



SPRINGSUMMER2025

Keep Until August

Dear Merrymeeting Students:

Welcome to our Spring & Summer semesters! We hope your winter has gone well. We are expecting another exciting semester as we enter 2025. Over the past several years, we have strived to provide high quality and affordable classes for our students. As we entered the 2024-2025 school year, we broke our own records for enrollment. We are running more classes and at more sites than ever!

Please take a moment to review the new catalog. We hope you will find a class or two that meets your needs and interests. As always, we welcome your feedback and comments about our programming. As our programming continues to expand, we will always be committed to our main mission: to provide classes and programming to meet the needs of all the residents of the communities we serve.

Thank you for your continued loyal patronage.

Sincerely,
Allen Lampert
Director, MCAE



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

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
Elizabet Sokoloff	Judy Connors	Jose Rodriguez, Jr.

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

Spring Break	April 21 - April 25
Memorial Day Holiday	May 26
Juneteenth	June 19
4th of July	July 4-5
Labor Day	September 2

PRINTING AND WEBSITE ERRORS AND CHANGES:

We make every effort to print and publish the latest and most up to date information in our catalog and on our website. We sometimes make changes to the location, length, number of times a course meets, instructor, and cost after the catalog goes to the printer due to circumstances beyond our control. We reserve the right to determine if a refund or credit letter will be applied.

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 Drive, Bath

Bath Regional Technical Center
826 Shipbuilder Drive, Bath

Wiscasset Middle High School
272 Gardiner Rd, Wiscasset

People Plus
35 Union Street, Brunswick

Bowdoinham Town Landing
Maily Waterfront Park, Bowdoinham

Merrymeeting Arts Center
9 Main Street, Bowdoinham

Tony's Studio
195 Water Street, Bath

Turning Arts Studio
182 Ridge Road, Bowdoinham

Bowdoin College
255 Maine Street, Brunswick

Maine Pines
120 Harpswell Road, Brunswick

SPRING/SUMMER 2025 TABLE OF CONTENTS

ACADEMIC 4

DRIVER'S ED 7

FINE ARTS & CRAFTS... 15

Abstract Studio: Creative Application of Paint
 Abstract Studio: Limited Rectangles Unlimited Color
 Acadian Arts Retreats: Flower Portraits Watercolor Painting
 Acrylic Painting
 Acrylic Pour 101
 All Media Plein Air: Beginners
 Art to Product: Create and Print Your Own Creations!
 Beginning Ceramics
 Beginning Watercolor
 Button Hole Book
 Candle-Making
 Cardmaking 101: Flowers!
 Crafting Fusion: Blending Tradition with Digital Flair
 Creative Breakthroughs: Open Studio for Artistic Exploration
 Drawing Fundamentals
 Figure Drawing: Conte Crayon
 Get Started in Stamped Cards
 Stamped Cards: Fun Techniques
 Interactive Greeting Cards
 Hinged Lidded Box
 Ink for Astronauts
 Intro to Digital Photography
 Intro to Macrame: A Plant Hanger
 Intro to Mosaics
 Intro to Narrative Arts: Level 1
 Introduction to Upholstery
 Introduction to Zentangle®
 Landscape Studio in Pastel Leaf Book
 Learn to Sew a Basic Wardrobe
 Make Your Own Coffee Mug!
 Make a Moon Wall Hanging
 Mixed Media Open Studio
 Mosaic Workshop Studio
 Museum Sketchbook Series
 Nature Walk with a Sketchbook
 Needle Knitting Class
 Needle-felted Tapestry
 Oil Painting Portrait Studio
 Oil Painting in the Wild '25
 Open Studio Ceramics
 Paint Night: Barred Owl
 Paint Night: Morning Glories
 Paint Night: Pet Portrait
 Paint Night: Piping Plover
 Paint Night: Spring Daffodils
 Paint Night: The Barn Quilt

Paint Night: The Eastern Bluebird
 Paint Night: Great Horned Owl
 Paint Night: The Orchid
 Pastel Painting in the Wild '25
 Sculpted Paper Flowers
 Silver Jewelry Making
 Sketching Studio: Animal Anatomy for Artists
 Sketching in the Wild '25
 Small Group Ceramics
 Stained Glass Studio
 Stained Glass for Beginners
 Surface Design on Clay
 Travel Sketchbook Workshop
 Tumbled Seaglass/Broken Pottery
 Ultimate Beginner Watercolor
 Unleash Your Inner Artist
 Upcycled Mobiles
 Watercolor Studio

FITNESS/WELLNESS .. 29

Anxiety & Stress Relief Workshop
 Art & Wellness Mini-Retreat
 Chair Yoga Online
 Chair Yoga w/ Heather
 Flow and Gentle Yoga Online
 Gentle Flow Yoga w/ Jade
 Gentle Yoga w/ Heather
 Mini-Retreat: Connect with Calm
 Mini-Retreat: Reclaim Your Balance and Ease
 Nordic Walking
 Pickleball Classes:
 Advanced Beginners
 Beginners
 Intermediates
 Pilates: All Levels
 Restorative Yoga
 Revitalize Your Yoga Practice
 Self-care for Your Hands
 Tai Chi Easy™ with Robin
 Tai Chi for Flexibility and Balance
 Tai Chi with Robin for Continuing
 Taiji Qigong Shibashi
 Yin Yoga w/ Heather
 Yoga: All Levels
 Young At Heart Fiesta

FOOD + COOKING 25

Asian Fusion Cooking Retreat
 Cooking & Carving Adventure!
 Mastering Char Siu Bao
 Bountiful Boards
 Chinese Wonton Dumplings
 Cooking & Photography Adventure!
 Crafting Authentic Potstickers
 E-Z Sweets Night
 Freeze-Dried Flavors
 Home Food Preservation

Hand-Rolled New York Bagels
 Introduction to Maine's Fermented Foods
 Let It Go! Fiesta
 Luscious Lemon Night
 Mocktail Mixology
 More Scones with Deb
 Thai Cooking: Beyond The Basics
 Thai Cooking: The Basics
 Vegan Test Kitchen
 Wok & Cleaver Bootcamp
 Yeast Roll Jubilee

FREE + LOW COST 8

Adventure Marketplace Info Night!
 Become a Foster Parent
 Collette Tours Info Night!
 Fencing Camp for Kids!
 Fishing Adventure Camp
 History of Malaga Island
 How Money Works
 Invest for Success
 Investing at Retirement
 Kids Cooking Camp
 Maine Death w/ Dignity Act
 Spy Academy
 Understanding Medicare
 Understanding Social Security

MUSIC + DANCE 33

Beginning Guitar with Randy
 Beginning Singing with Randy
 Belly Dance Boot Camp
 Cuban Salsa: Level 1
 Instant Guitar
 Instant Piano
 Intro to Ukulele and Jam Session
 Middle Eastern Belly Dance
 Choreography
 Modern Line Dancing: Beginners
 Modern Line Dancing: Improvers
 Play the Ukulele
 Street Funk/Hip-Hop/Pop Dance
 The Craft of Musical Composition

GET OUTSIDE 35

America's Boating Course
 Boat Handling
 Chaga Mushrooms
 Coastal Navigation Fundamentals
 Develop Personal and Home Plan
 Edible Mushrooms of New England
 Emergency First Aid
 Fundamentals For Outdoor Emergencies
 Farming with Native Plants
 Foraging Walk
 Map and Compass Fundamentals
 Mushroom Walk

Oyster Farm Sea Kayak Tour
 Kayak & Hike Malaga Island
 Understanding Constitutional Carry and Legal Use of Force
 Upgrade Your Canoe & SUP Skills
 Upgrade Your Sea Kayak Skills
 Map & Compass Outside
 Visit Mount Katahdin
 Weather for Outdoor Enthusiasts
 Winter Outdoor Survival Skills

NURSING 6

SOMETHING FOR EVERYONE 39

The Sales Agent Online Class
 Get To Know Your iPad/iPhone
 Google Suite for Beginners
 Conversational Spanish for Beginners
 Introduction to Astrology
 Blueprint for Writing a Novel
 Investigating UAP
 Radical Kindness: Superpower That Can Change Your Life
 Moral Courage: Choosing the Road Less Traveled
 New Moon Vision Board
 Beginning Chinese
 A Poetry Primer: Poetry for Beginners
 Tarot Readings: Individual Session
 Discover Your Unique Writing Voice
 Message Circle with Jeannie
 Intuitive Writing
 Divination Salon Series
 Women's Day Retreat
 Summer Solstice Ceremony
 Ghost Stories for Summer Nights
 World History for Everyone!
 How to Use Google Gemini (AI)
 How to Use Chat GPT
 Chat GPT: 20+ Ways to Make Income Through Chat GPT
 Working from Home
 Personal Finance Class

TRAVEL 46

WORKFORCE 44

AI Certificate
 Bookkeeping Certificate
 Mastering Computer Skills for the Workplace
 Certificate in Quickbooks Online
 Cybersecurity Certificate
 Graphic Design Certificate
 Quickbooks: Level 1 & Level 2



MERRYMEETING COMMUNITY & ADULT EDUCATION



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 reavelye@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 • RSU 1: 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 reavelye@link75.org, or
729-7323, ext. 2.

For the RSU 1 (Bath, Phippsburg,
Woolwich) areas, contact **Pauline
Hanson** at hansonp@link75.org, or
443-8255.



**SAVE THE DATE FOR
GRADUATION**

**MCAE Graduation is Wednesday,
June 11, 2025 at 4:00pm at
Brunswick High School**
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.

Spring Break	April 21 - April 25
Memorial Day Holiday	May 26
Juneteenth	June 19
4th of July	July 4-5
Labor Day	September 2

ACADEMIC CLASSES

For students enrolling in high school completion, HiSet Preparation, College and Adult Transitions. Free for Maine residents. Call our office to get started! Topsham/Brunswick: 729-7323 - RSU 1: 443-8255

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.

CHEMISTRY W/ LAB

This is a laboratory practice class and will satisfy entrance requirements for post-secondary schools and CNA or nursing preparation.

BIOLOGY W/ LAB

This activity oriented course deals with the study of life. 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.

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. There will be some homework.

WRITING LAB

Are you trying to update your resume? Put together a cover letter? Maybe you need a second set of eyes on a simple draft, or some help with grammar. Let's polish your college entrance essay! Take advantage of the Writing Lab at Merrymeeting! Free for currently enrolled high school completion, HiSET and College Transitions students. General Public \$25 donation to our scholarship fund. Meets from 5-7pm on March 20, April 17, May 15

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.

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. Students must have a minimal comfort level with technology and have reliable internet access, Class space is limited to 6 students per session.

HISET PREP LAB

Prepare to take the High School Equivalency Test 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.

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 free to adults interested in preparing to attend college. Students must have their own computer and reliable internet access.



ENGLISH LANGUAGE LEARNING

Our English Language Learning program offers students the chance to build a strong foundation in English through engaging classes that cover essential conversation skills, grammar, sentence structure, spelling, reading comprehension, and writing. Additionally, we focus on life skills such as time management, critical thinking, and teamwork, helping students achieve their academic and career goals through effective communication and problem-solving. We provide a supportive learning environment with both in-person and online classes to accommodate all students' needs and goals.

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

- Introduction to English: Focus on fundamental language skills, including basic vocabulary, essential grammar, and simple conversational phrases to help students gain confidence in using English in everyday situations.
- Beginner ELL (I & II): Emphasizes building foundational language skills through interactive activities, which include listening, speaking, reading, and writing, with a focus on everyday vocabulary and basic sentence structures to facilitate effective communication.
- Intermediate ELL (I & II): Expands vocabulary, introduces more complex sentence structures, and focuses on conversational skills.
- Advanced ELL: Emphasizes fluency, academic language, and preparation for higher education or workplace communication
- Classes held in Brunswick at UMA and Bath, 34 Wing Farm Pkwy.
- Online classes available, a computer is required.

**For more information, please contact
Benedita Kakhuba, ELL Coordinator at
729-7323 ext. 1302 • bkakhuba@merrmeeting.org
35 Republic Avenue • Topsham, ME 04086**



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

JOIN OUR CERTIFIED NURSING PROGRAM TODAY!

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

BATH REGIONAL CAREER & TECHNICAL CENTER

BRCTC offers eleven Career and Technical programs to students at Morse High School, Wiscasset Middle High School, Boothbay Regional High School, and Lincoln Academy. Career and Technical Education (CTE) provides communities with a semi-skilled workforce and these skills are in high demand.



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 or passport to the first class and a pen to every class.

Various Locations \$560

BRUNSWICK HIGH SCHOOL

Instructor: Chris Brilliant

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

Instructor: Pierre Martin

September 29 - October 21 - 4:45-7:45pm

TOPSHAM ADULT ED OFFICE

Instructor: Pierre Martin

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

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

Instructor: Chris Brilliant

July 23 - August 15 - 4:45-7:45pm

MORSE HIGH SCHOOL

Instructor: Bryan Fortier

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

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

September 15 - October 10 - 2:30 to 5:30pm

Instructor: Chris Brilliant

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

WISCASSET HIGH SCHOOL

Instructor: Lionel Brilliant

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

IMPORTANT: Starting August 1, 2025, the registration fee for Driver's Ed will increase to \$575



Our mission is to unlock the inherent potential of every young person, while empowering them to thrive. We are a community hub that ensures social emotional health for all young people so they can reach their fullest potential and become compassionate leaders of tomorrow. MYC is a steadfast resource for area teens and adults. We never waver and we are always here.

- Workforce Development Programs for 16-24y/o
- Youth Mental Health First Aid Training
- Step Up Transitional Youth Housing
- Youth Sobriety Support Groups

Call us at 207-443-8750 for more info about our organization and programs. www.myc.org



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



FREE + LOW COST PROGRAMS

Instructors for FREE Programs volunteer their time to teach their classes at Merrymeeting Community and Adult Education. If you register but are not able to attend, please call or email to let us know you will not be attending.



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! **Instructor: Nancy Dorrans**
Thursday, 2/27, 6-7:30pm, 1 Night
Adult Ed Center, Topsham FREE

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. **Instructor: Aaron Manning**
Monday, 3/31, 6:30-7:30pm, 1 Night
Adult Ed Center, 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.

SPECIAL NOTE: This Info Night is specifically focused on the current Collette Tours being offered through Merrymeeting: Scotland & America's Music Cities (see pages 46-47).

Instructor: Andrew Leighton
Wednesday, 3/19, 6-7:30pm, 1 Night
Adult Ed Center, Topsham FREE

FREE BECOMING A FOSTER PARENT IN MAINE

Did you know that YOU could be the life-changing person for a child/family here in Maine? Yes, YOU can become a foster or adoptive parent! Come learn about the licensing process and the different ways you can help Maine children. There is a special need for people who can care for infants, sibling groups, and adolescents, while also supporting the reunification process. There are also over 100 children waiting to find a forever family. Join us for this informational meeting and take that very first step to becoming a resource family. **Instructor: Stephanie Eklund**
Tuesday, 4/1, 6-7:30pm, 1 Night
Online FREE

FREE MAINE DEATH W/DIGNITY ACT

There is still a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. 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). **Instructor: Valerie Lovelace**
Thursday, 4/24, 6:30-8pm, 1 Night
Online FREE

NEW WRITE YOUR OWN OBITUARY

Have you ever wondered how you'd like to be remembered? This workshop offers a unique and transformative opportunity to reflect on your legacy by crafting your own obituary. Far from morbid, this session is an empowering exploration of life, values, and aspirations. By the end of the workshop, you'll walk away with a powerful piece of writing that not only captures who you are but also serves as a roadmap for the life you want to lead. No prior writing experience is necessary.

Instructor: Craig Siulinski
Thursday, 5/1, 230-430pm, 1 Night
Thursday, 5/1, 530-730pm, 1 Night
Adult Ed Center, Topsham \$5

FREE HOW MONEY WORKS

Do you want to eliminate debt? Stop living paycheck to paycheck? Take full control of your finances? Join us to learn how implementing a few simple financial concepts can transform your relationship with money! **Instructor: Sarah Blondin**
Wednesday, 5/7, 6-7:30pm, 1 Night
Adult Ed Center, Topsham FREE

FREE INVEST FOR SUCCESS

Is your money working as hard for you as you do for it? Are you confident that your current investment strategy will help you reach your goals? Whether you're brand new to investing or a seasoned investor, join us to learn the power of compounding interest, managing risk, and strategically investing to reach your goals! **Instructor: Sarah Blondin**
Wednesday, 5/28, 6-7:30pm, 1 Night
Adult Ed Center, Topsham FREE

FREE INVESTING AT RETIREMENT

Nearing or entering retirement? Maybe you're just thinking about it? Join us to learn how developing a customized strategy can assist you in identifying considerable ways to mitigate them while making the most out of your benefits and assets. This can help you plan for a financially secure retirement! **Instructor: Sarah Blondin**
Wednesday, 6/18, 6-7:30pm, 1 Night
Adult Ed Center, Topsham FREE

FREE 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! **Instructor: Sarah Blondin**
Wednesday, 7/9, 6-7:30pm, 1 Night
Adult Ed Center, TopshamFREE

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 course is offered via Zoom.

