



AdultEd

Marshwood Adult Education
www.marshwood.maineadulted.org
(207) 384-5703

Kittery Adult Education
www.kittery.maineadulted.org
(207) 439-5896



**New Career Paths
Offered in 2025!
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Community Learning Together

▶ Marshwood and Kittery Winter 2025

Get Started Today!

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Program Staff

Marshwood & Kittery Adult Education

Linda Greer, Director
Marci Dionne, Student Advisor
Rita Pender, Certified Teacher
Wanda Kezar, Certified Teacher

Marshwood Adult Education

Theresa Kipp, Program Coordinator

Kittery Adult Education

Cindy Furbish, Assistant Director
Wanda Kezar, Career Certification

Volunteers Needed!

Volunteer to teach an enrichment class, mentor or tutor students.



Director's Letter

Three significant components of Adult and Community Education are lifelong learning opportunities, community involvement, and efficient use of community resources. These components connect with community needs and become "Community Learning Together". Learning from community members is very important. We are seeking instructors of all types interested in offering presentations, workshops, or courses.

Our advertising brochures reach over 13,000 households. Instructor rates vary depending on the instructor's cost, course materials, and administrative costs. Location and program hours vary.

Multilingual learners, at all levels, experience learning English using workforce vocabulary. Students learn at their own pace with day and evening hours available. The high school completion program and HiSET (formally GED) classes are taught by caring, certified teachers. Many students find success attending in person as well as using an online curriculum.

Marshwood and Kittery both received state of Maine recognition for exceeding multiple benchmarks. To help us grow our enrichment offerings, please consider volunteering or teaching a class to support "Community Learning Together."

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

SCAN
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Courses ▶



English Classes for English Language Learners & Citizenship



¿Quieres hablar inglés?
Escanear aquí.



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

Register Today!

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



English Classes for English Language Learners & Citizenship

▲ **Kittery Adult Education**

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

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

Tuesdays

- Preparation for US Citizenship, 5:00-6:00pm
- Beginning levels, 6:00-8:00pm
- Intermediate levels, 6:00-8:00pm
- Advanced levels by appointment

Wednesdays

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

Thursdays

- Preparation for US Citizenship, 5:00-6:00pm
- Beginning levels, 6:00-8:00pm
- Intermediate levels, 6:00-8:00pm
- Advanced levels by appointment

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

Winter/Spring 2025 Academic and Career Prep Courses

CLASS	DAY	DATES	TIME
High School Diploma Courses	Tuesday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
HiSET (GED) Prep Classes	Tuesday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Math Tutoring for Life/Work/College	Tuesday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Math Tutoring for HiSET	Tuesday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Basic Reading and Writing	Tuesday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Computer Certification Classes	Monday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Free Community College Classes with Adult Ed Support	Tuesday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Career/College Counseling	Monday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
BHP Certification Course	Anytime	Start Anytime.	Online Anytime



DID YOU KNOW?

Maine residents can access free high school completion and HiSET prep classes, testing, and career/college counseling. Eligible adults can also take free early college classes. Eligibility is determined during registration.

Career Development



College and Career Access

- ▶ Are you wondering about what to do after high school?
- ▶ Do you want to further your education as an adult?
- ▶ Are you ready to change jobs or careers?

We offer support and opportunities for you!

Our college and career advisors are ready to listen to you. We can help you complete a career assessment, explore options that fit your needs, and make a plan to help you reach your goals.

College Access

- Support applying for financial aid and scholarships
- Academic support in preparing for college entrance exams such as the Accuplacer, SAT, ACT, and ASVAB (Military entrance exam)
- Access to 1 Free Community College class with adult ed academic support

Free College!

- Recent Maine high school and HiSET graduates (Classes of 2020-2025) receive FREE tuition at any Maine Community College
- We can help you apply, and we offer academic support classes in math, writing, and English

Career Access

- Assistance to create resumes and cover letters
- Interview preparation
- Paid Maine Career Exploration Program (through Manpower)
- Paid Work Ready training (Career Center)
- Workforce training programs
- Internships
- Pre-Apprenticeships
- Paid Apprenticeships with academic support
- Access to New Mainers Resource Center to transcribe and evaluate degrees from non-US colleges and universities

Behavioral Health Professional Training Certification

▲ Woodfords Services

Woodfords Services offers a free, 40-hour online training program.

BHP's work with children with disabilities and mental health disorders. Earning a BHP Certificate will prepare you for a social services career and assist children currently waiting for services.

Start anytime, register now on our website.

Registration Fee: Free



Discover Your Ideal Career with the WOWI

The World of Work Inventory (WOWI) is a free career assessment tool that helps you understand your personality and skills, identify suitable occupations and receive personalized career guidance. Take the WOWI today and start your career journey! Call to schedule your free assessment and counseling session or register online.

Registration Fee: Free

NorthStar Digital Literacy Micro Credentials

▲ Kittery Adult Education and Marshwood Adult Education

Earn certificates in the areas that are important to you for daily life, employment or higher education. Choose from: 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

Days and Times: To fit your schedule
Registration Fee: Free to eligible adult education students or \$70.00

Career Development



Intermediate EXCEL

📍 National Digital Equity Center

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.

3 Wednesday Sessions

Please attend all of the sessions

Wednesday, May 7, 14, and 21

5:30-6:30pm

Onsite at Marshwood Adult Education

Registration Fee: Free

Cloud Based Backup Solutions

📍 National Digital Equity Center

In this class, we will explore the most popular, free, cloud-based platforms to safely back-up the information that is important to you.

Wednesday, Apr. 2, 5:30-6:30pm

Onsite at Marshwood Adult Education

Registration Fee: Free

Beyond Gmail- Getting the Most Out of a Google Account

📍 National Digital Equity Center

Did you know that your Gmail account lets you use all kinds of additional services like free cloud storage, word processing, spreadsheets, calendars, video conferencing and more? In this introductory course we'll explore other useful Google apps to help you get the most out of your Google account.

