

Spring - Summer '25 Course Catalog

over
35 New
Classes
Inside

Come Grow With Us!



Central Lincoln County Adult & Community Education

**With Gratitude
for a life well-lived
and selflessly shared.
Rick Gallion
Oct 1947 - Oct 2024**



Cover photo by Bonnie Merrill

Message from the Director

Good teachers are usually liked and respected. Great teachers also leave a legacy. Rick Gallion was a great teacher.

Rick taught for adult education for years at his Clary Lake Woodworking School in Jefferson. He taught students how to properly and safely use the tools of a craft, how to create works of functional art. Students returned often to hone their skills and push beyond their comfort levels. These skills will keep Rick 'alive' for many decades to come through more furniture creation and through his students passing their woodworking skills on to future generations.

Rick grew up in Kansas, earned a B.A. in French literature, served as a Green Beret, worked for the U.S. Marshals Service, and spent 10 years studying ballet and jazz dance and performing in community theater. He enjoyed classical music, sailing, parachuting, and cycling. Rick experienced life, he didn't just live it.

He left the U.S. Marshals Service to pursue a career in custom woodworking. Then together with his wife, Linda, moved to Maine in 2002 and opened a bed and breakfast in a 165-year-old farmhouse in Jefferson. Rick founded the Clary Lake Woodworking School in 2014.

Rick Gallion passed away suddenly in October. His loss is felt by this community and we honor and thank him for all he has done. Especially for choosing to move with his wife to our little slice of the planet, here in midcoast Maine. And for sharing himself.

Be well,



David A. Watts, Director

View all opportunities at our websites:

- clc.maineadulted.org
- clc.coursestorm.com
- yougotclass.org/index.cfm/Lincoln
- ed2go.com/aos93
- careertraining.ed2go.com/aos93

Symbols & Abbreviations



= offers at least one session between June and August



= online class



= virtual class



= very popular class

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OUR CLASS LOCATIONS

AEO: Adult Education Office, 767 Main St. Damariscotta
Anchor ME Farm (AME): 584 Ridge Rd, Windsor 04363
CHRHS: 25 Keelson Dr, Rockport
Coastal Rivers (Conservation Trust): 3 Round Top Lane, Damariscotta
Cundy's Harbor (CH): Cundy's Harbor Rd, Harpswell
DFS: Darrowby Farm Sanctuary, Jefferson
GSB: Great Salt Bay School, 559 Main St., Damariscotta
JVS: Jefferson Village School
LCRCC: Lincoln County Recovery Community Center, 3 Hall St., Newcastle
Mere Point Boat Launch (MPBL): 1161 Mere Point Road, Brunswick
MTC: Maine Tasting Center, 506 Old Bath Rd., Wiscasset
NCS: 194 Center St., Nobleboro
Neighborhood Clay: 590 Main St., Damariscotta

Adult Education - HiSET & Literacy

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

School Year Open Lab Hours:
Tuesdays & Thursdays, 6:00 – 8:00 PM
Thursdays, 9:00 AM – noon

Summer Hours by appointment - register with us

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 Back to Work

Move Ahead with
ADULTED

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 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

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

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.

So You Want to open an Airbnb?

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.

Tuesday, 5/6

5:30 - 8:00 p.m.

Virtual live, Zoom

\$45



Accounting Fundamentals



Nancy Koenig



This course can be taken on either a PC, Mac, or Chromebook. In this comprehensive course, you will learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions. You will get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities.

Accounting Fundamentals covers all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period. Whether you're a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use, this course will give you a solid foundation in financial matters.

6 weeks, 24 hours

Asynchronous

Instructor-led online

Sessions start monthly

Register at ed2go.com/aos93

\$129

A to Z Grant Writing



Dr. Beverly Browning



A to Z Grant Writing will take you through the planning process for documenting the need for funding in a Theory of Change Grant Project Planning Worksheet. Beginning with writing about what will be implemented (your vision for change and impact) when the project is funded, the worksheet begins to come to life. Exploring why funding is needed is the beginning of articulating the statement of need. You will learn how to document your projection of how, when funded, your project will initiate change. Once you've created the project's goals, the worksheet asks for inputs or resources (mirroring a logic model's format). Your thought processes and imagination will be tested in the implementation activities & timeline section. You'll also have a chance to develop outputs and outcomes for the planned project. Finally, you'll learn how to develop a project budget. Where does all of this lead? Every lesson is one step closer to having 100% of the information you'll need to write a highly competitive grant proposal. Additional features include six teachable moments videos and six choose your own adventure branching scenarios to fuel your creative thinking processes.

6 weeks

24 hours, Asynchronous

Instructor-led online

Sessions start monthly

Register at ed2go.com/aos93

\$125

Certified Master Wedding and Event Planner

Kevin Lee



Get the training and support network you need to jump start your career in event planning. In this online certification course, you will work with real clients to gain knowledge, build your portfolio, and become a Certified Master Wedding and Event Planner.

Open enrollment, start anytime

18 months, Asynchronous

Online

\$5,495

Project Management Essentials with CAPM® Prep

Nikki Choyce



This course is designed for individuals new to project management, providing a solid foundation of the most common terms and concepts you will need and helping you prepare for the Certified Associate In Project Management (CAPM®) certification exam. CAPM® and PMI® are registered marks of Project Management Institute, Inc.

Open enrollment, start anytime

6 months, Asynchronous

Online

\$1,345

Project Management Fundamentals

Tony Swaim



Organizations initiate projects to create new computer applications, erect bridges and buildings, improve processes, develop new products, and reorganize company operations. Unfortunately, most organizations do not manage projects well, creating an unprecedented demand for project management practitioners.

If you're organized, perceptive, detail-oriented, and an excellent communicator, you just might have what it takes to succeed in the fast-growing field of project management.

In this course, an experienced Project Management Professional will help you master the essentials of project management. You will become an indispensable member of your project team by discovering and mastering the critical concepts you need to plan, implement, control and close any type of project. Syllabus and full course description at our website below.

6 weeks

24 hours, Asynchronous

Instructor-led online

Sessions start monthly

Register at ed2go.com/aos93

\$135



Most of the Certificate programs on pages 7 and 10 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.



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



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, re-touch 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



Popular Online Business Classes

A to Z Grant Writing Series	Learn all there is to know about writing grants, fundraising, and organizing a grant writing campaign. This group of online classes is ideal for those wanting to learn more about managing fundraising and grant writing fundamentals.	\$225
Accounting Fundamentals Series	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	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
Administrative Assistant Suite	In this discounted bundle suite, you will learn the skills you need to excel as an administrative professional or executive assistant.	\$355
Basic Computer Skills Suite	Learn essential computer skills for the 21st century workplace, including how to troubleshoot PC issues!	\$350
Creating WordPress Websites Series	This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques.	\$230
Creative Writing Value Suite	Spark your creativity and start writing with this online writing course bundle. You will learn the mechanics of writing and editing, and have your story workshopped by peers.	\$350
Digital Marketing Suite	Learn how to develop an Internet marketing plan, use popular social media platforms, and achieve higher positions with major search engines.	\$365
Discover Sign Language Series	This course bundle will teach you beginner and advanced techniques for communicating with American Sign Language.	\$230
Grammar Refresher Series	These online courses will help you gain confidence in your ability to produce clean, grammatically correct work.	\$205
Grant Writing Suite	Learn everything you need to know to start writing grant proposals and consult or volunteer for non-profit, public foundations.	\$355
GRE Prep Series	With GRE Preparation Part 1 and Part 2, you'll be prepared for all aspects of the computerized GRE revised General Test.	\$225
LSAT Preparation Series	This comprehensive online LSAT prep course will help you develop analytical and logical reasoning skills, improve your writing skills, and master reading comprehension. By course completion, you will be fully prepared for the LSAT and have winning test-taking strategy to help you earn a high exam score.	\$225
Medical Spanish Series	Communicate more effectively with Spanish-speaking patients after taking this discounted series of courses that teach Spanish for medical professionals.	\$245
Medical Terminology Series	Prepare for a career in the health services industry by learning essential medical terminology.	\$245
Microsoft Excel 2019 Series	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

Popular Online Business Classes

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 specialities, and 150+ certifications. These pages list some of our most popular classes. See our website for more options and details. ed2go.com/aos93

