

MAINE

AdultEd

Marshwood Adult Education

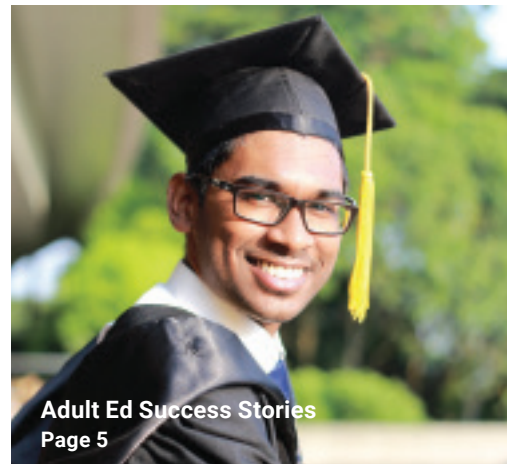
www.marshwood.maineadulted.org
(207) 384-5703

Kittery Adult Education

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



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Community Learning Together

► **Marshwood and Kittery Winter/Spring 2024**

Get Started Today!

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Program Staff

Director

Linda Greer, Marshwood & Kittery Adult and Community Education

Marshwood Adult Education

Theresa Kipp, Program Coordinator

Kittery Adult Education

Cindy Furbish, Assistant Director

Marshwood & Kittery Adult Education

Beth Dodd, Program Support

Marci Dionne, Student Advisor

Rita Pender, Curriculum Coordinator

Volunteers Needed!

Looking for volunteers who can offer a few hours on a regular basis. A wide range of opportunities are available.



Thank you for taking a look at our winter and spring programs. We know you have lots of choices for community learning. Enrichment offerings continue to grow, please consider volunteering or teaching a class to support Community Learning Together.

Our staff are the heartbeat of our program. We share a passion for understanding individual learning goals and creative programming to build hope and support wellness.

Free community college continues making the goal of high school completion this year a timely benefit to get access to college and career pathways opportunities. Students working on high school completion may be eligible to try a community college class with free tuition and books.

We continue to seek ways to offer classes using on-line curriculum supported by certified teachers for high school completion. Our student advisor guides remote offerings and community supports to help students with work, home and transportation and in person learning challenges I encourage you to take a class to be creative, support your health, make a friend, and engage with a learning community online or in person. Please register early, invite a friend or neighbor to learn with you.

Be Well,
Linda

Our Locations

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



Marshwood Adult Education

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

**SCAN
QR CODE**
To view our
Marshwood
Courses ►



Kittery Adult Education

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

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

Winter/Spring 2024 Academic and Career Prep Courses at Marshwood and Kittery Adult Education

CLASS	DAY	DATES	TIME
High School Diploma Courses	Monday-Thursday Kittery and Marshwood	Open Enrollment/Start Anytime	Variable Schedule
Math HiSET Test Prep Lab	Wednesdays at Marshwood	1/10/24-6/5/24 Start Anytime	4:30-6:00pm
Math Basics Course for HS, College or Career Prep	Wednesdays at Marshwood	1/10/24-6/5/24 Start Anytime	6:00-8:00pm
Math Tutoring for HiSET	Thursdays at Kittery	1/11/24-6/6/24 Start Anytime	2:30-3:30pm
Reading, Writing, Science and Social Studies HiSET Prep	Tuesdays at Kittery	1/9/24-6/6/24 Start Anytime	1:00-4:00pm
English Basics Skills for HS, College or Career Prep	Tuesdays at Marshwood	1/9/24-6/6/24 Start Anytime	4:30-6:00pm Lab 6:00-8:00pm Course
Reading, Writing, Science and Social Studies HiSET Prep	Thursdays at Kittery	1/9/24-6/6/24 Start Anytime	3:00-8:00pm
Basic Reading Skills	Tuesdays and Thursdays at Kittery	2/27/24-5/9/24	4:00-5:00pm
Computer Certification Classes	Tuesdays at Marshwood Thursdays at Kittery	2/27/24-5/7/24 2/29/24-5/9/24	4:00-5:00pm 4:00-5:00pm
Community College Class with AE teacher support	Varies	1/16/24-5/11/24	Variable Schedule
Career/College Counseling	Monday-Friday	1/2/24-6/30/24 Start Anytime	By Appointment
BHP Certification Course	Anytime	Open Enrollment/Start Anytime	Flexible/Online



DID YOU KNOW?

Maine residents are eligible for FREE high school completion classes, HiSET preparation classes and testing, as well as career and college counseling. Eligible adult education students can take FREE early college classes. Eligibility for free classes determined during the registration process.

Career Development

Dementia Awareness & Caregiving Workshops and Certification Classes

👤 Linda Bresnahan, CDAL, CDP, CACCDT

Attend in person at Marshwood Adult Ed or on Zoom



Informational Workshop on Quality Training in the Field of Dementia Care

In this career-oriented informative workshop, you will explore educational pathways that support working within Dementia Care. Caring for individuals with dementia poses many challenges, as there are several types and stages of dementia. This workshop will discuss the levels of training required to become a Certified Dementia Care Practitioner (CDP).

Tuesday, Jan. 30th, 6:00pm

Registration Fee: Free



Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

Tuesday, Feb. 6, 1:00-2:00pm

Registration Fee: Free

Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. The Effective Communication Strategies program of the Alzheimer's Association was designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia.

Wednesday, Mar. 6, 4:30pm

Registration Fee: Free

Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in diet and nutrition, exercise, cognitive activity, and social engagement. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday, Apr. 30 1:00-2:00pm

Registration Fee: Free



Alzheimer's Disease & Dementia Care Training

This course is part of the certification process needed to become a Certified Dementia Practitioner (CDP).

Learn more about the caregiving skills needed for working effectively in dementia and Alzheimer's care. Dementia refers to a spectrum of brain disorders that involve difficulty with memory and thinking. This course will introduce you to the main symptoms and treatments of dementia and Alzheimer's. You will learn about the characteristics of individuals who suffer from such brain disorders, as well as guidelines for choosing activities that are stimulating to them.

- Learn the skills for working within Dementia and Alzheimer's Care
- Support family members with increased knowledge
- Gain training without a commitment to an employer
- Increase healthcare work experience for in-home or facility caregiving
- Become a qualified leader for others in the healthcare industry.
- Course curriculum is approved by the National Council of Certified Dementia Practitioners

6 Sessions 6:00-8:00pm

Mar. 26, 27

Apr. 2, 3, 9, 10

Course Fees: \$195

Career Development

NorthStar Digital Literacy Micro Credentials

Earn certificates in the areas that are important to you for daily life, employment or higher education. Choose the lessons and assessments you want to learn: basic computer skills, internet basics, Windows 10, Microsoft Word Office 2016, Excel, Mac OS, Using Email, Google Docs, Power Point, Your Digital Footprint, Supporting K-12 Learning, and/or Information Literacy Kittery Adult Education and Marshwood Adult Education.

Tuesdays at Marshwood, 4:00-5:00pm
2/27/24-5/7/24

Thursdays at Kittery, 4:00-5:00pm
2/29/24-5/9/24

You can begin at any time.

Free to eligible adult education students or \$70.00 for community members.

Artificial Intelligence (AI) Workshop

👤 **Jim Grant**

Join this online class to learn about the benefits of AI for personal use and to simplify work tasks. How to get started with free AI apps and discuss which careers will be most affected by AI.

Tuesday, April 2, 6:30-7:30pm
Course Fee: \$15

Rise Up Retail Credential

These 4 retail certifications designed by the National Retail Federation are offered in a blended learning format using an online platform and retail professionals. These courses offer career opportunities in partnership with Kittery Trading Post and other retailers who will pay for their employees to take the training.

Eligible adult education students can take one or all four courses for free.

Choose from:

- Retail Fundamentals
- Customer Service and Sales
- Business of Retail: Operations and Profit
- Warehouse Inventory and Logistics

Open enrollment, sign up on the website or call for more information.

Intermediate Excel

👤 **Marci Gaglione**

Take your skills on Excel to the next level. We will learn about tables, charts, data analysis, sorting, and formulas and functions as well as pivot tables.

