

HiSET - Give it a Try!



Halena Stone came to CLC at 16 years old after determining that conventional school just wasn't for her. She told us she had a lot of mental health issues during the pandemic which led her to trying three different high schools during that time period and finding none of them a match. She said she didn't feel at her best socially and kept falling behind with her studies. She tried to catch up as best she could but her efforts weren't paying off and she knew she had to find an alternative path. Her anxiety from falling behind with her classes was hindering her academic progress. She knew she had to make her own decisions about when and where and what to study. She first turned to the Midcoast Adult Education program for a fresh start but the administration there was changing and it would be awhile before a new director was hired – yet another setback for an already struggling student. So Halena called us and we happily enrolled her in our program. And boy oh boy, were we glad we did! Halena was a shining star of a student from the moment she walked through our door! She was determined to complete her studies and obtain her degree ASAP and that's exactly what she did. She came to us in September, studied her heart out completing all three levels of our on-line program as well as every paper and pencil assignment, passed all five tests with nearly perfect scores by the end of March, and was an official graduate well before any of her previous high school classmates!

Halena says she would highly recommend our program to anyone who is having issues with traditional schooling for whatever reason. She told us her experience at adult education was "fantastic" and that she so appreciated our flexibility and lack of pressure. Being able to come to class when/if she felt physically and mentally up to it and getting one-on-one time with an instructor were two things about our program that were invaluable to her. From start to finish, Adult Ed. was the right program for Halena. She will be attending a pre-college art program at the Maine College of Art this summer while exploring the many college options she now has open to her. Halena encourages anyone who is currently struggling with traditional schooling to give adult education a try!



Photo Courtesy of The Lincoln County News



Check out page 4 and get started today!

Directors' Message

Give Thanks for Learning

Greetings!

Let me introduce myself. I am David Watts, the new Director of Adult Education for the Central Lincoln County School System. This is my third stint as a Director, having spent the last five years in Camden with the Five Town CSD, and in Freeport with RSU #5 prior to that. I love working with adults, both young and not-so-young, to help them meet their education and career goals. I've had a long and varied career that has given me unique perspectives on lifelong learning. I've been there. I want to hear what moves you. So please be in touch.

"Give Thanks for Learning" is the theme of this brochure. I'd like to first give thanks to all of the wonderful people who make CLC Adult Education possible. For Pam Sperry, your outgoing Director, who has tirelessly advocated for students. Her presence in the midcoast communities has been influential long before she took over the reins of adult education here. She will continue to participate in our program as we move forward. For Bonnie Merrill and Elizabeth Potter, who have continued to keep adult education vibrant and moving forward over the years and through the summer and my transition.

For Lynsey Johnston, your superintendent, who is a supportive and compassionate leader, and for all of the central office staff who have welcomed me and helped bring me on board. And I give thanks to our Central Lincoln County communities and those beyond who financially support this program, allowing adults to realize their goals for self-sufficiency and life enrichment.

I hope to meet many of you out and about.

With thanks,



David Watts, CLC Adult Education Director
dwatts@aos93.org

Central Lincoln County Adult Education

Located in the

Pine Grove Plaza next to N.C. Hunt Lumber
767 Main Street Suite 4, Damariscotta, ME 04543

Phone: 563-2811

Mondays – Thursdays 9:00 AM – 4:00 PM
Closed Fridays

Our website available 24 hours a day
clc.maineadulted.org

Table of Contents

Featured HiSET Student, 2

Director's Message, AE Contact Info &
Table of Contents, 3

Literacy & High School Completion, 4

Maine College & Career Access Program, 5

Business & Skills Training, 6 – 11

~ Computers & Technology, 7

~ Certificate Programs, 8 – 9

~ Health Care Training, 10 – 11

Personal Enrichment, 12 – 21

~ Arts & Crafts, 12 – 15

~ Cooking, 15 – 17

~ General Enrichment, 18 – 19

~ Health & Wellness, 20 – 21

~ Music & Dance, 22

Boothbay Adult Education, 23

Midcoast Adult & Community AE, 24

Midcoast School of Technology AE, 25

Information & Registration Form, 26

Travel, 27



ADULT LITERACY & HIGH SCHOOL COMPLETION



Are you or someone you know ready to get your high school diploma?

The Maine adult education system offers FREE assistance to those seeking to earn their High School Equivalency Diploma. The HiSET™ (High School Equivalency Test) has replaced the GED in Maine since 2014.

If you're sixteen or older and do not have a high school diploma, the High School Equivalency Test (HiSET™) could be your route to improved career prospects, further education, and increased earning potential.

HiSET™ provides individuals with the opportunity to obtain a high school equivalency diploma with the same legal standing as a regular high school diploma. Through guided study, pretesting, and five official subject tests, the HiSET Program allows test-takers to demonstrate proficiency of the academic skills and knowledge expected by employers and colleges. HiSET™ consists of five subtests and is aligned with the national College and Career Readiness Standards for Adults:

*** Language Arts-Reading / Language Arts-Writing / Mathematics / Science / Social Studies ***

To learn more about the HiSET™ and how to prepare, call Central Lincoln County Adult Education for an appointment that works for you: 563-2811.

**Join us in the
HiSET® Preparation & Adult Learning Center
CLC Adult Education Office, Damariscotta
No registration or test fees**

Classes begin Thursday, September 21

Evening Hours:

Tuesdays & Thursdays, 9/21 – 12/19, 6:00 – 8:00 PM

Daytime Hours:

Thursdays, 9/21 – 12/14, 9:00 AM – NOON

HiSET®

We have study options for every schedule!

**~ Attend our Learning Center hours
for in-person instruction.**

**~ Study independently at home using our
online platform.**

**~ Design a combination of both in-person and online
study that best meets your individual needs.**



English as a Second Language (ESOL)

We welcome all foreign-born people. Are you interested in improving your English skills? Learning English can help you:

- Prepare for a new career
- Obtain a driver's license
- Communicate with your child's school
- Improve your living situation
- Expand your job prospects
- Prepare for citizenship exam

1:1 tutoring, conversation classes, and Citizenship classes are available through us or our partner organizations. Call for more information. **FREE**

**Get the Skills You Need
to Get the Job You Want**

Workforce Solutions

- A partner of the CareerCenter Network

Workforce Solutions staff will be available to provide **FREE** assistance with employment and training options on a scheduled basis. Topics that can be discussed include resume assistance, interviewing skills, job search techniques and career development. Based on individual eligibility, intensive case management may include training plans and other supportive services.

Call 373-4000, or toll free at 1-888-836-3355 today!

**Tuesdays 10:00 AM to 3:00 PM
@ CLC Adult Ed Office, Damariscotta**

COLLEGE & CAREER



SET YOURSELF UP FOR SUCCESS

COLLEGE AND CAREER ADVISING

Not sure what you want to do? We offer continuing college and career advising after you've left high school.

Accuplacer testing. Not sure what math and English classes to enroll in? Find out your math and reading level to help you choose the best courses for your freshman year.

HEADING OFF TO COLLEGE?

Services we offer:

- Math. Brush up on those skills before heading out.
- Writing. Learn best ways to build your skills.
- Chemistry or Biology with lab. Need this as a prerequisite for your major? Take it remotely and for free through the MCCA program.
- Study habits. Having trouble keeping track of all those notes? Or don't know how to take notes for your classes?

ATTENDING COLLEGE REMOTELY?

Services we offer right here in Damariscotta:

- Math. Get help with homework any time you need assistance. We are a satellite tutoring site for the Maine Community College System.
- Writing. Continue to gain help and learn best ways to build your writing skills.
- Study habits. Having trouble keeping track of all those notes? Or don't know how to take notes for your classes?

CERTIFICATE TRAINING

- Not attending college but want to pursue workforce training? Many possibilities exist right here in your backyard, and many are FREE* and may offer externship or apprenticeship opportunities leading to a job in an in-demand career.

Clinical Medical Assistant, Dental Assistant, Certified Nursing Assistant, CDL Class B, Welding, CNC Machining, and more.

YEAR ROUND ACADEMICS

The Adult Learning Center is open 12 months a year for academic support. Adult Education is your path to college and career success. Call us to take your next steps.

*Grant funding is based on learner eligibility and varies depending upon the career path chosen. We can help with that.

Career Counseling

Cassie Robichaux

Cassie Robichaux is the Career Advancement and Navigation Specialist for HUB 7.

HUB 7 serves Maine's Knox, Sagadahoc, Lincoln, and Waldo counties. Her primary goal is to support underemployed or transitioning adults (16+ and not currently enrolled in high school) in career planning services for education, training, and employment. She also works to create pathways to help employers attract qualified candidates through community outreach and helping them to connect with free hiring services.

If you would like to learn how you can advance your career, or kick start your hiring, please contact her at cassie_robichaux@msad40.org or 857-277-4289. Or simply scan the QR code and complete the simple survey.



We're looking for a few good employers and employees . . .

Bridge To Employment in the Midcoast

The programs of MidCoast Adult Education 7 have been awarded a competitive Strengthening Maine's Workforce grant to deliver services under the project title, Bridge to Employment in the Midcoast. Funding is available for employers who need support systems to access employees; and to potential employees who show a training need and are defined as:

- People or communities of color,
- Low-income,
- Immigrants,
- People with low levels of literacy,
- Women,
- The underemployed and unemployed.

Eligible business sectors include healthcare, manufacturing, transportation, hospitality, and retail. Other business sectors may be possible if trainees themselves are eligible.

Need help to move forward?

Wondering about your eligibility?

Contact the Bridge Coordinator, Joe Catalano at joseph.catalano@fivetowns.net

FREE Online Job Seeker Workshops Presented by Workforce Solutions Staff

Resume and Cover Letter Writing: Your resume is literally the first impression you make with a potential employer, so a great resume equals a great first impression! learn writing tricks that will catch an employer's attention and get you an interview. Tuesday, 10/10, 9:00 AM – NOON for 1 day only Course Fee: **FREE** – Registration is required

Job Search and the Internet: Once you have crafted an effective resume the next step is to job search. Today that is largely done online, with dozens of job search sites at your fingertips. Join this workshop for a day of exploring and we will help you learn about the different sites and how to navigate them. Tuesday, 10/17, 9:00 AM – NOON for 1 day only Course Fee: **FREE** – Registration is required

Effective Interviewing Skills: Gain the confidence you need to ace that interview and get the job! The key is to go in prepared! Tuesday, 10/24, 9:00 AM – NOON for 1 day only Course Fee: **FREE** – Registration is required



ONLINE WORKFORCE TRAINING CLASSES

Master a new subject with our online courses. Learn new skills online and make yourself stand out from the crowd.

