



FALLWINTER 2024-25

Keep Until March

Dear Merrymeeting Students,

We are pleased to provide you with our Fall/Winter class catalog! This may be one of our most comprehensive offering of classes ever! As usual, we are offering a wide variety of classes designed to meet the needs of the residents in the communities we serve.

Whether you want to complete your high school diploma, find workforce training, explore college transitions, travel, or take any number of classes in the arts or other areas of interest, Merrymeeting can provide you with an option that meets your individualized needs.

Our program continues to grow and prosper and we are excited about the new school year and what we have to offer all of you.

Please join us!

Allen Lampert
Director



ADULT EDUCATION STAFF

Allen Lampert	Director
Dawn Wheeler	Assistant Director
Jose Rodriguez, Jr.	Community Ed 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

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ADULT EDUCATION ADVISORY COMMITTEE

Heidi O'Leary	Kimberli Lovell	Vicki-Rose Porter
Phil Potenziano	Mary Hobson	Kathleen Montejo
Patrick Manuel	Jane Scease	Jamie Dorr
Shawn Chabot	Jim Moulton	Jon Woodman
Cory King	Pat Cloutier	Allen Lampert
Dan Burson	John Hodge	Dawn Wheeler
Elizabeth Sokoloff	Judy Connors	Jose Rodriguez, Jr.

Our office is closed on the following holidays and school vacations:

Labor Day	September 2, 2024
Indigenous People's Day	October 14
Veterans Day	November 11
Thanksgiving Break	November 28-29
Winter Break	December 23 - January 1
Martin Luther King, Jr. Day	January 20
President's Day	February 17

STARTING SEPTEMBER 1, 2024: A cancellation fee will be assessed by our registration system on all refunds requested after 9/1/24. The fee is a small percentage of the cost of the program and includes a non-refundable credit card processing fee.

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 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.

MCAE LOCATIONS TOPSHAM CAMPUS

35 Republic Avenue • Topsham
Phone: 207.729.7323
Email: adulated@link75.org
Monday - Thursday: 9:00am to 8:00pm
Friday: 9:00am to 2:00pm

BATH CAMPUS:

34 Wing Farm Pkwy • Suite 200 Bath
Phone: 207.443.8255
Email: 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
71 Dragon Drive, 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
Mally 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

Bowdoin College
255 Maine Street, Brunswick

Maine Pines
120 Harpswell Road, Brunswick

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Art & Artists: 10x10x10		"Value" of Value	Master the Art of Authentic	Basics of Pistol Handling
Art & Artists: From All Over		Tumbled Glass & Broken Pottery	Bagel Making!	Coastal Navigation, Level 1
ART FUN—amentals		Unleash Your Inner Artist	Homemade Holiday Food Gifts	Legal Use of Force Explained
Sensory Draw		Upcycled Mobiles and Stables	Incredible Edible Insects: An	Develop a Personal & Home Plan
Sensory Sculpt		Using Photo Reference Wisely	Introduction to Cooking w/Bugs!	Foraging
Beginning Drawing		Water and Paint Ratios	Maine Munchies: Potato Candy	History Of Malaga Island
Beginning Watercolor		Watercolor & Ink Illustration	Maine Seaweed in the Kitchen:	Map and Compass, Level 1
Botanical Illustration		Watercolor Figure Workshop	Cooking with Coastal Flavors	Mushroom Walk
Digital Design with Canva		Winter Wonderland	Maki Sushi Roll & Miso Soup	Registered Maine Guide Training
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Handbound Lidded Box		Gentle Yoga Stretch	Thai Cooking: The Basics	Sign Language (ASL): Level II
Holiday Zentangle®		Integral Tai Chi with Robin	Vegan Test Kitchen: Breakfast	Art of Writing Horror
Illustrating Autumn Leaves		Intro to Mat Pilates w/ Barbara	Wok & Cleaver Bootcamp	Beekeeping: Intro Workshop
Illustrating Bouquets		Introduction to Yoga	Yeast Roll Jubilee	Beekeeping: The Fundamentals
Illustrating Nature		Let It Go! Fiesta	FREE + LOW COST	Beginning Chinese
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Improv for Healing the Heart		Meditations for Compassion	INFO: Adventure Marketplace	Enneagram: Better Relationships
Intermediate Book Binding		Mindful Dance Fitness	Foster or Adoptive Parent!	Blueprint for Writing a Novel
Intermediate Drawing		Nordic Walking	Book Talk: Regina Strongheart	Boost Your Confidence: 5 Pt Series
Intermediate Sewing Studio		Peace Within Workshop	Collette Tours Info Night!	Creative Writing For Beginners
Intro to Digital Photography		Pilates: All Levels	Cooking for Healthy Eating	Creative Writing In The Workplace
Intro to Macrame: A Plant Hanger		Relaxation Mini-Retreat	How Money Works	Discover Your Writing Voice
Intro to Narrative Arts		Restorative Yoga	Invest for Success	Fair Play for Busy Parents
Intro to Stained Glass		Street Funk/Hip-Hop/Pop Dance	Investing at Retirement	Get To Know Your iPad/iPhone
Introduction to Wood Carving		Tai Chi Easy™ with Robin	Maine Death w/ Dignity Act	Get To Know Your MAC!
Introduction to Zentangle®		Tai Chi for Flexibility and Balance	Moral Courage	Immersive Creative Writing
It's All in the ARTitude		Taiji Qigong Shibashi for Body,	Americorps: Info Workshop	Intensive French
Learn to Sew a Basic Wardrobe		Breath and Mind Connection	Radical Kindness	Introduction to Crystals
Macrame Essentials		A.R.T. of Letting Go	Shrink Your Energy Bills	Introduction to Tarot
Merrymeeting Arts Retreat:		Art of Relaxation	Understanding Medicare	Intuitive Writing
Carpe Diem Sketching		Trim & Tone	Understanding Social Security	Investigating UAP
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Next Step Zentangle®		Yin Yoga w/ Barbara	MUSIC + DANCE	Message Circle
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One-of-a-Kind Pendants		Yoga: All Levels	Tango West Coast Swing	Oracle Cards vs Tarot Cards:
Paint Night Series		Your Health: Jin Shin Jyutsu	Beginning Guitar with Randy	Past Life Regression
Painting Landscapes: Watercolor		Zumba Dance Fitness	Beginning Singing with Randy	Sales Agent Online Class
Pastel Studio for Astronauts		FOOD + COOKING	Bucket Drumming	Save A Life: Control The Bleed!
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Portrait Drawing Studio		Chinese Mooncakes	Instant Guitar for Busy People	So You Want To Run An Airbnb?
Recycle, Renew, Reuse		Chris and Ken's Awesome	Instant Piano for Busy People	Spanish for Beginners
Sculpted Paper Poinsettias		Hurricane Island Cooking and	Intro to Ukulele and Jam Session	Tarot Topics and Techniques
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Looking to **complete** your high school diploma? Starting the next part of your journey is easy.

We're here to help!

Merrymeeting offers two pathways to help you achieve your high school diploma:

- Credit recovery for a high school diploma
- HiSET for a high school equivalency diploma

Each one opens doors to better employment opportunities, and either can be completed at any age- it's never too late to start again!

FREE instruction, books, and HiSET testing for Maine residents!

What about after high school?

We can help you with your career goals. Reach out to us today so we can help you get the certificate/degree you'll need to get your dream job!

- Academic Success Seminar, get ready for college! (FREE for Maine residents!)
- Goal Setting
- Career Planning
- Workforce Development Programs
- Academy of Medical Professions
- Medical Certificates for: CNA, CRMA and PSS Certificates

For college and career readiness, contact Elyce Reavely
at reaveleye@link75.org, or 729-7323, ext. 2.

For all medical programming, contact Pauline Hanson
at hansonp@link75.org, or 443-8255.

Please visit our website for more details, or call the office for inquiries 729-7323.

Get started today! It's easy! Call our office to get started!
Topsham/Brunswick: 729-7323 • Bath/Wiscasset: 443-8255

GET STARTED TODAY!

Call our office to set up an appointment.

For the Brunswick and MSAD 75 (Bowdoin, Bowdoinham, Harpswell, Topsham) areas, contact **Elyce Reavely** at reaveleye@link75.org, or 729-7323, ext. 2.

For the RSU 1 (Bath, Phippsburg, Woolwich) and Wiscasset areas, contact **Pauline Hanson** at 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 ELL
- Advanced ELL
- ELL CNA Prep
- Building Your Future: Education + Training in Maine

Classes held in Brunswick at UMA and Bath at 34 Wing Farm Pkwy. Online classes available.

ACADEMIC CLASSES



ALGEBRA/ARITHMETIC

This class is designed to help students who need or want math review for various situations. Individual programming helps students progress at their own pace to earn a math credit in Arithmetic, Algebra, or Life Skills. The class is also helpful for students who need a refresher before taking a college math class or who feel they want to sharpen their skills for everyday use. Students can join the class at any time during the year.

CHEMISTRY W/ LAB

This is a laboratory practice class and will satisfy entrance requirements for post-secondary schools and CNA or nursing preparation. Topics covered include study of the atom, elements, problem solving, electron configuration, gasses and their laws. Prerequisite: Algebra I or currently enrolled in Algebra. Book and lab fees are included in the course fee. Free for students enrolled in the College Transitions, HiSET and/or Diploma program. Spring Session only.

BIOLOGY W/ LAB

This activity oriented course deals with the study of life. All major biological concepts including cells, reproduction, genetics, evolution, plants, invertebrates and vertebrate animals, along with human biology will be explored. Biology with a lab is a fast paced offering that will satisfy requirements for most post-secondary schools including those in the medical field. Lab fee and books included in course fee. Free for students enrolled in the College Transitions, HiSET and/or Diploma program. Spring Session only.

U.S. HISTORY

This course in U.S. History will cover selected thematic topics from Colonization to the Cold War Era. Unit work and tests are designed to be done in class as well as some homework. Topics covered include: Colonization to Revolution, The Revolutionary War, Forming a New Government, Growth and Division of U.S, the Cold War Era, Settling the West, Civil War and Reconstruction. Also covered, Modern America- Industrialism, Imperialism, Progressive Era, World War I, Roaring 20s, The Great Depression, World War II, Cold War. Free for students enrolled in the College Transitions, HiSET and/or Diploma program.

CRITICAL READING & WRITING

Critical Reading and Writing is a 1-credit English course for adult students seeking to finish their high school diploma, prepare to take the HiSET reading and writing exams, get ready for college placement tests, or for high school students in jeopardy of not graduating who need to recover English credit.

This class is offered through Google Classroom. Access to a reliable computer and internet is required. Coursework includes critical reading of required informational texts, writing a college essay through multiple drafts, a review of basic grammar, and peer review. Free for students enrolled in the College Transitions, HiSET and/or Diploma program.

ACADEMIC SUCCESS SEMINAR

Are you interested in going to college? Do you want to take an online course that will prepare you to be successful AND award you three college credits? Merrymeeting's Academic Success Seminar is delivered in a hybrid model that includes four Zoom classroom meetings followed by online assignments. The Seminar is free to adults interested in preparing to attend college. Throughout the course students will engage in reading, writing, and activities. Students must have their own computer and reliable internet access. Microsoft Office products will be provided to students. This course is a 7-week course and will be taught at an accelerated pace. Consistent participation throughout the week on Brightspace (the online learning platform) will be required. Free for students enrolled in the College Transitions, HiSET and/or Diploma program.

HISET REMOTE PREP

If your schedule doesn't allow for traditional face-to-face classes then this could be the class for you. Students work independently at their own pace and meet with an instructor via zoom weekly. In order to be successful in this program you must be self-motivated, have at least a minimal comfort level with technology, have reliable internet access, a reliable device, and dedicated time to devote to your learning. Software used aligns with the HiSET exam in Reading, Writing, Math, Science, and Social Studies. Class space is limited to 6 students per session. Free for students enrolled in the HiSET program.

HISET PREP LAB

Prepare to take the High School Equivalency Test (formerly GED) in the five required areas of Reading, Writing, Mathematics, Science, and Social Studies. Instructors work one-on-one or in small groups with students to prepare for each test. Classes meet weekly at our Topsham and Bath offices. Free for students enrolled in the HiSET program.

It's easy! Call us today to get started! • Topsham/Brunswick: 729-7323 • Bath/Wiscasset: 443-8255



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.



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 rodriguezj@link75.org



MERRYMEETING

COMMUNITY & ADULT EDUCATION



- Contact Pauline Hanson for dates of the next class at hansonp@link75.org
- Class meeting dates and times will vary from class to class
- Funding **may be** available

Program Cost

\$1245

JOIN OUR CERTIFIED NURSING PROGRAM TODAY!

For More Information: call Pauline Hanson at our Bath Office • 207.443.8255
or email her at hansonp@link75.org

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 between 15 and 19 years of age 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 \$560

BRUNSWICK HIGH SCHOOL

Instructor: Terry Goan

September 16 - October 8 - 4:45-7:45pm

January 6 - January 28 - 4:45-7:45pm

April 14 - May 13 - 4:45-7:45pm

TOPSHAM ADULT ED OFFICE

Instructor: Pierre Martin

October 28 - November 20 - 4:45-7:45pm

March 3 - March 26 - 4:45-7:45pm

June 2-June 25 - 4:45-7:45pm

MORSE HIGH SCHOOL

Instructor: Bryan Fortier

September 16 - October 11, 2:30 to 5:30pm

November 13 - December 16, 2:30 to 5:30pm

April 17 - May 9, 2:30 to 5:30pm

July 7 - August 1, 2:30 to 5:30pm

Instructor: Chris Brilliant

February 3 - March 5, 4:15 to 7:15pm

WISCASSET HIGH SCHOOL

Instructor: Chris Brilliant

October 7 - November 4, 4:45 to 7:45pm

May 12 - June 9, 4:45 to 7:45pm

IMPORTANT:

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



SAVE THE DATE

Graduation is Wednesday, June 11, 2025 at 4:00pm
at Brunswick High School in Brunswick

Reception to follow in the cafeteria



There are **NO ACADEMIC** or **DRIVER'S ED CLASSES** on the following holidays and school vacations, unless noted otherwise.

Labor Day	September 2, 2024
Indigenous People's Day	October 14
Veterans Day	November 11
Thanksgiving Break	November 28-29
Winter Break	December 23 - January 1
Martin Luther King, Jr. Day	January 20
President's Day	February 17



FREE + LOW COST PROGRAMS

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. We’ll explore the creation of our own “personal kindness practices” as well as collective acts of community kindness that are fun, creative, and meaningful. 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 September 2024 and March 2025. 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

Tuesday, 9/3, 6- 8pm, 24 wks.

Brunswick High School \$10

MORAL COURAGE – CHOOSING THE ROAD LESS TRAVELED

What does it mean to live a life of moral courage? What does it take to do what’s right, not just what’s convenient? How does moral courage help us live a more fulfilling life? This class will explore questions like these and more. We will use selected readings and examine examples of historical individuals who have shown great moral courage. We will support each other in finding ways to bring more moral courage into our lives at home, at work, and in the community. This program meets the second Tuesday of every month between September 2024 and March 2025. The workshop fee includes access to all monthly meetings. Instructor: Jeff Edelstein

Tuesday, 9/10, 6-8pm, 24 wks.

Brunswick High School\$10

ADVENTURE MARKETPLACE INFO NIGHT

Interested in a local travel experience with Adventure Marketplace? Come join Nancy for more specific 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! Presented by: Nancy Dorrans

Monday, 9/9, 6- 7:30pm, 1 Night

Adult Ed Center, Topsham FREE

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. This program is offered free of charge with Tony Dancer, plus once a month potlucks! 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 Garreton

Session 1: Wednesday, 9/18, 10:30-11:30am, 6 wks.

Session 2: Wednesday, 1/8, 10:30-11:30am, 6 wks.

Adult Ed Center, Bath FREE



**Special
Olympics
Maine**

COOKING FOR HEALTHY EATING

Special Olympics of Maine proudly presents a 60-minute cooking course centered around healthy eating. Participants will delve into a 15-20 minute discussion on various healthy eating topics, followed by an engaging 40-45 minute session focused on preparing a nutritious and affordable meal within 30 minutes. The class will feature guest speakers specializing in nutrition, ensuring a comprehensive learning experience.

Presented by: Special Olympics of Maine

Tuesday, 9/24, 6-7pm, 6 wks.

Mt. Ararat High School..... FREE

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.

Presented by: Regina Strongheart

Tuesday, 9/24, 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.

Presented by: Aaron Manning

Session 1: Monday, 9/30, 6:30-7:30pm, 1 Night

Session 2: Monday, 2/3, 6:30-7:30pm, 1 Night

Adult Ed Center, Topsham 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.

Presented by: Stephanie Eklund

Tuesday, 10/1, 6-7:30pm, 1 Night

Online FREE

PET TRUSTS AND ESTATE PLANNING SEMINAR

Ensure the Best Future Possible for Your Pets After You Are Gone! Estate planning for pets is designed to ensure your furry, feathered, or otherwise, friend is well cared for after you are gone. Learn about the benefits of a will and how to set up a pet trust to provide for your pets. Hosted by Parke Burmeister, Esq., Casco Bay Law and Jill Hiban CTFP® FL Putnam. In partnership with Midcoast Humane Society.

Tuesday, 10/8, 6pm, 1 Night

Midcoast Humane FREE

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. Presented by: Roy Gedat

Session 1: Wed, Adult Ed Center, Topsham, 10/9, 6-7:30pm, 1 Night

Session 2: Wed, Mt. Ararat High School, 2/5, 6-7:30pm, 1 Night

Topsham FREE

COLLETTE TOURS INFO NIGHT

Interested in a travel experience with Collette Tours? Come 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. Plus, with a professional Tour Manager at your service and local guides by your side, you'll never miss a thing! Choosing Collette comes with benefits that take your guided travel experience to another level. Our inclusive tours provide you more value for your money and more of what makes travel special.

Presented by: Andrew Leighton

Tuesday, 10/15, 6-7:30pm, 1 Night

Adult Ed Center, Topsham 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! Presented by: Sarah Blondin

Session 1: Wed, Adult Ed Center, Topsham, 10/16, 6-7:30pm, 1 Night

Session 2: Wed., Mt. Ararat High School, 1/8, 6-7:30pm, 1 Night

Topsham FREE

SHRINK YOUR ENERGY BILLS

Shrink Your Energy Bills is a 45 minute slide presentation about how you can save money in the years ahead by keeping your home warm and comfortable and your vehicle up to date with the latest technologies. Last year Congress passed legislation that provides many generous tax credits and rebates to tighten up your space, purchase energy efficient electric appliances including heat pumps, acquire an electric car and perhaps even a solar system. Many of us Mainers are not aware of these unusual opportunities, and the generous financial help available particularly to low and middle income folks. Sam will explain how to take advantage of the incentives, navigate potential obstacles, and talk about why tackling these improvements with help from the Inflation Reduction Act & Efficiency Maine makes good sense for your pocketbook and your community. Presented by: Sam Saltonstall

Wednesday, 10/23, 6-7:30pm, 1 Night

Adult Ed Center, Topsham 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! Presented by: Sarah Blondin

Session 1: Wed, Adult Ed Center, Topsham, 10/30, 6-7:30pm, 1 Night

Session 2: Wed, Mt. Ararat High School, 1/29, 6-7:30pm, 1 Night

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. Presented by: Sarah Blondin
Session 1: Wed, 11/13, 6-7:30pm, 1 Night
Adult Ed Center, TopshamFREE

Session 2: Wed, 2/12, 6-7:30pm, 1 Night
Mt. Ararat High School, TopshamFREE

UNDERSTANDING SOCIAL SECURITY

Do you wish you had a better understanding regarding your social security benefits? Do you want to make sure you're getting the most out of your benefits? Join us to learn how! Presented by Sarah Blondin.
Wednesday, 12/11, 6-7:30pm, 1 Night
Adult Ed Center, Topsham FREE

MAINE DEATH W/ DIGNITY ACT

There is still a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Know the facts and, if qualified, the right to access medical aid in dying if they choose. Join this class to get 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. (No materials/supplies required).