Feb. 27, Mar. 5, Mar. 19, 5:30-6:30pm
Location: Marshwood Adult Education
Course Fee: Free

Introduction to Microsoft Word

👤 **Nicole Moran**

Learn how to format text, use paragraph dialog boxes, add indents, work with tables and columns, and do more with your documents.

Apr. 23, Apr. 30, May 7, 5:30-6:30pm
Location: Marshwood Adult Education
Course Fee: Free

Introduction to Google Docs and Drives

👤 **Nicole Moran**

Two of the great benefits to your Google account are Google Drive and Google Docs. Google Drive is free cloud storage and Google Docs is Google's free alternative to MS Word. In this class you will learn how to store and manage your files online as well as use the Google Docs platform where you can create stunning documents.

Apr. 23, Apr. 30, May 7, 5:30-6:30pm
Location: Marshwood Adult Education
Course Fee: Free

Behavioral Health Professional Training

👤 **Woodfords Services Online**

Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. The need in our area is great! We are excited to connect our adult education community with this wonderful ONLINE training program. The online training will equip you to successfully help children who are currently on a waitlist for services. The training will also prepare you for employment through local social services agencies.

Registration Fee: Free

The World of Work Inventory-WOWI

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

Course Fee: Free

Call for a link to take the online assessment then meet with the career counselor to interpret your reports.

FREE College!

Don't miss out on this amazing opportunity for recent Maine high school and HiSET graduates (class of 2020-2025) to receive **FREE** tuition at a Maine community college for 2 years! If you prefer to take 1 FREE community college class at a time many adult education students qualify. We can help you reach your goals – contact us today for details.

College and Career Access

Are you thinking about making a change in your job or career? Are you considering going back to school to further your education but are unsure of your options? Maybe you would like to take a gap year? Our college and career advisor can meet with you to complete career assessments, explore options that fit your needs, and make a plan to help you reach your goals. Get side by side support when applying for financial aid, scholarships, placement in workforce training programs and/or internships. Assistance to create resumes and with interview preparation is available. Additionally basic math, algebra, writing, and English courses are available if needed to help you improve your core skills.

Call or email us today for a free appointment

English Classes for Multilingual Learners & Citizenship



¿Quieres hablar inglés?
Escanear aqui.



Online English Language Learning

Burlington English and EnGen are two online English learning platforms designed for beginner, intermediate or advanced level English learners. These programs focus on academics, civics, career readiness and technology integration. Learn from anywhere, on a phone or computer. Our student advisor will be available for guidance.

Registration Fee: Free



Preparation for Citizenship

👤 **Kittery Adult Education**

This class will prepare you to take the U.S. Citizenship exam.

FREE! Ongoing Enrollment
Days/times vary, please call
for appointment.

Enroll: Call (207) 439-5896

English Classes for Multilingual Learners & Citizenship

👤 **Kittery Adult Education**

We offer English classes and tutoring for ML-Multilingual learners.

FREE! Ongoing Enrollment, Call (207) 439-5896

Mondays

- All Levels, 12:00-2:00pm

Tuesdays

- Beginner/Prep. For Citizenship, 6:00-8:00pm
- Intermediate/Conversational, 6:00-8:00pm

Thursdays

- Beginner/Prep for Citizenship, 6:00-8:00pm
- Intermediate/Conversational, 6:00-8:00pm
- Advanced, 12:30-2:00pm

Register Today!

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



Maine Adult Ed Success Stories

What We Offer

We offer classes/support for those needing to complete their high school credentials, improve their career skills, or learn English as a second language. We offer enrichment classes because this type of learning can also be life altering.



Meet Sarah

Sarah took one of our Adult Education soap making classes several years ago and absolutely loved it. She took the skills she learned in that class and opened her own home-based business, Sarandipity Soap Company. She can often be found at local Farmers Markets. Sarah's success did not stop there, this year she opened a store front in Kennebunk, TipToe Eco Marketplace, selling her products.



Meet Su

Su joined Adult Education several years ago to work on her English language skills. As her speaking skills improved and her confidence grew, knowing Su had a background in the culinary arts, we asked her to offer enrichment cooking classes for us. These classes have been very popular. Su's skills improved so much, she even applied for and now works for the Kittery School District.



Meet Valeria

Valeria came to Adult Education to improve her English skills and work on career opportunities. Valeria has a natural artistic ability and decided to earn her certification as a Zentangle art instructor. She offers enrichment classes for Adult Education and has also started her own successful Zentangle business, offering classes around the Seacoast and at her home.



Meet Riley

Riley came to Adult Education seeking workforce skills training and career advice. He took the WOWI, a scientifically-developed, objective assessment that incorporates interests, workstyles, and aptitudes to uncover the optimal career matches. His assessment indicated an interest and aptitude in environmental science. The career advisor recommended the water treatment industry. Riley successfully applied for and was hired by the Kittery Water District.

Be the Next Success!

Successful Scholarship Searches and Applications

In this session you'll learn to build and work on your own scholarship application plan. You'll also learn about and try out different scholarship websites, learn how to best use a scholarship information tracker, and learn to avoid some of the challenges of the scholarship process.

Monday, Feb. 12, 2024 7:00pm

Course Fee: Free and on Zoom

Student Loan Repayment – Know Your Options!

Federal Student Loans have gone back into repayment. Did you know there are several income-based repayment plans as well as deferment or forbearance? Did you know you could get .25% off your interest rate if you sign up for auto-debit? Whether you have recently graduated from college or have been repaying your student loans for a long time, join us to learn how to best manage your student loan repayment.

Wednesday, Feb. 21, 6:00pm

Course Fee: Free and on Zoom

Adulting 101: Money

Whether you've been Adulting for decades or are just getting started, banking basics, spending plans, credit scores and useful tools and apps are available to make the whole Adulting thing a little bit easier.

Wednesday Apr. 3, 6:30pm

Course Fee: Free and on Zoom

Adulting 102: Money Grows

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing, and if you are ready to invest, how to get started.

Wednesday, Apr. 10, 6:30pm

Course Fee: Free and on Zoom

Marshwood Online Classes: UGotClass



Online Certificates For Business And Career

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

For a Complete List of Classes and to Register Visit:

► <https://yougotclass.org/index.cfm/Marshwood>



Certificate in Mastering Excel

Discover how various menu items, commands, settings and processes affect the look of your Excel worksheets and workbooks. Increase your efficiency by learning how to organize, display and calculate your data into useful information. Identify different types of data and how data can be best visually represented or formatted, by using different data tool techniques to analyze data quickly and easily.

Course Fee: \$495

Certificate in Leadership Development

Find out what it takes to become an effective leader. Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals. Then learn the unspoken secrets that leaders know and the strategies they employ/exhibit in influencing others. Leadership skills are acquired and learned.

Course Fee: \$395

Bookkeeping Certificate

You will learn about the accounting equation and the five categories involved in every business (Assets, Liabilities, Owner's Equity, Revenue and Expenses). Learn to use your financial statements to measure performance, make improvements and set goals, as well as how to close your books and prepare them for the next accounting period. After posting correcting entries and/or adjusting entries, you will verify debits and credits equal with an adjusted trial balance.

Course Fee: \$495

Certificate in Project Management

Gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. This basic information will assist you in learning the beginnings of Project Management, whether you are interested in project management, in a project management field, or in any line of work. Finally, learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes.

Course Fee: \$495



Many More Courses and Certificates Available:

- **Beginning Conversational Spanish**
Course Fee: \$290
- **Introduction to Coding**
Course Fee: \$195
- **Certificate in Web Design**
Course Fee: \$595
- **Certificate in Data Analysis**
Course Fee: \$495
- **Six Sigma Green Belt Certificate**
Course Fee: \$495
- **Advanced Teaching Online**
Course Fee: \$195

Kittery Online Classes: Ed2Go



100's of Classes to Choose From!

- Instructor Led or Self-Paced Courses!
- NEW Certificate Programs!
- 24-hour Access!



Online Courses

Getting Started with Google Workspace

More and more businesses are switching to Google Workspace for their business documents and communications. Are you ready? In this course, you will get experience with nine great Google apps for business and personal use, including Gmail, Docs, Sheets, and Slides, and learn how they all work together in a seamless suite.

Current Price: \$149

Discover Sign Language

Gain confidence in your ability to sign with the Deaf community. This course immerses you in silence to help you gain an understanding of the perspective of the hearing impaired and uses videos to demonstrate not only how to make signs, but how to communicate with facial expression.