2 Wednesday Sessions

Please attend both sessions

Wednesday, Mar. 12, and Mar. 19,

5:30-6:30pm

Onsite at Marshwood Adult Education

Registration Fee: Free

Introduction to Google Docs and Drives

📍 National Digital Equity Center

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.

3 Wednesday Sessions

Please attend all of the sessions

Wednesday, Apr. 9, Apr. 16, Apr. 30,

5:30-6:30pm

Registration Fee: Free

Rise Up Retail Credential

📍 National Retail Federation

These 4 retail certifications designed by the National Retail Federation are offered in an online learning format. These courses offer career opportunities in partnership with Kittery Trading Post and other local retailers.

Choose from:

- Retail Fundamentals
- Customer Conflict and De-Escalation
- Customer Service and Sales
- Business of Retail: Operations & Profit
- Warehouse Inventory and Logistics

Open enrollment, start anytime.

Online Course

Registration Fee: Free for eligible adult education students

York County Community College Info Night

📍 Sarah Bachand

Whether a degree or certificate program, free certified real-world training or high-school opportunities, York County Community College has the answers to your needs AND your future! Come learn about FREE COLLEGE (covers tuition and fees only) for recent HiSET and high school grads and our fully funded short-term Workforce Trainings.

Registration Fee: Free

Wednesday, Mar. 12, 6:00-7:00pm



Kittery & Marshwood Adult Ed: Now at Mainspring!

Looking to further your education or career? Stop by during our office hours at Mainspring: The Seacoast Social Services Collective, 15 State Road, Kittery, ME. Additional classes will be announced as community interest and needs are identified.

Starting Feb. 25th:

Tuesdays: 5:00-6:30pm

Thursdays: 11:00am-12:30pm

Additional hours available by appointment



Finance Authority of Maine is offering free virtual workshops designed to build financial literacy for future college students and young adults.

Successful Scholarship Searches and Applications

Scholarships can significantly reduce college costs. Join Jessica Whittier, College Access Counselor, for a 1-hour deep dive into the world of scholarships.

Wednesday, Feb. 26, 7:00-8:00pm

Registration Fee: Free

Planning & Paying for College Planning for college?

This workshop will provide you with the tools and knowledge you need to make college affordable. Join Michelle Radley, College Access Counselor, for an informative and empowering hour.

Wednesday, Mar. 5, 6:00-7:00pm

Registration Fee: Free

Career Development

Academy of Medical Professions

All programs are all-inclusive: books, national certifications, practice exams and online resources, live instructors, and student support for self-paced students are included in tuition. Payment plans may be available. View our website for more details, registration info and to connect with an advisor.



Clinical Medical Assisting

This 16-week comprehensive program combines in-person skills labs and live Zoom classes to prepare you for the NHA CCMA national certification exam. You'll receive certification, practice exams, study materials, resume assistance, and more. Payment plans and potential externships are available.

Tuesdays and Thursdays, 5:30-8:30pm
Course Fee: \$3,500

Phlebotomy

Become a Certified Phlebotomy Technician (CPT) in just 10 weeks! Our comprehensive program covers everything you need to pass the NHA certification exam, including live Zoom classes and in-person skills labs. Gain the skills to perform phlebotomy procedures, patient assessments, point-of-care testing, and specimen preparation. Certification, books, resume assistance, and payment plans are included.

Tuesdays and Thursdays, 5:30-8:30pm
Course Fee: \$3,500

Medical Coding

In-depth Medical Coding for CPC Certification includes Medical Terminology, Anatomy & Physiology.

Thursdays, 5:30-8:30pm
or Online Anytime, Self-Paced
Course Fee: \$3,950

Medical Office Specialist- Administrative Medical Assistant

Practical, real-world skills for healthcare success. All-inclusive online course: Medical Terminology, Medical Front Office Skills, EMR Boot Camp, and Medical Billing. Includes CMAA Certification exam through NHA, all books, fees, and resume/job assistance.

Wednesdays 5:30-7:30pm
or Online Anytime, Self-Paced
Course Fee: \$3,200

Dental Assisting

12-Week Dental Assisting Certificate Program in a high-demand career. Learn all aspects of dental assisting from a Dentist. Includes internship opportunities, exam preparation materials and DANB RHS® certification.

Mondays, 6:00-8:00pm
or Online Anytime, Self-Paced.
Course Fee: \$3,200



Pharmacy Technician

Become a Pharmacy Technician in 14-weeks (CPhT)! Learn the basics of pharmacy practice, drug information, anatomy, and physiology. Prepare for the PTCB exam and gain real-world skills. All materials included, including PTCB exam fee.

Online Anytime, Self-Paced
Course Fee: \$2,850

Medical Transcription

Work-from-home opportunity. Learn medical terminology, anatomy, physiology, transcription formats, and more. Gain essential skills for medical transcription. State-certified program. Certificate of Completion and Letter of Recommendation included. All materials included.

Online Anytime, Self-Paced
Course Fee: \$3,200

Marshwood Online Classes: UGotClass



Providing top-notch instruction from leading experts in online learning. Our instructors are recognized authors, speakers, and consultants in the field of online teaching and consultants in online learning and teaching.



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.

Certificate in Web Design

Understanding what it takes to produce effective web design is essential in today's market of highly saturated digital competition. First discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. After the first course you will have the info you need to plan and design effective web pages. Find out how to create effective and dynamic websites/applications. Finally, learn about responsive design process, advanced layout and design features. Plus explore industry standard technologies and frameworks. his Certificate must be taken in order: Introduction, Intermediate, advanced.

Apr. 7-Sept. 26

48 Hours of Course Instruction

Location: Online

Course Fee: \$595



The Basics of Bookkeeping

This course shows you how to create a chart of accounts that meet your needs. What are debits and credits? How do you label accounts? Even if you outsource your bookkeeping needs, no one should be blind to their finances! In this course you will learn where the numbers go, and why! You will learn the bookkeeping terminology as well as what it means to keep track of the numbers

Mar. 3-28

16 Hours of Course Instruction

Location: Online

Course Fee: \$595

Featured Courses & Certificates:

Individual courses offered at an individual fee. Certificate programs offered at collective reduced rate.