Presented by: Valerie Lovelace
Tuesday, 1/7, 6:30-8pm, 1 Night
Online FREE

EXPLORING SELF-EMPLOYMENT

This workshop will help you decide if self-employment is the right choice for you. The class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed. Offered by New Ventures Maine. To register, please visit their website at www.newventuresmaine.org

Session 1: Wednesday, 9/18, 10-11am, 1 Day
Session 2: Wednesday, 10/16, 4-5pm, 1 Day
Online..... 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 to learn how we can make a difference while serving our community together.



55 Maine Street • Brunswick, Maine
207-725-2271 mixorunmaine@gmail.com



The Mix is an art supply & unique gift shop located on the corner of Mason and Maine Street in Brunswick. Owner Leslie Beattie, makes it a priority to sell affordable, quality materials and to be a source for art-making questions, product recommendations and sometimes just good conversation. Stop in and browse through their 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

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 Harpswell 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

COMMUNITY HAPPENINGS

PLEASE CONTACT MERRYMEETING ARTS CENTER AND CCAC DIRECTLY TO INQUIRE ABOUT CLASSES AND EVENTS



Since 2007 Merrymeeting Arts Center has been active in Bowdoinham, providing a place where children and adults in the surrounding communities can enjoy visual and performing arts. Our values--Egalitarianism, Whimsy, Environmental Consciousness and Diversity--guide us to serve the community regardless of their ability to pay. Donations to our Heron Fund allow us to offer classes on a "pay-what-you-can" basis. Some of our upcoming classes include:

Intro to Macrame: Hanging Planter Class with Chickpea Creative - Saturday, September 7 from 1:00-4:00pm

Macrame a plant hanger! In this class you'll learn a few basic macrame knots and how to put them together to make a unique and functional plant hanger. All materials will be provided.

Wire Wrapped Rings Workshop with Elise Marie DeSigns Saturday, September 21 from Noon to 2:00pm

Come join us for a fun and creative event where you can learn how to make your very own wire wrapped rings with Elise Marie DeSalvo! No experience is necessary, as Elise will guide you through the process step by step. During this class, you will create two unique & stylish wire wrap rings. All materials and supplies are provided.

Shibori Dying Class with Elise Marie DeSigns Saturday, November 9 from Noon to 3:00pm

A great class is for anyone who wants to learn how to shibori! Elise DeSalvo will teach the process of shibori-dyeing using indigo dye on fabric for practice, making a distinctive blue & white pattern. You will then dye one "dad-hat" cap provided by Elise. All materials and supplies will be provided.

Suitable for adults & kids (minimum 10 years old). Merrymeeting Arts Center offers pottery classes as well as open studio hours. A \$10 suggested donation for an Open Studio session covers studio use, clay, kiln firing, and glazes! Open to the public, no experience necessary! No traditional instruction is offered during this time, but an attendant is available for suggestions and answering questions.

Open Studio Hours:

- Monday: 6:00 to 8:00pm
- Wednesday: 6:00 to 8:00pm
- Saturday: 9:00 to 11:00am

Visit us at MerrymeetingArtsCenter.org for class details and registration.

For more information, contact:

programs@MerrymeetingArtsCenter.org
 Merrymeeting Arts Center, 9 Main Street, Bowdoinham

Visit MerrymeetingArtsCenter.org to subscribe to our newsletter and follow us on Facebook!

WHAT'S HAPPENING at the Chocolate Church Arts Center

- 9/14/24 Cheryl Wheeler - Singer/Songwriter
- 9/21/24 Mr. G - Kids World Music Program
- 9/28/24 Steve Gunn - Guitarist/Songwriter
- 10/5/24 La Muchacha - Latin/American/Indie/Folk
- 10/11/24 Being Petty - Tom Petty Tribute Band
- 10/12/24 Pat Colwell & The Soul Sensation - Soul Band
- 10/18-10/19/24 Ifrah Mansour - Theater - One Woman Show
- 10/26/24 Tim Erikson/Omar Sousa - World Music
- 11/8/24 Slippery People - Talking Heads Tribute Band
- 11/9/24 Cyrus Chestnut - Jazz
- 11/12-11/16/24 Studio Theatre of Bath - Theater
- 11/21/24 Groovetide - Psychedelic Jam Band
- 11/23/24 Patty Larkin & Lucy Kaplansky - Folk/Urban/Pop
- 12/6/24 Rani Arbo & Daisy Mayhem - Roots/Folk
- 12/7/24 Holiday Hot Chocolate - Jazz/Big Band
- 12/13/24 Casco Bay Tumblers - Klezmer Band
- 12/14/24 Coig - Celtic Music



804 Washington Street - Bath



MAINE PINES RACQUET & FITNESS

**PLEASE CONTACT MAINE PINES RACQUET & FITNESS CLUB
DIRECTLY TO INQUIRE ABOUT CLASSES AND EVENTS**

Maine Pines Racquet & Fitness is known for being one of the Nation's Top 50 Tennis Welcome Centers and the USTA New England Club of the Year, but that is not all. Maine Pines has tennis, pickleball, and fitness programs for all ages and ability levels. The club boasts six heated indoor courts and five pickleball courts with a second floor viewing area, bar lounge with big screen TV, pro shop, weight room, large aerobics studio, yoga and spin room, cardiovascular equipment and much more!

Maine Pines has a wide array of programs in a comfortable and well taken care of facility:

- 6 Indoor Tennis Courts
- 5 Indoor Pickleball Courts
- Areas largest Aerobics Studio
- Yoga Studio
- Spinning Room
- Cardio Room
- 2 Weight Training Rooms
- Mid Coast Physical Therapy Center
- Social Lounge with view of the courts

Memberships are available for all disciplines. Any first time visitor is allowed one free fitness facility or class use. Please call the club at 729-8433, or visit the website - www.mainepines.com for more information



TENNIS

Private and small group instruction available for all ages and levels. Contract Times available – booking a court for the season at the same time each week.

JUNIORS

- Red Ball – ages 4-7: Using age-appropriate equipment, teaches kids hand eye coordination and basic skills. Mondays and Wednesday 5-6pm.
- Orange Ball – ages 8-11: Same as Red Ball, using age-appropriate equipment. Mondays and Wednesdays 5-6pm.
- Junior Development Program (JDP) – Jr High and High School ages for all levels. Jr High – Clinics Tuesdays and Thursdays 3-4pm, Match Play Fridays 4-5pm
- High School – Clinics Tuesdays and Thursdays 5-6pm, Match Play Fridays 4-5pm
- High Performance Tennis Clinics – Ages 12-18: For serious junior players wanting to play high school tennis. Clinics Mondays and Wednesdays 3:30-5pm, Match Play Fridays 3-5pm.



ADULTS

- Tennis 123 – Monthly program for beginner/advanced beginners and former players. Tuesdays 9-10am, Wednesdays 6-7pm, and Saturdays 10-11am
- Graduate Program – Next step after 123. A 3-month program. Tuesdays and Saturdays 10-11am
- Cardio Tennis – High Intensity Cardio workout clinic. Thursdays 9-10:30am and Fridays 6:30-7:30am
- Triples – Fun, High Energy Team workout (very popular). Mondays 6:30-7:30am, Tuesdays 6-7pm and Sundays 9-10:30am
- Skills N Drills - Fun drills clinic to reinforce skills. Tuesdays 5-6pm and Sundays 8-9am
- Grip N Rip - Advanced men's clinic focusing on footwork, strokes and strategies. Wednesdays 6-7pm

PICKLEBALL

Private and small group instruction available for all ages and levels. Contract times available – booking a court for the season at the same time each week.

- Pickleball 123 – beginners/advanced beginners wanting to be introduced to America's fastest growing sport.
- Open Play: Fridays 5-7pm and Sundays 10am-12pm. Show up and play!
- Coached Open Play: Thursdays 10:30am-12pm. Open play w/some coaching

Group Instruction

- Beginner and Advance Beginner Clinics: Mondays 12-1:30pm and Thursdays 6-7:30pm
- Intermediate and Above Clinics: Mondays 1:30-3pm and Thursdays 7:30-9pm

FITNESS PROGRAMS

Personal Training available for all ages.

- Aerobics: See schedule in-person or online at www.maineprines.com
Class offerings: Step Mix, Step Mix w/weights, Chisel and Burn, Classic Cardio, Straight Up Step, Retro Aerobics, Spinning classes
- Yoga Classes: See schedule in-person or online at www.maineprines.com. Class offerings: Morning Flow, Slow Flow Vinyasa, Yoga for Healthy Aging
- Senior Fitness Classes: See schedule in-person or online at www.maineprines.com
- Silver Sneakers – Often covered by Medicare. Class offerings: Classic, Circuit, and Chair Yoga

Please call the club at 729-8433, or visit the website, www.maineprines.com for more information



PLEASE CONTACT MAINE PINES RACQUET & FITNESS CLUB DIRECTLY TO INQUIRE ABOUT CLASSES AND EVENTS

2024 MERRYMEETING ARTIST-IN-RESIDENCE: DANA BATEMAN

Topsham/Brunswick in partnership with Merrymeeting Arts Center



Dana Bateman is a multimedia artist living in Brunswick, Maine. Her artistic interests combine a love of nature, drawing and painting outdoors, the color orange, and imperfect printmaking. Dana's professional career has been in education, and she is a community activist with a focus on anti-poverty work. She graduated from Syracuse University a long time ago. Dana's approach to creating art is embracing imperfections, abstracting the many beautiful subjects to be found in Maine, and a love of bright colors. Dana has always loved David Hockney, and spent years as a teenager recreating his paintings and drawings to teach herself about color, composition, and landscapes. Currently, Dana works in a mixed-media environment, and finds inspiration and excitement in how different mediums can be changed and altered when they interact. Dana will be working diligently in her studio space at our Topsham office, in room 4. Stop by anytime between 9/3-9/20, during our normal business hours, to meet Dana and see what she's up to for her show at the Merrymeeting Arts Center!



DANA'S SOLO EXHIBITION

There will be an opening reception on Friday, September 27th from 5:30 to 7:30pm. Dana's show runs from Friday to Sunday, 9/27 to 9/29.

Merrymeeting Arts CenterFREE

DANA'S AWESOME ABSTRACT BOTANICAL WORKSHOP

Thursday, 9/19, 5:30-7:30pm, 1 Night
Adult Ed Center, Topsham FREE

2024 MERRYMEETING ARTIST-IN-RESIDENCE: IFRAH MANSOUR

Bath/Wiscasset in partnership with Chocolate Church Arts Center



Ifrah Mansour is a multimedia and performance artist. Mansour's artwork was featured in "I am Somali" the first major museum exhibition of work by contemporary Somali artists in the Midwest if not the United States. Ifrah is a Muslim Somali refugee who was born in Saudi Arabia and raised in Somalia, Kenya, and the United States. She experienced civil wars, famine, displacement, droughts, and refugee camps before coming to America. Now, she uses her lived experiences to create artworks that reimagine people's connection to one another beyond borders, faith, race, class, and sexual orientation. Ifrah's artwork explores trauma through the eyes of children to uncover the resiliencies of

blacks, Muslims, and refugees. She interweaves poetry, puppetry, films, and installations to unearth the stories we are too afraid to share or too broken up to name. She's been featured in Middle East Eye, BBC, Vice, OkayAfrica, Star Tribune, and City Pages. Her critically-acclaimed works include, "How to Have Fun in a Civil War" "Can I touch it", "Somalis Balloon", "I am a Refugee", "My Aqal" series, and "Halima, the puppet." She believes great art comes from truth-telling and that our world is in desperate need of truth-telling. Because in truth-telling, we see the cracks of humanity as well as the innate strength of it. Art is a window to our soul. Art can move us to march, to shout, and to demand more equitable, kinder, and caring communities.

IFRAH'S SOLO EXHIBITION: HOW TO HAVE FUN IN A CIVIL WAR

Friday & Saturday, October 18 & 19

7:30pm

Chocolate Church Arts Center, BathFREE

BECOME A PREMIER MEMBER TODAY!



MEMBERSHIP BENEFITS INCLUDE:

- **Early Access:** Premier members receive our catalogs 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 \$5 off every class they register for through Merrymeeting.
- **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 publication mailed 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

COVER FEATURE: JEFF MAO



Jeff Mao, an educator and technology consultant, seamlessly combines his love for cooking with his passion for education. As the founder of KneadandNosh.com, Mao shares his culinary expertise through both online and in-person cooking classes. His classes have a particular emphasis on dough, covering everything from bagel baking to crafting handmade Chinese dumplings. Additionally, Knead & Nosh operates as a micro bakery, producing delectable New York-style bagels in Brunswick, Maine. In 2021, Jeff published his first cookbook, the "Essential Chinese Hot Pot Cookbook," and he is currently working on his second cookbook, focusing on bagels.

Jeff's impact extends beyond the kitchen. He has dedicated his entire career to the education sector. Notably, he played a pivotal role in the Maine Learning Technology Initiative (MLTI), a statewide program that provided laptops to Maine students and educators. He served as the State's education technology director for a decade. His advocacy for technology integration in education has left a lasting mark, both locally and globally. Jeff has also delivered keynote addresses at conferences worldwide, emphasizing the intersection of technology and learning. Last summer, his conference speaking intersected with his culinary work when he led engaging bagel baking workshops at the Kneading Conference in Skowhegan, Maine.

During his academic journey, Mao attended Bowdoin College, where he studied Russian History. His athletic prowess was equally impressive—he was a member of the Track & Field team and graduated with four college records. Beyond sports, Jeff was an active clarinetist in the Bowdoin College Concert Band, contributing both as a student and as a community member.

Jeff Mao's diverse contributions reflect his unwavering dedication to both culinary arts and educational innovation. Check out our Food & Cooking section on page 33 for Merrymeeting exclusive workshops led by Jeff.



"It has been my dream to offer collaborative, creative and educational experiences in developing talent; to be a resource which supports all creative thinkers and their process of bringing ideas to life. My dream is just beginning." Valerie Upham

Pinecone Studio is a collaborative environment built on gathering ideas and developing vision to grow and support creative communities in Maine. Programs and events promote exploration and build active networks.

Visit us online to learn more: pineconestudio.org

PINECONE STUDIO

MERRYMEETING ARTS RETREAT: CARPE DIEM SKETCHING

Join Instructor Ed Higgins for a unique creative retreat at Pinecone Studio in Brunswick. Nestled in a gorgeous woodland setting, amidst raised bed organic gardens, eclectic sculpture installations, and a breathtaking natural rock formation, Pinecone has interesting nooks and crannies around every corner that will help you bring out your artistic best. The founder, Valerie Upham, is a practicing artist and has created an inspiring, creative experience for the Maine community at Pinecone Studio. This creative opportunity promises to be a magical 3-day sketching adventure with your peers. Bring your lunch each day, there is a fridge to stash our lunches, beverages, and snacks. Limited enrollment. Carpooling is encouraged. Cats on premise. More details online! Instructor: Ed Higgins

Mon, Wed & Fri - 9/9, 9/11, 9/13, 9am-3pm

Pinecone Studio \$95



FINE ARTS + CRAFTS

INTRODUCTION TO WOOD CARVING

In this class you will learn to create beautiful and useful objects through the process of carving safely with tools such as knives, gouges, and spokeshaves. We will explore design, materials, techniques, and finishes to make a spoon, spatula, decorative carving, wildlife art, or something you design. No experience necessary, and tools and materials are included. Materials fee of \$20 must be paid to the instructor on first night of class. Instructor: Ken Wise

Session 1: Wednesday, 9/4, 6-9pm, 3 wks.

Session 2: Wednesday, 12/4, 6-9pm, 3 wks.

Mt. Ararat Middle School \$60

INTERMEDIATE SEWING STUDIO

Bring your projects and ideas! This studio class provides space, assistance and encouragement to help you finish what you've started or begin something new. Class includes demonstrations, tips and techniques to help you bring your sewing up a notch. Participants should have taken a beginner sewing class or have some sewing experience and should have their own sewing machines. *No Class: 10/14. Instructor: Susan Ellis

Monday, 9/23, 5:30-8pm, 6 wks.

Mt. Ararat Middle School, Topsham \$150

LEARN TO SEW A BASIC WARDROBE

Classes cover sewing basics like the tools you'll need to get started, threading a needle, sewing by hand, picking fabric, and how to purchase a machine as well as how to choose and use a sewing pattern. We'll make a drawstring bag in class, and a simple piece of clothing like a skirt or pajama pants. There is a \$45 tools and materials fee payable to the instructor on the first night of class (includes fabric for your bag but not for the clothing piece). Additional patterns and materials will be available for an extra fee paid directly to instructor. *No Class: 11/28. Instructor: Susan Ellis

Thursday, 10/31, 5:30-8pm, 6 wks.

Adult Ed Center, Topsham \$150



Art by Deena Ball

Special note: Many of our art classes require purchasing materials ahead of time to fully participate in the class. Supply lists are emailed to students after they register and before the first day of class.