Current Price: \$115

Grammar Refresher

Develop English grammar skills and take your writing and speaking to the next level. This course explores the eight parts of speech, punctuation and mechanics, foundational sentence construction, phrases, clauses, problem words, common mistakes, and more with practical, hands-on exercises.

Current Price: \$115

Speed Spanish

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish. This course is designed for anyone who wants to learn Spanish pronto.

Current Price: \$125

For a Complete List of Online Courses Visit:

► ed2go.com/kae

Online Career Training Certificates

Professional Bookkeeping with QuickBooks Online

Master QuickBooks Online to prepare for a rewarding career in the booking 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.

Current Price: \$2,095

120-Hour TEFL Certification

With an estimated 1.5 billion English language learners around the world, the demand for TEFL certified teachers is sky high. Earn your internationally recognized TEFL certificate in this online course, so you can teach English online, abroad or wherever the need arises. Once qualified, you will be able to confidently walk into a classroom and deliver a lesson to English language learners.

Current Price: \$695

Optician Certification Training

In this course, you can gain the skills and knowledge you need to obtain an entry-level job as an optician in the states that recognize this certification. In addition, you'll prepare to take the Basic American Board of Opticianry (ABO) exams, which includes the NOCE (National Opticianry Competency Exam) and the CLRE (Contact Lens Registry Exam), which is required by many states to work as an optician or as a stepping-stone to career advancement.

Current Price: \$1,995

For a Complete List of Certificate Programs Visit:

► careertraining.ed2go.com/kae

MARSHWOOD: Arts & Crafts

Stone and Sea Glass Wire Wrapping

▲ Linda Greer

Design and create your earrings, pendent, or keychain by learning the art of wire wrapping. The instructor will demonstrate various techniques used in making the jewelry pieces. Small wrapping tools and 22" gauge wire is used in this process. Bring your sea glass or stones and use your small tools or use the instructors.

Wednesday, Feb. 7, 6:00-7:30pm

Registration fee: \$35



Pastel Painting for Beginners

▲ Carrie Kelley

In this six-week course, we'll play with fabulous colors. We'll introduce you to artist-quality materials and techniques that make pastel painting a versatile, accurate, portable, and fun medium. As this is a beginner course, we will focus primarily on a variety of mark-making, layering colors, and how to avoid common pitfalls in the process. You'll also need to know about cleaning, storing, and displaying your pastels and finished paintings. This course will cover everything you need to get started! A materials list will be provided prior to the first class for those who wish to source their own materials. Material packs are available from the instructor for \$40 each at the first class.

Tuesdays, 6:00-8:00pm

Feb. 6, 13, 27, Mar. 5, 19, 26

Registration Fee: \$85

Intermediate Artist Quality Pastel Painting

▲ Carrie Kelley

In this six-week course, we'll paint, paint, paint using fabulous color and discuss painting composition and techniques for both finding their personal representational and abstract work. We'll also begin to look at the student's painting preferences and influences as a means of style. We'll use artist-quality materials and techniques that make pastel painting a versatile, accurate, portable, and fun medium. A materials list will be provided prior to the first class for those who wish to source their materials. At an intermediate level, the student is strongly encouraged to begin using art supply resources online and in person. However, material packs will be available from the instructor for \$40 each at the first class.

Tuesdays, 6:00-8:00pm

Apr. 2, 9, 23, 30 May 7, 14

Registration Fee: \$85



Beginner Soap Making

▲ Sarah Holden-Remick

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

Session 1:

Wednesday, Mar. 6, 6:00-8:00pm

Session 2:

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

Registration Fee: \$52 per session

Intermediate Soap Making

Sarah Holden-Remick

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

Tuesday, Apr. 2, 6:00-8:00pm

Registration Fee: \$52

Knitting

▲ Vicky Vaughn

Have you always wanted to learn how to knit? Or has it been a long time since you've picked up the needles? Maybe you're stuck on a project. Join us in a relaxed and fun atmosphere! You'll learn how to cast on, knit and purl, read a pattern, as well as repair mistakes in an easy-going class. It's fun to be part of a creative community. All levels are welcome. You'll need a skein of light-colored Red Heart Worsted Weight yarn and a pair of size needles (size 7 or 8 is best). Other small supplies will be discussed. Get ready to learn how to make all kinds of items suitable for gift-giving. One of Vicky's favorite patterns is a dead fish hat which she is happy to share. Get ready to laugh with Vicky, she certainly makes knitting fun. Sessions are taught separately, with no prior experience required.

Session 1: Wednesdays, 4:30-6:30pm

Feb. 7, 14, 28 - Mar. 6, 13, 20

Session 2: Wednesdays, 4:30-6:30pm

Apr. 3, 10, 24 - May 1, 8, 15

Registration Fee: \$65 per (6-week) session

Register Today!

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

MARSHWOOD: Outdoor Learning



Intro to Nature Walks & Winter Tracking

▲ Rachael Graber

Join Maine Master Naturalist Rachael Graber at one of GWRLT's newest preserves for an eye-opening introductory hike into nature walks and winter tracking! Learn about common species of local plants and the nuances of wildlife tracking in Winter. Explore the trails through the lens of a master naturalist and learn all about the intricacies of the land, its wildlife, and the natural history of the Old Boston Preserve.

Saturday, Feb. 24, 10:00 am-1:00pm

Cost: Free, Registration required

Location: Old Boston Preserve, Ogunquit, ME

Intro to Winter Hiking

▲ Susan Wisewell

Learn all about the basics of winter hiking with one of our most avid and experienced hiking guides, Susan Wisewell. You will learn tips and tricks to enjoy winter hiking comfortably and safely. From your backyard to the White Mountains of New Hampshire, we'll cover best practices for planning, layering, and packing so you can have a safe and exciting time outdoors any time of year.

Saturday, Jan. 20, 10 am -1pm

Cost: Free, Registration required

Location: Bauneg Beg Conservation Area, North Berwick, ME



Starting Native Plants from Seed Workshop

▲ Ginger Laurits

Join Master Gardener Ginger Laurits at the GWRLT headquarters in Ogunquit for a workshop on starting native plants from seed. We will discuss the fundamental native plants, their differences from and comparative advantages to common annual vegetable seeds, how to start, grow, and care for them from seed, and much more!

Saturday, Jan. 13, 10:00am-12:00pm

Cost: Free, Registration required

Location: Great Works Regional Land Trust, Ogunquit, ME

Wildlife Rescue 101

▲ Center for Wildlife

Have you ever come across an injured animal and wondered how to help it? In this informative workshop we will share our expertise on how to properly help injured wildlife. Our goal in this presentation is to educate you on how to recognize certain aspects of native wildlife. We will discuss when to leave animals alone in the wild or call-in help. We also bring some of the center's resident animals to the presentation.

Tuesday, Mar. 26, 5:30-6:30pm

Registration Fee: \$15

Science Saturdays: The Rare Atlantic White Cedar of Berwick

▲ Michael Wright and Eileen Willard

Join GWRLT board member Michael Wright and Dendrologist Eileen Willard for a part of our Science Saturdays Series. We will explore Beaver Dam Heath together, seeking a stand of Atlantic White Cedar, a majestic tree rare to our area. Learn about the basics of tree identification, the unique overlapping qualities of our region, and how conservation right in your own backyard can work to preserve the wildlife and plant life that we, as Mainers, hold so dear. But most importantly, experience the beauty of our diverse ecosystem first-hand!

Saturday, Feb. 10, 10 am – 1pm

Cost: Free, Registration required

Location: Grants Meadow at Beaver Dam Heath, Berwick, ME

Register Today!

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



MARSHWOOD: Travel

Travel Like a Pro

📍 Nancy Dorrans, CTC

Fresh off of her travels to Italy and Japan, join Nancy, owner of Adventure Marketplace, for a unique seminar on how to travel like one of the pros, locally or internationally! Learn about how to organize a trip from start to finish and develop the right type of itinerary for your interests and budget. Learn more about passports, Real IDs, health requirements, visas, insurance, and more in today's travel market. Nancy will guide you through the steps to prepare for your trip that can make or break your experience. Come ready with your questions, learn from the group, and discover the magic of travel!