- ▶ **Digital Marketing Certificate**
Course Fee: \$495
- ▶ **Marketing Using Social Media**
Course Fee: \$195
- ▶ **Mastering Video Marketing**
Course Fee: \$395
- ▶ **Coding Certificate**
Course fee: \$595
- ▶ **Certificate in Data Analysis**
Course Fee: \$495
- ▶ **Certificate in Basic Game Design**
Course Fee: \$395
- ▶ **QuickBooks Online Level 1**
Course Fee: \$195.00
- ▶ **Beginning Conversational Spanish**
Course Fee: \$290



**Scan Here for all
Online Courses**

Kittery Online Classes: Ed2Go



Enjoy the convenience of 24-hour access to our courses, allowing you to learn anytime, anywhere that suits your schedule.



Online Courses

Speed Spanish

Learn Spanish fast with this online course! Master simple sentence-building formulas to have conversations for work, travel, or fun. Perfect for beginners or those looking to improve their skills.

Current Price: \$125

Accounting Fundamentals

If you want to increase your financial awareness and gain a marketable skill, this course is for you. You will learn the double-entry bookkeeping, financial transactions, financial reporting, and more.

Current Price: \$129

Introduction to Microsoft Excel 2019

Learn to quickly and efficiently use Microsoft Excel 2019 as you discover dozens of shortcuts and tricks for setting up fully formatted worksheets. This course, taught by an experience Microsoft Excel instructor, provides in-depth knowledge for beginners that will have you using Excel like a pro.

Current Price: \$147

Introduction to QuickBooks Online

Manage the financial aspects of your small business quickly and efficiently using QuickBooks Online. This course will give you hands-on experience recording income and expenses; entering checks and credit card payments; tracking your payables, inventory, and receivables; and much more.

Current Price: \$139



Scan Here for a Complete List of Online Courses

Online Career Training Certificates

120-Hour TEFL Certification

Learn how to teach English as a foreign language and earn your TEFL Certificate.

Current Price: \$695

Optician Certification Training

Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam and NCLE exam.

Current Price: \$1,995

Clinical Dental Assistant

This comprehensive online dental assisting course will provide you with the essential skills and knowledge needed to become a dental assistant, including every aspect of professional dental assistance. You will also prepare to pass the radiology, infection control, and anatomy and physiology portions of the Dental Assisting National Board examinations – NELDA or CDA.

Current Price: \$2,995

Professional Bookkeeping with QuickBooks Online with Payroll Practice and Management

Acquire the skills you need to make the most of QuickBooks Online and payroll basics. This course also serves as preparation for the QuickBooks Certified User exam and the Fundamental Payroll Certification exam offered by PayrollOrg.

Current Price: \$3,845



Scan Here for a Complete List of Online Certificates

MARSHWOOD: Outdoor Learning



Wednesday Wandering at Negutaquet Conservation Area

Join GWRLT for a socially and mildly paced morning hike at the Negutaquet Conservation Area in North Berwick.

Wednesday, Jan. 8,
219 Lebanon Rd, North Berwick, ME
Donations Paid directly to GWRLT

Winter Hike at Tuckahoe Preserve

Join Board member, Mike Wright for a winter hike/xc ski or snowshoe at Tuckahoe Preserve in Berwick, ME.

Saturday, Jan. 25, 10:00am-12:00pm
310 Hubbard Rd, Berwick, ME
Donations Paid directly to GWRLT

Wednesday Wandering at Savage Wildlife Preserve

Join GWRLT for a socially and mildly paced morning hike at the Savage Wildlife Preserve in South Berwick.

Wednesday, Feb. 12, 10:00am-12:00pm
15 Dover-Eliot Rd, South Berwick, ME
Donations Paid directly to GWRLT

Winter Nature Hike with Sue Pike at Orris Falls Conservation Area

Join GWRLT and Sue Pike for a winter nature walk at Orris Falls Conservation Area.

Saturday, Feb. 15, 10:00am-12:00pm
551 Emery's Bridge Rd, South Berwick, ME
Donations Paid directly to GWRLT

Hike/Snowshoe with Mike Wright at Beaver Dam Heath

Join GWRLT for a hike/snowshoe onto the wetlands and the Heath. Meet at the Grant's Meadow Preserve parking area, off of Diamond Hill Road, just south of Old Sanford Road.

Saturday, Feb. 22, 10:00am-12:00pm
Diamond Hill Rd, Berwick, ME
Donations Paid directly to GWRLT

Explore Beaver Activity with Paul Dest at Orris Falls Conservation Area

Join Paul Dest, Executive Director of the Wells Reserve for an eye-opening hike of the Orris Falls Conservation Area from 10am to 1pm! As informative as this land is unique, the hike will feature discussion of landscape conservation and the role beavers play in developing wetlands.

Saturday, Mar. 8, 10:00am-12:00pm
551 Emery's Bridge Rd, South Berwick, ME
Donations Paid directly to GWRLT

Moonrise Hike/Picnic with Sue Pie at Bauneg Beg Mountain Conservation Area North,

Join GWRLT and Sue Pike for a moonrise hike/picnic at Bauneg Beg Mountain Conservation Area North. Participants should bring a headlamp and food/drink to share for a picnic at the top.

Thursday, Mar. 13, 6:00-8:00pm
281 Fox Farm Hill Rd, North Berwick, ME
Donations Paid directly to GWRLT

Register Today!

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

All hikes are open to the public and free of charge to GWRLT members. \$5 donation per person or \$10 donation per family is suggested for non-members. Preregistration required for all hikes/workshops.

MARSHWOOD: Travel

Travel Adventures



Spring, Broadway, Birds, and Blooms- New York City Adventure

Apr. 10-13, 2025

Minimum 20 (Max 48) participants

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

Tour Includes:

- Deluxe motor coach transportation
- 3 nights at the Belvedere Hotel (near Time's Square)
- Garden tours
- Broadway show (TBA)
- All taxes, fees, services of a tour escort throughout



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

Apr. 25-27, 2025

Minimum 20 (Max 48) participants

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

Tour Includes:

- Deluxe motor coach transportation
- Museum visits
- 2 Nights-Hyannis Harbor Hotel
- Breakfast daily
- Ferry to Nantucket
- Second Pick-up Location: Marshwood High School parking lot, South Berwick ME

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!