ONE-OF-A-KIND PENDANTS

Have you found a smooth ceramic shard while beachcombing? Saved a beloved broken heirloom pottery plate? Give it a new life! Let's incorporate these treasured pieces with simple soldering techniques to make a one-of-a-kind pendant. Don't have ceramic pieces? The teacher will bring extra pieces to class. LAB FEE is \$35.00, payable to the instructor on the night of class. Instructor: Penny Hartwell

Tuesday, 9/10, 5:30-8:30pm, 1 Night

Mt. Ararat Middle School \$30

PAINT NIGHT: THE BALD EAGLE

Paint an unforgettable Bald Eagle Paint Night! In this class you'll learn to capture the majestic beauty of the bald eagle through Acrylic painting. Whether you're a beginner or an experienced artist, Shirley will guide you step-by-step to create your own stunning masterpiece celebrating this iconic symbol of freedom and strength. Canvas and paints are supplied. Instructor: Shirley Anderson

Wednesday, 9/11, 5-8pm, 1 Night

Adult Ed Center, Topsham \$55

WATERCOLOR FIGURE WORKSHOP

Explore aspects of painting figures in watercolor. We'll kick off with a brief tour of watercolor paintings that include figures in various settings as well as standalone figures. For photo references, you might find it fun to use old black and white photos of relatives, but the choice is ultimately up to you. This is a one day 7-hour workshop with a break for lunch. Bring your own lunch. Please bring watercolor supplies which should be of professional grade, all cotton 300 lb watercolor paper, large excellent brushes and professional grade tube watercolors and several small jars for mixing pouring options. Instructor: Deena Ball

Thursday, 9/12, 10am-5pm, 1 Day

Adult Ed Center, Topsham \$95



INTRO TO MACRAME: A PLANT HANGER

Come learn the basics of macrame in this 1-day workshop designed to introduce you to the craft. We will cover basic terminology and techniques that will help you get started with a small project, a plant hanger. A \$10 materials fee, payable to the instructor, must be paid on the night of the workshop. Instructor: Sarah McDarby
 Session 1: Saturday, 9/14, 11am-2pm, 1 Day
 Session 2: Saturday, 10/5, 11am-2pm, 1 Day
 Adult Ed Center, Topsham \$40

ABSTRACT STUDIO—ACHIEVING ORIGINALITY OF COMPOSITION

This iteration of Ed Higgins' popular abstract studio will center around composition. It's one thing to draw or paint expressively without traditional representational or figural anchors, it's quite another for an artist to know and embrace their unique and original sense of composition. Composition is often under-appreciated in abstract art, especially by people who haven't seen enough of it to gain an appreciation or affinity for it. This term, our atelier will focus on what it means to create truly original compositions, avoiding derivative or hackneyed compositional traps. *No Class: 10/14, 11/11.
 Instructor: Ed Higgins
 Monday, 9/16, 9am-12pm, 10 wks.
 Adult Ed Center, Topsham \$165

SKETCHBOOK STUDIO—A DEEP DIVE INTO PERSPECTIVE

One of the things that holds artists back from achieving the foundational skills they need to achieve mastery, is avoiding something they believe they can't do well, instead of redoubling their efforts to figuring it out. Perspective is a classic example. Perspective is actually as simple as trusting your eyes, and yet it gets built up as an intimidating hurdle that reinforces lack of confidence in drawing. In this class you'll learn to tame and demystify perspective, turning it into a valuable visual and compositional drawing tool that you control, not something that controls you! *No Class: 10/14, 11/11.
 Instructor: Ed Higgins
 Monday, 9/16, 1-4pm, 10 wks.
 Adult Ed Center, Topsham \$165

INTRO TO STAINED GLASS

In this one night class you will learn about the different kinds of glass, how to cut and grind glass. We will be making acid etched hearts. You will be able to take them home that night. Lab fee of \$10.00 to be paid to instructor at the beginning of workshop.
 Instructor: Penny Hartwell
 Session 1: Monday, 9/16, 5:30-8:30pm, 1 Night
 Session 2: Tuesday, 1/21, 5:30-8:30pm, 1 Night
 Mt. Ararat Middle School \$35

STAINED GLASS: THE JOURNEY BEGINS

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. The cost of materials are not included in the course fee, and may vary depending on amount and choice of glass. Note: You will also need to purchase your own tools, which can run between \$45-\$95. *No class: 10/14, 11/11, 2/17, 2/18.
 Instructor: Penny Hartwell
 Session 1: Monday, 9/23, 5:30-8:30pm, 8 wks.
 Session 2: Tuesday, 9/24, 5:30-8:30pm, 8 wks.
 Session 3: Monday, 1/27, 5:30-8:30pm, 8 wks.
 Session 4: Tuesday, 1/28, 5:30-8:30pm, 8 wks.
 Mt. Ararat Middle School \$125

STAINED GLASS STUDIO

Have you already taken Stained Glass with Penny? Are you looking to continue working on your stain glass project or start a new one? Then this studio class is for you! Join Penny to freshen up your skills, learn new advanced skills, build in 3D, and explore other possibilities. Bring your own tools and glass. Instructor: Penny Hartwell
 Session 1: Wednesday, 9/25, 5:30-8:30pm, 4 wks.
 Session 2: Wednesday, 1/22, 5:30-8:30pm, 4 wks.
 Mt. Ararat Middle School \$55

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. We will then apply this knowledge to small set ups so that we can gain some practical application. We 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: 10/14, 11/11, 1/20, 2/17.
 Instructor: Jennifer Linskey
 Session 1: Monday, 9/16, 5:30-7:30pm, 6 wks.
 Session 2: Monday, 11/4, 5:30-7:30pm, 6 wks.
 Session 3: Monday, 1/6, 5:30-7:30pm, 6 wks.
 Adult Ed Center, Topsham \$135

BEGINNING 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. \$65 materials fee is due to the instructor on the first night of class. Instructor: Heather O'Neil

Session 1: Tuesday, 9/17, 3-5pm, 6 wks.

Session 2: Tuesday, 11/5, 3-5pm, 6 wks.

Session 3: Tuesday, 1/7, 3-5pm, 6 wks.

Morse High School \$125

OPEN STUDIO CERAMICS (TUESDAY SESSIONS)

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. \$65 for materials and studio fee, payable to instructor, must be paid on the first night of class. *No Class: 11/26. Instructor: Heather O'Neil

Session 1: Tuesday, 9/17, 5-7pm, 6 wks.

Session 2: Tuesday, 11/5, 5-7pm, 6 wks.

Session 3: Tuesday, 1/7, 5-7pm, 6 wks.

Morse High School \$115

OPEN STUDIO CERAMICS (THURSDAY SESSIONS)

Are you comfortable with your clay abilities and just looking for a place to work? 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. \$65 for materials and studio fee, payable to instructor, must be paid on the first night of class. *No Class: 11/28. Instructor: Heather O'Neil

Session 1: Thursday, 9/19, 3-5pm, 6 wks.

Session 2: Thursday, 11/7, 3-5pm, 6Wwks.

Session 3: Thursday, 1/9, 3-5pm, 6 wks.

Session 4: Thursday, 9/19, 5-7pm, 6 wks.

Session 5: Thursday, 11/7, 5-7pm, 6 wks.

Session 6: Thursday, 1/9, 5-7pm, 6 wks.

Morse High School \$115

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!

FALL COLORS PLEIN AIR

This is an extension class of Ed Higgins' Watercolor and Ink in the Wild offering. Fall is a great time of year to be outside working in your field journal. We'll keep going plein air until the weather drives us indoors. The focus of the class will be mixing and capturing late summer, early fall, peak foliage, and late fall colors. The class will meet at scenic locations in and around the midcoast, perhaps revisiting some that we worked at earlier in the summer, to see how the colors have changed. For indoor classes, we'll stay loose with speed drills, and bring the outdoors inside using leaves, flora and found objects from our travels. Instructor: Ed Higgins

Tuesday, 9/17, 1-4pm, 10 wks.

Adult Ed Center, Topsham \$165

ILLUSTRATING NATURE WITH WATERCOLOR AND INK

This all-levels class integrates pen and ink techniques with watercolor. Students will learn principles of illustration through painting subjects including botanicals and landscapes, increasing in complexity as the class progresses. At the end of the course, students will have gained techniques for painting and drawing in their own unique style. Students can either buy themselves the required materials - a materials list will be provided - or they can buy material kits from the instructor (additional \$30 fee).

Instructor: Claire Loon Baldwin

Tuesday, 9/17, 5-7:30pm, 6 wks.

Adult Ed Center, Topsham \$145

ART & ARTISTS: 10X10X10 ALL AMERICAN ARTISTS

Each week we will look at an artist who was either born in, or has a significant connection to, the United States. We will learn about an artist in-depth and utilize class time to create art that incorporates those ideas. The class will be part art history, part looking at an artist's work in depth, and part synthesizing the learning. We will discuss what inspired the artist of the week, learn interesting tidbits and facts about their art, and working methods. The goal is to expand your art history knowledge, and play with some different ways of making art. All backgrounds are welcome and encouraged!

Instructor: Jennifer Linskey

Tuesday, 9/17, 1-4pm, 10 wks.

Adult Ed Center, Topsham \$185

Art by Frederic Edwin Church



INTERMEDIATE BOOK BINDING

Classes will cover various techniques and materials including Decorative Paste Papers, The Stab Binding, and the Long Stitched Book. Each class will focus on a different topic, while we learn the basics of book binding vocabulary and a bit of book binding history. Tools & materials provided. Instructor: Joelle Webber of Mermaid Bindery Tuesday, 9/17, 5:30-7:30pm, 3 wks.

Adult Ed Center, Topsham \$65

OIL PAINTING STUDIO—ACHIEVING ORIGINALITY OF COLOR AND BRUSHSTROKES

This term, the oil painting atelier will be experimenting with Ed's hit-and-run alla prima principles, and his split pile color mixing strategy. You'll learn to use a color checker, and create custom colors and save them in empty tubes. This is a learn by doing studio class. Designed for Ed's continuing oil painting students, or intrepid artists wanting to explore the medium in the best way possible, by teaching themselves. Working alongside your peers in a supportive environment with coaching and help from a knowledgeable instructor.

Instructor: Ed Higgins

Wednesday, 9/18, 9am-12:00pm, 10 wks.

Adult Ed Center, Topsham \$165



PASTEL STUDIO FOR ASTRONAUTS—ACHIEVING ORIGINALITY OF APPLICATION

Originality is the overarching theme this Fall in Ed Higgins' art classes. When it comes to media and technique, you can lead or you can follow. So many artists quit before they start by saying "I can't..." or "I never...", and define themselves thereafter by inexperience, lack of training, or by comparing themselves to artists on YouTube. This creates a lack of confidence that leads to inertia. The way forward in fine art requires two things: fearlessness, and imagination. Those are the only prerequisites for this course. In this class we'll take pastels to a new level by finding novel and unique ways to apply the materials and mix color. The aim in this studio atelier class is to develop our own process, not attempt to revisit the tired, overblended and tentative methods of traditional pastel application.

Instructor: Ed Higgins

Wednesday, 9/18, 1-4pm, 10 wks.

Adult Ed Center, Topsham \$165

TUMBLED SEAGLASS & BROKEN POTTERY

This is a whimsical class blending tumbled glass and pottery. We will have lots of glass and pottery to choose from, so come join us for a fun night out and create a keepsake and simply indulge in this therapeutic artistic process. Materials provided.

Instructor: Shirley Anderson

Wednesday, 9/18, 5-8pm, 1 Night

Mt. Ararat Middle School, Topsham \$55

IT'S ALL IN THE ARTITUDE - ACCESSIBLE AND FRAMEABLE PAINTINGS FOR EVERYONE

Do you long to explore color, texture, and emotion through painting, but feel that your inner artist has yet to be unleashed? Would you love to see one of your handcrafted pieces hanging proudly in your own home? In this 5 week course, you will learn a series of abstract/contemporary painting techniques that are achievable, yet striking including: paint pouring, stenciling, ball chain painting, printmaking, and squeegee painting. For each piece that you create, you will also learn how to frame or display it in a way that elevates your work. We are happy to source out and provide all the materials for the artwork and framing which is covered in a \$60 lab fee due on the first class. Instructor: Bridget Moore

Wednesday, 9/18, 5-8pm, 5 wks.

Mt. Ararat High School \$80

GLASS ON GLASS MOSAICS

An intro to the bright and shiny world of glass on glass mosaics. Bring a photo for inspiration or go with the flow for an abstract adventure. Tools will be provided for in class use. A material fee of \$20 must be paid to the instructor on the first night of class.

Instructor: Herenya Wilkey

Session 1: Wednesday, 9/18, 5:30-8pm, 3 wks.

Session 2: Wednesday, 12/4, 5:30-8pm, 3 wks.

Adult Ed Center, Topsham \$65

INTRO TO NARRATIVE ARTS: LEVEL 1

This 12 week course explores the 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 to build your own characters to populate the Stories you would like to tell. This class is open to students at any level of artistic ability, beginners to advanced. It will start with Narrative Art foundations and work up from there. Please bring a drawing pad, pencils and erasers - or a Tablet / iPad, if you prefer. Taught by Vance Bessey *No Class: 11/28.

Thursday, 9/19, 6-8pm, 12 wks.

Mt. Ararat High School \$125

INTRO TO NARRATIVE ARTS: LEVEL 4

This 12 week course continues where Narrative Arts 3 left off, working with the drawing and writing techniques used to create your own comic book or graphic novels, single panel gag cartoons, comic strips, 3D Animation, children's books, storyboards for movies, video game design or even novels. This class is open to students that have completed Narrative Arts 1,2,&3 - OR students with enough artistic ability to work at this level. Consultation by phone or email with the instructor will be necessary before signing up for students who haven't yet had Level 1, 2&3 training. Contact me through Merrymeeting Adult Education. Taught by Vance Bessey. *No Class: 10/14 and 11/11.

Monday, 9/16, 6-8pm, 12 wks.

Mt. Ararat High School \$125

PAINTING LANDSCAPES WITH WATERCOLOR

Explore the world of watercolor landscapes. This class welcomes students of all experience levels, and builds skills through a series of exercises, culminating in a multi-class painting project. Students will discover strategies for building powerful compositions and evoking organic textures through watercolor techniques, and create their own unique, polished paintings. Students can buy the required materials - a materials list will be provided - or purchase kits from the instructor (additional \$30 fee). *No Class: 11/28.

Instructor: Claire Loon Baldwin

Session 1: Thursday, 9/19, 5-7:30pm, 6 wks.

Session 2: Thursday, 10/31, 5-7:30pm, 6 wks.

Adult Ed Center, Topsham \$145

INTRO TO DIGITAL PHOTOGRAPHY

Come join us and learn the in's and out's 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. Instructor: Dave Cleaveland

Thursday, 9/19, 5:30-7:30pm, 6 wks.

Adult Ed Center, Topsham \$125

CHARCOAL, THE FIRST ART SUPPLY

If you are the type to avoid a medium because "it's too messy," then you are exactly the type of artist Ed Higgins wants to rehabilitate. In this class, we'll focus on using this beautiful, liberating medium to bring our art to life. Embrace the beauty, richness, and immediacy of this first and most important art supply, and you will tap into what it means to be an artist. Ed is so convinced that you'll fall in love with charcoal, that dirtiest hands at the end of each class wins a prize! A different prize every week. Instructor: Ed Higgins

Friday, 9/20, 9am-12pm, 10 wks.

Adult Ed Center, Topsham \$165

PORTRAIT AND FIGURE OPEN STUDIO—A DEEP DIVE INTO FLESH TONES

Effective, real-feeling fleshtones have been the bane of artists since the Middle Ages. Human flesh is translucent and reflective, so color comes from within and without. We'll examine some tried and true techniques, but the most important aim of the class is to try and get you to come up with a way to express flesh in a new and original way. You will work in a variety of color media such as pastel, colored pencil, watercolor, oil or acrylic, depending on your preferences. Open to any of Ed's Sketching, Portrait, or Painting students, as well as others interested in learning about color using fleshtones as a jumping off point. Each class will end with a look at some fleshy highlights from the History of Art. Instructor: Ed Higgins

Friday, 9/20, 1-4pm, 10 wks.

Adult Ed Center, Topsham \$165

BEGINNING DRAWING

Learn the nuts and bolts fundamentals in this class just for beginners. We'll use both our pencils and erasers as drawing tools as we teach our eye and hand to carefully observe in tandem with each other. We will utilize multiple strategies to get objects in your drawings to be in relative proportion to what you see, explore different ways of making marks, and gain practice utilizing several types of contour drawing. By about the 4th week we look at, and continue to practice, in a variety of ways, value. We will primarily be working from simple still lifes, so that you can see how light affects form.

Instructor: Jennifer Linskey

Session 1: Saturday, 9/21, 10am-12:30pm, 6 wks.

Session 2: Saturday, 11/2, 10am-12:30pm, 6 wks.

Adult Ed Center, Topsham \$175





STILL LIFE OPEN STUDIO

We will work from a still life set up to explore ideas about composition, color, value, and scale relationships using the media of your choice. If you want to work in oils, please limit to water soluble oils. Instructor has experience with graphite, charcoal, colored pencil, acrylic, oils, gouache, india ink, collage, etc. A materials suggestion list for those starting out will be provided. If you are a complete beginner, I would suggest starting out with a pencil and paper, really simple, seeing what materials intrigue you, and going from there. All levels welcome. Instructor: Jennifer Linskey
 Session 1: Saturday, 9/21, 1-3:30pm, 6 wks.
 Session 2: Saturday, 11/2, 1-3:30pm, 6 wks.
 Adult Ed Center, Topsham \$145

INTRODUCTION TO ZENTANGLE®

Learn the Zentangle method for mindful drawing and create your own art even if you don't think you are an artist. You'll learn simple pen strokes that will open up doors to creative pattern-making for relaxation, creativity, and focus. In this introduction, Irene Burgess, certified Zentangle teacher, will provide you the basics of the method in a stress-reducing atmosphere designed to make you appreciate your own creativity. All supplies needed will be provided. Instructor: Irene Burgess
 Wednesday, 9/25, 5:30-8pm, 1 Night
 Mt. Ararat High School, Topsham \$35

ART FUN—DAMENTALS

Line, shape, value, texture, color, space, and form are the fundamentals of art. In this class we'll look at each. Studio work will focus on exploring each concept individually, and as they inform each other. Class will be a combination of drawing, collage, and painting. Come away with drawing skills, gain exposure to color mixing and have fun learning, or getting back to, the fundamentals. Beginners to art, as well as those with some exposure, will have room for growth and discovery. Instructor: Jennifer Linskey
 Thursday, 9/26, 1-3:30pm, 8 wks.
 Adult Ed Center, Topsham \$165

USING PHOTO REFERENCE WISELY - LANDSCAPE COMPOSITION

Design expressive landscapes using your own photo references. Understand the role of photography as a tool without being too attached to the image. Familiarize yourself with various composition theories, examine landscape paintings, and analyze their compositions. Then, create your own captivating compositions using your photo cache. This process includes drawing, creating notans, and making colored pencil sketches from your reference photos. Bring a sketchbook, colored pencils, Sharpie markers in various sizes, and an ebony design pencil. Instructor: Deena Ball
 Tuesday, 10/1, 9am-12pm, 2 wks.
 Adult Ed Center, Topsham \$95

UPCYCLED MOBILES AND STABLES WITH DRIFTWOOD, SHELLS, AND FEATHERS

Join artist and educator, Chris Toy, to build your own balanced mobile sculpture. He will share the tips and tricks of using natural materials such as wood, shells, wire, and even feathers to build your own take-home kinetic art sculpture. All materials and supplies are included. If you have your own hand pliers, please feel free to bring them! All materials included. Instructor: Chris Toy
 Wednesday, 10/2, 5-7:30pm, 1 Night
 Mt. Ararat Middle School, Topsham \$55

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. Developing a painting after it is dry, varnishing and preparing a piece for hanging will be demonstrated at the end of class. Class is not one of control, but rather letting go. If you love color and texture you will enjoy this class. Students are responsible for purchasing their own materials for this class and will be given a materials list upon enrollment. *Please note: Materials cost vary depending on market value and personal preferences. Class is 6 sessions. Instructor: Linda Murray
 Tuesday, 10/1, 9:30am-12pm, 6 wks.
 Merrymeeting Arts Center \$120

PAINT NIGHT: PAINT YOUR PET PORTRAIT

Come join Shirley Anderson for an engaging and beginner-friendly 'Paint your Pet' class! In this workshop, budding artists will receive step-by-step guidance to create a beautiful portrait of their beloved furry or feathered companions. No Prior experience is necessary; Shirley welcomes beginners with open arms. Whether you're a seasoned artist or picking up a brush for the first time, this class is a fun and rewarding experience as you immortalize your pet on canvas. After signing up for this class, you will need to email shirl.art5050@mail.com with 5 good quality photos of your pet. Canvas and paints are supplied.

Instructor: Shirley Anderson

Session 1: Wed, Adult Ed Center, Topsham, 10/2, 5-8pm, 1 Night

Session 2: Wed, Mt. Ararat Middle School, 1/15, 5-8pm, 1 Night
Topsham\$55

PAINT NIGHT: THE BARN QUILT

Unleash your creativity with these beautiful Barn Quilts. Pick out a design and colors and you're ready to create your masterpiece. No prior experience necessary, just be ready to paint a visually stunning piece of art that's rich in history and cultural significance. This class will have a fee for supplies of \$15, payable to the instructor. Canvas and paints are supplied. Instructor: Shirley Anderson

Wednesday, 10/9, 5-8pm, 1 Night

Adult Ed Center, Topsham\$55



MACRAME ESSENTIALS

Come learn the essentials to creating beautiful works of art ranging from plant hangers to wall hangings in this 4-week course. From this experience, you will learn beginner knots as well as some common terminology associated with the art of macrame. A \$10 materials fee, payable to the instructor, must be paid on the first night of the class. Instructor: Sarah McDarby

Tuesday, 10/15, 5-7pm, 4 wks.