Tuesday, Mar. 19, 6:00-7:30pm

Registration Fee: \$15

Cruising with Kelly

📍 Kelly Monroe

Are you interested in taking a cruise but not sure where to start? We are excited to announce a new one-night class that will help with just that! Join Kelly Monroe, owner of In The Magic Travel with Kelly, where she will share her expertise on cruising. Learn about cruise lines, itineraries, departure ports, what to expect, how to proceed, and answers to your questions!

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

Registration Fee: \$15

Planning a Trip to Disney

📍 Kelly Monroe

Come to this one-night class and meet Kelly Monroe, owner of In the Magic Travel, an Authorized Disney Vacation Planner. She is a travel agent that specializes in all things Disney! You'll be given information on resorts, park tickets, theme parks, dining reservations, and Genie+. Kelly is an experienced Disney traveler and can provide you with the tips and tricks you usually only hear about after your trip. She will help you with everything you need to know so you can plan your magical Disney vacation.

Tuesday, May 14, 6:00-8:00pm

Registration Fee: \$15

Spring, Broadway, Birds, and Blooms

📍 New York City Deluxe Motor Coach Tour

There's something special about New York City in Springtime when the buds are busting, birds are singing, and Broadway is hopping! Please join us Apr. 17-20, 2024, as we travel from Portland and points south (during the Apr. School Vacation). We'll spend three nights at the lovely Belvedere Hotel in Times Square, experience a Broadway show (TBD), wander through the Brooklyn Botanical Gardens, and discover extra insider experiences.

Reservations: 3 nights

Cost: \$989+ per person, room types vary

For details and to register, visit

adventure-marketplace.com/adventures

Cape Cod, Nantucket, and the "Three Million Daffodil Festival"

📍 Deluxe Motorcoach Tour

Join us Apr. 26-28, 2024, on a tour of Cape Cod and Nantucket. We will depart Portland, Maine, head to a second pick-up location at Marshwood High School in South Berwick, Maine, and then continue heading south for a two-night stay in Hyannis. On Saturday, we will take a high-speed ferry to Nantucket Island. Enjoy a day at the Three Million Daffodil Festival, including the festival's grand event - The Antique Car Parade, which features over 100 daffodil-bedecked vintage cars. Wear your daffy hat, watch the car parade, and welcome spring! Inclusions are: Two-night stay at the Hyannis Harbor Hotel, deluxe breakfast buffet, ferry ticket, tour of the Sandwich Glass Museum, and the Harvard Museum of Natural History Glass Flower display.

Dates: Apr. 26-28, 2024

Cost: \$559+ per person, room types vary

\$150 Deposit due at Registration

Final payment due by Mar. 27, 2024

Contact

For Reservations Contact:

nancy@adventure-marketplace

(207) 712-5699



UK Spring Garden Tour - Snowdonia, Cotswolds, and the Chelsea Flower Show

Wander through Wales' largest National Park in Snowdonia, amble through the lovely rolling green hills of the Cotswolds, visit Shakespeare's theatre in Stratford-Upon-Avon, ponder the standing stones at Stonehenge and conclude our adventure with three nights in historic London. We'll have one full day to explore London's top attractions, followed by the grand finale: The Royal Horticultural Society's Chelsea Flower Show ~ Escorted by Nancy Dorrans of Adventure Marketplace.

Destination: Wales & England

Dates: May 11-23, 2024

\$4,959 per person, double occupancy

Single Supplement: \$1,000 per person

20% Deposit due at Registration

Contact:

nancy@adventure-marketplace.com

(207) 712-5699

For details and to register visit:

www.adventure-marketplace.com

MARSHWOOD: Enrichment

Tai Chi

▲ Dianne Mros

Practice Slow movements to help relieve tension, improve balance, and promote overall fitness. Develop breathing techniques to promote calmness and beneficial energy levels. Sessions are taught separately, with no prior experience required.

Session 1: 6 Tuesdays, 4:00-5:00pm

Feb. 6, 13, 27 – Mar. 5, 19, 26

Session 2: 6 Tuesdays, 4:00-5:00p

Apr. 2, 9, 23, 30 – May 7, 14

Registration Fee: \$40

**Location: Marshwood Great Works School,
49 Academy St, South Berwick, ME 03908**

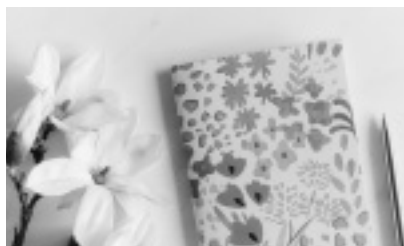
Introduction to Oracle Cards

▲ Dianne Mros

Enjoy the mindfulness activity of learning to read and interpret oracle cards. No experience is necessary. Bring an oracle deck of your choice and a journal/notebook.

Tuesday, Feb. 6 and 13, 5:30-6:30pm

Registration Fee: \$80 per class



Beginner Art Journaling

▲ Pamela Clark

Mixed media art journaling gives you the freedom to create self-expressive art without the fear of mistakes. Expressive art journaling can help to reduce stress, depression, and anxiety. Learn to create a visual expression of ideas, thoughts & emotions while relaxing & having fun using a wide range of art supplies & techniques. No art skills are required. Supplies are provided for in-class use.

Wednesdays, 6:00-7:30pm

Mar. 6, 13, 20, 27

Registration Fee: \$75

Improving Positive Self-Talk through Art Journaling

▲ Pamela Clark

The words you use in your internal self-dialog impact you every day. Learning to improve these messages can help improve depression, anxiety, self-confidence & self-esteem. Learn a fun & easy way to change these messages while creating a mixed-media art journal. No technical art skills are required.

Supplies for in-class use are provided.

Wednesdays, 6:00-7:30pm

Apr. 3, 10, 24 May 1, 8, 15

Registration Fee: \$80

Taming the "To Do" List

▲ Jill Braceland

Identify techniques that will help you organize your personal time. Suggestions offered include prioritizing, creating the "To Do" list, and how we underestimate time. Tips on how to stop procrastinating and being overwhelmed will also be discussed.

Wednesday, Mar. 6, 6:00-8:00pm

Registration Fee: \$30

Foundations of Investing

▲ Jackie Pampinella

Program for people who want an overview of investing, including key terms and types of investments. Foundations of Investing covers the basic features of bonds, stock, and packaged investments and the importance of asset allocation. Q&A to follow.

Wednesday, Feb. 7, 6:00-7:00pm

Fee: \$15

Ready or Not? Preparing for the Unexpected

▲ Jackie Pampinella

Preparing for the unexpected is a protection presentation that outlines proactive strategies to help protect your family's financial resources from life's unexpected turns. Q&A to follow.

Wednesday, Feb. 14, 6:00-7:00pm

Fee: \$15

Retirement by Design

▲ Jackie Pampinella

This presentation illustrates how you can translate your vision for retirement into tangible goals. Whether you are 10 or 40 years from retirement, you'll learn investment strategies to help design the retirement you want. We'll also discuss how you can add flexibility to your strategy to help you handle unexpected events and how you can keep your strategy on track. Q&A to follow.

Wednesday, Feb. 28, 6:00-7:00pm

Fee: \$15



Preparing for Life's Uncertainties: Revocable & Irrevocable Trusts - Are They Right for You?

▲ Kathryn Bedell, Esq.

This class will begin with an overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives, etc. The class will then delve into learning how revocable trusts can help avoid probate and protect your privacy and how irrevocable trusts can protect your assets from nursing homes or Maine Care (Medicaid) liens. The discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children. Kathryn Bedell is a lawyer in York, Maine, and has been practicing for over 30 years. Her practice focuses on estate planning, asset preservation, and probate matters.

Tuesday, Apr. 23, 6:00-8:00pm

Registration Fee: \$15

Register Today!

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

KITTERY: Arts & Crafts



Sgraffito Plate (Beginner)

– Pottery Hand Building techniques

▲ Pam Hansen

Sgraffito (in Italian “to scratch”) is a decorating pottery technique produced by applying layers of color or colors (underglazes or colored slips) to leather hard pottery and then scratching off parts of the layer(s) to create contrasting images, patterns and texture and reveal the clay color underneath. Lessons include hand-building techniques.