Microsoft Office 2019 Value Suite	Some of the world's most widely used software programs are part of the Microsoft Office suite. This course bundle will teach you how to use Word 2019, Excel 2019, and PowerPoint 2019, Office's top business productivity programs. You will learn the basic features of each program and gain skills applicable to most professional settings.	\$390
Nonprofit Management and Grant Writing Suite	Learn everything you need to know to enter the world of non-profits and writing grant proposals.	\$480
Nutrition and Health Bundle	Students interested in advancing within their healthcare professional career or newly pursuing the field of nutrition and healthy lifestyle coaching	\$215
Photography Suite	Learn everything from photography fundamentals to advanced portrait techniques to advance your photography hobby or turn it into a business.	\$335
Project Management Fundamentals Series	In this group of project management online classes, you'll be introduced to the fundamentals of project management, tools for success, and high speed management tactics.	\$235
Project Management Suite	In this suite, learn the essentials of project management as you learn to plan, implement, control, and close any type of project along with essential quantitative and qualitative project management applications.	\$365
QuickBooks Online Series	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 Suite	These courses will help you understand what it takes to build wealth, how to invest in real estate, and legalities surrounding real estate.	\$340
SAT/ACT Prep Series	This series will prepare you to excel in all sections of the undergraduate college entrance exams.	\$225
Speed Spanish Series	Learn shortcuts to help you engage in conversational Spanish, as you build your language skills and develop fluency.	\$340
SQL Series	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	Learn how to make wise investment decisions and discover valuable techniques that show you step-by-step how to research and value stocks.	\$340
TEAS Prep Series	The TEAS Prep Series will prepare you to sit for the Test of Essential Academic Skills (TEAS) exam. TEAS Prep 1 focuses on the Reading and English and Language Usage portions. TEAS Prep 2 focuses on the Mathematics and Science portion of the exam.	\$225
Veterinary Assistant Series	Practicing veterinarian prepares you to work in a veterinary office or hospital.	\$485
Writing Fiction Series	This course series will teach you the craft of fiction with lessons developed by a published author. You will learn the fundamentals of storytelling that bring your ideas to fruition, and how edit and polish your work like a professional writer.	\$205

Business & Workforce



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

View all opportunities at our websites:

- clc.maineadulted.org
- yougotclass.org/index.cfm/Lincoln
- ed2go.com/aos93
- careertraining.ed2go.com/aos93
- clc.coursestorm.com



Digital Marketing Certificate

Dan Belhassen and Susan Hurrell



Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising.

Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

3 one-month courses **Online instructor led**

Improving Email Promotions
Boosting Your Website Traffic
Online Advertising

\$495



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.

3 one-month courses **Online instructor led**

Introduction to SQL
Intermediate SQL
Advanced SQL

\$595



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



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 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

Computers & Technology

CompTIA A+ Certification Training (Vouchers Included)

Linda Matthews, Sarah Perott, Paula Woodall



This course is designed to help you prepare to earn your CompTIA A+ credential by passing both required certification exams (220-1101 & 220-1102). Essential exam topics covered include various computer hardware and software aspects, including mobile devices, networking technology, virtualization, cloud computing, security, and operational procedures. Course syllabus, requirements, and prerequisites online.

6 months - open enrollment

200 course hours

Call to register



Online, self-paced

\$2,095

Keyboarding

Kathy Van Pelt



PC required for this course. If you want to learn touch-typing or improve your existing typing skills, this is the perfect course for you! In these lessons, you'll use the Keyboarding Pro 5 program, a typing tutorial designed for personal computers, to learn how to touch-type—that is, to type text you read from a printed page or a computer screen without looking at your keyboard.

With the skills you master here, you'll become faster and more confident at the keyboard. By the end of the course, you'll know how to touch-type the alphabetic, numeric, and symbol keys; create, save, and edit word processing documents; and successfully take a timed writing test during a job interview.

6 weeks

Instructor-led, online

Register at ed2go.com/aos93



Asynchronous
Starts monthly
\$125

Professional Bookkeeping with QuickBooks Online

Scott Paxton, Wade Lindenberger, Sherida Habersham



Master QuickBooks Online to prepare for a rewarding career in the bookkeeping field. You will learn basic bookkeeping and accounting principles, including the types of accounting information you, the business owner, manager, bookkeeper, or accountant, need to monitor. You'll then put all those principles into practice using QuickBooks Online to enter and track your finances with ease. With this online version, you get all the advantages of computing in the cloud so that your files will be available to you virtually anytime, anywhere.

Once you complete this course, you will understand how to get your finances in order and be prepared for the QuickBooks Certified User Exam. Course syllabus, requirements, and prerequisites online.

6 months - open enrollment

100 course hours

Call to register



Online, self-paced

\$2,095

Computer Skills for the Workplace

Dave Paquin



Confidently apply for jobs knowing that you possess the computer skills needed to perform on the job. This course includes a great introduction to Windows 10 and Office 365 to provide the fundamental computer competencies you need to prosper in a modern workplace. PC required for this course, with Excel, Word, Outlook, PowerPoint, and Access (not included in enrollment) installed before class begins.

6 weeks

Instructor-led, online

Register at ed2go.com/aos93



Asynchronous
Starts monthly
\$129

BoomerTECH Adventures

BoomerTECH Adventures helps Boomers and Seniors create, connect, and contribute using today's technology.

Ed Brazee, Jill Spencer, Chris Toy, instructors



Developed by experienced Maine educators, the courses on this page are fully asynchronous, online courses that students 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 the class via email and/or online chat.

Each course will take you approximately 6 hours +/- over a month's time to complete the tasks depending upon how much time you want to commit. And once you gain access to the class content, you have it to keep and refer to for as long as you need.

TECH REQUIRED: A strong Internet connection (or access to one), and a Mac computer, iPad, or iPhone to access videos and articles. See our website for complete course descriptions.

Start anytime

All classes are Online and Self-paced

Fee for each course is \$49

- 15 iPhone/iPad Vision Accessibility Features
- Conquer Your Photos App—Organize & Edit Images with Your iPhone/iPad Photos App
- Cooking with BoomerTech Adventures
- Create & Deliver Online Zoom Courses
- Create & Deliver Online Zoom Courses
- Digital Tools for the Beginning Memoir Writer
- Hidden Gems Lurking on Your iPhone & iPad
- Introduction to iPhone Basics
- Introduction to Mac Basics
- Introduction to Zoom Basics
- Maximize Your iPad's Potential
- More Hidden Gems in Your iPhone/iPad
- Take Fabulous Photos of the Flora and Fauna in Your World
- Taking Awesome Pictures With Your iPhone/iPad Camera
- Unlock Safari's Secrets on Your Mac/iPhone/iPad in Just Five Lessons (3 separate courses)

Financial Literacy

Personal Finance

Matt Crabtree, CFP



Do you have clear financial goals? Are you confident you will be able to retire someday? How can you be sure you are making the right investments? Do you know how to change your credit report to reduce your expenses and increase your financial security? Do you know how to keep good financial records?

This course will prepare you for a lifetime of worthwhile personal financial planning. The tools you will learn are useful, realistic, and easy to work into your regular routine. They will help you gain control over the financial impact of the choices you make. You will learn to create and use a budget, borrow and invest wisely, make intelligent decisions about insurance, and plan for your financial future. You will develop a retirement savings plan, and you will be better prepared to make large purchases and plan for taxes. You will learn the essentials of household bookkeeping, record-keeping requirements, and much, much more.

6 weeks

Instructor-led, online

Register at ed2go.com/aos93

Asynchronous

Starts monthly

\$129

Stocks, Bonds, and Investing: Oh, My!



Looking for a good solid class in the basics of stocks, bonds, finance, and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? And do you wish you could do it all without having to pay a broker or a financial advisor? Well, look no further. The class you need is right here.

Stocks, Bonds, and Investing; Oh My! is an enjoyable class that walks you through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but it will also address personal financial issues that are often ignored, but absolutely essential, to your success as an investor. Each lesson explains these concepts in detail, so you understand how and why things work in the investment world. Provide yourself with the independence and confidence you will need to make your own investment decisions.

6 weeks

Instructor-led, online

Register at ed2go.com/aos93

Asynchronous

Starts monthly

\$125



The six classes below are presented by the Finance Authority of Maine. Full descriptions are available on our website. These FREE workshops are meant to help adults of any age navigate the financial implications of attending college. Once you register, you will be sent the link to attend the Zoom sessions.