Mt. Ararat Middle School \$80

HOLIDAY ZENTANGLE®

Use your Zentangle skills to relax, make gifts, and craft ornaments for the upcoming holiday. In Holiday Zentangle, you will learn to make Triskele hanging ornaments, Christmas Trees, hand-done placecards, and decorative picture frames over the course of two sessions. All supplies needed will be provided. While any skill level will be accepted, those who have taken Introduction to Zentangle will have a head start. Instructor: Irene Burgess

Wednesday, 10/16, 5:30-8pm, 2 wks.

Mt. Ararat High School, Topsham \$75

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 1: Wednesday, 10/23, 5:30-8:30pm, 3 wks.

Session 2: Wednesday, 2/26, 5:30-8:30pm, 3 wks.

Mt. Ararat Middle School \$60

ILLUSTRATING AUTUMN LEAVES W/WATERCOLOR & INK

Illustrate Maine's fall foliage with dip pens, ink, and watercolor. This all-levels class begins with a nature walk to gather specimens and soak up inspiration. Then, back at the studio, we'll learn techniques for drawing with pen and ink and creating watercolor blooms. Everyone will leave with their own unique study of autumn leaves. Students can buy the required materials themselves, a materials list will be provided - or purchase material kits from the instructor (additional \$23 fee). *Special Note: Meet at a nearby trail, then to Topsham location. Instructor: Claire Loon Baldwin

Saturday, 10/26, 9am-2pm, 1 Day

Adult Ed Center, Topsham\$95

BOTANICAL ILLUSTRATION WITH WATERCOLOR & INK

This all-levels class explores botanical illustration with watercolor, pen and ink. Students will learn principles of scientific illustration through painting subjects ranging from mushrooms to wildflowers, focusing on observational drawing and precision painting techniques. Students can purchase the required materials, a materials list will be provided, or purchase materials from the instructor (additional \$30 fee). *No Class: 11/26. Instructor: Claire Loon Baldwin

Tuesday, 10/29, 5-7:30pm, 6 wks.

Adult Ed Center, Topsham \$145

SCULPTED PAPER POINSETTIAS

Paper Poinsettias add flair to your holiday decorations. Join us for an evening of paper sculpting fun! A great introduction to many paper sculpting techniques, like scoring, crimping, cupping and curling. Tools, hand decorated paste papers and other materials provided.

Instructor: Joelle Webber

Wednesday, 12/4, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham \$25

PAINT NIGHT: THE CARDINAL

Join Shirley Anderson for a Cardinal Paint night. Create your own masterpiece of these beautiful birds under Shirley's guidance. Perfect for all skill levels. Canvas and paints are supplied.

Instructor: Shirley Anderson

Wednesday, 11/13, 5-8pm, 1 Night

Adult Ed Center, Topsham \$55

CASTING PAPER ORNAMENTS

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 holiday ornaments to create a unique touch. \$5.00 Lab Fee due at beginning of class. Instructor: Penny Hartwell

Tuesday, 12/3, 5:30-8:30pm, 1 Night

Adult Ed Center, Topsham \$45

HANDBOUND LIDDED BOX

A perfect beginner's box to gain experience using wet adhesives with multiple papers, book cloths and book board to create a hand bound box that you can collage and decorate in your own style. A \$25 material fee, payable to the instructor, must be paid on the first night of the class. Tools also provided. Instructor: Joelle Webber

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

Adult Ed Center, Topsham \$65

SKETCHBOOK STUDIO—DEVELOPING INFORMED CONTOURS

The number one problem facing people who self-identify as not being able to draw what they see, is a persistent belief that concentrating on outlining and focusing on the details first, followed by shading inside the lines leads to great finished drawings. Nothing could be further from the truth. In this class you'll learn the things that are more important than identifying edges. You'll give life, depth, character, and movement to your sketches by learning to lead the eye with your marks; and by using pressure and speed changes to truly represent what you are seeing. You'll replace uninformed contours (aka "coloring book line") and mindless shading (aka "dead shading") with graceful, fluid sketching that not only helps you learn to draw, but will give you a deeper understanding of your subjects through sketching. This is what Ed calls "thinking with a pencil," and is your key to a lifetime of sketching enjoyment. *No Class: 12/23, 12/30, 1/20, 2/17. Instructor: Ed Higgins

Monday, 12/9, 9am-12pm, 10 wks.

Adult Ed Center, Topsham \$165



ABSTRACT STUDIO—LIMITED COLOR, UNLIMITED RECTANGLES

Have you ever wanted to do a piece only inches tall, but several feet wide? Or floor to ceiling tall but inches wide? In this class, the abstract atelier will continue to gain steam and grow in popularity. Working together to explore limited color abstract works on rectangles that are only limited by your imagination. This ten week course is open to any past participants in Ed's Abstract atelier, sketching studio, oil painting, watercolor, or plein air classes. New students are welcome, but check with the instructor prior to signing up to see if this style of studio class is right for you. *No Class: 12/23, 12/30, 1/20, 2/17. Instructor: Ed Higgins

Monday, 12/9, 1-4pm, 10 wks.

Adult Ed Center, Topsham \$165

OIL PAINTING STUDIO—ADDING LIFE & COLOR TO STILL LIFE

This course is a continuation of Ed Higgins' oil painting atelier, and is open to any of Ed's continuing oil painting, sketching, plein air or watercolor students. Others with some experience in oil painting are welcome to join, but please contact the instructor before signing up to see if this atelier style of studio class will be right for you. This term, we will be working alla prima from life. Still Life that is! You are encouraged to choose, set up, and light your own still life, using objects that are meaningful to you. At the end of each class we'll look briefly at an example of still life painting from the history of art. For the last class of the term, we'll hold a final critique event where the group displays and discusses their projects. *No Class: 12/25, 1/1, 2/19. Instructor: Ed Higgins

Wednesday, 12/11, 9am-12pm, 10 wks.

Adult Ed Center, Topsham \$165

IMPORTANT NOTE: For ALL ART classes with ED HIGGINS, please come to the first class with your favorite sketchbook, drawing pencils & pens. Required materials will be discussed on the first day of class.



STILL LIFE CHALLENGE DEADLINE: DECEMBER 2, 2024

We want to see your interpretation of the festive still life scene above - any style, medium or size is welcome. Here's how to participate: 1. Draw, paint, collage, sculpt, or all of the above the image above in any size. 2. Bring your work to the Topsham Adult Ed office by December 2, 2024. 3. Voting will take place in-person at our office between 12/3-12/20, normal business hours. 4. The top four participants with the most votes will receive prizes ranging from a free class coupon to a complimentary membership to our Premier Club.

THE ABSTRACTED LANDSCAPE - WET ON WET

Explore the luscious colors of watercolor paint as you pour, dribble, and spray. Discover the miraculous ways watercolor paints itself by using unconventional tools. This workshop is perfect for those who enjoy experimenting and cultivating a sense of wonder. We'll take inspiration from basic landscape ideas, but they won't limit our creations. A materials fee of \$10 (special supplies) will be collected by the instructor at the beginning of the workshop. Please note: This is a one day 7-hour workshop with a brief break for lunch. Bring your own lunch/snacks. Students should 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. Instructor: Deena Ball

Saturday, 10/26, 10am-5pm, 1 Day

Adult Ed Center, Topsham\$95

PAINT NIGHT: THE GREAT WOLF

Get ready to unleash your creativity as you bring a magnificent wolf scene to life on canvas, guided step-by-step by Shirley's expert instruction. Discover the joy of painting while gaining a deeper appreciation for these majestic creatures. Join us for an unforgettable evening of artistry, inspiration, and connection with nature at the Wolf Paint Night. Canvas and paints are supplied.

Instructor: Shirley Anderson

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

Adult Ed Center, Topsham\$55

UNLEASH YOUR INNER ARTIST: A TWO-DAY INTUITIVE PAINTING WORKSHOP

Immerse yourself in Catherine's two-night intuitive painting workshop, where creativity knows no bounds. Using an 18x24 canvas, you'll explore spontaneous and expressive techniques to create texture and pattern and develop a masterpiece that reflects your inner vision. No prior experience needed—just bring a pencil, your favorite paint brushes, and six 2 oz. craft paint colors! A \$20 kit fee covers all other materials. Join us for an unforgettable artistic journey. First Class: 3:30-7:30pm; second class: 5:30-7:30pm. Instructor: Catherine Scanlon

Thursday, 11/7, 3:30-7:30pm, 2 wks.

Adult Ed Center, Topsham\$25



Art by Howard Search



MAINE, 4:05 PM

Art by Claire Loon Baldwin

NATURE WALK WITH A SKETCHBOOK

Explore nature through a series of art exercises designed to spark creativity and mindfulness. This all-levels class begins with a nature walk to gather inspiration and draw what we see in our sketchbooks, and finishes with longer art exercises in the studio. We'll explore techniques for exploring the outdoors with all our senses, and drawing landscapes using watercolor pencils. Students will gain a variety of techniques for working quickly, accurately, and creatively, all while connecting to nature. Students can either buy themselves the required materials - a materials list will be provided - or they can buy material kits from the instructor (additional \$23 fee). *Special Note: Meet at a nearby trailhead then go to Topsham location.

Instructor: Claire Loon Baldwin

Sunday, 11/10, 9am-2pm, 1 Day

Adult Ed Center, Topsham\$95

PAINT NIGHT: THE ROOSTER

Join us for an evening of creative expression with Paint a Rooster Night hosted by the fine artist Shirley Anderson! In this engaging class, participants will unleash their inner artists as they learn to paint a vibrant rooster masterpiece. Whether you're a seasoned painter or a complete novice, this event promises fun, relaxation, and the opportunity to create something truly unique. Grab your friends and join us for a memorable night filled with laughter, creativity, and maybe a few surprise clucks! Canvas and paints are supplied.

Instructor: Shirley Anderson

Wednesday, 11/20, 5-8pm, 1 Night

Adult Ed Center, Topsham\$55

COLOR INTERACTION FOR ARTISTS—DIRECT PERCEPTION STRATEGIES

Instructor Ed Higgins has conceived of a new type of color theory class for artists that's fun and intuitive. Many artists get frustrated and confused by color. Color is what Josef Albers called "The most relative medium in Art." It is always interactive. The perceptions of it are personal and subjective. Color changes in your vision the second you put a color next to another color. See color in a whole new light with a practical, no nonsense approach using the trial and error you once struggled with. It's actually the key to your understanding and creating your own theory of color! *No Class: 12/25, 1/1, 2/19. Instructor: Ed Higgins
Wednesday, 12/11, 1-4pm, 10 wks.
Adult Ed Center, Topsham \$165

ILLUSTRATION WORKSHOP FOR ASTRONAUTS—UNDERSKETCHING IN PENCIL, RENDERING IN PEN & INK

In this class you will take your ideas from rough pencil sketches to finished pen and ink drawings using traditional illustration techniques described in the 60th edition of "Rendering in Pen and Ink" by Arthur Gupitil, which is the required textbook for this class (Be sure to buy it used!). We'll be using real pens, paper and ink for this introductory class, but some practical discussion of what's involved in taking your old school pen and ink work to the digital world for editing and reproduction. If you have never taken a sketching course with Ed, contact him prior to signing up so you know what to expect. *No Class: 12/27, 1/3, 2/21. Instructor: Ed Higgins
Friday, 12/13, 9am-12pm, 10 wks.
Adult Ed Center, Topsham \$165

WINTER WONDERLAND UPCYCLING EXTRAVAGANZA

Join us for a delightful workshop where you'll turn everyday items into charming winter decorations! Craft two unique ornaments using provided upcycled items—just bring a paintbrush, scissors, hot glue gun, and wire nippers if you have them. The \$25 kit fee includes all other supplies. Add your personal flair to holiday decor and explore the joy of upcycling with us! Instructor: Catherine Scanlon
Thursday, 12/12, 5:30-7:30pm, 2 wks.
Adult Ed Center, Topsham \$25

PORTRAIT DRAWING STUDIO

So many of Ed Higgins' portrait students have come so far, and are now doing amazing work. Here is an opportunity to take your own journey into drawing the human head and face, alongside others in an atelier-style studio class where you learn in an encouraging and constructive environment, with individual coaching from the instructor, and advice and inspiration from continuing students. In this installment of the portrait class, you'll continue to learn about the head from Moe, Larry and Curly (our resident skulls), and this term we'll be drawing each other from life, more than working from reference photos. We hope to have a few guest models drop in as well. We will use a variety of media such as Pencil, Charcoal, and Conté crayons. Open to previous portrait students, but new students are welcome. *No Class: 12/27, 1/3, 2/21. Instructor: Ed Higgins
Friday, 12/13, 1-4pm, 10 wks.
Adult Ed Center, Topsham \$165

ART SENSATIONS: SENSORY SCULPT

Have a sensory experience with sculpture. Disclaimer: We are focusing on process not product. In fact, you may leave the session with no sculpture at all. Materials included.
Instructor: Jennifer Linskey
Session 1: Thursday, 12/12, 1-3:30pm, 1 Day
Session 2: Thursday, 1/9, 1-3:30pm, 1 Day
Adult Ed Center, Topsham \$35

ART SENSATIONS: SENSORY DRAW

I will lead you through several drawing exercises whereby we'll explore drawing not as a product, but as a creative extension of sensory, intuitive, and responsive experiences. Materials included. Instructor: Jennifer Linskey
Session 1: Tuesday, 12/17, 1-3:30pm, 1 Day
Session 2: Tuesday, 1/7, 1-3:30pm, 1 Day
Adult Ed Center, Topsham \$35

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. Instructor: Penny Hartwell
Tuesday, 1/14, 5:30-8:30pm, 1 Night
Mt. Ararat Middle School \$45



THE DRAMATIC WATERCOLOR STILL LIFE

Spend your day painting a dramatically lit still life. In a step-by-step manner, students will design the still life, create an effective composition, and select a color and value palette. The workshop will detail techniques for creating luminous darks, managing edges, texturing, and maintaining color harmony. By the end, students will not only gain new technical skills, but also appreciate the use of dramatic lighting in still life painting. Please note: This is a one day 7-hour workshop with a brief break for lunch. Bring your own lunch/snacks. Students should 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.

Instructor: Deena Ball

Saturday, 11/9, 10am-5pm, 1 Day

Adult Ed Center, Topsham \$95

WATER AND PAINT RATIOS

Learning to paint with watercolor involves mastering the control of water to paint ratio, as well as knowing when to use a very wet approach or a dry brush. This short workshop focuses on these techniques. It will guide you on how to manage the amount of water in your paintbrush, the paint mixture, and the paper. Additionally, knowing when to employ certain techniques, such as a very wet approach or a dry brush, is integral to the process. Through this workshop you will learn skills and gain knowledge to help you confidently navigate the world of watercolor painting. Students should 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.

Instructor: Deena Ball

Tuesday, 12/3, 9am-12pm, 2 wks.

Adult Ed Center, Topsham \$95

MOSAIC LAMP

Brighten up your winter by mosaicing your own small pendant lamp! Tools will be provided for in class use. A material fee of \$35 must be paid to the instructor on the first night of class. Materials fee includes lamp kit and everything you'll need to complete the project.

Instructor: Herenya Wilkey

Wednesday, 1/8, 5:30-8pm, 3 wks.

Adult Ed Center, Topsham \$65

NEXT STEP ZENTANGLE®

Have you taken the Introduction to Zentangle class and are wondering where to go next? In this class, we'll play with different tangles, different materials and different approaches using the base of your initial Zentangle experience. All supplies needed will be provided.

Instructor: Irene Burgess

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

Mt. Ararat High School, Topsham \$45

ARTFUL IMPRESSIONS: CRAFTING UNIQUE IMAGE TRANSFER PANELS

Embark on a captivating crafting journey with Catherine to create your own 11x14 image transfer panel. Delve into collage on the first night, crafting a captivating background with vintage papers. Then, unleash your creativity on the second night, adding vibrant colors and finishing touches. Seal your masterpiece with matte varnish for longevity. Don't miss this chance to let your creativity flourish! Kit fee of \$25 payable on the first night. Instructor: Catherine Scanlon

Monday, 1/6, 5:30-7:30pm, 2 wks.

Adult Ed Center, Topsham \$30

RECYCLE, RENEW, REUSE

Mixed Media Collage Workshop. We all possess those watercolor paintings that don't quite meet our expectations, yet we haven't discarded them. Instead of discarding, cut up your paintings, introduce other types of paper, paint over them, rearrange, and reinvent in a collaborative group setting. We will share supplies, exchange ideas, and learn new techniques for creating textures, resists, and crafting your own collage. Make a series of small collages to use as notecards or make a large collage - totally up to you. This will be a day of fun filled creativity. A materials fee of \$15 will be collected by the instructor at the beginning of the workshop. Please note: This is a one day 7-hour workshop with a brief break for lunch. Bring your own lunch/snacks. Instructor: Deena Ball

Saturday, 1/11, 10am-5pm, 1 Day

Adult Ed Center, Topsham \$95

PAINTING SNOWY LANDSCAPES WITH WATERCOLOR

How do you paint subjects that appear to be white? This class explores techniques for observational landscape painting with watercolor. Through color theory and value study exercises, students will demystify snowy landscapes. The class will culminate in a two hour painting study, with individualized support provided by the instructor. Students can either buy themselves the required materials - a materials list will be provided - or they can buy material kits from the instructor (additional \$23 fee).

Instructor: Claire Loon Baldwin

Sunday, 1/12, 9am-2pm, 1 Day

Adult Ed Center, Topsham \$95

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.

THE "VALUE" OF VALUE: DRAWING & COLORED PENCIL

Understanding value, aka light to dark, will catapult your artwork to the next level. In this class we will make a value scale, consider value range, and fine tune our ability to see light to dark relationships. In class studio time will focus on strengthening this aspect of your work through exercises and still life set-up's. We will first look at value as light to dark with graphite and charcoal. Then we will explore value, as it applies to color, by using colored pencil. Ways to layer and get the most from your colored pencils will be addressed. *No

Classes: 2/20. Instructor: Jennifer Lindsey

Thursday, 1/16, 1-3:30pm, 6 wks.

Adult Ed Center, Topsham \$175

PAINT NIGHT: PAINT & PASS

"Paint and Pass Night" is a collaborative art experience where participants engage in a unique form of artistic expression. In this class, attendees start with a blank canvas and are encouraged to freely express themselves through painting. However, there's a twist - after a set amount of time, participants rotate to the next canvas, adding their own touches to the artwork started by someone else. This cyclical process continues until each canvas has been touched by every participant, resulting in a collective masterpiece with layers of individual perspectives. Through this playful and interactive approach, Paint and Pass Night fosters creativity, encourages spontaneity, and celebrates the diversity of artistic styles within a supportive community environment. Join us for a night of creativity, connection, and collaborative artistry with Artist Shirley Anderson. Canvas and paints are supplied. Instructor: Shirley Anderson

Wednesday, 1/29, 5-8pm, 1 Night

Adult Ed Center, Topsham \$55

ILLUSTRATING BOUQUETS WITH WATERCOLOR & INK

Capture a bouquet with watercolor and ink! We'll explore techniques for illustrative ink drawing with 'dip pens', and layering and mixing vibrant and organic hues with watercolor. Students will leave with their own unique composition of a bouquet. Materials can be purchased by students in advance or purchased from the instructor the day of, for \$23.