Advanced Career Training - Prepare for your new career or a recognized certification

These expert-developed courses offer a flexible way to learn. Open enrollments let you start any time. And with up to 18 months access, you can learn when it's convenient for you. Each course also comes with a dedicated Student Advisor, so you're supported throughout your learning journey.

Fundamentals - Gain new personal and professional skills

In our instructor-led courses, you study and interact with a cohort over a six-week schedule. Courses start monthly with twice-weekly lesson plans. For the independent learner, our self-paced courses provide access to all lessons immediately with up to three months to complete. Our catalog offers more than 750 online continuing education courses, 40+ industry specialties, and 150+ certifications. **Below are some of our most popular classes.**

| Course Title | Instructor | Description | FEE |
|--|-------------------------|--|-------|
| A to Z Grant Writing Series | Dr. Beverly A. Browning | 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 and grant writing fundamentals. | \$225 |
| Accounting Fundamentals Series | Nancy Koenig | If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you. You will learn the basics of double-entry bookkeeping, while also learning how to analyze and record financial transactions, as well as prepare various financial reports at the end of the fiscal period. | \$230 |
| Accounting with QuickBooks Online Suite | Scott Paxton | This suite of courses will teach you the fundamentals of accounting with QuickBooks Online. You'll learn the essentials of double-entry bookkeeping and managing the financial aspects of your small business quickly and efficiently using QuickBooks. | \$480 |
| Creating WordPress Websites Series | Richard Mansfield | This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques. | \$230 |
| Explore a Career in Medical Coding | | Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure. | \$135 |
| Keyboarding | | Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5. | \$125 |
| Medical Terminology: A Word Association Approach | | Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion. | \$135 |
| Microsoft Excel 2019 Series | Chad Wambolt | This course bundle will introduce you to Microsoft Office Excel 2019 and teach you its intermediate and advanced features. Whether you're new to Excel or need a refresher, the Microsoft Excel 2019 Series bundle will help you master this longstanding spreadsheet software. | \$390 |
| QuickBooks Online Series | Scott Paxton | Learn to use QuickBooks Online to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more. | \$250 |
| Real Estate Investing | | Build and protect your wealth by investing in real estate. | \$109 |
| SAT/ACT Prep Series | Benjamin N. Gialloreto | This series will prepare you to excel in all sections of the undergraduate college entrance exams. | \$225 |
| SQL Series | Mava Wilson | SQL is one of the most requested skills from today's data-driven employers. Learn the coding language in these easy to follow online courses. | \$230 |
| Stock Trading Suite | Matt Crabtree | Learn how to make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks. | \$340 |
| Stocks, Bonds, and Investing: Oh, My! | | Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement. | \$125 |
| Veterinary Assistant Series | Tracy Heyland | Practicing veterinarian prepares you to work in a veterinary office or hospital. | \$485 |



CLC Adult Education is pleased to partner with BoomerTech Adventures to offer fully asynchronous online courses students can complete on their own time and at their own speed. Each course is a PDF booklet with information about the class, instructions for using the class, and the content of the class (videos and articles).

The three instructors provide personalized support for each class via email and / or online chat.

The recommended time for each course is one month with 1 to 2 hours of work a week.

Tech requirements for each course are a strong internet connection (or access to one) and a computer, tablet, or smartphone to access videos and articles.

15 iPhone / iPad Vision Accessibility Features

Instructors: Ed Brazee, Jill Spencer, Chris Toy



Many people have vision issues. A variety of iPhone/iPad settings allow you to use your device more easily when vision challenges arise. In this course you will learn where to find vision accessibility options and how to use them. The vision accessibility features are identical on the iPhone and iPad except in a couple of noted instances.

Location: Online (Anytime after registration)
Course Fee: \$39

Fantastic Photo Finishes – Organize & Edit Images with Your iPhone / iPad Photos App

Instructors: Ed Brazee, Jill Spencer, Chris Toy

Most of us take hundreds of photos that languish on our iPhone / iPad or in the cloud. Knowing how to edit images and organize your photos on your iPhone and iPad is essential. Other areas of study include using the tabs in the Photos app – “For You” tab (ready-made slide shows), creating, using, and sharing albums, and the very useful search function.

Location: Online (Anytime after registration)
Course Fee: \$39

Hidden Gems on Your iPhone & iPad

Instructors: Ed Brazee, Jill Spencer, Chris Toy

Did you know...your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? Our iPhones and iPads have many timesaving features that allow you to be creative, efficient, and have fun. These “hidden gems” will show you how to learn advanced features of your iPhone and iPad.

Location: Online (Anytime after registration)
Course Fee: \$39

Introduction to iPhone Basics

Instructors: Ed Brazee, Jill Spencer, Chris Toy

The vast majority of iPhone users rarely access all of the available iPhone features. In this course, learn to use your iPhone to the best possible advantage. Some critical features covered include Apple ID and password; structure of the iPhone (buttons and how they work); best apps to have and how to get them; how to text, phone, FaceTime, and email; how to use the Control Center; mastering Settings; updating operating systems; using key apps; and more. An additional session will include iOS updates and the unique features of the newest iPhones.

Location: Online (Anytime after registration)
Course Fee: \$39

Introduction to Mac Basics

Instructors: Ed Brazee, Jill Spencer, Chris Toy

In this course you will learn everything you need to know to make your Mac computer (laptop or desktop) hum! Areas of focus include: Mac Operating System, features of the Mac, choosing the best browser, using Spotlight Search, learning how to use the Finder and App Store, understanding the keyboard, and learning the icons that define a Mac computer.

Location: Online (Anytime after registration)
Course Fee: \$39

Taking Awesome Pictures with Your iPhone / iPad Camera

Instructors: Ed Brazee, Jill Spencer, Chris Toy

This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to significantly upgrade their photography skills.

Students will learn to take photos, portraits, slow-motion, panos, and more. Also, students will learn about camera settings for proper focus and exposure, High Dynamic Range, and picture composition.

Location: Online (Anytime after registration)
Course Fee: \$39

Check out these other BoomerTech computer classes on our website: clc.maineadulted.org

Create & Deliver Online Zoom Courses / Hidden Gems Lurking on Your iPhone & iPad / Introduction to Zoom Basics / More Hidden Gems in Your iPhone/iPad / Maximize Your iPad's Potential / Take Fabulous Photos of the Flora and Fauna in Your World / Unlock Safari's Secrets on Your Mac in Just Five Lessons / Unlock Safari's Secrets on Your iPhone in Just Five Lessons / Unlock Safari's Secrets on Your iPad in Just Five Lessons

CERTIFICATE PROGRAMS



Data Analysis Certificate

John Rutledge, Mary Dereshiwsky, Jeff Kritzer

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

Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. Finally you will find out how to perform inquiries. This certificate will take you to the next level where important decision-making is concerned.

3 one-month courses

Online instructor led

Introduction to Data Analysis

Intermediate Data Analysis

Advanced Data Analysis

\$495

Certificate in Accounting and Finance for Non Financial Managers

Sharon deFonteny, Jodie Trana

Every successful person in the workplace utilizes financial information to aid effective decision making. The financial concepts and accounting processes used in most businesses will provide practical techniques that will increase your effectiveness and advance your career. Understand the seven steps in the accounting cycle and use financial information in decision making. Find out what you need to know about cash. Then acquire advanced financial information that drives your organization and see how business reports are assessed and analyzed. Come away with the knowledge to help you make smart decisions when it comes to budgeting, setting goals, and assessing performance.

3 one-month courses

Online instructor led

Introduction to Project Management

Project Management Processes

Project Management Knowledge Areas

\$495

Bookkeeping Certificate

Sharon deFonteny

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.

3 one-month courses

Online instructor led

Understanding Debits and Credits

General Ledger and Month End Procedures

Closing Procedures and Financial Statements

\$495

Project Management Certificate

Andy Stanhope, Christina Martinez

Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. First, gain the skills, tools and templates to confidently develop and maintain a project. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. Finally, learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes.

3 one-month courses

Online instructor led

Introduction to Project Management

Project Management Processes

Project Management Knowledge Areas

\$495

Each of the programs on pages 8 and 9 start quarterly. Some require courses to be completed in sequence, while others have the flexibility of taking courses individually and over multiple semesters. Call us to find out more about schedules.

Social Media for Business Certificate

Jo-Carolyn Goode Melissa Torres, and Travette Webster

Get in on this exciting and growing way to communicate, market and serve your customers and clients. It is for businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.

Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks..

3 one-month courses

Online instructor led

Intro to Social Media

Integrating Social Media Into Your Organization

Marketing Using Social Media

\$495

CERTIFICATE PROGRAMS



Power BI Certificate

Marion Williams

Gain insight into your data using business intelligence software – Power Business Intelligence. Power BI is a widely used business analytics service offered by Microsoft. Power BI Desktop is a complete data analysis and report creation tool that you install for free.

Discover the process of creating interactive reports. Integrate financial, marketing, or any other source data in your accounting system, Excel, or on the Web. Streamline the data to what is needed using Power Query. Create charts, maps, and other visuals to see your data in real time. Delve into Power Query to ETL (Extract, Transform and Load) your data. Build the Data Model using relationships and DAX (Data Analysis Expressions). Utilize Time Intelligence functions. This certificate will enhance your skills in data analysis, giving you greater insight into your organization's performance and allowing you to make more informed decisions.

| | |
|----------------------------|------------------------------|
| 3 one-month courses | Online instructor led |
| Introduction to Power BI | |
| Intermediate BI | |
| Advanced BI | \$495 |

Graphic Design Software Essentials

Andy Helmi

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.

| | |
|------------------------------|------------------------------|
| 3 one-month courses | Online instructor led |
| Adobe Illustrator Essentials | |
| Adobe Photoshop Essentials | |
| Adobe InDesign Essentials | \$545 |

SQL Certificate

Cecelia Allison

Structured Query Language (SQL) is the industry standard database programming language. It is one of the most in demand skills in occupations that require interaction with data and analyzing data. Through your knowledge of Structured Query Language, you will become more marketable in computer related career fields that pertain to database administration. Learning SQL can also lead to a job that is specific to analyzing data such as a data analyst, a quality assurance analyst, or a business analyst.

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|----------------------------|------------------------------|
| 3 one-month courses | Online instructor led |
| Introduction to SQL | |
| Intermediate SQL | |
| Advanced SQL | \$595 |

Certificate in Mastering Excel

Amy Klous, Betsy Flanagan, John Rutledge

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world.