Successful Scholarship Searches and Applications

Wednesday, 2/26

Virtual live, Zoom

7:00 - 8:00 PM

FREE

Adulting 101: For the Love of Money

Wednesday, 2/12

Virtual live, Zoom

6:30 - 7:30 PM

FREE

Planning and Paying for College

Wednesday, 3/5

Virtual live, Zoom

6:00 - 7:00 PM

FREE

Adulting 102: Money Grows

Wednesday, 3/19

Virtual live, Zoom

6:30 - 7:30 PM

FREE

Spring into College Savings: The Alford Grant and Maine's College Savings Program

Wednesday, 4/2

Virtual live, Zoom

7:00 - 8:00 PM

FREE

Student Loan Repayment Strategies and Tips

Wednesday, 5/7

Virtual Live, Zoom

6:00 - 7:00 PM

FREE

Start a Business • Build Your Career • Manage Your Money



In uncertain times, one thing you can do is focus on your future. New Ventures Maine is here to help you get going with tuition-free classes and individual advising. Our graduates launch and grow successful businesses, land great jobs, and learn to budget, save, and reduce their debt.

Visit www.newventuresmaine.org or call 800-442-2092 or 207-621-3434.

Healthcare Training

**Funding is available for some health career courses.
Call us to see if you qualify for FREE training.**

Pharmacy Technician

Academy of Medical Professions

All Inclusive 14-week program. Pharmacy Technician is one of the fastest growing jobs in health care today. In this course, you will learn everything from the role of the technician in the pharmacy setting, to the basic sciences at the core of pharmacy practice, to preparing for the PTCB exam.

You will learn complete drug information that includes proper name, spelling and pronunciation, drug class, generic and trade name, route of administration, dosage and more of hundreds of drugs. You will be able to identify pills on sight with pill photos, gain a better understanding of how certain drugs work within the body with a concise review of relevant anatomy and physiology, and stay up to date with cutting-edge pharmacy practice with the latest information on new drugs, regulations, HIPAA guidelines and safety procedures. \$2,850. All materials included including PTCB National Certification (CPHT) Exam fee. Payment plans available.

Online, start anytime

\$2,850



ACADEMY
of MEDICAL PROFESSIONS

Dental Assisting

Academy of Medical Professions

12-week Certificate program in Dental Assisting for one of the most high-demand careers. This program is designed to teach all aspects of dental assisting and provide you with the skills you need to work in this field and pass a national certificate exam. This program is taught by a Dentist and includes an opportunity for internships. We now offer an option for Lab days, please ask for more details! The price of the course includes all books, exam preparation materials and fees for the DANB RHS® certificate program. Upon passing the DANB RHS®, you will receive a certificate of knowledge based on competency for that component from DANB. Payment plans available. \$3200.

Live Classes Monday 6-8 PM OR Online Anytime, Self-Paced
Live Session begin 9/16/24, 2/3/25, or 6/2/25 \$3,200

Clinical Medical Assisting - \$3,500

16 wks, begins 2/25/25 or 6/17/25, Tue & Thu 5:30 - 8:30 p.m.

Phlebotomy - \$3,500

10 wks, begins 3/11/25 or 7/1/25, Tue & Thu 5:30 - 8:30 p.m.

Medical Transcription - \$3,200

16 wks, open enrollment, online instructor-led

Medical Office Specialist / Administrative

Medical Assistant - \$3,200

16 wks, begins online anytime

Behavioral Health Professional (BHP)

Certification Training

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 wait list 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
Online**

**Asynchronous
FREE**



Healthcare Training



Medical Terminology: A Word Association Approach

Douglas Best

The Medical Terminology – A Word Association Approach course will teach you to understand medical terminology as it pertains to each body system. Using graphics and study tips you will not only learn definitions and root terms, but also their application in the medical world. Learning blocks are used to condense information and to help isolate what you need to know versus what is nice to know, and you will be provided with fun and unusual facts to help you remember the medical terminology in unique ways. You will have opportunities to see how medical terminology is used in the real world through case study assignments and will be provided with flashcards to help you study. The knowledge gained in this course will help you take the next step in your medical career or education.

6 weeks

Instructor-led online

Register at ed2go.com/aos93

**24 hours, Asynchronous
Sessions start monthly**

\$135

Teach with us!

You've got talent

**Why not share it
with your community!**

**Call Or Email us today at:
563-2811 / clcae@aos93.org**

Certified Nursing Assistant (CNA)

Jennifer McIntire, RN

CLC Adult Education and Maine Health 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 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 should have a high school diploma or GED/HiSET in order to be considered for the course, or be working toward one.

*** Maine Health CNA Paid Apprenticeship Program ***
(*Subject to availability)

Earn while you Learn

Maine Health and Adult Education throughout the midcoast region 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 Lincoln Health Education at 563-4540.

8 weeks

Tuesday/Wednesday/Thursday

6/3 - 7/24/25

8:00 a.m. - 4:00 p.m.

***FREE**

Healthcare Training

Basic Life Support (BLS) for Healthcare Providers

Andrew Eckman

NOTE: This course does NOT contain a first aid component. There will be concise, current information given on what signs to look for and what treatment steps to take during an emergency, including how to perform CPR and use an AED, resuscitation mask, and bag-valve-mask resuscitator. We will cover blood-borne and airborne diseases, including precautions to take in response to COVID-19. We will also focus on soft skills, with additional coverage related to team-based resuscitation. **MUST ATTEND ALL CLASS SESSIONS.**

3 weeks **6:00 - 9:00 p.m.**
Wednesdays **begins 3/12/25**
GSB, Rm 187 **\$120**

Adult First Aid / CPR / AED



Andrew Eckman

THIS MODULE DOES NOT MEET STATE REQUIREMENTS FOR CHILDCARE LICENSURE.

- Updated content that meets or exceeds the scientific recommendations developed by the International Liaison Committee on Resuscitation (ILCOR) and is consistent with the CPR and ECC.
- Guidelines as established by the American Heart Association and other resuscitation councils around the world.
- Emphasis on life-threatening conditions and focus on critical life-saving skills.
- Decision tables that provide a concise summary of what signs to look for and what treatment steps to take during an emergency.
- New and updated content on CPR, AED, epinephrine injectors (Epi-Pen®), hemorrhage control, opioid overdose response (Naloxone/Narcan®), compression-only CPR, and COVID-19.

No class 5/7 or 5/14 during Pedi First Aid Module.

5 weeks **6:00 - 9:00 p.m.**
Wednesdays **begins 4/9/25**
GSB, Rm 187 **\$105**

Pediatric First Aid / CPR / AED



Andrew Eckman

THIS MODULE MEETS OR EXCEEDS STATE REQUIREMENTS FOR CHILDCARE LICENSURE.

- Updated content that meets or exceeds the scientific recommendations developed by the International Liaison Committee on Resuscitation (ILCOR) and is consistent with the CPR and ECC Guidelines as established by the American Heart Association and other resuscitation councils around the world.
- Emphasis on life-threatening conditions and focus on critical life-saving skills.
- Decision tables that provide a concise summary of what signs to look for and what treatment steps to take during an emergency.
- New and updated content on CPR, AED, epinephrine injectors (Epi-Pen®), hemorrhage control, opioid overdose response (Naloxone/Narcan®), compression-only CPR, and COVID-19.

5 weeks **6:00 - 9:00 p.m.**
Wednesdays **begins 4/9/25**
GSB, RM 187 **\$105**

Basic Life Support for Healthcare Providers Recertification

Andrew Eckman

This is a refresher/recertification course for the Basic Life Support program.