Instructor: Claire Loon Baldwin

Saturday, 2/1, 9am-2pm, 1 Day

Adult Ed Center, Topsham \$95

STUDENT ART

On the next page we have chosen artwork submitted for the 2024 Merrymeeting Community Art Show that hung at the Chocolate Church in June, and from our Spring Still Life Art challenge.

The works shown here represent just a few of our many talented community members and students, and mediums that include pastels, oils, watercolor and colored pencil.

PAINT NIGHT: PAINT YOUR PARTNER

Welcome to 'Paint Your Partner Night,' where we take the phrase 'getting under someone's skin' to a whole new level! In this class, you'll learn the art of artistic collaboration and possibly a bit about your partner's hidden talents... or lack thereof. Get ready to brush away those relationship cobwebs as you and your significant other (or unwitting victim, depending on how you see it) embark on a colorful journey of mutual creation. No prior painting experience necessary—just a willingness to laugh at your mistakes and each other's questionable artistic choices. Whether you end up with a masterpiece or a mess, one thing's for sure: you'll have a hilarious story to tell and a canvas full of memories. Canvas and paints are supplied. *Price is per couple/pair.

Instructor: Shirley Anderson

Wednesday, 2/12, 5-8pm, 1 Night

Adult Ed Center, Topsham \$75

CANVAS OF CREATIVITY: MASTERING DIGITAL DESIGN WITH CANVA

Dive into Canva, an immersive class focused on digital asset creation using the user-friendly online platform, Canva. Explore the program's versatility, from captivating social media graphics to professional presentations. Gain proficiency in navigation, customization, and advanced features. Elevate your digital presence with hands-on experience, crafting various assets weekly. Join us for an inspiring journey into visual communication in today's digital landscape.

Instructor: Catherine Scanlon

Thursday, 2/13, 5:30-7:30pm, 5 wks.

Adult Ed Center, Topsham \$65

FUN WITH SOLA FLOWERS

Sola flowers are artificial flowers made out of a light and pliable wood. They can be dyed any color and are more versatile than real cut flowers. Learn dying techniques to create your own fun flower project. Please bring egg cartons if you have them, and a hot glue gun to second class! All flowers included. Instructor: Herenya Wilkey

Wednesday, 2/26, 5:30-8pm, 2 wks.

Adult Ed Center, Topsham \$50



Christie Jordan



Loretta Pelletier



Mary Tuttle



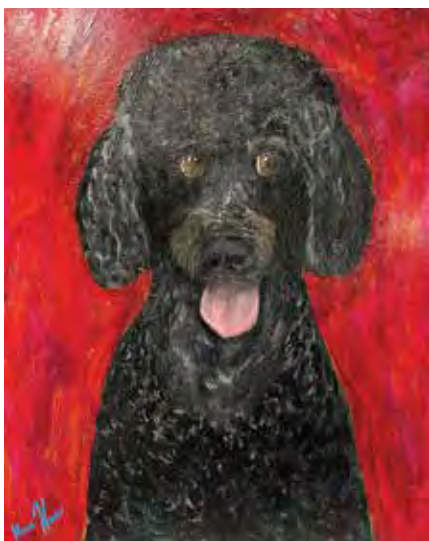
Jan Bloom



Francis Nankin



Marsha Emery



Kerri Haer



Howard Search



Anita Goller

WATERCOLOR AND INK ILLUSTRATION - IN-DEPTH

This intermediate to advanced-level class integrates pen and ink techniques with watercolor. Students will gain skills for observational drawing with traditional 'dip pens', and precision painting with watercolor. Through projects such as utilizing color theory to paint white flowers, students will develop in-depth skills for illustration. Students can either buy themselves the required materials - a materials list will be provided - or they can buy material kits from the instructor (additional \$30 fee).

Instructor: Claire Loon Baldwin

Tuesday, 1/14, 5-7:30pm, 7 wks.

Adult Ed Center, Topsham \$175

ART & ARTISTS: FROM ALL OVER THE GLOBE

Iceland, China, Japan, Canada...we're moving through time and across what may be unfamiliar terrain as we discover some new artists. It will follow the same format as previous art and artist classes in terms of part art history, part art studio. There may be times where we look at not one artist that week, but a particular idea or way of making art indigenous, or very central to, that area of the world. *No Class: 2/18.

Instructor: Jennifer Linskey

Tuesday, 1/14, 1-4pm, 10 wks.

Adult Ed Center, Topsham \$185



Art by Claire Loon Baldwin

EXPLORING NATURE WITH A SKETCHBOOK

This beginner-friendly class explores nature through a series of art exercises designed to spark creativity and mindfulness. We'll use techniques for observing the outdoors with all our senses, and drawing landscapes using watercolor, ink, and watercolor pencils. Students will gain a variety of techniques for working quickly, accurately, and creatively, all while connecting to nature. Students can either buy themselves the required materials - a materials list will be provided - or they can buy material kits from the instructor (additional \$30 fee).

Instructor: Claire Loon Baldwin

Thursday, 1/16, 5-7:30pm, 7 wks.

Adult Ed Center, Topsham \$175

INTERMEDIATE DRAWING

This class is geared toward those who have had a bit of drawing experience, and would like to hone skills but aren't starting from square one. If you have taken a beginning drawing class before with me, and want to further expand your skill set this class is for you! We'll re-visit measuring and value, then dive into more complex drawing concepts. Gesture, narrative, and interior are among topics we'll explore. We will, at times, abstract from nature and broaden ideas about what a drawing can be. Class work will be a combination of working from observation and springboarding into abstraction. *No Classes: 2/20.

Instructor: Jennifer Linskey

Thursday, 1/16, 10am-12:30pm, 6 wks.

Adult Ed Center, Topsham \$175

FOOD + COOKING



CHINESE MOONCAKES WITH MAINE INGREDIENTS

Let's make mooncakes! Mooncakes are traditionally made to celebrate the Mid-Autumn Festival, a harvest festival celebrated in Chinese culture that typically falls between mid-September and early October. Join instructor Jeff Mao to learn about – and make – Chinese Mooncakes using Maine ingredients from local farms and producers. Learn how to make the dough, mix up a variety of traditional and non-traditional fillings and, most importantly, learn how to use special molds to create these beautifully intricate pastries. We'll provide all the ingredients, materials and equipment, plus recipe sheets and product lists to take home. Taught by Jeff Mao of Knead & Nosh, Presented by Maine Tasting Center. *OPTIONAL: \$10 fee (payable in cash to the instructor) if you would like your own set of mooncake molds to bring home after the class.

Sunday, 9/8, 11am-2pm, 1 Day

MTC: The Learning Center \$75

MARVELOUS MAINE MAPLE SYRUP

Maple syrup has a long history and cultural significance in Maine. It is a very diverse product with many more uses than just a pancake topper (although that is a particularly delicious use). In this program we will discuss the history, cultural significance, and current production practices of maple syrup producers. We will taste and discuss the various grades of syrup to highlight flavor differences and specific uses for the various grades. We will also taste maple products including candies, cream, and sugar and explore the role of value-add products in Maine's maple industry. Don't miss this sweet event! Taught by Jason Lilley, a Sustainable Agriculture Professional for University of Maine Cooperative Extension, Presented by Maine Tasting Center and the Maine Maple Producers Association.

Thursday, 9/19, 5:30-7pm, 1 Night

MTC: The Learning Center \$30

OYSTER TALES: EXPLORING AQUACULTURE WITH BLACKSTONE POINT

Dive into the flavorful world of Maine oysters with our friends from Blackstone Point Oysters! Join their expert farmers as they reveal the secrets of oyster cultivation in the renowned Damariscotta River - learn the art of shucking, savor the flavor of fresh Maine oysters in a taste test comparison between oysters from different farms on different parts of the river, and discover the stories of the Mainers responsible for bringing this coastal delicacy to your plate. Bring your questions—they've got the answers! If you've been curious about Maine oysters - or aquaculture - but don't know where to begin, this introductory class is for you! By the end of the class, you will have a new understanding and appreciation of oyster cultivation and the ways farming techniques impact quality and flavor - you'll be ready to go out into the world and act as an ambassador for one of Maine's most prized aquaculture products! Taught by the oyster farmers of Blackstone Point Oysters, Presented by Maine Tasting Center.

Tuesday, 9/17, 5-6:30pm, 1 Night

MTC: The Learning Center\$35

MAINE SEAWEED IN THE KITCHEN: HOME COOKING WITH COASTAL FLAVORS

There are many reasons to start incorporating more seaweed into your home cooking – not only is it healthy and supportive of our local food producers, but it can be absolutely delicious! Join Kara Iburguen of Maine Coast Sea Vegetables for a hands-on cooking workshop designed to increase your knowledge of local seaweed species and get you comfortable cooking with them! Learn to identify a variety of Maine seaweed species through an immersive touch tank experience before putting your aprons on and whipping up a four-course meal featuring seaweed in every dish (yes, even dessert!). Participants will make an appetizer, salad and main course before enjoying a dessert provided by MCSV. And, while you're cooking, enjoy a delicious non-alcoholic seaweed beverage from the Maine Tasting Center bar. All ingredients and equipment will be provided and participants will leave with recipes and product lists – ready to cook up their own seaweed dishes at home. Recipes cooked in this class are vegetarian and can be made gluten free upon request. Taught by Kara Iburguen of Maine Coast Sea Vegetables, Presented by Maine Tasting Center.

Friday, 9/20, 5-7:30pm, 1 Night

MTC: The Learning Center \$65

THAI COOKING: THE BASICS

Learn how to cook the popular Thai street food dish, Pad Thai, using ingredients which can easily be purchased at your local supermarket. We'll cook, eat, listen to authentic Thai music, and ensure you have some Pad Thai left to take home with you! Join us for this special one-night workshop. All materials included.

Instructor: Panee Muncharoen

Session 1: Tuesday, 9/24, 6-7:30pm, 1 Night

Session 2: Tuesday, 11/12, 6-7:30pm, 1 Night

Brunswick High School \$45

PROSPERITY AND GOOD FORTUNE: CHINESE WONTON DUMPLINGS

We will make Chinese dumplings with pork filling made from scratch in class. You will learn the multiple styles of folding dumplings using wonton wrappers. Then we will boil the won ton to make a classic wonton soup or chili oil wonton. Additionally, we'll learn to make our own Sichuan-style chili oil and learn about other common Chinese condiments used for dipping sauces. All ingredients, materials, equipment and recipes will be provided. Program is presented by Jeff Mao of Knead & Nosh.
 Session 1: Wednesday, 9/25, 5:30-7:30pm, 1 Night
 Session 2: Wednesday, 11/13, 5:30-7:30pm, 1 Night
 Session 3: Monday, 1/6, 5:30-7:30pm, 1 Night
 Region 10 Technical High School \$65

FROM FLOUR TO FLAVOR: CRAFTING AUTHENTIC POTSTICKERS

Learn the fundamentals of making Chinese dumplings at home. Learn to make fresh scratch-made dough, roll your own wrappers, and how to fold and pleat them using pork filling, then water-fry/steam the dumplings to create pot sticker dumplings. Additionally, you will learn to make your own ginger-scallion oil and discuss common Chinese condiments used for dipping sauces. All ingredients, materials, equipment and recipes will be provided. Program is presented by Jeff Mao of Knead & Nosh.
 Session 1: Wednesday, 10/2, 5:30-7:30pm, 1 Night
 Session 2: Wednesday, 11/20, 5:30-7:30pm, 1 Night
 Session 3: Monday, 1/13, 5:30-7:30pm, 1 Night
 Region 10 Technical High School \$65

MAKI SUSHI ROLL & MISO SOUP

Maki, also known as Makizushi, are the traditional sushi rolls of vinegar rice with a core of seafood or veggies wrapped in nori sheets. Learn to make these beautiful sushi rolls at this very hands-on cooking class. Join Chris Toy to learn how to make the perfect sticky sushi rice, and then to fill and roll both regular and "inside-out" rolls with the rice on the outside! This class will also offer miso soup to round out the meal. All materials included.
 Instructor: Chris Toy
 Wednesday, 10/9, 5-7:30pm, 1 Night
 Bath Regional Career and Technical Center \$55

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.
 Instructor: Chris Toy and Ken Wise
 Friday-Sunday, 10/18-10/20, 1 Weekend
 TBD \$325



HAND-ROLLED NEW YORK BAGELS: MASTER THE ART OF AUTHENTIC BAGEL MAKING!

This immersive cooking class teaches the time-honored secrets behind New York's iconic bagels. You will craft your own bagel dough from scratch, knead it to perfection, and master the art of hand-rolling. As the dough transforms into those chewy, golden rings, we'll guide you through the traditional boiling and baking process—the very same steps that make Brooklyn bagels legendary. Whether you're a seasoned baker or a curious food enthusiast, this class promises a delightful journey into bagel bliss. All ingredients, materials, equipment and recipes will be provided. Program is presented by Jeff Mao of Knead & Nosh.
 Session 1: Monday, 10/7, 5-8pm, 1 Night
 Session 2: Monday, 12/2, 5-8pm, 1 Night
 Session 3: Wednesday, 2/5, 5-8pm, 1 Night
 Region 10 Technical High School \$79

VEGAN TEST KITCHEN: BREAKFAST NIRVANA

Lazy weekend mornings gift us the perfect opportunity to put aside that box of cereal/peanut butter toast/bowl of oatmeal and make something exceptionally yummy for breakfast. And better yet, make it without using animal products - no milk, no eggs, no butter. We will do this using plant-based milk, aquafaba, vegan butter, and tofu to create some truly scrumptious breakfast goodies; using organic ingredients as available. Join Jinger and learn to make one-hour cinnamon rolls, glazed cranberry orange scones, and blueberry coffee cake with a streusel topping. And to counteract all that sweetness you'll enjoy a tofu scramble full of vegetable goodness. Hungry now? Hold onto that, grab your apron and register for this new edition of Vegan Test Kitchen. And remember to bring containers to take home any leftovers! \$10 material fee included.
 Instructor: Jinger Howell
 Tuesday, 10/15, 5:30-7:30pm, 1 Night
 Brunswick High School,\$50

When registering, PLEASE be sure to give us your current 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.

MASTER THE ART OF XIAOLONGBAO: SOUP DUMPLING DELIGHT!

Join our hands-on cooking class to unlock the secrets of crafting authentic Chinese xiaolongbao—delicate, broth filled dumplings. Under our passionate chef's guidance, you'll create perfect wrappers from scratch, master pleating techniques, and discover the magic of hot broth and succulent pork within each steamed dumpling. Savor your creations with a classic ginger and Zhenjiang vinegar dipping sauce. Whether you're a novice or seasoned cook, this unforgettable journey into Chinese cuisine awaits! Reserve your spot today! All ingredients, materials, equipment and recipes will be provided. Presented by Jeff Mao of Knead & Nosh.

Session 1: Monday, 10/21, 5-8pm, 1 Night
Session 2: Monday, 12/9, 5-8pm, 1 Night
Region 10 Technical High School \$89

WOK & CLEAVER BOOTCAMP

Participants will learn how to season, care for, and use a Chinese wok and cleaver. Each student will take home a specially selected kit with a seasoned wok, wok spatula, sharpened cleaver, honing steel, and a cutting board. Those in the know bring containers just in case! 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. Instructor: Chris Toy
Wednesday, 11/6, 5-7:30pm, 1 Night
Bath Regional Career and Technical Center \$175

COLD WEATHER SCONES

Time to get out the sweaters and have some tea! Scones are the perfect accompaniment! In this 3-hour class we will make Harvest Pumpkin Scones, Double Ginger Scones, Savoy Hotel Classic Scones, Maple Bacon Scones and Cranberry Orange scones. All ingredients provided as well as instruction. No experience needed. Be sure and bring a container to take home samples that you do not eat on the spot! You will FALL in love with these flavors! All materials included. Instructor: Deb Arter
Tuesday, 10/22, 6-9pm, 1 Night
Brunswick High School \$50



YEAST ROLL JUBILEE

In this one night class we will learn how to mix, knead, proof and shape yeast dough into both savory and sweet treats. Participants will learn how to create cloverleaf rolls, butter crescents, cinnamon swirls, tea rings, sticky caramel pecan rolls and whole-wheat buns as well as an economical savory braid that is a crowd pleaser. You will learn what gluten is really about! Various yeast bread tricks will be shared and discussed. Each student will go home with samples warm as well as dough to bake later at home. All baking levels are welcome for this hands-on class. Bring an apron, and some plastic tubs/large bags to fill and take home. All materials included.

Instructor: Deb Arter
Tuesday, 10/29, 6-9pm, 1 Night
Brunswick High School \$50

PIES & TARTS, OH MY!

Have you suffered through pastry mishaps or despaired over runny pie filling? Let Deb help you with that! In one evening, we will make a standard two-crust Apple Pie that will get rave reviews. Hands-on instruction, recipes, tips and liberal tasting opportunities assure that this will be an exciting class. Bring plastic containers for samples, as well as an apron and your favorite rolling pin. All materials included.

Instructor: Deb Arter
Tuesday, 11/19, 6-9pm, 1 Night
Brunswick High School \$50

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, for this hands-on workshop covering all that you need to know to get started canning your own food. We'll cover the basics of safe home canning, including proper procedures, techniques, and use of tools and equipment. Then we'll learn hands-on--working together as a group and going step-by-step--to make and can a big batch of jam.

Instructor: Allison Carroll Duffy
Session 1: Tues, 10/8, 5:30-8:30pm, 1 Night
Session 2: Tues, 3/4, 5:30-8:30pm, 1 Night
Brunswick High School \$70

INCREDIBLE EDIBLE INSECTS: AN INTRODUCTION TO COOKING W/ BUGS!

Insects have long been both a delicacy and an everyday ingredient in countries like Mexico, Brazil, Ghana, Thailand and China and are gaining popularity in countries like the Netherlands, Australia and...even the United States! In this unique class, join Bill Broadbent of Lewiston-based Entosense to learn the basics of edible insects and why they might just be the protein source of the future. Then, Sara Gross of Maine Tasting Center will lead the class through two recipes - one featuring dried edible insect products and one featuring fresh products raised right here in Maine. All ingredients, supplies and recipes will be provided. Please note that people who are allergic to shellfish may also be allergic to insects. Taught by Bill Broadbent of Entosense and Sara Gross of Maine Tasting Center, Presented by Maine Tasting Center.

Session 1: Sat, 10/26, 11am-1pm, 1 Day
MTC: The Learning Center \$45

Session 2: Thurs, 12/12, 5-7pm, 1 Day
Brunswick High School \$45

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. Taught by Sara Gross, Presented by Maine Tasting Center.

Session 1: Thursday, 12/5, 5-7pm, 1 Night

Session 2: Thursday, 1/9, 5-7pm, 1 Night

Adult Ed Center, Topsham \$35

HOMEMADE HOLIDAY FOOD GIFTS

Who needs another lottery ticket or turtleneck? In this one night class Debra will guide you through the steps to make Peanut Butter Buckeyes, Haystack Cookies, Spiced pecans and Quick Toffee Brittle. All recipes will be made in duplicate so participants can take home little gifts that are packaged with flair. Come with containers for taking home your creations. 3-hour workshop; All materials included. Instructor: Deb Arter

Tuesday, 12/10, 6-9pm, 1 Night

Brunswick High School \$50

E-Z SWEETS NIGHT

In this one night class we will learn the basic concepts of candy making. Each student will take home samples of the quick and easy treats we will make. Grab a friend and treat yourself to a sweet night out learning new recipes. These include Quick Butter Toffee Bark, No Bake Coconut Candy, and Last Minute Fudge. Bring covered containers to take home samples. Materials fee of \$10 included. Instructor: Deb Arter

Tuesday, 1/28, 6-9pm, 1 Night

Brunswick High School\$50

MAINE MUNCHIES: MAKE YOUR OWN POTATO CANDY

Get hands-on with Needhams, an iconic Maine candy made from our state's top crop - potatoes! In addition to learning the original and classic recipe, participants will learn easy ways to customize their potato candy with non-traditional mix-ins and flavors. Each student will leave with potato candy recipes and their own batch of handmade Needhams to share with family and friends for Valentine's day! Taught by Liz Gross, Presented by Maine Tasting Center.