Once you master using the tools in Excel, this Certificate will help you discover how to attractively visualize your data into meaningful information with confidence.

| | |
|--|------------------------------|
| Students must have Microsoft Excel to complete this certificate. | |
| 3 one-month courses | Online instructor led |
| Mastering Microsoft Excel | |
| Intermediate Excel | |
| Advanced Excel | \$495 |

Leadership Development Certificate

Tawanda McLaurin

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.

Find out what it takes to become an effective leader. Discover your style of leadership. 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.

Then learn the unspoken secrets that leaders know and the strategies they employ/exhibit for influencing others. Leadership skills are acquired and learned. You can become a leader if you know the do's and don'ts; what to say, what not to say; what to do, what not to do.

At the end of completing the three course certificate, you will come away with a new understanding, new toolbox of leadership skills, and the information to move your leadership development into high gear.

| | |
|-------------------------------------|------------------------------|
| 3 one-month courses | Online instructor led |
| Developing Your Leadership Skills | |
| Developing Your Professional Career | |
| Leadership Principles | \$395 |



Basic Life Support (BLS) & Standard First Aid Courses

Instructor: Andrew Eckman

Andrew Eckman recently retired after 45 years in emergency services, including law enforcement, firefighting, Emergency Medical Services, and emergency/disaster management. He has been a medical instructor for more than 30 years.

Basic Life Support (BLS) for Healthcare Providers

Note: This is a three night course.

Students must attend all three nights for certification.

This program ensures that individuals with a duty to respond (public safety professionals, healthcare providers, and others with a duty to respond) have the knowledge and skills necessary to respond to breathing and cardiac emergencies.

Clear, concise, and current information on what signs to look for and what treatment steps to take during an emergency, including how to perform CPR and use an AED.

Updated coverage of bloodborne and airborne diseases, including precautions to take in response to the COVID-19 pandemic. A focus on soft skills, with additional coverage relating to team-based resuscitation.

This program does NOT contain a First Aid component.

Wednesdays, 9/27 – 10/11, 6:00 – 9:00 PM for 3 weeks

Location: Great Salt Bay School, Damariscotta

Course Fee: \$105



Standard First Aid, CPR, AED Adult / Child / Infant (ECSEI)

Note: This is a three night course.

Students must attend all three nights for certification.

Emphasis on life-threatening conditions and focus on critical life-saving skills Updated information on CPR, AED, injuries, and illnesses that is consistent with the CPR and ECC Guidelines as established by the American Heart Association. New and updated content on hemorrhage control, opioid overdose response, compression-only CPR, and COVID-19.

Accepted by most regulatory and licensing agencies including ME DHHS and USCG.

Wednesday, 10/18 – 11/1, 6:00 – 9:00 PM for 3 weeks

Location: Great Salt Bay School, Damariscotta

Course Fee: \$90

Behavioral Health Professional (BHP) Certification Training

Instructor: Woodfords Family Services

Our communities are looking for individuals who want to make a difference in a child's life.

Children's behavioral health services are vital to Maine's children with intellectual disabilities, autism, and mental health disorders and their families. And the need in our area is great! As an integral part of the child's treatment team, a Certified Behavioral Health Professional (BHP) has the opportunity to make an immediate impact while helping a child grow and develop to their full potential.



We are excited to connect our communities with Woodfords Family Services for 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.

Open enrollment

Location: Online

Course Fee: FREE

Certified Nursing Assistant (CNA)

Instructor: Jennifer McIntire RN

CLC Adult Education and LincolnHealth co-sponsor a **FREE** 130-hour minimum Certified Nursing Assistant training course. This CNA program is open to all adults by application only. Successful graduates are eligible to work in many areas of the healthcare field. The August class is closed but a new class will be starting October 24, 2023. The course is open to all adults by application and interview process. Applications are now available. You may call LincolnHealth Education (563-4540) to have an application packet sent to you. Applicants must have a high school diploma or GED/ HiSET in order to be considered for the course.

***** CNA Paid Apprenticeship Program *****
(Subject to availability)
"Earn while you Learn"

LincolnHealth/CLC Adult Education and Midcoast School of Technology are offering an "Earn while you Learn" opportunity. Through a paid apprentice program, you can earn money for your CNA training with an expected commitment to work in a care setting for 12 months. Apprenticeship candidates are eligible for benefits including health insurance.

An application and interview are required to be considered for this program. A limited number of applicants are accepted. To receive an application or more information please call LincolnHealth Education at 563-4540, or Pen Bay Medical Center Education at 921-8440.



HEALTH CARE TRAINING



Hospice Training

Instructor: Crystal Mills

Have you ever thought of being a hospice volunteer? Hospice volunteers visit with patients who have a life expectancy of 6 months or less. Hospice volunteers offer companionship, support and friendship; and help patients make the most of every day.

This one night course will teach participants what to expect as a hospice volunteer. Potential volunteers will be able to start the application process via their smartphone, laptop or tablet at the training. After that, all of the training and onboarding is online.

Wednesday, 10/18, 5:00 – 8:00 PM for 1 night only
Location: CLC Adult Education Office, Damariscotta
Course Fee: FREE

Medical Assistant with CCMA Certification

Medical Assistants are responsible for a variety of medical office tasks from administrative to technical and scientific duties and must have quality human relations skills. Some of the job duties include cleaning and dressing wounds, taking blood samples, administering medications, taking vitals, preparing a patient for EKGs, obtaining a patient's history, and assisting physicians during examinations.

Our program provides virtual reality style classroom work as well as traditional style teaching for a blended learning experience. Practicals are performed during the program to ensure that the student develops proper techniques. Upon completion of the program, you will sit for your CCMA (Clinical Certified Medical Assistant) national certification exam through NHA. Tuition includes a voucher for the national certification exam, 6 practice exams, online study guide materials, books, resume assistance, and all other associated fees. Externships may be available in your area.

16 weeks
Tuesdays & Thursdays
Camden Hills High School Rm 217

5:30 p.m. - 8:30 p.m.
begins 9/19/23
\$3,500

Naloxone (Narcan)

Administration Training

Instructor: Will Matteson, Healthy Lincoln County

Keeping Naloxone (Narcan Nasal Spray) on hand can help save a life. Having a kit nearby could help a friend, family member, or someone in the community in the event of an emergency.

This Narcan administration training will guide you through how to use Narcan as well as helpful information on opioids and how Narcan interacts with these substances. This training is free, on behalf of Healthy Lincoln County—a tier two distributor of Narcan in the State of Maine. Upon completion of this training you will receive one kit, with two doses of Narcan, to add to your first aid kit or AED box. Additionally, you will receive supplemental resources to have on hand should you want to review what was discussed in the live training event.

Will Matteson is the Substance Use Prevention Coordinator at Healthy Lincoln County. He is passionate about advocating for Community Saturation of Narcan and spreading the word about this important first aid tool.

Tuesday, 9/26, 6:00 – 7:00 PM for 1 night only
Location: Great Salt Bay School, Damariscotta

OR

Thursday, 9/28, 6:00 – 7:00 PM for 1 night only
Location: Jefferson Village School, Jefferson
Course Fee: FREE

**Check our website for more
information on these other health career
opportunities!**



ACADEMY
of MEDICAL PROFESSIONS

Dental Assisting with RHS Certificate - \$3,200

12 wks, begins 9/18, Mondays 6:00 - 8:00 p.m., 45 hrs.

Phlebotomy with CPT Certification - \$3,200

10 wks begins 10/17, Tue & Thur, 5:30 - 8:30 p.m.

Pharmacy Technician with PTCB Cert. - \$2,050

14 wks, open enrollment, online instructor-led

Medical Transcription - \$2,650

16 wks, open enrollment, online instructor-led

Medical Coding with CPC Certificate - \$3,950

20 wks, begins 10/12, Thursdays 5:30 - 8:30 p.m., 88 hrs

Medical Office Specialist with Billing Certification - \$3,200

16 wks, begins 10/11, live on Wednesdays 6 - 8 p.m.



Classes at Clary Lake Woodworking School with Rick Gallion

Instructor Rick Gallion has been a professional woodworker for over thirty years and has taught many students the craft of woodworking. His shop is designed as a teaching facility. All classes will be held at the Clary Lake Woodworking School at 777 Gardiner Road (Hwy 126), Jefferson. Class size is limited. Safety glasses provided for each class.



Shaker tables made by class participants

Build A Shaker Style Table

This class will cover building a small end table that is 30" high, and 16" square. The course is for beginner to experienced woodworkers. The student will make all components of the table using both power tools and hand tools. The project will include most of the procedures required in Basic Woodworking, including: tapering table legs, gluing up panels, cutting multiple parts and making mortise and tenon joints. All tools, safety glasses and hearing protection provided.

A materials fee will be charged based on which type of wood the student chooses upon registration; Poplar (best if the project is to be painted) \$75; or Oak - \$125. Students will use the SawStop table saw that has the revolutionary new braking system which eliminates the chance of injuries from the blade. Because of this, a \$50 refundable deposit will be required. **The materials fee and refundable deposit are payable to the instructor the first day of class.**

Saturdays, 10/7 – 11/4, 9:00 AM – 1:00 PM, for 5 weeks
Course Fee: \$129 (no refunds after 9/29)

OR

Saturdays, 11/11 – 12/9, 9:00 AM – 1:00 PM, for 5 weeks
Course Fee: \$129 (no refunds after 11/3)

Router Basics

The router is the second most important power tool in any shop. It is also the most versatile. Learn the basic techniques of using this tool, some of the shop made jigs that make it do more, and what to look for when purchasing a router. No materials needed.

Wednesday & Thursday, 10/11 & 10/12, 6:00 – 8:00 PM,
for 1 week (2 sessions)
Course Fee: \$49

OR

Wednesday & Thursday, 11/1 & 11/2, 6:00 – 8:00 PM,
for 1 week (2 sessions)
Course Fee: \$49

OR

Wednesday & Thursday, 11/29 & 11/30, 6:00 – 8:00 PM,
for 1 week (2 sessions)
Course Fee: \$49

Setting Up a Woodworking Shop New!

This class will offer information and advice for what are the most important tools to begin with; How to arrange a shop for maximum efficiency; What are options for dust control; What shop-made jigs and fixtures are most needed.

The class will be geared to individual shop owners, so each participant is encouraged to bring a sketch of their shop layout with dimensions so we can discuss options.