Prior to class, participants **MUST** present a valid certification from one of the following entities:

- American Heart Association (AHA)
- American Red Cross (ARC)
- Canadian Red Cross
- Health and Safety Institute (ASHI, EMSS, 24-7 Medic)
- Emergency Care and Safety Institute (ECSI)
- National Safety Council (NSC)

1 night **6:00 - 9:00 p.m.**
Wednesday **3/5/25**
GSB, Rm 187 **\$95**



OUR CLASS LOCATIONS

AEO: Adult Education Office, 767 Main St. Damariscotta
Anchor ME Farm (AME): 584 Ridge Rd, Windsor 04363
CHRHS: 25 Keelson Dr, Rockport
Coastal Rivers (Conservation Trust): 3 Round Top Lane, Damariscotta
Cundy's Harbor (CH): Cundy's Harbor Rd, Harpswell
DFS: Darrowby Farm Sanctuary, Jefferson
GSB: Great Salt Bay School, 559 Main St., Damariscotta
JVS: Jefferson Village School
LCRCC: Lincoln County Recovery Community Center, 3 Hall St., Newcastle
Mere Point Boat Launch (MPBL): 1161 Mere Point Road, Brunswick
MTC: Maine Tasting Center, 506 Old Bath Rd., Wiscasset
NCS: 194 Center St., Nobleboro
Neighborhood Clay: 590 Main St., Damariscotta



WORKFORCE TRAINING CLASSES*

***FUNDING AVAILABLE FOR MOST WORK FORCE TRAINING COURSES**

CNA & CRMA Certificate Programs

- CNA - classes start 1/7, 4/1 or 7/19 weeks, T/W/TH 8:30am-3:00
- CRMA - classes start 1/17, 3/21 or 8/15 weeks, FRI 8:30am-4:00
- CRMA Recertification - class dates 3/14 or 5/16 1 day, FRI 8:00am-2:00

Dental Assisting NEW class starts 2/2810 Sessions, FRI 9:00am-4:00

Welding & Machining

- MIG Welding 1 - class starts 1/286 weeks, T/TH 4:30-7:30pm
- MIG Welding 2 - class starts 3/246 weeks, M/W 5:00-8:00pm
- Machining 1 - class starts 2/34 weeks, M/T 4:30-7:30pm
- Machining 2 - class starts 3/174 weeks, M/T 4:30-7:30pm

Technology for Home & Work

- Quickbooks Online-Basic & Intermediate - class starts 2/66 weeks, TH 6:00-8:00pm
- Quickbooks Online-Advanced - class starts 4/33 weeks, TH 6:00-8:00pm
- Google Drive - class dates 1/28 & 1/302 weeks, T/TH 6:00-8:00pm
- Document & File Management - class date 4/301 Session, W 6:00-8:00pm
- Outsmart the Scammers - class date 1/271 Session, M 6:30-8:00pm
- SketchUp for Woodworking - class starts 2/255 weeks, T 5:30-8:00pm

Enrichment Classes

Plumbing Basics
Basic Automotive-Theory/Maintenance 101
Power of Line 1 & 2
Watercolors Part 1 & 2
Simple & Creative Bookbinding
Marlinspike Seamanship Nautical Arts
Learning the Recorder
Intro to Photography
Drawing on the Right Side of the Brain Part 2
Intro to Portraiture

Medicare 101
Artisan Breads
Wooden Sailors Chest
Cupcakes with Buttercream Flowers
Panoramic Sugar Easter Eggs
Blooms Through the Season
Growing Cut Flowers
Designing Beds & Borders
Season Extension
Growing from Seed Indoors
.....and many more!

For complete list of courses and course details and to register,
go to midcoastadulted.com, or scan the QR code above

adulted@mcst8.org

207-596-7752 x 3

Arts & Crafts

Sea Glass as Wearable Art

Lynne Thompson

Learn to wire wrap pieces of sea glass, and pottery shards to make wearable jewelry items. Sea glass and wire materials provided, but may bring your own special pieces. Tools to use in class available to share but bringing your own needle nose pliers is encouraged. In this beginner class you will create a minimum of 3 pendants. Written guide sheets provided. A \$20 materials fee made payable to the instructor will be due the first night of class.

2 weeks
Wednesdays
GSB, Art Room

6:30 - 9:00 p.m.
begins 5/21/25
\$49

Sea Glass Pendants and Beyond

Lynne Thompson

Learn more advanced wrapping techniques to create fanciful earrings and pins with sea glass. Please bring a pair of needle nose pliers. All other materials will be provided, but feel free to bring your own special pieces of sea glass. A materials fee of \$20 payable to the instructor is due the first night of class.

2 weeks
Tuesdays
GSB, Art Room

6:00 - 8:30 p.m.
begins 6/10/25
\$49

Throwing Class: An Introduction to the Wheel

Liz Proffetty

After a demonstration on how to throw on the wheel, each participant will have an opportunity to make their own pots on the wheel (up to 2 each). They will then have a chance to decorate them with more clay for handles, use stamps for texture and special paints called underglazes to add color. From there, participants' work will be dried, bisqued fire (first firing), then dipped in a clear glaze and re-fired. The process takes up to 3 weeks and the result is dinnerware pottery that is microwavable and dishwasher safe.

1 night
Thursday
Neighborhood Clay, Damariscotta

6:00 - 8:00 p.m.
3/20/25
\$70

Naturalist's Sketchbook

Laurel Dodge

Explore the world around you with a nature journal. One of the best ways to increase your knowledge about nature is to keep a journal of your personal encounters with plants, animals, rocks and minerals, the night sky, and even the moon and stars. The instructor will bring in fascinating specimens of plants, animals, and geological specimens as subjects for our journals. In this class, we will use the tools of the naturalist, writer, and artist. We will observe and learn about the specimens like a naturalist, draw in our nature journal pages using pen & ink, colored pencil, and watercolor like an artist and write down our observations and thoughts about the creatures and plants that have caught our interest like a writer. Continue your nature journal at home and you will soon have a unique and beautiful personal record of your connection to the living world around you. All materials and supplies needed for the class will be provided by the instructor.

4 weeks
Tuesday
NCS, Art Rm Kitchen

6:00 - 8:00 p.m.
begins 2/25/25
\$99



Watercolor for Everyone

Holly Smith

This class welcomes all levels of students wanting to experience watercolor painting. The weekly exercises are designed to build confidence through step by step instructions. Techniques such as wet on wet, dry brush, blotting etc. are integrated into each watercolor painting. Color theory and mixing is covered along with how to create a successful composition. Many students have returned each year remarking how much they enjoy the class. They learn something new each time they attend. Come and enjoy meeting great people who love to paint and have fun! The supply list is available on our website or by calling the CLC Adult Ed office.

5 weeks
Tuesdays
Virtual Live



6:00 - 8:00 p.m.
begins 5/13/25
\$99



Glass Candle Holder with Real Pressed Flowers

Deborah Ripley

You will learn the technique of gathering, pressing, and using pressed flowers for decoration in various types of art. You will choose from unique pressed flowers, which Deborah has gathered and pressed, along with flowers from other countries.

You will then gently place the pressed flowers onto the glass candle holder with glue. A liquid sealer will go over the flowers and onto the glass tower. Seashells, glass bobbles, and other beautiful items will be available.

You will have a choice of candle base legs, either gold or silver from Paris. Yes! I did write Paris! You will also have colorful glass beads for your legs if you desire glass. The course fee includes all materials needed including gloves.

1 night
Wednesday
GSB, Art Room

5:00 - 7:00 p.m.
4/16/25
\$95

Create a Windchime Made of Sea Glass

Deborah Ripley

Join glass artist, Deborah J. Ripley, for an evening of creativity designing your own unique windchime out of sea glass. Participants will be able to use glass beads, red, blue, teal, and white sea glass, and other types of whimsical items like shells, ribbons, and bells. All materials are covered in the cost of the class. Students will take home a windchime to proudly hang in a window or outside on a porch. It's a beautiful way to welcome spring!

1 night
Wednesday
GSB, Art Room

5:00 - 7:00 p.m.
3/19/25
\$95

Arts & Crafts

Zentangle Night: Mom / Dad & Me

Martha Brooks

Come for a night of Zentangle family fun! Zentangle is an easy-to-learn, relaxing, and fun art method using paper and pen to create beautiful designs in structured spaces. It is a wonderful way to find calm and lose yourself in the world of your own creativity. When we are creating, we are tapping into our positive energy—a wonderful place to find oneself!

This one night class will provide instruction in simple Zentangle patterns (known as tangles). Material kits are available for pick up at your local CLC Adult Ed office in Damariscotta or the Five Town office in Rockport or mailed for a nominal fee. These kits contain all the supplies needed for 2 people to participate in this class. These kits provide paper, pens, & shading tools, enough for 2 family participants.

1 night
Wednesday
Virtual Live



6:30 - 8:00 p.m.
begins 3/12/25
\$59

Zentangle 101: An Introduction to the Zentangle Method

Martha Brooks

This 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 structured patterns. This course will provide instruction in fundamental pen strokes, multiple tangle patterns, and simple shading techniques. We will explore basic components of design and ideas for embellishment. Material kits are available for pick up at your local CLC Adult Ed office in Damariscotta or the Five Town office in Rockport or mailed for a nominal fee.