Tuesday, 2/11, 5-7:30pm, 1 Night

Brunswick High School \$40

MERRYMEETING COMMUNITY COOKBOOK

We announced the development of the Merrymeeting Adult Education Community Cookbook a little over a year ago, the response since then has been tremendous. We asked teachers, students and community members to help us fill this cookbook with recipe donations from their own collections. With these donations, we were able to create a truly collaborative project: a cookbook by the community, for the community. Every aspect of this cookbook represents the Merrymeeting community: academics, enrichment, staff, patrons and supporters. All proceeds from the cookbook will go to the Merrymeeting Scholarship Fund, which helps support students directly with micro-scholarships for college, while also helping support families in need of our driver's education and youth programs. There is something for everyone in the Merrymeeting Adult Education Community Cookbook.

Cash or Check Only: \$15



FITNESS + WELLNESS



TAI CHI FOR FLEXIBILITY AND BALANCE

This 24 week course is designed to be easy, safe and effective to learn. 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 overall quality of life. Almost anyone of any physical condition can begin and continue to progress regardless of age. Practicing this form will help to improve your balance, flexibility, reduce falls, reduce stress, improve muscular strength, fitness, serenity and enhance your mind-body connection. *No Class: 11/5, 11/26, 12/24, 12/31.

Instructor: Carlos Collado

Tuesday, 9/10, 9:30-10:30am, 24 wks.

Adult Ed Center, Bath \$190

TAIJI QIGONG SHIBASHI FOR BODY, BREATH AND MIND CONNECTION

This 24 week class is designed to be easy and safe to learn. Taiji Qigong Shibashi is an effective exercise blending the gentle and fluid art of Taiji with the strength of Qigong producing potent health benefits. The wavelike, fluid motions of the form stimulate the flow of qi and blood throughout the entire body. Because of its many health benefits and its efficiency it is a part of the curriculum in most Chinese Medicine Universities throughout China. In this course we will explore how anatomical alignment facilitates deeper breathing and a meditative mindset. Practicing Shibashi will balance your Qi, improving your wellbeing and the quality of your life. *No Class: 11/5, 11/26, 12/24, 12/31.

Instructor: Carlos Collado

Tuesday, 9/10, 11:30am-12:30pm, 24 wks.

Adult Ed Center, Bath \$190

MEN STAYING HEALTHY IN THEIR 50S AND BEYOND

Learn how our male bodies are changing in our second 50 years of life. With special consideration to keeping our bodies and minds healthy. In this class we will learn about how to send our bodies positive messages of growth and vitality, and how food management impacts our inflammation and energy levels. This is a pilot course and class involvement will be welcome. * No Class: 11/28. Taught by Kenneth Kowalsky PT.

Thursday, 10/31, 6-7:30pm, 6 wks.

Mt. Ararat High School, Topsham \$50

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

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.

*No Class: 11/26 & 11/28. Instructor: Pam Justice

Session 1: Tues/Thurs, 9/3, 6-7pm, 16 wks.

Williams Cone School\$95

Session 2: Tues/Thurs, 1/7, 6-7pm, 16 wks.

Adult Ed Center, Topsham \$95

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. Please note: Sneakers with too much tread don't work as well for dance moves. Join the party! Instructor: Patti Lanigan

Wednesday, 9/4, 6-7pm, 6 wks.

Williams Cone School \$65

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 1: Wednesday, 9/18, 5:15-6:15pm, 3 wks.

Session 2: Wednesday, 10/9, 5:15-6:15pm, 3 wks.

Adult Ed Center, Topsham \$35

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 your Self. 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: 11/27.

Instructor: Barbara McGranahan

Session 1: Wednesday, 9/18, 6:30-7:30pm, 6 wks.

Session 2: Wednesday, 11/6, 6:30-7:30pm, 6 wks.

Session 3: Wednesday, 1/8, 6:30-7:30pm, 6 wks.

Session 4: Wednesday, 2/19, 6:30-7:30pm, 6 wks.

Adult Ed Center, Topsham \$75



THE ART OF RELAXATION

Art and creativity can help you to relax, become more mindful, increase your self-awareness, and develop healthy habits and routines. Learn how to let go of stress through a creative drawing process. Also, learn how the role of art and creativity can benefit your overall well-being. Class will guide you through a series of drawing exercises that build upon each other helping you to relax and enjoy some creative time. NO drawing or artistic skill is required - You will learn to create art intuitively, learn about ways to use your art and enjoy your own creative experience. All supplies will be provided, however you are welcome to bring any favorite markers, colored pencils or pens if you would like to - though not required. Taught by Estelle Krestos RN, BSN, TTS, Certified Health and Wellness Coach

Session 1: Thursday, 9/26, 5:30-7:30pm, 3 wks.

Session 2: Friday, 11/8, 9:30am-12:30pm, 2 wks.

Adult Ed Center, Topsham \$75

FLOW AND GENTLE YOGA - ONLINE

Experience the gifts of yoga through awareness of mind and body, attention to breath and movement, through an exploration in slowing down, and moments of settling to stillness, all to support your journey. This practice is guided by Nicola, with a sustainable approach, and open to all. Nicola Eden - Yoga Alliance Registered Yoga Teacher." - no instructor line. -

Session 1: Saturday, 9/21, 8-9am, 6 wks.

Session 2: Saturday, 11/2, 8-9am, 6 wks.

Session 3: Saturday, 1/4, 8-9am, 6 wks.

Online \$90

TAI CHI EASY™ WITH ROBIN

Join Robin to play with the gentle movements of Tai Chi Easy™ on Tuesday afternoons. Each class will begin with a qigong warm-up and tai chi form practice. TCE™ is a health-enhancement system that includes gentle movements, breathing practices, self-massage, and mind focus to activate "The Healer Within." As we practice together, we will nurture our Qi, or vital life force. This class is for everyone. Please contact Robin if you have any questions. *No Class: 11/26. Instructor: Robin Brooks

Session 1: Tuesday, 9/24, 1:30-2:45pm, 10 wks.

Session 2: Tuesday, 1/7, 1:30-2:45pm, 10 wks.

Adult Ed Center, Topsham \$155

INTEGRAL TAI CHI WITH ROBIN

Join Robin for Integral tai chi on Thursday afternoons. In this class we will continue to refine and play with our vital energy, or Qi, through the practice of qigong and the Integral tai chi form. Integral Tai Chi with Robin is a body/mind/spirit practice that includes breath awareness, gentle movement, self-massage, and mind focus to activate "The Healer Within." 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 the instructor with any questions. *No Class: 11/28.

Instructor: Robin Brooks

Session 1: Thursday, 9/26, 1:30-2:45pm, 10 wks.

Session 2: Thursday, 1/9, 1:30-2:45pm, 10 wks.

Adult Ed Center, Topsham \$155



Art by Estelle Krestos

MINDFUL DANCE FITNESS

Mindful Dance Fitness is an energizing barefoot dance workout that brings you back to your whole self - body, mind, and soul. These classes combine elements of dance, martial arts, and mindful movement to leave you energized, mentally clear, and emotionally balanced. We will warm up, dance our hearts out, and cool down, followed by stepping back out into daily life. Please note - this class will be held at Bath Adult Ed Center at 34 Wing Farm Parkway and not Morse High School.

Instructor: Anna Fiedler

Session 1: Tuesday, 10/22, 5:30-6:30pm, 6 wks.

Session 2: Tuesday, 1/21, 5:30-6:30pm, 6 wks.

Adult Ed Center, Bath \$75

ESSENTIAL OIL WORKSHOP: CREATE YOUR SOUL BLEND

Use a pendulum to be guided to the essential oils for your highest self and learn the emotional properties. Then mix your Soul Blend and book a 15 min Emotional Release Session (online) to release any blocks you have based on what you uncover creating your Soul Blend. *Please Note: Cats on premise. Instructor: Cary Ouellette

Session 1: Friday, 10/11, 3-4pm, 1 Day

Session 2: Friday, 11/8, 3-4pm, 1 Day

Session 3: Friday, 1/10, 9-10 am, 1 Day

Peace Within \$40

ESSENTIAL OIL WORKSHOP: CREATE YOUR EMOTIONAL SUPPORT

Learn the basics about essential oils and how they can support you emotionally then mix up 2 different 5ml roller bottle blends.

*Please Note: Cats on premise. Instructor: Cary Ouellette

Session 1: Friday, 10/18, 9-10 am, 1 Day

Session 2: Thursday, 11/7, 3-4pm, 1 Day

Session 3: Thursday, 12/5, 3-4pm, 1 Day

Peace Within \$15

YIN YOGA W/ BARBARA

Explore the serenity of Yin Yoga, 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. *No Class: 11/11. **Please bring your own mat. Instructor: Barbara McGranahan

Monday, 11/4, 5:15pm-6:15pm, 6 wks.

Adult Ed Center, Topsham \$75

PEACE WITHIN WORKSHOP

Gather with a group to introspectively analyze why you may have anxiety and other negative patterns. This is a place for deep discussion, meditation, journaling, visualization, and Emotional Release: Subconscious Clearing to Release trapped emotions and limiting beliefs. Discover what no longer serves you and open yourself up to new possibilities. *Please Note: Cats on premise.

Instructor: Cary Ouellette

Session 1: Sunday, 10/27, 9am-12pm, 1 Day

Session 2: Sunday, 1/5, 9am-12pm, 1 Day

Peace Within \$99

FENCING FOR TEENS & ADULTS

Learn the Olympic sport of fencing! Instruction will cover stance, footwork, bladework 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 an item that you must purchase on your own and bring to class (approx. \$30). Go to this link for purchasing option: <https://www.absolutefencinggear.com/uniforms/non-fie/chest-guard> Instructor: Midcoast Fencing Athletic Club (MFAC 3)

Session 1: Monday, 11/4, 6-7:15pm, 4 wks.

Session 2: Monday, 1/6, 6-7:15pm, 4 wks.

MFAC 3 \$200

RESTORATIVE YOGA

Restorative yoga is a practice of conscious relaxation using props in every posture to support your muscles in gentle, comfortable positions. Poses include gentle supine twists, supported forward folds, and hip openers. The poses are held from 3 to 30 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 own mat, blankets, and other favorite supports. *No Class: 11/11.

Instructor: Barbara McGranahan

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

Adult Ed Center, Topsham \$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. It also is a practice in mindfulness, as conscious breathing occurs, quieting the mind and supporting nervous system health. 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. *No Class: 10/14, 11/11, 11/25, 1/20, 2/17.

Instructor: Heather Laffely

Session 1: Monday, 9/16, 10-11am, 5 wks.

Session 2: Monday, 10/28, 10-11am, 5 wks.

Session 3: Monday, 1/13, 10-11am, 5 wks.

Adult Ed Center, Topsham \$75

RELAXATION MINI-RETREAT

Join this 2-hour mini-retreat for guided mindfulness-based practices to relieve stress. We will explore breathing techniques and guided meditations for grounding and relaxation, followed by a brief period of discussion. All levels of experience are welcome. Please bring a yoga mat and a journal. Facilitator: Heather Shaughnessy-Cato

Friday, 9/27, 6-8pm, 1 Night

Adult Ed Center, Topsham \$35



GENTLE YOGA

This gentle class is for those looking to stretch, connect to the breath and practice traditional yoga postures, at a slow pace. We gently and safely encourage our muscle tissues to deeply lengthen and stretch, increasing range of motion and flexibility. Conscious intention and awareness are given to the breath, strengthening the nervous system and deepening the connection to mind and body. This class is designed for new, as well as, seasoned yogis looking for a mindful, gentle practice. *No Class: 11/26, 11/27.

Instructor: Heather Laffely

Session 1: Tuesday, 9/17, 5:30-6:30pm, 5 wks.

Session 2: Wednesday, 9/18, 5:30-6:30pm, 5 wks.

Session 3: Tuesday, 11/12, 5:30-6:30pm, 5 wks.

Session 4: Wednesday, 11/13, 5:30-6:30pm, 5 wks.

Session 5: Tuesday, 1/14, 5:30-6:30pm, 5 wks.

Session 6: Wednesday, 1/15, 5:30-6:30pm, 5 wks.

Mt. Ararat High School \$75

LET IT GO! FIESTA

"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, 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 everybody, gender, age and shape... you will go at your own pace, just like you would in a nightclub or in a family party! Course fee is for 6 sessions with Tony. Instructor: Tony Garretton

Session 1: Tuesday, 9/17, 5:30-6:30pm, 6 wks.

Session 2: Thursday, 9/19, 5:30-6:30pm, 6 wks.

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

Session 4: Thursday, 1/9, 5:30-6:30pm, 6 wks.

Tony's Bath Studio \$70



PILATES: ALL LEVELS

If you are familiar with the principles of Pilates and/or have completed the Intro to Mat Pilates w/ Barbara offering 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. Continue to work toward your postural, musculoskeletal alignment and development, and safe movement. **No Class: 11/27. ***Please bring your own mat. Instructor: Barbara McGranahan
Session 1: Wednesday, 11/6, 5:15pm-6:15pm, 6 wks.
Session 2: Wednesday, 2/19, 5:15pm-6:15pm, 6 wks.
Adult Ed Center, Topsham \$75

INTRO TO MAT PILATES W/ BARBARA

Beginner mat classes are for people who have never tried Pilates before, those who've had a substantial break from the practice, and for many of us whose bodies might have their fair share of quirks yet don't require individual postural correction. With a focus on the breath and flow, Pilates exercises relieve stress and soothe aches and pains. With all the hunching, sitting, and planning we tend to do, the cues and corrections of each class will increase your postural and muscular awareness, both during class and the minute you step out of class. ***Please bring your own mat.
Instructor: Barbara McGranahan
Wednesday, 1/8, 5:15pm-6:15pm, 6 wks.
Adult Ed Center, Topsham \$75

WRITING AS HEALING

This course taps into your healing resources through gentle yoga movements anybody can do, breathing practices, brief meditations, and prompt related in-class writing followed by class discussions. Learn to observe and reflect on your experiences to gain more insight into how to heal and grow. Use writing to deepen your self-knowledge, awareness, and concentration. Discover the relaxing qualities of writing as healing, breath, and simple body movements with an experienced, certified writing, meditation, and yoga instructor. *No Class: 1/20, 2/17.
Instructor: Ann Kimmage
Monday, 1/13, 1-3pm, 8 wks.
Adult Ed Center, Topsham \$130

MEDITATION AND STRESS MANAGEMENT

Have you wondered what meditation is like or how to counter stress patterns more effectively? This class will assist you in establishing a meditation practice and introduce you to practical mindfulness practices you can resort to whenever you feel stressed out. Taught in an informal, personalized, manner by a certified stress management and yoga instructor with a twenty-year meditation practice. Please bring a cushion or small blanket for the meditation. *No Class: 2/18.
Instructor: Ann Kimmage
Tuesday, 1/14, 3:15-4:15pm, 6 wks.
Adult Ed Center, Topsham \$75

MINI-RETREAT: GUIDED MEDITATIONS FOR COMPASSION

Compassion meditation helps to bring more understanding and empathy toward others and yourself. Join this 2-hour mini-retreat to explore variations of Loving-Kindness meditation and a compassion practice which can be integrated informally into daily life. We will close with a brief period of discussion. All levels of experience are welcome. Please bring a yoga mat and a journal. Facilitator: Heather Shaughnessy-Cato.
Sunday, 2/2, 9-11am, 1 Day
Adult Ed Center, Topsham \$35



IMPROV FOR HEALING THE HEART

Create connection to yourself and to others through improvisational theater exercises led by a trained and experienced actor and theater educator. We will share laughter and enjoy surprises while exploring play, using our imagination and collaborating with others. Improv is a wonderful tool for toning the mind and body. Elise Voigt is an actor and theater educator with over 20 years of experience. No experience necessary. Let's play together! *No Class: 2/19.

Instructor: Elise Voigt

Session 1: Wed, 10/2, 6-7:30pm, 6 wks.

Session 2: Wed, 1/22, 6-7:30pm, 6 wks.

Region 10 Technical High School \$150

FENG SHUI: HOW OUR HOME INFLUENCES OUR WELLBEING

A well designed house is the center of happiness, learn ways to test and improve the subtle energies of your home. We will discuss findings on earth related geopathic stress (earth grid lines) and electromagnetic fields from cellphones. There will be hands on dowsing and pendulum testing exercises. We invite you to bring a floorplan sketch for discussion in class. Werner Brandmaier founded the Institute of Feng Shui & Geopathology in Portland, Maine in 1999. *No Class: 10/14.

Instructor: Werner Brandmaier

Monday, 10/7, 6-8pm, 3 wks.

Adult Ed Center, Topsham \$55

FENG SHUI: THE ENERGY BEHIND REAL ESTATE

We will discuss basic design aspects of European Geomancy and ancient Feng Shui. Learn how to interpret visual signs in the environment, such as cul-de-sacs, hidden entrances, ceiling beams or slanted roof lines. We will cover Feng Shui tips for House Hunting whether you are buying, selling, or re-modelling. This will be a fun class. Bring your questions and home or office pictures to share. Werner Brandmaier founded the Institute of Feng Shui & Geopathology in Portland, Maine in 1999. Instructor: Werner Brandmaier

Monday, 11/18, 6-8pm, 3 wks.

Mt. Ararat High School, Topsham \$55



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. Margit Ahlin is a certified Jin Shin Jyutsu practitioner, having studied with top JSJ instructors throughout the country since 2001.

Instructor: Margit Ahlin

Wednesday, 10/9, 5:30-8pm, 3 wks.

Morse High School \$95

MUSIC + DANCE

MIDDLE EASTERN BELLY DANCE MIXED DRILLS & THRILLS

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. The class fee is per person and for 10 sessions. Class meets on the second and fourth Wednesdays of every month: 9/11, 9/25, 10/9, 10/23, 11/13, 12/11, 1/8, 1/22, 2/12, 2/26. *No Class: 11/27 & 12/25. Instructor: Josephina Gasca

Wednesday, 9/11, 6-7:15pm, 10 wks.

People Plus \$150

LATIN DANCE: CHA CHA & RUMBA

Add to your Latin Dance experience with Afro-Cuban origin that became internationally popular in the last century. Rumba, the "Dance of Love" has your hips swaying and close partner connections. A popular choice for slow partner dances of both Latin and pop music. The Cha-Cha is danced to up-beat music with a Latin or Cuban beat as well as many current styles of music such as Pop and R & B. The Cha-Cha is a playful and flirtatious partner dance known for its vibrant energy. Join in fun and move your body. *No Class: 10/14. Instructor: Barbara McGranahan

Monday, 9/16, 6:30-7:30pm, 6 wks.

Maine Pines \$75

STREET FUNK/HIP-HOP/POP DANCE MIX

Move to the street vibe in this fun dance fitness class that mixes up funk, hip-hop and pop/urban/club music with high-energy, easy choreography that gives you cardio and toning. An experienced Zumba instructor will cue you to move and groove while boosting your energy and mood. Dance sneakers recommended.