3 Wednesday Sessions

Jan. 17- Feb. 7, 6:30-8:30pm

* no class 1/31

Registration Fee: \$30

Material Fee: \$50, payable to instructor

Ceramic Easter Platter

▲ Pam Hansen

Create a new ceramic serving platter just in time for the holidays. First class you will create your platter, including any surface decoration you might like (teacher will reach out to you by email prior to class to help you out with this). Second class you will apply the right color glaze for your beautiful, functional piece.

2 Wednesday Sessions

Mar. 6 & 20, 6:30-8:30pm

*no class 3/13

Registration Fee: \$25

Material Fee: \$50, payable to instructor

Register Today!

► kittery.maineadulted.org

► (207) 439-5896



Ceramic Cheeseboard

▲ Pam Hansen

Create a new ceramic cheeseboard perfect for the holidays or gift giving. First class create your cheeseboard, including any surface decoration you might like (teacher will reach out to you by email prior to class to help you out with this). Second class you will apply the right color glaze for your beautiful, functional piece.

Limit 6.

2 Wednesday Sessions

Apr. 10 & 24, 6:30-8:30pm *no class 4/17

Registration Fee: \$25

Material Fee: \$50, payable to instructor



Ukrainian Egg Decorating

▲ Suzanne Lepage-Wade

Suzanne, a Maine Artist who works in clay, glass and Fabric, is pleased to offer “Pysanka” egg decorating, an art passed down in her family from her Grandmother. This will include 2 eggs and all dyes and tools required to make our designs.

Thursday, Feb. 15, 6:00-9:00pm

Registration Fee: \$41

Material Fee: \$10, payable to instructor

Cheeky Rug Hooking

▲ Isabel Ardito Lebo

Join us for an exciting rug hooking workshop suitable for all skill levels!

Whether you’re a beginner or an experienced artist, this class is designed to unleash your creativity and guide you through the fascinating world of rug hooking. No prior experience is necessary as we will cover the essential techniques and provide all the materials you need to bring your vision to life. All you need to bring is yourself and a fun rug idea.

3 Thursday Sessions

Mar. 7-21, 6:00-8:00pm

Registration Fee: \$125



Macraweave Wall Hanging

▲ Alicia Stiles

For anyone who has admired fiber art and thought creating their own would be far too complicated, this is the class for you! To create your own Macraweave wall hanging, you will learn basic macrame knots in addition to weaving techniques. Alicia will guide you through every step of the creation process, from learning techniques, choosing driftwood, yarns and cords, and creating your own stylized version of the chosen design! In addition to your own work of art, you will leave this class with the knowledge and skills to continue creating the macraweave of your dreams.

4 Tuesday Sessions

Mar. 5-26, 6:00-8:00pm

Registration Fee: \$140

Macrame Plant Hangers

▲ Alicia Stiles

Macrame is a popular and aesthetically pleasing way to spruce up your home! During this class you will learn how to create your very own macrame plant hangers. Alicia is a textile artist specializing in macramé and weaving. All materials supplied.

Tuesday, Apr. 9 or May 7, 6:00-8:00pm

Registration Fee: \$46

KITTERY: Arts & Crafts

Goat Milk Soap Making

▲ Sarah Holden-Remick

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

Wednesday, Mar. 27, 6:00-8:00pm

Registration Fee: \$36

Material Fee: \$20, payable to instructor

Exploring Crystals in Resin: Bookmarks and Sun Catchers

▲ Eva Diharce

Have you always wanted to learn more about working with Resin and crystals? Now is your chance to make a one of a kind bookmark and/or sun catcher/ornament to cherish for yourself or give as a gift.

2 Monday Sessions

Apr. 1-8, 5:30-6:30pm

Registration Fee: \$26

Material Fee: \$20, payable to instructor

A Library of Hand Bound Books

▲ Gayle Fitzpatrick

Create 6 book structures: a simple pamphlet book a Japanese Stab Bound book, a basic Codex, a hard cover accordion book, a hard cover book with signatures sewn on tapes, and flutter books. Class will focus on the techniques, structures, tools, materials and processes.

4 Thursday Sessions

Feb. 15-Mar. 14, 6:00-8:00pm

***no class on 2/22**

Registration Fee: \$64

Material Fee: \$8, payable to instructor

Register Today!

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



Spa Gift Set

▲ Sarah Holden-Remick

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

Wednesday, May 15, 6:00-7:30pm

Registration Fee: \$31

Material Fee: \$20, payable to instructor

Drilled Beach Stone: Necklace and Key Ring

▲ Susan Randall

Learn to turn beach stones into beautiful one of a kind necklaces and key rings by safely drilling beach stones, setting grommets and attaching jump rings. At the end of class, you will have 2 necklaces and 1 key ring. Choose from prepared stones that Susan will provide. If time allows additional materials may be purchased to make more items.

2 Thursday Sessions

May 16 & 23, 6:00-7:30pm

Registration Fee: \$75

Material Fee: \$5, payable to instructor

Triple Wrap Memory Wire Beaded Bracelet

▲ Mary Alice LaPoint

This one-and-a-half-hour class will teach you the techniques for making a triple wrap, memory wire, beaded bracelet. At the end you will take home your one-of-a-kind, high-quality, beaded creation. Materials will be supplied to you. Just bring your creative juices.

Tuesday, Apr. 23 6:00-7:30pm

Registration Fee: \$45

Intermediate Drawing

▲ Gayle Fitzpatrick

Students in Drawing II will engage in sequential learning experiences that encompass aesthetics and production and lead to the creation of portfolio quality works. Further development of drawing skills is the primary objective of this class and uses the human figure, landscape, still life and design work to help accomplish this goal. Bring to class: materials list supplied at registration

5 Tuesday Sessions

Feb. 27-Mar. 26, 6:30-8:00pm

Registration Fee: \$64

KITTERY: Arts & Crafts



Acrylic Painting on Floor Cloth

▲ Jean Schwab

Make a uniquely designed floor cloth with acrylics using the traditional process of floor cloth construction. No acrylic painting experience is necessary. Create your own design, or Jean will have a couple of designs to choose from. Map out the design onto the canvas, choose from a selection of paint colors and add your creative details. The floor cloth will be approximately 2' by 3'. The material fee will cover the primed floor cloth, paint, glue and protective polyurethane finish. Bring: large and small paint brushes.

4 Thursday Sessions

Mar. 21-Apr. 11, 6:30-8:30pm

Registration Fee: \$60

Material Fee: \$25, payable to instructor



Acrylic Painting

▲ Gayle Fitzpatrick

This class covers composition, color theory, and color mixing as well as materials and techniques. You'll learn and practice the fundamentals of painting with acrylics. Class time will provide time for experimentation, creativity and the opportunity to work on your own projects with guidance from the instructor. Beginner and Intermediate painters are both welcome!

4 Tuesday Sessions

Apr. 23-May14, 6:00-8:00pm

Registration Fee: \$64



Watercolor Painting

▲ Doris Rice

Join in and learn some new techniques or improve on your skills. Bring to class: materials list supplied at registration.

5 Monday Sessions

Mar. 4-Apr. 1, 5:30-7:30pm

Registration Fee: \$90

Register Today!

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



Discover Zentangle®

Creating and Connecting through Zentangle®

▲ Valeria Rienzi

For returning students or those with prior experience in Zentangle® Continuing exploring and enjoying The Zentangle® Method. This class will include special projects and ZIA Zentangle® Inspired Art. Valeria is a Certified Zentangle® teacher.

6 Tuesday Sessions

March 5, 12, 19, 26, April 2, 9

6:00-8:00pm

Registration Fee: \$90

Material Fee: \$30, payable to instructor

Zentangle® for Beginners - Basic and Beyond!

▲ Valeria Rienzi

The Zentangle® method is an easy way to learn to create a beautiful piece of art, expand your creativity, improve your focus, concentration, and relaxation. In this class you will learn everything about The Zentangle® Method, such as, the basic 8 steps, new tangles every class, string theory, shading and the principle of "no mistakes" as well as ways to embellish the tiles. Once you know this, you can apply it in your work or wherever you like! No prior experience necessary.