Wednesday, Feb. 12, 6:00-7:30pm

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 20, 6:00-8:00pm

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, May 27, 6:00-8:00pm

Registration Fee: \$15



Visit Adventure Marketplace for details:

▶ adventure-marketplace.com/adventures

MARSHWOOD: Coffee Talk Series



Coffee Talk Series

Join us for an engaging Coffee Talk at Marshwood Adult and Community Education every other Monday! Discover topics that ignite your curiosity and foster meaningful connections with others. Enjoy complimentary coffee while you participate in thought-provoking discussions. Don't miss out—check the schedule below for bi-weekly topics and be sure to register, as space is limited!

Preserving and Cherishing Memories: An Introduction to Scrapbooking

▲ Wanda Kezar

Explore the basic techniques of arranging photos to tell a story in a creative and beautiful way. Rather than throw photos in a drawer or shoebox or slip them haphazardly in plastic in some kind of order or allow an online impersonal company to arrange and print them for you in a book, come and find out how to create a treasury of memories that will be meaningful for generations to come.

Monday, Feb. 24, 10:30am-12:00pm

Learn About our Free Digital Skills Offerings

▲ Sandra Mladek

Discover the interactive digital skills classes available at Marshwood Adult & Community Education, in partnership with the National Digital Equity Center. These classes are designed to teach essential digital skills through engaging live online sessions as well as in-person classes. We invite you to join us for discussions on the offerings and help you identify which classes may interest you.

All classes are held at Marshwood Adult & Community Education

Registration Fee: Free for Maine residents

Monday, Mar. 10, 10:30am-12:00pm

Learn About Volunteering Opportunities

▲ Marci Dionne and Theresa Kipp

Volunteering provides an opportunity to connect with your community and contribute to its improvement. It can make a significant difference in the lives of people, animals, and organizations in need. If you're interested in volunteering but aren't sure where to go or whom to volunteer with, join us for a presentation about local organizations that rely on volunteers.

Monday, Mar. 24 10:30am-12:00pm



Understanding Alzheimer's and Dementia

▲ Linda Whitten

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.

Monday, Apr. 14, 10:30am-12:00pm



The Art of Storytelling

▲ Theresa Kipp

If you are an established storyteller, aspiring to become one, or simply enjoy listening to stories, this Coffee Talk is for you. This presentation will cover a variety of topics related to storytelling, including different styles, techniques, creative writing, and story development. Attendees can also expect to hear a story or two during the session.

Monday, Apr. 28, 10:30am-12:00pm

May Program Surprise

Join us for a surprise program in May and the final Coffee Talk of the season. You are guaranteed to be in good company and have a meaningful conversation

Monday, May 12, 10:30am-12:00pm

Register Today!

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

MARSHWOOD: Enrichment

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, Jan. 29, 6:00-7:30pm

Material Fee: \$10, paid at class

Registration fee: \$35

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.

3 Six-Week Sessions,

Wednesdays, 4:30-6:30 pm

1: Jan. 29-Mar. 19 (no class 2/19&3/5)

2: Mar. 26-May 7 (no class 4/23)

3: May 14-Jun. 18

Registration Fee: \$70 per (6-week) session

Register Today!

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



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.

2 Wednesday Sessions

Mar. 26 & Apr. 9, 6:00-8:00 pm

Registration Fee: \$55 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.

Wednesday, Apr. 30, 6:00-8:00pm

Registration Fee: \$55

Create and Blend Essential Oils

▲ Abby Vigue

Discover the magic of essentials oils in this hands-on workshop. Learn about the unique properties and benefits of essential oils while creating two custom roller blends tailored for your needs. Whether you're looking for relaxation, focus, or an energy boost, you'll leave with knowledge confidence, and two personalized rollers to take home. All Materials are included.

Tuesday, Apr. 15, 6:00-8:00pm

Registration Fee: \$35

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.

2 Six-Week Sessions

Tuesdays, 4:00-5:00pm

1: Jan. 28-Mar. 11 (no class 2/18)

2: Mar. 18-Apr. 29 (no class 4/22)

Registration Fee: \$80 per (6-week) session

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



Beginning Canning- Make Your Own Pickles

▲ Cassie Perrault

In this introductory class participants will receive an overview of the safety issues, techniques used, and a review of the proper tools needed for canning. We will also make a cold packed, water bath batch of pickles flavored with your favorite spices.

Tuesday, Mar. 4, 6:00-8:00pm

Registration Fee: \$50

Making and Canning Salsa

▲ Cassie Perrault

In this introductory class participants will receive an overview of the safety issues, techniques used, and a review of the proper tools needed for canning. Whether you are using your home-grown vegetables or getting them at the local Farmers Market you will learn how to make delicious salsa and can it safely.

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

Registration Fee: \$50

MARSHWOOD: Enrichment

A Quick Introduction to Creative Writing

👤 Jill Braceland

Start writing that great American Novel that rests within each of us. Learn about a writer's note book, pre-writing process, poetry, and publication issues. Enjoy two sessions of exploring creative writing in a friendly environment.

Tuesday, Mar. 4 and 11, 6:00-8:00pm
Registration Fee: \$45

The Art of Storytelling

👤 Theresa Kipp

A compelling story has the power to engage an audience and take them along on its journey. Many people believe that storytelling is challenging and complex, but that is not the case. With some essential skills and practice, anyone can become a storyteller. In this two-part workshop, you will learn how to effectively structure a story with a clear beginning, middle, and end. We will discuss key elements such as set-up, conflict, and resolution. Additionally, we will cover public speaking and performance techniques to enhance your storytelling abilities.