Instructor: Patti Lanigan

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

Maine Pines \$65

LATIN DANCE: MERENGUE, BACHATA & SALSA LOS ANGELES

The Bachata, a Latin dance from the Dominican Republic is danced with soft hip motions, turns and side-to-side footwork. Salsa is a Latin dance, and is an amalgamation of Cuban dances, such as mambo, pachanga and rumba, as well as American dances such as swing and tap. Merengue, the national dance of the Dominican Republic and Haiti is a fun, fast and easy dance made up of simple steps. Merengue is characterized by its marching rhythms and Cuban motion – strong side to side motion and 'dragged leg' with emphasis on counts 1 and 5. *No Class: 10/14. Instructor: Barbara McGranahan

Monday, 9/16, 7:30-8:30pm 6 wks.

Maine Pines \$75

BEGINNING GUITAR WITH RANDY

This semester you will be playing songs on your guitar in just a few classes! We will discuss guitar technique as we practice learning some basic chords and strumming patterns, which are all detailed in my book for reference as you practice at home between classes. 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 aren't sure what to do! Make sure to bring lots of enthusiasm and questions about guitar! Each semester is a new class. New students: \$25 material fee paid to instructor for 2 books and more. *No Class: 10/14 & 11/11.

Instructor: Randy Lindsey

Monday, 9/16, 5-6:30pm, 8 wks.

Mt. Ararat Middle School \$90

BEGINNING SINGING WITH RANDY

Come join our singing class this semester and learn your own singing voice. We will address concepts such as matching pitch, projection, pronunciation, and singing in SATB format, with fun singing in parts while discussing vocal production to help you become a more confident singer. We need male/low pitch voices because we usually have more ladies than men, so if you're a bit shy about singing, know that others are shy, too. Discover your own vocal range and learn how piano is used to understand music. New students: \$20 material fee paid to instructor for 1 book and more. *No Class: 10/14 & 11/11. Instructor: Randy Lindsey

Monday, 9/16, 6:30-8pm, 8 wks.

Mt. Ararat Middle School \$90

CUBAN SALSA: LEVEL 1

In this class, students will learn the basics of the Salsa footwork and some simple, fun moves that will get you out on the dance floor. You will learn how to connect with any partner, and build confidence dancing to different styles and tempos and music. Students will be introduced to the famous Salsa Rueda. Partner is recommended. This is a 5 session class. Instructor: Anna Golendukhina

Session 1: Thursday, 9/19, 7-7:50pm, 5 wks.

Williams Cone School \$75

Session 2: Wednesday, 1/8, 7-7:50pm

Adult Ed Center, Topsham \$75

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. Learning to play an instrument is good for your brain! You will need a playable ukulele and an electronic tuner or a tuner app. And when folks hear you play this happy instrument, well, they just have to smile! If you don't own a ukulele, please contact Duncan at 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 1: Tuesday, 9/24, 6-7:30pm, 4 wks.

Session 2: Wednesday, 10/23, 6-7:30pm, 4 wks.

Session 3: Tuesday, 11/19, 6-7:30pm, 4 wks.

Session 4: Wednesday, 2/5, 6-7:30pm, 4 wks.

Session 5: Tuesday, 3/4, 6-7:30pm, 4 wks.

Online \$79

INTRO TO UKULELE AND JAM SESSION

The ukulele is an easy and fun way to make music for the first time, or learn a new instrument. We'll start with 4-5 basic chords that can be used to play lots of popular and familiar tunes and build from there. We'll cover how to tune, strum and sing along. Bring your own uke or contact Nina at nina.andersen.458@gmail.com on how to get one. No prior musical experience required. All levels welcome! This program will run at Bowdoin College, Gibson Hall, Room 10. *No class: 10/14, 11/11. Instructor: Nina Andersen.

Monday, 9/30, 4:30 - 5:45 pm - 8 wks.

Bowdoin College \$90

NEW HORIZONS CONCERT BAND

Would you like to learn to play an instrument - do you have an instrument you used to play and want to try it again, or maybe you just want a fun, supportive place to play music? The Midcoast New Horizons Concert Band is a fun, supportive and non-competitive setting. All levels of musicians are welcome! *No Class: 2/18. Instructor: Nina Andersen.

Info Session: Tuesday, 10/22, 6:30-7:30pm, 1 Night FREE

Band Sessions : Tuesday, 1/7, 6:30-8pm, 8 wks.

Mt. Ararat Middle School \$120

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

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 1: Saturday, 11/9, 9am
Session 2: Monday, 2/17, 6:30pm
Online \$65

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

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 1: Saturday, 11/9, 1pm
Session 2: Tuesday, 2/18, 6:30pm
Online \$65

SOCIAL EVENT DANCING: WALTZ, FOXTROT, EAST COAST SWING

Do you go to weddings, family and school reunions or planning a cruise and would like to participate when dancing is offered? Maybe you participated in the past and feel a bit rusty with certain dance moves? How about learning basic foxtrot, waltz, and swing (jitterbug) moves and enjoy getting your groove back. Also dance has additional benefits related to active aging such as improving posture, balance, and cognition. Come with a dance partner or solo. The summer social engagements are right around the corner. See you on the dancefloor. *No Class: 1/20 & 2/17. Instructor: Barbara McGranahan
Monday, 1/6, 6:30-7:30pm, 6 wks.
Maine Pines \$75

AMERICAN TANGO AND WEST COAST SWING

The Tango came to America in the last century and has been featured in many memorable movies. The dance is smooth, slow and slinky with open positions, fans, and dips. It progresses around the dance floor and uses catlike walks and staccato foot movements. West Coast Swing: This dance consists of six and eight count patterns, which are done in a slot. This dance is usually done to medium tempo swing music, frequently slower than East Coast swing. However, those who achieve a high skill level in this dance can and do dance it to faster tempo music. This dance has no bounce and a very smooth feel. *No Class: 1/20 & 2/17. Instructor: Barbara McGranahan
Monday, 1/6, 7:30-8:30pm, 6 wks. wks.
Maine Pines \$75

BUCKET DRUMMING

Learn to play percussion through the fun and engaging art of bucket drumming. This is a fun and accessible way to enjoy making music with others. Participants need to bring a plastic bucket. Written materials provided and we'll create our own customized sticks during the first session. No prior musical experience is required. This program will run out of Bowdoin College, Gibson Hall, Room 10. *No class: 1/20, 2/17. Instructor: Nina Andersen
Monday, starting 1/6, 4:30-5:45 pm, 6 wks.
Bowdoin College \$75



GET OUTSIDE

INFO SESSION USCG CAPTAIN LICENSE

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. 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.
Presented by: John Coffin, Captain School, Key West/Miami
Wednesday, 9/4, 6-8pm, 1 Night
Online FREE

USCG CAPTAIN LICENSE COURSE

This course qualifies students for a Coast Guard license to operate vessels carrying up to six passengers for hire (OUPV). The fee includes access to the Blended OUPV Course using Captain School Key West's Learning Management System, charts, navigation tools, and the USCG-approved and accepted test. *Online sessions start on September 18, 2024, and run through November 8, 2024. Students' progress will be monitored online by the instructor, and students will have assignments to complete. During this time, there will be online mentoring and coaching using Zoom, on Wednesday evenings from 6:00 to 8:00 pm. Once online requirements are complete, 16 hours of required in-person classroom sessions will be required, followed by U.S. Coast Guard-approved and required examinations, all in Maine.

*Call to register. Instructor: John Coffin

Wednesday, 9/18, 6-8pm, 10 wks.

Online\$1,060

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

Sunday, 9/8, 1-3:30pm, 1 Day

Maily Waterfront Park \$45

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. This is a Zoom class. Instructor: Alice Bean Andrenyak

Session 1: Tuesday, 10/8, 5:30-8:30pm, 2 wks.

Session 2: Wednesday, 3/12, 5:30-8:30pm, 2 wks.

Online \$50



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. 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 1: Sunday, 9/15, 1-3:30pm, 1 Day

Session 2: Sunday, 10/6, 1-3:30pm, 1 Day

Maily Waterfront Park \$45

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. This is a Zoom class. Instructor: Alice Bean Andrenyak

Session 1: Tuesday, 9/24, 5:30-8:30pm, 2 wks.

Session 2: Monday, 3/24, 5:30-8:30pm, 2 wks.

Online\$50

WOMEN'S 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 two-hour semi-private range time is separately scheduled and has a fee of \$60 payable to the instructor. If you go to the range, you'll fire either your own pistol or one from the instructor, you will need 50 rounds of ammunition for your personal handgun. If "renting" a pistol, she will have 50 rounds of ammunition for you for a cost of \$25. To pass this course and get certified, you must: attend all sessions, actively participate, pass a written examination, and pass the shooting qualification, within two weeks of the last class session. Two week classroom sessions 5:30 - 8:30pm. \$125 plus two-hour semi-private range instruction. Instructor: Alice Bean Andrenyak

Monday, 9/30, 5:30-8:30pm, 2 wks.

Topsham Police Department \$125

INFO SESSION TRAINING TO BECOME A REGISTERED MAINE GUIDE

Want to be a Registered Maine Guide? Don't know the process? Trying to decide how to train to take your tests? Want to know the rules about guiding? Take this one-hour interactive Zoom free class. Get your answers and create your future! Presented by: Alice Bean Andrenyak

Session 1: Thursday, 11/7, 7-8pm, 1 Night

Session 2: Monday, 12/9, 7-8pm, 1 Night

Session 3: Thursday, 1/9, 7-8pm, 1 Night

Online FREE



REGISTERED MAINE GUIDE TRAINING

Train to become a working Registered Maine Guide not just a test taker. Learn the skills that guides use daily including: map & compass, coastal navigation, shelter building, separated client searches, cooking, canoeing, snowshoeing, SUP'ng, plus specialty skills for recreation, sea kayaking, tide-water fishing, inland fishing, and hunting future guides. This ten-session hybrid program includes Zoom, optional all-day skill workshops, and homework assignments. Optional skills workshops are at an additional cost. Those thinking of becoming a Registered Maine Guide will need to take a first aid and CPR course, not included. This is an online Zoom course for 10 weeks. *No Class: 2/18. Instructor: Alice Bean Andrenyak
 Tuesday, 1/21, 5:30-8:30pm, 10 wks.
 Online \$500

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. This course includes a comprehensive introduction to boating, boating laws and regulations, boat types, boat engines, boat selection, and more. 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. The cost for couples sharing materials is \$95. Please call Merrymeeting Adult Education for the couples discount. No other discounts. ***Class will meet on the following Tuesdays & Thursdays: 10/15, 10/17, 10/22, 10/24, 10/29 (exam day). This program is presented by U.S. Power Squadron.
 Instructor: Peter Asquith
 Tuesday/Thursday, 10/15, 6:30-8:30pm, 3 wks.
 Brunswick High School \$75

ONE NIGHT ON-LINE WORKSHOP SERIES WITH ALICE BEAN ANDRENYAK

This is a 3 Part Personal and Home Safety Series of classes, each class can be taken separately.

PART 1: 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. This is a Zoom class. Instructor: Alice Bean Andrenyak
 Tuesday, 12/3, 5:30-8:30pm, 1 Night
 Online \$35

PART 2: 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. This is a Zoom class. Instructor: Alice Bean Andrenyak
 Tuesday, 12/10, 5:30-8:30pm, 1 Night
 Online \$35

PART 3: 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. This is a Zoom class. Instructor: Alice Bean Andrenyak
 Wednesday, 12/11, 5:30-8:30pm, 1 Night
 Online \$35

HISTORY OF MALAGA ISLAND

Learn about the eviction of a complete community living on Malaga Island in Casco Bay in 1912. Learn the prehistory of the island's use by our indigenous people and post history of the island after the eviction. Learn a bit about the mainland African American village in coastal Maine that no longer exists but predated the Malaga Island Colony. Visit the island remotely through a slide show created by Master Maine Guide, Alice. This is a Zoom class.
 Instructor: Alice Bean Andrenyak
 Thursday, 2/6, 6:30-8:30pm, 1 Night
 Online \$35

SOMETHING FOR EVERYONE



INTRODUCTION TO TAROT

Have you always been intrigued by the Tarot, but didn't know where to begin? Embark with us on this 6 week journey into the spirit of the cards. Learn about the history, the structure of the deck, meanings of each card and how to interpret them in this fun and accessible course. Materials needed: Rider Waite Tarot Deck (approximately \$25 available online or local bookstores); blank journal or binder suggested. *No class: 10/26. Instructor: Devanna Wolf

Session 1: Tuesday, 9/17, 5:30-7:30pm, 6 wks.

Session 2: Tuesday, 11/5, 5:30-7:30pm, 6 wks.

Morse High School \$150

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. Presented by: Center for Real Estate Studies of Maine

Online \$370

INVESTIGATING UNIDENTIFIED AERIAL PHENOMENON

This 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. Instructor: Vance Bessey

Wednesday, 9/18, 6-8pm, 8 wks.

Mt. Ararat High School \$75

BEGINNING CHINESE

This 6-week course is for students who are beginning their study of Chinese as a world language. Students will acquire interpersonal, interpretive and presentational skills in Chinese. Everything that we do in class has some element of culture and we will learn about the world of Chinese through the study of current events, literature, art, history and music using authentic sources. Instructor: Shufang Liao

Tuesday, 9/17, 5:30-6:30pm, 6 wks.

Mt. Ararat High School \$95

BLUEPRINT FOR WRITING A NOVEL

This course will help you identify WHY you want to write this book, as well as the point your book wants to make. You will craft a 50-word plot description, a 250-word jacket copy, categorize your genre, brainstorm working titles, and identify your ideal reader. Become better acquainted with your protagonist and pinpoint where he or she stands in time. At the end of six weeks, you will have a rough narrative arc, a list of major scenes, and the unique outline that will guide you as you write forward. BRING - a laptop or plenty of paper and pen, and your book idea. Instructor: Paulla Estes

Tuesday, 9/10, 5:30-7:30pm, 4 wks.

Brunswick High School \$95

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 a laptop or plenty of paper and pen. This 4-week class will meet once/week for 2 hours. Instructor: Paula Estes
Thursday, 9/12, 5:30-7:30pm, 4 wks.

Brunswick High School \$95

BEGINNING FRENCH

Voulez-vous apprendre le français? Learn French essentials or revive French learned from decades ago! We'll cover pronunciation, basic phrases, structure and vocabulary with the textbook Barron's E-Z French. *No Class: 11/26.

Instructor: Laurie Notch

Thursday, 9/24, 4-6pm, 12 wks.

Brunswick High School \$150

INTENSIVE FRENCH

Improve French comprehension and conversational skills through French media and literature where we will listen, read, and discuss in French what's going on in the world. *No Class: 11/28. Instructor: Laurie Notch

Tuesday, 9/26, 4-6pm, 12 wks.

Brunswick High School \$150

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. Your instructor will supply all materials. Martin Samelson has taught ASL to college and high school students in private lessons, corporate programs, and job development with Deaf clients. Each class will include time for you to practice and suggestions for at-home practice.

Instructor: Martin Samelson

Tuesday, 9/17, 6-7:30pm, 6 wks.

Brunswick High School \$85

SPANISH FOR BEGINNERS

Develop skills in grammar, pronunciation, vocabulary, spelling, and conversation in this beginner's class. Students are responsible for ordering their own book prior to the start of class. The book is "Basic Spanish" (2nd edition), by Dorothy Richmond.

Instructor: Jean Twomey

Thursday, 10/3, 6-7:30pm, 6 wks.

Morse High School \$85



AMERICAN SIGN LANGUAGE (ASL): LEVEL II

ASL II builds on beginner skills, focusing on conversation and fluency. Practice finger-spelling, grammar, and vocabulary. Gain confidence to communicate with the Deaf community. Join Martin Samelson, energetic ASL college professor and job coach for the Deaf, in learning how to communicate without voice. Open to students with some sign language experience. Handouts will be provided at no cost. Instructor: Martin Samelson

Thursday, 9/19, 6-7:30pm, 6 wks.

Brunswick High School \$85

BOOST YOUR CONFIDENCE: 5 PART SERIES

Confidence boosts productivity. When confident, we're more likely to take risks and tackle challenges, leading to greater output. Don't let self-doubt hold you back from starting something new. Be your own cheerleader, not a critic. This 5 part series offers skills for success and confidence. Part 1. Steps to a Powerful Personal Brand, Part 2. Transforming Key Areas of Your Life, Part 3. Finding Your Way by Finding your Why, Part 4. Fearlessly Find and Foster Your Life, Part 5. Managing Emotions In Times of Stress and Uncertainty. Zoom Option Available. Presented by: Benefits and Beyond LLC

Wednesday, 9/18, 5:30-8pm, 5 wks.

Mt. Ararat High School \$325

INTUITIVE WRITING

Unleash your creativity in this three-week course with Regina Strongheart, a seasoned teacher, author 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 thirty 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. Class meets 10/1, 10/8 and 10/15. Instructor: Regina Strongheart, Owner of Forest Circles, forestcircles.com Instructor: Regina Strongheart Tuesday, 10/1, 6-7:30pm, 3 wks.

Mt. Ararat Middle School \$70

THE ART OF WRITING HORROR

Tis the spooky season and time to build a monster of a story for chills and thrills. Learn how to stitch the parts of a plot, setting, and character together into hair-raising tales of things that go bump in the night. Class takes place on Zoom. Students must have reliable internet, and an audio and video enable computer, tablet, or smartphone to participate. Instructor: Laurie Notch Saturday, 9/28, 10am-12pm, 5 wks.

Online \$50

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 1: Thursday, 10/3, 4-6pm, 4 wks.

Session 2: Thursday, 1/9, 6-8pm, 4 wks.

Adult Ed Center, Topsham \$65



BOOK SWAP PARTY

It's never really possible to have TOO many books, but maybe you don't have enough shelf space to allow new ones. Drop off your gently loved books for an equal exchange of new gently loved books. Enjoy some hot chocolate. All genres welcome. Leftover books will be donated to a local library.

Facilitator: Herenya Wilkey

Wednesday, 9/11, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham FREE

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. **Please note:** No MACs will be provided for this course. This course will cover basic information about MAC computers through a show & tell/lecture-style format. Instructor: Andrew Edwards

Session 1: Thursday, 10/3, 6-8pm, 4 wks.

Session 2: Thursday, 1/9, 4-6pm, 4 wks.

Adult Ed Center, Topsham \$65

FAIR PLAY FOR BUSY PARENTS: A STRATEGY FOR REDUCING OVERWHELM

Bring some calm to the chaos of family life, reduce overwhelm, and return to your shared values – one conversation at a time. The Fair Play Method is a time-saving system that offers couples a new way to manage household and family responsibilities. This introductory workshop is for busy parents/guardians whose children are still living at home (ages 0-18). Bring your partner, and get ready to dive in! By the end of this interactive workshop, you will have a shared language for talking about domestic life and a manageable plan for implementing Fair Play in your unique home. Sandi Konta is a Maine-based Certified Fair Play Facilitator. *Please note: Workshop fee is per couple. Instructor: Sandi Konta

Tuesday, 10/8, 6-8pm, 1 Night

Online \$35

CREATIVE WRITING FOR BEGINNERS

Do you have what it takes to be a creative writer? Join your instructor, freelance writer and author Stephanie Garrity and learn the basics of creative writing. We will discuss ways to tap into your imagination for story ideas, how to develop those ideas once you have unearthed them and how you can use those ideas to improve every aspect of your writing.

Instructor: Stephanie Garrity

Wednesday, 10/9, 6-7pm, 6 wks.

Mt. Ararat High School \$110



IMMERSIVE CREATIVE WRITING

Would you like to crank up your creative writing skills? Join freelance writer and author Stephanie Garrity to take your creative writing to the next level. From short fiction and poetry to full-length novels, unique social media posts and other original works, the creative writer will be able to tap into their creative and imaginative core. You are welcome to bring your laptop or a notebook and writing utensils, whichever you are more comfortable with. But remember, this is an immersive writing class, so come prepared to write!