6 Thursday Sessions

March 7, 14, 21, 28, April 4, 11

6:00-8:00pm

Registration Fee: \$90

Material Fee: \$30, payable to instructor

KITTERY: Cooking



From Maine to Myanmar/ Burma

▲ Su Koerschner

Help prepare and enjoy a meal together, starting with Maine scallops, and a traditional Myanmar sweet and sour dipping sauce, served over tofu and green curry rice, using such ingredients as curry paste, coconut cream, red chili, peanuts, spices and finishing with a surprise dessert. Su looks forward to sharing recipes from her native country, Myanmar and from Thailand where she spent many years working. Bring to class: knife, cutting board.

Tuesday, Mar. 12, 6:00-8:00pm

Registration Fee: \$21

Material Fee: \$25, payable to instructor



Sushi Made Simple

▲ Carol Steingart

Join this fun, hands-on adventure into the art of sushi rolling. Participants will choose from a wide assortment of sushi fillings, making it fun to customize your own rolls to eat during class. A full meal will be served including miso soup and a dessert, both made with sea vegetables. Everyone will receive a bamboo mat to roll their own sushi and bring home afterwards. No raw fish will be served. This class is vegan-friendly. Please bring a cutting board, sharp, non-serrated knife, large bowl, and a cotton dish towel. Children ages 12 and older are welcomed to register with a registered adult.

Thursday, Apr. 11, 5:30-8:30pm

Registration Fee: \$97



Preserving the Harvest: Jams and Jellies

▲ Kate McCarty

Ever wonder how to preserve delicious fruit jams and jellies using less sugar? University of Maine Cooperative Extension's hands-on food preservation workshops will teach you the basics of canning and freezing jams and jellies, including how to use a water bath canner to preserve jam. We will provide fresh produce and canning jars. Please bring a pot holder to the workshop.

Wednesday, Apr. 24, 5:30-8:30pm

Registration Fee: \$40

Register Today!

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



KITTERY: Health & Wellness

PolyVagal Theory 101: Vagus Nerve Miracle

▲ **Mary Schwoerer**

Relaxation anyone? Our Vagus Nerve is the longest Cranial Nerve in our body and is responsible for emotional & physical health. Simply by stimulating this nerve, our body can unwind & de-stress. This class will be in person unless weather is bad then it will become remote over Zoom.

Tuesday, Jan. 16, 6:00-8:00pm
Registration Fee: \$38

Art of Aging Well: Healthy Tips for Vitality

▲ **Mary Schwoerer**

Learn how small lifestyle habits can have a BIG impact on your health & wellbeing. Eating smarter, moving more, sleeping more soundly & managing stress better can & WILL lead to increased energy, improved mood, a healthier heart & better decision-making ability. This class will take place at the Kittery Community Center

3 Monday Sessions
Mar. 18-Apr.1, 9:00-10:30am
Registration Fee: \$51

Basics of Meditation

▲ **Mary Schwoerer**

Meditation is an ancient wellness practice that focuses on training awareness, attention, and compassion. Research has found that meditation can reduce stress and anxiety, improve focus and concentration, and increase feelings of calm and relaxation. It's a simple practice to pick up - but, it does take practice & consistency to feel the benefits. This class is a combination of 3 in person classes at Traip Academy and 2 remote sessions over Zoom.

5 Wednesday Sessions
IN PERSON:
Mar. 13 & 20, Apr. 10, 6:30-7:30pm
REMOTE:
Mar. 27 & Apr. 3, 6:30-7:30pm
Registration Fee: \$66

Strong Bones

▲ **Mary Schwoerer**

This class is your answer to a total-body/ mind workout for osteoporosis and osteopenia. Includes: weekly tips on Nutritional needs for Strong Bones, recipes that include delicious ways to get & absorb nutrients, exercises that include weight training, balance & agility and bone breathing exercises. Suggested items for class: 1, 2 OR 3 lb. weights (or any combination), resistance bands, bootie bands, chair & water bottle. Mary holds a M.Ed. and is Bone Builders Certified. This is a virtual class over Zoom.

Tuesday & Thursday, 9:00-9:40am
Registration Fee: \$66, for 1 month

Healthy Eating & Weight Loss

▲ **Monica Moore-Romanoff MS, RD, LD**

This series will include topics such as, nutrition basics, tracking resources, goal setting, meal planning, behavior change strategies, managing stress/sleep, dining out tips and much more. This is a virtual class over Zoom.

4 Wednesday Sessions
Mar. 6-27, 6:00-7:00pm
Registration Fee: \$51

Eating with Diabetes

▲ **Monica Moore-Romanoff MS, RD, LD**

Eating with diabetes can be confusing but you don't have to cut out all your favorite foods! In this session, learn how to count carbohydrates, better food choices to pick for diabetes, basic blood sugar control tips, portion control, label reading, and Q&A with the Registered Dietitian at the end.

Thursday, Mar. 14, 6:00-7:30pm
Registration Fee: \$26

Medicare Basics

▲ **Timothy Harrigan**

This informative class will help you understand the basics of Medicare in relatable, easy-to-understand language and provide you with the tools you will need to determine the best plan for you.
Thursday, Mar. 21, 6:00-7:00pm
Registration Fee: \$16

Understanding the Maine Death with Dignity Act

▲ **Valerie Lovelace, Executive Director,
Maine Death with Dignity**

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. 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 maybe qualifying. This class is offered virtual over Zoom, you will be sent a link prior to class. Class size limited to 15.

Thursday, May 2, 6:30-7:30pm
Registration Fee: Free

Women's Health Series

▲ **Carole Freeman**

These classes/topics will build off each other but if you do miss one, the class is recorded to allow you to keep up with the information. Topics include: The Female Brain on Stress, Women, Hormones and Superpowers, Pain Matters, Pelvic Floor Strength & Positive Guide to Menopause. Class takes place over Zoom and you will be sent a link prior to class.

5 Monday Sessions
Feb. 5-Mar. 4, 6:00-8:00pm
Registration Fee: 85

A Female Advantage

▲ **Carole Freeman**

Topics include: Why Fitness is Different for Women, Improve Breathing Capacity, Increasing Respiratory Muscle Strength, Women's Hormones and Cardio, & Core Strength Training for Spinal Stability. Class takes place over Zoom and you will be sent a link prior to class.

5 Wednesday Sessions
Feb. 7-Mar. 6, 6:00-8:00pm
Registration Fee: \$85

KITTERY: Enrichment

Find Your Valentine

▲ Lori Mendelsohn

New in the dating game? First time on dating apps? We will discuss modern dating-from where to meet people, how to build an online profile, safe dating, and more! Singles over 50 encouraged and mingling will ensue afterwards! Lori is the owner/founder of Smart Funny Single. This class takes place at the Kittery Community Center.

Tuesday, Feb. 13, 6:00-8:00pm

Registration Fee: \$36

Winter Birding at Fort Foster

▲ Dave Tucker

Raptors, sea ducks, and wintering songbirds. Dress warmly and bring binoculars. Class will meet at the entrance gate of Fort Foster. Additional fee may be required for entrance to Fort Foster.

Saturday, Feb. 10, 8-10am *rain date 2/11

Registration Fee: \$22

Spring Migrant Birds at Fort Foster

▲ Dave Tucker

Focus on migrating birds and spring specialties. Bring binoculars. Class will meet at the entrance gate of Fort Foster. Additional fee may be required for entrance to Fort Foster.

Saturday, May 4, 7:30-10:30am

***rain date 5/5**

Registration Fee: \$22

Breeding Birds of Fort Foster

▲ Dave Tucker

Focus on birds who nest at the fort. Bring binoculars. Class will meet at the entrance gate of Fort Foster. Additional fee may be required for entrance to Fort Foster.

Saturday, May 25, 7:30-10:30am

***rain date 5/26**

Registration Fee: \$22

Beekeeping Basics

▲ Joseph Barberi

This course is intended for anyone who has decided to start the rewarding hobby of beekeeping and will be receiving their first bees soon or those who wish to gain more knowledge and improve their skills. We will discuss the proper installation, inspection, care of a colony of bees, and demonstrate the use of the necessary equipment. Pest monitoring, management and treatments will also be a crucial part of the class.

Tuesday, Mar. 12, 6-8:30pm.