Instructor: Alice Bean Andrenyak
Wednesday, 6/18, 6:30-8:30pm, 1 Night
Online \$35

PROGRAMS FOR CHILDREN



FENCING CAMP FOR KIDS

In this summer camp for beginners, kids **ages 8-12** will learn the basics of fencing. Stance, footwork, and bladework will be introduced and explored, and these young fencers will enjoy time to test their skills against their classmates in real fencing bouts on electric pistes. We will take lots of water breaks, and enjoy fencing-related games during this week-long training session. All equipment will be provided. No prior fencing experience necessary. Please be sure each student arrives wearing long athletic pants (no shorts), has clean indoor athletic sneakers, a water bottle, and a packed lunch. En Garde! **Instructor: Midcoast Fencing Athletic Club**
Monday, 7/7-7/11, 9:30am-12:30pm, 1 wk
Midcoast Fencing Athletic Club Topsham\$235

NEW FISHING ADVENTURE CAMP

Merrymeeting FISHING ADVENTURE CAMP is a 3-day freshwater fishing program for beginner or experienced anglers, for children in **grades 3 to 6**. It is fun, safe and educational. Lifelong fisherman Martin Samelson will help anglers match their bait and tackle to their target species, and encourage "Catch & Release" fishing. Info sheet regarding equipment/materials will be provided. Pickup & Drop-off at Adult Ed Center in Topsham. **Instructor: Martin Samelson**
Tues-Thur: 7/15, 7/16, 7/17 (Rain date: 7/18), 9am-2pm
Tues-Thur: 8/19, 8/20, 8/21 (Rain date: 8/22), 9am-2pm
Various Locations \$195

NEW SPY ACADEMY

Join us this summer for Spy Academy! This program features fun-filled, hands-on, secret agent-themed science activities that allow kids to play detective, explore forensic science, sharpen their surveillance skills, and crack encrypted messages. Kids will become super sleuths! **Camp is for ages 6-12 y/o.**

Instructor: Mad Science of Maine
Monday, 8/18-8/22, 9am-3pm, 1 wk
Brunswick High School\$450

KID'S COOKING CAMP: AROUND THE WORLD

Embark on a culinary adventure at our exciting Kids Cooking Camp! We will explore the world of international flavors and young chefs will learn about basic kitchen tool use, oven safety, measuring, sequencing in food preparation, teamwork and aesthetic presentation of dishes. Participants should bring containers daily to take home samples of what we make to share with family. **For ages 10-13 years old.** All materials/ingredients will be provided. **Instructor: Deb Arter**

Monday, 8/11-8/15, 9am-12:30pm, 1 wk
Monday, 8/11-8/15, 1pm-4:30pm, 1 wk
Brunswick High School\$330

SUMMER ANIMATION CAMP!

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

Instructor: Andrew Elijah Edwards
Mon-Fri, 7/28-8/1, 10am-3pm
Adult Ed Center, Topsham \$345

LET'S MAKE IT UP! IMPROV THEATER CAMP

This camp experience will allow kids to create and tell their own stories over the course of a week, learn and use improv theater techniques and exercises to express themselves, culminating in a showcase performance on the final day for friends and family. Her love of theater and children perfectly combines to make meaningful and memorable moments for students and audiences alike. **Ages 9-14.**

Instructor: Elise Voigt
Mon-Fri, 8/11-8/15, 10am-3pm
Brunswick High School..... \$345

COMMUNITY HAPPENINGS



Join us on social media! Friend us on Facebook and follow us on Instagram today. It's a great way to get updates of your favorite programs and interact with fellow community members. See you online!

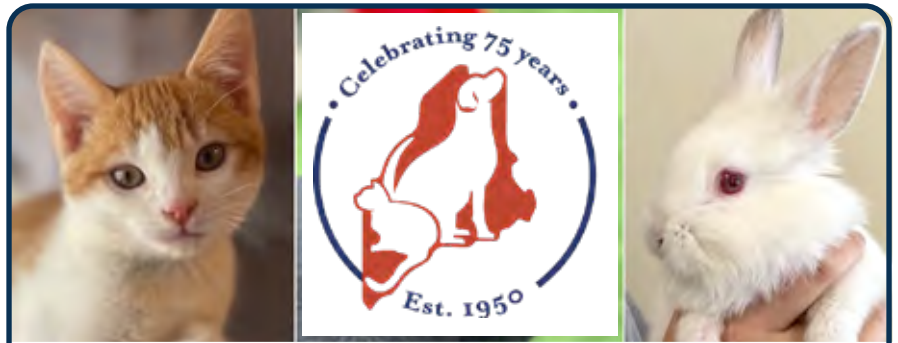


BECOME A VOLUNTEER TUTOR!

Midcoast Literacy is looking for volunteers to work with both adults and children.

FMI: Contact us at (207) 443-6384 or email: admin@midcoastlit.org

Improving Lives Through Literacy!
www.midcoastliteracy.org



MIDCOAST HUMANE is a 501(c)3 nonprofit organization dedicated to making life better for animals and people in our community. We are one of the biggest shelters in the state of Maine, with animal sheltering facilities in Brunswick and Edgecomb, and provide care and second chances to over 4,000 animals every year. For more information and to see adoptable animals, visit midcoasthumane.org.

MCAE/MIDCOAST HUMANE FUNDRAISER: MACRAME PLANT HANGER

Create your own macrame plant hanger with Merrymeeting instructor, Sarah McDarby! Learn the basics of macrame in this 1-night 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. *All proceeds go to Midcoast Humane. Registration is through Midcoast Humane.

Thursday, 5/8, 430-730pm, 1 Night

Adult Ed Center, Topsham \$40

FOSTER OPEN HOUSE Visit Midcoast Humane in Brunswick to get a crash course on our foster program, keys to successful animal care, and learn how you can support homeless animals in your community.

Sunday, 4/6 and 6/22, 2-4pm Donation at Door

PLANT & RUMMAGE SALE Join Midcoast Humane and shop local for your seasonal plants and upcycled goods while raising funds for homeless animals. Enjoy morning food trucks and a kids corner.

Saturday, 5/10, 8am-2pm Donation at Door

MidCoast Humane - 5 Industrial Parkway Brunswick, ME 04011

LET'S PARTNER!

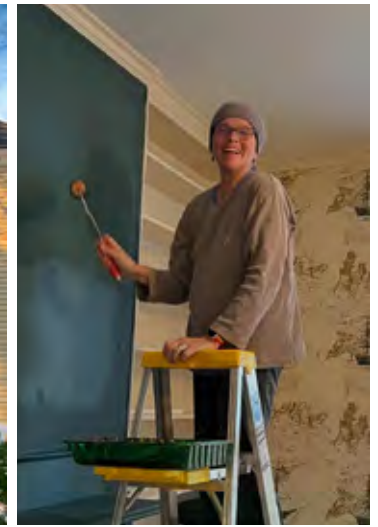
At Merrymeeting, we love our community and the partnerships we have fostered. Each partnership has helped us and our community.

- 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.

For a full list of partners, please visit our website:
<https://merrymeeting.maineadulted.org/>

MERRYMEETING THANKS YOU!



163 Park Row · Brunswick

The Mix is a sweet little art supply store located at 163 Park Row in Brunswick. We offer a wide selection of fine and fun art supplies; everything from watercolor paints, canvases, fiber arts materials, printmaking supplies and so much more. We are your one-stop-shop for colorful, artfully inspired gifts.

Leslie and the team at The Mix have been closely partnering with Merrymeeting Adult Education to offer class materials

with a friendly attitude and affordable price. We are happy to talk to you about your needs, fill in the materials gaps and get you exactly what you're looking for to embark on your next creative endeavor.

With the new space on Park Row, The Mix will be able to expand specific supply lines as well as welcome the community to make art in our maker's space. While we loved our little corner on Maine Street, we were quickly outgrowing the space and wanted to be able to answer more of the creative needs in the community. One of the things we have heard over and over again is the desire for a maker's space. We've answered that request and hope to offer space for, not only Merrymeeting Adult Education class

teachers, but also those of you looking to practice your new skills in a creative, supportive environment.

Come say "hello" and get fuel for your next creative spark!



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. Donations to our Heron Fund allow us to offer classes on a "pay-what-you-can" basis. Some of our upcoming classes include:

Visit MerrymeetingArtsCenter.org for class details and registration.

Merrymeeting Arts Center
9 Main Street, Bowdoinham

Open Studio Pottery

MAC offers pottery classes and open studio hours. A \$10 suggested donation for Open Studio covers clay, kiln firing, and glazes! Open to the public, no experience necessary! No instruction is offered, but an attendant is available for suggestions and answering questions.

Open Studio Hours:

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

The Obscure: Merrymeeting Group Show

Opening Reception: Friday, March 28, 5:30-7:30pm
Additional Viewing Hours: Saturday, March 29, 10am-2pm

Introduction to Digital Photography

with Leah Haraden
Saturday, April 5 · 1 to 4pm, \$35
Join photographer Leah Haraden for an informative basic digital photography class. This course is for beginners, and those who have wanted to learn more about their camera's capabilities.

Textile Art Workshop

with Ruthanne Harrison
Tuesday, May 6th · 6 to 8pm, \$30
Join artist Ruthanne Harrison for an evening of creating textile designs using block printing and stenciling. You will leave with a printed scarf and any other items you may choose to bring to print on. Materials will be supplied, and no prior experience is needed!

For more information, please contact:
programs@MerrymeetingArtsCenter.org.



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

2025 MERRYMEETING COMMUNITY ART SHOW

We are excited to announce the 2025 Merrymeeting Community Art Show will be held at the Orion Performing Arts Center Lobby in Topsham. If you took or taught an art class with us, or if you are a creative member of our community, you are invited to submit your work for display. All mediums accepted. Up to 2 submissions per artist is allowed. Work should be framed and presentable. For more information, contact Jose Rodriguez at rodriguezj@link75.org. **Submission Deadline: Friday May 16th**
Viewing Dates: 6/2, 6/3, 6/4, 6/6 and 6/9, 4:30-7:30pm
Show Reception: Thursday 6/5, 5:30-7:30pm
Orion Performing Arts Center Lobby at Mt. Ararat Middle School

THE OBSCURE: MERRYMEETING GROUP SHOW AT MERRYMEETING ARTS CENTER

Presented by Merrymeeting Community & Adult Education affiliated artists, this exhibition celebrates the power and beauty of obscurity. In a world saturated by constant visibility, artists explore the quietude of unseen spaces and the profound impact of unnoticed actions. Through diverse mediums, the show invites viewers to examine the allure of obscurity, questioning the need for external validation and celebrating the power of quiet, unobserved contributions. Join us to find meaning in the subtle, the hidden, and the overlooked.

Opening Reception: Friday 3/28, 5:30-7:30pm
Additional Viewing Hours: Saturday 3/29, 10am-2pm
Merrymeeting Arts Center in Bowdoinham



COVER FEATURE: SUSAN ELLIS

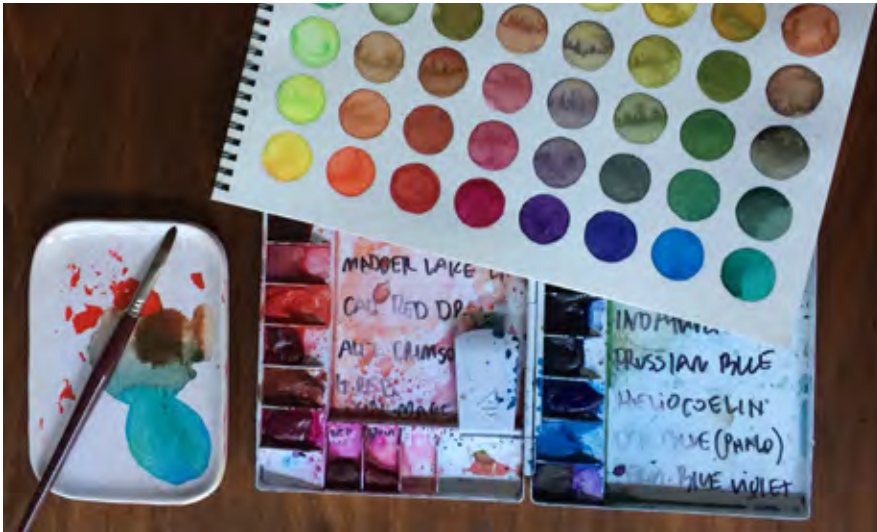


SUSAN'S SEWING JOURNEY

Susan's sewing journey began at age 17 when a friend's mother taught her to make a unique pair of shorts at a fraction of the cost of mall-bought clothes. This sparked her passion. Using her mother's old Singer, Susan embarked on a creative journey, sewing shirts, tops, skirts, and pants. Furthering her skills through classes, she tackled more challenging projects like couture dresses. Her sewing repertoire expanded to include her own wedding dress, a large street banner, children's clothing, lined drapes, menswear, and even home decor like table runners and pillows. While she explored various projects, Susan always returned to her love for women's clothing.

She finds immense joy in the artistic process of selecting patterns, styles, and fabrics, and then translating her vision into unique and personal garments using her sewing tools and machine. Susan considers sewing a superpower, enabling her to repair cherished items, repurpose clothing and household goods, save money, and unleash her creativity. Teaching sewing has added a new dimension to her craft. Her students inspire her to experiment more, re-evaluate her own techniques, and share her years of experience. She views teaching as a wonderful adventure, eager to share her passion with anyone interested in learning. Check out Susan's sewing class on page 19.

FINE ARTS + CRAFTS



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 us know if you prefer to hand build or wheel throw so we can keep an accurate count. 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

Tuesday, Starts 3/4, 3-5pm, 6 wks
Tuesday, Starts 4/29, 3-5pm, 6 wks
Tuesday, Starts 6/17, 3-5pm, 6 wks
Morse High School \$125

OPEN STUDIO CERAMICS: TUESDAY OR THURSDAY 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: 3/27. Instructor: Heather O'Neil

Tuesday, Starts 3/4, 5-7pm, 6 wks
Tuesday, Starts 4/29, 5-7pm, 6 wks
Tuesday, Starts 6/17, 5-7pm, 6 wks
Thursday, Starts 3/6, 3-5pm, 6 wks
Thursday, Starts 5/1, 3-5pm, 6 wks
Thursday, Starts 6/26, 3-5pm, 6 wks
Thursday, Starts 3/6, 5-7pm, 6 wks
Thursday, Starts 5/1, 5-7pm, 6 wks
Thursday, Starts 6/26, 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!

CREATIVE BREAKTHROUGHS: OPEN STUDIO FOR ARTISTIC EXPLORATION

Join a fun and flexible open studio session and enjoy a supportive environment to bring your art projects to life! Each week, you'll have the opportunity to work on your own art pieces, and take a little bit of time to explore fun and easy art techniques that are designed to help you break free from creative ruts and try something new. It's the perfect space to collaborate, experiment, and unleash your artistic potential! *There is a \$30 materials fee due to the instructor at the start of class.

Instructor: Catherine Scanlon
Thursday, Starts 3/20, 9am-12pm, 3 wks
Tuesday, Starts 5/6, 9am-12pm, 3 wks
Adult Ed Center, Topsham \$35

BEGINNING WATERCOLOR

With this class, my goal is to have each of you gain confidence in your artistic endeavors and fall in love with watercolor painting. Although I paint both in watercolor and oils, my first love is watercolor. We will start our class by learning the basics of handling watercolor through a variety of exercises designed to teach you about pigment to water ratios. Please do not worry if you have no art experience, either in watercolor painting or drawing. It will not be a problem, everyone can create. A suggested materials list will be provided by the instructor.

Instructor: Deena Ball
Monday, Starts 3/10, 5:30-7:30pm, 6 wks
Adult Ed Center, Topsham \$135

INTRO TO NARRATIVE ARTS: LEVEL 1

This 12 week course explores the Narrative Arts - The Art of Media. These are the drawing techniques used to create: Comic Books, Video Game Design, Single Panel Gag Cartoons, Comic Strips, Animation, Storyboards for Movies, Graphic Novels and Special Effects for film and television. Learn the illustration skills needed to build your own Characters to populate the Stories you would like to tell - in any Media. This Class is open to students at any level of artistic ability - Beginners to Advanced. *No Class: 4/22.

Instructor: Vance Bessey
Tuesday, Starts 3/11, 6-8pm, 12 wks
Mt. Ararat High School \$125

WATERCOLOR USING DECALCOMANIA

This class is for students who have already painted using watercolors. If you are intimidated by a blank surface when beginning a painting, this class will teach you a technique that will give you a place to start. Using watercolor and plastic wrap on wet paper students will begin an image choosing a tree, landscape, flowers, or abstract imagery of their choice. Once dry, the image will be further developed by students tapping into their intuition. The class will begin with a demo and examples of subjects created using this technique. Students are responsible for their own art supplies. Materials costs range from \$85 to \$100 depending on what materials are selected. A suggested materials list will be provided by the instructor. **Instructor: Linda Murray**

Tuesday, Starts 3/18, 9:30am-12pm, 6 wks

Adult Ed Center, Topsham \$120

ULTIMATE BEGINNER WATERCOLOR WORKSHOP

In this 2 day class, you'll learn everything you need to know to get started with watercolor painting. We will have an in-depth conversation about paper and pads, paint, palettes, and brushes. After the materials lecture, we'll jump right in and make a color chart, practice mixing paint and our brush strokes. After a quick review on the second day, you'll have the opportunity to paint a custom illustration created by Catherine and printed on watercolor paper. You'll leave this short, but sweet class with enough experience and knowledge to know if investing in the materials to paint with watercolor is something you are interested in doing. All materials provided. *A \$20 materials fee must be paid to instructor at first class. **Instructor: Catherine Scanlon**

Monday & Tuesday, 3/3 & 3/4, 5:30-7:30pm, 2 Nights

Wednesday & Thursday, 8/20 & 8/21, 1030am-1230pm, 2 Days

Adult Ed Center, Topsham \$25

INTRO TO DIGITAL PHOTOGRAPHY

Come join us and learn the basics of photography. This course will teach you how to take the photograph that you want to by studying the exposure triangle and how it works. We will be focusing on DSLR and Mirrorless camera functionality and settings, proper lighting, and correct tripod usage. There will be classroom instruction as well as a field trip. If you already have a DSLR or Mirrorless camera, bring it to class! A camera is not required to take this class, but it sure makes it easier! **Instructor: Dave Cleaveland**

Thursday, Starts 3/13, 5:30-7pm, 6 wks

Adult Ed Center, Topsham \$125

ACRYLIC POUR 101

This class is designed to accommodate those that are new to acrylic pouring and those that would like to fine tune their pouring techniques or learn a new technique. It is not crucial that you have drawing or painting skills, but we will discuss composition and color theory in the first class. Students will learn how to do a Dirty Flip Cup Pour, Ring Pour, Dutch Pour and Pearl Pour in a fun and relaxed atmosphere. 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. A materials list can be provided upon request before registration. Class is 6 sessions. **Instructor: Linda Murray**

Monday, Starts 3/17, 9:30am-12pm, 6 wks

Merrymeeting Arts Center \$120

HINGED LIDDED BOX

Build on your box making skills with the Hinged-Lidded box. This box opens like a book or jewelry box by adding a hinged lid technique. Collage materials will be available to decorate the tops of your boxes in your own unique 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, Starts 3/18, 5:30-7:30pm, 3 wks

Adult Ed Center, Topsham \$65



SUPPORT THE CAUSE DONATE ART TO HELP AUGGIE!