5 weeks
Wednesdays Session 2
Virtual Live



6:30 - 8:00 p.m.
begins 3/26/25
\$59

Black on White, White on Black

Martha Brooks

Explore the differences in presentation—the “drama”—and the juxtaposition of these two colors in both tiles and in inking. Fundamental pen strokes, design components, ideas for embellishment, and differences in black/white shading techniques are covered. Material kits are available for pick up at your local CLC Adult Ed office in Damariscotta or the Five Town office in Rockport or mailed for a nominal fee.

5 weeks
Tuesdays
Virtual Live



6:30 - 8:00 p.m.
begins 3/11/25
\$59



Zentangle: A Tangled Tote

Martha Brooks

Decorate a roomy canvas tote bag with a variety of at least 36 Zentangle original tangles or tangles created by fellow CZTS. Participants can use either abstract designs, seasonal templates provided by facilitator, or participants own designs will be encouraged! This 10-week course will explore instruction for overall design components, visual step-by-step directions for simple and more complex tangle designs, as well as an opportunity to network with other Tangles! Your Tangled Tote can accompany you when you shop, head to the beach, or pack for a day's activities! Material kits are available for pick up at your local CLC Adult Ed office in Damariscotta or the Five Town office in Rockport or mailed for a nominal fee.

10 weeks
Thursdays
Virtual Live



6:30 - 8:00 p.m.
begins 4/17/25
\$99

Find Your Flow: A Mobile Making Workshop

Chris toy

Immerse yourself in a creative journey as you design and craft a unique mobile using a blend of natural materials and upcycled wire. This relaxing workshop is a perfect opportunity to connect with your inner artist and create a beautiful piece of art.

1 night
Monday
GSB, Art Room

5:00 - 7:00 p.m.
5/19/25
\$69



Machine Sewing for Beginners

Sandy Clement

Learn the basics of machine sewing and troubleshooting problems while working on 3 fun projects. As we learn about machine sewing, we'll be making an envelope pillow with insert, a pillowcase using the roll-up method, and a zippered pouch. Skills learned will include basic sewing machine care and problem solving; preparing, measuring, and cutting fabric; sewing French seams; installing a zipper; and using various machine feet. We will also learn what to do when things go wrong (this varies from class to class). Please bring a working sewing machine if you have one as there will be only a limited number of machines available.

4 weeks
Mondays
GSB, Rm 190

6:00 - 8:00 p.m.
begins 3/3/25
\$95

Machine Sewing for Advanced Beginners

Sandy Clement

It's exciting to take your basic sewing skills to the next level with this advanced beginner level class. We will be installing a zipper with our box pouch project during the first class (all materials provided); in the second class we will be making an easy lined tote bag (some materials supplied); and in the final two weeks we will be working with a pre-printed pattern to make your choice of pajama bottoms or an apron. Please bring a working sewing machine if you have one. A limited number of machines will be available as well as scissors, thread and fabric, etc.

4 weeks
Mondays
GSB, Rm 190

6:00 - 8:00 p.m.
begins 4/28/25
\$95

From Flour to Flavor: New! Crafting Authentic Potstickers

Jeffrey Mao

Learn the fundamentals of making Chinese dumplings at home. You will learn to make fresh scratch-made dough, and roll your own wrappers, and how to fold and pleat them using pork filling. We will then water-fry/steam the dumplings to create this restaurant favorite—pot sticker dumplings.

Additionally, you will learn to make your own ginger-scalion oil and the instructor will talk about other common Chinese condiments used for dipping sauces. All ingredients, materials, equipment and recipes will be provided. Plant-based ground meat can be substituted for the pork upon request. The dumpling wrappers include gluten.

1 night

Tuesday

NCS, Art Rm Kitchen

5:30 - 7:30 p.m.

3/11/25

\$69



Bao Down to Flavor: New! Mastering Char Siu Bao

Jeffrey Mao

In this hands-on cooking class, you'll dive deep into the art of making Chinese Steamed Char Siu Bao, the beloved fluffy buns filled with savory Chinese BBQ pork. Learn the secrets of creating the perfect bao dough from scratch. Jeff will guide you through each step, from mixing and kneading to proofing, ensuring you achieve that perfect pillowy texture. Master the rich and flavorful char siu filling. Discover the blend of spices and techniques that make this BBQ pork so irresistible.

Take a culinary journey through history as we explore the legend of how bao were first invented. You'll hear captivating stories that add a cultural dimension to your cooking experience. By the end of the class, you'll not only have a batch of delicious Char Siu Bao to enjoy but also the skills and knowledge to recreate this traditional treat at home. Whether you're a seasoned cook or a beginner, this class promises to be a fun and educational adventure. A set of traditional Chinese bamboo steamer baskets will be available for purchase at class. [Bao contain gluten and soy]

1 night

Tuesday

NCS, Art Rm Kitchen

5:30 - 7:30 p.m.

4/8/25

\$69

Mozzarella Cheese for Beginners

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.

1 night

Wednesday

NCS, Art Rm Kitchen

6:00 - 7:30 p.m.

4/30/25

\$25



Bon Appetite Italiano New!

Sharon Sperry

You will have the opportunity to cook a four course Italian meal. Your hard work in the kitchen will be followed by a sit down dinner beginning with roasted tomatoes with basil/ burrata with focaccia, followed by chicken marsala and garlic buttered noodles as the main course and lemoncello tarimisu for dessert. You will savor your culinary creation all while sipping on a glass of wine. Plus, you will have the added pleasure of enjoying the company of those you have prepared the meal with and will most likely take home leftovers. Bring take home containers with you, just in case!

1 night

Thursday

Instructor's Home, Newcastle

5:00 - 8:00 p.m.

5/15/25

\$59



Wok and Cleaver Boot Camp

Chris Toy

Participants will learn how to season, care for, and use a Chinese wok and cleaver. The recipes for the class will include stir-frying, oven roasting, and preparing steamed rice. Each student will take home a specially selected kit including a lightweight cast iron wok, wok spatula, carbon steel cleaver, honing steel, a heavy duty cutting board, and one of Chris Toy's 6 cookbooks.

The retail value of the kit is \$230, but participants will pay Chris just \$120 on the night of class. Those in the know bring containers just in case! Class size is limited to 6 so register today!

1 night

Monday

NCS, Art Rm Kitchen

5:00 - 8:00 p.m.

5/12/25

\$79



Teach with Us!

You've got talent

Why not share it
with your community!

Call Or Email us today at:
563-2811 / clcae@aos93.org

clcae@aos93.org

207.563.2811

Exercise, Health & Outdoors

Yoga Back Care Basics

Patti Kristiansen

In this gentle yoga class for a healthy back participants will learn an evidenced based yoga movement practice to maintain and/or improve back strength, flexibility and reduce low back pain. Together with breath and specific movements you will stretch and strengthen your muscles, reduce muscular tension, build flexibility and strength, and improve balance.

6 weeks **5:00 - 6:15 p.m.**
Thursdays **begins 5/1/25**
Thomaston Yoga Studio, Thomaston **\$139**

Tai Chi for Beginners -- 10 Movements

Mike Shunney

Through the movements of Tai Chi and relaxed breathing, you will cultivate, store and circulate your internal energy. The movements are non-impact, smooth and practiced very slowly at first. Western research has shown improvements in heart, bone and muscle strength, as well as large reductions in the effects of stress, and an improvement in overall balance, with regular practice. The philosophy, principles, and bio-energetics of the movements will be explored. This course is for students with all levels of Tai Chi experience.

6 weeks **5:00 - 6:00 p.m.**
Wednesdays **begins 3/12/25**
Virtual Live **\$69**



Tai Chi/Qigong Basics

Mary Anne Moisan

This class is for people new to Tai Chi/Qigong. Using slow, fluid and rounded movements you will learn to integrate the basic principles of Tai Chi and Qigong into specific movement patterns or "gestures". We will coordinate our gestures with breathing patterns and imagery to create a type of moving meditation. This gentle movement activity is accessible to individuals of all fitness levels, and is taught and practiced both sitting and standing.

This class is presented as a foundation for additional classes offered by this instructor.