Registration Fee: \$26

Songwriting

▲ Curt Bessette

Come learn the art and craft of writing songs with a veteran songwriter. Lyric writing is epically discussed. Learn about chord progressions and subject matter. Even if you don't play an instrument the class will be informative and helpful. Curt is an award-winning songwriter, performer and guitar instructor.

4 Thursday Sessions, 6:30-8:00pm

Feb. 29-March 28, *no class 3/14

Registration Fee: \$81

Play the Ukulele, Your Journey Begins Here!

▲ Duncan Perry

Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. You will need a playable ukulele and an electronic tuner or a tuner app. If you don't own a ukulele, please contact us for information. Pick the session that works for you. Prior to class, you will be sent a Zoom link to join this class virtually.

Session 1: Wednesdays, 6:00-7:30pm

Jan. 31-Feb. 21

Session 2: Tuesdays, 6:00-7:30pm

Feb. 27-Mar. 19

Session 3: Wednesdays, 6:00-7:30pm

Mar. 27-Apr. 17,

Session 4: Tuesdays, 6:00-7:30pm

Apr. 23-May 14

Registration Fee: \$79 per session

Instant Piano for Hopelessly Busy People

▲ Craig Coffman

Learn to play piano the way professionals do-using chords. Since this class is being held online with Zoom you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. Online book and online follow up video lessons included.

Monday, Feb. 19, 6:30-9:30pm

Registration Fee: \$65

Instant Guitar for Hopelessly Busy People

▲ Craig Coffman

This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with Zoom you will be able to sit at home with your guitar and take this class without any pressure at all. Online book and online follow-up video lessons included.

Tuesday, Feb. 20, 6:30-9pm

Registration Fee: \$65

How to Play Piano by Ear

▲ Craig Coffman

A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. Prior experience with chords recommended. Class is held online using Zoom.

Saturday, Jan. 20 or Mar. 16, 9:00-11:30am

Registration Fee: \$65

Introduction to Professional Voice Over

An easy-to-access remote learning system will take you behind the scenes at Voice Coaches main studios. This is just an introductory class if you are curious about the field and had questions. You are not obligated to purchase further lessons. Prior to class, you will be sent a Zoom link to join this class virtually.

Thursday, Apr. 18, 6:30-8:00pm

Registration Fee: \$16

Register Today!

► kittery.maineadulted.org

► (207) 439-5896



KITTERY: Enrichment

Security Awareness for Everyone

▲ Jessica Campbell

It is important to protect yourself from financial fraud and identity theft. TD SAFE Roadshow will discuss tips for detecting and avoiding fraud, the latest scams and how to protect yourself, and how to keep your assets SAFE. This class will be meet at the Rice Public Library.

Wednesday, Feb. 21, 2:00-3:00pm

Registration Fee: Free, but pre-registration required

Estate Planning- Prepare for the Uncertainties of Life and Revocable Trusts & Irrevocable Trusts

▲ Kathryn Bedell, Esq.

Class begins with an overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives, etc. The class will then delve into, learning how revocable trusts can help avoid probate and protect your privacy, and how irrevocable trusts can protect your assets from nursing home or Maine Care (Medicaid) liens. Kathryn Bedell is a lawyer in York, Maine.

Tuesday, May 14, 6:30-8:30pm

Registration Fee: \$22

What is Your Plan for Long Term Care?

▲ Kerry Peabody

Learn what LTC services are, how they work and how much they cost. We will also discuss Medicare & Medicaid, and how they will, or won't, pay for care versus several different ways you can pay privately.

Thursday, Mar. 28 or May 16, 6:00-8:00pm

Course Fee: \$16

Register Today!

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



The Writing Workout - Exercises and Strategies to Jumpstart Your Imagination and Write with Confidence

▲ Kate Johnston

The Writing Workout is designed to help you stimulate your creativity, strengthen your ideas, get un-stuck, build your skills, write with confidence, and take on writing as an adventure. In case of inclement weather, class will be held on Zoom.

5 Monday Sessions

Mar. 11-Apr. 8, 6:30-7:30pm

Registration Fee: \$65

Grant Writing Basics

▲ Theresa Kipp Ed.D.

During this course, we will explore the elements of grantsmanship. While writing a wellcrafted and compelling grant proposal is critical to successful funding, it does not stand alone. The process also requires research, program development, budgeting, and evaluation. This four-week course will examine all the necessary components and skill sets of successful grant writing.

4 Thursday Sessions

Mar. 7-28, 6:00-8:00pm

Registration fee: \$60

7 Secrets to Mindful Organization

▲ Roz Applebaum

With 30 years of experience as a conference designer and event planner, Roz will share insights on Prioritizing, Effective List Making, Conscious Calendaring, Organizing Your Physical & Digital Spaces, Overcoming Procrastination & Perfectionism.

Tuesday, Mar. 26, 6:30-8pm.

Registration Fee: \$40

Downsizing?

▲ Jill Braceland

This seminar is designed to offer organizing strategies to start your downsizing efforts. Class will meet at the Kittery Community Center.

Tuesday, Mar. 19, 1-3pm

Registration Fee: \$21

My Dying "To Do" List

▲ Jill Braceland

Do you know how much paperwork is involved in organizing your estate? This quick overview deals with matters involving Family, Finances, Future, and Funeral. You will leave with a list of resources. This is an informational seminar only. Class will meet at the Kittery Community Center.

Tuesday, Apr. 9, 1-3pm

Registration Fee: \$21

Material Fee: \$5, payable to instructor



Sailboat Racing

▲ Tom Brown

Principal Race Officer Tom Brown brings his 20+ years in the Committee Boat to this course covering yacht racing and the Racing Rules of Sailing (RRS) 2021-2024. Sail handling, trim, and choices are discussed. Tactics, Conduct of a Race, Scoring and the Appendices are also on the table. New and seasoned racers alike will benefit from lively discussions and on-the-race-course examples. The course is geared to the sailors in the classroom.

4 Tuesday Sessions

Apr. 23-May 14, 6:00-8:00pm

Registration Fee: \$60

Ham Radio

▲ Rick Alderette

What is "Ham Radio", who are these guys and what in the world do they do? Join us for just one evening and learn about this challenging and very rewarding hobby. Taught by Rick Alderette - KB1ASM, a licensed radio operator since 1993.

Tuesday, May 21, 6:00-7:30pm

Registration Fee: \$20

KITTERY: Enrichment

Beginners Stand Up Paddleboard Yoga

▲ Cheryl Mazanec

Bring your Yoga practice outdoors, connect with nature, and try something new! We will review basic paddle techniques and safety instructions prior to anchoring down.

No Experience Necessary. You must be able to Swim. Cheryl is a 500 RYT Yoga Instructor and Maine Registered Guide. Paddleboard, Anchor, PDF Life Vest, and a Paddle are provided. Bring to Class: Arrive in clothing that can get wet and are comfortable to move in. Class Meets at Cutts Island Trail/Rachel Carson Wildlife Refuge at 3 Seapoint Road in Kittery Point, Maine. Parking along side of road.

Wednesday, June 12, 5-6:30pm or

Thursday, June 27, 4:45-6:15pm or

Tuesday, August 13, 5-6:30pm or

Registration Fee: \$56

Beginners Stand Up Paddleboard (SUP) Basics and Tour

▲ Cheryl Mazanec

Learn to SUP with a Maine Registered Guide in a quiet Estuary in Kittery Point, Maine. No experience necessary however must be able to swim. Please wear clothing that you can move comfortably in, can get wet, and will dry quickly. We will review the basics of a SUP, safety precautions related to tidal waters, the importance of Boating Laws in Maine as related to the SUP as a vessel, and how to safely launch your SUP. All equipment included: Paddleboard, Paddle, leash, and Coast Guard Approved (PFD) Personal Flotation Device with whistle. Class Meets at Cutts Island Trail/Rachel Carson Wildlife Refuge at 3 Seapoint Road in Kittery Point, Maine. Parking along side of road.

Thursday, June 13, 5-6:30pm or

Tuesday, July 30, 6:00-7:30pm or

Wednesday, Aug. 14, 6:00-7:30pm

Registration fee: \$56

Register Today!