August was severely injured in a car accident that requires ongoing medical care and specialized equipment to maximize his recovery potential. This silent art auction aims to raise funds to cover critical expenses. By donating a piece of your artwork, you directly contribute to a meaningful cause for Auggie. Your generosity will provide invaluable support to a family striving to rebuild after this life-altering event. Join us in making a difference. Auggie is the grandson of our ceramics instructor, Heather O'Neil

**Silent Art Auction Fundraiser at Morse High School in Bath
Art Submission Deadline: April 1st (All mediums welcome!)**

Drop-off: Adult Ed Center Topsham

Event Date: Friday, May 2nd

Preview hours: 5-6pm

**Silent Auction: 6-6:30pm *Appetizers & light refreshments
will be provided during the event.**

**Please consider donating your artwork today! For more
information or to inquire about donating, please email Jose
Rodriguez at rodriguezj@link75.org**

NEW BUTTON HOLE BOOK

A bound book that has a lot of scope to include all your favorite colors and decorative papers. This book is a great beginner binding, with a paper cover and no glue needed. Join us to make your new journal, poetry or guest book. Materials & tools will be provided.

Instructor: Joelle Webber

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

Adult Ed Center, Topsham \$45

NEW LEAF BOOK

This Leaf Book class will explore modern creativity within a historical book structure from ancient India. Come with your favorite memories of Summer in Maine to create a simple & elegant book of decorative pages laced onto a single cord and protected by covers. Materials & tools will be provided. **Instructor: Joelle Webber**

Tuesday, 8/12, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham \$45

NEW CANDLE-MAKING

Spend a relaxing Saturday evening making beautiful beeswax candles. We will be hand-dipping taper candles of your chosen shape and color design. Join us for this slow yet oh so rewarding traditional craft! All materials included. Sign-up early as registration will close 2 weeks prior to each session date. **Instructor: Asia Roberge**

Saturday, 3/15, 6-7pm, 1 Night

Saturday, 5/17, 6-7pm, 1 Night

Saturday, 7/19, 6-7pm, 1 Night

Adult Ed Center, Topsham \$35

NEW CHUNKY BLANKET WORKSHOP

Create a fabulous chunky blanket using buttery-soft jumbo yarn! You will create a finished blanket that is approximately 4.5' x 6' using a simple hand-weaving technique. Choose from an array of colors! No knitting, crocheting, or weaving experience is necessary. Materials fee of \$58 must be paid to the instructor at the beginning of the workshop. Deadline to register for this workshop is 3/7.

Instructor: Elizabeth Sokoloff

Thursday, 3/20, 1-4:30pm, 1 Day

Adult Ed Center, Topsham \$45

NEW GETTING STARTED IN HAND STAMPED CARDS

Come join me as I introduce you to the basics of using rubber stamps. We will review several common tools used in stamping and then use them to create three greeting cards by the end of the class. Precut kits and envelopes are provided. Participants need a pair of scissors and colored pencils or markers. This is a beginner's level workshop.

Instructor: Dawn Stevens

Monday, 3/24, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham \$22

NEW HAND STAMPED CARDS: FUN TECHNIQUES

Let's have fun making three rubber stamped projects together. Project 1: use vellum, distress oxide ink and bold stamps to make a card. Project 2: interactive shaker card. Project 3: post-it notebook. Precut kits and envelopes are provided. Participants need a pair of scissors and colored pencils or markers. This is an intermediate level workshop. **Instructor: Dawn Stevens**

Thursday, 3/27, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham \$24

NEW HAND STAMPED INTERACTIVE GREETING CARDS

In this class, we will follow step by step instructions to create three moving interactive greeting cards. We will make a waterfall card, a card that opens in the middle to reveal an image or sentiment, and a card that has a fun swivel inside. Precut kits and envelopes are provided. Participants need a pair of scissors and colored pencils or markers. This is an advanced level workshop. **Instructor: Dawn Stevens**

Thursday, 4/3, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham \$30

NEW INTRODUCTION TO UPHOLSTERY

This hands-on workshop introduces students to the foundational skills of upholstery. Students will reupholster a set of dining chairs. Over the course of the class, students will learn how to transform outdated chair seats into beautiful, functional pieces using a variety of upholstery tools and techniques. Each student will reupholster 4-6 dining chair seats, gaining experience with the basic processes involved in upholstery. Through guided instruction, students will become familiar with a variety of tools. See online description for more information.

Instructor: Kate Hedlund-Groden

Wednesday & Thursday, Starts 3/26, 5:30-8:30pm, 3 wks

Mt. Ararat Middle School \$275



FIGURE DRAWING STUDIO: CONTE CRAYON

Ed Higgins' Atelier style classes are gaining popularity with every term. This spring, we'll be studying the human form with Conté crayon. Open to any of Ed's previous portrait, life drawing, or sketching students. If you have not attended a previous class, please contact the instructor before signing up so you know what to expect (ed_higgins@icloud.com). The materials list for this class is Conté Crayons (Sanguine, Black, and White), Conté Pencils (Sanguine, Black, and White), a kneaded eraser, and an 18 x 24" pad of Bee Bogus Paper in Brown. *No Class: 4/21, 5/26. **Instructor: Ed Higgins**

Monday, Starts 3/24, 9am-12pm, 10 wks

Adult Ed Center, Topsham \$165

ABSTRACT STUDIO: LIMITED RECTANGLES UNLIMITED COLOR

This is the follow up to Ed Higgins' Winter Limited Color Abstract Class. This term, we'll turn the tables and limit the rectangle to one aspect ratio or size, and open the floodgates and take all limits off the color palette! As usual, we will discuss an historical or contemporary abstract artist at the end of each class. Attendance in a previous art class by Ed Higgins is recommended but not required. If you have not taken a class with Ed, please contact him before signing up (ed_higgins@icloud.com). No set materials list, painting and drawing materials as well as surfaces of your choice, based on the current state of your work. *No Class: 4/21, 5/26. **Instructor: Ed Higgins**
Monday, Starts 3/24, 1-4pm, 10 wks
Adult Ed Center, Topsham \$165

SKETCHING STUDIO: ANIMAL ANATOMY FOR ARTISTS

If you are interested in honing your drawing skills using animal anatomy as a jumping off point, this is the class for you! Each class will begin with warm up drills designed to steer you away from fussiness, assumptive details and perfectionism, and focus your right brain on to observation and proportional accuracy. We will work from reference photos and videos, castings, and hopefully from visiting guest pets. Past attendance in one of Ed Higgins' previous classes is recommended, but if you have never taken a class with Ed before, please contact him before signing up (ed_higgins@icloud.com). The minimum materials list for this class is a sketchbook, pencils, white vinyl eraser, and pad of larger paper. *No Class: 4/22. **Instructor: Ed Higgins**
Tuesday, Starts 3/25, 1-4pm, 10 wks
Adult Ed Center, Topsham \$165

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**
Tuesday, 3/25, 5:30-7:30pm, 1 Night
Mt. Ararat Middle School \$40

NEW MAKE A MACRAWEAVE OR MOON WALL HANGING

In this class, we will incorporate some basic macrame with elements of basic weaving. Accessible to all, we will explore knots and wool roving to see what we can create! All materials provided, but students are encouraged to bring dried flowers, pieces of bark, seashells/rocks or any pieces of nature they would like to incorporate into their hanging. Options to create a standard macraweave wall hanging, or for the more experienced/adventurous knotter, try your hand at a macraweave moon! A materials fee of \$20 must be paid to the instructor on the first night of class. **Instructor: Sarah McDarby**
Tuesday, Starts 4/1, 5:30-7:30pm, 3 wks
Mt. Ararat Middle School \$60



NEW LANDSCAPE STUDIO IN PASTEL

Get ready for the upcoming summer plein air season by studying and exploring spring landscapes in pastel from the comfort of Room 3. We'll warm up as usual with speed sketching, do our astronaut stuff, finding our process, developing our palette, getting color in our colors, and trying out new grounds and surfaces. Enrollment is limited to students who have taken some pastel, plein air painting, sketching, color, open studio or astronaut class with Ed Higgins. All others, please contact the instructor before signing up (ed_higgins@icloud.com). Minimum materials list for this class is a set of soft pastels, and several sanded/pastel ground surfaces or boards to paint on. Come to the first class with your favorite sketchbook and drawing pencils & pens. Suggested materials will be discussed by the instructor on the first day of classes. No Class: 4/23. **Instructor: Ed Higgins**
Wednesday, Starts 3/26, 9am-12pm, 10 wks
Adult Ed Center, Topsham \$165

OIL PAINTING PORTRAIT STUDIO

The next installment in Ed Higgins' popular oil painting atelier will be concentrating on portraits. Some prior experience with oil paints or past attendance in one of Ed's portrait classes is recommended, but new students should contact the instructor prior to signing up (ed_higgins@icloud.com). We will warm up with speed sketches, develop individual projects, and have occasional guest sitters. Minimum material requirements for this class are: an easel, surfaces to paint on, a set of oil paints (portrait colors), brushes, Liquin original gel medium, Odorless paint thinner, and lots of rags. Come to the first class with your favorite sketchbook and drawing pencils & pens. Suggested materials will be discussed by the instructor on the first day of classes. *No Class: 4/23. **Instructor: Ed Higgins**
Wednesday, Starts 3/26, 1-4pm, 10 wks
Adult Ed Center, Topsham \$165

IMPORTANT NOTE: Your instructor will email you a suggested materials list after you register. If you have not received a materials list from the instructor, let us know and we will make sure it is sent out.

INK FOR ASTRONAUTS

Go boldly with pen and ink, (or brush and ink) where no one has gone before in this follow up to Ed Higgins' Illustration Workshop for Astronauts class. Now that we've examined and subverted some of the production world's process, it's our task to find our own individual processes; testing new ways to use this beautiful medium. Maybe that means going abstract, or using colored inks. We can try making our own inks, pens, or markers. Nothing is off limits, but please, if you decide to load a squirt gun with ink, don't point it at anything but your intended artwork! Minimum materials list for this class is a sketchbook, pens, inks, and pads of Bristol or Bristol boards. *No Class: 4/25.

Instructor: Ed Higgins

Friday, Starts 3/28, 9am-12pm, 10 wks

Adult Ed Center, Topsham \$165

MIXED MEDIA OPEN STUDIO

Can't decide on a medium to work in? No problem, try them all! But start by mixing at least two. Like ink and watercolor, or colored pencil and watercolor pencil. Acrylics and pastels, oil sticks and oil paint. Pencil and Ink-tense or water soluble graphite. Charcoal and white chalk. Minimum material requirements for the class are a mixed media journal, pencils, erasers, and art supplies you already have. You will work in a convivial, supportive, creative environment alongside other artists, with one on one advice, encouragement, and feedback from the instructor. The aim is to get your work moving forward, developing your own style and process. New students welcome! *No Class: 4/25.

Instructor: Ed Higgins

Friday, Starts 3/28, 1-4pm, 10 wks

Adult Ed Center, Topsham \$165

INTRO TO MOSAICS

Use lovely bits of glass to create a work of art in either the translucent glass on glass method or a more traditional solid surface mosaic. Bringing nature photos for inspiration is highly recommended! All tools and supplies are included. Material fee of \$35 to be paid to the instructor on the first night of class.

Instructor: Herenya Wilkey

Tuesday, Starts 4/1, 5:30-8pm, 3 wks

Tuesday, Starts 6/3, 5:30-8pm, 3 wks

Adult Ed Center, Topsham \$65

NEW MOSAIC WORKSHOP STUDIO

Do you have some mosaic experience and want to try out bigger or more complicated ideas in a supportive setting? Bring your own project idea, substrate, tesserae and tools to this mosaic workshop. Some supplies and limited tools available.

Instructor: Herenya Wilkey

Tuesday, Starts 4/29, 5:30-8pm, 5 wks

Tuesday, Starts 8/5, 5:30-8pm, 5 wks

Adult Ed Center, Topsham \$105

PAINT NIGHT: GREAT HORNED OWL

Back by popular demand! Join Shirley Anderson for an unforgettable & fun, Great Horned Owl Paint Night! In this class you'll learn to capture the majestic beauty of the Great Horned Owl 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 beloved bird. Canvas and paints are supplied.

Instructor: Shirley Anderson

Wednesday, 4/2, 5-8pm, 1 Night

Adult Ed Center, Topsham \$55

NEW DRAWING FUNDAMENTALS

Whether you are a complete beginner or looking to brush up on previous skills, this is the drawing class for you. Working in a variety of media, we will cover all of the basics: line, shape, value, proportion, composition, perspective and markmaking. Particular focus is placed on observational skills, learning how to translate the 3-dimensional world onto a 2-dimensional surface. A materials list will be provided after registration.

Instructor: Michael Branca

Tuesday, Starts 4/1, 6-8pm, 6 wks

Tuesday, Starts 5/20, 6-8pm, 6 wks

Tuesday, Starts 7/8, 6-8pm, 6 wks

Adult Ed Center, Topsham \$125

NEW INTRODUCTION TO KNITTING: A WINTER HAT KNIT-ALONG

Have you always wanted to learn how to knit? Here is your chance to learn the basic tools and techniques of knitting in a communal, stress-free and satisfying way! Using a step-by-step process we will all follow together, we will create wonderful winter hats ready to show off. You will choose your own yarn and can tweak the pattern to make it your own. No experience necessary. Bring nothing but yourself to the first class. *Materials fee of \$10-\$30 is required at the first class session. Price depends on type of yarn chosen.

Instructor: Elizabeth Sokoloff

Thursday, Starts 4/3, 10am-12pm, 6 wks

Adult Ed Center, Topsham \$110

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, and how to purchase and use a machine as well as how to choose and use a sewing pattern to put together a wardrobe of basic clothing pieces. We'll make a drawstring bag in class, and a simple piece of clothing. There is a \$45 tools and materials fee payable to the instructor on the first night of class (includes fabric and pattern for your bag but not for the clothing piece). *No Class: 4/24.

Instructor: Susan Ellis

Thursday, Starts 4/3, 5:30-8pm, 6 wks

Adult Ed Center, Topsham \$135

INTRODUCTORY STAINED GLASS WORKSHOP

In this one night workshop, 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 \$10.00 to be paid to instructor at the beginning of workshop.

Instructor: Penny Hartwell

Monday, 4/7, 5:30-8:30pm, 1 Night

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

Mt. Ararat Middle School \$35

SPECIAL NOTE: Merrymeeting strives to provide high quality programming. Our course prices are critical for our continued success. We are a fully self-supporting program for our community enrichment classes. All fees we charge are used to pay for instruction and all other costs affiliated with our program. Without these course fees, Merrymeeting would not be able to offer the classes we do. We do not receive any support from local taxpayers to support our community education programming. Taxpayer support goes exclusively towards academic classes. **We appreciate your understanding and support!**

STAINED GLASS FOR BEGINNERS

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 is not included in the course fee and can vary depending on choice of glass and what your imagination will create. Note: You will also need to purchase your own tools, which can run between \$45-\$95. *No Class: 4/22. **Instructor: Penny Hartwell**

Tuesday, Starts 4/15, 5:30-8:30pm, 8 wks
Mt. Ararat Middle School \$145

STAINED GLASS STUDIO

Have you already taken Stained Glass for Beginners 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! Come join Penny to freshen up your skills, learn new advanced skills, build in 3D, and explore other possibilities. Bring your own tools and glass. *No Class: 4/21, 5/5 & 5/26. **Instructor: Penny Hartwell**

Monday, Starts 4/14, 5:30-8:30pm, 8 wks
Mt. Ararat Middle School \$125

PAINT NIGHT: 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**

Wednesday, 4/9, 5-8pm, 1 Night
Wednesday, 6/18, 5-8pm, 1 Night
Adult Ed Center, Topsham \$55

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. Using the Zentangle motto of "anything is possible one stroke at a time," 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**

Thursday, 4/10, 5:30-8pm, 1 Night
Mt. Ararat High School \$35

Due to limited space in this publication, we are unable to publish full course descriptions here. For more complete information about any of the programs in this catalog, please visit the program's registration page online at our website: www.merrymeeting.org

PAINT NIGHT: THE BARN QUILT

Come join us and 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, 4/16, 5-8pm, 1 Night
Adult Ed Center, Topsham \$55

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. *No Class: 4/23. **Instructor: Penny Hartwell**

Wednesday, Starts 4/16, 5:30-8:30pm, 3 wks
Wednesday, Starts 5/14, 5:30-8:30pm, 3 wks
Mt. Ararat Middle School \$60

PAINT NIGHT: THE ORCHID

Join us for an evening of painting what some refer to as the romantic flower or the supermodel of the plant world. The Orchid offers a range of vibrant pinks to soft delicate whites. They all possess stunning flowers that exude elegance. No gardening or painting skills required, as we will paint this flowering plant right in its pot and Shirley Anderson will guide you step by step. Canvas and paints are supplied. **Instructor: Shirley Anderson**

Thursday, 4/17, 5-8pm, 1 Night
Adult Ed Center, Topsham \$55

SCULPTED PAPER FLOWERS

Join us to learn the basics of paper sculpting while creating a flower bouquet for Spring. We will begin the class by decorating our own flower colored paste papers. Then learn techniques like cupping, curling, scoring, spiraling, crimping, texturing, and fringing, while we make roses, asters, poppies, lilies and more. A \$15 material fee, payable to the instructor, must be paid on the first night of the class. Tools also provided. **Instructor: Joelle Webber**

Tuesday, Starts 4/22, 5:30-7:30pm, 3 wks
Adult Ed Center, Topsham \$65

NEW MAKE YOUR OWN COFFEE MUG!