6 weeks **4:00 - 4:50 p.m.**
Wednesdays **begins 3/5/25**
NCS, Music Rm **\$115**

Tai Chi Easy

Mary Anne Moisan

This class is for people familiar with the principles of Tai Chi or Qigong, or have taken a class with this instructor. Blending movement, breath, and self-applied massage, participants will learn the Tai Chi Easy "5" form and experience the myriad of benefits of Tai Chi and Qigong: calm and focused mind, increased ease of movement, enhanced balance, and better breath support.

6 weeks **5:00 - 5:45 p.m.**
Wednesdays **begins 3/5/25**
NCS, Music Rm **\$115**

20

Spring / Summer 2025

Are You Having Trouble Controlling the Way You Eat?



Sharon, Food Addicts in Recovery Anonymous (FA)

Do you struggle with food obsession, overeating, undereating or purging? There is a solution. Food Addicts in Recovery Anonymous (FA) is hosting this information session online and by phone. At the session you will hear more about FA and from people who have found a solution through the FA program. There will also be an opportunity to ask questions.

For more information and to receive the Zoom link call Sharon at 207-250-7373 or email fa.newcastle.maine@gmail.com
1 night, 2 Sessions **6:30 - 8:00 p.m.**
Tuesday, Session 1 **5/20/25**
Monday, Session 2 **6/16/25**
Online **FREE**

The Feldenkrais Method®

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.

4 weeks, 2 Sessions **5:00 - 5:45 p.m.**
Mondays, March **begins 3/3/25**
Mondays, April **begins 4/7/25**
Virtual Live **\$75**



Yoga

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.

4 weeks, 2 Sessions **6:15 - 7:00 p.m.**
Mondays, March **begins 3/3/25**
Mondays, April **begins 4/7/25**
Virtual Live **\$75**



Pilates

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.

4 weeks, 2 Sessions **6:15 - 7:00 p.m.**
Wednesdays, March **begins 3/5/25**
Wednesdays, April **begins 4/2/25**
Virtual Live **\$75**



IMPORTANT NOTICE:



The \$1.99 credit card fee incurred when registering for a class is nonrefundable.
To avoid this charge you may pay by check or cash.

www.clc.maineadulted.org

Exercise, Health & Outdoors

Learn to Move Through Life with Ease:

The Alexander Technique

Judy Pagon

Do you struggle with discomfort, excess tension or fatigue as you move through your daily life? Would you like 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!

During this series of classes, you will: 1. learn to recognize the excess effort and tension you (and everyone!) are unknowingly, unnecessarily and habitually using; 2. experience a new, lighter, easier way of responding and moving; 3. practice these skills and develop the ability to incorporate them into your life.

4 weeks

Tuesdays

GSB, Library

6:00 - 7:00 p.m.

begins 3/4/25

\$65

Oyster Farm Complimentary Tasting

Sea Kayak Tour

Alice Bean Andrenyak

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

1 day

Monday

Mere Point Boat Launch, Brunswick

8:15 a.m. - 12:00 p.m.

7/14/25

\$95

Create Your Own Emotional

First Aid Healing Kit

Deborah Ripley

This workshop is going to give participants the opportunity to create their very own emotional first aid healing kit to soothe themselves through stressful times. Participants will be able to review their five senses of sight, smell, hearing, taste, and touch to create items to soothe their hearts through difficult times.

Participants will gather items such as dried flowers, colorful sea glass, beautiful beads, Maine stones, pictures of nature, and other items to place in a beautiful healing pouch. This will be an open discussion workshop for those who would like to share about their healing kits.

1 night

Wednesday

GSB, Library

5:00 - 7:00 p.m.

5/14/25

\$69

Safety Lecture

Deborah Ripley

Are you heading off to college? Are you going on a trip? Have you considered your safety in your home, school, and workplace? Join other women and young teen girls, for this FREE safety educational lecture and discussion. Teen girls must be thirteen years old to attend due to the mature nature of the topic. Parents, please use your discretion. A \$10.00 donation is requested but not mandatory.

1 night

Wednesday

GSB, Library

6:30 - 8:30 p.m.

5/28/25

DONATION

Coastal Navigation Level 1

Alice Bean Andrenyak

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

2 weeks

Wednesdays

Virtual Live, Zoom



5:30 - 8:30 p.m.

begins 3/12/25

\$59

Map and Compass Level 1

Alice Bean Andrenyak

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



2 weeks

Mondays

Virtual Live, Zoom



5:30 - 8:30 p.m.

begins 3/24/25

\$59

Diagnosed with Celiac or Gluten

Intolerance? Now What?

Cara Cribb

In this course you will learn how to cope with a new diagnosis, how to read labels, the history of gluten and why it's become such an issue, transform your favorite recipe to be gluten free.

4 weeks

Thursdays

Virtual Live



5:30 - 6:30 p.m.

begins 3/6/25

\$89

The Maine Death with Dignity Act

Valerie Lovelace

There is still a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. Many providers and patients in Maine are still not familiar with Maine's Death with Dignity Act. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Know the facts and, if qualified, the right to access medical aid in dying if they choose. Join this class to get fact-based information and all the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify for the law or support your loved one who may be qualifying. (No materials/supplies required).

1 night (3 Sessions)

Wednesday, Session 1

Tuesday, Session 2

Thursday, Session 3

Virtual Live



6:30 - 8:00 p.m.

3/19/25

4/8/25

4/17/25

FREE

Exercise, Health & Outdoors

Winter Outdoor Survival Skills

Alice Bean Andrenyak

During this one day outside workshop, you'll be wearing snowshoes while improving your skills with: compasses (taking and following bearings), fire building, cooking using various techniques, shelter building, and how to search for a separated group member and handling some possible first aid issues. Designed for those with some knowledge who will be leading family members or small groups in the colder weather outdoors, or preparing to become a Registered Maine Guide.

1 day **8:15 a.m. - 5:15 p.m.**
Saturday **3/1/25**
Mere Point Boat Launch, Brunswick **\$79**

Weather for Outdoor Enthusiasts

Alice Bean Andrenyak

We're spending more time outside and that is good. Learn how to integrate weather forecasts and your own reading of the weather signs to plan ahead and to best manage your outdoor activities - walking, biking, hiking, camping, paddling, boating, playing and exercising. Learn from a Master Maine Guide & Total Weather Spotter.

1 night **5:30 - 8:30 p.m.**
Wednesday **4/9/25**
Virtual Live, Zoom **\$35**



Suddenly in Command

Coast Guard Auxiliary Flotilla 2-5

You're a guest on a boat enjoying our beautiful Maine coastline. What happens if the person operating the boat is unable to continue for some reason such as broken glasses, tripping and getting injured, or not feeling well? Furthermore, sunset is not too far off. What's the plan to get back? You may also need to understand some basics about boat handling/docking, VHF radios, and getting help. This course prepares you for these types of situations by providing basic information needed to get you and others on board to safety. Course topics include: basic boat handling/docking, "Rules of the Road," communications, and accident reporting. The course includes supplemental boating materials.

1 week, 2 sessions **6:00 - 8:00 p.m.**
Monday, Wednesday **begins 4/14/25**
GSB, Rm 187 **\$55**

Boat America

Coast Guard Auxiliary Flotilla 2-5

Learn boating skills from experienced boaters who patrol midcoast coastal waters from Small Point to Port Clyde. **TOPICS INCLUDE:** Introduction to Boating; Boating Laws; Safety Equipment; Safe Operation and Navigation; Boating Emergencies; Trailing; and Sports and Boating.

In order to operate a boat over 25 hp on inland and coastal waters Maine now requires persons born on/or after January 1, 1999 to have taken the course Boat America, pass an exam, have the state's Boat America card, and be registered in Maine's Department of Inland Fisheries and Wildlife database. Completing this course satisfies the requirements.

2 weeks, 4 sessions **6:00 - 8:00 p.m.**
Monday, Wednesday **begins 4/28/25**
GSB, Rm 187 **\$65**

Upgrade Your Canoe and SUP Skills

Alice Bean Andrenyak

One day on-water workshop for canoeing and SUP skills that everyone ought to know but do not. Learn how to transport canoes & SUP's properly, how to launch & recover, strokes for tandem and solo canoe paddling & SUP'ing. Learn rescues especially after capsizing. You will go swimming so you are required to wear a wetsuit or drysuit to participate. Limited rentals are available with advance notice. You will bring your own lunch, canoe, paddle, life jacket, and enthusiasm. SUP's will be provided. Limited rentals are available for canoes with advance notice.

