide variety of inspiring readings, films, and talks. This program meets the first Tuesday of every month between March and August 2024. The workshop fee includes access to all monthly meetings. Attending every meeting is not mandatory; feel free to participate when you can. **Instructor: Jeff Edelstein**  
Tuesdays, 3/5 - 8/6, 6-8pm

**Brunswick High School ..... \$10**



## NATIONAL SERVICE THROUGH AMERICORPS: INFORMATIONAL WORKSHOP

This informative workshop will provide attendees with all the information they need to enter National Service through the AmeriCorps program. The AmeriCorps is the program whereby citizens can *Make A Difference* in their community by enrolling to lend their energy and ability to advance a well thought out project and program. AmeriCorps members receive a stipend, fully paid health insurance (full time) and an education award that can be applied to any post-secondary school tuition/fees. Member terms are full or part time and there are many opportunities available, including the Augusta area.

**Instructor: Roy Gedat**

Tuesday, 3/19, 6-7:30pm, 1 Night

Tuesday, 6/11, 6-7:30pm, 1 Night

**Adult Ed Center, Topsham ..... FREE**

## RENTING FOR SUCCESS

This workshop will provide you with an understanding of how to find, maintain, and succeed in today's challenging rental market. It will also assist you in understanding your rights as a renter and what a landlord expects from their tenant. This will help you keep and maintain the apartment you've worked so hard to find. The program will assist you in your efforts to find your next home. A Certificate of Completion will be awarded to the participant upon conclusion of the course. Workshop is co-sponsored by the Brunswick Housing Authority. \*Workshop dates & times vary and depend on availability. Register to receive the latest information.

**Instructor: John Hodge**

**Adult Ed Center, Topsham ..... FREE**

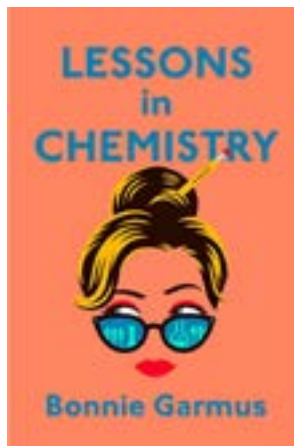
## COMMUNITY BOOK CLUB

Book: Lessons in Chemistry by Bonnie Garmus. Garmus's debut novel tells the story of Elizabeth Zott, who becomes a beloved cooking show host in 1960s Southern California after being fired as a chemist a decade earlier. It will be a lively discussion as we share our own thoughts on such a powerful story. Book must be purchased separately.

**Instructor: Jeannie Sullivan**

Tues, 3/19, 6-7:30pm, 1 Night

**Adult Ed Center, Topsham \$10**



## YOUNG AT HEART FIESTA

Loneliness and social isolation in older adults is a serious public health risk that affects a significant number of people in the US, putting them at risk for dementia and other serious conditions. For this reason, Tony Dancer, under his TDF program, has created the "Young at Heart Fiesta" Latin Fusion dance class program with low impact, low-volume music to protect hearing, easy steps to follow and lots of laughter. This program is offered free of charge with Tony Dancer, plus a once a month potluck! Adults with strong social relationships have a lower risk of major health problems, such as depression, high blood pressure, and an unhealthy body mass index.

\*Program is for individuals 70+ only. **Instructor: Tony Garretton**

Session I: Wednesdays, 3/20, 10:30am - 11:30am, 6 wks.

Session II: Wednesdays, 5/8, 10:30am - 11:30am, 6 wks.

**Adult Ed Center, Bath ..... FREE**

## BECOMING A FOSTER OR ADOPTIVE PARENT!

Did you know that YOU could be the life-changing person for a child/family here in Maine? Yes, YOU can become a foster or adoptive parent! Come learn about the licensing process and the different ways you can help Maine children. There is a special need for people who can care for infants, sibling groups, and adolescents, while also supporting the reunification process. There are also over 100 children waiting to find a forever family. Join us for this informational meeting and take that very first step to becoming a resource family.

**Instructor: Stephanie Eklund**

Tuesday, 4/2, 6-7:30pm, 1 Night

**Online ..... FREE**

## HOW MONEY WORKS

Are you living paycheck to paycheck? Struggling with debt? Looking for a better way? Come learn the power of having a customized strategy, how to overcome common financial obstacles, eliminate debt and avoid costly mistakes many investors unintentionally make! **Instructor: Sarah Blondin**

Thursday, 4/4, 6-7:30pm, 1 Night

**Adult Ed Center, Topsham ..... FREE**

## MAINE DEATH W/ DIGNITY ACT

There is a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. Many providers and patients in Maine are still unfamiliar with the Maine Death with Dignity Act. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Join this class to get current, fact-based information and all the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify for the law or support your loved one who may be qualifying. **Instructor: Valerie Lovelace**

Thursday, 4/4, 6:30-8pm, 1 Night

**Online .....FREE**

## ADVENTURE MARKETPLACE INFO NIGHT!

Interested in a local travel experience with Adventure Marketplace? Join Nancy for details about how these local travel packages are designed with you in mind. Adventure Marketplace is a member of the Adventure Travel Trade Association, working together to create impactful experiences that are more sustainable and offer community building partnerships. Nancy Dorrans is the founder/owner of Adventure Marketplace and has close to 40 years of travel industry experience. Booking your next adventure with her will add value and convenience to your trip! **Instructor: Nancy Dorrans**

**Tuesday, 3/12, 5:30-7pm**

**Adult Ed Center, Topsham ..... FREE**



## COLLETTE TOURS INFO NIGHT!

Interested in a travel experience with Collette Tours? Join Andrew for more specific details about how these inclusive travel packages are backed by a century of experience, Collette (a family-owned and award-winning leader in travel) is proud to show you the world. Their passionate tour design team travels the globe, creating new experiences and staying ahead of the latest travel trends. With a professional Tour Manager at your service and local guides by your side, you'll never miss a thing! Our inclusive tours provide you more value for your money and more of what makes travel special. **Instructor: Andrew Leighton**

Tuesday, 4/16, 6:30-8pm, 1 Night

**Adult Ed Center, Topsham ..... FREE**

## CAPTAIN LICENSE COURSE INFORMATION ON ZOOM

Are you interested in obtaining a USCG Captain's License? Do you want to learn the differences between an Operator Uninspected Passenger Vessel (OUPV) license and a Master 100GT license, and what experience the Coast Guard requires for each? These informational sessions will help answer these questions and others about the two licenses. Also discussed will be the different methods for completing the course requirements. We plan to offer both courses in Maine during the Fall of 2024, representing the Captain School Key West/ Miami. This information session is free, but please register in advance, so the instructor knows how many individuals will be attending and can send login instructions.

**Instructor: John Coffin**

Session I: Wed, 4/24, 6-8pm, 1 Night

Session II: Wed, 8/7, 6-8pm, 1 Night

Online ..... FREE

## INVEST FOR SUCCESS

How confident are you with your investment strategy? Did you know many people find themselves making common mistakes that can cost them their retirement? Join us to learn the power of compound interest and strategies to protect our assets, avoid common pitfalls investors face, and how to get our money working hard for us!

**Instructor: Sarah Blondin**

Wednesday, 5/8, 6-7:30pm, 1 Night

Adult Ed Center, Topsham ..... FREE

## INVESTING AT RETIREMENT

Nearing or entering retirement? Join us to learn the power of having a customized strategy to make the most of your benefits and assets, identify considerable risks, and plan for a comfortable, financially secure retirement. **Instructor: Sarah Blondin**

Wednesday, 6/5, 6-7:30pm, 1 Night

Adult Ed Center, Topsham ..... FREE

## LET'S PARTNER!

At Merrymeeting, we love our community and the partnerships we have fostered. Each partnership has helped us and our community.

- Are you a service provider who wants to help your community?
- Do you sometimes need a meeting room, or other space to meet with your clients or a group?
- Would your clients benefit from our academic and enrichment programs?
- Do you have a large space that you would like to host Merrymeeting classes?

**Email us at [rodriguezj@link75.org](mailto:rodriguezj@link75.org) to learn how we can make a difference while serving our community together.**



Hello! My name is Leslie and I am the owner of The Mix, an art supply & unique gift shop located on the corner of Mason and Maine Street in Brunswick. I've owned the store for 7 years and have been continually amazed at how supportive our community is of small businesses like mine. Since opening the store, I have made it a priority to sell affordable, quality materials and to be a source for art-making questions, product recommendations and sometimes just good conversation.

I have always dabbled with art and fine crafts, referring to myself as a "fickle crafter" because I tend to flit from one medium to another, be it fiber, drawing, art journaling, painting, gel printing...the list seems endless at times! Opening The Mix has been such a fun adventure; being able to source and sell my favorite supplies feels more like fun than work! I continue to make my own art which can be found throughout the store: little felted pins, acrylic paintings and whatever else my creative brain is having fun with at the time.

One of my favorite things about owning The Mix is working with Merrymeeting Adult Education. We are incredibly fortunate to have such a wide variety of art & craft classes available in our community. Their classes are affordable and are taught by community members that want to share their knowledge and help their students learn and grow as artists. It has been such an honor to work with Merrymeeting students and get them set up with supplies for their classes. Many are often nervous or overwhelmed by the thought of taking an art class; I try to remind them to have fun and not take it too seriously. The Mix also offers a student discount and frequent buyer program to encourage students to shop local and take advantage of the customer service that you can only get from a local business.

Stop in and say "hello," browse through our colorful collections of artistically curated items; maybe you'll get inspired to brush the dust off your creative cap and make some art!

See you soon! - Leslie and the team at The Mix



# BUSINESS PARTNERSHIPS

## TEMPERED EAST BY CLAIRE REYES

Bringing you art, handmade paper, marbled goods and workshops in Maine, Tempered East specializes in innovative and engaging art-making experiences, including marbling techniques. Marbling is a fun, engaging, and accessible way to let go and tap into some joyful creativity. It's great for most ages, all skill levels, and customizable to different occasions or events. Whether you are looking for a fun way to celebrate, build community, cultivate flow, or just spend time with friends, marbling is a magical way to do that. By the end, everyone will have marbled papers or other items to take home with them. Follow @temperdeast on Instagram for the most up-to-date information, where to find them at pop-up markets, and updates on the web shop.



## MIDCOAST FENCING ATHLETIC CLUB

Midcoast Fencing takes pride in offering a new activity to the area, and is pleased to offer classes for both children and adults. Fencing is a life-long athletic practice, and here at MFAC, children

as young as 8 years old to adults age 70+ can enjoy the benefits of this incredible sport. With a highly knowledgeable coach, well-equipped facility, and top-notch gear, fencers can hone their skills and become their best fencing self. No prior experience is needed to enjoy and grow with this sport!

Cara Taggersell started fencing at 9 and achieved a Division II Women's Foil National Championship in 2008. She joined Temple University's Division I Fencing Team, became an international official for USA Fencing, and attended various fencing events worldwide. Creating a local fencing club has always been her dream, and she looks forward to sharing her passion with the community.

## Benefits & Beyond LLC



Enrich | Protect | Empower

Benefits & Beyond LLC was created by Koriahn D Quint, CEBS, in 2019 specifically to support the unique benefit needs of small businesses in Maine and New Hampshire. In addition to our employee benefits and compliance support, Benefits & Beyond is offering the full resources of TRL, your Training Resource Library. Give your workforce a competitive advantage through these professional development resources. To cost-effectively strengthen organizations, to attract and retain quality talent, and maintain a thriving, engaged team. Call us today to explore how we can help your employees learn practically anywhere!

## OUR COMMUNITY PARTNERS MERRYMEETING THANKS YOU!

Academy of Medical Professions • Bath Recovery Community Center • Benefits & Beyond, LLC  
Bridges Home Services • Brunswick Housing Authority  
Cathance River Gallery • Chocolate Church Arts Center  
Collette Tours • Dandelion Spring Farm  
Harpwell Heritage Land Trust • Harpswell Historical Society  
Horizons Living & Rehabilitation Center  
Maine Educational Opportunity Center • MaineHealth Midcoast  
Maine Maritime Museum • Maine Tasting Center  
MEMA Technical Education Center • Merrymeeting Arts Center  
Mid Coast Hunger Prevention • Maine Health  
Mid Coast Senior Health • Midcoast Community Alliance  
Midcoast Literacy • Midcoast Fencing Athletic Club  
MidCoast New Mainers Group  
National Alliance on Mental Illness (NAMI MAINE)  
New England Fitness • New Ventures Maine  
People Plus • Regional School Unit 1  
Region 10 Technical High School • Sailing Ships Maine  
Sage Dance Club • Southern Maine Community College  
Southern Midcoast CareerCenter  
Southern Midcoast Maine Chamber  
Tedford House • Tempered East • The Gathering Place  
The Great Impasta • The Mix: Art Supplies  
UMA Brunswick Center • United States Power Squadrons  
Village Clubhouse • Vocational Rehabilitation, Maine  
Wicked Joe's Organic Coffee • Wild Oats Bakery & Cafe  
Wiscasset Area Chamber of Commerce  
Wiscasset Creative Alliance • Workforce Solutions

# YOUTH AND FAMILY PROGRAMS

## TWEEN! CREATIVITY ART CAMP

Young creative minds unite, to explore sculpture, painting, and printmaking in this dynamic kids' workshop. Students will be exposed to new art making techniques and encouraged to experiment and collaborate. This class is interactive and will have students moving and laughing while sharing their creative ideas with one another. We will end the camp with an artist's exhibit where they will curate their work and display it for family and friends to see. All materials provided. No experience required. Camp runs 4/17, 4/18, & 4/19, from 9am-12pm each day. **For ages 8-12. Instructor: Melissa Smith**  
Wednesday - Friday, 4/17 to 4/19, 9am - 12pm, 3 Days

**Adult Ed Center, Topsham ..... \$120**

## TEEN! MIXED MEDIA ART EXPERIENCE

Unlock your artistic potential in this dynamic and engaging mixed media art experience designed specifically for teenagers! Exploring creativity invites young artists to embark on a journey of self-expression, experimentation, and discovery through a variety of artistic mediums. In this 3-day experience, students will explore the limitless possibilities of combining different artistic materials, techniques, and forms to create unique and visually compelling works of art. From traditional drawing and painting to unconventional materials like found objects, and fabric, participants will be encouraged to break boundaries and let their creativity soar. All materials provided. No experience required. Camp runs 4/17, 4/18, & 4/19, from 1230-330pm each day. **For ages 13-17.**

**Instructor: Melissa Smith**

Wednesday to Friday, 4/17 - 4/19, 12:30-3:30pm, 3 Days

**Adult Ed Center, Topsham ..... \$120**

## BUNDLE BOWS & ARROWS FOR KIDS!

Humans have been hunting with bows and arrows for, at least, 60,000 years - six times longer than we have been building cities. Archery is surely a [nearly] global, ancient human skill, and humans have made bows out of wood, bamboo, horn, and other materials throughout the years. Learn to make a bundle bow! The bundle bow is a useful quick bow that can be made largely without the use of knives. Bundle bows can be made to be very strong and accurate! We'll cover arrow-making, in theory; everyone in the class will receive one factory-made arrow. *Each child registered must be accompanied by an adult on the day of the workshop. Workshop fee is per child; accompanying adults have free entry.*

**Instructor: Zack Rouda**

Saturday, 7/13, 10am - 1pm, 1 Day

**Adult Ed Center, Topsham ..... \$45**



## MOVIE-MAKING MAGIC FOR TEENS!

Do you have a story to tell? Turn it into a short movie. In this introductory 6-week filmmaking course for teens, we will take your story from inception to final project. Learn writing, editing, and how to pitch. This will be a collaborative and interactive experience that will take you from idea to a short film, using something as simple as your cell phone, or even a fancy camera. This will be a 100% fully ONLINE course with personalized one-on-one "check-in" sessions. The class will meet once a week as a group, online. All members of the class are encouraged to collaborate, assist as desired, and discuss with one another. While the instructor will be leading the course each week, there will also be one-on-one sessions with each participant (online). Access to a smartphone, computer or tablet is required for online participation. **For Ages 13-17 y/o.**

**Instructor: Felicity Gibbs**

Sundays, 7/14 - 8/18, 3-5pm, 6 wks.

**Online ..... \$165**

**Your kids are in good hands!** Our staff members are year-round employees of Merrymeeting Adult Education that have passed all MSAD #75 hiring guidelines (fingerprinting, criminal background checks) and have recently completed Red Cross certification in Adult + Pediatric CPR + AED and Emergency First Aid Training. Staff will be available each morning as well as at pick-up times. Does not apply to Youth Sail Programs. **Limited scholarships are available.**

## SUMMER KIDS COOKING CAMP!

Embark on a culinary adventure at our new Kids Cooking Camp! Day 1 kicks off with Honey Cornbread and a Big Salad, introducing young chefs to procedures, oven use, and teamwork. Each day unveils new skills like wok cooking, sauce-making, and even delves into the history of dishes. Join us for a week of delicious discoveries and kitchen mastery! All materials included.

**Ages 10-13. Instructor: Deb Arter**

Mon-Fri, 7/22 - 7/26, 9am-12:30pm, 1 wk.

**Brunswick High School ..... \$245**

## LET'S MAKE IT UP! IMPROV THEATER CAMP

This camp experience will allow kids to create and tell their own stories over the course of a week. We will learn and use improv theater techniques and exercises to explore and express ourselves and flex our imagination, culminating in a showcase performance on the final day for friends and family. No experience necessary, just the courage to be on stage and skills for being silly. Elise Voigt is a trained actress and theater educator who has been working in the midcoast area for the last 15 years. Her love of theater and children perfectly combines to make meaningful and memorable moments for students and audiences alike. **Ages 9-14.**

**Instructor: Elise Voigt**

Mon-Fri, 7/22-7/26, 10am-3pm, 1 wk.

**Brunswick High School ..... \$325**

## FENCING CAMP FOR KIDS!

In this summer camp for beginners, kids ages 8-12 will learn the basics of fencing. Stance, footwork, and blade work will be introduced and explored, and these young fencers will enjoy time to test their skills against their classmates in real fencing bouts on electric pistes. We will take lots of water breaks, and enjoy fencing-related games during this week-long training session. All equipment will be provided. Please be sure each student arrives wearing long athletic pants (no shorts), has clean indoor athletic sneakers, a water bottle, and a packed lunch. En Garde!

**Instructor: Midcoast Fencing Athletic Club**

Sess I: Mon-Fri, 7/22-7/26, 9:30am-1pm, 1 wk.

Sess II: Mon-Fri, 8/5-8/9, 9:30am-1pm, 1 wk.

**MFAC .....\$225**

## SUMMER ANIMATION CAMP!

Join us for a week of Animation! Bring your imagination to life with traditional frame by frame animation alongside cutting edge digital animation software. Learn from professional new media artist and educator Andrew Elijah Edwards and create your own custom animation project from start to finish while playing with the artform. Discover the fundamental concepts behind professional animation techniques and explore the medium of moving image in this week-long adventure!! **Ages 13-17.**

**Instructor: Andrew Edwards**

Mon-Fri, 8/19-8/23, 9:30am-2:30pm, 1 wk.

**Adult Ed Center, Topsham ..... \$325**

## SUMMER SCIENCE CAMP: JUNIOR ENGINEERS LAB!

Put on your hard hat for this exciting week of Engineering Science. We'll get wacky with aerodynamics, crazy with circuitry, radical with rockets, innovative with inventions, and mad with machines! In this thought-provoking week, we will span the fields of Chemical, Aerospace, Civil, Electrical, and Mechanical Engineering. We start out the week exploring structures and learning about the role that the movement of air plays on simple flying devices. Children will spend a day learning the fundamentals of rocketry where they will build their own Aerospace rocket to take home. Children will use their construction skills by assembling and controlling fun machines like pulleys, levers, and catapults, and even robots! They finish out the week by experimenting with chemical engineering and inventing potential work-saving inventions of their own. **Ages 6-12.**

**Instructor: Mad Science of Maine**

Mon-Fri, 8/19-8/23, 9am-2:30pm, 1 wk.

**Adult Ed Center, Topsham .....\$345**

## MAD SCIENCE HOMESCHOOL PROGRAM: READY, STEM, GO!

In this program, children learn foundational science and find out how STEM is at work in the world around them! They learn about the animal kingdom, both on land and under the sea. They make mixtures and explore the science of motion and energy. They also discover the technology that powers our modern world. Classes: All About Animals, Energy Burst, Get Connected, Life in the Sea, Mix It Up, Moving Motion, Radical Robots, Super Power Sources. Program runs weekly on Fridays. **No Class: 4/19.**

**Instructor: Mad Science of Maine**

Fridays, 4/5 - 6/7, 3:50-4:50pm, 8 wks.