Thursday, 10/19, 6:00 – 8:00 PM, for 1 night only
Course Fee: \$39

OR

Wednesday, 11/15, 6:00 – 8:00 PM, for 1 night only
Course Fee: \$39

Sharpening Woodworking Tools

The first thing to learn about woodworking is sharpening the tools you will be using. In this course you will learn to sharpen bench chisels, plane irons, card scrapers, cabinet scrapers and marking knives.

Tuesday, 10/17, 6:00 – 8:00 PM, for 1 night only
Course Fee: \$39

OR

Tuesday, 11/21, 6:00 – 8:00 PM, for 1 night only
Course Fee: \$39

Table Saw Basics

The table saw is the most important tool in the shop. It does more than just cut wood to exact dimensions; it also does joinery, molding, and with a few simple jigs that you can make, it will also do specialty cuts. Learn



how to get the most from your saw, how to use it safely, and what to look for when purchasing a saw. The course will be taught using the amazing new SawStop, the saw with the built-in brake system that prevents injury from a spinning blade. No materials needed.

Tuesday & Wednesday, 10/3 & 10/4, 6:00 – 8:00 PM,
for 1 weeks (2 sessions)
Course Fee: \$49

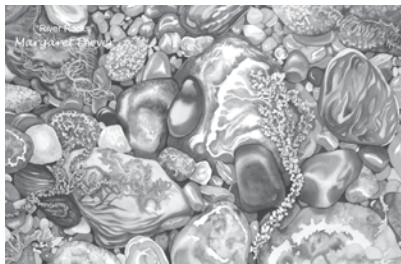
OR

Wednesday & Thursday, 10/25 & 10/26, 6:00 – 8:00 PM,
for 1 week (2 sessions)
Course Fee: \$49

OR

Wednesday & Thursday, 11/8 & 11/9, 6:00 – 8:00 PM,
for 1 week (2 sessions)
Course Fee: \$49

ARTS & CRAFTS



Discoveries in Watercolor New!

Instructor: Margaret Dwyer

This workshop will focus on the many different watercolor techniques that are available, both conventional and unconventional, and how they can be applied to nature studies. Students will learn techniques and shortcuts to capture texture and form inspired by the natural world. The results look more natural and less forced. Color choices will be reviewed throughout the class and during demonstrations.

Lots of references and natural specimens (rocks, shells, leaves, pinecones, etc) will be on hand to work from. Knowing more about color and techniques will allow you to make more informed choices during your painting process. Students will go home with a sampling of watercolor studies that can inform future work.

An \$18 materials fee is payable to the instructor the night of class or students can purchase and bring items from a materials list provided by the instructor.

Margaret Dwyer holds a BFA and MFA in Visual Arts. Her watercolors have been published in fine art books and magazines and have been included in numerous juried national and international exhibitions. For the last several years she has been the artist in residence at Billings Farm & Museum and Marsh-Billings-Rockefeller National Historical Park in Woodstock, VT. Her work is now in Damariscotta at "River Arts" and "Gifts at 136".

Tuesday, 10/24, 5:30 – 8:30 PM,
Location: Great Salt Bay School, Damariscotta
Course Fee: \$68

Driftwood Mobiles New!

Instructor: Chris Toy

Always wondered how to create mobiles that spin and dance in the slightest breeze? Join Chris Toy and learn the secrets of how to connect and balance recycled driftwood and wire to make beautiful hanging mobiles and tabletop stabiles. Tools and materials will be provided but feel free to bring needle nose pliers, wire cutters, spare wire clothes hangers, and coin (quarter, half dollar, dollar) sized pieces of weathered driftwood.

Chris Toy is a retired Maine educator, cooking instructor, author and Registered Maine Guide. He enjoys beach combing, where he finds his craft supplies. He creates rustic upcycled crafts by combing the coastline for driftwood, beachstone, and recycled wire from political signs. His work can be viewed on Facebook at Acadian Driftwood Arts.

Wednesday, 11/15, 6:00 – 8:00 PM, for 1 night only
Location: Great Salt Bay School, Damariscotta
Course Fee: \$64 (includes all materials)



Explorer Pack Basket New!

Instructor: Jessica Steele

Making a pack basket can be a fun and rewarding project and a perfect gift! A pack basket is a traditional type of backpack used for carrying items while hiking, hunting, or for general outdoor activities. Pack baskets have a long history dating back centuries and have been used by various cultures around the world. Here in Maine our Maine Guides walked the woods with these packs to transport supplies and game through rugged terrain.

In this course, we will weave a 10-12" tall basket with premium reed. We will go over the history of pack baskets and what materials have been used. The instructor will go through the process of making the basket step-by-step ensuring all will walk away with a finished basket. The baskets will have a base and feet along with pack straps. We will bring a variety of color straps and even color reeds to add a little color to your basket. Walk away with a pack basket and the knowledge for life!

All level weavers are welcome EVEN if you have never weaved!

Jessica Steele has a passion for the wilderness and for teaching. She has worked in the field of Adventure and Environmental Education for more than 30 years. This leg of her journey is about connecting more with herself, others, and the wilderness.

Saturday, 12/9, 9:00 – 12:00 PM, for 1 day only
Location: CLC Adult Education Office, Damariscotta
Course Fee: \$85 (includes all materials)



Holiday Bags & Tags New!

Instructor: Martha Brooks, CZT

Explore how embellishing gift bags and gift tags using the Zentangle Method of art will give your gift-giving that extra Zing!! Instruction will include a lettering template, simple tangled designs, and suggestions for embellishments. Materials kits include a selected variety of small (2x2) and larger (3.5x3.5) paper tags in 3 colors, black Micron pens, GellyRoll pens, shading pencils & tools. Materials Kits can be picked up at the CLCAE Office in Damariscotta prior to class start date.

As a Certified Zentangle Teacher (CZT), Martha Brooks finds great joy in sharing this fun, relaxing, and easy-to-do art method! She is a retired Speech Pathologist and adjunct professor. Martha loves being a mom, an out-of-the-box thinker, the midcoast of Maine, and creating art using a variety of media!

Mondays, 11/6 – 11/13, 6:30 – 8:00 PM, for 2 weeks
Location: Online via Zoom
Course Fee: \$60 (includes all materials)

ARTS & CRAFTS



Holiday Cards in Watercolor

Instructor: Margaret Dwyer

Learn and develop watercolor skills in this fun and relaxed environment as we begin the holiday season. Inspired by memories, books, and samples of vintage and contemporary Christmas cards, we will explore ways to paint trees, candlelight, holly, ornaments, and more.

Lots of techniques will be demonstrated as well as effective color combinations. Whether you choose to give your creations away, use them as place settings, or keep them as a mantle display, they are sure to become treasured, handmade keepsakes.

An \$18 materials fee is payable to the instructor the night of class or students can purchase and bring items from a materials list provided by the instructor.

Tuesday, 11/14, 5:30 – 8:30 PM,

Location: Great Salt Bay School, Damariscotta

Course Fee: \$68



Holiday Driftwood Trees

Instructor: Chris Toy

Move over mini Christmas trees! A handcrafted tabletop driftwood tree will add a touch of the Maine coast to your holiday decor. Join instructor Chris Toy for this fun, hands on craft activity using driftwood and recycled wire from political signs. Additionally, students who choose to, can spruce up their driftwood creation for the

holidays with garland, tinsil, ornaments, or even a tree skirt!

All materials will be supplied, but feel free to bring your own supplies from your walks along the shore, battery powered drills, and garden clippers.

Wednesday, 11/8, 6:00 – 8:00 PM, for 1 night only

Location: Great Salt Bay School, Damariscotta

Course Fee: \$64 (includes all materials)

Holiday Gifts from Nature -- Giant Gnomes

Instructor: Jessica Steele

In this class, we will learn how to make three homemade gifts from natural items. These are wonderful gifts to continue to make and perfect for the holidays!

Who loves Gnomes? In this class, we will make Giant Holiday Gnomes out of balsam, fir and white pine while using the framework of a tomato cage. To finish them off, we will add a nose and large holiday hat. These Gnomes will be about 3' high and perfect for your holiday season.

We will also make smaller gnomes that can be a holiday decoration or used for a cork stopper in your holiday wine. They are very cute for that small holiday gift.

Finally, we will learn how to collect and process balsam for your own balsam fir bags/pillows. In most gift shops here in Maine we sell the fragrance of the wilderness. Another perfect gift for yourself or a loved one.

Wednesday, 12/13, 5:00 – 8:00 PM, for 1 night only

Location: Great Salt Bay School, Damariscotta

Course Fee: \$59 (includes all materials)

Holiday Stars

Instructor: Martha Brooks, CZT

Create two different styles of stars using Zentangle tiles. Instruction will include simple tangle designs, use of color, and shading techniques that will enhance your star structures. Materials kits will include Star templates, paper tiles in a variety of shapes & colors, Micron and GellyRoll pens, shading pencils and tools. Materials Kits can be picked up at the CLC AE Office in Damariscotta prior to class start date.



Tuesdays, 11/7 – 11/14, 6:30 – 8:00 PM, for 2 weeks

Location: Online via Zoom

Course Fee: \$60 (includes all materials)



Holiday Wreath Making

Instructor: Jessica Steele

In this class, we will learn how to make holiday wreaths. We will use balsam and also decorate it with other beautiful branches from white pine and cedar. We will use a 12" ring to make this balsam wreath. We will also go over how to make holiday swags and garland.

These supplies will be made available: Balsam tips, 12" ring, wire, 2.5" ribbon for a bow, and other natural denotations will be made available.

Monday, 12/11, 5:00 – 7:30 PM, for 1 night only

Location: Great Salt Bay School, Damariscotta

Course Fee: \$49 (includes all materials)

It's Cooler in the Shade

Instructor: Martha Brooks, CZT

Prerequisite: Any Zentangle introductory class and/or a solid familiarity with the basic concepts of the Zentangle Method.

Shading could be said to be the most exciting component of the Zentangle Method! During this 5-week class, you will explore shading basics, and how to apply these skills to the original white, black, Renaissance and grey Zentangle tiles. After your tangles have been placed on your tile, these shading techniques will make your overall design "pop"! Material kits will include a variety of colored paper tiles, Micron and GellyRoll pens, shading pencils and tools. Materials Kits can be picked up at the CLC AE Office in Damariscotta prior to class start date.

Wednesdays, 10/18 – 11/15, 6:30 – 8:00 PM, for 5 weeks

Location: Online via Zoom

Course Fee: \$85 (includes all materials)

ARTS & CRAFTS



Naturalist's Sketchbook New!