1 day **8:15 a.m. - 5:15 p.m.**
Saturday **4/12/25**
Mere Point Boat Launch, Brunswick **\$79**

Upgrade Your Sea Kayak Skills

Alice Bean Andrenyak

This one day on-water workshop will teach you proper transport of a sea kayak, strokes for most efficient paddling in different conditions, proper boat launch etiquette, safety on the water, where you should and shouldn't paddle, using a chart while paddling, common rescues and tows. There will be capsizing involved so you are required to wear a wetsuit or drysuit to participate. Limited rentals are available with advance notice. You will bring your own lunch, sea kayak at least 14' long with two bulkheads, paddle, life jacket, bilge pump, paddle float, and enthusiasm.

1 day **8:15 a.m. - 5:15 p.m.**
Saturday **4/26/25**
Mere Point Boat Launch, Brunswick **\$79**

Navigating Midcoast Maine

Coast Guard Auxiliary Flotilla 2-5

Mid Coast Maine has one of the most beautiful coastlines in the world, but within the beauty are hazards that can quickly ruin your day on the water. Geography, tides and weather can combine to make even the most experienced mariner opt to stay ashore. Coast Guard Auxiliary Flotilla 2-5, located in Boothbay Harbor, Maine, offers an introduction to navigation course that can help recreational boaters cruise the area. The basics of coastal navigation are covered using the chart of the Boothbay area. What we cover applies to all National Oceanic and Atmospheric Administration (NOAA) navigation charts.

Navigating Mid Coast Maine covers the basics of navigation and trip planning while taking you to the far corners of the local "Cape Small to Pemaquid" #13293 chart.



To take the course you need either a printed chart or access to an electronic chart of the Boothbay Harbor area.

Paper Chart and Nav Tools: We recommend charts printed on quality paper so you can draw (and erase) course lines using a pencil and add information

easily. The NOAA chart of the area is The Three Rivers Chart (#13293). In addition two charting tools are recommended. The chart and tools may be purchased separately at the start of class. The chart costs \$30. Along with a paper chart you should have two navigational tools. One is a divider (compass)-cost: \$10. The other is a roller plotter or parallel rule-cost \$35.

5 weeks **6:00 - 8:00 p.m.**
Wednesdays **begins 5/14/25**
GSB, Rm 187 **\$59**

www.clc.maineadulted.org

General Enrichment



Introduction to Geology and Geology of the Pemaquid Region New!

Pete Streker

The class will cover the formation of Earth, how plate tectonics works, the formation of Maine, our local rocks and glacial impact on our local surface area. There are three classroom sessions, plus one field trip to specifically explore the geology of the Pemaquid Region. The field trip is scheduled for Saturday, May 10. It is recommended that you purchase the book – Geology of the Pemaquid Region Mid-Coast Maine; Author David M Pope; 2015 prior to attending class.

3 weeks

**Tuesdays, 1 Saturday Field Trip (5/10)
GSB, Rm 193**

**6:00 - 7:30 p.m.
begins 4/29/25
\$45**

Discovering Drones (Unmanned Aerial Vehicles) New!

Douglas Parcher

Five years ago, the term “drone” was quite uncommon. However, it’s now believed that over 35% of all digital media is created by airborne cameras (drones!). Let’s delve into the history of UAVs, explore the laws governing their use in the United States, examine how they operate, training requirements, and discuss the safety aspects of using them for business or recreational purposes. Actual UAVs will be available for talking points.

5 weeks

Thursdays

NCS, Art Rm Kitchen

6:00 - 7:30 p.m.

begins 5/15/25

\$99

Nature Writing New!

Laurel Dodge

Want to add accurate, inviting portrayals of nature to your fiction or nonfiction writing? This course will enable you to bring your reader along with you into the natural world. In this workshop we will examine famous examples of nature in writing and generate our own work from prompts, natural history specimens, and personal experience. Writings will be shared with the group for positive feedback and the instructor will provide detailed commentary.

5 weeks

**Tuesdays
NCS, Library**

6:00 - 8:00 p.m.

**begins 4/1/25
\$125**

What, Where, & How: Introduction to the Stock Market New!

Douglas Parcher

This class will help you understand what the stock market is and how it works. You will learn the language of the stock market and how to participate (or not). Plus, topics such as managing expectations and public vs private companies will be covered. Time will also be spent delving into the intricacies of the stock market, exploring its workings and potential pitfalls. Discover whether you’re inclined to join the market or remain an observer. If you have a company pension or a 401K, a mutual fund, or any other investment vehicle, you’re already a “player” in the stock market.

2 weeks

Mondays

NCS, Art Rm Kitchen

6:00 - 7:30 p.m.

begins 4/28/25

\$45

Gardening for Butterflies, Moths, and More! New!

Laurel Dodge

Many of our most beautiful and important insects rely on specific native plants for food and during certain phases of their life cycle. Make your flower garden a haven for wildlife by learning which plants attract insects and what the insects do for your plants. This class will focus on specific plant-insect relationships. We will look at host and nectar plants for butterflies and moths. What bees need to feed. How to shelter a firefly for winter. And a host of other hints for bringing winged life back to your garden. Students will receive a reference list of native plants and the insects they attract and one packet of easy-to-grow seeds of a local native plant species to take home.

4 weeks

**Tuesdays
NCS, Library**

6:00 - 8:00 p.m.

**begins 5/13/25
\$99**

Understanding World War II 1939-1945 New!

Douglas Parcher

In this six-session discussion-based class we will proceed through a timeline of events of Axis and Allied powers participating in a global war. We will delve into the greatest global crisis in modern history. We will traverse the war years from 1939 to 1945, presenting documents, engaging in discussions, and showcasing video events as they unfolded in both the European and Pacific theaters.

6 weeks

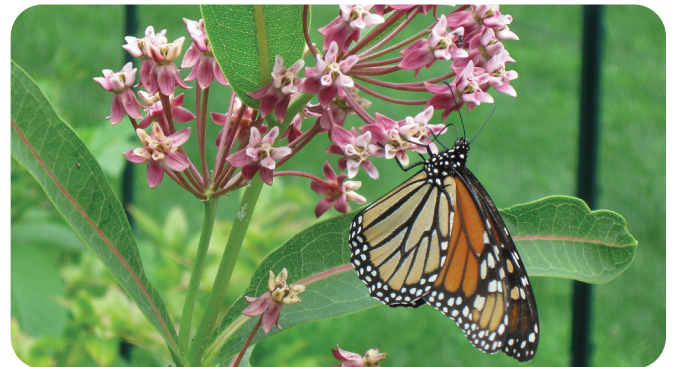
Tuesday

NCS, Room TBD

6:00 - 7:30 p.m.

begins 3/4/25

\$119



General Enrichment

Developing a Personal and Home Defensive Protection Plan

Alice Bean Andrenyak

This three-hour course is NOT about installing an alarm system. It is about adjusting your awareness around you as you move through your day and your home. It is about doing mental exercises to handle the “What ifs” to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to access your home’s defense. Part 1 of a 2-part series but can be taken separately.

1 night
Tuesday
Virtual Live



5:30 - 8:00 p.m.
4/8/25
\$35

Constitutional Carry and Legal Use of Force Explained

Alice Bean Andrenyak

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

1 night
Tuesday
Virtual Live



5:30 - 8:30 p.m.
4/15/25
\$35

History of Malaga Island

Alice Bean Andrenyak

Learn about the eviction of a complete community living on Malaga Island in Casco Bay in 1912. Learn the prehistory of the island’s use by our indigenous people and post history of the island after the eviction. Learn a bit about the mainland African American village in coastal Maine that no longer exists but predated the Malaga Island Colony. Visit the island remotely through a slide show created by Master Maine Guide, Alice.

1 night
Wednesday
Virtual Live



6:30 - 8:30 p.m.
6/18/25
\$35

Intro to Astronomy

Wayne Barber

The night sky is full of wonders and mysteries. This course will help unravel some of that mystery as we learn about our solar system, the constellations, and deep sky objects. We’ll discuss the motions of the moons and planets, meteor showers, eclipses, and other interesting sights. The course will include software recommendations for learning the constellations and information about binoculars and telescopes. You don’t need expensive equipment to get started in astronomy; just a little knowledge and clear skies.

There will be an optional outdoor viewing session (outside the regular class times), with the date and time to be set based on student availability and weather.