Tuesday, May 6 and 13, 6:00-8:00pm
Registration Fee: \$45

Cutting the Cord-Getting TV and Phone Services Over the Internet

👤 National Digital Equity Center

What does it mean to "Cut the Cord"? It's about canceling cable or satellite services and being able to watch television shows online, as well as options that would allow you to get rid of your landline. This class will not only show you the wide variety of options out there, but also teach you some tools to decide if cutting the cord is right for you.

Wednesday, Feb. 26, 5:30-6:30pm
Registration Fee: Free

Register Today!

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

Unmanned Aircraft System (UAS) (aka Drone) Exploratory Workshop

👤 Daniel Kezar

Come and learn the ins and outs of UAS piloting. Bring your own or enjoy a demonstration. This class includes tips about piloting and maintenance as well as air space rules and uses of UAS now and for future careers. The instructor is a Part 107 pilot and can also explain the process of becoming an FAA certificated UAS pilot under FAR part 107.

Wednesday, Apr. 30, 6:00-8:00pm
Course Fee: \$55.00

Project Management for Everyday Life

👤 Brady Carlucci

Brady will show you how some simple project management techniques can help you in your everyday life. In this class, we will cover the fundamentals of project management and how using simple and easy methods can help you save time and money in your everyday life. Whether it is having an addition put on your house or how to tackle a spring cleaning, you will learn how to effectively manage your project. No tools, software, or prior knowledge needed.

Wednesday, Feb. 26, 6:30-7:30pm
Registration Fee: \$35

Workplace CPR/AED Course

👤 Jessa Kellogg

In this training, you will learn the proper techniques for safely administering cardiopulmonary resuscitation (CPR) and using an automated external defibrillator (AED) for adults, children, and infants in emergencies. The instructor-led course includes videos and hands-on practice, so please wear comfortable clothing that allows for movement. Upon completion, you will receive a digital certificate valid for two years from First Response Training International. This program is suitable for workplace training and complies with OSHA and ILCOR standard.

Thursday, Apr. 10th, 9:00am-12:00pm
Registration Fee: \$90
Materials Fee: \$15 (paid at class)

Adult and Child Emergency Care Course

👤 Jessa Kellogg

This comprehensive program trains layperson rescuers in CPR techniques and the use of an AED for infants, children, and adults, along with basic first aid for common injuries. Led by an instructor, the course includes videos and hands-on skills training. Participants should bring lunch and wear comfortable clothing for floor work. Upon completion, a digital certificate valid for two years from First Response Training International. The program meets OSHA and ILCOR standards and is accepted by the U.S. Coast Guard.

2 Saturday Sessions

Mar. 1 or Jun. 7, 9:00am-2:00pm
Registration Fee: \$130 per session
Materials Fee: \$15 (paid at class)



Spanish for Medical Professionals

👤 Christina Sempe

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? This Spanish class is designed specifically for healthcare professionals. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare. NOTE: Students will also need to order an eBook for under \$15, or the paperback book version

Online Course 32 hrs
Registration Fee: \$290

MARSHWOOD: Enrichment



The Basic Principles of Finance

▲ Lester Hochberg

This class begins with a primer on the basic principles of budgeting, bank accounts, and credit card use. If time allows, we will also cover retirement planning, investing surplus funds, and Social Security and Medicare planning issues for those approaching retirement. The needs of the group will direct this course. All attendees will be encouraged to discuss the real-life problems that may be present in their lives and explore ways of resolving those issues.

4 Tuesday Classes

Mar. 25-Apr. 15, 6:30-8:00pm

Registration Fee: \$35

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. We will also cover 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. 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.

Wednesday, Apr. 16, 6:00-8:00pm

Registration Fee: \$15

Register Today!

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

Social Security 101

▲ Tyler Kretschmar

This presentation is an in-depth review at Social Security as a retirement benefit. Who is eligible and when you are eligible. We will go over how to sign up for SS retirement benefits, benefit eligibility, ways to maximize your social security benefits, ideal time to collect, and rights and options. The same presentation is offered on once a month February through June.

Tuesdays, 6:00-7:00pm

Feb. 4, Mar. 4, Apr. 8, May 6, Jun. 3

Registration Fee: \$15

Fundamentals of Photography

▲ Guy Freeman

This course is offered for beginning and intermediate photographers. Digital concepts, camera functions common to most photographic instruments, exposure, depth of field, composition, and solutions to typical camera challenges will be discussed in this fun and energetic class. Small weekly assignments will be given to help students understand the class content through their own explorations.

6 Tuesday Classes

Mar. 4-Apr. 8, 6:30-8:00pm

Registration Fee: \$125

Advanced Photography

▲ Guy Freeman

This class serves as another step on the journey. It continues to engage students in a variety of photographic topics with a focus on students' individual growth as photographers. This class will cover some of the more creative aspects of photographic work. Weekly projects will be assigned to help students achieve a greater potential through a wider understanding of photographic possibilities. [Prerequisite: Fundamentals Class or permission of the instructor]

6 Tuesday Classes

Apr. 29-Jun. 3, 6:30-8:00pm

Registration Fee: \$125

Practical Online Technology Classes

Join Nickie Welsh for live online technology classes. Learn at your own pace with recorded sessions and ongoing support.

Power Up with Google Suites: Essential Tools for Everyday Tasks

Unlock the full potential of Google Suites with our dynamic training session.

Thursday, May 8, 1:00-2:00pm

Registration Fee: \$33

Fast-Track to Social Media Marketing for Business

Take your business to new heights with this session designed to equip business owners and marketing professionals with the essential skills and strategies needed to leverage social media for business success.

Tuesday, May 13, 1:00-2:00pm

Registration Fee: \$33

YouTube Channel Starter Kit

This beginner-friendly class will guide you through the step-by-step process of setting up your channel, creating engaging content, and building an audience.

Tuesday, May 20, 1:00-2:00pm

Registration Fee: \$33

Post like a Pro: Navigating Facebook & Instagram with Meta Business Suite

This live class will teach you how to schedule posts, analyze insights, and boost engagement on Facebook and Instagram on social media.