Instructor: Laurel Dodge

Creating a naturalist's sketchbook is a hobby that requires minimal equipment and expense, but can bring great satisfaction and a fresh perspective on nature. Record your nature discoveries with pen and ink and watercolor to create a one-of-a-kind journal of your adventures in the wild.

Artistic talent is not necessary to create a naturalist's sketchbook. All that is needed is a sense of wonder and a desire to learn more about the natural world. Treasures found during the instructor's adventures in nature will be on display to sketch or you can bring your own.

Laurel Dodge has a master's degree in environmental studies and has worked for nature centers, land trusts and a zoo. She is an illustrator and nature photographer.

Tuesdays, 11/7 – 11/28, 6:00 – 8:00 PM, for 4 weeks

Location: Nobleboro Central School, Nobleboro

Course Fee: \$68

Watercolor: Try Before You Buy New!

Instructor: Margaret Dwyer

This workshop is for people who have always wanted to try this amazing medium but are not sure about materials or how to get started. It is also for those who would like to build on previous experience. The choices of materials on the market now are overwhelming. Students will learn about the differences in paints, paper, and brushes.



An overview of core techniques will be demonstrated using a variety of materials. Students will create simple paintings and small studies while receiving one-on-one instruction when needed. A few watercolor "tricks" will be shown that will add a sense of wonder to your work. You will be surprised at how accessible this medium really is!

An \$18 materials fee is payable to the instructor the night of class.

Tuesday, 10/17, 5:30 – 8:30 PM,

Location: Great Salt Bay School, Damariscotta

Course Fee: \$68

Zentangle 101

Instructor: Martha Brooks, CZT

This 5-week introductory course teaches the basics of the Zentangle Method of pen and ink drawing. It is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing patterns within structured spaces. Zentangle also has proven to have beneficial health effects as well!

Each class focuses on learning a specific technique while learning a variety of tangle patterns that employ this design pattern. We will explore basic components of design and ideas for embellishment. Weekly tangle pattern step-by-step visuals will be provided. Material kits can be picked up at the CLC AE Office in Damariscotta prior to class start date.

Wednesdays, 9/13 – 10/11, 6:30 – 8:00 PM, for 5 weeks

Location: Online via Zoom

Course Fee: \$85 (includes all materials)

COOKING



13 Types of Yeast Rolls in 3 Hours!

Instructor: Debra Arter

Amazing but true! People will admire all the types of rolls that you will be able to make after just this three hour class. You will also get to make a savory braid that is both delicious and lovely to look at! Basic preparation of bread dough will be covered.

Class will be part demonstration and part participation. Generous samples of the caramel pecan rolls, savory braid and all the rest will be given to each participant. Students will take home white and whole wheat dough to bake at home later. Debra has won many awards for her baking in summer fairs and taught this class many times. She started baking bread when she was 9. Join in the fun and come home full of comfort. Bring covered tubs to take home dough.

Thursday, 11/2, 5:30 – 8:30 PM, for 1 night only

Location: Nobleboro Central School, Nobleboro

Course Fee: \$40 - (Includes all food costs)

Asian Holiday Appetizers

Instructor: Chris Toy

If you have company coming for the holidays, or you need something to take for a potluck, this class is for you! Participants will enjoy a pre-holiday party with Chef Toy as you work together to prepare crispy fried wontons and homemade duck sauce, mini egg rolls, teriyaki party wings, and cold spicy sesame noodles. Yum!

Chris Toy is a Stonewall Kitchen Cooking Instructor with a lifelong interest in cooking with an Asian-Downeast fusion flavor.

Wednesday, 12/13, 5:30 – 8:00 PM, for 1 night only

Location: Nobleboro Central School, Nobleboro

Course Fee: \$59 (Includes all food costs)



Cooking with BoomerTech Adventures

Instructors: Ed Brazee, Jill Spencer, & Chris Toy

Learn how to prepare several tasty stir fries using traditional Chinese flavorings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade.

In addition, discover an easy way to make your own pita pockets, flatbreads, and tortillas. Plus, you will see a way to combine the benefits of cooking on cast iron with your love of grilling. We haven't forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie?

Location: Online (Anytime after registration)

Course Fee: \$39



Homemade Candy & Other Delights New!

Instructor: Jessica Steele

Why not! Let's get together for a three-hour class to go over some of my favorite holiday treats. We will go over how to make homemade chocolate, turtles, peanut butter cups, peppermint patties, chocolate covered pretzels, coconut clusters, salted caramels, candy nuts, caramel corn, and maybe even maple fudge.



We will learn the basic tools and materials, ingredients, recipes, and step-by-step process. Impress everyone this season with some new recipes that I am sure will be their favorites!

Wednesday, 12/6, 5:00 – 8:00 PM, for 1 night only

Location: Nobleboro Central School, Nobleboro

Course Fee: \$59 (Includes all food costs)

Homemade Stuffed Tortellini New!

Instructor: Chris Toy

Join Chris Toy for an evening of fresh handmade stuffed pasta. We'll make regular and spinach dough, two different fillings, one for vegetarians, and another for omnivores (chef's choice!). We'll make fresh sauces as well. One featuring tomatoes, the other cream and vodka. Those in the know come hungry and bring leftover containers.



Monday, 11/27, 5:30 – 8:30 PM, for 1 night only

Location: Nobleboro Central School, Nobleboro

Course Fee: \$59 (Includes all food costs)

Mozzarella Cheese for Beginners

Instructor: David Baker

Have you ever wanted to make cheese? This course will show you how you can make fresh mozzarella cheese in less than one hour! Fee includes all ingredients.

David Baker has been a cheesemaker for 26 years and has taught cheesemaking to adults as well as children. He loves to help people learn about cheese.

Wednesday, 11/15, 6:00 – 7:30 PM, for 1 night only

Location: Nobleboro Central School, Nobleboro

Course Fee: \$24 (Includes all food costs)



IMPORTANT NOTICE:



The \$1.99 credit card fee incurred when registering for a class is now **nonrefundable**.

To avoid this charge you may pay by check or cash.

Online Cooking Courses with Chris Toy

Join best selling cookbook author and cooking instructor Chris Toy in his kitchen virtually through private instructional videos and PDFs. There's no time limit on using the materials. In addition, students can have lifetime unlimited access to Chris via email and phone/text/chat for questions such as shopping, prepping, cooking, tools, and ingredients. Plus, registered students will also receive signed copies of Chris' new cookbook *Easy Chinese Cookbook: Restaurant Favorites Made Simple!*

Healthy Steamed Dishes

Students will learn how to make healthy steamed dishes like steamed pork with cabbage, steamed clams with mussels, and broccoli with oyster sauce. The meal will include an appetizer, a side, a main dish, and dessert. Bonus videos include how to choose and care for a wok and Chinese cleaver.

Location: Online (Anytime after registration)

Course Fee: \$44 (Includes Signed Cookbook)

Chinese Appetizers

Students will learn how to make Chinese appetizers as chef Toy shows through step-by-step instructions how to fill and fold wontons, roll your own egg rolls, spring rolls, make your own boiled dumplings, and more. Bonus videos include how to choose and care for a wok and Chinese cleaver.

Location: Online (Anytime after registration)

Course Fee: \$44 (Includes Signed Cookbook)

*****TAKE BOTH CLASSES FOR \$78 & SAVE \$10*****

Scones are Fun and Easy!

Instructor: Debra Arter

You do not need to be a wizard to make a wonderful scone! If you have had flat or tough dry scones this might be just the class you have been waiting for.

Debra will show you step by step how to make light and tender Chocolate Cherry Scones, Apricot Ginger Scones, Cranberry Orange Scones and Bacon, Cheddar & Chive Scones as well as classic Basic Savory Hotel Scones. This class will be participatory and samples of all items will be tasted and the rest divided among the class. Soooo ...get a friend to sign up with you and enjoy the evening!

Remember to bring your apron and an empty container to store all that you will take home. Class size limited to 12.

Tuesday, 10/17, 5:30 – 8:30 PM, for 1 night only

Location: Nobleboro Central School, Nobleboro

Course Fee: \$40 (Includes all food costs)





Maine Tasting Center Tastes Wicked Good!!!

CLC Adult Education is now partnering with the Maine Tasting Center and its nonprofit partner organization Maine Food and Beverage Education Center to offer our community several new classes designed to tantalize your taste buds and celebrate some of the culinary flavors that are indigenous to our great state!

All classes will be held at the Maine Tasting Center's brand new Learning Center located at 506 Old Bath Road in Wiscasset.

Artisanal Cheeses of Maine

Instructor: Eric Rector

Explore the fast growing world of Maine cheese while also learning the ins and outs of artisanal cheese in general. Trace the history of the American artisanal cheese movement, see how it has played out in Maine and sample a curated selection of delicious Maine cheeses and dairy products.

This is an interactive class and the course fee includes a beverage of choice in the Tasting Room immediately following class.

Eric Rector is a cheesemaker, Maine Cheese Guild member, and owner of Monroe Cheese Studio.

Thursday, 10/5, 4:00 – 5:30 PM, for 1 day only

Course Fee: \$35

Maine Blueberries: They're Wild!

Instructor: Kitty Broihier

The iconic wild blueberry's history as a indigenous superfood of Maine is an age old story packed with flavor—we'll leave you in good taste as you see for yourself what sets the Maine wild blueberry apart from the rest! In this class attendees will learn about Maine's wild blueberry industry while sampling a wide variety of wild blueberry products made by Maine producers.

This is an interactive class and the course fee includes a beverage of choice in the Tasting Room immediately following class.

This class was developed with input from the Wild Blueberry Commission of Maine and will be taught by Kitty Broihier, MS RD of NutriComm.

Friday, 9/29, 3:30 – 5:00 PM, for 1 day only **OR**

Saturday, 10/21, 12:00 – 1:30 PM, for 1 day only

Course Fee: \$35

Marvelous Maine Maple Syrup

Instructor: Jason Lilley

In this class, attendees will: learn about the history, cultural significance and current production practices of maple syrup producers in Maine; taste and discuss the various grades of syrup to highlight flavor differences and specific uses for the various grades; taste a variety of Maine made maple products including candies, maple cream and maple sugar.

This is an interactive class and the course fee includes a beverage of choice in the Tasting Room immediately following class.

Jason Lilley is a Sustainable Agriculture Professional for University of Maine Cooperative Extension.

Thursday, 9/28, 5:00 – 6:00 PM, for 1 night only

Course Fee: \$35



Queso Presto! Cheesemaking Workshop New!