► kittery.maineadulted.org

► (207) 439-5896



Learning Italian Through Music

▲ Rich Balano

Drawing from a variety of contemporary Italian pop artists, we will learn Italian in a fun way through its music and melody. We will listen to songs, watch and listen to videos, read lyrics, work through translations, with explanations of pronunciation, grammar, and meaning, while repeating or, for the confident extroverts, singing phrases from the songs. We'll also apply words and phrases we learn to common travel situations you might encounter on your next trip to Italy. Some prior Italian instruction is helpful, but not required for a motivated learner who has an Italian/English dictionary or access to a smart phone using Word Reference or Google Translate.

4 Thursday Sessions

Mar. 7-28, 5:30-8:00pm

Registration Fee: \$74

Portsmouth Naval Shipyard: From Sails to Atoms

▲ Joseph J. Gluckert, PNSY, History and Heritage Center Director

The tour includes a visit to the Shipyard's Treaty of Portsmouth exhibit, a walking tour of the Shipyard Mall area, a driving tour around the perimeter of the base, including an up-close view of the former Naval Prison's exterior, and lastly a visit to the Shipyard's Heritage Center. Must bring valid photo I.D. such as Driver's License or U.S. Passport. Non U.S. Citizens will be required to submit additional documentation in advance. Participants must be able to use the bus and negotiate stairs. Neither the bus nor comfort facilities are handicapped accessible.

*You will park at Albacore Park, 569 Submarine Way, Portsmouth NH to board the bus. The Park would like us to use the back parking lot furthest away from the Submarine and Visitor Center.

Thursday, May 23 or June 13

9:30am-12:00pm

Course Fee: \$13



Digital Photography Workshops

▲ Steve McGrath

Steve will be offering photography workshops over Zoom that include such topics as smartphone photography, landscape, portrait and travel trips as well. **See our website for complete selection and details.**

Digital Photo 2: Intermediate

5 Tuesday Sessions

Feb. 13- March 12, 5:30-7:00pm

Registration Fee: \$120

Smartphone Photography

3 Tuesday Sessions

Feb. 13-27, 7:30-9:00pm

Registration Fee: \$80

Nature Photography

4 sessions

Tuesday, Mar. 5-19 (Online) 7:30-9:00pm

Saturday, Mar. 9 (Schoodic Point)

10:00am-1:00pm

Registration Fee: \$150

Special Effects with Your Digital Camera

3 Tuesday Sessions

April 9-23, 7:30-9:00pm

Registration Fee: \$80

Lighthouse Lovers Cruise at The Maine Maritime Museum 10 Lighthouses in 4 hours

- Friday, April 19- Online, 6:00-8:00pm
- Sunday, April 21- Cruise in Bath ME time TBD. You are responsible for your own arrangements/cost once time has been agreed upon in class
- Wednesday, April 24 - Online 6:00-8:00pm

Registration Fee: \$180

KITTERY: Technology

Rice Public Library Tech Series

Join librarian Katie Lyons for Adult Ed. technology classes at Rice Public Library! Bring your own device or use a library tablet. All classes will be held at the library located at 8 Wentworth St., Kittery.



Streaming Media: Cutting the Cord

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

Thursday, Mar. 7 or Mar. 14, 6:00-8:00pm
Registration Fee: \$16

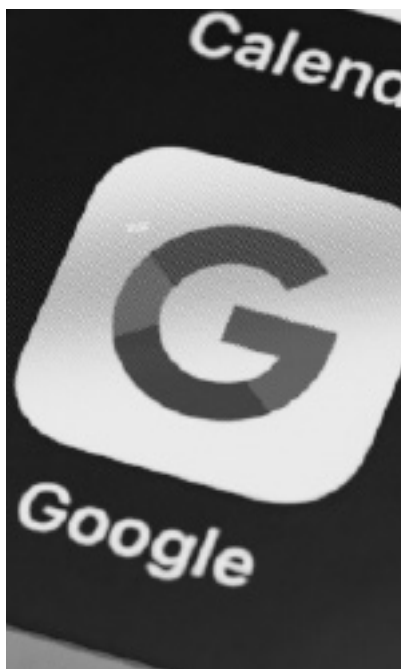
Introduction to Canva

Learn how to create beautiful flyers, social media posts, and other marketing materials with this powerful (and free!) website. Choosing the right design, editing images and video, and sharing your creations will all be explored.

Thursday, Feb. 29, 6:00-8:00pm
Registration Fee: \$16

Register Today!

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



Gmail

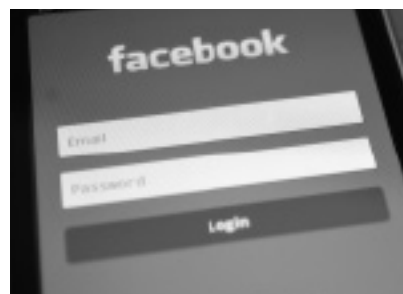
Learn the basics of sending, sorting and receiving mail in Gmail, and everything you can do with your account that makes Gmail stand out from the rest.

Thursday, Feb. 1, 6:00-8:00pm
Registration Fee: \$16

Google Apps

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

Thursday, Feb. 8, 6:00-8:00pm
Registration Fee: \$16



Outsmart Your Smartphone

Learn how to navigate commonly-used features of your Apple or Android smartphone, including downloading apps, taking photos, and sending messages. You'll also learn how to tailor your settings to get the most out of your phone. Registrants are asked to please bring their own devices to each class. Registrants are asked to please bring their own devices to this class.

iPhone Session:
Thursday, Mar. 28, 6:00-8:00pm

Android phone Session:
Thursday, Apr. 4, 6:00-8:00pm
Registration Fee: \$16

Tablet Time!

Are you thinking of buying a tablet? Do you have one, but are unsure how to get the most out of it? Get a hands-on demonstration of Apple and Android tablets. Discover great apps, connect with others, and bring your questions!

Thursday, Apr. 11, 6:00-8:00pm
Registration Fee: \$16

Registration Information

Program/Registration Information



**All Classes, Even Free Ones,
Require Registration!**

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

1 ONLINE

Register for most classes online with a credit card.

You may register for classes online by visiting each program's website:

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

2 BY MAIL

Complete the Registration form on this page and mail with check payment.

3 BY PHONE

If paying by credit card or registering for a free course.

Kittery Adult Ed: (207) 439-5896

Marshwood Adult Ed: (207) 384-5703

Class Cancellation Policy

Cancellation/Refund Policy

- 100% credit or refund if course is cancelled.
- 100% refund **less processing fees** if participant withdraws at least 5 business days before the class. Refunds for online payments will be processed immediately. Refunds for cash or check payments may take up to 6-8 weeks to process.
- No refund if participant withdraws within 5 business days of the class.
- Once classes have begun, there are no refunds.
- Please view website for complete cancellation/refund policies.

Additional Fees

Material Fees

- Material fees are separate from Registration Fees. Many classes have material fees. These fees are generally paid directly to the instructor on the first day of class, by cash or check.
- Material fees are not refundable.
- Late cancellations/no-shows may be billed for the cost of wasted materials/fees incurred by the instructor.



Winter/Spring 2024 Registration

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

Where are you registering: ____ Kittery ____ Marshwood

Name: _____

Email: _____

Address: _____

Town: _____ State: _____ Zip: _____

Home Phone: _____

Cell or Work Phone: _____

COURSE NAME	DATE	FEE
1.		\$
2.		\$
3.		\$
4.		\$
5.		\$
6.		\$
TOTAL		\$

MARSHWOOD CLASS REGISTRATION:

1. Make checks payable to: M.S.A.D. #35
2. Send check and completed registration form to:
Marshwood Adult Education
260 Dow Hwy., South Berwick, ME 03908
Payment must accompany registration.

KITTERY CLASS REGISTRATION:

1. Make checks payable to: Kittery Adult Education
2. Send check and completed registration form to:
Kittery Adult Education
12 Williams Avenue, Kittery, ME 03904

Here's Some of Our Exciting 2024 Classes & Activities!



Beginner Soap Making

► See Page 8



Painting Classes

► See Page 14



High School Academics

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

► See Page 1

Free Academic/College Prep Classes & Career Guidance

Registering is Easy!

Marshwood Adult Ed

► marshwood.maineadulted.org

► (207) 384-5703

Kittery Adult Ed

► kittery.maineadulted.org

► (207) 439-5896

Marshwood Adult Education

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South Berwick, ME 03908

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