Thursday, May 29, 1:00-2:00pm

Registration Fee: \$33

KITTERY: Health & Wellness



Somatic Breathwork Journey

▲ Hannah Schwoerer

Embark on a transformative journey with Hannah, a holistic life coach and certified Somatic Breathwork™, practitioner. Release stress and negative energy through circular connected breathing and rhythmic music. Bring your own yoga mat, blanket, and bolster for comfort.

Tuesdays, 6:00-7:30pm

Feb. 11 or Mar. 11 or Apr. 8 or May 6

Registration Fee: \$40

What can WFPB eating do for you?

▲ Christine Arnold, BSN MSed

Are you looking to improve your health? This introductory class will teach you the basics of a whole food plant-based diet.

Learn about its numerous benefits and how to implement it into your lifestyle. Enjoy healthy snacks and gain insights from Christine, a Registered Nurse with decades of experience in health and wellness.

Tuesday, Feb. 11, 6:00-8:00pm

Registration Fee: \$36

Understanding the Maine Death with Dignity Act

▲ Valerie Lovelace, Executive Director, Maine Death with Dignity

Learn about Maine's Death with Dignity Act, its guidelines, and how it can help you or a loved one. This virtual Zoom class will provide fact-based information and answer your questions. You'll learn how to discuss end-of-life options with your physician and understand the qualification process.

Tuesday, Apr. 8, 6:30-7:30pm

Registration Fee: Free



Sushi Made Simple

▲ Carol Steingart

Discover the art of sushi rolling and create your own delicious sushi rolls using an assortment of fillings. Enjoy a full meal including miso soup and a sea vegetable dessert. Everyone will receive a bamboo mat to bring home afterwards. No raw fish will be served. This class is vegan-friendly. Please bring: a cutting board, knife, large bowl, and dish towel

Thursday, Mar. 27, 5:30-8:30pm

Registration Fee: \$102

How to Pressure Can

▲ Kate McCarty

Preserve your garden's bounty with this hands-on pressure canning workshop! Learn essential techniques from UMaine Extension experts. You'll receive a valuable resource packet and gain knowledge on safe food preservation methods, the latest recipes, equipment safety, and jar sealing checks. Don't forget to bring a potholder!

Thursday, Apr. 10, 6:00-9:00pm

Registration Fee: \$35

Register Today!

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



KITTERY: Technology

Practical Online Technology Classes

Join Nickie Welsh for live online technology classes. Learn at your own pace with recorded sessions and ongoing support.

Practical ChatGPT Training for Everyone

Curious about ChatGPT and AI? Join us for a fun and informative class. Learn how ChatGPT works, its practical applications, and why it's revolutionizing the way we work and live. Don't miss out on this essential training!

Tuesday, Jan. 28, 1:00-2:00pm

Registration Fee: \$33

Navigate with Uber: Achieve Transportation Freedom

Tired of driving in bad weather? Learn how to use Uber for convenient and reliable transportation. This class will teach you how to navigate the Uber app, book rides, and understand fares. Expand your independence and travel options with this essential skill.

Thursday, Jan. 30, 1:00-2:00pm

Registration Fee: \$33

Cell Phones & Parenting: Balancing Connectivity and Safety

Equip yourself with the tools to guide your teen through the digital world. Learn practical strategies for: social media and friendships, setting healthy boundaries, online safety, and screen time management. Empower your teen to use technology responsibly and build a strong foundation for their future.

Tuesday, Feb. 4, 1:00-2:00pm

Registration Fee: \$33

How To Use Venmo Safely!

Learn how to use Venmo, the popular mobile payment app. Discover how to securely send and receive money, avoid fees, and stay up-to-date with the latest trends in mobile payments. Join us to gain confidence in using Venmo for your everyday financial needs.

Thursday, Feb. 13, 1:00-2:00pm

Registration Fee: \$33

One-Hour Instagram Mastery: Grow Your Business Today

This beginner-level class has the answers you need to grow your business with Instagram. Discover the key steps to boost your company's bottom line. Plus, learn to create irresistible content and have fun along the way!

Thursday, May 22, 1:00-2:00pm

Registration Fee: \$33

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.

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. 6, 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. 13, 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. 27, 6:00-8:00pm

Registration Fee: \$16

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. 6 or Mar. 13, 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 this class.

iPhone Session: Thursday, Mar. 20, 6:00-8:00pm

Android Phone Session: Thursday, Apr. 3, 6:00-8:00pm

Registration Fee: \$16

Tablet Time!

Get a hands-on demonstration of Apple and Android tablets. Discover great apps, connect with others, and bring your questions!

Thursday, Apr. 10, 6:00-8:00pm

Registration Fee: \$16

KITTERY: Arts & Crafts

Home for the birds!

▲ **Mary Alice LaPoint**

Spring is here! Let's build a birdhouse together. This class provides an unfinished birdhouse and all the supplies you need to create a beautiful home for our feathered friends. Learn decorative techniques and unleash your creativity to design an outdoor or indoor masterpiece.

Tuesday, Feb. 25, 6:30-8:00pm

Registration Fee: \$20

Material Fee: \$25, payable to instructor

Woven Bookmarks

▲ **Alicia Stiles**

Dive into the world of weaving! This beginner-friendly class teaches you to warp your loom, master tension, and explore techniques like plain weave, twill, sumac, and rya knots. Our experienced instructor provides personalized guidance. Choose from a variety of yarns to create unique weavings. Plus, you'll keep your small wooden loom to continue your creative journey.

2 Tuesday Sessions

Mar. 4-11, 6:00-8:00pm

Registration Fee: \$90

Material Fee: \$10, payable to instructor

Chakra Macramé Workshop: Weaving Balance and Intention

▲ **Alicia Stiles**

Join us for a transformative macramé workshop where creativity meets spirituality. Learn the art of knotting and weave stunning wall hangings infused with the power of seven chakras.

Choose crystals to amplify your intentions and create a personalized masterpiece.

This hands-on experience is perfect for all levels.

2 Tuesday Sessions

Apr. 8-15, 6:00-8:00pm

Registration Fee: \$90

Material Fee: \$12, payable to instructor

Register Today!