*No Class: 11/26, 12/24, 12/31. Instructor: Stephanie Garrity

Tuesday, 10/15, 6-7pm, 10 wks.

Mt. Ararat High School \$180

MESSAGE CIRCLE WITH JEANNIE SULLIVAN

Experience a psychic reading where you may hear from a loved one, spirit guide, or angel. You can get your questions answered through the use of tarot. This is a great way to get introduced to mediumship and tarot card readings. It is also a fun, safe way to engage with Spirit. Instructor: Jeannie Sullivan from HeartFelt Energies.

Session 1: Tuesday, 10/22, 5:30-7:30pm, 1 Night

Session 2: Tuesday, 1/14, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham \$40

BETTER RELATIONSHIPS (INTIMATE & PROFESSIONAL) WITH THE ENNEAGRAM

Cultivate harmony and respect in your relationships at home and at work! Develop self-awareness, strong communication skills, and an understanding of how people handle disagreement in this 4-week Enneagram series. Practice in a compassionate environment and develop the confidence to apply it in your own life. Instructor: Ben Campbell

Wednesday, 10/23, 6:15-8:15pm, 4 wks.

Online \$89

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. Presented by: Deb Arter

Wednesday, 11/6, 6-8:30pm, 1 Night

Online \$40

ORACLE CARDS VS TAROT CARDS: WHAT'S THE DIFFERENCE?

Come learn more about Tarot and Oracle cards. When to use either, why you would want to use them, and what they can tell you. Each type has a different purpose and both can give you the messages you are looking for. Beginners are welcome and you don't have to have cards to attend.

Instructor: Jeannie Sullivan from HeartFelt Energies.

Monday, 11/18, 5:30-7:30pm, 1 Night

Mt. Ararat Middle School \$40

SAVE THE LIFE: CONTROL THE BLEED!

EMS response in rural areas like Maine is too long to save a life of someone who is bleeding out! The ABC's learned in first aid classes do NOT cover what to do when there is a major bleed. Hands on learning for: effective bleeding control, estimating blood loss, compression bandage use, tourniquets, wound packing, penetrating injuries, treatment for shock and emergency transfer. A supplies list will be provided in advance. Instructor: Alice Bean Andrenyak

Session 1: Tuesday, 11/19, 5:30-8:30pm, 1 Night

Session 2: Wednesday, 2/12, 5:30-8:30pm, 1 Night

Adult Ed Center, Topsham \$50

SHORT STORY WRITING 101

Is there a story that you feel needs to be told? Perhaps you have an idea for a story that has been rattling around in the back of your mind for weeks, months, or even years and would love to get it out of your head and onto paper. Or perhaps you are already working on a story but would like to polish your current writing style. Or maybe you are simply curious as to how writers craft their stories. No matter which category you fall into, this course is for you! Join Stephanie to learn the basic building blocks of writing short stories, including; setting, point of view, characterization, plot, dialogue, description and style. Bring pens and a notebook and a good dose of imagination. Can't wait to see you there! *No Class: 2/19.

Instructor: Stephanie Garrity

Wednesday, 1/15, 6-7pm, 6 wks.

Mt. Ararat High School \$110

CREATIVE WRITING IN THE WORKPLACE

Get yourself noticed at work - in a good way! If you think that creative writing is just for fiction writers, think again! Creative writing can improve every aspect of your life, including the workforce. Join your instructor, freelance writer and author Stephanie Henry to see how the art of creative writing can be applied to everything from creating professional but memorable work emails to improving your everyday reports and quarterly or yearly evaluations. *No Class: 2/18.

Instructor: Stephanie Garrity

Tuesday, 1/14, 6-7pm, 6 wks.

Mt. Ararat High School \$110

METAPHYSICAL BOOK TALK: THE AFTERLIFE OF BILLY FINGERS BY ANNIE KAGAN

Join us for a lively discussion about a book that talks about the afterlife. Billy finds a way to communicate to his sister after his untimely death. He not only gives her signs but talks with her about heaven and what he is experiencing. Book not included in the class but you can get it through your local library.

Instructor: Jeannie Sullivan from HeartFelt Energies.

Tuesday, 12/10, 5:30-7pm, 1 Night

Adult Ed Center, Topsham \$15

INTRODUCTION TO CRYSTALS

Come learn how to work with crystals within your metaphysical practice. You will learn how to choose them as well as clear and cleanse them. You will be given many hands on techniques on how to use them, as well as how to incorporate the elements of air, fire, water, and earth into working with stones and crystals.

Instructor: Jeannie Sullivan of HeartFelt Energies.

Tuesday, 2/11, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham \$45

TAROT TOPICS AND TECHNIQUES

For continuing students from the "Introduction to Tarot" class to explore different methods of reading and using the cards for personal growth, spiritual guidance, and looking at the world through myth, metaphor, and mysticism. Materials needed: Tarot deck(s) of choice, blank journal or binder suggested. *No class: 1/20. Instructor: Devanna Wolf

Session 1: Tuesday, 1/14, 5:30-7:30pm, 4 wks.

Session 2: Tuesday, 2/25, 5:30-7:30pm, 4 wks.

Morse High School \$100

MEMOIR WRITING

Have you struggled with writing your memoir? Have you started and don't know how to move forward? There will be guided instruction on the craft of writing (setting a scene, dialogue, voice, showing vs. telling, character development, etc.) and weekly writing for critiquing. Memoir writing is a discovery process in which you weave life experiences into a coherent pattern. Give it a try in an informal, friendly, atmosphere with an instructor with fifty years of teaching experience and author of two memoirs.

*No Class: 2/18. Instructor: Ann Kimmage

Tuesday, 1/14, 1-3pm, 8 wks.

Adult Ed Center, Topsham \$130

BEEKEEPING: AN INTRODUCTORY WORKSHOP

This one day introduction course will provide an overview of beekeeping for those considering beekeeping or just wanting to learn more about honeybees. The course will cover equipment, equipment sources, cost, level of effort required, basic bee biology and care, etc. The course is intended to provide a general understanding of beekeeping, to help determine if beekeeping is for you. The course is not intended to function as a full beekeeping course; it is highly recommended that a full "Fundamentals of Beekeeping" course is completed if your goal is to become a beekeeper. Meets in Rm 160.

Presented by: Sagadahoc County Beekeepers Association

Thursday, 1/16, 6-8pm, 1 Night

Morse High School \$35

BEEKEEPING: THE FUNDAMENTALS

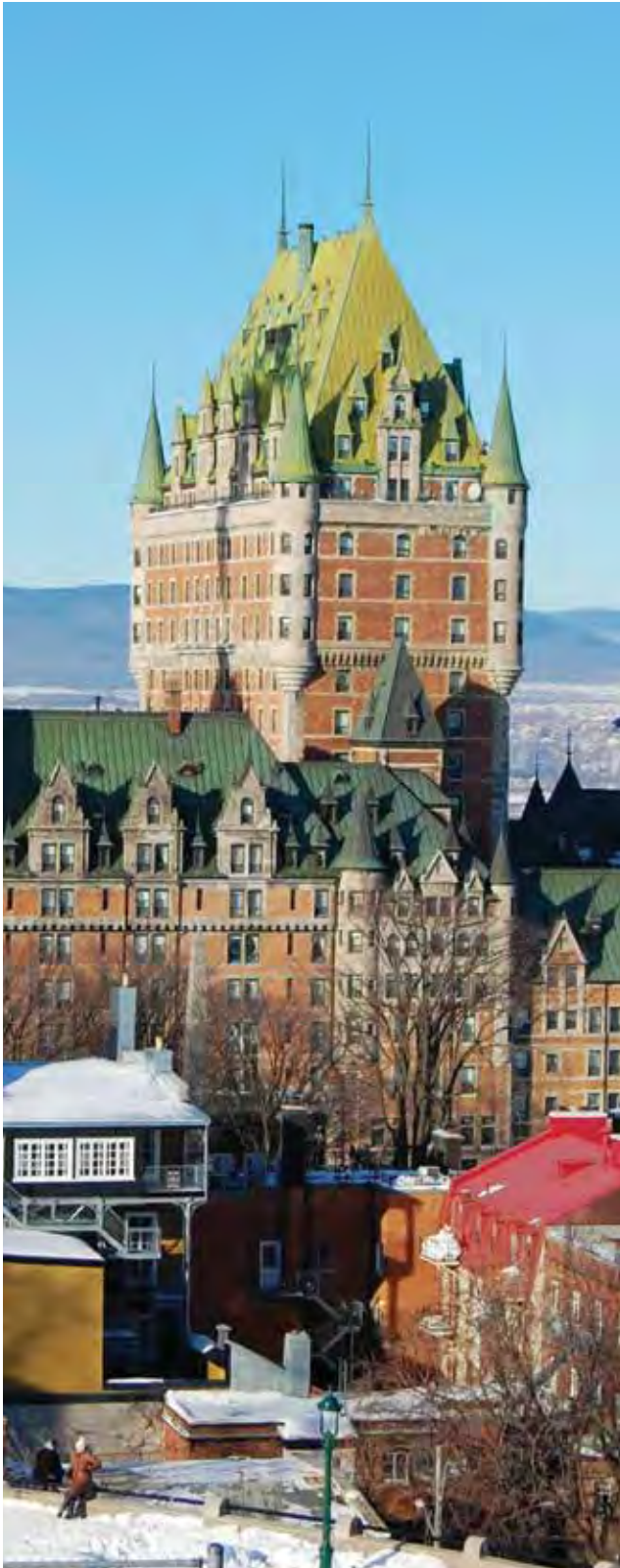
This six class course is designed for those that wish to become a beekeeper. The course will cover the what, why, and how of beekeeping. Topics include but are not limited to bee biology, equipment requirements and setup, seasonal management techniques, diseases, pest management, honeybee environmental benefits, and hive products. The goal is to develop a foundation for new beekeepers to be prepared to keep bees. A course textbook will be provided to each student. Meets in Rm 160. *NO CLASS: 2/20. Presented by: Sagadahoc County Beekeepers Association

Thursday, 1/16, 6-8pm, 6 wks.

Morse High School \$110

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.

TRAVEL OPPORTUNITIES



NEW YORK CITY HOLIDAY EXTRAVAGANZA

Adventure Marketplace Holiday Motorcoach Tour from Portland to New York City during the "Hap-happiest time of the year" Kick off the holiday season with the Rockettes Christmas Spectacular at Radio City Music Hall where "Every Moment is Magic!" We will spend 3 nights at the lovely Belvedere Hotel 2 blocks from Times Square.

Enjoy department store window displays, light shows, holiday craft markets and more insider experiences! There will be plenty of free time to explore the city your way, with suggestions provided by your guide(s).

Coordinated by Nancy Dorrans of Adventure Marketplace

Trip Dates: December 5-8, 2024 \$1,015-\$1,915/pp

ANNUAL ADVENTURE TO QUEBEC CITY'S WINTER CARNIVAL - OUI, OUI!!

Adventure Marketplace is excited to welcome you to join us on our annual winter adventure to Quebec City's Winter Carnival (Carnival de Québec).

Departing from Portland and points north, we will spend 3 nights at the iconic Chateau Frontenac. Wander through the winter wonderland of North America's beautiful, oldest and most European city. Enjoy live music, ice bars, fine restaurants, a parade and ice boat races during one of the world's largest winter carnivals! You'll have plenty of free time to explore on your own, with suggestions provided by your guide(s).

Coordinated by Nancy Dorrans of Adventure Marketplace

Trip Dates: February 7-10, 2025 \$959-\$1,789/pp

HOW TO GET MORE INFORMATION ABOUT OUR TRAVEL OPPORTUNITIES

Thank you for your interest! Please email Jose Rodriguez at rodriguezj@link75.org for more information about any of the travel opportunities on this page. It is important to contact Jose via email because all our travel information is digital. We also highly suggest you register for one of the FREE info sessions led by Nancy Dorrans of Adventure Marketplace and Andrew Leighton of Collette Tours.

See pages 8 and 9 for specific information about these info sessions.

CANADIAN ROCKIES & GLACIER NATIONAL PARK

Ice fields, rushing waterfalls, glacial peaks, and towering summits are just a few of the wonders awaiting you in the Canadian Rockies and Glacier National Park. Visit Head-Smashed-In Buffalo Jump, a UNESCO World Heritage site and one of the world's oldest, best preserved buffalo jumps. Ride aboard a Jammer (open-air touring car) during a visit to Glacier National Park. Journey along the unforgettable Icefields Parkway. Stop at Athabasca Glacier and choose to ride across this mass of glacier ice or take a walk on the glass bottom platform at the Columbia Icefield Skywalk. Explore Bow Falls and Surprise Corner. Visit the incomparable Lake Louise. Get ready for an adventure that brings together the expanse of the prairies, the majesty of the Canadian Rockies, and Montana's Glacier National Park.

Coordinated by Collette Travel

Trip Dates: 6/15-6/21, 2025

7 Days, 10 Meals \$3,979-\$5,029/pp

MODERN JAPAN

Immerse yourself in the ancient and modern cultures of Japan. Learn the art of the tea ceremony, and stand before the famous Senso-ji Buddhist temple. Tour Matsumoto Castle, known as the "Crow Castle" for its black exterior. Taste legendary Hida beef and sip sake at a local brewery. Delve into Kyoto, the marvelous cultural capital of Japan. Board the Shinkansen "bullet" train to travel to Hiroshima to visit Shrine Island and the Peace Memorial Museum. Absorb the beauty of the Golden Pavilion and the majesty of Nijo Castle. Japan slowly draws you into its eclectic culture and charm, revealing incredible moments every step of the way.

Coordinated by Collette Travel

Trip Dates: October/November 2025

14 Days, 18 Meals \$7,699-\$7,999/pp

SPOTLIGHT ON THE FRENCH RIVIERA

Uncover the chic resorts, sun-soaked beaches and elegant allure that attracts the rich and famous to the exquisite French Riviera. Unpack for a leisurely multi-night stay, embracing the luxury and breathtaking beauty of the French Riviera, or Côte d'Azur. Spend time in the fairy-tale principality of Monaco. Discover the opulence of Villa Ephrussi de Rothschild and Gardens. Get a glimpse into the lives of the rich and famous in Cannes. Watch artisans create fragrant perfumes. Enjoy leisure time to explore on your own. It's time you lived a little bit of the good life.

Coordinated by Collette Travel

Trip Dates: 11/6-11/14, 2025

9 Days, 12 Meals \$3,779-\$4,529 per person





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 or contact us at 729-7323 for more information!

CERTIFICATES + TRAINING

GRAPHIC DESIGN SOFTWARE ESSENTIALS CERTIFICATE

The Adobe software tools are the leading software for graphic design. Adobe Illustrator is the industry standard computer illustration software. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. Adobe InDesign is the industry standard page-layout program that works with Adobe Illustrator and Photoshop seamlessly. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Use Adobe Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch and enhance existing images or create your own composite digital art work. Access to the Adobe software tools required. Three one-month courses. The Graphic Design Software Essentials Certificate courses include: Adobe Illustrator CC Essentials, Adobe Photoshop CC Essentials, Adobe InDesign CC Essentials. Please Note: Courses can be taken individually if you are not seeking a certificate. Instructor: Andy Helmi

Graphic Design Software Essentials Certificate 9/3-11/29, 3 months Online	\$545
Adobe Illustrator CC Essentials: 9/3-9/28	\$195
Adobe Photoshop CC Essentials: 10/7-11/1	\$195
Adobe InDesign CC Essentials: 11/4-11/29	\$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. To earn the Bookkeeping Certificate, these courses must be taken in the following order (as 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, 9/3-11/29, 3 months, Online	\$495
Understanding Debits and Credits: 9/3-9/28	\$195
General Ledger and Month End Procedures: 10/7-11/1	\$195
Closing Procedures and Financial Statements: 11/4-11/29	\$195

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. To earn the Certificate in Quickbooks Online, these courses must be taken in the following order (as 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 Online, 9/3-11/1, 2 months, Online	\$395
Quickbooks Online Level 1: 9/3-9/28	\$195
Quickbooks Online Level 2: 10/7-11/1	\$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. This 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. To earn the Certificate in Mastering Computer Skills for the Workplace, these courses must be taken in the following order (as the classes build off each other): 1. Mastering Microsoft Excel, 2. Mastering Microsoft Word, 3. Mastering Microsoft Powerpoint. Courses may be taken individually at a cost of \$195 each. Instructor: Elizabeth Flanagan

Certificate in Mastering Computer Skills for the Workplace, 9/3-11/29, 3 months, Online	\$495
Mastering Microsoft Excel: 9/3-9/28	\$195
Mastering Microsoft Word: 10/7-11/1	\$195
Mastering Microsoft PowerPoint: 11/4-11/29	\$195

CERTIFICATE IN TEACHING ADULTS

Teach others in-person and join in one of the more important functions in life - passing on knowledge and skills to others. It is both an opportunity and a responsibility. Whether you want to teach others or currently teach others, in any setting, either formally or informally, this course is for you. We will give you both the fundamental and advanced information to improve your teaching. Your lead instructor is author of How to Teach Adults, the best-selling book on the subject. The ebook version is included in the course. Instructor: William A. Draves

Certificate in Teaching Adults, 9/3-11/1, 2 months, Online	\$395
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CERTIFICATE IN ONLINE TEACHING

For those new to teaching online, or those already teaching online. Thousands of people have taken this fundamental yet advanced training in teaching online. From building an online course to improving an online course, from fostering online discussion to encouraging student interaction, from traditional assessment to online tests, the program will give you both the fundamentals of teaching online, as well as the most advanced tips and techniques in the business. Your instructors are authors, speakers and consultants in online learning and teaching. To earn the Certificate in Online Teaching, these courses must be taken in the following order (as the classes build off each other): 1. Advanced Teaching Online, 2. Designing Online Instruction, 3. Fostering Online Discussion. However, courses may be taken individually at a cost of \$195 each. Instructor: William A. Draves

Certificate In Online Teaching, 9/3-11/29, 3 months, Online	\$495
Advanced Teaching Online: 9/3-9/28	\$195
Designing Online Instruction: 10/7-11/1	\$195
Fostering Online Discussion: 11/4-11/29	\$195

HOW THE LERN 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 or contact us at 729-7323 for more information.



MERRYMEETING COMMUNITY & ADULT EDUCATION

35 Republic Avenue • Topsham, ME 04086

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, 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?

ALL 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. Please check your **SPAM/JUNK FOLDER** if you did not receive an expected email. **PLEASE DO NOT UNSUBSCRIBE** from emails you receive from CourseStorm. **Doing so will blacklist you from all CourseStorm correspondences FOREVER. This includes emails you would receive from us regarding important class information and reminders. Unfortunately, once blacklisted, there is no way to change this status.**

MATERIALS + BOOKS POLICY

Materials for enrichment classes are not included in the registration fee, unless noted. Materials, books and other course expenses are not refundable.

CANCELLATION + REFUND POLICIES

- If you cannot start a course, **NOTIFY US TWO** business days prior to the first class and we will process a refund, minus card processing fees, or transfer you to another class.
- We **DO NOT** issue refunds for missed one or two night workshops.
- We **DO NOT** issue 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 + DISCRIMINATION POLICY

The minimum age for participants in adult education enrichment courses is 18 years old. 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.

A special thank you to
our local partners!



53 Maine Street • Brunswick
207-725-2274

Students receive a discount when
purchasing supplies for classes.



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of our Driver's Ed cars and making sure
our students are safe!



Thank You to Wicked Joe's for providing
coffee and tea for our events.



Use the QR
Code to the
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our website!