**Mt. Ararat High School, Topsham ..... \$105**

## SUMMER ART CAMP: ART AROUND THE WORLD!

A loose theme of "Art Around the World" will be incorporated into this weeklong art camp. Not every project will be structured this way, but we'll touch on the art of Egypt, Greece, Australia, England, Japan, China, and the U.S. It will still be a deep dive into art, but several of the projects will provide an opportunity to look at the incredible artwork of these cultures for inspiration. So, when it makes sense, we will. During the week we'll work from observation, imagination, and consider how dreams might come into our art pieces. No worries if you haven't had art for a while, come join us for some art making fun! **Ages 11-14.**

**Instructor: Jennifer Linskey**

Mon-Fri, 8/19-8/23, 9:30am-2:30pm, 1 wk.

**Adult Ed Center, Topsham ..... \$325**

## TROPICAL COSTA RICA

The perfect family getaway! Lush forests and stunning waterfalls, rumbling volcanoes and endless coastlines. Costa Rica is a paradise teeming with exotic plants and incredible animals. Enjoy the tranquil views of Arenal Volcano from your hotel. Explore part of the 20,000-acre nature preserve of Cano Negro on a riverboat adventure. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Luxuriate at a resort for two nights at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. Trip includes: 9 Days & 14 Meals. Sponsored by Collette Travel.

**Register with Merrymeeting for more info.**

February 14-22, 2025 .....Varies



# COVER ARTIST: PENNY HARTWELL



Penny started taking classes at a stained glass studio and adult education program in Rhode Island in 1977. When she moved to Maine in 1981, she began sharing her love of creating with stained glass work and started teaching stained glass classes at adult education programs in the area. Penny cultivated her stained glass style through her love of English gardens, woods, and coastal Maine.

In recent years, Penny has added acid etching, silver clay jewelry with enamel color accents, painting with powdered glass, and fusing to her repertoire of skills and classes.

Many pieces she creates incorporate locally sourced sea glass, rocks, fossils, and pottery shards for an added dimension. According to Penny, stained glass was more challenging 40 years ago, but with the advanced tools and products available, the medium has become less difficult.

The tools are more advanced, making cutting glass easier. The amazing array of glass colors, textures, and other great glass products helps provide glass artists with excellent opportunities to create unique and interesting art glass pieces.



## INTRO TO STAINED GLASS

In this one-night class you will learn about the different kinds of glass, how to cut, grind and solder glass. We will be making acid etched hearts that you will take home that night. Lab fee of \$10.00 to be paid to instructor at the beginning of workshop.

**Instructor: Penny Hartwell**

Monday, 3/11, 5:30pm-8:30pm, 1 Night

**Mt. Ararat Middle School ..... \$35**

## STAINED GLASS

Beautiful objects are created in this class every semester by beginners. You can create a stained-glass window or lampshade using the copper-foil technique. Learn acid etching and drilling. This is a fun and rewarding course. A complete list of materials will be discussed on the first night of class. Materials are not included in the course fee and can vary depending on choice of glass and what your imagination will create. Note: You will also need to purchase your own tools, which is about \$45.00. **No Class: 4/15 for Monday Sessions and 4/16 for Tuesday Sessions.**

**Instructor: Penny Hartwell**

Session I: Mon: 3/18, 5:30-8:30pm, 8wks.

Session II: Tues: 3/19, 5:30-8:30pm, 8wks.

**Mt. Ararat Middle School ..... \$125**

## SILVER JEWELRY MAKING

Working with Silver Clay is an exciting process where the inexperienced can explore their artistic abilities and create unique one of a kind items. Come join this exciting class where beginners can easily learn to create earrings, pendants, charms, beads, bracelets, and rings. Experience a new creative adventure and learn how easy and fun it is to make beautiful items from Precious Metal Clay (PmC) or Art Clay Silver (ACS). Materials fee of \$80 is payable to the instructor on the first night of class.

**Instructor: Penny Hartwell**

Session I: Tues, 5/21, 5:30-8:30pm, 3 wks.

Session II: Mon, 6/3, 5:30-8:30pm, 3 wks.

**Mt. Ararat Middle School ..... \$60**



## PAPER CASTING

Pressed cotton paper ornaments originated in Germany, Russia and Austria. Cotton paper pulp is pressed on ceramic paper molds and removed when dry. Gold accents were used on the torn edges. Students may bring dried flower petals to add to their ornaments to create a unique touch. \$5.00 Lab Fee due at beginning of class. **Instructor: Penny Hartwell**

Monday, 6/24, 5:30-8:30pm, 1 Night

**Adult Ed Center, Topsham ..... \$45**

## ACID ETCHING GLASS

We will create designs on glass with a frosted look. These designs will be permanent on the glass. Bring your own wine glasses, vases, etc. to personalize. Some glass items will be provided as well. Quick, fun, easy projects with beautiful results. Lab fee: \$5 due at beginning of class.

**Instructor: Penny Hartwell**

Tuesday, 6/25, 5:30-8:30pm, 1 Night

**Mt. Ararat Middle School ..... \$45**

# REGINA STRONGHEART, AUTHOR

## WHEN MY MOTHER WAS A MOUNTAIN

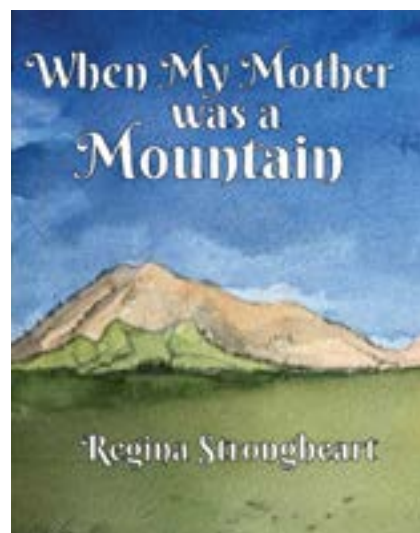
By Regina Strongheart

In the summer of 1996 my life took a detour during a month-long solo camping trip to South Dakota. It was then that some unimaginable things happened. I sensed emanations from the land, saw the ghosts of Indigenous people, and watched birds morph before my eyes. The journey led to a spontaneous transformation from ordinary science teacher into medical intuitive and healer. During my trip I encountered dangerous storms, generous Native people, and confusing encounters with others.

In my journal, I documented my near catastrophes, metaphysical anomalies, and the incredible sadness of the area.

While writing my memoir I relived my childhood, growing up in the farmlands of New Hampshire, and the many challenges experienced by my family. Relaxing in my tent on the prairie, I mused about the connections between the Laws of Physics and the workings of the Universe. Also, I never lost my childhood curiosity about nature and on my trip that wonder flourished.

Ultimately I learned to swallow my pride and fears of rejection, and to trust my inner personal compass. It was the journey west that reminded me of my strength to scramble out of vulnerability and once again embrace my independence.



## BOOK TALK: REGINA STRONGHEART

Regina Strongheart's book, "When My Mother was a Mountain" is based on her month-long solo camping trip in the Black Hills of SD in 1996. Regina will read some of her chapters, entertain questions and discussions, and have books for purchasing. She lives in a magical forest in Topsham where she operates her business, Forest Circles. **Instructor: Regina Strongheart**

Tuesday, 3/26, 5:30-7pm, 1 Night

**Adult Ed Center, Topsham ..... FREE**



# 2024 ANNUAL ART SHOW

We are excited to announce the 2024 Merrymeeting Community & Adult Education Art Show will be held at the Chocolate Church in Bath. If you took or taught an art or craft class at Merrymeeting during the 2023-24 school year, you are invited to share your work in Merrymeeting's Fourth Annual Art Show, which will be presented to the public at the Chocolate Church in Bath. As you go about choosing and prepping your art to hang, please keep in mind the following guidelines:



- Up to 4 submissions per artist
- Acrylic and oil paintings should be sealed to protect the surface
- Watercolor paintings, photographs, drawing and sketches should be framed and protected with glass
- 3D and sculptural works accepted
- If you have questions about the medium, or size of your submission, please contact us at [rodriguezj@link75.org](mailto:rodriguezj@link75.org)
- We may use 3M Command Strips to hang the show, please make sure your art does not weigh more than 5 pounds.
- If you would like to participate digitally, please email clear images to Catherine Scanlon at [scanlonc@link75.org](mailto:scanlonc@link75.org). Please put "Community Art Show" in the subject line. If you would like to share a comment about the piece or something you learned while doing it, that would also be appreciated.

## IMPORTANT DATES TO KEEP IN MIND:

- May 13th: Email digital submissions to [scanlonc@link75.org](mailto:scanlonc@link75.org)
- May 31st: Drop off framed art at the Topsham Adult Ed Office
- June 14th: Opening Reception, 5 to 7pm
- June 14 to June 22: Drop by the Chocolate Church Arts Center and enjoy the art
- June 24: Pick-up begins at the Topsham Adult Ed office

# 2024 ARTIST-IN-RESIDENCE

## ATTENTION, LOCAL ARTISTS AND MAKERS

At Merrymeeting, we believe artist-in-residence programs are important for our local visual artists as they provide dedicated time and space to focus on their creative practice, experiment with new ideas, and access new resources and communities. These programs also offer opportunities for collaboration, skill development, and professional growth as they pertain to the artist's studio practice.

In addition to supporting local Maine artists, we believe artist-in-residence programs benefit the communities we serve by fostering cross-cultural exchange and facilitating creative and intellectual dialogue. They can also enhance community engagement with the arts, promote diversity and inclusion, and contribute to the local economy through increased local tourism and cultural development.



## MERRYMEETING 2024 ARTIST-IN-RESIDENCE PROGRAM

We offer two visual arts residencies every Fall, one located in Bath and one in Topsham/Bowdoinham. The residency experience between the two is identical except in location. This 4-week day residency is for working Maine artists and comes with a studio space, stipend, and gallery arrangements for a solo exhibition.

**Apply for this unique experience today!**

FMI: Email [rodriguezj@link75.org](mailto:rodriguezj@link75.org)

*Registration is required. Upon registration, you will receive an email with application instructions.*

**Topsham/Bowdoinham Residency: September, 2024 at Merrymeeting Arts Center**

**Bath Residency: October, 2024 at Chocolate Church Arts Center**



# FINE ARTS + CRAFTS

**SPECIAL NOTE:** Many of our art classes require you to purchase materials ahead of time to fully participate in the class. Actual supply lists are emailed to students by the instructor after they register and before the first day of class.

## PET PORTRAITS IN ACRYLIC

Paint your pet in acrylic. After signing up for class, email the teacher at least 5 high quality pictures of your pet: dog, cat, rooster, or whatever you've got to: (Shirl.art5050@gmail.com). Your pet photo will be simply sketched onto a canvas, while you will take care of the painting. Use of fun colors and playfulness are a must in this class! Canvas and paints are supplied.

**Instructor:** Shirley Anderson

Session I: Tuesday, 3/21, 5-8pm, 1 Night

Session II: Thursday, 6/20, 5-8pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**



## CREATE WITH CANVA

Unlock your creative potential in 'Create with Canva,' an engaging class focused on crafting digital assets with the user-friendly on-line software, Canva. From eye-catching social media graphics to polished presentations, discover the versatility of using a free or paid Canva account. In this class you will learn how to maneuver around the program, upload and place your own graphics and images, adjust your settings and explore advanced features. You will gain hands-on experience by creating a variety of assets each week to elevate your digital presence. Join us for an inspiring journey into visual communication in this modern world.

**Instructor:** Catherine Scanlon

Thursdays, 3/7, 5:30-7:30pm, 4 wks.

**Adult Ed Center, Topsham ..... \$65**

## INNOVATIVE WATERCOLOR

Expand your view of watercolor and knowledge of different techniques/materials to create truly innovative and personal watercolor paintings. Students will look at each aspect of painting and explore alternate techniques and materials each week to include: mark making, color mixing, pours, bleeds, spraying and eye droppers. This is a class for intermediate and advanced watercolorists. Students have to bring their usual watercolor supplies. There is a materials fee of \$25, payable to the instructor on the first day of class. Class runs for three sessions: 3/7, 3/14, 3/28. No Class: 3/21. Bring your own lunch/snacks. **Instructor:** Deena Ball

Thursdays, 3/7, 12-5pm, 3 wks.

**Adult Ed Center, Topsham ..... \$135**

## EXPLORING CONTEMPORARY ART

This dynamic and engaging *Contemporary Art* class will provide students with a comprehensive exploration of the vibrant and diverse world of contemporary artistic expression. Grounded in both theory and practice, this course encourages students to develop a deep understanding of the concepts, techniques, and socio-cultural influences that shape contemporary art. Throughout this course, students will encounter a wide range of artistic mediums, including but not limited to painting, sculpture, installation art, digital art, performance art, and multimedia projects. Emphasis will be placed on fostering critical thinking and visual literacy skills as students analyze and interpret the works

of contemporary artists. Please note this course will follow a lecture/discussion style format; no artmaking.

**Instructor:** Veronica Perez

Tuesdays, 3/12, 5:30-8:00pm, 5 wks.

**Adult Ed Center, Topsham ..... \$95**

## LET IT FLOW

During this workshop students will explore the flowing properties of watercolor. No other media can accomplish what water flowing with pigment creates. Students will learn pouring techniques, and create beautiful wet on wet paintings where the colors melt together, which pigments stay suspended in the water solution and which fall out plus how to use this information to their advantage. Class will start with intuitive paintings and progress to using the flowing techniques to create more representational work. Please note: This is a one day 8-hour workshop where you will learn and work with wet on wet techniques for intermediate and advanced watercolorists. Students bring their own watercolor supplies which should be of professional grade, all cotton 300 lb. watercolor paper, large excellent brushes and professional grade tube watercolors. In addition, please bring several small jars for mixing pouring options. Bring your own lunch/snacks. **Instructor:** Deena Ball

Friday, 3/15, 10am - 6pm, 1 Day

**Adult Ed Center, Topsham ..... \$95**

## INTRODUCTION TO ZENTANGLE

Join us for an introduction to Zentangle! Zentangle is a drawing method using pens and paper designed to release your creativity and increase mindfulness and focus. Learn about the easy, low-cost method to express your inner artist, change up your crafting, and provide stress relief. Instructor will provide all supplies needed for starting your Zentangle journey. Each student should bring an adventurous spirit. **Instructor: Irene Burgess**

Session I: Wednesday, 3/13, 1-2:30pm, 1 Afternoon (\$25)

Session II: Wednesday, 5/8, 5:30-8pm, 1 Night (\$35)

**Adult Ed Center, Topsham ..... \$25/\$35**

## ILLUSTRATING NATURE WITH WATERCOLOR AND INK

Create illustrations of nature with watercolor and ink. This class welcomes all skill levels to master classic dip pen and ink techniques, and integrate them with watercolor. Each week, students will delve into different subjects, such as botanicals, celestial scenes, and landscapes. Students will learn to create and control watercolor 'blooms', and use masking fluid. At the end of the course, students will have a variety of beautiful projects worthy of framing, and expertise in watercolor and dip pen techniques. Students can buy the required materials, or they can buy material kits from the instructor (additional \$30 fee). **Instructor: Claire Loon Baldwin**

Tuesdays, 3/19, 1-3:30pm, 6 wks.

Thursdays, 5/9, 1-3:30pm, 6 wks.

**Adult Ed Center, Topsham ..... \$135**

## CONTEMPORARY MARBLING ON PAPER & FABRIC

In this class, we will explore the art of marbling! From suminagashi to marbled wood, we will learn about this centuries-old process and find playful ways to test the materials and see what is possible. We will cover several steps of the process including how to prepare marbling colors, the marbling bath, and the surfaces to be marbled. There will be opportunities to play with color, design, and surface texture over the 4 weeks. This class is focused on the exploration of material rather than the mastery of traditional techniques. Each participant will leave with several pieces of marbled paper and fabric to take home and use in their own creative projects. \$30 materials fee. **Instructor: Claire Reynes of Tempered East**

Wednesdays, 3/20, 4:30-7:30pm, 4 wks.

Wednesdays, 6/12, 4:30-7:30pm, 4 wks.

**Adult Ed Center, Topsham ..... \$120**

## PORTRAIT STUDIO: TROIS CRAYONS TECHNIQUE

Sanguine, black, and white Conté crayons, when used in concert on toned paper, can create stunning and lifelike portraits. This class, a follow up to the Fall portraits class, will dive deeper into this technique. One aim for the term is to work from a live model (additional contribution for the model's time is appreciated). Previous portrait experience, or prior attendance in any one of Ed's portrait or sketching classes is a prerequisite. Please bring a sketchbook and relevant materials needed for this class. **No Class: 5/27. Instructor: Ed Higgins**

Mondays, 3/18, 9am - 12pm, 10 wks.

**Adult Ed Center, Topsham ..... \$155**

## ABSTRACT STUDIO: BUILDING A BODY OF WORK

This installment of the popular abstract class focuses on what it takes to become a working artist. Pursuing original ideas, developing a solid work ethic; strengthening unique themes, motifs, and refining a distinctive color palette. The class will be directed independent study, each session will end with a short presentation about a past or contemporary abstract artist. We'll end with a final critique, spotlighting student work. Recommended for Ed's continuing abstract students, as well as local artists looking to work in a supportive atelier-style collective. **No Class: 4/15, 5/27.**

**Instructor: Ed Higgins**

Mondays, 3/18, 1-4pm, 10 wks.

**Adult Ed Center, Topsham ..... \$155**

## BEGINNING WATERCOLOR

Learn which papers, materials, and brushes work best for you as we go over the basics of traditional and contemporary watercolor ideas and techniques. Class work will be a combination of watercolor exercises, whereby we learn the behavior of and particularities of watercolor through exercises. We will then apply this knowledge to small set ups so that we can gain some practical application. I will spend some time going over basic drawing ideas, color theory, color mixing, and brush care. A willingness to draw, and/or improve upon drawing skills will enhance your experience in this class. Absolute beginners in both drawing and watercolor need to recognize that they are attempting two new skills: drawing and watercolor. Don't let this dissuade you from signing up, but recognize where you are coming in and give yourself some grace in the moments where drawing is involved. I will do my best to help you where you are at! Always wanted some watercolor instruction from the ground up? This class will get you started!

**No Class: 5/20 + 5/27. Instructor: Jennifer Linskey**

Session I: Monday, 3/18, 5:30-7:30pm, 6 wks.

Session II: Mondays, 4/29, 5:30-7:30pm, 6 wks.

Session III: Mondays, 6/24, 5:30-7:30pm, 6 wks.

**Adult Ed Center, Topsham ..... \$125**

## BUILDING MOSAIC LANDSCAPES

A wee intro to creating mosaic art. Please bring a photo of a natural landscape special to you to class. We will use the photos to create little worlds of our own by simplifying the landscape and highlighting its most prominent features. We will learn how to score, break, and snip glass down to shape and glue to our substrate. On the last day of class, we will finish with grout. Tools will be provided. \*A material fee of \$35 must be paid in cash to the instructor on first night of class. Materials fee includes: Glass, cutting oil, rubbing alcohol, glue, grout, disposable shop towels, rubber gloves and substrate (either picture frame, serving tray or something like).

**Instructor: Herenya Wilkey**

Session I: Tuesdays, 3/19, 5:30-7:30pm, 3 wks.

Session II: Tuesdays, 5/7, 5:30-7:30pm, 3 wks.

**Adult Ed Center, Topsham ..... \$65**

## MACRAMÉ BASICS

Learn the basics to create beautiful works of art ranging from plant hangers to wall hangings. In this class we'll learn beginner knots as well as some common terminology associated with the art of macramé. A \$10 materials fee, payable to the instructor, must be paid on the first night of the class. **Instructor: Sarah McDarby**  
Tuesdays, 3/19, 5-7pm, 4 wks.

**Mt. Ararat Middle School ..... \$70**



## INTRO TO DIGITAL PHOTOGRAPHY

Come join us and learn the ins and outs of digital photography. We will be focusing on DSLR camera functionality and settings, proper lighting, and correct tripod usage. There will be classroom instruction as well as field practice. During later class sessions, we will be learning about night photography and light painting techniques, which will include lessons on long exposures and external light sources. If you already have a DSLR camera, bring it to class! You may also bring any other type of digital camera you have to class. A camera is NOT required to participate in this class.

**No Class: 4/18. Instructor: Dave Cleaveland**

Thursdays, 3/21, 5:30-7:30pm, 6 wks.

**Mt. Ararat High School ..... \$125**

## CARVING CHOPSTICKS AND JAM SPREADERS

Explore the significance of knives as essential tools throughout history, used for cutting, carving, and shaping materials. While knives remain crucial in the modern era, many have limited their use to the kitchen. Rediscover confidence and resilience by mastering basic knife safety and carving skills. This course offers a comprehensive understanding of knives, guiding students to create practical utensils. Students will make a fine pair of chopsticks and/or a jam spreader. Next, try to make a spinning top! We'll cover safety, techniques, good form, and various basic carving projects using a variety of green woods. **Instructor: Zack Rouda**

Tuesday, 5/20, 5-7:30pm, 1 Night

**Adult Ed Center, Topsham ..... \$45**

## OIL PAINTING STUDIO: UNDERPAINTING STRATEGIES

In previous oil painting courses, Ed Higgins emphasized mindful brushwork and alla prima technique. Now it's time to slow down and try some more sustained studio paintings. The class will explore effective underpainting techniques that help you get color into your colors, as well as avoid fussing. Previous oil painting experience, or attendance in one of Ed's past oil painting classes is required. **No Class: 4/17.**

**Instructor: Ed Higgins**

Wednesdays, 3/20, 9am - 12pm, 10 wks.

**Adult Ed Center, Topsham ..... \$155**

## MIXED MEDIA JOURNALING STUDIO

We'll be honing our skills in various media in preparation for field work in the summer. Our journey as artists is often tied to remembrances of places we have been. Journaling is a great way to record these experiences, in words and pictures. You'll gain sensitivity to color relationships, and be encouraged to develop sparing, confident mark-making to create compelling narratives of your wandering. We'll warm up and stay loose with speed sketching drills, and you'll get individual instruction and guidance to help you work on finding your unique artistic voice. This class is primarily for Ed's continuing (intermediate and advanced) watercolor and sketching students. **No Class: 4/17.**

**Instructor: Ed Higgins**

Wednesdays, 3/20, 1-4pm, 10 wks.

**Adult Ed Center, Topsham ..... \$155**

## SKETCHING FLORA AND FAUNA

This sketchbook class will help you learn to observe and draw animals, birds, and botanicals. Previous sketching experience, or attendance in one of Ed's past sketching classes is suggested, but not required. Highly motivated new students willing to learn by doing are welcome. We will start with speed drills, and then spend time on more sustained drawings and studies. Learn to become a voracious observer of nature! **No Class: 4/19.**

**Instructor: Ed Higgins**

Fridays, 3/22, 9am - 12pm, 10 wks.

**Adult Ed Center, Topsham ..... \$155**

## FIGURE DRAWING

In this class we'll be working from a live (clothed) model. Class will begin with short poses, gesture drawing warm ups; followed by longer poses and more sustained drawings. An additional donation for the model's time is encouraged. Some previous drawing experience is recommended, but Ed believes that the best way to learn to draw human beings is not from a book, or from YouTube, but simply to be fearless, abandon expectations of results, and just jump in and start drawing. The more you work from life, the more life teaches you! **No Class: 4/19.**

**Instructor: Ed Higgins**

Fridays, 3/22, 1-4pm, 10 wks.

**Adult Ed Center, Topsham ..... \$155**



### IMPROV FOR HEALING THE HEART

Explore intuitive movement, play and storytelling. Create connection to yourself and to others through improvisational theater exercises. Learn the "rules" of improv technique, like the practice of saying "Yes, And.." while enjoying shared laughter and personal catharsis in a group setting. We will practice being fully embodied in ourselves while experimenting with being other characters too. Practice the art of being yourself, the art of being together and the art of being enough as you come as you are, ready to play! No experience necessary. **Instructor: Elise Voigt**

Session I: Wed, 3/20, 5-6:30pm, 4 wks.

Session II: Wed, 5/1, 5-6:30pm, 4 wks.

**Region 10 Technical High School... \$120**

### INTRODUCTION TO WOOD CARVING

In this introduction to carving wood you will learn to safely shape wood with hand tools to create projects such as tool handles, decorative spoons, folk art, and wildlife art. No experience needed, tools and materials provided.

**Instructor: Ken Wise**

Wednesdays, 3/20, 6-9pm, 3 wks.

**Mt. Ararat Middle School ..... \$75**

### INTRO TO NARRATIVE ARTS: LEVEL 1

This course explores the Narrative Arts - The Art of Media, the drawing techniques used to create: Comic Books, Video Game Design, Single Panel Gag Cartoons, Comic Strips, 3D Animation, Storyboards for Movies, Graphic Novels and Special Effects for film and television. Learn the drawing skills needed to build your own Characters to populate the Stories you would like to tell, in any Media. Open to all students, beginners to advanced. Bring a drawing pad, pencils and erasers - or a Tablet / iPad, if you prefer. Taught by Vance Bessey, a graduate of The Joe Kubert School of Comic Book Illustration and local Illustrator, Cartoonist, Novelist and Art Teacher. **NO CLASS: 4/17.**

**Instructor: Vance Bessey**

Wednesdays, 3/20, 6-8pm, 12 wks.

**Mt. Ararat High School ..... \$125**

### INTRO TO NARRATIVE ARTS: LEV. 3

This course continues where Narrative Arts 2 left off, working with the drawing techniques used to create your own: Comic Book or Graphic Novel Series, Single Panel Gag Cartoons, Comic Strips, 3D Animation, Children's Books, Storyboards for Movies or Video Game Design. This Class is open only to students that have already completed both Narrative Arts 1&2, OR students with enough artistic ability to work at this level. Consultation by phone with Instructor Vance Bessey will be necessary before signing up for students who haven't yet had Level 1 & 2 training. Contact me through Merrymeeting Adult Education. Taught by Vance Bessey, a graduate of The Joe Kubert School of Comic Book Illustration and local Illustrator, Cartoonist, Novelist and Art Teacher. **NO CLASS: 4/15, 5/27.**

**Instructor: Vance Bessey**

Mondays, 4/1, 6-8pm, 12 wks.

**Mt. Ararat High School ..... \$125**

### DRAW, DRAW WITH PAINT, PAINT!

In this class we will start out drawing in black and white with graphite and/ or charcoal, measuring, size relationships, and object placement. Then segue to drawing with a brush and draw en grisaille whereby we use: just black, white, and gray paint. During the last weeks of class we'll explore limited color palettes, but get maximum mileage out of the colors we are using, as we'll continue to see color in terms of value. You'll come away having honed drawing skills, begun training your eye to see subtle shifts in light to dark, and gained color mixing knowledge. Join us as we draw, both traditionally and with a brush, and gradually move toward incorporating color. Session I: No Class: 4/20, 5/18, 6/8

Session II: No Class: 7/20

**Instructor: Jennifer Linskey**

Session I: Sat, 3/23, 11am-2pm, 10 wks.

Session II: Sat, 6/22, 11am-2pm, 10 wks.

**Adult Ed Center, Topsham ..... \$165**

## CERAMIC STUDIO POLICIES

- There is a \$65 materials fee for open studio and beginner ceramics classes and is due to the instructor on the first night of class.
- If you want to purchase additional clay, the fee is an additional \$65 to cover the firing, glazes and other consumables used during class.
- **PLEASE NOTE:** If you miss a class, you cannot make-up the class at another time. The ceramics schedule is very tight and these classes are usually full.

Thank you for understanding!

### BEGINNER CERAMICS

Ever wanted to take some time for yourself and play with clay? Learn the basics of hand building and wheel throwing in this 6-week class. This class is geared toward the beginner. The first 10 people to sign up have priority on the wheel. Please let admins know if you prefer to hand build or wheel throw so we can keep an accurate account. Glazing will also be covered so that you can leave with finished pieces. **No Class: 4/16**

**Instructor: Heather O'Neil**

Tuesdays, 3/26, 3:30-5:30pm, 6 wks.

Tuesdays, 5/21, 3:30-5:30pm, 6 wks.

**Morse High School ..... \$125**

### OPEN STUDIO CERAMICS

Are you comfortable with your clay abilities and just looking for a place to work and improve your skills? Join us in the Morse High School Ceramics Studio and start making all those things you have been dreaming up! This is not an instructor lead class, but the instructor will be on site working in case you need something. **Instructor: Heather O'Neil**

**TUESDAY SESSIONS: No Class 4/16**

Sess 1: Tuesday, 3/26, 5:30-7:30pm, 6 wks.

Sess 2: Tuesday, 5/21, 5:30-7:30pm, 6 wks.

**Morse High School ..... \$115**

**THURSDAY SESSIONS: No Class 4/18**

Sess 1: Thurs, 3/28, 3:30-5:30pm, 6 wks.

Sess 2: Thurs, 3/28, 5:30-7:30pm, 6 wks.

Sess 3: Thurs, 5/23, 3:30-5:30pm, 6 wks.

Sess 4: Thurs, 5/23, 5:30-7:30pm, 6 wks.

**Morse High School ..... \$115**

## OPEN STUDIO CERAMICS (SUMMER SESSION)

Are you comfortable with your clay abilities and just looking for a place to work and improve your skills? Join us in the Morse High School Ceramics Studio and start making all those things you have been dreaming up! This is not an instructor lead class, but the instructor will be on site working in case you need something.

**Instructor: Heather O'Neil**

Tuesdays, 7/2, 5-8pm, 6 wks.

**Morse High School ..... \$200**

## BRAIDING CIRCLES

Braiding circles is a community gathering workshop focused on braiding a three-strand braid from synthetic hair while conversing about fractured identity, experiences, and belonging. For artist Veronica Perez, it started as a way to create more braids for their larger sculptures but turned into a place for honest and open conversation. The circles came about through the need to create a space for open community conversation and the need to work toward the goal of communal healing through storytelling and braiding. Join us for this special event! All materials included.

**Instructor: Veronica Perez**

Thursday, 3/28, 6-8:30pm, 1 Night

**Adult Ed Center, Topsham ..... \$25**

## PINE NEEDLE BASKETS

White pine, Maine's state flower, and Red pine, are ubiquitous throughout the state and provide a vital pool of resources for human and nonhuman Mainers alike. Pine needles are beautiful and strong! They can be coiled and sewn together to make hats, lovely usable baskets, and/or adorably tiny ones. Learn to identify, regeneratively gather and harvest, properly store and process, and weave with pine needles. We'll cover the basics of coiled basketry, which is a global, ancient human skill, and create a wonderful pine-needle basket.

**Instructor: Zack Rouda**

Saturday, 3/30, 9am - 12:30pm, 1 Day

**Adult Ed Center, Topsham ..... \$65**

## 10 x 10 ART & ARTISTS: WOMEN WHO ROCKED THE ART WORLD!

Rachel Ruysch enjoyed great fame during the Dutch Golden Age, in a career spanning over 6 decades. Artemisia Gentileschi, an Italian Baroque painter, was the first woman to become a member of the Academy of Art and Design in Florence. Hear these women's, (plus 8 more), incredible stories! Expand your knowledge of artistic time periods and make a piece each week utilizing ideas the "female artist of the week" thought about. This class is part art history, part looking at an artist's work in-depth, and part synthesizing the learning. We will discuss what inspired our female artist of the week, learn interesting tidbits and facts about their art and working methods, and the remaining ⅓ of class will be your studio project. Join us for a look at 10 fascinating female artists! **No Class: 5/21 + 6/11. Instructor: Jennifer Linskey**

Tuesdays, 4/2, 1-4pm, 10 wks.

**Adult Ed Center, Topsham ..... \$185**



## WATERCOLOR USING DECALCOMANIA

Decalcomania is a technique that was first used by the surrealists to make fine art images. This technique is fun and playful, allowing the student to work spontaneously. It can be used to create trees, landscapes, flowers, abstract images or even portraits using watercolor and plastic wrap. Decalcomania provides wonderful texture which we will learn to develop further once it's dry. For the beginner, it is advised to use a tree or stump as your subject; one with interesting bark, moss and gnarly roots is a good choice. For this class we are only concerned with the bottom portion of the tree. We will not be painting foliage. Bring your reference photos in if you want to paint a tree or landscape. There will be a demo of creating a tree and landscape during the first class. Class is 6 sessions. Materials list will be provided upon registration. Participants should already be comfortable painting with watercolors to get the most out of this experience. **Instructor: Linda Murray**

Tuesdays, 4/2, 9:30AM - 12pm, 6 wks.

**Adult Ed Center, Topsham ..... \$120**

## PAINTING FROM OBSERVATION

Each week we will work from a still life set-up and you will be exposed to basic painting concepts. You will learn about underpainting, color palettes, and color mixing. There is drawing in observational painting. If you haven't had any drawing experience or training, you are still welcome. I will show you drawing basics, and you'll need to have patience with this process. As you look you will gradually see more and more nuances, connections, and color variations. Your weekly painting will convey this looking experience. Even if you are interested in working from imagination or abstraction, this way of painting will give you information about how colors behave, how color affects form, and ways to compose: all helpful tools no matter what art direction you choose moving forward. **No Class: 4/18.**

**Instructor: Jennifer Linskey**

Thursdays, 4/4, 1-3pm, 10 wks.

**Adult Ed Center, Topsham ..... \$165**

## DRAWING WITH WOOL

In this course, we will explore two-dimensional felting techniques including wet felting and needle felting. Students will learn how to create fiber works incorporating wool while focusing on color usage and basic drawing techniques. Students may also incorporate other fiber media if desired. No experience is required! Materials will be provided. **Instructor: Megan Franasiak**  
Thursdays, 4/4, 5:30-7:30pm, 6 wks.

**Adult Ed Center, Topsham ..... \$135**

## ACRYLIC POUR 101

This class is designed to accommodate those that are new to acrylic pouring and those that would like to fine tune their pouring techniques or learn a new technique. It is not crucial that you have drawing or painting skills, but we will discuss composition and color theory in the first class. Students will learn how to do a Dirty Flip Cup Pour, Ring Pour, Dutch Pour and Pearl Pour in a fun and relaxed atmosphere. Developing a painting after it is dry, varnishing and preparing a piece for hanging will also be demonstrated at the end of the class. Students are responsible for purchasing their own materials for this class and will be given a materials list upon enrollment. **Instructor: Linda Murray**  
Fridays, 4/5, 9:30am - 12pm, 6 wks.

**Merrymeeting Arts Center ..... \$120**

## BOOK BINDING FOR BEGINNERS

Join us for this introductory class in craft book binding. This 3-week class will cover various techniques and materials including Decorative Calligraphic Papers, Pamphlet Books, and Pocket Books. Each class will focus on a different topic. Materials & Tools provided. **Instructor: Joelle Webber**  
Tuesdays, 4/9, 5:30-7:30pm, 3 wks.

**Adult Ed Center, Topsham ..... \$75**

## CANOE PADDLE CARVING

In this workshop you will create a beautiful and useful canoe paddle using hand tools. We will explore traditional designs and local woods. All tools and materials will be provided. Some woodcarving experience is suggested. **NO CLASS: 4/17.**

**Instructor: Ken Wise**

Wednesdays, 4/10, 6-9pm, 4 wks.

**Mt. Ararat Middle School ..... \$125**



## LEARN TO SEW A BASIC WARDROBE

Class will cover sewing basics: tools needed to get started, threading a needle, sewing by hand, and how to purchase a machine as well as how to choose and use a sewing pattern to put together a wardrobe of basic clothing pieces. We'll make a drawstring bag in class, and a simple piece of clothing like a skirt, drawstring pants or unisex top. There is a \$40 tools and materials fee payable to the instructor on the first night of class (includes fabric for your bag, other patterns will be available to purchase).

**Instructor: Susan Ellis**

Thursdays, 4/11, 5:30-7:30pm, 6 wks.

**Adult Ed Center, Topsham ..... \$125**

## CREATING LUMINESCENT DRAMATIC SKIES IN WATERCOLOR

If you're fascinated with the sky, you're not alone! We will explore how to create luminescent dramatic skies in watercolor with ease - by letting the unique properties of watercolor paint do the work. Embrace the unpredictability of watercolor paint, and create beautiful, natural-looking effects on your paper. Please note: This is a one day 6-hour watercolor workshop for advanced beginner and above. Students: please bring watercolor supplies, which should be of professional grade, all cotton 300 lb. watercolor paper, large excellent brushes and professional grade tube watercolors. In addition, please bring several small jars for mixing pouring options. Bring your own lunch/snacks. **Instructor: Deena Ball**

Saturday, 4/20, 10AM - 4pm, 1 Day

**Adult Ed Center, Topsham ..... \$95**

## WINE GLASS PAINTING W/ MELISSA

Make a new friend while creating one of a kind wine glass. This class will focus on color patterns, and brush techniques. All artistic abilities are welcome. Bring your own wine glasses and paint as many as you like in this 2-hour workshop. They make wonderful gifts and are customizable for any occasion. Brushes and paint will be provided. You will leave with your new wine glasses and the brushes needed to continue experimenting.

**Instructor: Melissa Smith**

Monday, 4/15, 5:30-7:30pm, 1 Night or

Thursday, 6/13, 5:30-7:30pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**



## IMAGE TRANSFER WORKSHOP

Join Catherine to create a unique and beautiful image transfer panel, the perfect gift for a favorite person -- or yourself. On the first night of class we will create a collage background using a variety of vintage and patterned papers to create an interesting background for the design. Once the background has been finished, an image will be chosen to transfer to a wood panel. On the second night of class, and once our transfer is completely dry, we will finish up and we add color using a variety of mixed mediums. Before you leave for the night, your panel will be sealed with a matte varnish to protect it, other options for sealing will be discussed.

Workshop is 2 Days: 4/24 + 5/1. All materials included in the \$25 materials fee, payable to the instructor.

**Instructor: Catherine Scanlon**

Wednesdays, 4/24, 5-7:30pm, 2 wks.

**Adult Ed Center, Topsham ..... \$35**

## PAINT NIGHT: THE BLUE JAY

Paint Night w/ Shirley! Come join us and paint this amazingly beautiful Blue Jay bird with a prominent crest and a bold black necklace. This class is designed for beginners. Shirley Anderson will lead you step by step through the process of bringing this beautiful bird to life. Canvas and paints are supplied.

**Instructor: Shirley Anderson**

Wednesday, 4/17, 5-8pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**

## BASIC CYANOTYPE: CAPTURE THE SUN'S MAGIC

This beginner-friendly cyanotype workshop will demystify the fascinating world of alternative photography and guide you through every step of creating your own sun-kissed prints. We'll discuss the science of cyanotypes, mix and prepare the light-sensitive chemicals, and walk you through applying them to paper. We'll explore different ways to expose your artwork, from using leaves and objects to creating layered effects. The fun doesn't stop there, experiment with stencils and botanical specimens for unique creative possibilities. Please bring scissors, 1" to 2" flat paintbrush and any special papers or fabrics you would like to use. This workshop is 2 Days: 5/21 + 5/28. There is a \$50 materials fee, payable to the instructor on the first night of class, you will keep the contact print frame at the end of class and any leftover solution. **Instructor: Catherine Scanlon** Tuesdays, 5/21, 10AM - 12:30pm, 2 wks.

**Adult Ed Center, Topsham ..... \$25**

## ORIGAMI MOBILES - THEORY AND PRACTICE

Join Chris for a workshop combining the art of Japanese paper folding and constructing kinetic sculpture, origami and mobiles. You'll use recycled paper and wire to create original art that moves in the slightest air currents. All materials will be provided. Please bring a pair of needle nose pliers if you have them.

**Instructor: Chris Toy**

Monday, 4/29, 5:30-7:30Pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**





**STILL LIFE CHALLENGE DEADLINE: JUNE 1, 2024**

We want to see your interpretation of the sweet little floral arrangement above, any style, medium, or size is welcome. Here's how to participate: 1. Visit our website to view the color version of this image. 2. Draw, paint, collage, or all of the above the image in any size. 3. Bring your work to the Topsham Adult Ed office by June 1, 2024. 4. Our staff will pick a winner. 5. One winner will receive a free class, value up to \$135

## INVASIVE BITTERSWEET: BIRD FEEDER

Frustrating to gardeners and arborists, and not readily favored by birds, Asiatic bittersweet is a largely useless bane on wild land. We can use traditional harvesting techniques to tend Asian bittersweet in the wild: harvesting material for baskets while controlling and suppressing future damaging growth. Learn to make a beautiful woven window feeder for birds! We'll cover identification, responsible collection, materials processing and storage, and creation, including the basics of stake-and-strand waling and randing weaves. The bird feeder that we will make is designed to be attached to a window. Suction cups for the bird feeder, along with all required tools and materials, will be provided. **Instructor: Zack Rouda**

Saturday, 4/27, 9am - 3:30pm, 1 Day

**Adult Ed Center, Topsham ..... \$95**

## PAINT NIGHT: THE GREAT HORNED OWL

Paint Night w/ Shirley! Come join us and paint this majestic hunter and capture its wise expression with those large yellow eyes. Layering, dry brushing, and shading are a few of the techniques used to capture its beauty and wise expression. Canvas and paints are supplied. **Instructor: Shirley Anderson**

Tuesday, 4/30, 5-8pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**

## DRIFTWOOD MOBILES & STABLES - THEORY AND PRACTICE

Join Chris for a workshop using upcycled driftwood and wire to create original art that moves in the slightest air currents. Depending on your preference, your creation may hang from the ceiling or sit on a table or shelf. All materials will be provided. Please bring a pair of needle nose pliers if you have them.

**Instructor: Chris Toy**

Monday, 5/6, 5:30-7:30pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**

## TRADITIONAL CASE BINDINGS

A three-week series of book arts classes that will cover various techniques and materials including Decorative Calligraphic Papers and two Case Bindings. One with a cloth spine and one with a paper spine. Each class will focus on a different topic, while we learn the basics of bookbinding vocabulary and a bit of book binding history. First class: Decorative Calligraphic Papers - Learn the basics of using broad edged mark-making tools & round pointed tip brushes in calligraphic ways. Second class: Case Binding with a Soft Cloth Spine - In this class, we will create the basic, multi-gathering, case bound book. Third class: Case Binding with a Paper Spine - The third class will focus on strengthening our skills in forming our text blocks, while learning an alternative style of cover. We will add a decorative paper spine to the hardbound covers. Materials & Tools provided.

**Instructor: Joelle Webber**

Tuesdays, 5/21, 5:30-7:30pm, 3 wks.

**Adult Ed Center, Topsham ..... \$75**

## PAINT NIGHT: THE DEER FAWN

Paint Night w/ Shirley! Come join us and paint an adorable Deer Fawn. This class is designed for absolute beginners and Shirley Anderson will lead you step by step through the process and teach you a few painting tips and techniques. Canvas and paints are supplied. **Instructor: Shirley Anderson**

Wednesday, 5/22, 5-8pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**

## TUMBLER SEA GLASS & BROKEN POTTERY

Various colors of tumbled glass and pottery will enable you to create that beautiful seaside art that you'll enjoy or give as a gift. Driftwood seashells and picture frames are just a few of the extras that make this class so popular. Materials provided.

**Instructor: Shirley Anderson**

Tuesday, 6/4, 5-8pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**

## PAINT NIGHT: THE POWERFUL HUMMINGBIRD

Paint Night w/Shirley! Come join us and paint these tiny but powerful little birds. This class is a great way to say welcome and get ready for these little birds as they migrate north. Shirley Anderson will lead you step by step through the process and teach you a few painting tips and techniques. Canvas and paints are supplied.

**Instructor: Shirley Anderson**

Thursday, 6/6, 5-8pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**

## CATCHING THE LIGHT

A plein air painting workshop that concentrates on creating a method to "Catch the Light" and the essence of the day. Students will work on various forms of compositional planning, including notan, value studies, directional lines and color proportion swatches. Learning to use these tools, will help artists capture the essence of the scene before the light shifts. Through careful planning and a clear focus, students will be able to quickly create a successful painting outdoors in the shifting light. All media are welcome, oils, acrylics, drawing and watercolor. The instructor is mainly versed in watercolor and water-soluble oils. Students should bring a sketchbook, color pencils and a black sharpie pen as well as their usual plein air painting supplies. Please note: This is a two-day 6-hour (each day) workshop about design and painting outside. All media and levels are welcome. Bring your own lunch/snacks.

**Instructor: Deena Ball**

Saturday + Sunday, 6/8 - 6/9, 12-6pm, 2 Days

**Adult Ed Center, Topsham ..... \$125**

## PAINT NIGHT: THE MONARCH BUTTERFLY

Paint Night w/Shirley! With its flashy orange wings, Monarch Butterflies certainly are a favorite. Whether you're a gardener or just a nature lover, you will certainly enjoy this paint class that is designed for beginners. Shirley Anderson will lead you step by step through the process of bringing this beautiful Monarch Butterfly to life. Canvas and paints are supplied. **Instructor: Shirley Anderson**

Wednesday, 5/15, 5-8pm, 1 Night

**Adult Ed Center, Topsham ..... \$55**





*Watercolor Landscape by Deena Ball*

## INTERPRETING THE LANDSCAPE

Students will learn about painting landscape elements in watercolor: oceans, water, trees, mountains, structures and fields, and they will learn about compositional strategies used in landscape painting. We will work with the concept that sometimes less is more and try to paint the essence of a landscape. The first day of the workshop will be spent in the classroom working on the elements of the landscape. On the second day we will be going outside to paint a guided Plein air painting. If you do not own an easel, a chair and a board in your lap works for watercolor. Students should be using professional tube watercolors, good quality brushes and 100 percent cotton rag watercolor paper. Bring your own lunch/snacks.

**Instructor: Deena Ball**

Monday + Tuesday, 6/10 - 6/11, 11am - 5pm, 2 Days

**Adult Ed Center, Topsham ..... \$125**

## MONOPRINTED NATURE JOURNAL

Join Catherine to learn the fun and carefree art of monoprinting using a silicone gelatin plate. Using your favorite craft paints, and elements such as flowers and leaves picked from nature, combined with stencils, you'll create a fun and colorful journal where every page was created by you as a jumping off point to unlimited creativity. This fast-paced creative class will result in a journal you can build on with hand-lettering, stamping, collage and more. Class fee includes: silicone printing plate, and paper. There is a \$10 materials fee, payable to the instructor. Please bring: 6 - 8 coordinating 2 oz. craft paint colors, an apron, texture tools, paint brushes, brayer and textured paper towels. This is a 1 Day Workshop: 6/11 from 11am-3pm. Bring a lunch or snack! **Instructor: Catherine Scanlon**

Tuesday, 6/11, 11am - 3pm, 1 Day

**Adult Ed Center, Topsham ..... \$35**

## FOLDED BARK BASKETS

The bark of some trees, like pine and birch, is a special, very unique material that has been collected consciously by humans for thousands of years. Bark can be very strong, durable, water-resistant and flexible; it has been traditionally used to make baskets, canisters and even canoes! Birch bark is also very flammable and can be used to start campfires. Learn to identify, regeneratively gather, process, store and make a folded basket of birch or pine bark. We'll use hand-gathered spruce roots and brown ash splints to sew a rim on our folded birch bark baskets, which will be beautiful. All required tools and materials provided.

**Instructor: Zack Rouda**

Saturday, 6/15, 9am - 4:30pm, 1 Day

**Adult Ed Center, Topsham ..... \$95**

## OIL PAINTING IN THE WILD

Plein air oil painting. Artists will meet at various locations around the midcoast. Open to any of Ed's continuing painting students, or newcomers willing to learn by doing, with instructor guidance and peer feedback. Some familiarity with the medium is recommended. **No Class: 8/19. Instructor: Ed Higgins**

Mondays, 6/17, 10am - 2pm, 10 wks.

**Adult Ed Center, Topsham ..... \$185**

## OPEN STUDIO FOR NEW ARTISTS: STARTING FROM SCRATCH

Interested in art, but not sure where to begin? This class is designed for artists with little to no training or experience. The approach is immersive, structured, but individually tailored to you, with an emphasis on free expression. You will work with the instructor to design a roadmap for a learn-by-doing experience that suits your needs. You are free to choose any media and subject matter that attracts you. Working alongside others who are just starting out, you'll gain confidence and competence as you develop. Sharing these first steps with your peers will inform and inspire you on your journey. **No Class: 8/22. Instructor: Ed Higgins**

Thursdays, 6/20, 1-4pm, 10 wks.

**Adult Ed Center, Topsham ..... \$145**

## INTERMEDIATE WATERCOLOR

What constitutes an intermediate watercolorist, you ask? You've dabbled. You understand wet on wet and splosh pigment and water around happily. You have some idea what your pigments will do and a general understanding of when to stop adding water, yet you'd like more practice. You've had some basic drawing experience, and you're okay with putting pencil to paper to "rough in" your composition (get the basic shapes down), or if your drawing is a bit rusty you are willing to keep working on drawing skills. You are excited to explore, experiment more with watercolor techniques, and expand your watercolor skillset. If this is who you are, then intermediate watercolor is a fit for you. In this class we'll be working from both observation and abstraction. **No Class: 8/20.**

**Instructor: Jennifer Linskey**

Tuesdays, 6/25, 1-3pm, 10 wks.

**Adult Ed Center, Topsham ..... \$165**

## COIL BASKETS

Embark on a hands-on basket-making journey in our workshop, focusing on the wrapped coiling technique using raffia. Learn sizing, shaping, and pattern creation, achieving a relaxing flow with repetitive motion. Please note that you may not finish your basket during the class unless you choose to make a tiny one. However, we will demonstrate how to complete the final steps when you are ready. You can apply these techniques in the future to create larger and differently shaped bowls, trays, and baskets. There is no experience required for this basket weaving class, and all supplies will be provided.

**Instructor: Veronica Perez**

Tuesdays, 6/18, 5:30-8:00pm, 6 wks.

**Adult Ed Center, Topsham ..... \$125**

## PASTELS IN THE WILD

This is your chance to ditch the reference photos and give plein air pastels a try. Classes will meet at scenic spots around the midcoast. Aimed primarily at Ed's previous pastel students, as well as his continuing sketching or painting students. However, intrepid artists willing to jump in with both feet and learn in the field with instructor and peer coaching are more than welcome. Some familiarity with the medium is recommended. **No Class: 8/23. Instructor: Ed Higgins**

Fridays, 6/21, 10am - 2pm, 10 wks.

**Adult Ed Center, Bath ..... \$185**

## CUT IT OUT!

Cut it Out! is a class focusing on the art form of collage. We'll cut, rip, tear, playfully arrange, piece together, tape, glue, and embellish unapologetically! We'll give new life and context to cast off and/ or found objects. It is deeply gratifying to be able to change your composition by moving pieces around. Changes are swift and negotiable until you glue your pieces down, making for a very fluid and dynamic art experience. We'll look at artists who have embraced this playful process, and consider its many possibilities. We'll look at the role text can play in a collage piece, discuss composition, and enjoy a mellow introduction to color theory. Once you sign up for this class, start saving those environmental catalogs with pretty scenery, envelopes, and brown paper packages tied up with string...they are all fodder to be used! This is a great class for beginners, but helpful to students desiring a little more play in their work. **No Classes: 7/4, 8/22. Instructor: Jennifer Linskey**

Thursdays, 6/20, 1-3pm, 10 wks.

**Adult Ed Center, Topsham ..... \$165**

## WATERCOLOR AND INK IN THE WILD

According to instructor Ed Higgins, field sketching is probably the best way to gain mastery and move your watercolor work forward. Open to any of Ed's past and current watercolor or sketching students. Weather permitting, classes will meet at picturesque locations in and around the midcoast. **No Class: 8/21. Instructor: Ed Higgins**

Wednesdays, 6/26, 10am - 2pm, 10 wks.

**Adult Ed Center, Topsham ..... \$185**

## FREEDOM TO PAINT

If you thoroughly understand the subject matter you are painting then you can paint with abandon and enjoy all the wonderful things that watercolor paint can do. In this workshop, we will spend our time coming up with individual methods to thoroughly understand our subject matter, compositional studies, value sketches, color studies and harnessing the power of creating a notan. Students will practice using these tools and then painting with abandon in limited time frames. References will be your own photos or sketches. Please note: This is a one day 8-hour watercolor workshop for intermediate and advanced levels. Students should be using professional tube watercolors, good quality brushes and surfaces. Bring your own lunch/snacks. **Instructor: Deena Ball**

Saturday, 7/20, 10am - 6pm, 1 Day

**Adult Ed Center, Topsham ..... \$95**



## DANDELION SPRING FARM PRESENTS LANDSCAPE & COLOR

Landscape & Color explores abstraction, color and mark through the lens of landscape painting. This workshop will look at traditional elements and principles of landscape painting, and use these tools to inform and create a compelling abstract work of art. Landscape & Color is designed to help the artist better understand composition, value, color, and most importantly, how to become a looser and more expressive painter. What to expect: The morning will be spent exploring a few sequential exercises both onsite and, in the studio, and the afternoon will be painting plein air, outside. Amanda Hawkins will demonstrate all exercises before artists embark on their own work. Artists will leave the class with preparatory composition and value studies and a miniature series of color study paintings.

### Event Timeline:

- 9am-12pm Workshop: Sequential exercises onsite + studio
- 12pm-1pm Lunch Break
- 1pm-4pm Workshop: Plein Air Painting

Saturday, 7/20, 9am-4pm, 1 Day

**Dandelion Spring Farm ..... \$130**

To register for this event at Dandelion Spring Farm, please call: 207-380-4199 or visit: <https://dandelionspringfarm.com/events/calendar/landscape-color-2/>

## **PAINT NIGHT: THE BROOK TROUT**

Paint Night w/ Shirley! Like they say, a bad day fishing is better than a good day at work. Come join us and learn to paint this beautiful and colorful freshwater Brook Trout. Shirley Anderson will lead you step by step through the process and teach you a few painting tips and techniques. Canvas and paints are supplied. **Instructor: Shirley Anderson**

Thursday, 7/25, 5-8pm, 1 Night

**Adult Ed Center, Topsham** ..... \$55

## **PAINT NIGHT: FLOWERS ON WINE GLASSES**

Paint Night w/Shirley! Have you ever wanted to paint on a wine glass? Come join us and paint a set of 4 (no stem) wine glasses with beautiful flowers. This class is designed for beginners. Shirley Anderson will lead you step by step through the process of creating a gorgeous set of wine glasses for yourself or as a special gift. This class has an additional materials fee for supplies of \$20, payable to the instructor on the night of the workshop.

**Instructor: Shirley Anderson**

Tuesday, 8/6, 5-8pm, 1 Night

**Adult Ed Center, Topsham** ..... \$55

## **CATTAIL SUN HATS**

Cattails are wetland plants with a unique flowering spike, flat leaves that reach heights of 3 to 10 feet, one of the most common plants in large marshes and ponds. Cattails are a wonderful plant: beautiful, edible, and excellent for weaving. Cattail leaves can be used for baskets, cordage, sleeping mats, and more. Learn to identify, gather regeneratively, process, store and weave with cattails. We'll use cattails to weave a sun hat that will be lightweight, comfortable, and a beautiful work of art. You may want to pack a lunch for yourself to eat.

**Instructor: Zack Rouda**

Saturday, 8/17, 9am-4:30pm, 1 Day

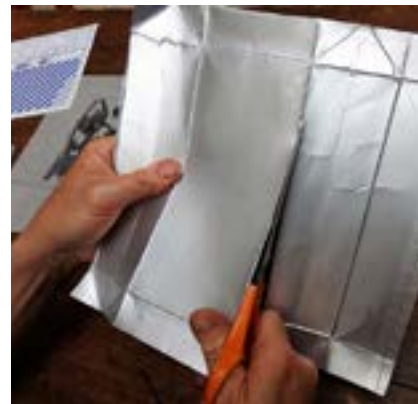
**Adult Ed Center, Topsham** ..... \$95

## **SPRING SOAP MAKING**

In this workshop, you will learn how to make solid dish-soap bars using the cold process technique with step by step directions and safety advice to follow while making soap with lye. Equipment and ingredients needed are included in the \$20.00 material fee, payable to the instructor at the start of class. **Instructor: Colleen Condon**

Thursday, 5/16, 5:30-8pm, 1 Night

**Adult Ed Center, Topsham** .....\$35



## **TETRA-PAK PRINTMAKING**

Learn the art of printmaking using recycled Tetra-pak, or tinfoil lined food cartons. Participants will learn how to make their own plate, ink and pull prints by hand or using a manual craft die-cutting machine or pasta maker. After the prints dry, participants will learn how to finish their prints with optional hand-color prints using water-colors and/or colored pencils. This class is suitable for all levels. All materials included.

**Instructor: Alexis Rybny**

Session I: Wed, 2/28, 5:30-8pm, 3 wks.

Session II: Wed, 7/10, 5:30-8pm, 3 wks.

**Adult Ed Center, Topsham** ..... \$120

## **ACADIAN RETREATS**

Join Mary Laury, watercolor instructor, and Chris Toy, cooking instructor, for 4 days of indulging in your choice of painting or cooking in an idyllic coastal setting. Your days explorations will be enriched by evening programs designed to extend your learning with themed movies and live music.

**Acadian Arts Retreats Spring 2024 Schedule**

**Prospect Harbor, April 6-9, 2024**

**Campobello Island, July 12-15, 2024**

**Various Locations** ..... \$495

**SPECIAL NOTE:** Many of our art classes require you to purchase materials ahead of time to fully participate in the class.

Actual supply lists will be emailed to students by the instructor after they register and before the first day of class.





# FOOD + COOKING



## FOUR WAYS TO COOK IN A WOK

The Wok is the most versatile pan in the world. Join Chris Toy, author of the award winning **The Complete Wok Cookbook**, and learn all about its 3000-year-old history. We'll roast, steam, boil, and stir-fry a complete meal. Signed cookbooks will be available. Those in the know don't eat dinner first and bring take home containers! \$10 materials fee included. **Instructor: Chris Toy**

Monday, 3/11, 5-7:30pm, 1 Night

**Bath Regional Career and Technical Center ..... \$55**

## EASY CHINESE FAVORITES, A QUICK TOUR

From salad, soup, appetizer, main and side dishes, to dessert - Chris will teach you some of his favorite family recipes from his first cookbook. Copies of his first cookbook, **Easy Chinese Favorites**, will be available for signing. \$10 materials fee included.

**Instructor: Chris Toy**

Monday, 3/18, 5-7:30pm, 1 Night

**Bath Regional Career and Technical Center ..... \$55**

## LUSCIOUS LEMON NIGHT

Celebrate spring in Maine! In this 3-hour class we will refresh our palette by making Lemon Portuguese Tartlets, Lemon Poppy seed Scones and Easy Lemon Bars! No experience required. Debra has been teaching adult baking classes for nearly a decade. You are sure to have fun and not leave with a sour face. Bring tubs to take home baked goods you can't resist eating! Materials fee \$10 included.

**Instructor: Deb Arter**

Thursday, 3/21, 6-9pm, 1 Night

**Brunswick High School ..... \$45**

## 13 ROLLS IN 3 HOURS!

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 economically savory braid that comes together quickly. \$10 materials fee included.

**Instructor: Deb Arter**

Tuesday, 3/26, 6-9pm, 1 Night

**Brunswick High School ..... \$45**

## SCONES ARE SIMPLE

In this workshop, we will make a variety of delightful scone recipes ranging from savory to fruity in one evening. You can choose to gift these or to use as the cornerstone of a brunch or breakfast for your family. No need to buy special equipment or exotic ingredients. This class will fill quickly and class size is limited. Debra will show you how easy these treats are to make and decorate artfully. Bring containers to take home baked goods! No experience necessary! \$10 materials fee included. **Instructor: Deb Arter**

**Instructor: Deb Arter**

Thursday, 4/4, 6-9pm, 1 Night

**Brunswick High School ..... \$45**

## FAST FRESH HOMEMADE RAMEN

Join Chris Toy, author of **Ramen Made Simple**, for a fun evening of rolling your own fresh ramen with all the fixings. We'll learn about ramen history and culture as we slurp. Signed cookbooks will be available. \$10 materials fee included. **Instructor: Chris Toy**

Monday, 4/22, 5-7:30pm, 1 Night

**Bath Regional Career and Technical Center ..... \$55**

## EATING JAPANESE KNOTWEED

Japanese knotweed is known as one of the most invasive species in the world. Frequently planted along riverbanks to control erosion, it is favored by pollinators and smothers native plant species. Knotweed also makes a delicious, healthy and versatile vegetable, similar to rhubarb. Learn to manage, harvest, gather, process, and eat Japanese knotweed. We'll cover identification, removal, gathering, processing, cooking over an open fire, and future storage. Everyone gets a jar of sweet knotweed sauce to take home, which you may further dehydrate for fruit leather. **Instructor: Zack Rouda**

Tuesday, 5/7, 5-7:30pm, 1 Night

**Adult Ed Center, Topsham ..... \$45**

## KNEAD & NOSH: MAINE BAGEL LAB

Join instructor Jeff Mao for a hands-on workshop taking you through the process, beginning to end - measuring and mixing your dough to portioning and shaping bagels, and finally to boiling and baking. During this 3-hour workshop, you'll craft your perfect bagel using Maine Grains flour and mix-ins/toppings from local producers - and even mix your own flavored cream cheese to top it all off. And, of course, you'll have a chance to eat one (or more!) of your bagel creations before the end of class. We'll provide all the ingredients, materials and equipment, plus recipe sheets and product lists to take home. **Instructor: Maine Tasting Center**

Sunday, 5/5, 11AM - 2PM, 1 Day

**MTC: The Learning Center, Wiscasset ..... \$70**

## CHINESE DUMPLINGS WITH A MAINE TWIST

Let's make dumplings! Join instructor Jeff Mao to learn about – and make – a variety of Chinese dumpling styles using Maine ingredients from local farms and producers. Try your hand at making three different kinds of dumpling dough with Maine Grains flour – and then use those doughs to make three kinds of dumplings: steamed, boiled and steam-fried. Mix up some pork and shrimp filling and learn a variety of folding techniques before cooking up your dumpling creations. And, of course, spend a little time making dipping sauces to accompany them! We'll provide all the ingredients, materials and equipment, plus recipe sheets and product lists to take home.

**Instructor: Maine Tasting Center**

Sunday, 5/19, 11am - 2pm, 1 Day

**MTC: The Learning Center ..... \$70**

## CHRIS AND KEN'S AWESOME HURRICANE ISLAND COOKING AND CARVING ADVENTURE!

Join Master Carver Ken Wise and foodie Chris Toy for a weekend of carving and cooking on historic Hurricane Island. You'll cook and eat delicious Asian Fusion recipes using utensils of your own creation. We'll also learn about the history and geography of Maine's most remote granite quarry and settlement. Information will be emailed directly to you after registration. **Instructor: Chris Toy & Ken Wise**

Friday - Sunday, 5/31 - 6/2

**Hurricane Island, Maine ..... \$325**

## FUNDAMENTALS OF HOME CANNING

Have you ever wanted to try canning, but were unsure how to get started? Or perhaps you are concerned about food safety, and wondering how to ensure that your canned food is both delicious and safe. Join Allison Carroll Duffy, Master Food Preserver and author, for this hands-on workshop where we'll cover the basics of safe home canning, including proper procedures, techniques, and use of tools and equipment. Then we'll work together as a group and to make and can a big batch of jam using the boiling water bath method, which is the same method you'll use for making many other canned goods you might want to make at home. While this class will focus primarily on the boiling water bath method of canning, pressure canning will also be discussed. At the end of the class, there will be plenty of jam to taste, and each participant will go home with a jar of jam to enjoy...as well as all the know-how you need to start canning confidently at home! **Instructor: Allison Carroll Duffy**

Tuesday, 6/4, 5:30-8:30pm, 1 Night

**Brunswick High School ..... \$70**

## MAKE YOUR OWN KIMCHI

Join Ger Tysk of Belfast-based Red Kettle Kimchi for an afternoon of kimchi making! Learn the basics of traditional Korean kimchi fermentation as Ger guides you to make a batch of your own Napa cabbage kimchi to take home. You'll also explore other kinds of kimchi and fermented East Asian foods and get ideas for pairing everyday foods with your finished kimchi. All materials and recipes will be provided. **Instructor: Maine Tasting Center**

Saturday, 6/8, 11am - 12:30pm, 1 Day

**MTC: The Learning Center, Wiscasset ..... \$55**

## ENTERTAINING W/MAINE INGREDIENTS: MOCKTAIL MIXOLOGY

Mocktails (mixed drinks made entirely without alcohol) are quickly growing in popularity and are a great way to add a little flair to your next event. In this class, explore a variety of mocktail-ready ingredients made right here in Maine - syrups, shrubs, infusions, flavored sugars and more - and learn how to turn them into beautiful non-alcoholic drinks that are sure to impress. After learning about the ingredients and the Maine producers who made them, attendees will get hands-on with mocktail mixology. Enjoy a demonstration featuring several special recipes before trying your hand at making (and tasting!) your own. All materials and recipes will be provided.

**Instructor: Maine Tasting Center**

Tuesday, 6/4, 5-7pm, 1 Night

**MTC: The Learning Center, Wiscasset ..... \$35**



## MAINE BLUEBERRIES: THEY'RE WILD!

Discover the difference between the original Maine wild blueberry and hybridized "grocery store" blueberries through a guided tasting experience showcasing a variety of blueberry products made by Mainers. The iconic wild blueberry's 10,000-year history as the original superfood of Maine is an age-old story packed with flavor - we'll leave you in good taste as you see for yourself what sets the Maine wild blueberry apart from the rest! In this class, attendees will learn about Maine's wild blueberry industry while sampling a wide variety of wild blueberry products made by Maine producers.

**Instructor: Maine Tasting Center**

Saturday, 8/3, 3-4:30pm, 1 Day

**MTC: The Learning Center, Wiscasset ..... \$30**

## ENTERTAINING WITH MAINE INGREDIENTS: BOUNTIFUL BOARDS

A beautifully arranged charcuterie and cheese board is a sure way to impress, whether you're entertaining at home or contributing to a pot luck. The best way to improve upon this classic appetizer is to fill your board with locally-sourced cheeses, meats and accompaniments. In this class, students will be introduced to a wide variety of Maine producers; sample their products and learn how to incorporate them into your next charcuterie board. Attendees will also explore the fundamentals of arranging a beautiful charcuterie board - from cutting techniques for meats and cheeses to selecting and arranging eye-catching garnishes. This class will offer plenty of opportunity to taste products and practice various cutting and arranging techniques. All materials and product lists/recipes will be provided.

**Instructor:** Maine Tasting Ctr.

Thursday, 8/8, 5-7pm, 1 Night

**MTC:** Learning Center, Wiscasset .....\$55



## NUTRITION FOR WELLBEING

In this course, you will learn about food sensitivities/allergies and the importance of eating accordingly, strategies for making highly nutritious food choices, and weekly shopping tips for nutrition dense food. There will also be demonstrations to improve spinal health and your wellbeing. Questions in class are encouraged and note-taking is recommended. Some handouts will be provided. Taught by Roger. B. Nadeau, DC Wholistic Nutrition & Chiropractic Ctr, Brunswick. **Instructor:** Roger Nadeau

Mondays, 3/18, 6:30-8pm, 4 wks.

**Region 10 Technical High School** ... \$65

# FITNESS + WELLNESS

## NIA DANCE FITNESS

Nia is an energizing barefoot cardio workout that connects you to your body, mind, and soul. Through Nia, you can safely explore and enhance your potential to live a healthy and meaningful life by engaging your senses and listening to your body. Nia combines dance, martial arts, and mindful movement to leave you energized, mentally clear, and emotionally balanced. Nia is non-impact and adaptable to individual needs and abilities. We will then warm up, dance our hearts out, and cool down, followed by stepping back out into daily life. Anna is a certified Nia blue belt teacher who has taught Nia since 2007. She enjoys creating space for others to connect together to tap into their power and well-being through movement. Please note - this class will be held at Bath Adult Ed Center at 34 Wing Farm Parkway. No class: 3/26 **Instructor:** Anna Fiedler

Tuesdays, 2/27, 5:30-6:30pm, 6 wks.

**Adult Ed Center, Bath** ..... \$75

## YIN YOGA W/ HEATHER

Yin yoga is a style of yoga where passive yoga posture(poses) are held for extended periods of time. Typically, 3-5 min., sometimes up to 10. In these passive postures, muscle activity is minimized, with a focus on stretching connective tissues, such as fascia, ligaments and tendons. We will gently settle in to postures, supported by yoga props, while deeply connecting to breath. These longer holds allow the muscles to lengthen passively and for physical releases under the skin to occur. This practice supports overall flexibility, circulation, and range of motion in the joints and ligaments. This class is for those new to yoga, as well as, seasoned yogis looking for a deep stretch. Yoga blocks/bolster are encouraged if you have them, otherwise the teacher has props to use during class. **Instructor:** Heather Laffely

Tuesdays, 3/19, 10-11am, 4 wks.

**Adult Ed Center, Topsham** ..... \$58

## GENTLE YOGA STRETCH

This class is for those wanting a gentle yoga stretch, at a slow pace. We mindfully and safely encourage our muscle tissues to deeply lengthen and stretch, increasing range of motion and flexibility. We give intention to our breath and awareness to how it connects our mind to our body. This class is designed for those just getting back in to moving their bodies, as well as, seasoned yogis looking for a mild, full body stretch. **NO CLASS: 4/16.**

**Instructor:** Heather Laffely

Session I: Tuesdays, 3/19, 5:30-6:30pm, 5 wks.

Session II: Tuesdays, 4/30, 5:30-6:30pm, 5 wks.

**Mt. Ararat High School** ..... \$68







### ZENFLOW: GUIDED MEDITATION WITH ESSENTIAL OILS

Embark on a holistic journey with "ZenFlow," a 45-minute introduction to guided meditation. Explore the depths of mindfulness as our instructor guides you through tranquil meditative practices, enhanced by thoughtfully selected essential oils. Immerse yourself in this harmonious fusion, designed to cultivate stress reduction, mindfulness mastery, and a profound sense of well-being. After the meditation, engage in enriching discussions to share your experiences and deepen your connection to the peaceful essence of ZenFlow. **Instructor: Cary Ouellette**

Tuesdays, 3/19, 9-9:45am, 4 wks.

Peace Within, Topsham ..... \$65

### SERENITYSHIFT: SUBCONSCIOUS HEALING FOR ANXIETY ALLEVIATION

Experience the shift towards serenity with "SerenityShift," a session crafted to alleviate anxiety through subconscious energy healing. Explore the intricacies of your subconscious mind and participate in a guided breathing exercise aimed at releasing negative patterns. Foster self-reflection through journaling, engage in enriching discussions and elevate the entire process with the soothing influence of essential oils. Join us for an enlightening journey where self-awareness, intentional breathing, and holistic elements converge, creating a foundation for lasting anxiety relief.

**No Class: 4/18. Instructor: Cary Ouellette**

Thursdays, 4/4, 3-4pm, 4 wks.

Peace Within, Topsham ..... \$75

### SOULALCHEMY: CRAFT YOUR EMOTIONAL SOUL BLEND WITH ESSENTIAL OILS

Immerse yourself in "SoulAlchemy," a session dedicated to crafting your emotional soul blend with essential oils. Begin with a brief introduction on how essential oils impact mood. Then, dive deeper as you use a pendulum to intuitively select up to three essential oils that resonate with your emotional needs. Learn the profound emotional properties of your chosen oils and craft a personalized soul blend that reflects and uplifts your unique essence.

**Instructor: Cary Ouellette**

Session I: Tuesday, 4/30, 9-10am, 1 Day

Session II: Thursday, 6/20, 9-10am, 1 Day

Peace Within, Topsham ..... \$35

### MINDFULPAGES: GROUP JOURNALING, MEDITATION, AND ESSENTIAL OILS FOR BEGINNERS

Join "MindfulPages," a specially crafted session for beginner journalers seeking a supportive and inspiring community. Engage in group journaling with thought-provoking prompts, accompanied by short meditations to enhance mindfulness and creativity. Immerse yourself in the therapeutic benefits of essential oils, creating a harmonious environment for self-expression. Conclude each session with discussions to share your experiences, foster connections, and deepen your appreciation for the art of journaling. You will be gifted a journal. **Instructor: Cary Ouellette**

Session I: Wednesdays, 5/8, 9:30-10:30am, 4 wks.

Session II: Wednesdays, 6/5, 3-4pm, 4 wks.

Peace Within, Topsham ..... \$65

### A JOURNEY INTO ESSENTIAL OILS AND EMOTIONS

Join us on a sensory and enlightening session introducing you to the profound connection between essential oils and emotions. Delve into the world of aromatherapy and discover how specific scents can evoke powerful emotional responses. Learn through a lecture how essential oils can become your emotional allies, influencing mood, and promoting a sense of well-being. Plus, immerse yourself in the experience by sampling a curated selection of essential oils. Join us for an aromatic adventure where your emotions take center stage. You will be gifted an essential oil to take home.

**Instructor: Cary Ouellette**

Session I: Thursday, 3/21, 9-9:45am, 1 Day

Session II: Tuesday, 4/23, 3-4pm, 1 Day

Session III: Tuesday, 5/7, 3-4pm, 1 Day

Session IV: Tuesday, 6/11, 9:30-10:30am, 1 Day

Peace Within, Topsham ..... \$25

### LET IT GO! FIESTA (TUESDAYS)

"Let it Go with Tony" is under TDF (Tony Dance Fiesta LLC) and is not only a dance program that helps you physically by burning calories and keeping you fit, but it also helps you fight depression as it will encourage you to feel empowered and confident. It will be a time dedicated especially to you, where you will laugh, dance without being judged. This class is for every body, gender, age and shape, you will go at your own pace, just like you would in a nightclub or at family party! Course fee is for 6 sessions with Tony.

**Instructor: Tony Garreton**

Session I: Tuesdays, 3/19, 5:30-6:30pm, 6 wks.

Session II: Tuesdays, 5/7, 5:30-6:30pm, 6 wks.

Session III: Tuesdays, 6/25, 5:30-6:30pm, 6 wks.

Tony's Bath Studio ..... \$70

**When you register for a class, PLEASE be sure to give us your current and correct email address. We communicate ALL course changes, materials lists, reminders and other details via email. Your privacy is important to us, we DO NOT SELL or SHARE your personal information.**

## LET IT GO! FIESTA (THURSDAYS)

"Let it Go with Tony" is under TDF (Tony Dance Fiesta LLC) and is not only a dance program that helps you physically by burning calories and keeping you fit, but it also helps you fight depression as it will encourage you to feel empowered and confident. It will be a time dedicated especially to you, where you will laugh, dance without being judged. This class is for every body, gender, age and shape... you will go at your own pace, just like you would in a nightclub or at a family party! Course fee is for 6 sessions with Tony.

**Instructor: Tony Garretton**

Session I: Thurs, 3/21, 5:30-6:30pm, 6 wks.

Session II: Thurs, 5/9, 5:30-6:30pm, 6 wks.

**Tony's Bath Studio ..... \$70**

## PILATES LEVEL ONE W/ BARBARA

If you are familiar with the principles of Pilates and/or have completed *Intro to Mat Pilates w/Barbara*, you are ready to get down to some practical work. A brief review of basic techniques that underpin all Pilates exercises and then on to foundation exercises and progressive exercises. Joseph Pilates said: In 10 sessions you'll feel the difference, in 20 sessions you'll see the difference, and in 30 sessions you'll have a whole new body. Let's continue to work toward your postural, musculoskeletal alignment and development, and safe movement. **No Class: 4/15.**

**Instructor: Barbara McGranahan**

Mondays, 3/25, 5:15-6:15pm, 6 wks.

**Adult Ed Center, Topsham ..... \$75**

## RESTORATIVE YOGA

Restorative yoga is a practice of conscious relaxation using props in every posture to support your muscles in gentle, comfortable positions. There are NO Downward Facing Dog and Cobra that are keystones of other popular yoga styles. Poses include gentle supine twists, supported forward folds, and hip openers. The poses are held from 3 to 10 minutes giving your body plenty of time to relax so that your mind can enter a quiet meditative state. Blocks and bolsters provided. Please bring your mat, blankets, and other favorite supports.

**Instructor: Barbara McGranahan**

Session I: Mon, 3/25, 6:30-7:30pm, 3 wks.

Session II: Mon, 4/22, 6:30-7:30pm, 3 wks.

**Adult Ed Center, Topsham ..... \$35**



## SLOW FLOW VINYASA

Vinyasa yoga is a practice which strings postures (yoga stretches and poses) together seamlessly with the breath. In this class we will take a slower pace than traditionally practiced, mindfully moving from one yoga posture to another. This allows ample time to breathe in each pose. A slower pace also allows us to deepen the postures, while remaining present with each movement. This creative class encourages mind/body connection as we build fire in the physical body, simultaneously stimulating the mind. **No Class: 4/17.**

**Instructor: Heather Laffely**

Session I: Wed, 3/20, 5:30-6:30pm, 5 wks.

Session II: Wed, 5/1, 5:30-6:30pm, 5 wks.

**Mt. Ararat High School ..... \$68**

## YOUR HEALTH IS IN YOUR HANDS: THE ANCIENT HEALING ART OF JIN SHIN JYUTSU

Achieve physical, mental, and spiritual harmony through the application of hands as 'jumper cables' to gently balance the flow of life energy in the body. This course will teach you the physio-philosophy of Jin Shin Jyutsu, along with effective self-help techniques that promote optimal health and well-being, facilitating your own profound healing capacity through this ancient healing art. **No Class: 4/17.**

**Instructor: Margit Ahlin of Jin Shin Midcoast**

Session I: Wed, 3/20, 5:30-7:30pm, 5 wks.

Session II: Wed, 7/17, 5:30-7:30pm, 5 wks.

**Adult Ed Center, Topsham ..... \$95**

## TRIM & TONE

This 60 minute, energetic, fun-filled cardio fitness class features a fusion of easy to follow dance moves, resistance training, yoga, and kickboxing, all choreographed to popular music! The class is designed for all fitness levels with safe and effective moves to give a total body workout! Students should bring mat and weights. *Class meets Tuesdays & Thursdays every week.* **No Class: 4/16 & 4/18**

**Instructor: Pamila Justice**

Tues AND Thurs, 3/26, 6-7pm, 8 wks.

**Williams Cone School ..... \$85**

## TAI CHI EASY™ WITH ROBIN

Join Robin to learn about the many health benefits of practicing tai chi. Tai Chi Easy™ is a health-enhancement system that includes a gentle qigong (Chee-gong) warm-up, breathing practices, self-massage, a modified Yang-style tai chi form. We will discover how to nurture our Qi, or vital life force, while engaging in the practices. This class is for everyone. Please contact Robin if you have any questions. Optional book to purchase: *The Healer Within* by Roger Jahnke, OMD. **No Class: 4/16.**

**Instructor: Robin Brooks**

Tuesdays, 3/26, 1:30-2:45pm, 10 wks.

**Adult Ed Center, Topsham ..... \$150**

## INTEGRAL TAI CHI WITH ROBIN

Join Robin for Integral tai chi on Thursday afternoons. In this ten-week session, we will continue to refine and play with our vital energy, or Qi. Integral tai chi is a body/mind/spirit practice that includes breath awareness, gentle movement, self-massage, and mind focus. Enrollment in this class is suggested for students who have been studying with Robin for at least a year, or those who have prior experience. Please contact Robin with any questions. **No Class: 4/18.** **Instructor: Robin Brooks**

Thursdays, 3/28, 1:30-2:45pm, 10 wks.

**Adult Ed Center, Topsham ..... \$150**

**SPECIAL NOTE:** Please wear comfortable clothing, and bring a mat, strap and other supports you rely on when you are practicing yoga or pilates. If you have questions, please contact the office so we can put you in touch with the instructor before the start of class.



## YIN YOGA W/ BARBARA

Explore the serenity of Yin Yoga with Barbara! Yin Yoga is a slow-paced practice integrating traditional Chinese medicine principles. One practice is holding asanas (postures) for extended periods to stimulate meridians, fostering joint circulation and flexibility. Founded in the late '70s, Yin Yoga is a meditative journey aimed at inner awareness and universal interconnectedness. Complement your active yoga with this transformative class. **No Class: 4/17.**

**Instructor: Barbara McGranahan**

Wednesdays, 3/27, 5:15-6:15pm, 6 wks.

**Adult Ed Center, Topsham ..... \$75**

## YOGA: ALL LEVELS

Yoga is one of the oldest "holistic" health-care systems in existence, focusing on both the mind and body. Through the practice of yoga postures and breath work, you can connect with your body and mind and discover your spirit; yoga is the art of listening to all parts of yourself. Hatha yoga postures linked with the breath have a powerful effect on all systems of the body providing the energy to age gracefully, stay fit, improve circulation and posture, loosen and lengthen knotty muscles, reduce stress, increase bone density, and promote relaxation at the end of the day. Please bring a yoga mat. Recommended props include a cushion and/or yoga blanket, blocks, bolster, and strap. **No Class: 4/17.**

**Instructor: Barbara McGranahan**

Wednesdays, 3/27, 6:30-7:30pm, 6 wks.

**Adult Ed Center, Topsham ..... \$75**

## PICKLEBALL FOR BEGINNERS

Learn the basics of the fast-growing sport of Pickleball. Easy to learn in a short time to have fun, get exercise, fresh air and find people to play with. Paddles are provided for classes. All classes will be held on the Pegasus Courts' at 126 Pegasus Street at Brunswick Landing. Instructor Barbara Rondeau is a former tennis pro who took up Pickleball 7 years ago and has been teaching ever since. **No Class 5/27. Instructor: Barbara Rondeau**

Session I: Mondays, 4/8, 3:30-5pm, 5 wks.

Session II: Mondays, 5/20, 3:30-5pm, 5 wks.

**Pegasus Courts ..... \$80**

## PICKLEBALL FOR INTERMEDIATES

Improve your skills with drills and coaching during play. Work on third shot, net play, consistency, and strategy. Please bring your own paddles. All classes will be held on the Pegasus Courts' at 126 Pegasus Street at Brunswick Landing. Instructor Barbara Rondeau is a former tennis pro who took up Pickleball 7 years ago and has been teaching ever since. **No Class 5/27.**

**Instructor: Barbara Rondeau**

Session I: Mondays, 4/8, 2-3:30pm, 5 wks.

Session II: Mondays, 5/20, 2-3:30pm, 5 wks.

**Pegasus Courts ..... \$80**

## LEARN ABOUT BACK PAIN

80% of Americans experience back pain during their lifetimes. It is the leading cause of disability world-wide. Back pain can derail careers, shake self-esteem and put a strain on the whole family. Being knowledgeable about the spine and the causes of back pain is the first step in finding the treatment that is best for you. Bring whatever adaptive equipment needed for comfortable sitting/lying.

**Instructor: Julie Zimmerman, RPT (ret.)**

Tuesday, 4/16, 3:30-5:30pm, 1 Day

**Adult Ed Center, Topsham ..... \$25**

## FENCING FOR ADULTS

Come learn the Olympic sport of fencing! Instruction will cover stance, footwork, blade work drills, and bouting. All levels are welcome to participate, with a focus on beginners. All equipment will be provided throughout the session. NOTE: A protective chest/breast plate will need to be purchased separately. This is a personal gear item that you must purchase on your own to keep at home and bring to class (approx. \$30). Go to this link for purchasing option: <https://www.absolutefencinggear.com/uniforms/non-fie/>

**Instructor: Midcoast Fencing Athletic Club**

Session I: Mondays, 4/1 - 4/22, 6-7:15pm, 4 wks.

Session II: Wednesdays, 4/3 - 4/24, 11am - 12:15pm, 4 wks.

**MFAC, Topsham ..... \$175**

## ZUMBA DANCE FITNESS

Get a fun workout in this Latin-based dance fitness class! The instructor will teach basic steps and give cues to get you dancing salsa, merengue, cumbia, reggaeton, urban Latin, Caribbean, hip-hop, street funk, and more. This high-energy workout combines cardio, strengthening, and toning while boosting your energy and mood. Dance sneakers recommended. Join the party!

**Instructor: Patti Lanigan**

Wednesdays, 4/24, 6-7pm, 6 wks.

**Williams-Cone School, Topsham ..... \$65**



## TAI CHI FOR ARTHRITIS AND FALL PREVENTION

This 12-week course is designed to be easy to learn, safe and effective. It enhances the body's energetic system thus practicing the form improves almost all aspects of health. Over 10 scientific studies show it to relieve pain, maintains and improves health and the quality of life. This form can be practiced sitting as well as standing, almost anyone of any physical condition can begin and continue to progress regardless of age. Whether you have Arthritis or not, practicing this form will improve your balance, reduce falls, reduce stress, improve muscular strength, flexibility, fitness and improve serenity. **Instructor: Carlos Collado**

Tuesdays, 5/7, 9-10am, 12 wks.

**Adult Ed Center, Bath .....\$95**

## NORDIC WALKING

Nordic Walking is like cross country skiing without the skis and is one of the fastest-growing outdoor activities in the world. It burns 20 to 40 percent more calories than regular walking, develops upper body strength, increases safety by adding upright stability, while reducing the impact on lower body weight-bearing joints. It improves neck and chest mobility, enhances mood, and is a fun and social way to enjoy the outdoors year-round. Nordic walking is suitable for everyone from the beginning exerciser to the active athlete. Please wear comfortable footwear and dress for outdoor weather. Equipment rental fee \$9 or bring a set of Nordic Walking poles. **Instructor: Barbara McGranahan**

Session I: Mondays, 5/13, 5:15-6:15pm, 3 wks.

Session II: Mondays, 6/10, 5:15-6:15pm, 3 wks.

**Adult Ed Center, Topsham ..... \$35**

## MINDFULNESS MINI-RETREAT

In the midst of the hustle and bustle of life, it can be helpful to take time to pause, turn inward, and reconnect with yourself. Join this mini-retreat for 2 hours of guided mindfulness-based practices for grounding, soothing, and connection with yourself. Meditations, informal mindfulness practices, prompts for journaling and reflection, and gentle movement will be offered. Please bring a yoga mat and a journal. **Instructor: Heather Shaughnessy-Cato**

Saturday, 5/18, 1-3pm, 1 Day

**Adult Ed Center, Topsham .....\$35**

## THE A.R.T. OF LETTING GO

Discover "unconditional consciousness" when your body becomes a vessel, a doorway into a deeper sense of being. A.R.T. is my acronym for:Awakening Reverence for Tranquility. Through meditation, art, movement and group interaction, I am determined to convince you in 5-weeks, that you, just like me, are a creative being in a human world. Tranquility is where creativity and solutions to problems are found. I have been making art all my life and maintaining a meditation practice for 30 years.I have worked in the Social Services field for 4 decades as an in-home care service provider, with individuals throughout the lifespan. Join me for 90-minutes of fun and enlightenment. **Instructor: Sienna Dode**

Mondays, 4/1, 3:30-5pm, 5 wks

**Adult Ed Center, Topsham .....\$75**

# MUSIC + DANCE



## MIDDLE EASTERN BELLY DANCE MIXED LEVEL DRILLS & THRILLS

Authentic Belly Dance, or 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! This is a great refresher class for experienced dancers and suitable for dancers new to belly dance. 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 in the studio. Zills (finger cymbals) will be used in class. Check in with the instructor before you purchase any. As an added bonus, you will also have access to a video library with instruction, drills, and ongoing choreography during the length of the session.

**Instructor: Josephina Gasca**

Tuesdays, 3/26, 6-7:15pm, 10 wks.

**People Plus .....\$150**

## PLAY THE UKULELE, YOUR JOURNEY BEGINS HERE!

Learn to play the ukulele! It has never been more popular and you don't even have to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new, even classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. Oh, and there are lots of laughs along the way. And, learning to play an instrument is good for your brain! You will need a playable ukulele and an electronic tuner or a tuner app. If you don't own a ukulele, please contact Duncan at [uketime24@gmail.com](mailto:uketime24@gmail.com) for information. What are you waiting for? Grab a uke and get ready for a musical adventure, then spread the joy!

**Instructor: Duncan Perry**

Session I: Wednesdays, 3/27, 6-7:30pm, 4 wks.

Session II: Tuesdays, 4/23, 6-7:30pm, 4 wks.

**Online ..... \$79**

## HOW TO PLAY PIANO BY EAR

Learn one of music's deepest mysteries: how to play songs without relying on music. A practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom. \*This course includes ONE live online session, and students follow up on their own with provided video lessons. **Instructor: Craig Coffman**

Saturday, 3/16, 9-11:30am, 1 Day

**Online ..... \$65**

## GUITAR W/ RANDY

This Spring semester you can be playing songs on your guitar in just a few classes! We will discuss guitar technique as we practice learning a few basic chords and strumming patterns, which are all detailed in my book for reference as you practice at home on your own between classes. We'll actually play songs as part of our class. You will also discover how to read music in standard notation and guitar tablature! So, get some new strings, maybe a songbook, and start practicing (even if you don't know what you're doing). Make sure to bring lots of enthusiasm and questions about guitar! New students: \$20 materials fee paid to instructor for two books and more. **No Class: 4/15 & 5/27.**

**Instructor: Randy Lindsey**

Session I: Mondays, 4/8, 5-6:30pm, 8 wks.

Session II: Mondays, 7/8, 5-6:30pm, 8 wks.

**Mt. Ararat Middle School ..... \$90**

## SINGING W/ RANDY

This Spring semester, in our Singing Class, we will focus on concepts such as accuracy of pitch, projection, pronunciation, and personal style. We will have fun singing songs in parts (SATB) while discussing vocal production to help you become a stronger, more confident singer. We need male/low pitch voices ... We usually have more ladies than men, so if you're a bit shy about signing up, know that others are shy, too. Come discover the capabilities of your own voice! And you may be one of the students who surprises themselves! New students: \$15 materials fee paid to instructor for 1 book and more. **No Class: 4/15 & 5/27.**

**Instructor: Randy Lindsey**

Session I: Mondays, 4/8, 6:30-8pm, 8 wks.

Session II: Mondays, 7/8, 6:30-8pm, 8 wks.

**Mt. Ararat Middle School ..... \$90**

## INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture demonstration. \*This course includes ONE live online session, and students follow up on their own with provided video lessons. **Instructor: Craig Coffman**

Session I: Monday, 4/8, 6:30-9:30pm, 1 Night

Session II: Tuesday, 6/18, 6:30-9:30pm, 1 Night

**Online ..... \$65**

## INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture/demonstration. For ages 13+. \*This course includes ONE live online session, and students follow up on their own with provided video lessons. **Instructor: Craig Coffman**

Session I: Tuesday, 4/9, 6:30-9pm, 1 Night

Session II: Wednesday, 6/19, 6:30-9pm, 1 Night

**Online ..... \$65**

## MODERN LINE DANCING FOR BEGINNERS

We'll learn some easy line dances that use a variety of steps, including pop, Latin, hip-hop, soul, and country/western. Be prepared for wicked, synchronized dancing fun, and get great exercise for the body and mind. All ages welcome; no experience necessary, but some ability to count musical beats is helpful.

**Instructor: George Oliver**

Mondays, 6/10, 5:30-6:30pm, 7 wks.

**Topsham Grange ..... \$40**



## MODERN LINE DANCING FOR HIGH BEGINNERS/IMPROVERS

This second level of line dancing assumes that participants have taken Line Dancing 1 or have had some basic beginner experience with line dancing. A knowledge of basic line dance steps is helpful, but some dancing proficiency and sense of rhythm should be sufficient. We'll finish learning the list of beginner and improver line dance steps and patterns, and practice some of the current popular high-beginner and improver-level dances.

**Instructor: George Oliver**

Mondays, 6/10, 6:30-7:30pm, 7 wks.

**Topsham Grange .....\$40**

## DANCE WITH ME! SAGE SQUARE AND ROUND DANCE CLUB

Get healthy and have fun with Modern Square Dancing! Forget the cowboy costumes and unfamiliar music. Modern Square Dancing moves to oldies rock you love, you don't need any special clothing, and you'll do 5,000 steps in just two hours without even noticing! Brunswick's local square dance club offers FREE lessons in Brunswick starting in January and September. Medicare Advantage considers this a reimbursable fitness activity, so you can dance FREE all year and still have more than \$600 remaining in your benefit for your gym or other programs. In about 30 weeks of lessons, you will master enough different steps to dance at any Mainstream square dance worldwide! The SAGE Square and Round Dancing Club was founded as a way to build local friendships quickly among the transient personnel at the Topsham SAGE military base. More than 50 years after that base closed, SAGE is still having fun dancing together.

**Questions? Call or text Carlene, 207-504-0386**

*Experienced Mainstream dancers are welcome to contact us about joining an on-going group. Newcomers will need to wait until September 2024 for the next round of beginner lessons.*

# GET OUTSIDE

## COASTAL NAVIGATION, LEVEL 1

Learn the basics of coastal navigation using local charts, parallel ruler, and dividers. Learn what the symbols mean, how to determine safe and dangerous routes, create courses, learn rules of the "road", what aids to navigation look like and do, plan for emergencies and more. For kayakers, sailors, powerboaters, and future Registered Maine Guides. Students will need access to either a Casco Bay Chart or Penobscot Bay Chart, parallel ruler and dividers.

**Instructor: Alice Bean Andrenyak**

Mondays, 3/4 + 3/11, 5:30-8:30pm, 2 wks.

**Online .....\$50**

## 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 50 years. He is a member of the Maine Mycological Association and the North American Mycological Association. **Instructor: David Spahr**

Session I: Thursday, 3/7, 6-8pm, 1 Night

Session II: Wednesday, 4/17, 6-8pm, 1 Night

Session III: Thursday, 6/13, 6-8pm, 1 Night

**Adult Ed Center, Topsham ..... \$35**

## FARMING WITH NATIVE PLANTS

Author David Spahr has an extensive native farming project. In this class he will discuss and illustrate the how's and whys of farming with native plants, trees, and bushes. **Instructor: David Spahr**

Session I: Thursday, 3/14, 6-8pm, 1 Night

Session II: Thursday, 5/30, 6-8pm, 1 Night

**Adult Ed Center, Topsham ..... \$35**





## MAP AND COMPASS, LEVEL 1

Hike, snowshoe, geocache, hunt, and enjoy the woods and fields of Maine with confidence that you can read a topographic map, understand the symbols, know which way a river flows, plot a course bearing, use online resources, and how to get to safety. Familiarization to using a compass and map outdoors included. Students must have a DeLorme Maine Gazetteer, and a 2-degree baseplate compass. **Instructor: Alice Bean Andrenyak**

Mondays, 4/1 + 4/8, 5:30-8:30pm, 2 wks.

Online .....\$50

## AMERICA'S BOATING COURSE

The most comprehensive in-person boating course available, America's Boating Course, gives you the skills you need to enjoy your time on the water and boat with confidence. Our boater safety class meets most states' certification requirements. Taking a boating class reduces your risk of accidents and injuries, saves you money on boat insurance, and qualifies you for a state boat license or operator certificate in most states. Our in-person boating course includes a comprehensive introduction to boating, covering boat types, boat engines, boat selection, and more. You'll learn about boating laws and regulations as well as boat registration and licensing. Get in-depth knowledge of boating safety equipment, and learn how to become a safe boater by learning the dos and don'ts of boater safety. Gain practical knowledge of navigation, rules of the road, handling emergencies and mechanical problems on the water, the basics of towing and trailering, important information for hunters, anglers, water sports enthusiasts, and so much more. Four sessions with a NASBLA approved examination. The cost for couples sharing materials is \$95. Please call Merrymeeting Adult Education for the couples discount. No other discounts. *This class will meet 5 times. 4 class sessions plus 1 exam session on the last THURSDAY night of class.* Program is presented by U.S. Power Squadron

**Instructor: Peter Asquith**

April 2, 4, 9, 11, 23, 6:30-8:30pm

Brunswick High School .....\$75

## CAPTAIN LICENSE INFORMATION SESSION

Are you interested in obtaining a USCG Captain's License? Do you want to learn the differences between an Operator Uninspected Passenger Vessel (OUPV) license and a Master 100GT license, and what experience the Coast Guard requires for each? These informational sessions will help answer these questions and others about the two licenses. Also discussed will be the different methods for completing the course requirements. We plan to offer both courses in Maine during the Fall of 2024, representing the Captain School Key West/Miami. This information session is free, but please register in advance, so the instructor knows how many individuals will be attending and can send login instructions.

**Instructor: John Coffin**

Session I: Wednesday, 4/24, 6-8pm, 1 Night

Session II: Wednesday, 8/7, 6-8pm, 1 Night

Online .....FREE

## DEVELOPING A PERSONAL AND HOME DEFENSIVE PROTECTION PLAN

This three-hour course is NOT about installing an alarm system. It is about adjusting your awareness around you as you move through your day and your home. It is about doing mental exercises to handle the "What if's" to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to access your home's defense. **Part 1 of a 3-part series** but can be taken separately.

**Instructor: Alice Bean Andrenyak**

Wednesday, 4/10, 5:30-8:30pm, 1 Night

Online .....\$35

## CONSTITUTIONAL CARRY AND LEGAL USE OF FORCE EXPLAINED

This three-hour course is for firearm owners and nonowners. You'll learn what to do when you see an attack or if you are attacked and respond with force. You'll learn how to contact the first responders, how prosecutors might view what you did, rules about concealed carry in the US and Maine, and various ways to protect yourself without using a firearm. **Part 2 of a 3-part series** but can be taken separately.

**Instructor: Alice Bean Andrenyak**

Wednesday, 4/17, 5:30-8:30pm, 1 Night

Online .....\$35

## WHEN YOUR OFFICE IS SOMEONE'S HOME

This three-hour course is for anyone that goes into someone else's home to do work, repairs, estimates, sales, nursing, or outside the home contractors. How can you be safe? Learn the basics to access the surroundings, stay safe and protect yourself without using a firearm. **Part 3 of a 3-part series** but can be taken separately. **Instructor: Alice Bean Andrenyak**

Wednesday, 4/24, 5:30-8:30pm, 1 Night

Online .....\$35



## COED BASICS OF PISTOL HANDLING

In a non-threatening safe environment with no live ammunition present, learn the basics of: handgun safety at home; how to handle a pistol safely; parts of a pistol and ammunition; fundamentals of pistol shooting including holding, stance and aiming; common malfunctions; cleaning; and selecting a pistol just right for you. The optional two-hour range time is separately scheduled and has a fee of \$50 payable to the instructor. If you go to the range, you'll fire either your own pistol or one from the instructor and try to put five rounds of ammunition through 4 separate target circles at ten feet using only 20 rounds. You will need 50 rounds of ammunition for your personal handgun. If "renting" a pistol from the instructor, she will have 50 rounds of ammunition for you for a cost of \$25. To pass this nationally rated course and get certified you must: attend all sessions and actively participate, pass a written examination, and pass the ten-foot shooting qualification, all within two weeks of the last class session. Certification can be used to apply for a Concealed Carry Permit. **Instructor: Alice Bean Andrenyak**  
Mondays, 4/22 + 4/29, 9am - 12pm, 2 wks.

**Adult Ed Center, Topsham** ..... \$125

## FORAGING

Crave the forest's bounty? Join David (65+ years of experience!) for an immersive foraging adventure. Learn to identify edible treasures, from berries to mushrooms, and uncover the secrets of plant ecology. This isn't just a walk, it's a transformative experience that fills your basket and your soul! Limited spots, register today! David is a member of the Maine Mycological Assoc. NOTE: This class will start with an outdoor talk at the waterfront followed by the walking portion. **Instructor: David Spahr**

Session I: Saturday, 5/25, 1-3:30pm, 1 Day

Session II: Sunday, 6/23, 1-3:30pm, 1 Day

Session III: Sunday, 7/7, 1-3:30pm, 1 Day

Session IV: Sunday, 8/18, 1-3:30pm, 1 Day

**Maily Waterfront Park** ..... \$45

## MALAGA ISLAND HISTORICAL SEA KAYAK AND WALK

Join Alice Bean Andrenyak and paddle 1.5 miles by sea kayak after an orientation and safety briefing with Master Maine Guide, Alice in her provided kayaks. Learn about the late Civil War mixed-race community and their eviction in 1912 by the state of Maine. Learn the prehistory of the island and its current use by walking the trails on the and stopping to learn about the different sites on the island. No buildings remain. You'll have a chance to eat the snacks/lunch that you brought at the southern end of the island. Afterwards we'll paddle back to our start. You must be able to walk unaided on uneven trails. Five-hour trip meets at 8:15am in Cundy's Harbor (parking is about 1/2 mile away) and returns about 1:15pm. Weather conditions unsafe for paddling will cancel the trip.

**Instructor: Alice Bean Andrenyak**

Tuesday, 6/4, 8am-2pm, 1 Day

**Cundy's Harbor** ..... \$150

## OYSTER FARM & COMPLIMENTARY TASTING SEA KAYAK TOUR

Paddle during our 3-hour sea kayak tour and learn about Maine's Aquaculture industry. We will learn about lobstering, clamming, fishing and we'll stop at Mere Point Oyster Company's strings to learn about oyster farming. We will head to an island to land for a break for snacks that you brought and to learn to shuck oysters before the complimentary tasting. Oyster sauces include lemon juice, chipotle Tabasco sauce and Alice's Famous Maine Blueberry Mignonette sauce. Weather conditions unsafe for paddling will cancel the trip. June 14, 2024.

**Instructor: Alice Bean Andrenyak**

Friday, 6/14, 8am-4pm, 1 Day

**Mid-Coast Maine Area** ..... \$95

## MUSHROOM WALK

Join seasoned forager David Spahr on an immersive mushroom hunt, exploring habitats, structures, and safe foraging practices. Uncover surprises in each walk, shaped by season and location. Suitable for all ages (8-15 with a registered parent), this moderate-difficulty hike promises an exciting, educational adventure. Required Supply List: Notebook and pen to take notes, sensible clothing and footwear, water, snack and bug repellent. A basket or bags are optional. NOTE: This class will start with an outdoor talk at the waterfront followed by the walking portion.

**Instructor: David Spahr**

Session I: Sunday, 7/14, 1-3:30pm, 1 Day

Session II: Sunday, 8/11, 1-3:30pm, 1 Day

**Maily Waterfront Park** ..... \$45

## KATAHDIN SUMMIT FULL MOON CAMPING AND HIKING

Experienced hikers and campers prepare and plan to join up to 8 adventurers to summit Maine's tallest peak with Registered Maine Guide Chris Toy. You must be able to hike for 4 hours with a 20-pound pack while gaining 2000 feet in elevation to sign up for this trip. \*The trip will take three days and two nights. The dates are approximate depending on when reservations are available. Summiting is not guaranteed and will depend on weather conditions. *Payable by check only.* More information will be emailed to you after registration. **Instructor: Chris Toy**

Thursday - Sunday, 7/18 - 7/21

**Location TBD** ..... \$250

## BAXTER STATE PARK CAMPING TRIP

This trip is a great introduction to Baxter State Park. Join up to 8 adventurers to experience one of Baxter State Parks several campgrounds. We'll do some hiking, swimming, boating, cooking, and just enjoying Maine's largest wilderness. Bring your camp chairs and cameras! *Payable by check only.* More information will be emailed to you after registration.

**Instructor: Chris Toy**

Friday - Sunday, 8/23 - 8/25

**Location TBD** ..... \$250

# SOMETHING FOR EVERYONE

## ALL ABOUT THE MOVIES 101

Do you love film, but wish you knew more? Are you excited about a day spent at the movies and want to discuss what you watched? If you answered "yes!" to either of those, then this is the class for you. In this 6-week course, we will dive genre by genre into the world of cinema and learn who the players are and what the future of the medium can hold. A list of films will be presented to all who enroll to encourage discussion. These movies will be what I feel best represent each week's topics. Viewings are not mandatory, but will help expand on the presentations. All films will be accessible on Netflix or Amazon Prime. Should the enrollees require different sources, I will investigate alternatives. All students should be able to access the above-mentioned apps, as well as the following free websites: IMDB, Hollywood Reporter, Variety.

**Instructor: Felicity Gibbs**

Sundays, 3/17, 6-8pm, 6 wks.

**Online ..... \$95**

## THE SALES AGENT ONLINE CLASS

This 55-hour remote learning real estate agent course, approved by the Maine Real Estate Commission, is a prerequisite to taking the Pearson VUE state licensing exam. Based on the book, Introduction to a Successful Career in Maine Real Estate, by Charles "Kim" Coit, its content includes material that is basic to the practice of real estate in Maine. This class is ongoing and the student can start as soon as they register. PDF copy of book is provided, \$35 for hard copy. More information will be provided upon registration.

**Instructor: Center for Real Estate Studies of Maine**

**Online ..... \$370**

## GUIDED JOURNALING

Get a bird's eye view and a worm's eye view of your career, business, relationships, philanthropy, finances, self-care, etc., to experience more joy, less stress in your daily life, in packed, highly interactive guided journaling courses. No writing experience necessary. Find more joy, less stress through guided journaling! Your intuitive voice matters. What you think, what you feel, what you value matters. And you need to be able to hear your own voice to sift through information and get done the things that matter to you. Guided journaling is one way to achieve this goal, allowing us to listen to our own inner voice apart from the noise of busy everyday lives. *Each themed session is a 4-week online course via Zoom that runs from 6:30-8:30pm each week.*

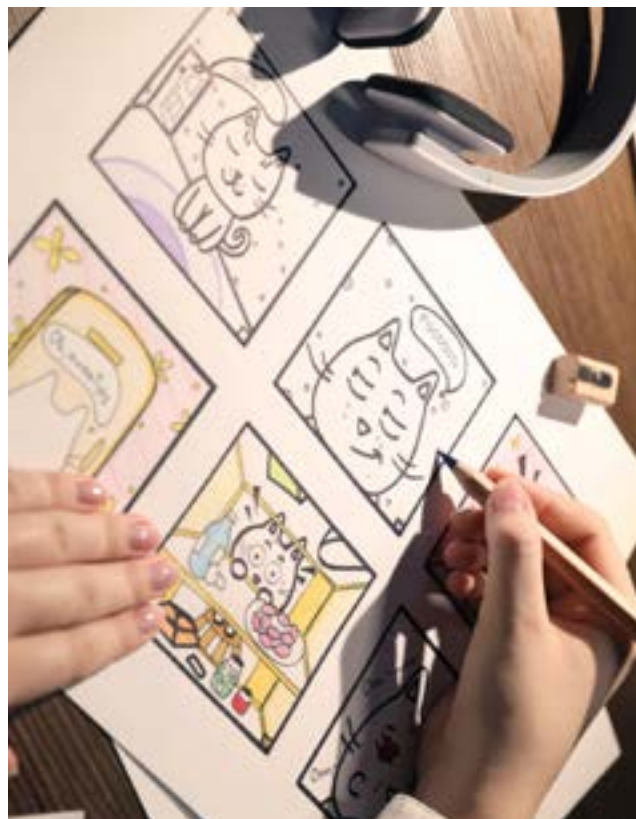
**Instructor: Anne Sirois**

Session I: Sifting Through Overwhelm - April 3, 10, 17, 24

Session II: Balancing Your Self with Care - May 1, 8, 15, 22

Session III: Live Your Strongest & Greatest Life - June 5, 12, 19, 26

**Online ..... \$35**



## INTRO TO ANIMATION

Come join us for four exciting weeks of Animation! Bring your imagination to life with traditional frame by frame animation alongside cutting edge digital animation software. Learn from professional new media artist and educator Andrew Elijah Edwards and create your own custom animation project from start to finish while playing with the artform. Discover and explore the fundamental concepts behind professional animation techniques and explore the medium of moving image in this 4-week long adventure!! Analogue and digital animation techniques will be explored in this exciting new class. **Instructor: Andrew Edwards**

Thursdays, 3/7, 6-8pm, 4 wks.

**Adult Ed Center, Topsham ..... \$65**

## FICTION IN A FLASH

All stories have a beginning, an end, and a twist! But can you tell them in less than 1,000 words? In this writing workshop with Laurie Notch, learn to write flash fiction. Develop characters, plot, and the proverbial twist in short order in all genres. So, come on, all you creative writers... take up the challenge and the fun!

**Instructor: Laurie Notch**

Saturdays, 3/9, 10am-12pm, 6 wks.

**Online ..... \$60**



## BOOK BUILDING FOR A NOVEL OR MEMOIR

One of the hardest parts of writing a book is knowing where and how to begin. This course will help you identify the deep level WHY that's spurring you to write this book, as well as the point your book wants to make. With these two components, you will craft a 50-word description, a 250-word jacket copy, categorize your genre, brainstorm titles, and identify your ideal reader. Then we'll get to know your protagonist or narrator and you'll begin writing your first and last scenes. At the end of four weeks, you will have a rough narrative arc, list of major scenes, and a unique outline that will serve as a guide as you write. This is a straightforward and fun method I use with book coaching clients. BRING – laptop or plenty of paper and pen, and your book idea. This 4-week class will meet once/week for 2 hours. **Instructor: Paula Estes**

Tuesdays, 3/12, 5:30-7:30pm, 4 wks.

**Brunswick High School ..... \$95**

## GERMAN FOR BEGINNERS

Learn conversational German in this 10-week course for beginners! Taught by Josefine Glauder, a language teacher at Mt. Ararat High School, Josefine is a native German speaker who has lived in the US for many years. Join us for this exciting new class! Habt einen tollen Kurs! Have a great class! **No Class: 4/17.**

**Instructor: Josefine Glauder**

Wednesdays, 3/13, 5:30-7:30pm, 10 wks.

**Mt. Ararat High School .....\$125**



## GET TO KNOW YOUR CHARACTERS

How well do you know your main character in the short story you're writing? Have you thought about yourself as a character in your personal essay? Whether you want to write a novel, memoir, or shorter works, this course will breathe life into your characters. We will do LOTS of in-class writing based on prompts that will help you identify your characters' needs and desires, write with more specificity, engage all five senses, and so much more. At the end of four weeks, you will know your main character nearly as well as you know yourself. BRING – laptop or plenty of paper and pen. This 4-week class will meet once a week for 2 hours.

**Instructor: Paula Estes**

Thursdays, 3/14, 5:30-7:30pm, 4 wks.

**Brunswick High School, ..... \$95**

## PAST LIFE REGRESSION GROUP EXPERIENCE

PLR involves safe transpersonal journeying in a hypnotic state. This workshop will include instruction, setting of intention, the regression experience itself, and post-regression integration. Hypnosis is simply a very, very relaxed state. To experience a past life, participants must surrender to and trust the process, yet they remain in control. Participants must have earbuds with a microphone and a quiet home environment. Do not try to participate while caring for a child or adult. This is an online program. Presented by: Peggy Schick, Soulful Wellness, LLC **Instructor: Peggy Schick**  
Saturday, 3/16, 9:30am - 3:30pm, 1 Day

**Online ..... \$40**

## ASTROLOGY 101: AN INTRODUCTION

In this one-night workshop, professional astrologer Laura Kenworthy will introduce the world of astrology for the curiously-minded. Laura Kenworthy has studied the astrological archetypes and been a practicing astrologer for over 40 years. She writes the weekly Magical Mexicali astrology blog for Mexicali Blues and sees private clients for readings. She retired to Maine from NYC where she ran the Rudolf Steiner Bookstore on West 15th Street.

**Instructor: Laura Kenworthy**

Thursday, 3/14, 5:30-7:30pm, 1 Night

**Adult Ed Center, Topsham ..... \$25**

## INTRO TO ASTROLOGY: A WEEKLY DISCUSSION SERIES

In this weekly discussion series, professional astrologer Laura Kenworthy will introduce the world of astrology for the curiously-minded. Discussion topics will focus on different themes every week. Laura Kenworthy has studied the astrological archetypes and been a practicing astrologer for over 40 years. She writes the weekly Magical Mexicali astrology blog for Mexicali Blues and sees private clients for readings. She retired to Maine from NYC where she ran the Rudolf Steiner Bookstore on West 15th Street.

**Instructor: Laura Kenworthy**

Session I: Thursdays, 3/21, 5:30-7:30pm, 10 wks.

Session II: Thursdays, 6/6, 5:30-7:30pm, 10 wks.

**Adult Ed Center, Topsham ..... \$120**

## AMERICAN SIGN LANGUAGE (ASL): LEVEL I

Learn basic sign language communication, including the manual alphabet, fingerspelling, numbers, vocabulary, deaf culture, and familiar phrases to enhance communication with deaf and hard of hearing family, friends, co-workers, students, clients, and customers. Previous sign language experience, textbooks, and a dictionary are not required. Martin Samelson has taught ASL to college and high school students in private lessons, corporate programs, and job development with Deaf clients. ASL is a visual language, so no textbook is required. The instructor will supply all materials. Our IN-PERSON instruction will include Deaf culture, hand-shapes for the A-B-Cs and number systems, vocabulary and simple sentence structures. Each in-person class will include time for you to practice and suggestions for at-home practice. No class: 4/18. **Instructor: Martin Samelson**

Thursdays, 3/21, 6-7:30pm, 6 wks.

**Brunswick High School ..... \$85**

## LEGALLY CHANGING YOUR NAME AND GENDER MARKERS: A WORKSHOP FOR THE QUEER COMMUNITY

This course is a step-by-step guide to changing your name & gender markers to align with your lived identity in Maine. We will discuss the required legal processes from beginning to end, lay out a roadmap for their completion, and examine emotional and practical realities you'll experience along the way. Taught by trans author Violet Hart (Legalize Me), this course welcomes people of all identities and centers the LGBTQ+ experience in a safe and affirming environment. This course includes a complimentary copy of *"Legalize Me: A Comprehensive Guide to Changing Your Name and Gender Markers in the State of Maine."* No Class: 4/16. **Instructor: Violet Hart**

Session I: Tuesdays, 3/19, 6-8pm, 6 wks.

Session II: Tuesdays, 6/4, 6-8pm, 6 wks.

**Mt. Ararat High School ..... \$125**

## THE WHY, HOW, AND WHO OF FINDING A MENTAL HEALTH THERAPIST

'Therapy' is not a dirty word. But even when we want it, figuring out how to get it can feel like an insurmountable challenge. This one-night course will change that. Through both practical and emotional means, we'll explore: finding accredited therapists, understanding insurance requirements, determining if your therapist is a good match (and what to do if they aren't), and much more. **Instructor: Violet Hart**

Session I: Friday, 3/22, 5:30-7:30pm, 1 Night

Session II: Friday, 6/21, 5:30-7:30pm, 1 Night

**Mt. Ararat High School ..... \$20**

## SPANISH: BEYOND BEGINNERS

Expand you're speaking, reading and writing as we continue with Dorothy Richmond's Basic Spanish book. Bring your book to the first class. **No class: 4/18. Instructor: Jean Twomey**

Thursdays, 4/4, 6-7:30pm, 6 wks.

**Morse High School ..... \$85**

## INVESTIGATING UNIDENTIFIED AERIAL PHENOMENON

This 8-week workshop is a comprehensive look into the very real UFO global phenomenon. We will explore many aspects of this situation, starting with recently disclosed revelations by our own Military - that they have been researching these strange objects seriously for decades and are now admitting that they are real physical objects capable of actions that defy the known laws of physics. We will be looking at the evidence through a new lens, with an open mind, talking openly about just what these strange objects might be. Following where the evidence takes us. Taught by Vance Bessey, a graduate of The Joe Kubert School of Comic Book Illustration and local Illustrator, Cartoonist, Novelist and Art Teacher as well as life-long student of Unexplained Phenomenon. **No Class: 4/18. Instructor: Vance Bessey**

Thursdays, 3/21, 6-8pm, 8 wks.

**Mt. Ararat High School ..... \$75**

## BASIC COMEDY SKETCH WRITING

Learn the basics to creating five-minute comedy sketches, by exploring the fundamentals of sketch development. This class is for those that enjoy writing dialogue, see where we can go with a conversation, and hopefully make a few people laugh, and a few people smile. We will expand your ability to collaborate with other writers by using table reads and rewriting. This course is meant to be fun and entertaining, while learning the basics of comedy sketch writing. Final Draft required for class. **Instructor: Jon Hamdorf**  
Saturdays, 4/27, 11am - 1pm, 4 wks.

**Adult Ed Center, Topsham ..... \$95**

## THE ENNEAGRAM & SELF-AWARENESS: AN INTRODUCTION

Learn how to use the Enneagram as a tool for self-awareness in this introductory session. Combining traditional mindfulness practice with the practical knowledge of modern psychology, the Enneagram helps us grow in a way that is compassionate, fascinating, and helpful. This session will include a brief meditation, a teaching, journaling prompts, and small group exercises with other participants. **Instructor: Ben Campbell**

Session I: Monday, 3/25, 6-8pm, 1 Night

Session II: Thursday, 5/16, 6-8pm, 1 Night

**Morse High School ..... \$30**

## THE LEADERSHIP CONFERENCE

Elevate your leadership skills with The Leadership Conference, a comprehensive three-part series that equips you with essential leadership skills, mastery in communication, and adaptability to lead with impact. Part 1: Leadership Fundamentals, Part 2: Talk Like a Leader, Part 3: Adapting Your Leadership Style. Embark on this leadership journey and empower yourself to achieve extraordinary results. **Instructor: Benefits and Beyond LLC**

Thursdays, 3/28, 5:30-8pm, 3 wks.

**Brunswick High School ..... \$230**



## HOW WE MOVE FORWARD, BETTER AND STRONGER

Discover resilience in challenging times with 'How We Move Forward, Better and Stronger,' a comprehensive three-part series. Part 1 equips participants with tools to identify workplace stressors, build communicative structures, and handle change. Part 2 focuses on challenging negative attitudes, promoting optimism, and coping with organizational norms. In Part 3, learn to navigate difficult workplace conversations for reduced stress, increased confidence, and improved relationships. Elevate your skills for better career opportunities.

**Instructor: Benefits and Beyond LLC**

Thursdays, 4/25, 5:30-8pm, 3 wks.

**Brunswick High School .....\$230**

## GET TO KNOW YOUR IPAD/IPHONE

Join us to discover how to use your iPad/iPhone! A class for all to enliven your life through this astounding device. We'll cover everything you need to know to feel comfortable and get the most out of this powerful tool. Bring your iPad/iPhone and learn to navigate your device comfortably, set up assistive technologies, create art, explore the web, take and share photos and videos, and more! Digital artist Andrew Elijah Edwards shares his knowledge and answers any questions you have in a supportive, community environment.

**Instructor: Andrew Edwards**

Session I: Thursdays, 4/4, 4-6pm, 4 wks.

Session II: Thursdays, 7/11, 6-8pm, 4 wks.

**Adult Ed Center, Topsham ..... \$65**

## GET TO KNOW YOUR PC!

Learn to use your PC computer like a pro with professional digital artist, Andrew Elijah Edwards. This course is for newcomers to Microsoft Windows operating system or those wishing to go deeper with their digital workflow learning new tips & tricks. Make the most of these powerful digital tools and up your digital expertise. **Please note:** No PCs will be provided for this course. This course will cover basic information about PC computers through a show & tell/lecture-style format.

**Instructor: Andrew Edwards**

Session I: Thursdays, 4/4, 6-8pm, 4 wks.

Session II: Thursdays, 8/8, 4-6pm, 4 wks.

**Adult Ed Center, Topsham ..... \$65**

## CONNECTING WITH YOUNGER AUDIENCES

Bridge the generational gap and unlock the potential of your younger workforce with this insightful 2-part series on understanding and engaging Millennials and Gen Z. *Part 1:* Understanding Generational Differences, *Part 2:* Millennial Mindset. Embrace the diversity of thought and empower your team with this essential guide to connecting with the next generations.

**Instructor: Benefits and Beyond LLC**

Thursdays, 5/23 + 5/30, 5:30-8pm, 2 wks.

**Brunswick High School ..... \$155**



## FAIR PLAY 101: A SYSTEM FOR FAIRLY DIVIDING HOUSEHOLD RESPONSIBILITIES

The Fair Play Method is a time and anxiety-saving system that offers couples a completely new way to divvy up their domestic responsibilities. This system can be helpful at any stage of life - from new roommates to expecting parents to retirees. Fair Play is not about blame or scorekeeping. Instead, Fair Play is about creating a fair and equitable division of domestic labor rooted in your shared values. It's about taking the time to have the conversations that matter to bring your shared vision to life. You'll leave the course with a new vocabulary for talking about domestic life, a strategy for sharing the mental load, and concrete steps for getting started. Participants will receive a downloadable copy of the Fair Play cards, a quick start Fair Play guide, and more. Sandi Konta is a Maine-based Certified Fair Play Facilitator. **Instructor: Sandi Konta**

Thursday, 4/4, 6-8pm, 1 Night

**Mt. Ararat High School ..... \$25**



## INTUITIVE WRITING SEMINAR

Unleash your creativity in this three-week course with Regina Strongheart, a seasoned teacher and intuitive healer. Whether you're a budding storyteller or seeking to explore your creative side, this hands-on class is for all levels. Learn to quiet your logical mind, tap into your creative center, and access your unique artistic abilities. With over fifty years of teaching experience, Regina creates a supportive environment for you to delve into the basics of storytelling, focusing on the story rather than grammar/style.

**Instructor: Regina Strongheart**

Mondays, 4/8, 5:30-7pm, 3 wks.

**Adult Ed Center, Topsham ..... \$95**

## MESSAGE CIRCLE WITH JEANNIE SULLIVAN

In this setting you will receive psychic intuitive readings where you will hear from either loved ones, Spirit Guides, and those who are of the Spirit Realm wishing to speak to you. **Instructor: Jeannie Sullivan**

Session I: Monday, 4/15, 5-7:30pm, 1 Night

Session II: Wed, 5/15, 5-7:30pm, 1 Night

Session III: Thurs, 6/20, 5-7:30pm, 1 Night

**Adult Ed Center, Topsham ..... \$40**

## FAIR PLAY FOR RETIREES: CREATING A BALANCED DOMESTIC PARTNERSHIP IN RETIREMENT

Discover a fresh approach to sharing household responsibilities with the Fair Play Method, a game-changing system designed for couples. This workshop, tailored for retirees, will guide you through the process of creating a fair and equitable division of domestic labor rooted in your shared values. Fair Play moves beyond blame and scorekeeping, focusing instead on fostering a partnership built on communication and mutual respect. Through engaging discussions and practical exercises, you'll gain a new perspective on how to talk about and share household tasks and responsibilities, empowering you to achieve a more balanced and fulfilling retirement. By the end of the course, you'll have acquired a valuable toolkit for navigating domestic life.

**Instructor: Sandi Konta**

Thursday, 4/11, 10am - 12pm, 1 Day

**Adult Ed Center, Topsham ..... \$25**

## JUMPSTART YOUR MEMOIR

Thinking of writing a memoir but not sure where to start? Perhaps you've already been writing and feel overwhelmed by a collection of story parts and pieces. This class helps you move from where you are with your writing to where you want to be. The class provides weekly exercises, writing tools, prompts and opportunities for sharing, all designed to unstuck the stuck and get your story ready for reading. This 6-week class will meet online each week. **Instructor: Susan Ellis**

Mondays, 4/8, 4-6pm, 6 wks.