▶ kittery.maineadulted.org

▶ (207) 439-5896



Circular Weaving

▲ **Alicia Stiles**

Weave your way into a new artistic adventure! This beginner-friendly class explores weaving in the round, a unique and playful technique. Learn to warp your loom, experiment with colors and textures, and create your own masterpiece.

All materials are provided, but feel free to bring your own yarn to share. Join us for a fun and social weaving experience!

3 Tuesday Sessions

May 6-20, 6:00-8:00pm

Registration Fee: \$135

Acrylic Painted On Floor Cloth

▲ **Jean Schwab**

Create a beautiful and functional floor cloth! No painting experience needed. Learn traditional floor cloth construction and design your own unique piece. Jean will guide you through the process, providing designs and a variety of paint colors. You'll take home a 2'x3' floor cloth, finished with polyurethane. Bring your own brushes.

4 Thursday Sessions

Mar. 27-Apr. 17, 6:30-8:30pm

Registration Fee: \$60

Material Fee: \$25, payable to instructor



Sgraffito Plate (Beginner) – Pottery Hand Building Techniques

▲ **Pam Hansen**

Sgraffito: Scratch Your Way to Pottery Art! Learn to layer colored slips on leather-hard clay and scratch away to reveal designs. Explore hand-building techniques and create unique, textured pottery pieces.

No prior experience necessary.

3 Wednesday Sessions

Apr. 9-30, 6:30-8:30pm *no class 4/23

Registration Fee: \$30

Material Fee: \$50, payable to instructor

Mishima Ceramics

▲ **Pam Hansen**

Discover the ancient Korean Mishima technique! In this class, you'll create a hand-built plate using slip inlay. Apply slip to your plate, add wax resist, and scratch your design. Fill the lines with color to reveal intricate patterns. Add additional colors to complete your unique piece before firing.

3 Wednesday Sessions

May 7-28, 6:30-8:30pm *no class 5/21

Registration Fee: \$30

Material Fee: \$50, payable to instructor

Drilled Beach Stone: Necklace and Key Ring

▲ **Susan Randall**

Transform beach stones into stunning jewelry! Learn to safely drill stones, set grommets, and attach jump rings. You'll create 2 necklaces and a key ring using provided stones. Additional materials may be available for purchase. Let's get creative with nature's treasures!

2 Thursday Sessions

May 15 & 22, 6:00-7:30pm

Registration Fee: \$75

Material Fee: \$5, payable to instructor

Lazy Susan Resin Art

▲ **Brigitte Miner**

Let's spin into resin art! Create a stunning 13" round Lazy Susan with your choice of dried flowers or ocean waves. Learn to measure, mix, and pour resin. Brigitte will guide you through the process, for a beautiful and unique piece. Please wear appropriate clothing and arrive 15 minutes early.

Thursday, May 8, 6:00-8:00pm

Registration Fee: \$80

Night Light Resin Art

▲ **Brigitte Miner**

Let's create glowing night lights! Design your own unique night light covers using resin and a variety of supplies like glass, shells, and dried flowers. You'll learn to measure, mix, and pour resin into molds. Take home two completed night lights and the molds for future projects.

Thursday, Jun. 5, 6:00-8:00pm

Registration Fee: \$60

KITTERY: Arts & Crafts

Rug Hooking

▲ Isabel Ardito Lebo

Unleash your creativity with rug hooking! This beginner-friendly workshop teaches you the basics of this captivating art form. All materials are provided. Our experienced instructors will guide you step-by-step to create a beautiful rug. Bring your imagination and let's get hooking!

Tuesday, Apr. 15, 6:00-8:00pm

Registration Fee: \$65

Nuno Felted Scarf: Art to Wear

▲ Tiffany Farmakis

Discover the magic of nuno felting! Learn to layer silk onto merino wool using water, soap, and gentle agitation. Create a beautiful, multi-textured scarf. This hands-on workshop is perfect for beginners and experienced felters. Please bring 2 towels and scissors. (Ages 16+)

Thursday, Apr. 17, 5:30-8:30pm

Registration Fee: \$35

Material Fee: \$25, payable to instructor

Needle Felted Songbirds

▲ Tiffany Farmakis

Create your own adorable felted songbird! This beginner-friendly workshop teaches you basic felting techniques using wire armatures and textured fibers. Watch your bird come to life with sharp, barbed needles. Endless possibilities await!

Thursday, May 22, 5:30-8:30pm

Registration Fee: \$35

Material Fee: \$20, payable to instructor

Goat Milk Soap Making

▲ Sarah Holden-Remick

Join us for a hands-on workshop where you'll create your own batch of honey and goats milk soap. Each participant will take home two fully cured bars of soap and a detailed recipe to continue your soap-making journey at home.

Tuesday, Apr. 15, 6:00-8:00pm

Registration Fee: \$36

Material Fee: \$20, payable to instructor



Spa Gift Set

▲ Sarah Holden-Remick

Leave with your own handmade goodies: 2 mini solid lotion bars, a jar of sugar scrub cubes, and a dry face mask. You'll also receive the recipes to recreate these products at home.

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

Registration Fee: \$32

Material Fee: \$20, payable to instructor

Crafting for a Cause: Zero Waste Leather Earrings for Unique Gifts!

▲ Francine Moo-Young

Create stunning, eco-friendly earrings! Learn to combine tie-dyed and patent leather remnants with sterling silver components. Francine, a zero-waste artist, will guide you through the process, inspiring creativity and innovation. Choose how many pairs to make.

Limited to 10 students

Thursday, May 1, 6:00-8:00pm

Registration Fee: \$45

**Material Fee: \$15 per pair of earring,
payable to instructor**

Hand Bound Sketchbooks

▲ Gayle Fitzpatrick

Create two beautiful, functional sketchbooks! This class will teach you how to make a Japanese Stab Bound Sketchbook and a Secret Belgian Binding Book. Learn the techniques, tools, and materials needed to create these unique, flat-opening books.