6 weeks
Mondays
GSB, Library

6:00 - 8:00 p.m.
3/10/25
\$85

24

Spring / Summer 2025

Co-Ed Concealed Carry and Home Defense Fundamentals

Alice Bean Andrenyak

In a non-threatening safe environment with no live ammunition present, learn the basics of: handgun safety at home, how to adjust your mindset to make you less likely a victim of an attack; how to respond to a threatening situation; about use of force for self-protection; how to handle a pistol safely; parts of a pistol and ammunition; fundamentals of pistol shooting including holding, stance and aiming; common malfunctions; and selecting a pistol just right for you.

The two-hour range time is separately scheduled and has a fee of \$60 payable to the instructor. When you go to the range, you’ll fire either your own pistol or one from the instructor and try to put five rounds of ammunition through 4 separate target circles at ten feet using only 20 rounds. You will need 50 rounds of ammunition for your personal handgun. If “renting” a pistol from the instructor, she will have 50 rounds of ammunition for you for a cost of \$25.

Certification can be used to apply for a Maine Concealed Carry Permit. The two-hour semi-private range lesson time will be scheduled separately from class and is an additional fee.

2 weeks
Mondays
GSB, Cafeteria

5:30 - 8:45 p.m.
begins 4/28/25
\$135

How to Get Your Ducks in a Row: 101 Duck Care!

Cara Cribb

Ducks are amazing animals, but unfortunately there is not a lot of accurate information out there on caring for them as pets. Join us in learning all the ins and outs of duck care; housing, feeding, maintaining health and protecting them from predators.

1 day (2 Sessions)
Saturday, Session 1
Saturday, Session 2
Anchor ME Farm, Windsor

10:00 a.m. - 12:00 p.m.
4/19/25
6/7/25
FREE

American Red Cross Babysitter Training

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, such as diapering, bottle- and spoon-feeding, age-appropriate games and activities, and dealing with uncooperative children.

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.

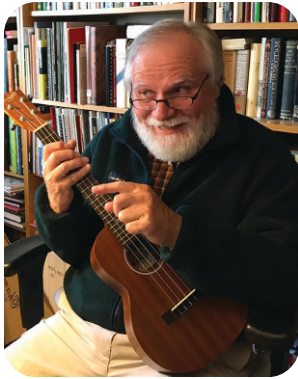
3 weeks
Thursdays
GSB, Rm 187

5:00 - 8:00 p.m.
begins 5/1/25
\$119



www.clc.maineadulted.org

Music, Dance & Theater



Ukulele for Beginners

Duncan Perry

Learn to play the ukulele! It has never been more popular and you don't even need to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new -- even classical music.

Duncan Perry, who has taught more than 900 students of all ages, will introduce you to essential chords and playing skills using familiar songs. There are lots of

laughs along the way and learning to play an instrument is good for your brain!

You will need a playable ukulele and an electronic tuner or a tuner app. And when folks hear you play this happy instrument, well, they just have to smile! If you don't own a ukulele, please contact us for information.

What are you waiting for? Grab a uke and get ready for a musical adventure, then spread the joy!

4 weeks (3 Sessions)

Tuesdays, Session 1

Wednesdays, Session 2

Tuesdays, Session 3

Virtual Live



6:00 - 7:30 p.m.

begins 3/4/25

begins 4/16/25

begins 5/13/25

\$85

Instant Guitar for Hopelessly Busy People

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.

Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. Ages 13+

1 day (3 Sessions)

Tuesday, Session 1

Wednesday, Session 2

Wednesday, Session 3

Virtual Live



6:30 - 9:00 p.m.

4/1/25

6/18/25

6/25/25

\$79

Instant Piano for Hopelessly Busy People

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. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+

1 day (3 Sessions)

Monday, Session 1

Tuesday, Session 2

Tuesday, Session 3

Virtual Live



6:30 - 9:30 p.m.

3/31/25

6/17/25

6/24/25

\$79

207.563.2811

How to Play Piano by Ear



Craig Coffman

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing--all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

1 day

Saturday

Virtual Live



10:00 a.m. - 12:30 p.m.

5/10/25

\$79



Ballroom Dance

Megan Dinsmore

Join the party and learn to dance. Beginner ballroom dance will cover the basic steps for the waltz, tango, rumba, 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.

6 weeks

Thursdays

GSB, Gym

7:00 - 8:30 p.m.

begins 3/6/25

\$119 per couple

Ballroom Dance -- Spring Tune Up!

Megan Dinsmore

Need to brush up on your dance moves for an upcoming event or just for fun? This is the class for you. The Tune-Up is intended for those with some beginner dance experience who would like to learn a new step or two to add to their repertoire and to practice what they already know. Join us for fun on the dance floor. Bring shoes to change into.

4 weeks

Thursdays

GSB, Gym

7:00 - 8:30 p.m.

begins 5/1/25

\$78 per couple

Getting Paid to Talk: An Introduction to Professional Voice Over

Voice Coaches Staff, Albany NY

From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night, live online class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You'll gain inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. Because this class is live, you'll have the opportunity to ask questions! Additionally, there will be a chance for a one on one script read with the instructor at the end of the class.

1 night (2 Sessions)

Wednesday, Session 1

Tuesday, Session 2

Virtual Live



6:30 - 8:00 p.m.

3/26/25

6/3/25

\$55

clcae@aos93.org

25

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		

Payment Method

Check – Payable to: *CLC Adult Education*

Credit or Debit Card



DISCOVER



Card Number: _____

Exp. Date: _____ Amount \$ _____

Cardholder's Name: _____

Signature _____

Zip Code for CC Billing: _____

Please note: a \$1.99 fee is added to each CC registration

4 Easy Ways to Register

Mail Use either check or credit card. Make check payable to *CLC Adult Education*. Send to: 767 Main St., Damariscotta, ME 04543

Call Call us at (207)563-2811

Online Register at clc.coursestorm.com

Come In Our office is at the AOS 93 Central Office. See address above.

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 posted on our website 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.

Teach for us

Have a great idea for a class? We would love to hear it! Call or email us at clcae@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 5 business days before the start of a course. No refunds are made after a class has started or within less than 5 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 classes less than \$20. 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.

Sea Kayak & Hike Historical Malaga Island

Sea kayak to mysterious Malaga Island where indigenous people summer camped and where there was a colony in the late 1800's that was evicted by the state of Maine. We'll meet at 8:15am at a public boat launch, get outfitted for our paddling trip and go over safety rules and basic strokes. We'll paddle 1.5 miles to Malaga Island. While paddling, be on the lookout for harbor seals, sea gulls, great blue herons, snowy egrets, sea ducks, osprey and possibly bald eagles.

After landing we'll hike the 1.2 mile trails of the island. We'll have the lunch/snacks that you brought at the southern tip of the island. After finishing our hike, we'll paddle back and return about 2pm. Kayaks, life jackets, and paddles are provided. You need to bring a very small backpack with your lunch, snacks, extra clothing layers, two 20 – 22 ounce bottles of water and possibly a change of shoes for your hike. If you are unable to walk unaided over tree roots and rocks, do not book this trip. All paddling gear is provided for this beginner friendly tour.



Wednesday, June 25

8:15 a.m. to 2:00 p.m. / Cost: \$135

Iceland Photography Tour / Workshop

May 25 - 31, 2025

Come join us for this fire, ice, and sustainability adventure in Iceland where you will explore how photography can change how you see the world.

Find out more by registering for our FREE virtual live

Iceland Trip Information Night

Wednesday, March 5, 2025 / 6 to 8 p.m.



207.563.2811

Discover the diamond in the rough that is Machias when you join us for a day trip to Washington County! This trip starts at Camden Hills Regional High School where you will board a coach bus for our trip north. Included in the trip is a guided tour of Burnham Tavern, and visits to Jasper Beach, The Gates House, Bad Little Falls, and Roque Bluffs State Park.



Machias - Historic Gem of Washington County

Tuesday, July 15, 2025 / Cost: \$175

clcae@aos93.org

Office of the Superintendent
AOS 93
767 Main Street, Suite 2
Damariscotta, ME 04543

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Central Lincoln County Adult & Community Education

View all opportunities at our websites:

- clc.maineadulted.org
- clc.coursestorm.com
- yougotclass.org/index.cfm/Lincoln
- ed2go.com/aos93
- careertraining.ed2go.com/aos93

New!

Classes!
Online &
In-Person



New!

Instructors
&
Locations