**Online ..... \$95**

## MEMOIRS FOR GRANDCHILDREN

Create a picture book for young children that tells a story about a grandparent, parent, or other family member. This class focuses on creating a story, organizing and selecting family photos, embellishing with clip art, and publishing. Participants should come away with ideas and techniques for creating the book. This 6-week class will meet once/week for 2 hours each week.

**Instructor: Susan Ellis**

Tuesdays, 4/9, 4-6pm, 6 wks.

**Adult Ed Center, Topsham ..... \$95**

## SO, YOU WANT TO RUN AN AIRBNB?

Did you know that the number of people turning to Airbnb for lodging in Maine has almost doubled from just a few years ago?! The revenue earned by Airbnb wonders in Maine was roughly \$40 million. If you have entertained the idea of opening up your guest house or summer camp for short term rentals, this is a class not to miss! Debra has operated River Escape for two years in Damariscotta as an active and popular Airbnb.

**Instructor: Deb Arter**

Monday, 4/8, 6-8:30pm, 1 Night

**Online ..... \$40**

## DISCOVER YOUR UNIQUE WRITING VOICE

We often hear the pros urge us to identify our unique writer's voice and use it well, but what is that voice and how do we locate it? Through specific, targeted writing prompts, this course will help you to detect your own elusive voice, and then learn how to build on it, strengthen it, and use it to your advantage in all your creative writing. We will look at examples of voice in published works and do LOTS of in-class writing. \*One week before class begins, email instructor a writing sample (1000 words or less) that will only be shared in class if you feel comfortable. BRING - laptop or plenty of paper and pen. This 4-week class will meet once/week for 2 hours. **Instructor: Paulla Estes**

Tuesdays, 4/9, 5:30-7:30pm, 4 wks.

**Brunswick High School ..... \$95**

## HEART SAVER FIRST AID/CPR WITH AED - ADULT & CHILD

Become certified in First Aid/CPR/AED - Adult and Child. All the equipment (manikins and AEDs), videos, Student Workbooks, and consumable supplies are provided. Included in the course are Adult and Child CPR with AED and First Aid skills, where the students demonstrated the skills learned. Upon successful completion, an American Heart Association First/Aid CPR and AED Certification card will be sent to the student, valid for two (2) years. American Heart Basic Life Support (BLS) **Instructor: John E. Coffin**

Saturday, 4/20, 9am - 1:30pm, 1 Day

**Adult Ed Center, Topsham ..... \$125**

## GET TO KNOW YOUR MAC!

Take a deep dive with professional digital artist, Andrew Elijah Edwards, and learn to use your MAC computer like a pro. Great for newcomers to the Apple ecosystem or those wishing to go deeper with their workflow learning new tips & tricks. Make the most of these powerful digital tools and up your digital expertise.

**Instructor: Andrew Edwards**

Session I: Thursdays, 5/2, 6-8pm, 4 wks.

Session II: Thursdays, 7/11, 4-6pm, 4 wks.

**Adult Ed Center, Topsham ..... \$65**

## PAINTING ON THE IPAD

It's like iPad Bob Ross! Come paint with us, digitally. Learn to use your iPad and Apple Pencil to create stunning works of art on this new medium. Paint along with your digital artist instructor Andrew Edwards and learn the fundamentals of building up a composition, be it a stunning landscape or intimate portrait or still life. Learn how to use the powerful software tool Procreate and how to leverage these tools to paint in watercolor, charcoal, oil paints, you name it, digitally on your own iPad. Students should bring their own iPad and Stylus and be ready to get creative! All levels welcome, your instructor will walk you through step by step. If you are new to the art of drawing or a seasoned artist looking to transfer their skills to a digital medium, you will be right at home.

**Instructor: Andrew Edwards**

Session 1: Thursdays, 3/7, 4-6pm, 4 wks.

Session 2: Thursdays, 8/8, 6-8pm, 4 wks.

**Adult Ed Center, Topsham ..... \$65**

## IMMERSIVE CREATIVE WRITING

The imagination is an amazing tool, and nowhere is this more obvious than in the art of creative writing. From short fiction and poetry to full-length fiction or multi-volume fictional sagas, from unique social media posts to original advertising copy, it is important that the creative writer be able to tap into their creative, imaginative core. This class will touch on; generating ideas for a wide variety of writing projects, how to hook the reader's attention, how to write attention-getting social media posts, the structures of poetry and fiction as well as developing narrative design for stories. You are welcome to bring your laptop or a notebook and writing utensils, whichever you are more comfortable with. But either way, this is an immersive, interactive class, so come prepared to write! Can't wait to see you there! Join your instructor, writer and author Stephanie Garrity, in taking your stories to the next level.

**Instructor: Stephanie Garrity**

Tuesdays, 6/25, 6-7pm, 10 wks.

**Adult Ed Center, Topsham ..... \$180**

## JOURNALING FOR WRITERS

A question that is often asked of writers is "where do you get your ideas from?" It is one thing to have an idea; it is another thing entirely to remember it when you sit down at your computer to write. Learn how to harness your writer's imagination, avoid writer's block and hone your writing skills by keeping a daily writer's journal. Your instructor will share tips and techniques for setting up your journal as well as for finding inspiration even when you are not feeling particularly inspired. A blank notebook will be provided, please bring your own writing utensils. Can't wait to see you there! Join your instructor, writer and author Stephanie Garrity, in taking your journaling practice to the next level. **Stephanie Garrity**

Thursdays, 8/1, 6-7pm, 5 wks.

**Adult Ed Center, Topsham ..... \$95**



## INVENTORS FROM MAINE

From earmuffs to board games, agricultural implements to modern kitchen appliances, and from a national holiday to a worldwide church, many of the greatest inventions in American history were invented in the Pine Tree State. In this course we will examine these Maine inventors, their inventions, and the impact these innovations, and many more, had on our world today. Join us for this informative 3-week class by author and historian Lori-Suzanne Dell.

**Instructor: Lori-Suzanne Dell**

Tuesdays, 7/9, 5:30-7:30pm, 3 wks.

**Adult Ed Center, Topsham ..... \$85**

## GHOST STORIES FOR SUMMER NIGHTS

Remember sitting around the campfire toasting marshmallows and telling scary stories? In this short course with Laurie Notch you will learn the history of the ghost story, why it is popular in cultures worldwide, and how to spin your own spooky yarn for fun and entertainment. Class takes place on Zoom. Students must have reliable internet, and an audio and video enabled computer, tablet or smartphone to participate. **Instructor: Laurie Notch**

Wednesdays, 7/10, 6-8pm, 4 wks.

**Online ..... \$50**

# TRAVEL OPPORTUNITIES



## **SPRING BROADWAY, BIRDS AND BLOOMS NEW YORK CITY MOTOR COACH TOUR**

There's something special about New York City in Springtime when the buds are busting, birds are singing and Broadway is hoppin! Please join us April 17-20, 2024 as we travel from Portland and points south (during April School Vacation) We'll spend three nights at the lovely Belvedere Hotel in Times Square, experience a Broadway show (TBD), wander through the Brooklyn Botanical Garden and discover extra insider experiences. 3 Nights/Rates from \$989 per person depending on room type. *Please register with Merrymeeting for more information.*

**Coordinated by Nancy Dorrans of Adventure Marketplace**

**Trip Dates: Wednesday to Saturday, April 17-20, 2024**

## **CAPE COD AND NANTUCKET DAFFODIL FESTIVAL WEEKEND MOTOR COACH TOUR**

Join us April 26-28, 2024 for the annual "Three Million Daffodil Celebration" on Nantucket. We will depart Portland, Maine, head south and spend 2 nights in Hyannis. Saturday we'll hop on the high-speed ferry (across the street from our hotel) to Nantucket Island for the annual Daffodil Festival on Saturday. Enjoy the Daffodil Festival's grand event - the Annual Antique Car Parade, which features over 100 daffodil-bedecked vintage cars. Wear your daffy hat, watch the car parade and welcome spring! 2 Nights/Rates from \$559 per person depending on room type. *Please register with Merrymeeting for more information.*

**Coordinated by Nancy Dorrans of Adventure Marketplace**

**Friday to Sunday, April 26-28, 2024**

## **CLASSICAL GREECE DISCOVERY**

Discover the magnificent ruins of ancient Greece in their tranquil Mediterranean settings. This comprehensive journey explores Greece's most important ancient monuments, like the famed Temple of Zeus, the archaeological site of Olympia, and ancient artifacts of Delphi. Explore Athens on a tour of Acropolis. Visit a local farm to see how olive oil and wine are produced. Learn how to cook traditional Mediterranean cuisine. Learn the history of this fascinating country from local experts on guided tours of Athens, Metéora, Delphi, and Olympia. This journey balances expeditions to Greece's important historic sites with ample time to explore on your own. Trip includes: 11 days and 16 meals. *Please register with Merrymeeting for more information.* **Coordinated by Collette Travel**

**Trip Dates: November 5-15, 2024**

## **ICELAND'S MAGICAL NORTHERN LIGHTS**

Experience the "land of fire and ice" and chase the aurora borealis across an ethereal wonderland. In the dark of the night, search for the northern lights as you drift along on an evening starlit cruise. Travel the "Golden Circle," home to renowned natural wonders, and spend time at Thingvellir National Park, gaze at Gullfoss waterfall, and see the explosive geothermal fields at Geysir. Explore Skógar Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the Blue Lagoon. Trip includes: 7 days and 11 meals. *Please register with Merrymeeting for more information.* **Coordinated by Collette Travel**

**Trip Dates: March 2-8, 2025**



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For location-specific information packets, either drop by our office at 35 Republic Avenue in Topsham or email us at: [rodriguezj@link75.org](mailto:rodriguezj@link75.org)





**68 Church Road • Brunswick • 207-729-6622**  
**[www.r10tech.org](http://www.r10tech.org)**

The Mission of Region 10 Technical High School is to enrich the unique potential of each learner by enabling students to acquire knowledge, skills, and dispositions necessary for further education or for gainful employment. These goals will be achieved through education focused on individual and community needs, demonstration of responsible citizenship and professionalism, and acquisition of career and technical skills that meet both state and national standards.

There are 14 full year programs at Region 10. Many of these programs offer certification which shows evidence to future employers of the work completed and experience gained. These certifications are specific to each program, and are widely recognized by prospective employers and college admission counselors, as a mark of excellence.

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**12 Sewall Street • Brunswick • 207-442-7736**  
**[www.uma.edu/locations/brunswick/](http://www.uma.edu/locations/brunswick/)**

UMA Brunswick is one of eight centers around Maine where people can take courses, pursue degrees, and receive all the support they need to earn a college degree close to home and on schedules that fit into their family and work lives. Courses are taught by faculty onsite, online, and via web videoconferencing.



## BECOME A PREMIER MEMBER TODAY!

### MEMBERSHIP BENEFITS INCLUDE:

- **Early Access:** Premier members receive our catalogs digitally prior to public distribution, for exclusive early access to class schedules and offerings (actual registration still limited to public release).
- **Loyalty Program:** Premier members receive 25% off every 6th class they take with Merrymeeting.
- **Exclusive Media:** Enjoy convenient video workshops, on topics ranging from cooking to meditation, with access to our growing library of media.
- **Catalog Opportunity:** Premier members may submit announcements in our future catalogs, as we are dedicating a page for announcements by our Merrymeeting Premier members. (restrictions apply, contact us directly for details).
- **Discount Offer:** Premier members receive a 10% discount on any Merrymeeting Youth & Family program (excluding DE and any program over \$400; can only be used once annually).
- **Subscription Service:** Premier memberships include a free subscription to our latest Merrymeeting Premier Magazine (exclusive annual online publication emailed directly to club members).
- **Special Invitations:** Premier members will enjoy access to special workshops and events developed especially for them.

## JOIN THE MERRYMEETING PREMIER MEMBERSHIP CLUB FOR ONLY \$25!

\* Membership fee is annual



Certificate Programs give you the flexibility to enroll in the entire course or choose from individual units within the program. Visit our website at [merrymeeting.org](http://merrymeeting.org) or contact us at 729-7323 for more information!

# CERTIFICATES + TRAINING

## CERTIFICATE IN QUICKBOOKS ONLINE

Save time, track money, and get important insights with QuickBooks Online. The leading online accounting platform, it is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. Get a comprehensive understanding of QuickBooks Online. Then learn how to work with more advanced topics. The Certificate in QuickBooks Online courses must be taken in the following order (the classes build off each other): 1. QuickBooks Online Level 1, 2. QuickBooks Online Level 2. However, courses may be taken individually at a cost of \$195 each. **Instructor: Marcus Lander**

Certificate in Quickbooks: 4/1 - 6/28/2024 Online .....	\$395
QuickBooks Online Level 1: Dates: 4/1 - 4/26/2024, Online .....	\$195
QuickBooks Online Level 2: Dates: 5/6 - 5/31/2024, Online .....	\$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. The Bookkeeping Certificate courses must be taken in the following order (the classes build off each other): 1. Understanding Debits and Credits, 2. General Ledger and Month End Procedures, 3. Closing Procedures and Financial Statements. However, courses may be taken individually at a cost of \$195 each. **Instructor: Sharon DeFonteny**

Bookkeeping Certificate: 4/1 - 6/28/2024 Online .....	\$495
Understanding Debits and Credits: Dates: 4/1 - 4/26/2024, Online .....	\$195
General Ledger and Month End Procedures: Dates: 5/6 - 5/31/2024, Online .....	\$195
Closing Procedures and Financial Statements: Dates: 6/3 - 6/28/2024, Online .....	\$195

## ENTREPRENEURSHIP CERTIFICATE

Boost your chances of success for your new or small business and reduce your risks. Get the latest on planning your business, brainstorming business ideas and a checklist for going into business. Then learn how to create a business plan, including assessing business feasibility and preparing the management and financial plans. Then take home a step by step approach to attract and keep customers, with an emphasis on customer-driven marketing decisions and building a strong brand. At the end of this certificate, you will be able to identify the abilities required of successful entrepreneurs and how to acquire them, develop goals to help establish your business, develop an outline for your plan, and take-home techniques to successfully manage and market your new business. The Entrepreneurship Certificate courses must be taken in the following order (the classes build off each other): 1. Entrepreneur Boot Camp, 2. The Business Plan, 3. Entrepreneurial Marketing. However, courses may be taken individually at a cost of \$195 each. **Instructor: Mary Beth Izard**

Entrepreneurship Certificate: 4/1 - 6/28/2024 Online .....	\$495
Entrepreneur Boot Camp: Dates: 4/1 - 4/26/2024, Online .....	\$195
The Business Plan: Dates: 5/6 - 5/31/2024, Online .....	\$195
Entrepreneurial Marketing Dates: 6/3 - 6/28/2024, Online .....	\$195

## CERTIFICATE IN MASTERING COMPUTER SKILLS FOR THE WORKPLACE

Get hands-on experience with the most widely used computer programs in the world, and take away the skills to create professional documents, presentations, and spreadsheets. Whether you're looking to enhance your current career or launch a new one, this certificate program will equip you with the skills you need to succeed in today's digital world. Earn a certificate that demonstrates your mastery of computer skills for the workplace by taking all three classes in this series. Discover the power of Microsoft Excel to create, edit and manage spreadsheets, master the art of professional document creation with Microsoft Word, and bring your proposals and presentations to life with Microsoft PowerPoint. The Certificate in Mastering Computer Skills for the Workplace courses must be taken in the following order (the classes build off each other): 1. Mastering Microsoft Excel, 2. Mastering Microsoft Word, 3. Mastering Microsoft PowerPoint. However, courses may be taken individually at a cost of \$195 each. **Instructor: Elizabeth Flanagan**

**Mastering Microsoft Certificate: 4/1 - 6/28/2024 Online ....\$495**

**Mastering Microsoft Excel: 4/1-4/26/2024, Online ..... \$195**

**Mastering Microsoft Word: 5/6-5/31/2024, Online ..... \$195**

**Mastering Microsoft PowerPoint: 6/3-6/28/2024, Online ... \$195**

## MARKETING USING SOCIAL MEDIA

The benefits of social media make it an essential part of a business plan. Social Media Marketing has become more than running digital advertising campaigns; it allows your business to build a following of loyal customers through authentic posts and interactions creating excitement for your business as it grows. Each platform gives your business the tools to successfully build your brand, connect with your customers, and track analytics. This course will focus on Instagram, Facebook, TikTok, Pinterest, LinkedIn, Twitter, and Nextdoor. **Instructor: Melissa Torres**

**Session 1: 3/6-3/16/2024, Online ..... \$195**

**Session 2: 7/4-7/28/2024, Online ..... \$195**

## VIDEO MARKETING

Sight, sound and motion are much more compelling than static words on a page. Video is very hypnotic and it quickly speeds up the "know, like and trust," factor with your audience. In this course you will discover how to use simple online video to quickly bond with your viewer, drive traffic to your website, boost business and build brand awareness. Find out how to shoot simple, effective videos without costly fancy equipment or savvy technical skills. Discover the secrets to creating content that commands attention. Learn how to dominate Google and YouTube with your video and to strategically use YouTube to market your business 24/7 -- even while you sleep. **Instructor: Rob Lee**

**Session 1: 2/6-3/3/2024, Online .....\$245**

**Session 2: 6/6-6/30/2024, Online .....\$245**

## HOW THE LERN CERTIFICATE PROGRAM WORKS

It is easy to participate in your online course. After you register, you will be given a web address to go to get into your online classroom. You will have a password and use your email address and password to gain access. Once inside the online classroom, here's what you can expect.

### FOR EACH UNIT, YOU WILL:

- Access the online readings and content in each unit
- Listen to the audio presentation and view the slides
- Take a self-quiz to see how much you have learned
- Engage in written online discussion with your instructor and other participants

For best learning, you should make one or more comments at 2-3 different times each day. The content (readings, audio lectures, slides) and self-quizzes are accessible for the entire course, so you can work ahead, or go back and review again, at your convenience.

### 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.
- For the best learning, participants should log into the course on 2-3 different days of the week.

### DISCUSSION

The Discussion for each Unit lasts one week. All comments are made in writing and can be made at any time of the day or night. Your instructor will log into the Discussion area at least once a day and answer questions, make comments, and respond to comments by you and the other participants. We encourage you to make 2-3 comments each day to maximize your learning and enjoyment of the course.

Visit our website at [merrymeeting.org](http://merrymeeting.org) or contact us at 729-7323 for more information.



## QUESTIONS? START HERE!

**HOW DO I REGISTER?** We recommend registering with a credit or debit card ONLINE, or by calling the office. Payment **MUST** be made at time of registration. There is a \$50 fee for each returned check, or to place a stop payment on a lost check. Visit [Merrymeeting.org](http://Merrymeeting.org), or call 729-7323, or 443-8255 to register.

### WHAT DISCOUNTS DO YOU OFFER?

- Seniors: Age 60-plus \$10 off classes of more than two nights.
- Employees: 20% off classes up to \$100; \$20 off classes of \$100 or more. Includes MSAD 75, Brunswick, RSU1, and Wiscasset.
- Veteran's receive a 10% discount on classes of more than two nights
- No Discount on one or two-night classes, or where indicated.

**WILL I RECEIVE A CONFIRMATION?** Registration confirmations and course communications are done via email. Please provide your email address when registering in order to stay up to date on last minute class changes or cancellations. If you register after the course is full, we will put you on a waiting list. Please check your SPAM account if you did not receive an expected email.

**MATERIALS + BOOKS POLICY** Materials for enrichment classes are not included in the registration fee unless noted, Materials fees are NOT refundable.

### CANCELLATION + REFUND POLICIES

- If you cannot start a course, notify us 2 business days prior to the first class and we will process your refund, minus credit card processing fees. Materials, books and other course expenses are not refundable.
- No refunds for missed one or two night workshops.
- No refunds on the day of the second class or, after the class ends.
- We reserve the right to cancel a class due to low enrollment or other circumstances. If we cancel a class, all fees are refunded.

**AGE POLICY** The minimum age for participants in adult education enrichment courses is 18 years old. For High School Equivalency Testing (HiSET), you must be at least 17 years old to test. Merrymeeting does not discriminate based on race, color, national or ethnic origin, religion, gender, sexual orientation, marital or parental status, age or disability in its employment or in the administration. Contact Human Resources at 207-729-9961.

## A special thank you to our local partners!



53 Maine Street • Brunswick  
207-725-2274

Students receive a discount when purchasing supplies for classes.



THANK YOU Lee Toyota for taking care of our Driver's Ed cars and making sure our students are safe!



Thank You to our neighbor, Wicked Joe's for providing coffee and tea for our events.