Instructor: Eric Rector

Cheese making is so mysterious because it starts by turning a liquid into a solid. Cheese making also takes A LOT of time: usually a day of work just to get the initial stage of fresh cheese, then weeks/months/years of aging to change a bland white chalky lump into something completely different. In this hands-on workshop, local cheese maker Eric Rector -- from Monroe Cheese Studio -- will summarize 10,000 years of cheese making and show you how to make a quick and tasty cheese in an effort to describe milk's "leap toward immortality." All supplies will be provided and you will have the opportunity to sample the cheese you've made before the end of the class. (and bring home any leftovers!).

Saturday, 10/14, 12:00 – 3:00 PM, for 1 day only

Course Fee: \$75



Sausage Making Workshop New!

Instructor: Colvard & Company

Time to see how the sausages are made! In this 3 hour sausage-making class, participants will go over the basics of sausage making while preparing 2 different varieties with local ingredients.

You'll get to practice all the steps - mixing spices, cutting pork, grinding, emulsifying, stuffing and packaging. We'll even go over cooking techniques (while cooking them) and package the remaining sausages for you to take home. Each participant will leave class with 5 lbs of sausage.

Saturday, 10/7, 1:00 – 4:00 PM, for 1 day only

Course Fee: \$120

GENERAL ENRICHMENT



American Red Cross Babysitter Training

Instructor: Andrew Eckman



The primary purpose of the Babysitter's Training course is to provide youth who are planning to babysit with the knowledge and skills necessary to give care safely and responsibly for children and infants. This training will help participants to develop leadership skills and become better babysitters. They will learn how to build a babysitting business, keep themselves and others safe, and learn about basic child care and basic first aid. This training is designed for youths ages 11 to 15. Space is limited so register early.

Andrew Eckman has been involved in emergency services since 1975, and has served as a police officer, firefighter, Emergency Medical Technician, emergency manager, and disaster manager. He has been a medical instructor for more than 30 years.

Mondays, 11/6 – 11/20, 5:00 – 8:00 PM, for 3 weeks
Location: Great Salt Bay School, Damariscotta
Course Fee: \$90

American Sign Language

Instructor: Sylvia Morrison

Have you ever been intrigued by how the hard of hearing community communicates? Perhaps you have a relative, friend or student who you would like to engage with but don't know how. This introductory course is designed for those with no previous sign language experience or for those who are looking to refresh the basics.

Sylvia Morrison is a former teacher of the deaf in New Jersey.

Tuesdays, 10/17 – 10/24, 7:00 – 8:00 PM, for 2 weeks
Location: Great Salt Bay School, Damariscotta
Course Fee: \$34

Boat America

Instructor: Coast Guard Auxiliary Flotilla 2-5

A New Maine Boating Law takes effect Jan. 1, 2024. It requires a person born on or after January 1, 1999 operating a boat over 25 hp on inland and coastal waters to have taken the in-person Boat America course, pass an exam, have the state's Boat America card, and be registered in the Department of Inland Fisheries and Wildlife database. Completing this Boat America course satisfies the requirements. In addition, some insurance companies offer boating insurance discounts to boat owners who have successfully completed this course.

TOPICS INCLUDE: Introduction to boating: boat types, boating terms, engine types. Boating Laws: registration, Federal and state boating laws. Safety Equipment: life jackets, fire extinguishers, etc. Safe Operation and Navigation: buoys and beacons, navigation rules, docking. Boating Emergencies: hypothermia, boating accidents, man overboard, capsizing, weather. Trailering: types of trailers, lights, hitching, towing a trailer. Sports and Boating: water-skiing, hunting and hunting gear, and other boating tips.

Wednesdays, 10/4 – 10/25, 6:00 – 8:00 PM for 4 weeks
Location: Great Salt Bay School, Damariscotta
Course Fee: \$59

Creative Writing Workshops via Zoom

Instructor: Elizabeth Potter

This ongoing workshop offers participants an opportunity to get the creative juices flowing, overcome the internal critic, and let heart and soul flow out onto the page! Just as importantly, it also provides a tight knit, supportive community of fellow writers. The instructor will present proven writing prompts and techniques to tickle your muse and coax even the most hesitant voice onto the page.

Elizabeth Potter is a teacher and poet residing in Midcoast Maine. Her poems have been widely published in literary journals both locally and nationally. Elizabeth has been leading creative writing workshops for all ages for the past twenty-one years.

Wednesdays, 1:00 – 4:00 PM, for 4 weeks each session

Session 1: 9/27 – 10/18

Session 2: 10/25 – 11/15

Session 3: 11/29 – 12/20

Location: Online

Course Fee: \$124 per session

Digital Tools for

Beginning Memoir Writers

Instructors: Ed Brazee, Jill Spencer, Chris Toy

This course looks at a variety of digital tools, available through any digital device, that make the process of memoir writing more fun and a little less daunting. You will explore several unique approaches to research, learn strategies for gathering and storing materials in one easily accessible place, and delve into ways to illustrate your memoir even if you are not an artist. Polishing your work for publication and presenting it in a public format are other video topics. You will leave the course well equipped to begin your writing adventure.

Location: Online (Anytime after registration)

Course and Material Fee: \$39

Getting Paid to Talk An Introduction to Professional Voice Over

Instructor: Voice Coaches Staff, Albany NY

This workshop is a great, upbeat, and realistic first step to learning how to make money doing voice over.

Our easy-to-access remote learning system will take you behind the scenes at Voice Coaches main studios, where we regularly produce voice over content for clients including Netflix, Discovery, HGTV, Disney, Lifetime, Nickelodeon, and many more. This class also includes an opportunity to receive a brief one-on-one voice range and quality assessment with our instructor.



For more than 30 years, Voice Coaches has provided voice over production, recording, and communication coaching to clients across the US and abroad.

Thursday, 11/16, 6:30 – 8:00 PM, for 1 night only

Location: Online

Course Fee: \$34

GENERAL ENRICHMENT



Nature Writing

Instructors: Laurel Dodge

From wildlife encounters to outdoor experiences to descriptions of plants and animals, we will use writing to express the wonder and grandeur of the natural world. Using a workshop format, we will write in class and share our writing



with the group. The instructor will comment on finished pieces.

Whether you wish to write detailed accounts of nature or add accurate and inviting portrayals of nature to your fiction, this course will enable

you to bring your reader along with you into the natural world.

Laurel Dodge has a master's degree in environmental studies and has worked for nature centers, land trusts and a zoo. Her book, "Nature Study for the Whole Family" is designed to connect people to the natural world.

Thursday, 10/5 – 10/26, 6:00 – 8:00 PM, for 4 weeks

Location: Nobleboro Central School, Nobleboro

Course Fee: \$120

So You Want to Open an Airbnb?

Instructor: Debra Arter

Did you know that the number of people turning to choosing Airbnb for lodging in Maine has almost doubled from two years ago? The revenue earned by Airbnb owners in Maine topped \$100 million in 2020. If you have entertained the idea of opening up your guest bedroom or summer camp for short term rental, this is a class not to miss.

The instructor, herself an Airbnb owner, has interviewed many other Airbnb or VRBO owners and put together a packet with good information, tips and actual stories of unusual events in the life of a short term landlord.

This course will address issues dealing with ordinance, insurance, expectations, fees, hosting, guests, safety, communication, neighbors and more.

Debra Arter has operated River Escape for over 4 years in Damariscotta as an active and popular Airbnb.



Tuesday, 10/24, 6:00 – 8:30 PM, for 1 night only

Location: Online via Zoom

Course Fee: \$39



IMPORTANT NOTICE:



The \$1.99 credit card fee incurred when registering for a class is now **nonrefundable**.

To avoid this charge you may pay by check or cash.



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Stocking Your Pantry for Hard Times

Instructor: Laurel Dodge

With inflation driving grocery prices up, what can we do to keep to a budget? The pantry principle can help ease the strain. This beginners' class will cover multiple ways to save money when stocking up on grocery store food. Included will be information on stocking ingredients needed for home cooking, buying in bulk, stocking up on sale items, using store brands, growing greens and herbs indoors, rotating your pantry stock, and proper storage of pantry items.

Laurel Dodge has been stocking her pantry for 23 years. She likes to share her knowledge with others so they can have practical skills to help them face life circumstances such as job losses, medical crises, or supply chain issues.

Wednesday, 10/18, 6:00 – 7:30 PM, for 1 night only

Location: Nobleboro Central School, Nobleboro

Course Fee: \$8

The Art of Letter Writing

Instructor: Laurel Dodge

Revive the lost art of letter writing and reconnect with friends and family in a new "old-fashioned" way. In this class we will discuss the history of the letter, examine examples of handwritten letters of the past, learn how to write letters that delight the recipient, and compose letters of our own to send to the people we care about.

Laurel Dodge has been an avid letter writer throughout her life and believes the permanence and meaning of a handwritten letter far outweighs that of instant messages on social media. Her upcoming novel, "The Buoyant Letters of Mimsy Bell" is entirely written in letters.

Thursday, 9/28, 6:00 – 8:00 PM, for 1 night only

Location: Nobleboro Central School, Nobleboro

Course Fee: \$35

What to Expect When You're Expecting a Pet Pig!

Instructors: Andy Theriault and Amanda Glenn

In this two hour course we will cover the joys and challenges of keeping pigs as pets. This is not a class for those interested in raising pigs for meat. Pigs are the most commonly surrendered animal at animal sanctuaries, and this class will prepare you to understand the nutritional, health, and enrichment needs of these smart, funny, affectionate animals before adopting one.



We will discuss keeping pigs at a healthy weight, hoof care, hygiene, and the required habitat for a happy, healthy pig. You will meet and interact with some of the sanctuary's pigs, so come prepared to give tummy rubs, and wear clothes for the outdoors and boots.

Andy Theriault and Amanda Glenn started Darrowby Farm Sanctuary in 2019. They have given lifelong homes to over 60 animals since then, 22 of whom have been pigs.

Saturday, 9/30, 10:30 – 12:30 PM, for 1 day only

Location: Darrowby Farm Sanctuary, Jefferson

Course Fee: FREE

HEALTH & WELLNESS

Are You Having Trouble Controlling the Way You Eat?

Coordinator: Sharon

Do you struggle with food obsession, overeating, undereating or bulimia? There is a Solution. Food Addicts in Recovery Anonymous is holding a Free Information Session online and by phone.

For more information and meeting ID and Passcode call the coordinator (Sharon) at 207-250-7373 or email fa.newcastle.maine@gmail.com

Tuesday, 10/17, 6:30 – 8:00 PM, for 1 night only

Location: Online via Zoom

Course Fee: **FREE**

Gentle Flow Yoga

Instructor: Jade Nelson

Gentle Vinyasa. Blending flowing movements and breath, allowing for an unraveling and softening of the body. This class is great if you are new to yoga, returning after a long hiatus, or are looking for something gentler for your joints and body. All levels are welcome.

Please bring a yoga mat, two yoga blocks and a blanket to class.

Jade Nelson is a retired bodyworker who shares her skills of observation and intuition through the practice of yoga.

Wednesdays, 11/15 – 12/6, 5:45 – 6:45 PM for 4 weeks

Location: Great Salt Bay School, Damariscotta

Course Fee: \$95

Keto Information Night

Instructor: Jade Nelson

Curious about Keto, Ketogenic or Low Carb eating? If you are struggling with lack of energy, brain fog, weight management or just looking to improve your health and wellbeing, Come join me and learn about a different way of fueling your body. Keto is not for everyone and this session is an overview to help you understand and learn if keto might be a good fit for you and your goals.

Please bring pen and paper along with your questions to class.

Thursday, 12/7, 5:00 – 7:00 PM for 1 night only

Location: Great Salt Bay School, Damariscotta

Course Fee: \$40

Migraine & Headache Relief Workshop

Instructor: Jade Nelson

Build your self-care approach and add new tools to your toolbox for dealing with migraines and headaches. During our time together. We will cover prevention tips, and learn a few home remedies, and trigger points to help with relief. Discuss the benefits of heat/ice, and practice a combination of stretches and massage techniques to release tension and increase blood flow to the head and neck..

Thursday, 10/19, 5:45 – 7:15 PM for 1 night only

Location: Great Salt Bay School, Damariscotta

Course Fee: \$40

Pilates

Instructor: Dianne Daniels

Pilates is a unique form of mind body exercise that focuses on strengthening the core muscles, the abdominals and the back. The class incorporates the use of ankle and hand held weights to tone the legs and arms.

Dianne Daniels is an exercise physiologist.

Wednesdays, 10/4 – 11/15, 6:15 – 7:00 PM, for 7 weeks

Location: Online via Zoom

Course Fee: \$94

The Alexander Technique:

Learn to Move Through Life with Ease

Instructor: Judy Pagon

Do you struggle with discomfort, excess tension, fatigue or chronic pain as you move through your daily life? Want to learn to do the things you both enjoy and need to do, more easily and with less tension and effort? Then the Alexander Technique is for you!

This well-established technique has a long history of helping people regain poise and ease in activities ranging from sitting at the computer, to gardening, to playing a musical instrument. Come discover the technique that has helped people all over the world, for over 100 years!

Judy Pagon has taught the Alexander Technique for over 35 years to people from ages 6 to 86, from individual lessons to large groups, community centers to colleges, and classrooms to rehearsal halls. Judy also has a private studio and teaches both individuals and groups, both in-person and online.

Wednesdays, 9/27 – 10/18, 9:30 – 10:30 AM, for 4 weeks

Location: Online via Zoom

Course Fee: \$80



The Feldenkrais Method®

Instructor: Dianne Daniels

The Feldenkrais Method® is a type of neuromuscular re-education that will enable your body to do more than it has in years. Feldenkrais classes are easily adapted to the online format, and students have been able to understand the directions and follow along quite easily.

These gentle movement sequences will help you work through chronic muscular or joint pain while improving your flexibility and posture. This is not an exercise class, so loose fitting or stretchy casual clothes are appropriate. Please have a mat and two thick towels to use during each class.

Mondays, 10/2 – 11/13 (no class 10/9),

5:00 – 5:45 PM, for 6 weeks

Location: Online via Zoom

Course Fee: \$79

HEALTH & WELLNESS



The Women's Health Series

Instructor: Carole Freeman

You will learn how breathing is different for women and why it matters, how to manage pain and stress through breathing techniques, how female sex hormones influence your breathing and health, how to prevent and treat pelvic floor dysfunction, and how to cope with menopause symptoms. This class will empower you to take charge of your health and well-being by understanding and improving your breathing habits.

Carole Freeman, B.S. RTT, Breathing Specialist has a background in equal portions of respiratory therapy, exercise physiology, and massage therapy. Her career as a respiratory therapist began at Loma Linda University Medical Center. She attended graduate school at LLUMC, majoring in Health Sciences.

Mondays & Wednesdays, 10/16 – 10/30, 6:00 – 7:30 PM,

5 classes in 3 weeks

Location: Online via Zoom

Course Fee: \$85

Women's Gentle & Restorative Yoga

Instructor: Patti Kristiansen

This class is great for any level of experience from beginners to seasoned or those just looking to destress and relax. Gentle Mindful Yoga movements, simple breathing techniques followed by the deeply meditative and restful Restorative positions of Yoga to the sounds of Crystal singing bowls.

Patti Kristiansen has been teaching therapeutic yoga in the midcoast region for 23 years. She holds credentials as a Certified Yoga Therapist with International Association of Yoga Therapists; Registered Experience Yoga Teacher with Yoga Alliance.

Wednesdays, 10/4 – 11/8, 5:30 – 6:45 PM for 6 weeks

Location: Home Studio, Waldoboro

Course Fee: \$79

Women's Health & Fitness 101

Instructor: Carole Freeman

Women's Health and Fitness is designed to help you improve your physical and mental well-being. You will learn how to regain lost energy and stamina, how to optimize your breathing for different activities and situations, how respiratory muscle strength affects your endurance, and what are the new rules for cardio and stamina. By the end of this course, you will have a better understanding of your body and its needs, and how to achieve your fitness goals in a healthy and sustainable way.

Tuesdays & Thursdays, 10/17 – 10/26, 6:00 – 7:30 PM,

4 classes in 2 weeks

Location: Online via Zoom

Course Fee: \$85

Yoga

Instructor: Dianne Daniels

This Hatha style yoga class will help you relax and refresh with strengthening and stretching. Dianne provides easy to follow instructions suitable for all levels of expertise. Please have a mat to use during each class.

Mondays, 10/2 – 11/13 (no class 10/9),

6:15 – 7:00 PM, for 6 weeks

Location: Online via Zoom

Course Fee: \$79

Yoga for Vitality

Instructor: Kathryn Jensen

Looking for a yoga class that will give you a sense of challenge and success in your flexibility, strength and overall well-being? Look no further! Designed for people with yoga literacy, i.e. those who have attended yoga classes before. We will practice Hatha yoga while growing a range of motion, endurance, and our own deeper connection to our bodies. The class will match the participants desired challenge level. Please bring a yoga mat.

Kathryn Jensen has a B.A in Dance, and is a registered yoga teacher with a Masters in Education. She has taught creative dance and yoga to children age 3-adults in their 80's. Kathryn loves supporting people to find joy and play through embodied movement and living.



Tuesdays, 4:30 – 5:45 PM for 6 weeks each session

Session 1: 10/3 – 11/7

Session 2: 11/14 – 12/19

Location: TreeHouse Studio, Jefferson

Course Fee: \$95

Yoga Fundamentals for Beginners

Instructor: Jade Nelson



This class covers the fundamentals of yoga. You will learn basic postures, four breathing techniques, four meditation techniques, and how to partner them to create deep relaxation and connection to the body. This class is slowly building it up over the 6 weeks, the final class will be a traditional gentle flow yoga class. Very Beginner friendly, you don't need to know a thing or be able to do all the poses. This course is about building a yoga class unique to your abilities and comfort.

Please bring a yoga mat, two yoga blocks and a blanket to class. Also, bringing a notepad for taking notes is recommended.

Wednesdays, 10/4 – 11/8, 5:45 – 7:00 PM for 6 weeks

Location: Great Salt Bay School, Damariscotta

Course Fee: \$110



IMPORTANT NOTICE:



The \$1.99 credit card fee incurred when registering for a class is now **nonrefundable**.

To avoid this charge you may pay by check or cash.

MUSIC & DANCE



Any Body Can Sing

Instructor: Susan Gallagher Borg

The first musical instrument in the history of the world is the human voice – and everybody has one! Come learn how your body makes music. We will have fun singing songs from different cultures around the world. All are welcome – any age, any shape, any gender, or any native language. Bring your curiosity and enthusiasm.



Susan Gallagher Borg has sung as a soloist and choral director since the 60's. She loves singing and wants to sing with you!

Tuesday, 10/3 – 11/28 (no class 10/31),
4:00 – 5:30 PM, for 8 weeks

Location: Great Salt Bay School, Damariscotta

Course Fee: \$69

Ballroom Dance

Instructor: Megan Dinsmore



Join the party and learn to dance. Beginner ballroom dance will cover the basic steps for the waltz, tango, rhumba, bachata and more. This six week class will give you the confidence to get up and dance the night away or simply add a dance routine to your workout.

Guaranteed great exercise to wonderful music. This class will make you smile...so...get your partner and your dancing shoes and let the fun begin! Please bring your dance shoes with you for class.

Thursdays, 9/28 – 11/2, 7:00 – 8:30 PM, for 6 weeks

Location: Great Salt Bay School, Damariscotta

Course Fee: \$118 per couple

Creative Movement for EveryBODY

Instructor: Kathryn Jensen

Would you like to both be guided in movements and have room to step out and play? Then this class is for you! It is appropriate for beginners as well as experienced dancers alike, with music, group guided dance, and a chance to create our own dance sequences together. Bring yourself, an open mind, and comfortable clothing to dance in.



Saturdays, 10:45 AM – 12:00 PM, for 4 weeks each session

Session 1: 9/23 – 10/14

Session 2: 10/28 – 11/18

Session 3: 12/2 – 12/23

Location: TreeHouse Studio, Jefferson

Course Fee: \$70 per session

Instant Guitar for Hopelessly Busy People

Instructor: Craig Coffman

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.

Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well.

Craig Coffman is an experienced piano and guitar instructor, professional pianist and music director.

Saturday, 9/23, 1:00 – 3:30 PM, for 1 day only

Location: Online via Zoom

Course Fee: \$59 (Includes all materials)

Instant Piano for Hopelessly Busy People

Instructor: Craig Coffman

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.

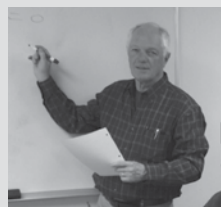
This online class allows you to sit at your piano or keyboard at home with no pressure at all. An online book and online follow up video lessons are included so you will be able to continue your practice and study on your own. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.



Saturday, 9/23, 9:00 AM – 12:00 PM, for 1 day only

Location: Online via Zoom

Course Fee: \$59 (Includes all materials)



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Margit Ahlin

5:30 to 7:30 p.m., Wednesdays, beginning 10/4, for 5 weeks

Edgecomb Eddy School

\$120

Theater Improv for Everyone: An Acting Adventure!

Al D'Andrea

5:30 to 7:30 p.m., Wednesdays, beginning 10/4 for 5 weeks

Edgecomb Eddy School

\$120

Decorate Your Own Wrapping Paper

Joelle Webber

5 to 8 p.m., Wednesday, 11/15

Edgecomb Eddy School

\$55

Depolarizing and Talking Across Divides

Leigh Anne Keichline

6 to 7:30 p.m., Wednesdays beginning 10/25, for 2 weeks

Boothbay Region High School

\$25

Gateless Writing Salon Sampler

Jodi Paloni

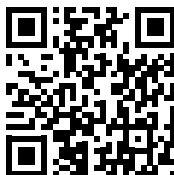
6:30 to 8:30 p.m. Thursday, 9/28

Online

\$15



For complete course listings and to register, scan the code or visit
boothbayae.maineadulted.org



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Medicare 101

Jo-Ann Neal

Wednesdays

09/13/2023

at Medomak Valley High School

09/27/2023

at Windsor Elementary School

10/11/2023

at Medomak Valley High School

5:00 PM - 6:30 PM

FREE

Lotions and Scrubs

Heather Grotton-Emerson

Thursday

11/30/2023

Warren Elementary School

6:00 PM - 8:00 PM

\$59

Ornament Making

Ashley Brown

Thursday

11/30/2023

Union Elementary School

6:00 PM - 8:00 PM

Sign Carving

Sherwood Hilt

Mondays

10/9/2023 - 10/30/2023

Union Elementary School

6:00 PM - 8:00 PM

\$65

Becoming a Backyard Herbalist

Andrea Webb -

Every Light Wellness

Thursdays

10/5/2023 - 11/2/2023

Chelsea Elementary School

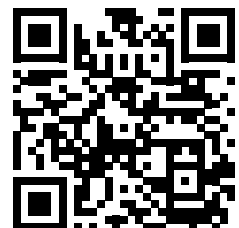
6:00 PM - 8:00 PM

\$100



For complete course listings and
to register, scan the code or visit

mace.maineadulted.org





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| Class at MCST Rockland | Classes | Day | Starts | Time | Cost |
|---|---------|-----------|--------|---------------|---------|
| Am. Red Cross Adult & Pediatric CPR/1st Aid/AED | 1 | Sat | 10/14 | 9am-3:30pm | \$103 |
| Amateur (Ham Radio) Technical License | 9 | Thurs | 9/21 | 6-8:30pm | \$20+ |
| AutoCAD Basics | 10 | Tu/Th | 10/26 | 5-8pm | \$225 |
| Blueprint Reading Fundamentals | 10 | Tu/Th | 9/19 | 5-8pm | \$225 |
| Botany in the Garden | 3 | Mon | 10/30 | 5:30-8:30pm | \$82 |
| Bread Cornucopia Table Centerpiece | 1 | Thurs | 11/9 | 5-8pm | \$48+ |
| Bûche De Noël (Yule Log) | 1 | Thurs | 12/14 | 5-8pm | \$48+ |
| Clear Writing for Poetry, Prose, and Persuasion | 5 | Wed | 10/4 | 6-8pm | \$88 |
| CNA - Certified Nursing Assistant | 27 | Tu/Wed/Th | 9/19 | 8:30am-3:30pm | \$1195+ |
| CNA - Certified Nursing Assistant | 27 | Tu/Wed/Th | 11/28 | 8:30am-3:30pm | \$1195+ |
| CNC Machining | 7 | Mon/Tue | 11/20 | 4:30-7:30pm | \$310* |
| Creative Book Making | 4 | Wed | 10/25 | 5:30-7:30pm | \$62+ |
| CRMA - Certified Residential Medication Aide | 5 | Fri | 10/13 | 8am-4pm | \$355+ |
| CRMA Recertification | 1 | Fri | 12/8 | 8am-2pm | \$95 |
| Cupcakes and Fall Buttercream Flowers | 1 | Thurs | 11/2 | 5-8pm | \$48+ |
| Document and File Management | 1 | Wed | 11/15 | 6-8pm | \$22 |
| Drawing on the Right Side of the Brain | 4 | Tues | 10/17 | 6-8pm | \$62* |
| Excel 2019 - Basics & Intermediate | 6 | Thurs | 10/5 | 6-8pm | \$98+ |
| Excel 2019 - Advanced Applications | 3 | Thurs | 11/30 | 6-8pm | \$58+ |
| Food Preservation Workshop - Steam Canning | 1 | Mon | 10/16 | 5-8pm | \$30 |
| Food Preservation Workshop - Water Bath Canning | 1 | Thurs | 10/5 | 5-8pm | \$30 |
| Foundations of Investing Seminar | 1 | Tues | 11/7 | 6-7pm | \$18 |
| Fresh Maine Apple Pie and Vanilla Crème Brûlée | 1 | Thurs | 11/16 | 5-8pm | \$48+ |
| Gingerbread House | 1 | Sat | 12/2 | 10am-2pm | \$48+ |
| Google Drive | 2 | Tu/Th | 9/26 | 6-8pm | \$48 |
| Holiday Sugar Cookies | 1 | Tues | 12/5 | 5-8pm | \$48+ |
| Intro to Photography | 6 | Tues | 10/10 | 6-7:30pm | \$93 |
| Machining I | 8 | M/T | 10/16 | 4:30-7:30pm | \$310* |
| Magic for Adults | 4 | Mon | 10/16 | 6-8pm | \$62 |
| Marlinspike Seamanship | 5 | Tues | 10/3 | 6-8pm | \$78 |
| Medicare 101 | 1 | Thurs | 10/5 | 5:30-7pm | FREE |
| Outsmart the Scammers Seminar | 1 | Tues | 10/17 | 6-7pm | \$18 |
| Planting Bulbs in the Fall (for Spring!) | 1 | Mon | 9/25 | 5:30-7:30pm | \$28 |
| Plumbing Basics | 5 | Tues | 10/10 | 6-8pm | \$98 |
| Power of Line Z | 4 | Wed | 10/25 | 6-8pm | \$62* |
| QuickBooks (Online Version) 2021- Basics & Intermediate | 6 | Tues | 10/3 | 6-8pm | \$98+ |
| QuickBooks (Online Version) 2021- Advanced Applications | 3 | Tues | 11/28 | 6-8pm | \$58+ |
| Sellers' Forum for Online Marketing | 4 | Tues | 10/3 | 6-8pm | \$62 |
| Sew What?! | 1 | Mon | 11/13 | 5-8pm | \$38* |
| SketchUp for Woodworking | 4 | Wed | 10/11 | 5:30-8:30pm | \$88 |
| Vegetable Gardening | 3 | Mon | 11/27 | 5:30-8:30pm | \$82 |
| Welding MIG I | 12 | Tu/Th | 9/19 | 4:30-7:30pm | \$355* |
| Welding MIG II | 12 | M/W | 11/6 | 5-8pm | \$355* |
| Welding TIG | 12 | Tu/Th | 11/7 | 4:30-7:30pm | \$355* |
| Winter Card Making Night | 1 | Thurs | 10/5 | 6-8:30pm | \$38+ |
| Woodworking Basics | 3 | Wed | 11/29 | 5:30-8:30pm | \$82+ |

KEY: **Z** = Presented via Zoom only **+** = Materials Fee not included in tuition ***** = Student provides some supplies
ALL CLASSES LIVE UNLESS OTHERWISE SPECIFIED

INFORMATION & REGISTRATION FORM

Registration

Have you registered for classes with us before?

☐ Yes ☐ No

Registrant Name: _____

Address: _____

Email: _____

Phone Number: _____

Date of Birth: _____ over 65? ☐ Yes



| Course Title | Day/Date | Fee |
|--------------|----------|-----|
| | | |
| | | |
| | | |
| | | |
| TOTAL | | |

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Have a great idea for a class? We would love to hear it! Call or email us at clcadulted@aos93.org.

Refund Policy

Registration fees will be refunded if we cancel a course or if a student withdraws at least one month before the start of a course. A \$5 processing fee will be retained if a student withdraws within 30 days and up to 3 business days before the start of a course. No refunds are made after a class has started or within less than 3 business days of the start of a one-day class. The remainder of fees will be refunded by check or applied to your original credit card. No refund for missed one-session classes or \$5 classes. The \$1.99 credit card processing fee per class is non-refundable. To avoid this fee please feel free to pay your registration with a check or cash. Exceptions to this policy may be made at the discretion of the Director.

Discounts

Due to the continuing rising costs of production, we are no longer able to offer the EARLYBIRD \$5 discount. We apologize for this inconvenience.

Registration Confirmations

Students who provide an email address will receive confirmation of enrollment. Others may call to confirm your registration or the class status.

Inclement Weather

If day school is canceled or dismissed early due to inclement weather, in person Adult Education classes will also be canceled. Notification will be on WCSH Channel 6 Storm Center (televised and online) and on a recorded message at 563-2811. Virtual classes are held regardless of school cancellation due to weather.

Calendar

We follow the school calendar and observe all federal and state holidays.

Changes & Cancellations

We reserve the right to cancel courses, change times and substitute instructors as necessary.

TRAVEL

Downeaster to The Museum of Fine Arts Boston



Join us for a day trip to Boston's Museum of Fine Arts on the Downeaster with Chris Toy. We'll depart from Brunswick on the morning train and return after 8 PM. You'll have time to explore the exhibits on your own. Chris will be available to give a short talk and tour of the Chinese art wing with a focus on Dragons in Chinese art. There is a nice cafe in the museum as well as several nearby.

Cost: \$125

Cost does not include meals but does include transportation via Amtrak, subway fare to and from the museum, entrance into the MFA Boston, and your tour guide Chris Toy.

Saturday, October 28, 7:00 AM to 8:45 PM

Acadian Arts Retreats

Choose between two retreats and two locations:

Watercolor with local artist Mary Laury /

Cooking with private chef Chris Toy

Roosevelt Campobello International Park,

New Brunswick, Canada / October 6 - 9

The Willows, York Beach, Maine / October 12 - 15

Check out our website for details: clc.maineadulted.org



Italy in June of 2024

Join RSU #3 Adult Education (Thorndike) on the trip of a lifetime to Italy in June of 2024!

Set aside time on October 4th at 5:30 p.m. to join an information session via Zoom. To register your interest or for more information, call or email Sue Brennan at 568-3426 or sbrennan@rsu3.org.