Learn basic hand-building skills to create a unique microwave- and dishwasher-safe ceramic mug. We will explore slab, coil, and pinch techniques for basic construction, and experiment with adding a handle and creating designs with texture and carving. You'll complete this whirlwind of a workshop with 3 handmade mugs! All tools and materials will be provided. Class size is limited to 6 people, so plenty of one-on-one instruction will be available. \$10 materials fee payable to the instructor. **Instructor: Janna DeWan**

Saturday, 4/26, 1-5pm, 1 Day
Turning Arts Studio. \$75



**NEW SURFACE DESIGN ON CLAY:
ADDING TEXTURE & COLOR**

Learn basic decorating techniques for your pottery! In this one-day workshop, Janna will teach you how to accent your clay surfaces with textures, stamps, slip, underglaze, monoprinting, and more. Some experience working with clay will be helpful but not necessary. Students may bring leather-hard pottery to play with, but not expected. All tools and materials will be provided. Bring lunch/snacks. Class size is limited to 6 people, so plenty of one-on-one instruction will be available. \$20 materials fee payable to the instructor. **Instructor: Janna DeWan**
Saturday, 5/10, 9am-3pm, 1 Day
Turning Arts Studio..... \$125

NEW SMALL GROUP CERAMICS

Explore the fundamentals of pottery in this beginner class! Dive into the basics of building with clay and glazing under the guidance of Janna, a professional potter and ceramics teacher of 10+ years. There will be an opportunity to explore wheel throwing, but the focus of this class will be handbuilding. No prior experience is necessary - just bring your enthusiasm and willingness to get your hands dirty! Class size is limited to 6 people, so plenty of one-on-one instruction will be available. \$65 materials fee payable to the instructor. **Instructor: Janna DeWan**
Monday, Starts 6/23, 10am-12pm, 6 wks
Monday, Starts 6/23, 1-3pm, 6 wks
Turning Arts Studio..... \$125

NEW NEEDLE-FELTED TAPESTRY

In this course, we will explore two-dimensional and relief needle-felting techniques to make fiber tapestries. Students will learn how to create fiber works incorporating wool while focusing on color usage and basic drawing techniques. Students may also incorporate other media such as embroidery if desired. No experience is required! Needle-felting materials and tools will be provided and included in the price of the course. **Instructor: Megan Frnasiak**
Monday, Starts 4/28, 5:30-7:30pm, 4 wks
Adult Ed Center, Topsham \$75

NEW CARDMAKING 101: FLOWERS!

In this beginners level class we will be creating several A2 (5 1/4" x 4 1/4") sized cards. Anyone who may experience mild vision and/or dexterity issues are welcome, and will have assistance in creating your pieces of art for take-home. Mixed media, such as inks-glue-watercolor-paints, may be used in class. All materials needed will be provided by the instructor. A \$10 materials fee is expected at the first class (cash only please). **Instructor: Stephanie Fenderson**
Tuesday, Starts 4/29, 5:30-7:30pm, 3 wks
Mt. Ararat Middle School \$65

PAINT NIGHT: THE EASTERN BLUEBIRD

Come join the party and paint this ridiculously cute Eastern BlueBird. We're talking rounded head, large eyes, and plump physique - this bird's got it going on. Don't worry if you're new to painting, Shirley Anderson will guide you through like a pro. You'll learn to mix colors, master dry brushing and layering like a boss. Who knows you might just create a masterpiece. Canvas and paints are supplied. **Instructor: Shirley Anderson**
Wednesday, 4/30, 5-8pm, 1 Night
Adult Ed Center, Topsham \$55

UNLEASH YOUR INNER ARTIST: A ONE DAY INTUITIVE PAINTING WORKSHOP

Immerse yourself in this one day intuitive painting workshop, where creativity knows no bounds. Using an oversized canvas, you'll explore spontaneous and expressive techniques to create a layered masterpiece that reflects your inner vision. No prior experience needed—just bring a pencil, your favorite paint brushes, and six craft paint colors! The \$25 kit fee covers the canvas and all other materials. Join us for an unforgettable artistic journey. **Instructor: Catherine Scanlon**
Tuesday, 4/29, 11:30am-5pm, 1 Day
Adult Ed Center, Topsham \$25

WATERCOLOR STUDIO

Watercolor Studio combines structured instruction with guided independent work. Each session features a specific theme, such as color or value, beginning with 45 minutes of instruction, exercises, and demonstrations. Students then work on individual projects with instructor guidance. If you don't have a current project, we'll help you develop one. The class concludes with a 10-minute supportive critique. This class is for those who have taken watercolor classes before—preferably a workshop with the instructor or the beginning watercolor class. *No Class: 5/26. **Instructor: Deena Ball**
Monday, Starts 5/5, 5:30-7:30pm, 5 wks
Adult Ed Center, Topsham \$125

PAINT NIGHT: PIPING PLOVER

Join us for an evening of painting, where we will focus on the Piping Plover, a highly protected bird species known for nesting near the shoreline here in New England. In this class we will learn to paint the bird's distinctive black neck band and soft grayish underbelly, set against a soft muted seascape with beach sand. No painting experience needed, Shirley Anderson will guide you step by step. Canvas and paints are supplied. **Instructor: Shirley Anderson**
Wednesday, 5/14, 5-8pm, 1 Night
Adult Ed Center, Topsham \$55



NEW PAINT NIGHT: SPRING DAFFODILS

Unlock your creative potential and discover the joy of painting vibrant springtime daffodils! Shirley's step-by-step guidance will empower you to capture their bright yellows and oranges, embracing the beauty of spring. All skill levels welcome. No painting experience needed, Shirley Anderson will guide you step by step. Canvas and paints are supplied. **Instructor: Shirley Anderson**
Wednesday, 5/28, 5-8pm, 1 Night
Adult Ed Center, Topsham \$55

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. *Special Note: We will meet at a nearby trailhead then go to Topsham location.
Instructor: Claire Loon Baldwin
Saturday, 5/31, 9am-2pm, 1 Day
Adult Ed Center, Topsham \$95

IMPORTANT NOTE: In most cases our art classes require you to purchase materials specific to what you are learning. Some teachers will provide materials for a nominal materials fee, payable to the instructor.

NEW MUSEUM SKETCHBOOK SERIES

Bring a sketchbook and pencil and join us for an afternoon of drawing in one of Maine's fabulous art museums. Forge an intimate connection with museum collections, while improving your own work by studying the techniques of the masters. Guidance and critical feedback are provided as needed. At the end of our visit, we will meet up to share our results with the group. Museum admission is included in fee. Participants will meet at the museum. **Instructor: Michael Branca**
Bowdoin College Museum of Art: Friday, 5/2, 10am-1pm, 1 Day
Portland Museum of Art: Friday, 6/6, 10am-1pm, 1 Day
Colby College Museum of Art: Friday, 7/11, 10am-1pm, 1 Day
Farnsworth Art Museum: Friday, 8/8, 10am-1pm, 1 Day
Various Locations \$25/ea.

NEW ALL MEDIA PLEIN AIR: BEGINNERS WORKSHOP

Unleash your creativity outdoors in "All Media Plein Air: Beginners Workshop," a journey designed for aspiring artists of all skill levels! Whether you're just starting out or looking to explore a new artistic medium, this hands-on workshop offers a supportive environment to develop your skills while immersing yourself in nature. Each session takes place at different locations around the Topsham and Brunswick area. First class meets at Merrymeeting. *Rain Dates: 6/3 & 6/10. **Instructor: Deena Ball**
Tuesday, Starts 5/6, 9am-12pm, 4 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!
Instructor: Chris Toy
Thursday, 5/8, 5-7:45pm, 1 Night
Adult Ed Center, Topsham \$60

NEW ART TO PRODUCT: CREATE & PRINT YOUR OWN CREATIONS!

Join us in this one-night demonstration to discover how to transform your artwork into marketable products using an easy and budget-friendly print service. Create stunning cards, calendars, mugs, and more in this enjoyable, relaxed environment! **Instructor: Catherine Scanlon**
Monday, 6/9, 4:30-7:30pm, 1 Night
Thursday, 7/10, 9am-12pm, 1 Day
Adult Ed Center, Topsham \$25

NEW ACRYLIC PAINTING

Open to novices and intermediate students alike, this class will meet you at your skill level. Projects range from observational (still life, portrait, etc.) to experimental, with particular focus on understanding paint mixing to achieve the colors you see. Either six-week session may be taken on its own. Those who want a deeper dive can sign up for both. A materials list will be provided. *No Class: 6/19.
Instructor: Michael Branca
Thursday, Starts 5/22, 6-8pm, 6 wks
Thursday, Starts 7/10, 6-8pm, 6 wks
Adult Ed Center, Topsham \$125



**SEASCAPE CHALLENGE
DEADLINE: JUNE 16, 2025**

We want to see your interpretation of the atmospheric seascape scene at the left - 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 June 16, 2025.
3. Voting will take place in-person at our office between 6/18-7/25, during normal business hours.
4. The top three participants with the most votes will receive prizes ranging from a free class to discounts and more.



**CONGRATULATIONS TO OUR
FALL/WINTER STILL LIFE
CHALLENGE WINNERS:**



Felt Collage Pillow created by
Joyce Anderson

- **Joyce Anderson: Grand Prize Free Class (value up to \$170)**
- **Mary Tuttle: Runner Up #1: 50% Off Any Class**
- **Christie Jordan: Runner Up #2: 25% Off Any Class**



PAINT NIGHT: BARRED OWL

Join the flock and paint this round-headed owl with big dark eyes. This owl gets its name from the horizontal bars on its chest. In this class you will learn the layering technique to create delicate feathers. New to painting - don't worry Shirley Anderson will guide you step by step in bringing this beautiful woodland bird to life. Canvas and paints are supplied. **Instructor: Shirley Anderson**
Wednesday, 6/4, 5-8pm, 1 Night
Adult Ed Center, Topsham \$55

PAINT NIGHT: MORNING GLORIES

Love these upward climbing flowers, known as "Morning Glories"? Well, now is your chance to paint them. This trumpet-like flower ranges in a wide variety of colors, from dark purples to soft pinks. No painting experience needed, Shirley Anderson will guide you step by step. Canvas and paints are supplied.
Instructor: Shirley Anderson
Wednesday, 6/11, 5-8pm, 1 Night
Adult Ed Center, Topsham \$55

TRAVEL SKETCHBOOK WORKSHOP

Learn to create your own special record of your travels through art. Drawing and painting during trips creates more vivid memories than photographs alone. Students will meet on location to learn how to create a watercolor sketchbook memory. All materials will be provided: watercolor paints, pencils, pens, erasers, watercolor pencils, and brushes. You'll receive a hardcover Watercolor Journal with professional-grade paper. A materials fee of \$45 must be paid to the instructor on the day of the workshop.
***Rain Date: 6/15. Instructor: Deena Ball**
Saturday, 6/14, 9am-5pm, 1 Day
Adult Ed Center, Topsham \$95

OIL PAINTING IN THE WILD '25

It's summertime, and for Ed Higgins' students that means one thing: plein air season is here. Ed thinks nothing is more healthy for artists than to get outside and work in the wild. We will meet at a different location in and around the midcoast. In case of extreme weather, we'll have an alternate indoor location, but for light drizzle and such, we'll try to meet at spots with a covered shelter option. Material requirements are a plein air easel or French paint box or pochade, palette and palette knives, brushes, Liquin original gel oil painting medium, odorless thinner in a sealable plein air container, a set of oil paints (landscape colors), and plenty of rags. Wear a hat and old clothes, bring sunscreen, insect repellent, hydration, and lunch.
Instructor: Ed Higgins
Monday, Starts 6/16, 10am-2pm, 10 wks
Adult Ed Center, Topsham \$165

ABSTRACT STUDIO: CREATIVE APPLICATION OF PAINT

In this iteration of Ed Higgins' abstract class, The atelier will explore new and exciting ways to get paint onto the canvas. Everything from working on the floor and casting paint, to inventing innovative delivery systems, building our own custom brushes, gravity tubes, and pouring vessels. You will need to wear old clothes, bring a drop cloth (or two), assemble surfaces to paint on, and collect all your half-used paints, because my guess is, you'll use them up! We will continue to spotlight and discuss an abstract artist at the end of each class.
Instructor: Ed Higgins
Tuesday, Starts 6/17, 1-4pm, 10 wks
Adult Ed Center, Topsham \$165

PASTEL PAINTING IN THE WILD '25

Ed's popular plein air Pastel class is back. Students will work outside at various scenic locations around the midcoast. An email will go out prior to every Wednesday class with the particulars about the meet up location in and around the midcoast. You'll need a plein air easel, a set of soft pastels, plus pastel pencils or Nupastels, sanded surfaces or papers and boards to paint on, blenders, and glassine paper. Gloves, wet wipes or a damp sponge. Wear old clothes and a hat. Bring sunscreen and insect repellent, hydration and lunch. See you in the wild!
Instructor: Ed Higgins
Wed, Starts 6/18, 10am-2pm, 10 wks
Adult Ed Center, Topsham \$165

SKETCHING IN THE WILD '25

Sketching outdoors is one of the best things artists can do for themselves. This year, plein air sketching will be more about the act of sketching than the medium. Use whatever sketching media you prefer. Anything from pencil, to watercolor and ink, Conté crayons and pencils, colored pencils, ink or watercolor alone, watercolor and gouache, or watercolor pencils or sticks. Choose a hardbound sketch book, watercolor or mixed media journal, a collection of brushes (including water brushes) and pencils, erasers, and a watercolor field kit. You will want to wear old clothes, a hat, carry sunscreen and insect repellent; bring lunch and hydration. Recreational seating optional. Ed will email you prior to each class with a location where each class will meet.
***No Class: 7/4. Instructor: Ed Higgins**
Friday, Starts 6/20, 10am-2pm, 10 wks
Adult Ed Center, Topsham \$165

TUMBLING 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**
Tuesday, 6/24, 5-8pm, 1 Night
Adult Ed Center, Topsham \$55

NEW CRAFTING FUSION: BLEND TRADITION W/DIGITAL FLAIR

This fun 4-week workshop is designed to take the stress out of card-making and show you a fun and creative way to incorporate traditional cardmaking techniques with easy-to-use digital tools. Whether you're a beginner or an experienced crafter, you'll learn how to blend handmade elements with digital designs to create personalized, professional-looking cards. Each week you will create several creative cards. *There is a \$25 materials fee due to the instructor at the start of class. **Instructor: Catherine Scanlon**
Tuesday, Starts 7/8, 5:30-7:30pm, 4 wks
Adult Ed Center, Topsham \$45

ACADIAN ARTS RETREATS: WATERCOLOR PAINTING

Mary Laury is an accomplished watercolorist and highly esteemed teacher. She encourages all her students to believe they can be successful. Painting is an exciting medium; it flows and moves and does beautiful things. If you have never painted in watercolors, we will start at the beginning. If you have painted before, you will pick up some new tips and tricks as well. We all learn together! Workshop participants will explore and paint the same coastal scenery enjoyed by the summer residents at the turn of the 20th century. All meals are included in the workshop fee as well as specially planned optional evening activities designed to extend your learning from the day's workshops. Register for the retreat then call Sherry Mitchell at 506-752-2922 to make room reservations. Acadian Arts Retreats participants will have exclusive overnight access to accommodations in the park. *Lodging not included in price. **Instructor: Mary Laury**
Friday to Monday, 6/20-6/23
Roosevelt Campobello International Park \$595



FOOD + COOKING



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. [Plant-based ground meat can be substituted for the pork upon request. The dumpling wrappers include gluten.] Program is presented by Jeff Mao of Knead & Nosh in Topsham, ME. **Instructor: Jeff Mao**
Monday, 2/24, 5:30-7:30pm, 1 Night
Region 10 Technical High School \$65

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

Join our immersive cooking class where you'll learn the time-honored secrets behind New York's iconic bagels. In this hands-on experience, you'll craft your own bagel dough from scratch, knead it to perfection, and master the art of hand-rolling. 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. [Bagels contain gluten] Program is presented by Jeff Mao of Knead & Nosh in Topsham, ME. **Instructor: Jeff Mao**
Monday, 3/3, 5-8pm, 1 Night
Monday, 4/28, 5-8pm, 1 Night
Region 10 Technical High School \$79

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 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 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

Thursday, 3/13, 6-9pm, 1 Night

Brunswick High School..... \$55

FROM FLOUR TO FLAVOR: CRAFTING AUTHENTIC POTSTICKERS

Learn the fundamentals of making Chinese dumplings at home. You will learn to make fresh scratch-made dough, and roll your own wrappers, and how to fold and pleat them using pork filling. We will then water-fry/steam the dumplings to create this restaurant favorite—pot sticker dumplings. All ingredients, materials, equipment and recipes will be provided. [Plant-based ground meat can be substituted for the pork upon request. The dumpling wrappers include gluten.]

Instructor: Jeff Mao

Monday, 3/17, 5:30-7:30pm, 1 Night

Monday, 5/12, 5:30-7:30pm, 1 Night

Region 10 Technical High School \$65

E-Z SWEETS NIGHT

In this one night class we will learn basics of candy making including quick amazing toffee, no fail fudge, no bake haystack cookies, and coconut balls that mimic Raffaello candy! Bring a container to take home what you do not eat on the spot. Class size limited. All supplies included in cost. Bring a friend and have a sweet night out!

Instructor: Deb Arter

Thursday, 3/27, 6-9pm, 1 Night

Brunswick High School..... \$55

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! We may also have time to cook some "Tom Yum Kung" (sweet and sour soup with spicy chicken or shrimp). Join us for this special one-night workshop. All materials included.

Instructor: Panee Muncharoen

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

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

Brunswick High School \$45

THAI COOKING: BEYOND THE BASICS

Learn how to use different Thai spices to prepare the Thai favorite 'Haw Mok' (seafood or chicken steamed in curried coconut milk), 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 Haw Mok left to take home with you! We may also have time to cook some "Tom Yum Kung" (sweet and sour soup with spicy chicken or shrimp). Join us for this special one-night workshop. All materials included.

Instructor: Panee Muncharoen

Tuesday, 4/29, 6-8pm, 1 Night

Brunswick High School..... \$45



CHRIS AND JONATHAN'S AWESOME COOKING AND PHOTOGRAPHY ADVENTURE!

Join wildlife photographer Jonathan Lavan and cooking instructor Chris Toy for a fantastic weekend of photography and food. The retreat happens on the shores of Merrymeeting Bay in the Butler Head Nature Preserve. Come prepared for some nature walks with your cameras and hands on cooking lessons. A limited number of AirBNB style overnight accommodations with shared bathrooms are available. Contact Chris Toy at christoy.net@gmail.com FMI. *There is a \$25.00 non-refundable fee for cancellations.

Instructor: Chris Toy

Friday-Sunday, 4/4-4/6

TBD \$250

BAO DOWN TO FLAVOR: MASTERING CHAR SIU BAO

In this hands-on cooking class, you'll dive deep into the art of making Chinese Steamed Char Siu Bao, the beloved fluffy buns filled with savory Chinese BBQ pork. Learn the secrets of creating the perfect bao dough from scratch. Jeff will guide you through each step, from mixing and kneading to proofing, ensuring you achieve that perfect pillowy texture. Master the rich and flavorful char siu filling. Discover the blend of spices and techniques that make this BBQ pork so irresistible. Whether you're a seasoned cook or a beginner, this class promises to be a fun and educational adventure. Class fee includes a set of traditional Chinese bamboo steamer baskets. (Bao contains gluten and soy.)

Instructor: Jeff Mao

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

Region 10 Technical High School \$84

LUSCIOUS LEMON NIGHT

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

Instructor: Deb Arter

Tuesday, 5/6, 6-9pm, 1 Night

Brunswick High School..... \$55

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.



VEGAN TEST KITCHEN: CELEBRATE SUMMER!

There's nothing better than summer in Maine. Bring it on: the heat, the humidity, thunder storms, and getting together to celebrate the season with family and friends. It's fun and simple to enjoy sharing vegan versions of summer standards. Join Jinger and get to work creating vegan baked beans, traditional potato salad using homemade mayo, orange/strawberry/mint salad, and fresh cabbage slaw with a lime-based dressing. And not to neglect one of summer's highlights, we'll top off this feast with strawberry shortcake using our own whipped topping. Come hungry and bring along containers to take home any leftovers. All materials included.

Instructor: Jinger Howell

Thursday, 5/22, 6-8pm, 1 Night

Brunswick High School..... \$50

MORE SCONES WITH DEB

In this three hour class we will make traditional scones from the Savoy Hotel as well as novel recipes like Strawberry Scones, Lemon Blueberry Scones, Chocolate Chip scones and Orange Cranberry. You will take home samples of all the varieties. Bring your containers and have a Scone-tastic with new friends! Class size limited so sign up early! All materials included.

Instructor: Deb Arter

Tuesday, 5/15, 6-9pm, 1 Night

Brunswick High School..... \$55

ENTERTAINING WITH 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 how to use them in beautiful non-alcoholic drinks. Attendees will get hands-on with mocktail mixology, mixing up (and tasting) several special recipes. All materials and recipes will be provided.

Instructor: Sara Gross, Maine Tasting Ctr.

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

Maine Tasting Center \$35

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. Materials kits included! *However, since kits are ordered ahead of time, there is a \$100.00 non-refundable fee for cancellations to cover the cost of the kits. If you cancel, your kit will be sent to the adult ed office for pick-up.

Instructor: Chris Toy

Wednesday, 4/9, 5-7:50pm, 1 Night

Bath Regional Career & Tech Center \$195

FUNDAMENTALS OF HOME FOOD PRESERVATION

Have you ever thought about preserving your own food? Perhaps you enjoy the bounty of farmers markets, and want to find a way to enjoy local produce year-round. Or, maybe you have your own vegetable garden and end up with more produce than you can eat. Whatever your reason, if you want to try preserving but aren't sure how to get started, this is the class for you! In this four-part, hands-on class, taught by Master Food Preserver and cookbook author Allison Carroll Duffy, we'll cover all of the primary home food preservation methods you'll need to get started, including canning, freezing, drying, fermenting, and cold-storage (root cellaring). *A materials fee of \$40 must be paid to the instructor on the first night of class.

Instructor: Allison Carroll Duffy

Tuesday, Starts 5/13, 5:30-8:30pm, 4 wks

Brunswick High School..... \$260

CHRIS & KEN'S AWESOME COOKING AND CARVING ADVENTURE!

Join master wood carver Ken Wise and cooking instructor Chris Toy for a fantastic weekend of hands on Carving and Cooking instruction. Learn how to carve cooking utensils such as chopsticks, spatulas, and spoons and how to use them to prepare, cook, and eat Asian fusion recipes from Chris Toy's cookbooks! Retreat will be at the Butler Head Nature Preserve on Merrymeeting Bay. A limited number of AirBNB style overnight accommodations are available. Contact Chris Toy at christoy.net@gmail.com FML. *There is a \$25.00 non-refundable fee for cancellations. **Instructor: Chris Toy**

Friday-Sunday, 5/16-5/18

TBD..... \$250

The Maine Tasting Center is located at
506 Old Bath Road, Wiscasset

ACADIAN ARTS RETREATS: ASIAN FUSION COOKING

Your instructor, Chris Toy is the author of 6 popular cookbooks, a private chef, and has taught Asian-fusion cooking for several Maine community education programs. Cooking students will learn how to prepare a variety of recipes from Asia, Europe, and the Americas incorporating traditional and local ingredients. Each meal will actively engage cooks with the tools, techniques, and stories behind the dishes being created. All meals are included in the workshop fee as well as specially planned optional evening activities designed to extend your learning from the day's workshops. Register for the retreat then call Sherry Mitchell at 506-752-2922 to make room reservations. Acadian Arts Retreats participants will have exclusive overnight access to accommodations in the park. *Lodging not included in price. **Instructor: Chris Toy**

Friday-Monday, 6/20-6/23

Roosevelt Campobello International Park \$595

ENTERTAINING WITH MAINE INGREDIENTS: BOUNTIFUL BOARDS

A beautifully arranged charcuterie and cheese board is a sure way to impress, whether you're entertaining at home or contributing to a potluck. The best way to improve upon this classic appetizer is to fill your board with locally-sourced cheeses, meats and accoutrements. This class will offer plenty of opportunity to taste products and practice various arranging techniques. All materials and product lists/recipes will be provided. **Instructor: Sara Gross from Maine Tasting Center**

Monday, 7/7, 5-7pm, 1 Night

Maine Tasting Center \$55

FERMENTED FLAVORS: AN INTRODUCTION TO MAINE'S FERMENTED FOODS

Explore the rich, tangy and bubbly world of fermentation and the Maine producers bringing it to life! In this introductory class, you'll sample a variety of fermented foods made right here in Maine —like sauerkraut, kimchi, miso, black garlic, and garum —while discovering the stories of the innovative makers behind them. Learn how fermentation works, why it's such a powerful preservation method, and how it fits into Maine's local food systems. Perfect for food lovers and curious minds alike, this class celebrates the bold flavors and traditions of Maine's fermented foods. **Instructor: Sara Gross, Maine Tasting Center**

Wednesday, 7/9, 5-6:30pm, 1 Night

Maine Tasting Center \$25

FREEZE-DRIED FLAVORS: MAKING YOUR OWN CAMP MEALS WITH MAINE INGREDIENTS

Preparing tasty meals at camp can be a challenge, but using dehydrated or freeze-dried ingredients can make the process much easier—and lighter! In this interactive class, you'll explore how to craft simple, rehydration-ready camp meals. Learn about the freeze-drying process, its benefits, and where to find high-quality dehydrated and freeze-dried ingredients.

Instructor: Sara Gross, Maine Tasting Center

Wednesday, 7/23, 5-6:30pm, 1 Night

Maine Tasting Center \$25

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! Presented by Maine Tasting Center. **Instructor: Blackstone Point Oysters**

Thursday, 6/12, 5:30-7pm, 1 Night

Maine Tasting Center \$35

HOMESTYLE INDIAN COOKING JOURNEY: PALAK PANEER

Embark on a culinary journey where Maine's local bounty meets the vibrant flavors of India. Get hands-on as you learn to craft homestyle Indian dishes using fresh ingredients sourced from Maine farmers, cheesemakers and spice companies - this session will have you making Palak Paneer, a vibrant dish made with fresh spinach and locally-made paneer. Explore essential Indian cooking techniques and flavor combinations before enjoying dinner as a group. All ingredients, supplies and recipes will be provided. Presented by Maine Tasting Center. **Instructor: San Rudra of Banyan Tree Food Truck**

Friday, 5/16, 5-8pm, 1 Night

Maine Tasting Center \$65

The Maine Tasting Center is located at
506 Old Bath Road, Wiscasset



MERRYMEETING COMMUNITY COOKBOOK

We announced the development of the Merrymeeting Adult Education Community Cookbook a little over two years ago and 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.

SUGGESTED DONATION: \$10

FITNESS + WELLNESS



LET IT GO! FIESTA

This is a unique dance therapy program, led by Tony Dancer, that offers physical and mental health benefits. Not only does it help you stay physically fit and burn calories, but it also serves as a form of therapy to combat depression and anxiety. With Tony as your guide, you can dance and let go of your worries without fear of judgment. Let It Go Fiesta features a mix of Latin and multicultural music, making it enjoyable for people of all ages, genders, and body types. You can move at your own pace and have a great time. Course fee is for 6 sessions with Tony. **Instructor: Tony Garretton**
Tuesday, Starts 3/4, 5:30-6:30pm, 6 wks
Tuesday, Starts 5/6, 5:30-6:30pm, 6 wks
Thursday, Starts 3/6, 5:30-6:30pm, 6 wks
Thursday, Starts 5/8, 5:30-6:30pm, 6 wks
Tony's Bath Studio \$70

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.

FLOW AND GENTLE YOGA ONLINE

An opportunity to take time for yourself from the comfort of your own space. You are welcome to experience the gifts of yoga through awareness of Mind and Body, attention to movement and breath, through an exploration in slowing down, and moments of settling to stillness, all to support your journey. The practice is guided by Nicola online, with a sustainable approach, and open to all. Nicola Eden is a Yoga Alliance Registered Yoga Teacher with a State of Maine Teacher Certification. **Instructor: Nicola Eden**
Saturday, Starts 3/15, 8-9am, 5 wks
Saturday, Starts 4/19, 8-9am, 5 wks
Saturday, Starts 5/24, 8-9am, 5 wks
Online \$75

YIN YOGA W/ HEATHER

Yin yoga is a style of yoga where passive yoga posture (poses) are held for extended periods of times, typically 3-5 min., sometimes up to 10. In these passive postures, muscle activity is minimized, with a focus on stretching connective tissues, such as fascia, ligaments and tendons. We will gently settle into postures, supported by yoga props, while deeply connecting to breath. These longer holds allow the muscles to lengthen passively and for physical releases under the skin to occur. This class is for those new to yoga, as well as, seasoned yogis looking for a deep stretch. Yoga blocks/bolsters are encouraged if you have them, otherwise the teacher has props to use during class. No class: 5/26. **Instructor: Heather Laffely**
Monday, Starts 3/17, 10-11am, 5 wks
Monday, Starts 5/5, 10-11am, 5 wks
Adult Ed Center, Topsham \$78

GENTLE YOGA W/ HEATHER

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. **Instructor: Heather Laffely**
Tuesday, Starts 3/11, 5:30-6:30pm, 6 wks
Wednesday, Starts 3/12, 5:30-6:30pm, 6 wks
Tuesday, Starts 5/6, 5:30-6:30pm, 6 wks
Wednesday, Starts 5/7, 5:30-6:30pm, 6 wks
Mt. Ararat High School \$95

CHAIR YOGA W/ HEATHER

This gentle class is designed for those who find difficulty getting up and down from the floor, those who have limited mobility, those who are recovering from an injury that prevents one from exercising on the floor, seniors, and anyone looking for a mindful yoga class practiced from the comfort of a sturdy chair. We will modify traditional yoga postures and stretches so that they can be done seated. This class is designed for those new to yoga, as well as seasoned yogis looking for a modified class. **Instructor: Heather Laffely**
Tuesday, Starts 3/18, 10:30-11:30am, 5 wks
Tuesday, Starts 5/6, 10:30-11:30am, 5 wks
Adult Ed Center, Topsham \$78

SELF-CARE FOR YOUR HANDS

Do you, or someone you know, suffer from chronic pain in the hands, wrists, elbows or shoulders? Please join Mary Woodbury, OTR/L CHT for a discussion about self-care and easy-to-perform techniques, exercises and home-use devices to ease discomfort in our hands and arms. Some of the many hand and upper extremity conditions benefiting from selfcare are osteoarthritis, tennis elbow, trigger finger, and carpal tunnel. This program is brought to you by Hand Therapy Treatment and Education Center, LLP, located at 124 Maine Street, Suite 104, Brunswick. **Instructor: Mary Woodbury**

Wednesday, 3/19, 1-2:30pm, 1 Day

Wednesday, 4/16, 1-2:30pm, 1 Day

Wednesday, 5/21, 1-2:30pm, 1 Day

Tuesday, 6/17, 1-2:30pm, 1 Day

Tuesday, 7/15, 1-2:30pm, 1 Day

Tuesday, 8/19, 1-2:30pm, 1 Day

Hand Therapy Treatment and Education Center \$40

CHAIR YOGA ONLINE

You are welcome to experience the gifts of yoga through awareness of mind and body, attention to movement and breath, through an exploration in slowing down, and moments of settling to stillness, all to support your journey. Guided online with a sustainable approach and open to all. Enjoy this online class from the comfort of your own space. A sturdy and stable chair is recommended for this class/practice. Nicola Eden is a Yoga Alliance Registered Yoga Teacher with a State of Maine Teacher Certification. **Instructor: Nicola Eden**

Saturday, Starts 3/29, 10-11am, 5 wks

Saturday, Starts 5/3, 10-11am, 5 wks

Online \$75

NEW GENTLE FLOW YOGA W/ JADE

A lower impact flow and an overall gentler practice than a typical vinyasa class. Crafted to meet you where you are at. Blending gentle stretching, breath, and meditation to create a calm body and mind. Please bring your own yoga mat. All levels are welcome. *No Class: 4/22. **Instructor: Jade Nelson**

Tuesday, Starts 4/1, 5-6pm, 4 wks

Tuesday, Starts 5/6, 5-6pm, 4 wks

Wiscasset Middle High School \$75

NEW ANXIETY & STRESS RELIEF WORKSHOP

Stress is a normal part of life, yet at times it becomes too much. Come learn about the stress cycle, and how stress and anxiety impact the body. Learn new tools to help you in your daily life. You will learn two breathing techniques, a simple self-massage routine incorporating trigger points with essential oils, and two mindfulness skills. This class is a combination of lecture, discussion, and class participation. **Instructor: Jade Nelson**

Thursday, 4/17, 5:30-7pm, 1 Night

Wiscasset Middle High School \$35

NEW REVITALIZE & REFINE YOUR YOGA PRACTICE

Not your typical yoga class!! Do you wonder if you are doing the pose right? Does it hurt when you are in a pose? This two-week workshop is focused on postural structure, alignment, breathing, and finding comfort within a pose. Our time together will consist of getting into poses, receiving feedback, making adjustments, to gain deeper awareness within our bodies. Bring your yoga mat, props and burning yoga pose questions or concerns. Together we can find the adjustments that get your practice flowing and create a newfound body awareness to take off the mat into your daily life. Please bring your own yoga mat. **Instructor: Jade Nelson**

Thursday, Starts 5/29, 5:30-6:45pm, 2 wks

Wiscasset Middle High School \$50

TAI CHI EASY™ WITH ROBIN

Join Robin to learn about the incredible health benefits of practicing tai chi. Tai Chi Easy™ is a health-enhancement system that includes a gentle qigong (chee-gong) warm-up, breathing practices, self-massage, and a modified Yang-style tai chi form. We will discover how to nurture our Qi, or vital life force, while engaging in the practices. This class is for everyone, both new and continuing students. Please contact Robin if you have any questions. *No Class: 4/22.

Instructor: Robin Brooks

Tuesday, Starts 4/1, 1:30-2:45pm, 8 wks

Adult Ed Center, Topsham \$125

TAI CHI WITH ROBIN FOR CONTINUING STUDENTS

Join Robin to continue with tai chi on Thursday afternoons. In this ten-week session, we will continue to refine and play with our vital energy, or Qi. *Enrollment in this class is suggested for students who have been studying with Robin for at least a year, or those who have prior experience. Please contact Robin with any questions. *No Class: 4/24.

Instructor: Robin Brooks

Thursday, Starts 4/3, 1:30-2:45pm, 8 wks

Adult Ed Center, Topsham \$125



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. Joseph Pilates said: "In 10 sessions you'll feel the difference, in 20 sessions you'll see the difference, and in 30 sessions you'll have a whole new body." Let's continue to work toward your postural, musculoskeletal alignment and development, and safe movement. *No Classes: 4/21 & 4/23. Please bring your own mat.

Instructor: Barbara McGranahan

Monday & Wednesday, Starts 4/7, 5:15-6:15pm, 3 wks

Adult Ed Center, Topsham \$78

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. Please bring a yoga mat. Recommended props include a cushion and/or yoga blanket, blocks, bolster, and strap. **No Classes: 4/21 & 4/23. Please bring your own mat. **Instructor: Barbara McGranahan**

Monday & Wednesday, Starts 4/7, 6:30-7:30pm, 3 wks

Monday & Wednesday, Starts 5/5, 6:30-7:30pm, 3 wks

Adult Ed Center, Topsham \$78

NEW MINI-RETREAT: RECLAIM YOUR BALANCE & EASE

This workshop is designed for those of you who give generously to others and are ready to create space for your own care and renewal (too). When you naturally lead with your heart—offering care, kindness, and understanding to others—it's easy to become drained, overextended, or unsure how to refill your own cup. This workshop offers a nurturing space to prioritize your well-being and explore how to offer yourself the same care and kindness you so easily extend to others. This restorative session will leave you with tools and practices to help you feel more balanced and energized.

Instructor: Heather Shaughnessy-Cato

Friday, 4/11, 6-8pm, 1 Night

Adult Ed Center, Topsham \$35

PICKLEBALL FOR BEGINNERS

Learn the basics of the fast growing sport of Pickleball. Easy to learn well enough in a short time to have fun, get exercise, fresh air and find people to play with. Learn basic strokes, positioning on the court, rules and scoring. Paddles & balls are provided for classes. All classes will be held on the Pegasus Courts' at 126 Pegasus Street at Brunswick Landing. Instructor Barbara Rondeau is a former tennis pro who took up Pickleball 8 years ago and has been teaching ever since. This class includes 5 sessions. **Instructor: Barbara Rondeau**

Monday, Starts 4/14, 2-3:30pm, 5 wks

Wednesday, Starts 4/16, 4:30-6pm, 5 wks

Pegasus Courts \$80

PICKLEBALL FOR ADVANCED BEGINNERS/LOW INTERMEDIATES

This class is designed for players who have played some and want to improve strokes, learn more strategy and advanced shots. Work on being a better partner. Please bring your own paddles. All classes will be held on the Pegasus Courts' at 126 Pegasus Street at Brunswick Landing. Instructor Barbara Rondeau is a former tennis pro who took up Pickleball 8 years ago and has been teaching ever since. This class includes 5 sessions. **Instructor: Barbara Rondeau**

Monday, Starts 4/14, 4-5:30pm, 5 wks

Pegasus Courts \$80

PICKLEBALL FOR INTERMEDIATES

Focus on play from the kitchen line, when to use defensive shots and when to attack. Work on developing consistency in all elements of your game. Please bring your own paddles. All classes will be held on the Pegasus Courts' at 126 Pegasus Street at Brunswick Landing. Instructor Barbara Rondeau is a former tennis pro who took up Pickleball 8 years ago and has been teaching ever since. This class includes 5 sessions. **Instructor: Barbara Rondeau**

Wednesday, Starts 4/16, 3-4:30pm, 5 wks

Pegasus Courts \$80

TAI CHI FOR FLEXIBILITY AND BALANCE

This 16 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 relieves 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. **Instructor: Carlos Collado**

Tuesday, Starts 4/15, 9:30-10:30am, 16 wks

Adult Ed Center, Bath \$140

TAIJI QIGONG SHIBASHI FOR BODY, BREATH AND MIND CONNECTION

This 16 week session 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. In this course we will explore how anatomical alignment facilitates deeper breathing and a meditative mindset. Practicing Shibashi will balance your Qi, improve your wellbeing and quality of your life. **Instructor: Carlos Collado**

Tuesday, Starts 4/15, 11:30am-12:30pm, 16 wks

Adult Ed Center, Bath \$140

Due to limited space in this publication, we are unable to publish full course descriptions here. For more complete information about any of the programs in this catalog, please visit the program's registration page online at our website: www.merrymeeting.org

NORDIC WALKING

Nordic Walking is like cross country skiing without the skis and 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**
Monday, Starts 5/5, 5:15-6:15pm, 3 wks

Adult Ed Center, Topsham \$38

RESTORATIVE YOGA

Restorative yoga is a practice of conscious relaxation using props in every posture to support your muscles in gentle, comfortable positions. There are NO Downward Facing Dog and Cobra that are keystones of other popular yoga styles. Poses include gentle supine twists, supported forward folds, and hip openers. The poses are held from 3 to 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. **Instructor: Barbara McGranahan**

Wednesday, Starts 5/7, 6:30-7:30pm, 3 wks

Adult Ed Center, Topsham \$38

INTRODUCTION TO FENCING

Come 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. This 4 wk course is a stand-alone experience and does not come with a monthly Fencing club membership. NOTE: A protective chest/breast plate will need to be purchased separately (approx. \$30). Go to this link for purchasing option: <https://www.absolutefencinggear.com/uniforms/non-fie/chest-guard> Last class will be on 5/26, (Memorial Day). **Instructor:**

Midcoast Fencing Athletic Club

Monday, Starts 5/5, 5-6pm, 4 wks

Midcoast Fencing Athletic Club \$200

TINCTURE MAKING CLASS

Herbal extracts are a wonderful way to get the healing power of plants. This class will teach you how to make herbal tinctures going over herbs that are commonly used for stress, anxiety, immune support and digestion. Every person will leave with their very own tincture. *A \$10 Material fee is payable to the instructor on the night of class. **Instructor: Katie Munn**

Wednesday, 5/28, 6-7:30pm, 1 Night

Adult Ed Center, Topsham \$35

HERBS FOR DAILY LIVING

Herbs are a wonderful way to support the body. From digestion, stress or immune support herbal medicine has a long tradition of being used for health and wellbeing. This class will discuss the basics of herbal medicine and common herbs one can use to support their everyday health! **Instructor: Katie Munn**

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

Adult Ed Center, Topsham \$35

YOGA NIDRA

Yoga Nidra is a meditative yoga practice, also known as "yogic sleep", that encourages a consciousness residing between sleep and awake. It is a guided meditation that focuses on relaxation and/or conscious dreaming. The class is practiced laying down, comfortable and supported with props, where the mind, body and senses are guided by the instructor into a physiological state of rest. Yoga nidra offers a break from the sensory overload often induced by busy life, screens and media. Among the many health benefits associated with yoga nidra are: improved sleep quality, stress-reduction, enhanced cognitive function, and a general sense of well-being. No previous experience necessary. **Instructor: Heather Laffely**

Thursday, March 13, 6-7pm, 1 Night

Thursday, April 10, 6-7pm, 1 Night

Thursday, May 8, 6-7pm, 1 Night

Mt. Ararat High School \$20/ea.

MINI-RETREAT: CONNECT WITH CALM

For those who are longing to replenish, this workshop offers a restorative space to reconnect with yourself through quiet, reflective practices. When life feels chaotic, finding calm can feel out of reach—but it's always there, waiting to be rediscovered. This session will provide you with tools to quiet the mind, soothe the body and heart, and create moments of ease and balance in your daily life. Join this supportive and heart-centered session to reconnect with the steadiness and clarity that already resides within you.

Instructor: Heather Shaughnessy-Cato

Sunday, 5/18, 9-11am, 1 Day

Adult Ed Center, Topsham \$35

ART & WELLNESS MINI-RETREAT

Take an afternoon to recharge with this mini wellness retreat, blending gentle yoga with Thai massage assists, visual journaling, and mindful clay exploration. Embrace the healing power of creativity and movement in a calm, supportive space. Come dressed in comfortable clothes for yoga and bring a journal or drawing materials if you'd like—though paper and supplies will also be provided.

Instructor: Janna DeWan

Saturday, 6/21, 1-5pm, 1 Day

Turning Arts Studio \$50

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. For this reason, Tony Dancer, under his TDF program, has created the "Young at Heart Fiesta" Latin Fusion dance class program with low impact, low-volume music to protect hearing, easy steps to follow and lots of laughter. **Program is for individuals 70+ only.** **Instructor: Tony Garretton**

Wednesday, 4/2, 10:30-11:30am, 6 wks.

Wednesday, 5/21, 10:30-11:30am, 6 wks.

Adult Ed Center, Bath FREE

MUSIC + DANCE

PLAY THE UKULELE, YOUR JOURNEY BEGINS HERE!

Learn to play the ukulele! It has never been more popular and you don't even have to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new -- even classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. 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**

Tuesday, Starts 3/4, 6-7:30pm, 4 wks

Wednesday, Starts 4/16, 6-7:30pm, 4 wks

Tuesday, Starts 5/13, 6-7:30pm, 4 wks

Online \$79

MODERN LINE DANCING FOR BEGINNERS

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

Instructor: George Oliver

Monday, Starts 3/3, 6-7pm, 7 wks

Maine Pines \$40

MODERN LINE DANCING FOR HIGH BEGINNERS/IMPROVERS

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

Monday, Starts 3/3, 7-8pm, 7 wks

Maine Pines \$40

MIDDLE EASTERN BELLY DANCE MIXED LEVEL DRILLS & THRILLS: CHOREOGRAPHY

Authentic Belly Dance, or raks sharqi, is an ancient form of dance. Raks sharqi means "dance of the east" in Arabic. Belly dance celebrates every body type and every stage of life. The dance is proud and powerful and soft and sinewy with elegant and isolating movements emanating from the core. It's the Pilates of dance. And so much fun! This is a great refresher class for experienced dancers and suitable for dancers new to belly dance. This five-week insert of classes will be for those who've taken at least one session of belly dance. The emphasis will be to create a group choreography. There will be an opportunity to perform the piece in the 13th Annual It Takes a Village Studio show in mid-May. However, the performance is optional. Class is 5 sessions.

Instructor: Josephina Gasca

Wednesday, Meets 3/12, 3/26, 4/9, 4/23, and 5/14, 6-7:15pm

People Plus \$75



MIDDLE EASTERN BELLY DANCE MIXED LEVEL DRILLS & THRILLS: BELLY DANCE BOOT CAMP

Authentic Belly Dance, or raks sharqi, is an ancient form of dance. Raks sharqi means "dance of the east" in Arabic. Belly dance celebrates every body type and every stage of life. The dance is proud and powerful and soft and sinewy with elegant and isolating movements emanating from the core. It's the Pilates of dance. And so much fun! This is a great refresher class for experienced dancers and suitable for dancers new to belly dance. This session is designed as Belly Dance Boot Camp for beginner through intermediate and advanced belly dancers. We strive to go deeper into the dance, focusing on musicality and improvisation and the subtleties of technique. It's a good way to test the waters if you're looking to move up from Beginner to Intermediate/Advanced and it's excellent practice for Intermediate/Advanced dancers. **Instructor: Josephina Gasca**

Thursday, Starts 6/5, 6-7:15pm, 10 wks

People Plus \$150

INTRO TO UKULELE AND JAM SESSION

The ukulele is one of the easiest ways to try making music for the first time, or learn a new instrument. In this class 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. No prior musical experience required and all levels are welcome! Instructor Nina Andersen has 30 years of experience facilitating and supporting adults making music at whatever level they can. She is the Founder and Music Director of the Southern Maine New Horizons Band, Music Director of the New England Adult Music Camp and the Associate Conductor of the Harpswell Concert Band. She was also the Music Director of the Maine Pops Concert Band from 1997-2017. This program will run out of Bowdoin College, Gibson Hall, Room 10.

***No Class: 4/21. Instructor: Nina Andersen**

Monday, Starts 3/24, 4:30-5:45pm, 8 wks

Bowdoin College \$90

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: 4/21 and 5/5. **Instructor: Randy Lindsey**

Monday, Starts 3/17, 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. We will have 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. You may surprise yourself! 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: 4/21 and 5/5. **Instructor: Randy Lindsey**

Monday, Starts 3/17, 6:30-8pm, 8 wks
Mt. Ararat Middle School \$90

THE CRAFT OF MUSICAL COMPOSITION

Gather the tools to start making your own music! In this 6-week journey, you will learn about music and how it is composed. Composing music takes hard work, love, and a deep knowledge of the craft. This course is designed to teach you the fundamental aspects of craft, so that you can continue to develop your skills in the right way after leaving the course. We will create our own composition together by studying the masters (ranging from Bach, to Billie Eilish!), and having open dialogues about what we think is musically effective or not. Even if you have little or no music experience, the skills you learn in this brief course will set you up to create and/or explore music in a deeply fulfilling way for the rest of your life. Join us on this exciting adventure into music theory and history! Wes Coffin is a rising young composer from the New England area. He primarily writes contemporary classical music for a variety of ensembles. Please note: This is NOT a music class/lesson nor a group jam session. *No Class: 4/24. **Instructor: Wes Coffin**

Thursday, Starts 4/10, 5:30-7:30pm, 6 wks
Mt. Ararat Middle School\$125

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, accessible choreography that gives you cardio and toning. An experienced Zumba instructor will cue you to move and groove, teaching steps as needed while boosting your energy and mood. Dance sneakers with a flat sole recommended. *No Class: 5/26. **Instructor: Patti Lanigan**

Monday, Starts 4/21, 6:30-7:30pm, 6 wks
Maine Pines. \$65

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

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

Monday, 4/21, 6:30-9:30pm
Tuesday, 6/17, 6:30-9:30pm
Online \$65

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

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

Tuesday, 4/22, 6:30-9:30pm
Tuesday, 5/6, 6:30-9:30pm
Online \$65

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**

Wednesday, Starts 5/14, 6:45-7:35pm, 5 wks
Williams-Cone School \$75



GET OUTSIDE

BOAT HANDLING

Our new Boat Handling course is intended for newer recreational boaters who have completed a basic boating class (like America's Boating Course) and want to gain more knowledge, skill, and confidence to boat safely and have more fun in a variety of situations. Our instructors will enrich the course with local knowledge, experience, and discussion that will help you expand your boating horizons. This course is six sessions with a final examination. This program is presented by U.S. Power Squadron.

Instructor: Jim Williams

Monday & Wednesday, Starts 2/24, 5:30-7:30pm, 3 wks

Mt. Ararat High School \$125

AMERICA'S BOATING COURSE

The most comprehensive in-person boating course available, America's Boating Course, gives you the skills you need to enjoy your time on the water and boat with confidence. Our boater safety class meets most states' certification requirements. Taking a boating class reduces your risk of accidents and injuries, saves you money on boat insurance, and qualifies you for a state boat license or operator certificate in most states. Our in-person boating course includes a comprehensive introduction to boating, covering boat types, boat engines, boat selection, and more. Four sessions with a NASBLA approved examination. The cost for couples sharing materials is \$95. Please call Merrymeeting Adult Education for the couples discount. No other discounts. ***Class will meet on the following Tuesdays & Thursdays: 4/1, 4/3, 4/8, 4/10, 4/15 (exam day). This program is presented by U.S. Power Squadron.

Instructor: Peter Asquith

Tuesday & Thursday, Starts 4/1, 6:30-8:30pm, 3 wks

Brunswick High School \$75

EDIBLE & MEDICINAL MUSHROOMS OF NEW ENGLAND

Join author David Spahr for an indoor presentation and discussion of edible and medicinal mushrooms, identification, tools and equipment for harvesting, as well as books, materials, and other resources. David has collected edible mushrooms for 50 years. He is a member of the Maine Mycological Association and the North American Mycological Association.

Instructor: David Spahr

Thursday, 3/6, 5:30-7:30pm, 1 Night

Thursday, 5/8, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham \$35



FREE WOMEN'S SELF-DEFENSE TRAINING

The Sagadahoc County Sheriff is offering R.A.D. self-defense classes to interested women. The nine hours of instruction take place over four evening classes, scheduled over the course of two weeks. The first class is concentrated on risk awareness and risk avoidance discussion. Over the next three classes, certified male and female instructors will teach participants practical self-defense techniques as taught in the R.A.D. (rape aggression defense / rad-systems.com) curriculum.

Please e-mail Deputy Carleton at ccarleton@sagadahoccountyme.gov for more information and to sign-up for future class dates.

MAP AND COMPASS FUNDAMENTALS

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 course is offered via Zoom over two sessions. This is a LEVEL 1 program. **Instructor: Alice Bean Andrenyak**
Monday, 3/24, 5:30-8:30pm, 1 Night
Online\$60



COASTAL NAVIGATION FUNDAMENTALS

Learn the basics of coastal navigation using local charts, parallel ruler, and dividers, what the symbols mean, how to determine safe and dangerous routes, create courses, 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 LEVEL 1 program. **Instructor: Alice Bean Andrenyak**
Wednesday, 3/12, 5:30-8:30pm, 1 Night
Online \$60

WINTER OUTDOOR SURVIVAL SKILLS

During this one day outside workshop, you'll be wearing snowshoes while improving your skills with: compasses (taking and following bearings), fire building, cooking using various techniques, shelter building, and how to search for a separated group member, and handling some possible first aid issues. Designed for those with some knowledge who will be leading family members or small groups in the colder weather outdoors, or preparing to become a Registered Maine Guide. **Instructor: Alice Bean Andrenyak**
Saturday, 3/1, 8:15am-5:15pm, 1 Day
TBD..... \$75

WEATHER FOR OUTDOOR ENTHUSIASTS

We're spending more time outside and that is good. Learn how to integrate weather forecasts and your own reading of the weather signs to plan ahead and to best manage your outdoor activities - walking, biking, hiking, camping, paddling, boating, playing and exercising. Learn from a Master Maine Guide & Total Weather Spotter. Course is presented via Zoom. **Instructor: Alice Bean Andrenyak**
Wednesday, 4/9, 5:30-8:30pm, 1 Night
Online\$35

UPGRADE YOUR CANOE AND SUP SKILLS

One day on-water workshop for canoeing and SUP skills that everyone ought to know but don't. Learn how to transport canoes & SUP's properly, how to launch & recover, strokes for tandem and solo canoe paddling & SUP'ing. Learn rescues especially after capsizing. You will go swimming so you are required to wear a wetsuit or drysuit to participate. Limited rentals are available with advance notice. You will bring your own lunch, canoe, paddle, life jacket, and enthusiasm. SUP's will be provided. Limited rentals are available for canoes with advance notice. This is held in Brunswick. **Instructor: Alice Bean Andrenyak**
Saturday, 4/12, 8:15am-5:15pm, 1 Day
TBD \$75

USING YOUR MAP & COMPASS OUTSIDE

During the morning we'll focus on the basics of reading a topo map, finding our location, and creating bearings using our topo maps, then we'll take a break for lunch. In the afternoon we'll be outside practicing how to follow and set bearings and then navigation tricks of the trade. A compass never runs out of batteries or fails to connect with a satellite. One all day class. **Instructor: Alice Bean Andrenyak**
Saturday, 5/3, 8:45am-3:15pm, 1 Day
TBD \$60

EMERGENCY FIRST AID FUNDAMENTALS FOR OUTDOOR EMERGENCIES

This hands-on class requires you to evaluate a situation and apply the correct first aid for sprains, fractures, open chest wounds, hyperthermia, hypothermia, severe bleeding, stroke, allergic reactions, and more. Bring your first aid kit and learn what else you may need to add to it. \$35 textbook included. Two sessions. **Instructor: Alice Bean Andrenyak**
Tuesday, 6/3, 5:30-8:30pm, 1 Night
TBD\$75

DEVELOPING A PERSONAL AND HOME DEFENSIVE PROTECTION PLAN

This three-hour course is NOT about installing an alarm system. It is about adjusting your awareness around you as you move through your day and your home. It is about doing mental exercises to handle the "What if's" to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to access your home's defense. Part 1 of a 2-part series but can be taken separately. Class taught via Zoom. **Instructor: Alice Bean Andrenyak**
Tuesday, 4/8, 5:30-8:30pm, 1 Night
Online \$35

UNDERSTANDING CONSTITUTIONAL CARRY AND LEGAL USE OF FORCE

This three-hour course is for firearm owners and nonowners. You'll learn what to do when you see an attack or if you are attacked and respond with force. You'll learn how to contact the first responders, how prosecutors might view what you did, rules about concealed carry in the US and Maine, and various ways to protect yourself without using a firearm. Part 2 of a 2-part series but can be taken separately. Class taught via Zoom.
Instructor: Alice Bean Andrenyak
Tuesday, 4/15, 5:30-8:30pm, 1 Night
Online \$35

UPGRADE YOUR SEA KAYAK SKILLS

This one day on-water workshop will teach you proper transport of a sea kayak, strokes for most efficient paddling in different conditions, proper boat launch etiquette, safety on the water, where you should and shouldn't paddle, using a chart while paddling, common rescues and tows. There will be capsizing involved so you are required to wear a wetsuit or drysuit to participate. Limited rentals are available with advance notice. You will bring your own lunch, sea kayak at least 14' long with two bulkheads, paddle, life jacket, bilge pump, paddle float, and enthusiasm. This program will take place in Brunswick.
Instructor: Alice Bean Andrenyak
Saturday, 4/26, 8:15am-5:15pm, 1 Day
TBD..... \$75

SEA KAYAK AND HIKE HISTORICAL MALAGA ISLAND

Sea kayak to mysterious Malaga Island where indigenous people summer camped and where there was a colony in the late 1800's that was evicted by the state of Maine. We'll meet at 8:15am at a public boat launch, get outfitted for our paddling trip and go over safety rules and basic strokes. We'll paddle 1.5 miles to Malaga Island. While paddling, be on the lookout for harbor seals, sea gulls, great blue herons, snowy egrets, sea ducks, osprey and possibly bald eagles. You need to bring a very small backpack with your lunch, snacks, extra clothing layers, two 20 - 22 ounce bottles of water and possibly a change of shoes for your hike. If you are unable to walk unaided over tree roots and rocks, do not book this trip. All paddling gear is provided for this beginner friendly tour.
Instructor: Alice Bean Andrenyak
Wednesday, 6/25, 8:15am-2pm, 1 Day
Cundy's Harbor \$135

FARMING WITH NATIVE PLANTS

Author David Spahr has an extensive native farming project. In this class he will discuss and illustrate the hows and whys of farming with native plants, trees, and bushes. **Instructor: David Spahr**
Thursday, 4/10, 5:30-7:30pm, 1 Night
Thursday, 6/12, 5:30-7:30pm, 1 Night
Adult Ed Center, Topsham \$35

CHAGA MUSHROOMS

Join author David Spahr for an indoor presentation and discussion of Chaga Mushrooms. This class will detail all aspects of chaga (Inonotus Obliquus) including where to find them, how to use, and current science. Many aspects are shown, including those most have never seen. David has collected edible and medicinal mushrooms for 50 years. He is a member of the Maine Mycological Association and the North American Mycological Association. **Instructor: David Spahr**
Thursday, 4/17, 5:30-7:30pm, 1 Night
Thursday, 6/26, 5:30-7:30pm, 1 Night
Adult Ed Center, Topsham \$35

FORAGING WALK

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, 5/18, 1-3:30pm, 1 Day
Sunday, 6/8, 1-3:30pm, 1 Day
Sunday, 7/13, 1-3:30pm, 1 Day
Sunday, 8/10, 1-3:30pm, 1 Day
Maily Waterfront Park \$45



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

Sunday, 7/20, 1-3:30pm, 1 Day

Sunday, 8/17, 1-3:30pm, 1 Day

Maily Waterfront Park \$45

VISIT MAINE'S GREATEST MOUNTAIN: KATAHDIN

Experienced hikers and campers: Prepare and plan to join up to 8 adventurers to summit Maine's tallest peak with Registered Maine Guide, Chris Toy. You must be able to hike for 4 hours with a 20 pound pack while gaining 2000 feet in elevation to sign up for this trip. The trip will take three days and two nights. The dates are approximate depending on when reservations are available. Summiting is not guaranteed and will depend on weather conditions. *There is a \$25.00 non-refundable fee for cancellations.

Instructor: Chris Toy

Thursday-Tuesday, 7/24-7/29

TBD..... \$250

OYSTER FARM AND COMPLIMENTARY TASTING SEA KAYAK TOUR

Join Master Maine Guide Alice starting early morning to avoid the winds on Mere Point Bay. While we're paddling in solo and tandem sea kayaks, you'll learn about aquaculture in Maine - fishing, clamming, scallop and oyster farming. You'll learn about the area's natural and human history. We'll be visiting an oyster farm and then land on an island where you'll learn to shuck oysters and then taste your success. This tour is beginner and family friendly. Sea kayaks, life jackets, and paddles are provided. You provide water and snacks. We meet at 8:15am and return about noon.

Instructor: Alice Bean Andrenyak

Monday, 7/28, 8:15am-12pm, 1 Day

Mere Point Boat Launch \$95



CANCELLATION + REFUND POLICIES

We send all reminders and course correspondence through our registration system for all classes and workshops. Please check your email before the start of your class for updated time, location and other course details that may be important to your attendance.

If you cannot start a course, **NOTIFY US THREE** business days before the start of the first class in order to be eligible for a refund. Card processing fees are not refundable. We are more than happy to transfer you to another class.

If you miss a class or workshop, we are **NOT** able to issue a refund, process a credit or transfer you to another class.

We **DO NOT** issue refunds **after** a class or workshop has started. We reserve the right to cancel a class for any reason. If we cancel a class, all fees are refunded.

SELF-GUIDED NATURE TOUR OF MERRYMEETING BAY

Merrymeeting Bay is an amazing wetland area right in our backyards, yet unknown to many because of limited access. This online class will acquaint you with Bay in two ways: first, during six weekly online meetings you'll learn about the nature and ecology of the Bay. Second, you'll be introduced each week to a different nature preserve that touches on the Bay, with complete directions for exploring the trails at your own pace and time. **Instructor: Terry Porter, Ph.D.**

Wednesday, Starts 5/13, 10-11:30am, 6wks
Online \$25

DARNING AND MENDING

Hand sewing, darning, fixing, and mending clothing are age-old, keystone human skills. Patches can be made to be beautiful as well as functional. Needles and thread can always be made from naturally-harvested organic material, while sewing comprehension with industrial supplies remains invaluable in the modern world. Fix it, use it, wear it out - make it do, or do without. Learn the vital art of sewing, darning and mending. We'll study cross-hatch hole-mending, then employ a few simple stitches to create a functional cloth pouch. Bring your holy garments! We have an assortment of yarns and fabrics. We'll fix as much as we can.

Instructor: Zack Rouda
Thursday, 3/13, 530-8pm, 1 Night
Adult Ed Center, Topsham \$55

KNIFE AND TOOL SHARPENING

If there's one tool we use above all others, it's the knife. If you only had two tools to take into the woods, you may select a knife and an axe. Knives and axes are generally made of metal, which can be sharpened using a hard stone, or a factory-made sharpening-block. Learn how to sharpen knives, axes, pruners, scissors, and other blade tools. Bring your own dull tools that need to be touched up, or come to practice sharpening on some of our tools and stones. We'll cover the basic theory behind sharpening edge tools, and practice using a variety of sharpening stones. Whetstones will also be available for purchase. **Instructor: Zack Rouda**

Tuesday, 4/22, 530-730pm, 1 Night
Adult Ed Center, Topsham \$45

MAKING DANDELION WINE

Fermentation is one of the world's oldest food-preservation technologies. Humans have been fermenting foods and beverages for thousands of years; in some cultures, the consumption of alcohol was largely restricted to religious ceremonies. Many animal species have been known to become intoxicated from fermented fruit, including monkeys, squirrels, birds, and moose! Making dandelion wine is a terrific springtime tradition. Best if you have a bottle from last year leftover to pop open. Learn to make wine from foraged fruits and flowers! We will cover the whole process, start to finish, so students will be able to complete the process on their own; although we won't actually produce (nor drink) any wine together.

Instructor: Zack Rouda
Tuesday, 5/1, 5:30-7:30pm, 1 Night
Adult Ed Center, Topsham \$45

PINE NEEDLE BASKETS

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

Instructor: Zack Rouda
Tuesday, 6/14, 10am-12:30pm, 1 Day
Adult Ed Center, Topsham \$65

WOVEN WINDOW FEEDERS

Humans have been weaving baskets for hundreds of thousands of years. Many plant materials may be used to weave with: vines, leaves, bark, wood, and more. Basket weaving requires various skills, all involving twisting and pulling and wrapping the materials around each other. Weaving a small project, like a fish (pictured), or a heart or five-pointed star, along with other shapes, can provide a comprehensive, beginner-friendly introduction to most of the skills required for full-scale basketry. Learn to make a beautiful woven window feeder for birds! We'll cover identification, responsible collection, materials processing and storage, and creation, including the basics of stake-and-strand waling and randing weaves.

Instructor: Zack Rouda
Saturday, 7/19, 9am-2:30pm, 1 Day
Adult Ed Center, Topsham \$95



SOMETHING FOR EVERYONE

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.

Instructor: Center for Real Estate Studies of Maine
OnDemand/Online \$370

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 these astounding Apple devices. We'll cover everything you need to know to feel comfortable and get the most out of these powerful tools. 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 native, Ian Scanlon, will share his knowledge and answer any questions you have in a supportive, community environment.

Instructor: Ian Scanlon
Tuesday, Starts 3/4, 4-6pm, 4 wks
Tuesday, Starts 6/3, 6-8pm, 4 wks
Adult Ed Center, Topsham \$65

GOOGLE SUITE FOR BEGINNERS

Join us to discover how to use the Google Suite! Google Suite is a collection of powerful online tools that can streamline your work and boost your productivity. This beginner's class will introduce you to the essential tools like Gmail, Google Docs, Google Sheets, and Google Slides. You'll learn how to create and share documents, collaborate with others, and organize your work efficiently. No prior experience is required, just bring your curiosity and a willingness to learn!

Instructor: Ian Scanlon
Tuesday, Starts 3/4, 6-8pm, 4 wks
Tuesday, Starts 6/3, 4-6pm, 4 wks
Adult Ed Center, Topsham \$65

CONVERSATIONAL SPANISH FOR BEGINNERS

Learn conversational Spanish in this 6-week course for beginners! Taught by Jasmin Vasquez, an educator with Merrymeeting, Jasmin is a native Spanish speaker from the Dominican Republic. This class will be taught from provided hand-outs; no text necessary.

Instructor: Jasmin Vasquez
Thursday, Starts 3/6, 5:30-7:30pm, 6 wks
Thursday, Starts 5/1, 5:30-7:30pm, 6 wks
Mt. Ararat High School \$85



INTRODUCTION TO ASTROLOGY

In this workshop, you will learn all the essential information needed to be able to understand an astrological birth chart. Learn the basic philosophy behind astrology: What astrology is (and is not), and how it can be used. After this workshop, students will be able to identify the planets, signs, symbols, elements, modes, and houses in a chart. Includes a personal astrological chart.

Instructor: Rebecca Quigg
Monday, 3/10, 9:30am-11:30am, 1 Day
Monday, 4/7, 5:30-7:30pm, 1 Night
Adult Ed Center, Topsham \$20

BLUEPRINT FOR WRITING A NOVEL

Do you know how to give your novel idea a strong framework so you can write it with confidence? Have you clarified what you want to say, who you want to say it to, and why you want to say it? This class will teach you how to answer these important questions about your book idea so you can write something that is solid, strong, and reflects your vision. Students are always surprised by this straightforward and fun method. BRING - a laptop or plenty of paper and pen, and, most importantly, bring your book idea.

Instructor: Paulla Estes
Tuesday, Starts 3/11, 5:30-7:30pm, 5 wks
Brunswick High School \$125

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.

INVESTIGATING UNIDENTIFIED AERIAL PHENOMENON

This 8 week workshop is a comprehensive look into the very real UFO global phenomenon. We will explore many aspects of this situation, starting with recently disclosed revelations by our own Military - that they have been researching these strange objects seriously for decades and are now admitting that they are real physical objects capable of actions that defy the known laws of physics. We will be looking at the evidence through a new lens - with an open mind - talking openly about just what these strange objects might be. Following where the evidence takes us. Taught by Vance Bessey, a graduate of The Joe Kubert School of Narrative Arts and local Illustrator, Cartoonist, Novelist and Art Teacher as well as life-long student of Unexplained Phenomenon. *No Class: 4/23.

Instructor: Vance Bessey

Wednesday, Starts 3/12, 6-8pm, 8 wks

Mt. Ararat High School \$75

KINDNESS AT WORK: CREATING SATISFACTION IN THE WORKPLACES THROUGH KINDNESS TECHNIQUES

Workplaces are increasingly fraught with stress, conflict, and division, due to political polarization, social media ills, culture wars and more. This class will provide owners, managers, and workers with tools and techniques to counter these forces, in order to increase workplace performance and satisfaction for all, including customers. Support will be available to students outside of the monthly classes. This program meets the first Tuesday of every month between April and August. The workshop fee includes access to all monthly meetings.

Instructor: Jeff Edelstein

Tuesday, Starts 4/1, 6-8pm, 24 wks

Brunswick High School \$10

KINDNESS FOR COUPLES AND FAMILIES

Do you face challenges in your relationship with your partner, children or parents, or would you simply like to take already-good relationships to a higher level? This course presents cutting-edge tools to improve any relationship in your life, such as the "Wheel of Kindness," the "Kindness Superpower Matrix," the "Barriers to Kindness Exercise," and other techniques such as non-violent communication and the empowerment triangle. Anyone is welcome, but we encourage people to join with their partner or family member, if possible. This program meets the first Thursday of every month between April and August. The workshop fee includes access to all monthly meetings. **Instructor: Jeff Edelstein**

Thursday, Starts 4/3, 6-8pm, 24 wks

Brunswick High School \$10

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 culture through the study of current events, literature, art, history and music using authentic sources.

No class: 4/22. **Instructor: Shufang Liao**

Tuesday, Starts 4/8, 5:30-6:30pm, 6 wks

Mt. Ararat High School \$95

NEW MOON VISION BOARD

Take a journey of self-exploration using art and media, along with your astrological chart, to create a vision for your year ahead. Words, pictures, and shapes that represent your aspirations, hopes, and dreams will be arranged on an astrological wheel to help you imagine your ideal future. All materials included. A \$10 materials fee must be paid to the instructor on first night of class.

Instructor: Rebecca Quigg

Wednesday, 4/2, 5:30-7:30pm, 3 wks

Wednesday, 5/7, 9:30-11:30am, 3 wks

Adult Ed Center, Topsham \$55

TAROT READINGS: INDIVIDUAL SESSION

Have you always wanted to find out what a Tarot Reading was like but never felt it was the right place and time? Devanna Wolf has been reading Tarot for 35 years, teaching Tarot fundamentals for a decade, designed her own deck, and would love to introduce you to the magic of the cards! Sign up for a 15-minute reading and get a glimpse into the art of Tarot and how it can offer a unique perspective on your life and circumstances. *Registration limited to one session per person.

Instructor: Devanna Wolf

Thursday, 4/10, 5-5:15pm

Thursday, 4/10, 6:30-6:45pm

Thursday, 4/10, 5:15-5:30pm

Thursday, 4/10, 6:45-7pm

Thursday, 4/10, 5:30-5:45pm

Thursday, 4/10, 7-7:15pm

Thursday, 4/10, 5:45-6pm

Thursday, 4/10, 7:15-7:30pm

Thursday, 4/10, 6-6:15pm

Thursday, 4/10, 7:30-7:45pm

Thursday, 4/10, 6:15-6:30pm

Thursday, 4/10, 7:45-8pm

Adult Ed Center, Topsham \$22/ea.

DISCOVER YOUR UNIQUE WRITING VOICE

Excellent writing is almost always the result of a strong writer's voice. We will use specific, targeted writing prompts to help unearth your own writing voice, and you will learn how to strengthen it, and use it to your advantage in all your creative writing. We will look at examples of voice in published works, do LOTS of in-class writing, and create a safe space to share aloud. BRING - a laptop or plenty of paper and pen.

Instructor: Paulla Estes

Tuesday, Starts 4/29, 5:30-7:30pm, 4 wks

Brunswick High School \$95

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.

Instructor: Jeannie Sullivan

Tuesday, 4/29, 5:30-7:30pm, 1 Night

Tuesday, 5/27, 5:30-7:30pm, 1 Night

Tuesday, 7/8, 5:30-7:30pm, 1 Night

Adult Ed Center, Topsham \$40/ea.

For more more detailed course descriptions, please visit the program's registration page online at our website:
www.merrymeeting.org

THE FUNDAMENTALS OF CREATIVE WRITING

In this 8-week course, we'll explore the basics of creative writing, including the various mediums, genres, and publication routes available to you, and we'll practice the fundamental skills and habits you'll use to become a successful writer. This class is open to students of all skill levels, and whether you're ready to become the next Stephen King or just want to put pen to paper and have some fun, there's a place for you here. No class: 4/22. **Instructor: Violet Hart**

Tuesday, Starts 3/25, 6-8pm, 8 wks

Tuesday, Starts 6/3, 6-8pm, 8 wks

Mt. Ararat High School \$175

THE ART OF CREATIVE COLLABORATION

In this 5-week course, we'll discuss the business side of creativity. You'll learn how to pitch yourself and your work, network with fellow creatives, and collaborate on projects with other artists, writers, and publishers. This course is open to creatives of all skill levels. No class: 4/24. **Instructor: Violet Hart**

Thursday, Starts 3/27, 6-8pm, 5 wks

Thursday, Starts 5/8, 6-8pm, 5 wks

Mt. Ararat High School\$125

FOUNDATIONS IN GENEALOGY RESEARCH

This course covers basic genealogy concepts for researching and documenting one's ancestors. What is a genealogy brick wall and how do you break it? This course will offer key ideas on solving even the toughest research barriers. Topics include: general ideas to get started, where and how to find key genealogy records, paper and digital organization strategies, using online databases and resources, where to go in the community to research family history. One class meeting may include a field trip to a research site. *No Class: 4/23. **Instructor: Craig Siulinski**

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

Mt. Ararat High School \$135

EXAMINING THE WEIRD AND STRANGE TALE

In this class, we will discuss this particular literary genre, sampling a number of different writers and their stories. We will consider and discuss several of the elements from the 'crossover' genres, which at times, exhibit components in what is now called 'The Strange or Weird Tale'. One Weird or Strange Tale should be composed by the close of the class, to be shared with other class members. The book, *The Weird* -- an anthology of strange and weird tales, edited by Ann and Jeff Vandermeer, would be an essential material that students would need to purchase. No class 4/21 and 5/26.

Instructor: Charles Kroll

Monday, Starts 4/7, 12-2pm, 7 wks

Adult Ed Center, Bath \$150

A POETRY PRIMER: POETRY FOR BEGINNERS

Have you ever thought that poetry "is too hard to understand" or that you just "don't get it"? In this class, learn how to read and write poetry. Learn the tools and techniques to let you appreciate poetry, and use those same skills to write poetry of your own. Enjoy National Poetry Month this April with a poetry primer. **Instructor: Jonathan Pessant**

Tuesday, Starts 4/8, 6-8pm, 3 wks

Brunswick High School \$60

THE WINE-DARK SEA

This course is an introduction to 'strange tale' writer Robert Aickman. Considered a master of strange and dark storytelling, Aickman wrote 48 short stories in his life. *The Wine-Dark Sea* is a reprint of a collection of short stories by Aickman. In this course, we will discuss several of these short stories, focusing on one each week. Participants will need to purchase their own copy of the anthology before class starts. You will need to come to class each week prepared to talk about the assigned story. **Instructor: Charles Kroll**

Monday, Starts 6/2, 530-730pm, 6 wks

Morse High School \$125

WRITING STORIES FOR CHILDREN

Everyone remembers a special story from when they were a child; a story that they have remembered all of their lives. That is what a well written children's story does, it makes an impact. But even though children's stories may be easy to read, creating stories for children is one of the most challenging -- and fulfilling things you will ever do as a writer. In this course your instructor will share tips and techniques for creating stories designed specifically for children under the age of 10. We will cover picture books, early readers and grade school level story writing. **Instructor: Stephanie Garrity**

Wednesday, 7/23, 7-8 pm, 6 wks

Adult Ed Center, Topsham \$110



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. **Instructor: Regina Strongheart**

Tuesday, Starts 5/6, 6-7:30pm, 3 wks

Adult Ed Center, Topsham \$70

LIFE STORY WRITING

There is no time like the present to start or continue your life stories! The Life Story Writing course has two main components: weekly theme-based writing and small group sharing. The students will learn to organize and write their life stories two pages at a time. Stories will come alive by active participation in writing exercises and related discussions pertaining to the varied themes. The writing can go as far and wide as students wish to take each writing experience. Craig Siulinski is an experienced educator and writer, as well as an avid researcher and genealogist. No class 4/23. **Instructor: Craig Siulinski**

Wednesday, Starts 4/2, 2:30-4:30, 6 wks

Adult Ed Center, Topsham \$165



DIVINATION SALON SERIES

There's more to the art of divination than just Tarot cards and crystal balls. Learn something new in this Divination Salon Series and try your hand at some other unique forms of divination in this series of a la carte salons.

Instructor: Devanna Wolf

DIVINATION SALON SERIES: BIBLIOMANCY

Bibliomancy is divination by books, lyrics and letters. Bring your favorite inspirational book: songbooks, sacred texts, short stories and poetry anthologies, all great choices. You can even bring a newspaper or magazine. We will try out several forms of bibliomancy and you'll go home with a personal oracle message.

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

Morse High School \$25

DIVINATION SALON SERIES: LITHOMANCY

Lithomancy is divination by crystals and stone. Are you a crystal lover or rock collector? Learn the traditional meanings of different crystals and minerals, and how they can be used for divination and spiritual guidance. If you have a collection of small tumbled stones, bring them!

Tuesday, 5/13, 5:30-7:30pm, 1 Night

Morse High School \$25

DIVINATION SALON SERIES: NUMEROLOGY

Numerology is divination by numbers in the Pythagorean system. Numbers have sacred characters & interpretations in many different cultures. Learn how to calculate the numbers in your name and birthdate to get information about your personality, strengths, challenges, and life path with just a pencil and paper.

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

Morse High School \$25

DIVINATION SALON SERIES: RUNES

Runes are divination by ancient Norse letters. The runic alphabet was used to record events on ancient monuments and markers in Scandinavia, but they also had a poetic and magical function. Learn the basic meanings of the runes and how to cast them to answer questions and receive guidance.

Tuesday, 5/27, 5:30-7:30pm, 1 Night

Morse High School \$25

GHOST STORIES FOR SUMMER NIGHTS

Remember sitting around the campfire toasting marshmallows and telling scary stories? In this short course with Laurie Notch, you will learn the history of the ghost story, why it is popular in cultures worldwide, and how to spin your own spooky yarn for fun and entertainment. **Instructor: Laurie Notch**

Monday, Starts 7/14, 4-6pm, 5 wks

Brunswick High School \$50

WOMEN'S DAY RETREAT

Come spend a relaxing morning with Jeannie. Through the use of collective consciousness you will have the opportunity to access your creative side. We will create a group mandala that will honor and support not only our group but women around the world. As our time together progresses you will experience a meditation and Reiki session that will not only help you feel balanced and centered but also full of love. You just might feel as though you have had a massage for your soul. Take the time to pause, fill your cup, and honor all that you do as a woman. *There will be a potluck lunch hosted outside the classroom at the end of the program, so bring your favorite dish! Merrymeeting has a refrigerator that participants can use to store food. **Instructor: Jeannie Sullivan**

Friday, 5/9, 9am-12pm, 1 Day

Adult Ed Center, Topsham \$50

SUMMER SOLSTICE CEREMONY

Celebrate the Summer Solstice by honoring the light while making a joyful noise! Summer is such a wonderful time of year so let's ring it in with joy and music. Bring your rattles, drums, chimes, your voices and anything that you want to make music with! We will call in the directions, dance, sing, and have FUN!! Bring water to drink, a chair or something comfortable to sit on, something to eat and enough to share, as well as an offering to the earth. An offering can be birdseed, cornmeal, flowers, nuts, lavender, a stone, a song. *There will be a potluck lunch hosted outside the classroom at the end of the program, so bring your favorite dish! Merrymeeting has a refrigerator that participants can use to store food.

Instructor: Jeannie Sullivan

Friday, 6/20, 10am-12pm, 1 Day

Adult Ed Center, Topsham \$45

WORLD HISTORY FOR EVERYONE

Ever wonder about how the people of yore lived? Who were the Anunnaki? When did the first humans arrive in the Americas? Julius Caesar... a fashionista? Enter the 'Wayback Machine' to explore ancient societies around the globe from prehistory to 1500 C.E. with this engaging lecture course that shows how the past affects the present. History does repeat itself! **Instructor: Laurie Notch**

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

Brunswick High School \$60

HOW TO USE GOOGLE GEMINI (AI)

Learn how to create an account on Google Gemini, prompt language, its creativity to improve your work performance, and more. This short and simple 1-hr online class helps you to understand Gemini uses- both at work and in your personal life. This is NOT a technical, AI programming class. No prior knowledge necessary. Simply sit back and follow the class for personal enrichment and professional development. This is an intro class taught online. Taught by Kelum Training and Consulting. **Instructor: Preethi Fernando**

Friday, 5/9, 4-5pm, 1 Night

Online \$20



HOW TO USE CHAT GPT

An easy to understand class on what is Chat GPT, how to create your own account, how to give prompts to get the best results, writing resumes with Chat GPT's help, summarizing documents, writing emails, uploading photos, developing video content, and more. This short and simple 1-hr online class helps you to determine Chat GPT uses- both at work and in your personal life. This is NOT a technical, AI programming class. No prior knowledge necessary. Simply sit back and follow the class for personal enrichment and professional development. This is an intro class taught online. Taught by Kelum Training and Consulting. **Instructor: Preethi Fernando**

Friday, 5/9, 5-6pm, 1 Night

Online \$20

CHAT GPT SIDE HUSTLES: 20+ WAYS TO MAKE AN INCOME THROUGH CHAT GPT WORKING FROM HOME

Once you learn the multiple uses of Chat GPT, you will realize its unlimited potential in helping you make an income working from home. Creating social media content, writing resumes, and researching products are just a handful of examples. This class gives 20+ side hustle ideas that can bring you income, without you ever having to leave your home. No prior knowledge necessary. Taught by Kelum Training and Consulting. **Instructor: Preethi Fernando**

Friday, 5/9, 7-8pm, 1 Night

Online \$20

"I AM WORKING WORKING WORKING. BUT I AM ALWAYS BROKE. WHAT AM I DOING WRONG?" PERSONAL FINANCE CLASS FOR HARD WORKING FOLKS

Money management is a learnable skill. No one is "born" being an excellent money manager. Our relationship with money and how we feel about money affects our bank account. Cutting back on unnecessary spending helps the bottom line. Pay attention to the small stuff. They matter. Take an inventory of your financial leaks. Say no to picking up a family member's financial burdens. Avoid scams. Learn how to use AI to improve your financial literacy. Increase your ability to earn. Identify the financial "leaks" that are draining you. Taught by Kelum Training and Consulting. **Instructor: Preethi Fernando**

Friday, 5/9, 8-9pm, 1 Night

Online \$20



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

NEW AI CERTIFICATE

Give your organization a competitive advantage with Artificial Intelligence (AI). And position yourself in an emerging knowledge specialty and growth area. Explore what AI can do to reduce costs, gather more and better business data, automate time-consuming tasks, improve efficiency, lower human error, reallocate staff time for higher priority functions, and more. Then master the concepts and fundamental techniques of implementing AI. Finally, develop an AI plan and strategy to deliver results for your workplace. Walk away with the knowledge and confidence to help lead your organization into this exciting new area of business expertise.

AI Certificate, 4/7-6/27, 3 months, Online (Includes all 3 sessions below)	\$495
AI Planning and Strategies: 4/7-5/2	\$195
Intermediate AI: 5/5-5/30	\$245
Introduction to ChatGPT: 6/2-6/27	\$295

NEW CYBERSECURITY CERTIFICATE

Equip yourself with the foundational knowledge and advanced skills needed to safeguard networks, data, and systems from cyber attacks. Conquer the core principles of cybersecurity, develop strategies to protect networks, and gain hands-on experience in identifying and mitigating cyber threats. Come away with the essential tools and knowledge to succeed in the ever-evolving field of cybersecurity. Instructor: Marcus Lander

Cybersecurity Certificate, 4/7-5/2, 3 months, Online (Includes all 3 sessions below)	\$595
AI Planning and Strategies: 4/7-5/2	\$245
Introduction to Cybersecurity: 6/2-6/27	\$245
Network Security and Defense Strategies: 7/7-8/1	\$245

GRAPHIC DESIGN SOFTWARE ESSENTIALS CERTIFICATE

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

Graphic Design Software Essentials Certificate 4/7-5/2, 3 months Online (Includes all 3 sessions below)	\$545
Adobe Illustrator CC Essentials: 4/7-5/2	\$225
Adobe Photoshop CC Essentials: 5/5-5/30	\$225
Adobe InDesign CC Essentials: 6/2-11/29	\$225

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, 4/7-5/30, 2 months, Online (Includes both sessions below)	\$395
Quickbooks Online, Level 1	\$195
Quickbooks Online, Level 2	\$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. **Instructor: Sharon DeFonteny**

Bookkeeping Certificate, 4/7-6/27, 3 months, Online (Includes all 3 sessions below)	\$495
Understanding Debits and Credits: 4/7-5/2	\$195
General Ledger and Month End Procedures: 5/5-5/30	\$195
Closing Procedures and Financial Statements: 6/2-6/27	\$195

NEW BASICS OF BOOKKEEPING

The Basics of Bookkeeping course will help you understand, and know how to record, every penny that comes into your business and every penny that goes out of your business. This course shows you how to create a chart of accounts that meet your needs. All of the money you spend, and all of the money you earn, have a place to go. How do you record them? What are debits and credits? What do the numbers mean? How do I label accounts? Even if you outsource your bookkeeping needs, you should still have a basic understand of what happens with the money earned and the money spent. No one should be blind to his or her finances! In this course you will learn where the numbers go, and why! You will learn the bookkeeping terminology as well as what it means to keep track of the numbers. At the end of the cycle, what do the numbers mean? The Basics of Bookkeeping will show you how to keep track of the numbers and why! **Instructor: Sharon deFonteny**

Basics of Bookkeeping: 4/7-5/2, Online	\$195
---	--------------

CERTIFICATE IN MASTERING COMPUTER SKILLS FOR THE WORKPLACE

Get hands-on experience with the most widely used computer programs in the world, and take away the skills to create professional documents, presentations, and spreadsheets. 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, 4/7-6/27, 3 months, Online	\$495
(See individual session in description)	

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.

TRAVEL OPPORTUNITIES



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 page 8 for specific information about these info sessions.

SPRING BROADWAY, BIRDS & BLOOMS NYC ADVENTURE

There's something special about New York City in Springtime when the buds are busting, birds are singing and Broadway is hoppin! Please join us April 10-13 as we travel from Portland and points south to New York City. We'll spend three nights at the lovely Belvedere Hotel in Times Square, experience a Broadway show, wander through the Brooklyn Botanical Garden and discover extra insider experiences. See online description for more details.

Coordinated by Nancy Dorrans/Adventure Marketplace

Tour includes: Deluxe motorcoach transportation, 3 nights at the Belvedere Hotel (near Time's Square), garden tours, Broadway show (TBA), all taxes, fees, services of a tour escort throughout.

Trip Dates: April 10-13, 2025 TBA

WEEKEND ADVENTURE TO CAPE COD & THE NANTUCKET DAFFODIL FESTIVAL

Trip Description: Welcome spring on this escorted luxury Motorcoach tour from Portland to Cape Cod. Experience the 49th annual Daffodil Festival on the quaint island of Nantucket. Wear your daffy hats and cheer during the Antique Car Parade, which features over 100 daffodil-bedecked vintage cars. Enjoy free time to explore Hyannis & Nantucket and tour local museums in Sandwich and Cambridge, MA. See online description for more details.

Coordinated by Nancy Dorrans/Adventure Marketplace

Tour includes: Deluxe motorcoach transportation, museum visits, 2 Nights - Hyannis Harbor Hotel, breakfast daily, ferry to Nantucket

Trip Dates: April 25-27, 2025 TBA

MONTREAL & EASTERN TOWNSHIPS OF QUEBEC GARDEN TOUR

Memorial Weekend - 3 Night Deluxe Motorcoach tour from Portland to Magog and Montreal, Quebec

Join us for a rich springtime experience to Quebec's beautiful Eastern Townships and Montreal, the cultural capital of Canada. We will depart from Portland, Maine, head northwest to "Oh My Gog" Magog, Quebec and Parc Marie-Victorin before heading to Montreal. Learn the traditional method for making Champagne (and taste the results). Experience Montreal's rich history in Old Montreal; explore one of the world's greatest botanical gardens, and partake in a magical lanterns festival of light. **PASSPORTS or PASSPORT CARD ID's REQUIRED.** See online description for more details.

Coordinated by Nancy Dorrans/Adventure Marketplace

Tour includes: Custom Coach transportation, Hotel accommodations at Hotel Étoile-sur-le-lac in Magog, 2 nights at the Marriott Springhill Suites in Montreal, Winery tour/tasting, Orford Express Scenic Brunch train ride, Montreal Botanical Gardens and evening Lanterns of Light tour. All taxes, fees and baggage handling

Trip Dates: May 23-26, 2025 TBA

AMERICA'S MUSIC CITIES

Tour featuring New Orleans, Memphis & Nashville
Enjoy a finger-snapping, toe-tapping time on a tour of America's most famed musical cities – New Orleans, Memphis, and Nashville. Experience New Orleans, where jazz, food and fun are always on the menu. Explore New Orleans with a tour highlighting the city's musical history and influence. Spend 2 nights in Memphis, "birthplace of the blues." Choose how you explore Nashville highlights – with a chocolate-making lesson or a visit to the Johnny Cash Museum. Enjoy reserved seats at the Grand Ole Opry in Nashville. See where country legends recorded hit tunes at RCA Studio B. You'll be hummin' and strummin' long after you've returned home.

Coordinated by Collette Travel

Trip Dates: December 5-8, 2025 .. \$4,179-\$5,079/pp

DISCOVER SCOTLAND

Tour featuring Glasgow, Scottish Highlands & Edinburgh
From its rugged sea-sprayed islands to its stately castles layered in history, Scotland awaits. Learn how to play the bagpipes and enjoy dinner at the National Piping Centre's farm-to-table restaurant. Take a cruise on famed Loch Ness. Visit a local family on their farm and meet their sheepdogs. Marvel at the stunning Isle of Skye. Explore the Orkney Islands' ancient Skara Brae. Visit Dunrobin Castle. Explore the regal city of Edinburgh. Put a modern twist on Scottish cuisine during an interactive cooking class. Discover a land of rolling green Highlands, friendly sheepdogs, and historic castles.

Coordinated by Collette Travel

Trip Dates: February 7-10, 2025 .. \$5,029-\$6,029/pp

CANADIAN ROCKIES & GLACIER NATIONAL PARK

Experience the wonders of the Canadian Rockies and Glacier National Park, from ice fields and rushing waterfalls to glacial peaks and towering summits.

Coordinated by Collette Travel

Trip Dates: June 15-21, 2025

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

MODERN JAPAN

Immerse yourself in Japan's rich blend of ancient traditions and modern culture.

Coordinated by Collette Travel

Trip Dates: October/November 2025

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

SPOTLIGHT ON THE FRENCH RIVIERA

Discover the chic resorts, sun-soaked beaches, and timeless elegance of the French Riviera, a playground for the rich and famous.

Coordinated by Collette Travel

Trip Dates: November 6-14, 2025

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





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. *Any discount or credit must be applied at time of registration, please call to receive discount.*

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 Schools.
- **VETERAN'S** receive a \$10 discount on classes of more than two nights.
- **NO DISCOUNT** on one or two-night classes, or where indicated. One discount per class.

WILL I RECEIVE A CONFIRMATION?

Yes, by email only. ALL course communication is done via email. Please provide a valid 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. We do not mail receipts or confirmations through the USPS. **PLEASE DO NOT UNSUBSCRIBE from emails you receive from CourseStorm. This will remove you from all CourseStorm correspondences FOREVER. This includes emails you would receive from us regarding important class information and reminders and cannot be changed.**

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 THREE** business days before the first class to be eligible for a refund, minus 12% card processing fees, or transfer to another class.
- We **DO NOT** issue refunds or credits for any missed class or workshop.
- We **DO NOT** issue refunds after a class has started.
- We reserve the right to cancel a class for any reason. If we cancel a class, all fees are refunded.

AGE + DISCRIMINATION POLICY

The minimum age to participate 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!



163 Park Row • Brunswick
207.729.2271

Students receive a discount when
purchasing supplies for classes.



THANK YOU Lee Toyota for taking care
of our Driver's Ed cars and making sure
our students are safe!



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



Use the QR
Code to the
left to visit
our website!