4 Tuesday Sessions

Feb. 25-Mar. 18, 6:00-8:00pm

Registration: \$65

Materials fee: \$8, payable to instructor

Beginning Acrylic Painting

▲ Gayle Fitzpatrick

Unleash your creativity with acrylic painting! This class covers composition, color theory, and techniques. Learn the fundamentals and experiment with different styles. Work on your own projects with guidance from the instructor. Materials list provided.

4 Tuesday Sessions

Apr. 1-29, 6:00-8:00pm *no class 4/22

Registration Fee: \$65

Intermediate Drawing

▲ Gayle Fitzpatrick

Drawing II: Elevate Your Skills! This class focuses on developing advanced drawing techniques through figure drawing, landscape, still life, and design. Explore a variety of mediums like charcoal, pencil, and colored pencil. Learn to critique your own work and that of others. Bring materials as listed.

5 Wednesday Sessions

Apr. 9-May 14, 6:00-7:30pm

Registration Fee: \$85



All Things Paper

▲ Gayle Fitzpatrick

Discover the art of papermaking! This 4-night class will guide you through creating your own paper, marbling paper, crafting paper bowls, and bookbinding. Explore the endless possibilities of paper and create beautiful, unique pieces.

4 Tuesday Sessions

May 13-Jun. 3, 6:00-8:00pm

Registration Fee: \$65

Materials fee: \$8, payable to instructor

Register Today!

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



KITTERY: Enrichment

CPR

▲ Dean M. Auriemma
B.S.Ed., M.A., NREMT

Learn lifesaving skills in this class! You'll master American Heart Association CPR and AED techniques for adults, children, and infants, including how to use an AED during CPR. Optional certification is available for an extra fee of \$20, payable to Dean by cash, check, or Venmo.

Tuesday, Feb. 25, 5:30-8:30pm

Registrations Fee: \$10

Material Fee: \$50 or \$70,
payable to instructor

Taming the "To Do" List

▲ Jill Braceland

Identify techniques that will help you organize your personal time. Class meets at the Kittery Community Center.

Wednesday, Jan. 29, 9:30-11:30am

Registration Fee: \$22

Downsizing?

▲ Jill Braceland

Learn organizing strategies to start your downsizing efforts. Leave with an action plan. Class meets at the Kittery Community Center.

Tuesday, Mar. 18, 9:30-11:30am

Registration Fee: \$22

Winter Birding at Fort Foster

▲ Dave Tucker

Raptors, sea ducks, and wintering songbirds. Dress warmly and bring binoculars. Class meets at the entrance gate of Fort Foster.

Saturday, Feb. 1, 8:00-10:00am

***Rain Date 2/2**

Registration Fee: \$22

Bird walk at Rustlewood Farm

▲ Dave Tucker

Join us for a birdwatching adventure at Rustlewood Farm. Bring binoculars and dress for uneven terrain. Limited to 12 participants. Meet at the parking lot on Wilson Road.

Sunday, May 4, 7:30-10:00 am

Registration Fee: \$22

Spring Birding at Fort Foster

▲ Dave Tucker

Let's work on bird identification with spring migrant field marks. Limit 15. Bring binoculars. Class will meet at the entrance gate of Fort Foster. Additional fee may be required for entrance to Fort Foster.

Saturday, May 24, 7:30-9:30am

***Rain Date 5/25**

Registration Fee: \$22

Beginning Conversational Italian

▲ Christine Friese

Learn the basics of the language with a view to travel and simple conversations. Assumes no previous study of the language. Suggested but not required: The New Italian Project. We will cover the first 5 units. Alternatively Nuovissimo Progetto Italiano 1 libro dello student, an Italian only version I will use for teaching. Class meets at the Kittery Community Center.

6 Saturday Sessions

Feb. 22-Mar. 29, 9:00-10:00am

Registration Fee: \$85

Beginning Conversational French

▲ Christine Friese

Learn the basics of the language with a view to travel and simple conversations. Assumes no previous study of the language. Suggested but not required: Practice Makes Perfect: Basic French, Premium Third Edition (on Amazon). Class meets at the Kittery Community Center.

6 Saturday Sessions

Feb. 22-Mar. 29, 10:30-11:30am

Registration Fee: \$85

Register Today!

▶ kittery.maineadulted.org

▶ (207) 439-5896



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. 18, 6:30-9:00pm

Registration Fee: \$69

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. 17, 6:30-9:30pm

Registration Fee: \$69

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.

Tuesday, Jan. 21 or Monday, Apr. 7

6:30-8:00pm

Registration Fee: \$18

KITTERY: Enrichment

Play the Ukulele!

▲ **Duncan Perry**

Learn essential chords and techniques with Duncan. No experience needed! You'll need a ukulele and tuner. We'll provide a Zoom link for virtual classes.

**Session 1: Wednesday, Feb. 5-26,
6:00-7:30pm**

**Session 2: Tuesday, Mar. 4-25,
6:00-7:30pm**

**Session 3: Wednesday, Apr. 16-May 6,
6:00-7:30pm**

**Session 4: Tuesday, May 13-Jun. 3,
6:00-7:30pm**

Registration Fee: \$79 per session

The Art of Songwriting

▲ **Theresa Kipp**

Join Theresa Kipp, a seasoned singer-songwriter, to learn the art of songwriting. Explore structure, lyrics, melody, harmony, and rhythm in a fun, creative environment.

3 Thursday Sessions

**Feb. 27-Mar. 13 or March 20-April 3,
6:00-8:00pm**

Registration Fee: \$65 per session

How to Write Scenes That Grip Your Reader

▲ **Kate Johnston**

Craft gripping scenes! This workshop teaches how to build scenes that propel your plot and characters through tension. Learn to leave readers wanting more (turning pages) in this hands-on experience. Open to fiction & memoir writers.

4 Tuesday Sessions

Feb. 25-Mar. 18, 6:30-8:00pm

Registration Fee: \$85

Discover the Nubble Lighthouse

▲ **Mark Rosenberg**

Join us for an illuminating journey through the rich history of the iconic Nubble Lighthouse in Cape Neddick, