

MAINE

AdultEd

Marshwood Adult Education

www.marshwood.maineadulted.org
(207) 384-5703

Kittery Adult Education

www.kittery.maineadulted.org
(207) 439-5896



Career Development
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Community Learning Together

► Kittery & Marshwood Fall 2021

Get Started Today!

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Program Staff

Director
Linda Greer
Marshwood & Kittery Adult and Community Education

Marshwood Adult Education
Jennifer Marcus,
Team Coordinator

Kittery Adult Education
Cindy Furbish, Assistant Director

Marshwood & Kittery Adult Education
Marci Dionne, Career Access Program Specialist
Beth Dodd, Volunteer Coordinator



Director Letter

Thank you for taking an interest in our programs for the fall. I hope you are ready to add some new learning to your plans. The creative enrichment classes fill fast. We know you have many options as our communities continue to find safe ways to reopen and learn together. We continue to follow the Kittery and Marshwood School District requirements for in-person learning.

You will see classes to refresh, rebuild or explore new options for finishing your high school diploma, prep for college, complete employer applications, earn Digital Badges, all with advising support. We are hearing from employers, students and teachers about the benefits of Adult Education programs that offer both in-person and teacher facilitated remote learning experiences.

Adult Education supports the new skills needed to read, write and learn from a screen using multiple keyboards and less paper. Some jobs require you to remember how to use formulas and equations. Check into one of our academic labs for digital literacy and refresh lifelong skills.

We look forward to seeing you this fall. It's the season to seek what is important to you. We are here to help, see your smile and connect with our community.
— Linda Greer

Our Locations

Office Hours at Both Locations.
Please call/email for an appointment.



Kittery Adult Education
Traip Academy
12 Williams Ave, Kittery, ME 03904
(207) 439-5896
www.kittery.maineadulted.org

SCAN
QR CODE
To view our
Kittery
Brochure ►



Marshwood Adult Education
Marshwood High School
260 Dow Hwy.,
South Berwick, ME 03908
(207) 384-5703
www.marshwood.maineadulted.org

SCAN
QR CODE
To view our
Marshwood
Brochure ►

High School Diploma and College & Career Prep: Marshwood & Kittery

Maine residents are eligible for FREE College and Career advising, academic classes for diploma credit, HiSET preparation, and HiSET testing. There are two ways to earn a high school credential through Adult Education in Maine:

- 1

Adult High School Diploma

A high school diploma is awarded after a learner earns a specified number of credits in English, Math, Social Studies, US History, Science, and Elective Studies. Previously earned high school credits can be applied toward an Adult High School Diploma.
- 2

HiSET

The HiSET program consists of (5) tests: A learner must complete and pass five (5) pre-tests and five (5) official tests in the subject areas of Writing, Reading, Social Studies, Science, and Mathematics. Passing these tests demonstrates a learner has the same skills and knowledge as a high school graduate. Online learning also available through Essential Education.

Additional Fee Information
Non-academic program students are as follows: Math or English \$80, Sciences with a Lab \$150.

Fall 2021 High School Completion Schedule

Schedules subject to change. Below is a listing of Academic courses being offered at both locations this semester. Check the web for new classes added throughout the semester.

Kittery Academics Starting Sept. 2, 2021		Marshwood Academics Starting Sept. 7, 2021
Location	Traip Academy 12 Williams Ave. Kittery, ME 03904 (207) 439-5896	Marshwood High School 260 Dow Hwy. South Berwick, ME 03908 (207) 384-5703
Mondays	Advising/HiSET pre-testing, 1:00-4:00pm Math Skills Boost, 6:00-8:00pm	
Tuesdays		Digital Literacy, 1:00-4:00pm Academic Lab, 4:00-7:00pm English Literature, 5:00-8:00pm
Wednesdays	Academic Lab, 1:00-4:00pm	Advising/HiSET pre-testing, 1:00-4:00pm Digital Literacy, 1:00-4:00pm Economics/Geography, 5:00-8:00pm
Thursdays	Advising/HiSET pre-testing, 1:00-4:00pm English Writing, 5:00-7:30pm	

Career Development



Behavior Health Professional Training

👤 **Woodford Services** **ONLINE**

Children’s Behavioral Health Services are vital to Maine’s children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. The need in our area is great! We are excited to connect our adult education community with this wonderful ONLINE training program. The online training will equip you to successfully help children who are currently on a waitlist for services. The training will prepare you for employment through local social services agencies. The program can be started at any time and finished at your own pace. You will complete 12 online modules then 3, 4-hour live sessions, including the new ethics and boundaries training. Once the modules are completed, participants that do not already possess CPR certification will be required to complete either in-person or blended Child & Adult CPR/FA training. Grant funding will cover the cost of the training (up to \$100). Woodford’s offers several training times per month at our Westbrook location. CPR/FA in-person skills training is offered at Marshwood Adult Education on 9/15 or 9/28 from 6:00 - 7:30 PM. The entire BHP training requirements will take about 45 hours. Any individual who will be 18 years of age or older upon completion of the course may register.

Linda Greer, the Director of Marshwood and Kittery Adult Education will advise and support students on their training journey. Linda has expertise in the BHP field.
Registration Fee: \$25

College and Career Access

Are you thinking about making a change in your job or career? Are you considering going back to school to further your training or education, but are not sure of your options? Our college and career advisor can meet with you to complete career assessments, explore options that fit your needs, and make a plan to help you reach your goal. Our advisor can also assist you with applying for financial aid and scholarships. Basic math, Algebra, and English courses are also available, if needed, to help you improve your Accuplacer test scores. We’re here to assist you with your transition to a new job or training program. Call or email us today for a free appointment!

Career Workshops Presented by the York County Career Center Resume Writing:

This FREE, in-depth training will teach you how to market yourself in today’s job market. You will increase your understanding of modern job searches and learn how to make your resume help you stand out as a competitive applicant.
Wednesday, Sept. 29, 6:00-7:30pm

Interviewing Tips and Techniques, Including Virtual Interviewing

This FREE, comprehensive training will teach you how to market yourself in today’s job market and how to arrive at your interview ready to impress.
Wednesday, Oct. 6, 6:00-7:30pm

For More Information or To Make An Appointment Contact Us Today!

Kittery Adult Ed: (207) 439-5896
Marshwood Adult Ed: (207) 384-5703

DID YOU KNOW? We Proctor High Stakes Tests College Exams, Accuplacer and HiSET

Reduce stress, save money, and eliminate driving time associated with taking exams. Marshwood Adult Ed proctors paper and computer-based exams for colleges around the world.

Many testers receive free proctoring services, while others pay a nominal fee. Both Marshwood Adult Ed and Kittery Adult Ed offer Accuplacer and HiSET testing, as well as World of Work Inventory (WOWI) career assessment and advising.

Career Development

Adult & Pediatric CPR/ First Aid/AED

👤 **Brian Senesac**

This course, which meets OSHA/ workplace requirements, will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children, and infants. You will learn to care for first aid emergencies such as: burns, cuts, scrapes, sudden illness, head, neck, back injuries, and heat and cold emergencies. Students who successfully complete this course will receive an American Red Cross Certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. This is a blended online/in-person course.

Please choose one session:
Session 1: Wednesday, Sept. 15
6:00-7:30pm
Session 2: Tuesday, Sept. 28
6:00-7:30pm
Course Fee: \$115

Commercial Drone Pilot Exam Class

👤 **Tomas Dundzila**

As a commercial drone pilot you are responsible for your aircraft and actions. This 8-week course will prepare you for the FAA remote pilot certification test (Part 107). After passing the test (not included in class), as an FAA-certified drone pilot you may fly for business, a commercial enterprise, non-profit work, or for educational purposes. This course is intended for people that do not have another pilot certificate. The intense course will consist of weekly quizzes, lectures, and discussions. Students are expected to prepare for each session by reading material on the internet and in the printed study guide. A simulated exam will be given during the final session. 250-page study guide is included with the registration. Participants must be at least 15 years old.

8 Tuesdays Sessions
October 12-December 7, 6:00-7:30pm
Course Fee: \$195

Wastewater and Drinking Water Career Information Night

Ever consider a career as a drinking water or wastewater treatment plant operator? Many current treatment plant workers are nearing retirement age, and there are not enough new workers entering the industry to meet demand. Recent high school graduates looking for steady work or anyone thinking about a new career with good pay, benefits, and economic stability can find career opportunities in the water treatment and distribution fields. Come learn about paid apprenticeship positions, the new 1 and 2 year SMCC Water Treatment certification program, scholarship opportunities and hear from presenters that work in every area of the field.

Thursday, October 7, 6:00-7:00pm
Kittery Adult Education
FREE, registration required

Technology Classes Your Way

Earn digital literacy microcredentials in the areas that interest you, choose from:

- Basic Computer Skills
- Internet Basics
- Using Email
- Microsoft Word Office
- Windows 10
- Career Search Skills

6 Tuesday Sessions
Sept. 21-Oct. 26, 6:00-8:00pm
Marshwood Adult Ed.
Course Fee: \$30

Math Skills Boost **ONLINE**

👤 **Samee Mushtak**

Online/live class, Math Skills Boost for high school completion or pre-employment testing. This class will support a variety of student needs.
8 Monday Sessions
September 20-November 15
6:00-8:00pm
Course Fee \$40

Rise Up Retail Credential

These 3 retail certifications designed by the National Retail Federation are offered in a blended learning format using an online platform as well as local adult education instructors and retail professionals. You can take one certification class or all three. If you are or become an adult education student there are options to assist with or cover the course fees.

- Choose from:
- Retail Industry Fundamentals Credential
 - Customer Service & Sales
 - Business of Retail: Operations & Profit

Open Enrollment
Call For Funding Options



Volunteers Needed!

We are looking for volunteers who can offer a few hours of time on a regular basis. A wide range of opportunities are available:

- Tutor a Student
- Join the Advisory Teams
- Classroom Support Tutors
- Work Skills Tutoring and/or Job Shadowing
- Getting the Word Out

Kittery Online Classes: Ed2Go



**100's of Classes
to Choose From!**

- ▶ Instructor Led Courses!
- ▶ NEW Certificate Programs!
- ▶ 24-hour Access!



Instructor Led Online Courses

Introduction to QuickBooks Online

Use this cloud-based accounting program to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.

Current Price: \$115

Introduction to Microsoft Excel 2019/Office 365

Do you manage large sets of numbers, names, dates, or other pieces of information? If so, then you need to create worksheets to manage, store, organize, and even analyze this information. Excel, Microsoft's powerful spreadsheet software, is the most widely-used program to handle this task.

Current Price: \$129

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Current Price: \$115

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

Current Price: \$115

Introduction to Interior design

Are you a creative person with an eye for design? If so, this course will show you how to transform plain living spaces into beautiful and functional rooms.

Current Price: \$115

A to Z Grant Writing Series

Learn all there is to know about writing grants, fundraising, and organizing a grant writing campaign. This group of online classes is ideal for those wanting to learn more about managing fundraising.

Current Price: \$115

For a Complete List of Online Courses Visit:

- ▶ ed2go.com/kae

Career Training Certificate Programs

Administrative Dental Assistant

This nationally recognized Administrative Dental Assistant Online Certificate Program will teach you the essential skills for managing the business aspects of a dental practice and becoming an administrative dental assistant.

Current Price: \$1,795

Home Inspection Certificate

The Home Inspection Certificate Course covers the principal components, procedures, and processes of home inspection. This course has also been approved by the American Society of Home Inspectors (ASHI).

Current Price: \$2,295

Child Development Associate Training

This certificate program in Childcare and Education will allow you to earn your national Child Development Associate (CDA) certification, while working at your own pace in a flexible, self-directed online learning environment.

Current Price: \$850

Medical Terminology

In this program, you will not only learn and understand the medical terms themselves, but also their application, making you a valuable asset to a healthcare team.

Current Price: \$795

Veterinary Assistant

Learn about every aspect of veterinary assisting, including anatomy and physiology, animal restraint, laboratory sample collection, assisting in surgery and dentistry, prescription preparation, and taking radiographs.

Current Price: \$1,995

For a Complete List of Certificate Programs Visit:

- ▶ careertraining.ed2go.com/kae

Marshwood Online Classes: UGotClass



"Information That Works!"

Online Certificates For Business And Career

An adult education staff member will advise you on course selection and connect you with any needed support during the class. Local or state grant funding may reduce or eliminate the cost of the courses. Classes within the certification programs may be taken individually. Please contact us for more information.

For a Complete List of Classes and to Register Visit:

- ▶ <https://yougotclass.org/index.cfm/Marshwood>

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.

The Bookkeeping Certificate courses must be taken in the below order (the classes build off each other):

- Understanding Debits and Credits
- General Ledger and Month End Procedures
- Closing Procedures and Financial Statements

CEUs/ILUs: 4.8

Length (in hours): 48

Price in USD \$495.00

Certificate in Leadership Development

Especially geared for future leaders in the Gen Y generation (born 1980-1999), the certificate provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals.

CEUs/ILUs: 4.8

Length (in hours): 48

Price in USD \$395.00

Self Study Data Analysis Certificate

Online self-study courses are designed for self-directed learning, allowing participants to begin and end classes at their convenience.

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

CEUs/ILUs: 4.8

Length (in hours): 48

Price in USD \$495.00

Mastering Excel Certificate

Begin with learning how an Excel worksheet is constructed, populated with content, and edited for delivery. Discover how various menu items, commands, settings and processes affect the look of your Excel worksheets and workbooks. Then, increase your efficiency by learning how to organize, display and calculate your data into useful information. Identify different types of data and how data can be best visually represented or formatted, by using different data tool techniques. Finally, you'll learn a variety of Excel's most powerful features to analyze data quickly and easily.

CEUs/ILUs: 4.8

Length (in hours): 48

Price in USD \$495.00



Many More Courses and Certificates Available Including:

- ▶ **Social Media for Business Certificate**
Course fee: \$495, CEUs: 4.8
- ▶ **Instagram for Business**
Course Fee \$195, 1.6 CEUs
- ▶ **Certificate in Project Management**
Course Fee: \$495, 4.8 CEUs
- ▶ **Digital Reporting**
Course Fee: \$195, 1.6 CEUs
- ▶ **Spanish for Medical Professionals**
Course Fee: \$290, 3.2 CEUs
- ▶ **WordPress Certificate**
Course Fee: \$495, 4.8CEUs
- ▶ **Certificate in Teaching Adults**
Course Fee: \$295, CEUs/ILUs: 3.2

ELL, CITIZENSHIP & MORE



ELL–English Language Learners Kittery Adult Education

Enroll: Call (207) 439-5896
We offer classes and tutoring in
ELL-English Language Learners.

FREE! Ongoing Enrollment
Mondays
ELL 1:00-4:00pm
Tuesdays
Conversational ELL, 6:00-8:00pm
ELL/Prep. For Citizenship, 6:00-8:00pm
Thursdays
Conversational ELL, 6:00-8:00pm
ELL/Prep for Citizenship, 4:30-6:30pm
ELL, 1:00-4:00pm

Workplace ELL (English Language Learners)

We know how short staffed many of our local businesses are right now, so keeping the employees you already have and helping them to be successful in the workplace, is critical. Adult Education looks forward to collaborating with local business to offer Workplace ELL classes. Classes would be offered on site at your location. This will make it easier on your employees, especially if transportation and scheduling is an issue. As your busy season winds down, feel free to reach out to us this fall, winter or spring to discuss details.

Preparation for Citizenship Kittery Adult Education

Enroll: Call (207) 439-5896
This class will prepare you to take
the U.S. Citizenship exam.

FREE! Ongoing Enrollment
**Varied days/times, please call
for appointment.**

**NEW! Academic and Career
Access Labs**
Available At Both Locations
FREE! Individual and group tutoring for
Math, Computer Science and English
is scheduled based on student needs.
Computers are available to support
HiSET test prep, career exploration,
employer testing and job applications.



The World of Work Inventory (WOWi)

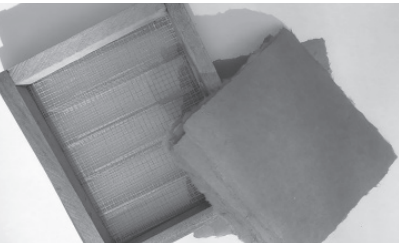
The World of Work Inventory (WOWi) is
a comprehensive career assessment
instrument, which has been carefully
constructed to help a person learn the
most about him or herself in relation to
the wide variety of occupations available.
The WOWi provides a personalized profile
for each person. As a result, you will
receive a listing of occupations most
suitable to your unique combination of
personality, interests and skills.

If you are uncertain about what career
you should be in, if you are considering
a career change, or thinking of going back
to school, the WOWi Online can help you
explore your options, so you can make the
best and most informed career decisions.
Finding the right line of work is not always
easy. Because you’re a complex person,
you need a career test that measures
more than one aspect of who you are in
order to help you find the most suitable
and satisfying occupation.

That’s why WOWi Online measures
interests, aptitudes, and personality.
You will receive customized reports with
career recommendations as well as
O*NET career growth outlooks, salary
ranges, and levels of education and
training needed to enter the industry.

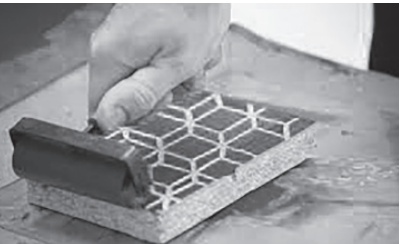
**Free, call for link to take the online
assessment then meet with the career
counselor to interpret the career reports.**

KITTERY: Art & Crafts



All Things Paper

Gayle Fitzpatrick
Paper has been around for 2,000 years
and we are going to explore all facets
of it! Starting with making sheets of
paper, to marbling paper, to binding
books, to sculpting, as well as creating
amazing cards.
4 Tuesday Sessions
Sept. 28-Oct. 19, 6:00-8:00pm
Course Fee: \$56
Material Fee: \$7, payable to instructor



Printmaking

Gayle Fitzpatrick
In this class, students will develop a basic
understanding of printmaking processes.
We'll create monoprints, Japanese
Gyotaku prints and finish with linoleum
block relief prints. For or final project,
students will learn to design and develop
a relief print by carving a linoleum block,
inking up and printing the block and learn
how to edition and sign prints.
4 Tuesday Sessions
Oct. 26-Nov. 16, 6:00-8:00pm
Course Fee: \$56
Material Fee: \$7, payable to instructor

Register Today!

▶ kittery.maineadulted.org

▶ (207) 439-5896

Intermediate Drawing

Gayle Fitzpatrick
Students in Drawing II will engage in
sequential learning experiences that
encompass aesthetics and production
and lead to the creation of portfolio
quality works. Further development of
drawing skills is the primary objective
of this class and uses the human figure,
landscape, still life and design work to
help accomplish this goal. Students will
learn various techniques and different
approaches to drawing through the use
of chalk, colored pencil, conte crayon,
pastels, pen and ink, charcoal, and pencil.
Drawing II students will critique their
own and others works. Bring to class:
materials list supplied at registration.
5 Tuesday Sessions
Nov. 23- Dec.21, 6:30-8:00pm
Course Fee: \$58

Drilled Beach Stone: Necklace and Key Ring

Susan Randall
Learn to turn beach stones into beautiful
one of a kind necklaces and key rings
by safely drilling beach stones, setting
grommets and attaching jump rings.
At the end of class, you will have
2 necklaces and 1 key ring. Choose from
prepared stones that Susan will provide.
If time allows additional materials may be
purchased to make more items.
Class size limited to 6.
2 Thursday Sessions
Oct. 7-14, 6:00-7:30pm
Course Fee: \$69
Material Fee: \$5, payable to instructor

Holiday Victorian Boxwood Tree

Felicia Motherway
Fashion an elegant, holiday decoration
from fresh boxwood, velvet ribbon,
gold balls, berries and naturally dried
gypsophila.
Monday, Nov. 22 or Thursday, Dec. 2
6:00-8:00pm
Course Fee: \$15
Material Fee: \$25, payable to instructor



Holiday Wreath Decorating

Mary Alice LaPoint and Donna Mogardo
Create a beautiful holiday wreath
using natural items such as holly, pine
cones, balsam, and recycled Christmas
decorations. You will receive a fresh
wreath and swag to decorate. Participants
are encouraged to bring unused
Christmas decorations they have around
the house, or greens from your property,
giving them a new life on your wreath,
or share with the group. A portion of the
proceeds will go to charity.
Tuesday, Nov. 30, 6:30-8 pm
Course Fee: \$20
Material Fee: \$20, payable to instructor

Sgraffito Plate – Pottery Hand Building techniques

Pam Hansen
Sgraffito (in Italian “to scratch”) is a
decorating pottery technique produced
by applying layers of color or colors
(underglazes or colored slips) to leather
hard pottery and then scratching off
parts of the layer(s) to create contrasting
images, patterns and texture and reveal
the clay color underneath. Lessons
include hand-building techniques.
Homework includes making the sgraffito
base into a heavy cream.
3 Thursday Sessions
Oct. 28 – Nov.18 * no class Nov. 11
6:30-8:30pm
Course Fee: \$30
Material Fee: \$50, payable to instructor

KITTERY: Arts & Crafts

Stained Glass Mosaics ONLINE

Leslie Doherty

Learn the fine art of stained glass mosaics as you create your own unique piece of art. Project choices include a garden stepping stone, a large planter pot, a mirror, or 4 small tile trivets (coasters). The instruction will take place virtually. Each participant will pick up their kit of materials - plenty of stained glass pieces (planter pot, mirror or stepping stone), glue, popsicle stick, and grout. This workshop is great for all ages and no experience is necessary. You will pick up your materials curbside at Kittery Adult Education (Traip Academy) a few days prior to class. A Zoom link will be emailed at least 1/2 hour before the class time. You will be contacted to arrange a pickup time of the materials.

Thursday, Oct. 14, 6:00-8:00pm

Course Fee: \$20

Material Fee: \$30 payable to instructor at time of kit pick-up (cash preferred)

Watercolor Painting

Doris Rice

Focus on watercolor painting techniques. Bring to class: materials list supplied at registration.

5 Monday Sessions

Nov. 1-29, 4:30-6:30pm

Course Fee: \$85

Goat Milk Soap Making

Sarah Holden-Remick

In this class, you learn the basics of cold process soap making and learn how to integrate goats milk and honey into your soap making. The class will make a batch of honey and goats milk soap. Students will each leave the class with 2 bars of fully cured soap of the same design as made in class and a handout with the recipe and instructions for making goats milk soap at home.

Monday, Oct. 18 or Thursday, Nov. 4, 6:00-8:00pm

Course Fee: \$27

Material Fee: \$20, payable to instructor

String Art Cards

Sarah Holden-Remick

In this class, you will learn how to make holiday theme string art gift cards. You will be able to choose from 4 designs and will make two cards during the class. All the materials that you need will be provided during the class.

Thursday, Nov. 18, 6:00-7:00pm

Course Fee: \$15

Material Fee: \$10, payable to instructor

Spa Gift Set

Sarah Holden-Remick

You will learn how to make a selection of bath and beauty products perfect for the home spa experience. In the class, we will make all natural solid lotion bars, cleansing sugar scrub cubes and dry face masks. You will leave the class with 2 mini solid lotion bars, a jar of cleansing sugar scrub cubes and a dry face mask. You will also leave with the recipes used in the class.

Monday, Dec. 6, 6:00-7:30pm

Course Fee: \$27

Material Fee: \$15, payable to instructor

Beginner Paper Quilling

Dianne Couture

Paper Quilling looks intricate and complicated but it is surprisingly simple. It's easy to learn and fun to see assembled shapes result in finished designs! In this class you will learn the art of rolling and scrolling pre-cut strips of quilling paper with a quilling tool, start a reference card of shapes and complete your first project. Kits available for purchase. Bring to class: Materials list supplied at registration.

5 Tuesday Sessions

Sept. 14-Oct. 12, 6:30-8:00pm

Course Fee: \$55

Register Today!

- ▶ kittery.maineadulted.org
- ▶ (207) 439-5896



Beginner Paper Quilling - continued

Dianne Couture

Continue rolling, scrolling, shaping and creating. It's amazing how many different shapes can be made out of a rolled paper coil! Learn additional techniques and applications, add to your reference card and complete additional projects. Bring to class: Your Quilling Kit & a good amount of quilling paper

5 Tuesday Sessions
Oct. 19-Nov. 16, 6:30-8:00pm
Course Fee: \$55

Intermediate Paper Quilling

Dianne Couture

Gather with other experienced paper quillers, continue projects and learn shortcuts, tips and tricks to create a variety of finished pieces. Bring to class: A good amount of quilling paper in a broad array of colors.

5 Tuesday Sessions
Sept. 14-Oct. 12, 3:30-6:00pm
Course Fee: \$55

Intermediate Paper Quilling - continued

Dianne Couture

Continue working on new projects with other experienced paper quillers.

5 Tuesday Sessions
Oct. 19-Nov. 16, 3:30-6:00pm
Course Fee: \$55

KITTERY: Technology

Rice Public Library Tech Series

Join librarian Katie Lyons for technology classes. Classes will take place via Zoom. You may access Zoom on any device you have.

Virtual Meetings with Zoom

ONLINE

Virtual meetups and events are here to stay. In this class, we'll explore Zoom, Google Meet, and Facebook Rooms, and you'll learn how to host any event online.

Thursday, Sept. 9, 6:00-8:00pm
Course Fee: \$15



Streaming Movies and Media

Have you considered 'cutting the cord' and getting rid of your traditional cable package? From local news to live TV to premium cable, find out all the ways to watch what you want and leave the rest behind.

Thursday, Sept. 16, or Sept. 23 or Sept. 30, 6:00-8:00pm
Course Fee: \$15

Instagram ONLINE

Grow a business, find your friends, and edit your photos to perfection. Whether you're on Instagram for fun or for your business, we will look at all of the tools you can have on hand to build your best page.

Thursday, Oct. 7, 6:00-8:00pm
Course Fee: \$15



Facebook for Business 1

ONLINE

Creating a Facebook page for your business or organization is one thing - using it as an advertising tool is another. Learn the best ways to get the word out about your page, how to incorporate photos and video, and reach as many customers as possible.

Thursday, Oct. 21, 6:00-8:00pm
Course Fee: \$15

Facebook for Business 2

ONLINE

Learn how to fine-tune your social media presence by creating effective and engaging content, networking, and promoting your business across different platforms. This session is for users who are familiar with the nuts and bolts of a Facebook business page.

Thursday, Nov. 4, 6:00-8:00pm
Course Fee: \$15

Register Today!

ONLINE kittery.maineadulted.org

PHONE (207) 439-5896

Gmail and Google Apps ONLINE

There's more to Gmail than meets the eye! Explore the apps that make Google Apps and Gsuite powerful, and all of the things you can do with your Gmail account.

Thursday, Nov. 18, 6:00-8:00pm
Course Fee: \$15



Podcasts

What is a podcast? What makes them unique? How can you listen to them? Answer these questions and more as we dive into the medium. This class will be more about finding and listening to great podcasts, less about starting your own.

Thursday, Dec. 2, 6:00-8:00pm
Course Fee: \$15

Tablet Time! ONLINE


Thinking of buying a tablet? Do you have one, but are unsure of what to do with it? Have a hands-on demonstration of Apple and Android tablets. Discover great apps, connect with others, and bring your questions!

Thursday, Dec. 9, 6:00-8:00pm
Course Fee: \$15

Register Today!

- ▶ kittery.maineadulted.org
- ▶ (207) 439-5896

Introduction to Zoom
Wellness with
Carolann Cliche

 Carolann Cliche holds a diploma in CAM Complimentary-Alternative Medicine and NLP Neurolinguistics Practitioner; she holds certification as a CAM Pain Management Practitioner and Master Clinical NLP/ Hypnotherapist since 1998. Over the years, she has helped hundreds of clients achieve their wellness goals. She has a Zoom Wellness therapy practice and has authored 10 self-help eBooks based on modern Neuroscience of “retraining” the brain with her 4R’s Neuro-healing System.

Healing Trauma & Post-Covid
Stress ONLINE

The past 18 months of living in a world with Covid-19 has turned our lives upside down. People have experienced prolonged stress, fear, anger, resentment, loss, and isolation. Now that many of the restrictions are being lifted, people are experiencing symptoms of post-covid stress or PTSD (post-traumatic stress disorder) in the form of anxiety, panic or fears, agoraphobia (fear of being in public), depression, grief, anger, resentment, unexplained pain. Retrain Your Brain neural retraining techniques “resets” the PTSD brain by releasing the embedded emotions associated with stress and a traumatic event.
Wednesday, Sept. 22, 6:00-8:00pm
Course Fee: \$49
Material Fee: \$10, for eBook, purchased from instructor prior to class

The Mind-Body Weight
Loss System ONLINE

The last weight loss program you will ever need! This is a complete program that includes a holistic nutrition food plan (diet) and teaches you how to use the hottest new weight loss therapy - neural retraining to change unhealthy eating habits for lasting weight loss. It includes my eBook “The Mind-Body Weight Loss System” that includes the food plan, NLP techniques and a Recordable Meditation Therapy Script that paves new neural pathways for steady weight loss to help keep the weight off! **BONUS:** 30-minute NLP therapy session in-class that you can record to change eating habits and jumpstart your weight loss
Tuesday, Sept. 14, 6:00-8:00pm
Course Fee: \$39
Material Fee: \$10, for eBook, purchased from instructor prior to class

There’s Life Beyond Pain
ONLINE

This is the ultimate self-care pain management program. My revolutionary Retrain Your Brain approach to opiate-free pain relief teaches proven techniques that put you back in control of pain instead of pain controlling you. Learn powerful NLP pain anesthesia techniques. There’s Life Beyond Pain eBook is full of pain management strategies: diet changes, activity pacing, natural stress reduction and how to set up a self-care program. Includes a Recordable Meditation Script for pain relief that infuses the mind and body with relaxing pain relief. **BONUS:** a 30-minute NLP pain relief therapy session in-class that you can record for home use.
Tuesday, Oct. 5, 6:00-8:00pm
Course Fee: \$39
Material Fee: \$10, for eBook, purchased from instructor prior to class

Register Today!

- ▶ kittery.maineadulted.org
- ▶ (207) 439-5896

Stop “Yo-Yo” Dieting! Change
Your Eating habits! ONLINE

You can take back control of your weight and eating habits with this program to help you eliminate unhealthy eating habits; stop emotional eating, overeating and junk food cravings using powerful neural retraining techniques. Includes eBook “Stop Weighing In”.
Tuesday, Oct. 26, 6:00-8:00pm
Course Fee: \$39
Material Fee: \$10, for eBook, purchased from instructor prior to class

14 Day Smoking Cessation
Program ONLINE

The Great American Smokeout in November 18th. The 14 day program gets to the root cause of why you smoke and eliminates it! Includes my eBook “Retrain Your Brain To Successfully Stop Smoking”.
Thursday, Nov. 4, 6:00-8:00pm
Course Fee: \$39
Material Fee: \$10, for eBook, purchased from instructor prior to class

Relax Naturally for the Holidays
ONLINE

Just in time for the hectic holiday season. You can learn how to release stress and Retrain Your Brain to relax naturally. Learn NLP techniques that help you cope and manage stress better, at any time of year. Neural retraining for stress control has a lasting effect by calming the “fight or flight” stress response. It reduces anxiety, panic and other stress symptoms. Relieves stress-related insomnia so you sleep better and have more energy. **BONUS:** 30-minute NLP therapy session for controlling stress (you can record for home use).
Tuesday Nov. 9, 6:00-8:00pm
Course Fee: \$19
Material Fee: \$10, for eBook, purchased from instructor prior to class

Reflexology of the Feet -
Creating a Balanced and
Grounded Body

▲ Sharon Trull
Reflexology is a specific touch technique of applying pressure to reflex points of the feet and hands that correspond to all the glands, organs and systems of the body. The physical act of applying pressure to the reflex areas results in improvement in circulation, reducing body stress and promoting physiological changes in the body. Sharon Trull, NBCR, started her career in the health and wellness field 30 years ago.
Tuesday, Oct. 19, 6:30-8:00pm
Course Fee: \$20

Reiki Level 1
▲ Amanda Bavaro

Learn about the concepts, energies, and history of Usui/Holy Fire Reiki. It is a powerful yet gentle form of healing that provides stress relief, relaxation, mental clarity and more. You will gain a general understanding of the concept of chakras, auras and Reiki energy using scanning and traditional hand positions. Amanda has been a Reiki master since 2010. Feel free to bring a yoga mat.
2 Tuesday Sessions
Nov. 2 -9, 5:30-8:30pm
Course Fee: \$70
Material Fee: \$22, for purchase of book, payable to instructor

Mindful Creations
▲ Jennifer Olgiati, MSW

You will practice mindfulness exercises, mediation, while creating, and journalizing you reflections in each class. See website for complete syllabus and material list.
10 Tuesday Sessions
Oct. 5-Dec. 7, 6:00-7:30pm
Course Fee: \$94

Register Today!

- ▶ kittery.maineadulted.org
- ▶ (207) 439-5896



Restorative-YIN-Yoga for PAIN
ONLINE

▲ Mary Schwoerer, M.Ed, EEM-CLP, Yoga Alliance Certified
Restorative-YIN-Yoga for PAIN Restorative-YIN-yoga reduces pain. This unique class focuses on unwinding tension in the body & mind. Yin Yoga is about stretching and applying gentle pressure to certain tissues. Restorative Yoga is about supporting your body in deep restful postures that restore balance & stimulate deep healing. This class allows time for muscles to relax, joints to open & fascia to release long held tensions. In this virtual class, please wear comfortable clothing & bring your pillows, mat or blankets, bolsters or folded towels. You will be creating a comfortable & happy space for renewing body/mind/ soul. This is a virtual only class, a Zoom link will be sent.
5 Saturday Sessions
Oct 2-30, 9:00-10:00am
Course Fee: \$57

Yoga Nidra ONLINE

▲ Mary Schwoerer, M.Ed, EEM-CLP, Yoga Alliance Certified
Yoga Nidra literally means “yogic sleep”. This ancient technique uses guided meditations to bring you into deep states of conscious relaxation. Yoga Nidra is an effective method for relieving stress & easing anxiety. It is a systematic practice of moving awareness from our external world to the inner world; allowing the body & mind to restore, rest & heal deeply. Yoga Nidra is done lying down in stillness while the instructor guides you. Wear comfortable clothing & bring your pillows, mat & blanket for a restorative experience you will delight in. This is a virtual only class, a Zoom link will be sent.
8 Tuesday/Thursday Sessions
Oct. 5-28, 9:00-9:30am
Course Fee: \$57

KITTERY: Enrichment

Preserving the Harvest— A Hands-On Food Preservation Workshop

👤 **Kate McCarty,**
Food Systems Professional
Ever wonder how to preserve all those great garden vegetables? This hands-on food preservation workshop will teach you the basic steps for canning and freezing. Participants will receive a “Preserving the Harvest” food preservation packet, and will learn recommended methods for preserving foods, the latest and safest recipes, about equipment to ensure safety and how to check for properly sealed jars. Participants may bring their own pressure canner dial gauge to class for a free accuracy test! Please bring a potholder with you to the workshop.
Thursday, Sept. 16, 5:30-7:30pm
Course Fee: \$32

Sushi Made Simple

👤 **Carol Steingart**
Sushi may seem mysterious and exotic but making great sushi at home is something anyone can do. Join this fun, hands-on adventure into the art of sushi rolling. Participants will choose from a wide assortment of sushi fillings, making it fun to customize your own rolls to eat during class. A full meal will be served including miso soup and a dessert, both made with sea vegetables. Everyone will receive a bamboo mat to roll their own sushi and bring home afterwards. No raw fish will be served. This class is vegan-friendly. Please bring a cutting board, sharp, non-serrated knife, large bowl, and a cotton dish towel. Cost includes all food. Children ages 12 and older are welcomed to register with a registered adult. Carol Steingart is a marine educator, owner of Coast Encounters, LLC, and specializes in unique programs centered around Maine’s rocky intertidal region.
Thursday, Nov. 4, 5:30-8:30pm
Course Fee: \$75

Migratory Birds of Woods & Water: Identifying Birds by Field Marks

👤 **Dave Tucker**
We will focus on identification tips, including field marks and behavioral clues, that can help identify migrant birds. Bring to class: binoculars. Class will meet at the entrance gate of Fort Foster. Additional fee may be required for entrance to Fort Foster.
Saturday, Sept. 18, 8:00-10:00am,
***Rain date 9/19**
Course Fee: \$20

Migratory Birds of Woods & Water: Focus on Sparrows

👤 **Dave Tucker**
We will focus on identification tips, including field marks and behavioral clues, that can help identify migrant birds. Bring to class: binoculars. Class will meet at the entrance gate of Fort Foster. Additional fee may be required for entrance to Fort Foster.
Saturday, Oct. 9, 8:00-10:00am
***Rain date 10/10**
Course Fee: \$20

Bee Keeping Basics

👤 **Joseph Barberi**
This introductory class is intended to offer a better understanding of what is required to enter the fascinating hobby of beekeeping. We will discuss the resources needed to get started, including equipment, time, and expenses. All of which are important parts to consider before starting the journey to becoming a successful beekeeper. Questions are encouraged along the way and we will save time to discuss everyone’s thoughts at the end. This class is a great way to help you decide if this fun and rewarding hobby is right for you.
Tuesday, Nov. 16, 6:00-8:30pm
Course Fee: \$25

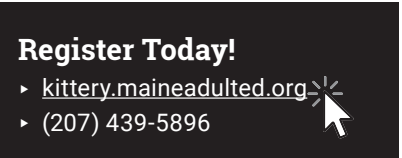
Composting **🟢ONLINE**
👤 **Katrina Bussiere-Venhuizen**
From your backyard to an industrial composting facility, we’ll go over all the ways available to make sure your food scraps are contributing to local soil production instead of sitting in a landfill! Join Katrina, ecomaine environmental educator in learning more about what’s in your trash can and how to reduce your household waste. This class is virtual only. You will be sent a Zoom link prior to the start of class.
Tuesday, Sept. 28, 6:00-7:00pm
Course fee: \$10

Waste to Energy **🟢ONLINE**
👤 **Katrina Bussiere-Venhuizen**
Have you ever wondered what happens to your trash after you throw it “away”? We’re here to tell you, and it’ll probably surprise you. Join ecomaine’s environmental educator, Katrina, to learn how your household waste is turned into renewable energy and what you can do to further reduce the space your household’s waste is taking up in landfills. This class is virtual only. You will be sent a Zoom link prior to the start of class.
Tuesday, Oct. 12, 6:00-7:00pm
Course fee: \$10

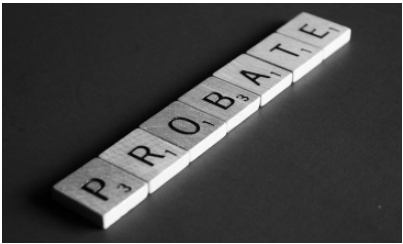
Estate Planning – Prepare for the Uncertainties of Life
👤 **Kathryn Bedell, Esq.**
Overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives. Kathryn Bedell is a law partner at Ballou & Bedell in York and has been practicing for almost 30 years. Her practice focuses on estate planning, asset preservation, and probate matters.
Tuesday, Sept. 21, 6:30-8:00pm
Course Fee: \$15

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KITTERY: Enrichment



Revocable Trusts & Irrevocable Trusts – Are They Right or You?
👤 **Kathryn Bedell, Esq.**
Learn how revocable trusts can help avoid probate and protect your privacy, and how irrevocable trusts can protect your assets from nursing home or Maine Care (Medicaid) liens. Discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children. Kathryn Bedell is a law partner at Ballou & Bedell in York and has been practicing for almost 30 years. Her practice focuses on estate planning, asset preservation, and probate matters.
Tuesday, Oct. 26, 6:30-8:00pm
Course Fee: \$15

What is Your Plan for Long Term Care?
👤 **Kerry Peabody**
Learn what LTC services are, how they work and how much they cost. We will also discuss Medicare & Medicaid, and how they will, or won’t, pay for care versus several different ways you can pay privately.
Tuesday, Sept. 14, 6:00-8:00pm
Course Fee: \$15

An Introduction to Annuities
👤 **Kerry Peabody**
This course will cover the basics of how an annuity can be used - for guaranteed returns, protection of principal, guaranteed lifetime income, and more. We’ll also discuss what to watch out for, and how to avoid making an annuity mistake that you’ll regret.
Tuesday, Sept. 28, 6:00-8:00pm
Course Fee: \$15

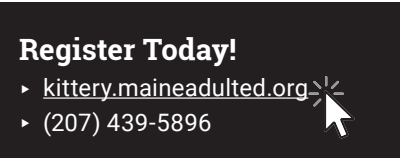
How to Manifest a Successful Creative Life **🟢ONLINE**
👤 **Kate Johnston**
Maybe you haven’t started your creative journey, or you’re feeling stuck on next steps, or maybe you just need an inspirational boost to take a risk—this workshop will teach you how you can manifest a successful creative life. Over the span of two hours, you’ll learn actionable steps to help you connect with your creative self, clarify your desires, release limiting beliefs, avoid writer’s block, release stress & anxiety, and much more. Kate Johnston is a writing coach and book editor. This class is virtual only. You will be sent a Zoom link prior to the start of class.
Tuesday, Sept. 21 or Oct. 5 or Nov. 9 6:30-8:30pm
Course Fee: \$45

Every Picture Tells A Story: Organizing Photographs
👤 **Jill Braceland**
Learn techniques on how to work through that box of photographs we all have. Integrating the stories behind the pictures will also be explored. Please bring some of your photographs to get started.
Monday, Sept. 27, 6:00-8:00pm
Course Fee: \$20

My Dying to Do List
👤 **Jill Braceland**
Do you know how much paperwork is involved in organizing your estate? This quick overview deals with matters involving Family, Finances, Future, and Funeral. You will leave with a list of resources. This is an informational seminar only.
Tuesday, Nov. 2, 6:00-8:00pm
Course Fee: \$20

Register Today!

- ▶ kittery.maineadulted.org
- ▶ (207) 439-5896



Start Writing: A Quick Intro to Creative Writing
👤 **Jill Braceland**
Start writing that great American novel that rests within each of us. Learn about a writer’s notebook, pre-writing process, poetry, and publication issues. Enjoy two sessions of exploring creative writing in a friendly environment.
2 Monday Sessions
Nov. 29 & Dec. 6, 6:00-8:00pm
Course Fee: \$30

Portrait Photography **🟢ONLINE**
👤 **Steve McGrath**
This portrait photography course is designed to teach you everything you need to know to take professional-quality portraits. You will learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work! This class is virtual only. You will be sent a Zoom link prior to the start of class.
3 Tuesday Sessions
Sept. 21 –Oct. 5, 6:00-8:00pm
Course Fee: \$79

Digital Photo 1, Beginner Series
Steve McGrath
Are you still getting to know your digital camera and its features? Here’s an opportunity to learn from an expert in this seminar for beginners! Have your camera ready, learn when and how to use its special features - such as program mode, manual mode, aperture priority, and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. This class is virtual only. You will be sen a Zoom link prior to the start of class.
5 Tuesday Sessions
Oct. 12-Nov.9, 6:00-8:00pm
Course Fee: \$129

KITTERY: Enrichment

Macro/Close Up Photography

ONLINE

Steve McGrath

Spring, summer, winter, or fall, macro photography opens the door to a wonderful new world of photo opportunities. With instructor Steve McGrath as your guide, this course will show you ways to use your existing camera gear to make spectacular macro photographs. The close-up world is a magical place full of pattern, color, and abstract imagery. Flowers become abstract works of art; rusty doors become textured canvasses; stones become polished gems; butterflies and other insects can become sci-fi monsters! This class is virtual only. You will be sent a Zoom link prior to the start of class.

3 Wednesday Sessions

Oct. 6-20, 6:00-8:00pm

Course Fee: \$79



Smartphone Photography

ONLINE

Steve McGrath

This Class is dedicated to helping you with understanding how to use your smartphone photography, how to take a create great Images on your phone, what editing apps to use, how to share and print your images. Join Steve as we go over how to find out how to use essentials controls on your phone along with the best free and low-cost tools for editing and image management. This class is virtual only. You will be sent a Zoom link prior to the start of class.

3 Thursday Sessions

Nov. 16-30, 6:00-8:00pm

Course Fee: \$79



Ukulele for Beginners

ONLINE

Duncan Perry

This instrument is versatile and a blast to play. On it you can knock out folk tunes, rock, samba, blues, pop, country, and classical music. You do not need to know how to read music. However, you must have a playable soprano, concert or tenor size ukulele (no baritones please) and an electronic tuner or tuning app on you iPhone or iPad. If you don't own a ukulele, please contact the Kittery Adult Education Office for helpful information about buying one. Duncan is a multi-instrumentalist who has been playing ukulele for 13 years. This is a virtual only class. Upon registration, you will receive a link to attend virtually using Zoom.

4 Tuesday Sessions

Oct. 5-26, 6:00-7:30pm

Course Fee: \$79

Virtual Exhibit by Rice Public Library

ONLINE

Enjoy a virtual museum exhibit of over a dozen Kittery postcards from approximately 1900-1940. The postcards will be linked to maps of the town, to better locate the stories of our past.

Look for it on the library's website this October: www.rice.lib.me.us

Register Today!

▶ kittery.maineadulted.org

▶ (207) 439-5896



Come Celebrate the Town of Kittery's 375th Anniversary

A Brief History of Kittery
Presented by Kim Sanborn, Director of the Kittery Historical & Naval Museum

In October of 2021, Kittery will begin celebration the 375th Incorporation of the town. Last year for Maine's Bicentennial, we published a 16 page booklet about our history since it became the first town in Maine. This presentation is a concise overview of that booklet. We will be discussing the Colonial Times, Age of Sail, Gilded Age, Modern Era and Kittery Today. Everyone attending will receive a copy of "A Brief History of Kittery".

Thursday, Oct. 21, 6:00-8:00pm

Course Fee: \$20

Stories from Kittery's Cemeteries

Presented by Kim Sanborn, Director of the Kittery Historical & Naval Museum

Kittery has over 130 cemeteries within the town limits. Many hold secrets and stories that should be shared. In this presentation, we will touch on several of the memorable ones. The stones give us hints of the past and of the lives that are buried beneath them.

Thursday, Nov. 4, 6:00-8:00pm

Course Fee: \$20

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Register Today!
ONLINE kittery.maineadulted.org
PHONE (207) 439-5896



Intermediate Italian, continuing from Spring 2021

ONLINE

Christine Frieze

This class is for those looking to travel or learn about Italian culture. We will also work on grammar. You will be using the same book as last semester. This is a virtual only class. A Zoom link will be sent prior to the start of class.

6 Tuesday Sessions

Sept. 7-Oct. 12, 6:30-8:00pm

Course Fee: \$85

Learning Italian through Music

Rich Balano

Drawing from a variety of artists in pop and folk music learn Italian in a fun way through its music and melody. We will listen to songs, read lyrics, work on translations together, with explanations of pronunciation, grammar, and meaning, while repeating or singing phrases from the songs. We'll also apply words and phrases to common travel situations building a vocabulary that might inspire a future trip to Italy when the EU opens back up. Some prior Italian instruction is helpful, but not required for a motivated learner who has an Italian/English dictionary or access to a smart phone using WordReference or Google Translate. Rich first learned Italian in Kittery Adult Ed. and continued through Italian books, movies, music, and travel across Italy.

6 Tuesday Sessions

Oct. 12-Nov. 16, 5:30-6:30pm

Course Fee: \$55



Beginning French

ONLINE

Christine Frieze

Learn basic grammar and travel/conversation-focused vocabulary. You can purchase the French textbook, "Grammaire essentielle du Français A1" on Amazon. This is a virtual only class. A Zoom link will be sent prior to the start of class.

6 Thursday Sessions

Sept. 9-Oct.14, 6:30-8:00pm

Course Fee: \$85

Weekend Navigation



US Coast Guard Auxiliary

Weekend Navigator is designed to provide both a basic and advanced navigation course that includes the use of GPS and charts, parallel rulers, dividers, and compass to insure safety if your electronics go out. Using charts, plotting tools, and dead reckoning, the student will gain a knowledge of: what is navigation, fundamental of waypoint navigation, the tools of navigation.

7 Tuesday Sessions

Sept. 28-Nov. 9, 6:30-8:30 pm

Course Fee: \$75

Boating Education Classes

ONLINE

Join USCG Auxiliary instructors virtually using Zoom for the following classes. PDF format resource materials will be provided. View our website for full course descriptions.

Weather & Boating

Oct. 6, 6:30-8:30pm

Course Fee: \$20

Introduction to Basic Boating Safety

Oct. 13, 6:30-8:30 pm

Course Fee: \$20

Suddenly in Command

Oct. 20 & 27, 6:30-8:30pm

Course Fee: \$40

Paddle Craft Safety

Date TBD, 6:30-8:30pm

Course Fee: \$40

Reading Nautical Charts

Date TBD, 6:30-8:30pm

Course Fee: \$20

MARSHWOOD: Art & Crafts

Artist Quality Pastel Painting for Beginners

▲ Caroline Kelley

This isn't the pastel you tried once and hated. Please give yourself the opportunity to experience something so much better! In this six week workshop, we'll cover magical materials that will banish your pastel nightmares. We'll play with fabulous colors! We'll talk materials, color-mixing techniques, mark-making, and care of pastel paintings. And if you have no idea what I mean by those words, then this class is for you too! Most importantly, we'll paint, paint, paint! To see some of Carrie's work go to cmjkelley.com.

6 Week Course: Wednesdays
Sept. 14-Oct. 19, 6:00-8:00pm
In-Person Course Fee: \$80

A materials list will be provided prior to the first class for those who wish to source their own materials. Material packs available from the instructor for \$40 each at the first class.

Intermediate Pastel Painting

▲ Caroline Kelley

This intermediate soft pastel class is open to artists of all levels who have some background in painting, drawing and/or soft pastel. We'll review materials and techniques, and quickly move into exercises that help with composition, color selection, creating a daily painting practice, working from photos, and from life. Give yourself the gift of making this gorgeous, versatile medium an integral part of your art practice.

6 Week Course: Wednesdays
Oct. 13-Nov. 17, 6:00-8:00pm,
In-Person Course Fee: \$80

A list of materials will be provided prior to the first class along with suggested online and brick-and-mortar retailers.

Register Today!

▶ marshwood.maineadulted.org

▶ (207) 384-5703

Terrarium Workshop

▲ Felicia Motherway

Bring the outdoors in by learning how to make a terrarium! A terrarium is a miniature garden under glass that is fun to make and easy to grow. Create your garden with plants, moss, gemstones, shells or tiny woodland creatures. Material fee covers all supplies, plants and containers.

Tuesday, Oct. 12, 6:00-8:00pm
In-Person
Course Fee: \$15
Material Fee: \$25, payable to instructor



Wire Wrapping Jewelry

▲ Linda Greer

Learn basic wire wrapping techniques to make jewelry and other crafts. Learn to wire wrap small stones for earrings, pendants, key chains, and small succulent plant holders. Bring your own basic jewelry tool kit and a small amount of sea glass or stones. Wire and decorative beads for two small projects will be provided. Proceeds to benefit Adult Education students' emergency needs.

Seaglass/Stone Pendants or Succulent Holders: Tuesday, Oct. 12, 6:00-7:30pm
Wine Charms & Keychains: Tuesday, Nov. 9, 6:00-7:30pm
Wire Wrap Beads for Earrings & Pendants: Tuesday, Dec. 14, 6:00-7:30pm
Course and Material Fee: \$30 per class

Holiday Boxwood Tree

▲ Felicia Motherway

Fashion an elegant holiday decoration from fresh boxwood, velvet ribbon, gold balls, berries, and more!
Tuesday, Dec. 7, 6:00-8:00pm
Course Fee: \$15
Material Fee: \$25



Knitting

▲ Vicky Vaughn

Always wanted to learn how to knit? Or has it been a long time since you've picked up the needles? Maybe you're stuck on a project. Join us in a relaxed, fun atmosphere! You'll learn how to cast on, knit and purl, read a pattern, as well as repair mistakes in an easy-going class. It's fun to be part of a creative community. All levels are welcome. You'll need a skein of light colored Red Heart Worsted Weight yarn and a pair of size needles (size 7 or 8 is best) other small supplies will be discussed. Get ready to learn how to make all kinds of items suitable for gift giving. One of Vicky's favorite patterns is a dead fish hat which she is happy to share. Get ready to laugh with Vicky, she certainly makes knitting fun. Sessions are taught separately.

Session 1: Wednesday, Sept. 22-Oct. 27
6:00-8:00pm, In-Person
Session 2: Wednesday, Nov. 3-Dec. 15
6:00-8:00pm, In-Person
Course Fee: \$65 for one 6 week session

Start Writing: A Quick Intro to Creative Writing

▲ Jill Braceland

Start writing that great American novel that rests within each of us. Learn about a writer's notebook, pre-writing process, poetry, and publication issues. Enjoy two sessions of exploring creative writing in a friendly environment.
Wednesday, Oct. 27-Nov. 3
5:30-7:30pm
Course Fee: \$20

MARSHWOOD: Arts & Crafts



Beginner Soap Making

▲ Sarah Holden-Remick

Learn the basics of cold process soap making! You will make all-natural honey and oatmeal soap, learn the basic process of soap making, and how to safely make soap at home. You will leave class with 2 lbs. of cold process soap, the recipe for the soap you make, and your soap mold. Students should wear long sleeves to class.

Please choose one:
Session 1: Tuesday, Oct. 5
6:00-8:00pm, In-Person

Session 2: Wednesday, Oct. 27
6:00-8:00pm, In-Person
Course & Material Fee: \$50 per session

Intermediate Soap Making

▲ Sarah Holden-Remick

Previous cold process soap making experience is required. In this course you will learn how to formulate your own recipes, which natural colorants you can use to color your soaps, basic swirling techniques, and use of essential oils in your soap. You will leave this class with 2lbs. of soap and your soap mold. Students should wear long sleeves to class.

Wednesday, Nov. 17
6:00-8:00pm
Course & Material Fee: \$50

Advanced Soap Making

▲ Sarah Holden-Remick

Previous cold process soap making experience is required. In this course you will learn how to make soap using goat milk or other dairy products including yogurt and cream. You will learn the benefits of using dairy products in soap. You will leave this class with 2lbs. of soap and your soap mold.

Wednesday, Nov. 17
6:00-8:00pm
Course & Material Fee: \$50

Register Today!

▶ marshwood.maineadulted.org

▶ (207) 384-5703

MARSHWOOD: Health & Wellness

Zoom Wellness with Carolann Cliche

Healing Trauma & Post-Covid Stress ONLINE

The past 18 months of living in a world with Covid-19 has turned our lives upside down. People have experienced prolonged stress, fear, anger, resentment, loss, and isolation. Now that many of the restrictions are being lifted, people are experiencing symptoms of post-covid stress or PTSD (post-traumatic stress disorder) in the form of anxiety, panic or fears, agoraphobia (fear of being in public), depression, grief, anger, resentment, unexplained pain. Retrain Your Brain neural retraining techniques “resets” the PTSD brain by releasing the embedded emotions associated with stress and a traumatic event.

Wednesday, Sept. 22, 6:00-8:00pm

Course Fee: \$49

Material Fee: \$10, for eBook, purchased from instructor prior to class

The Mind-Body Weight Loss System ONLINE

The last weight loss program you will ever need! This is a complete program that includes a holistic nutrition food plan (diet) and teaches you how to use the hottest new weight loss therapy - neural retraining to change unhealthy eating habits for lasting weight loss. It includes my eBook “The Mind-Body Weight Loss System” that includes the food plan, NLP techniques and a Recordable Meditation Therapy Script that paves new neural pathways for steady weight loss to help keep the weight off! BONUS: 30-minute NLP therapy session in-class that you can record to change eating habits and jumpstart your weight loss

Tuesday, Sept. 14, 6:00-8:00pm

Course Fee: \$39

Material Fee: \$10, for eBook, purchased from instructor prior to class

There’s Life Beyond Pain ONLINE

This is the ultimate self-care pain management program. My revolutionary Retrain Your Brain approach to opiate-free pain relief teaches proven techniques that put you back in control of pain instead of pain controlling you. Learn powerful NLP pain anesthesia techniques. There’s Life Beyond Pain eBook is full of pain management strategies: diet changes, activity pacing, natural stress reduction and how to set up a self-care program. Includes a Recordable Meditation Script for pain relief that infuses the mind and body with relaxing pain relief. BONUS: a 30-minute NLP pain relief therapy session in-class that you can record for home use.

Tuesday, Oct. 5, 6:00-8:00pm

Course Fee: \$39

Material Fee: \$10, for eBook, purchased from instructor prior to class

14 Day Smoking Cessation Program ONLINE

The Great American Smokeout in November 18th. The 14 day program gets to the root cause of why you smoke and eliminates it! Includes my eBook “*Retrain Your Brain To Successfully Stop Smoking*”.

Thursday, Nov. 4, 6:00-8:00pm

Course Fee: \$39

Material Fee: \$10, for eBook, purchased from instructor prior to class



Heal Anxiety with Ease ONLINE

Kristé B Sprague, Ph.D.

A Step-by-Step Guide is organized into easy-to-digest lessons to calm the anxious mind and alleviate anxiety. Kristé will work with each student to begin their process and provide support. Students will: identify the causes of their anxiety, learn healthy coping skills and recovery tools, learn to confront fear with a safe approach, break through internal and external obstacles, and gain the ability to lead a life free of anxiety and worrisome thoughts.

**Course begins once you’re enrolled and is accessible for life
Course Fee: \$100**

Stop “Yo-Yo” Dieting! Change Your Eating Habits! ONLINE

You can take back control of your weight and eating habits with this program to help you eliminate unhealthy eating habits; stop emotional eating, overeating and junk food cravings using powerful neural retraining techniques. Includes eBook “*Stop Weighing In*”.

Tuesday, Oct. 26, 6:00-8:00pm

Course Fee: \$39

Material Fee: \$10, for eBook, purchased from instructor prior to class

Relax Naturally for the Holidays ONLINE

Just in time for the hectic holiday season. You can learn how to release stress and Retrain Your Brain to relax naturally. Learn NLP techniques that help you cope and manage stress better, at any time of year. Neural retraining for stress control has a lasting effect by calming the “fight or flight” stress response. It reduces anxiety, panic and other stress symptoms. Relieves stress-related insomnia so you sleep better and have more energy. BONUS: 30-minute NLP therapy session for controlling stress (you can record for home use).

Tuesday Nov. 9, 6:00-8:00pm

Course Fee: \$19

Material Fee: \$10, for eBook, purchased from instructor prior to class

MARSHWOOD: Enrichment

Tai Chi

▲ Dianne Mros

Practice slow movements to help relieve tension, improve balance, and promote overall fitness. Develop breathing techniques to promote calmness and beneficial energy levels. Sessions are taught separately.

Session 1: Tuesday, Sept. 21-Oct. 26

4:00-5:00pm, In-Person

Session 2: Tuesday, Nov. 2-Dec. 14

4:00-5:00pm, In-Person

Course Fee: \$75 for one 6 week session



Drone Flying Skills

▲ Tomas Dundzila

Hands-on flying instruction starting with opening the box to gain confidence in flying without losing the drone, shattering a vase of flowers, or frightening the cat. This is a 3-week in-person, all ages class.

Tuesdays, Sept. 21-Oct. 5

6:00-7:30pm

Course Fee: \$60

Yardscaping

▲ Kristie Rabasca

Local communities have teamed up to provide workshops to inform residents about environmentally friendly lawn care practices to help protect our waters from the negative effects caused by misuse of fertilizers and pesticides. Whether you love your lawn or not, whether you already practice environmentally friendly lawn care practices or not, you can always learn more! Come learn how to have a healthy lawn and protect our waters, children, and pets.

Thursday, Sept. 23, 6:00-7:30pm

Remote/Zoom

Course Fee: \$15

Estate Planning – Prepare for the Uncertainties of Life

▲ Kathryn Bedell, Esq.

Overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives. Kathryn Bedell is a law partner at Ballou & Bedell in York and has been practicing for 30 years. Her practice focuses on estate planning, asset preservation, and probate matters.

Tuesday, Oct. 19, 6:00-8:00pm

Course Fee: \$15

Revocable Trusts & Irrevocable Trusts – Are They Right for You?

▲ Kathryn Bedell, Esq.

Learn how revocable trusts can help avoid probate and protect your privacy, and how irrevocable trusts can protect your assets from nursing home or MaineCare (Medicaid) liens. Discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children. Kathryn Bedell is a law partner at Ballou & Bedell in York and has been practicing for 30 years. Her practice focuses on estate planning, asset preservation, and probate matters. It is recommended that students take the basic estate planning class first.

Tuesday, December 7

6:00-8:00pm

Course Fee: \$15

Maine Driving Dynamics

▲ State of Maine

Maine’s “Driving Dynamics Course” offers drivers the opportunity to improve their defensive driving abilities. This course includes a discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers. Those completing the course will receive a three-point credit on their driving record.

Marshwood High School

Wednesday & Thursday, Nov. 3-4

6:00-8:30pm, In-Person

Course Fee: \$45 aged 65 and over \$30

Register Today!

ONLINE marshwood.maineadulted.org

PHONE (207) 384-5703



Downsizing

▲ Jill Braceland

This seminar is designed to offer organizing strategies to start your downsizing efforts. Establish your project priorities, learn what supplies you might need, and set realistic time constraints. Leave with an action plan.

Wednesday, November 17, 5:30-7:30pm

Course Fee: \$20



Art Journaling

▲ Pam Clark

Create an expressive art journal that requires no artistic ability or special supplies. Discover this powerful tool for self healing, relaxation, motivation and empowerment.

Wednesdays, September 22-October 27, 6:00-7:30pm

Course Fee: \$125

Register Today!

► marshwood.maineadulted.org

► (207) 384-5703

Registration Information / Cancellations

Important Information

COVID-19 UPDATE: Adult Education will follow all the latest school district guidelines to maintain staff and students well being.

Program/Registration Information

Three Ways to Register for Classes

Registration forms (for both programs) are on the next page. You may register for classes online by visiting each program’s website:

- ▶ www.marshwood.maineadulted.org
- ▶ www.kittery.maineadulted.org

As always, you can take classes at either location with no added “out of town” fee. You will not be able to register for Marshwood classes on Kittery’s website or vice versa.



All Classes, Even Free Ones, Require Registration!

- 1

Online. Register for most classes online with a credit card:

www.marshwood.maineadulted.org
www.kittery.maineadulted.org
- 2

By Mail. Mail your registration to:

Marshwood Adult Education
260 Dow Hwy., South Berwick, ME 03908

Kittery Adult Education
12 Williams Avenue, Kittery, ME 03904
- 3

By Phone. If paying with a credit card or registering for a free course:

Kittery Adult Ed: (207) 439-5896
Marshwood Adult Ed: (207) 384-5703

Class Cancellation Policy

Why Did My Class Get Canceled?

While classes may be canceled due to instructor emergencies, public health or weather events, most are canceled due to low enrollment. Enrichment classes are self-supporting. This means each class must create enough revenue to cover all costs. Therefore, when enrollment is low, we need to cancel, most often the week before a class is scheduled to start.

Weather Cancellations

Program updates and cancellations will be announced on our answering machine, website and local TV stations. If day school is canceled or dismissed early, Adult Education classes are also canceled. When in doubt, call the location where you attend class:

- ▶ Marshwood (207) 384-5703
- ▶ Kittery (207) 439-5896

Cancellation/Refund Policy

- 100% credit or refund if course is cancelled.
- 100% refund **less processing fees** if participant withdraws at least 5 business days before the class. Refunds for online payments will be processed immediately. Refunds for cash or check payments may take up to 6-8 weeks to process.
- No refund if participant withdraws within five business days of the class.
- Once classes have begun, there are no refunds.
- In the event of closure, participants will receive 100% credit for onsite-only classes that have not begun. Participants will receive a prorated refund for incomplete onsite-only classes.
- No refunds or credits for onsite courses designed to transition to a remote format in the event of closure.
- Refunds for trips will only be granted if your ticket/bus seat can be resold.
- Material fees and book charges are not refundable after the first session.
- No cash refunds will be issued. Refunds will be made by check or to the credit card used at time of registration.

Additional Fees

Material Fees

Material fees are separate from Course Fees. Many classes have material fees. These fees are generally paid directly to the instructor on the first day of class, by cash or check.

Material fees are not refundable.

Late cancellations/no-shows may be billed for the cost of wasted materials/fees incurred by the instructor.

Registration Forms

Registration Form: Kittery Adult Education

You Can Register Online!
▶ kittery.maineadulted.org

Name: _____ Email: _____

Address: _____ Town: _____ State: _____ Zip: _____

Home Phone: _____ Cell or Work Phone: _____

COURSE NAME	DATE	Course Fee
1.		\$
2.		\$
3.		\$
4.		\$
PAYMENT OPTIONS:		TOTAL:

☐ Cash ☐ Check ☐ Credit Card/Type: ☐ Visa ☐ Master Card ☐ Discover

Credit Card Number _____ Exp Date: _____ CCV (code from back of card): _____

Payment must accompany registration. Make checks payable to Kittery Adult Education.
Mail Cash or Checks To: Kittery Adult Education, 12 Williams Avenue, Kittery, ME 03904

Registration Form: Marshwood Adult Education

You Can Register Online!
▶ marshwood.maineadulted.org

Name: _____ Email: _____

Address: _____ Town: _____ State: _____ Zip: _____

Home Phone: _____ Cell or Work Phone: _____

COURSE NAME	DATE	Course Fee
1.		\$
2.		\$
3.		\$
4.		\$
PAYMENT OPTIONS:		TOTAL:

☐ Cash ☐ Check ☐ Credit Card/Type: ☐ Visa ☐ Master Card ☐ Discover

Credit Card Number _____ Exp Date: _____ CCV (code from back of card): _____

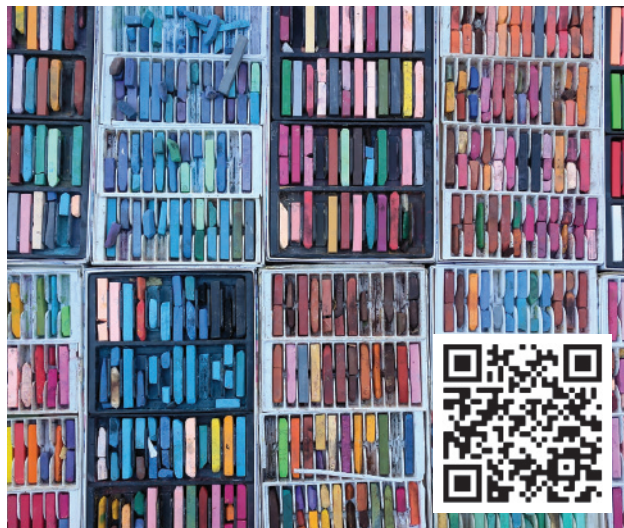
Payment must accompany registration. Make checks payable to M.S.A.D. #35
Mail Cash or Checks To: Marshwood Adult Education, 260 Dow Hwy., South Berwick, ME 03908

Here's Some of Our Exciting 2021 Classes & Activities!



Sushi Made Simple

► See Page 12



Artist Quality Pastel Painting for Beginners

► See Page 16



High School Academics

HiSET is Maine's high school assessment. Earn your high school credential upon completion. Call for more information!

► See Page 1

Free Academic/College Prep Classes & Career Guidance

Registering is Easy!

Kittery Adult Ed

- kittery.maineadulted.org
- (207) 439-5896

Marshwood Adult Ed

- marshwood.maineadulted.org
- (207) 384-5703

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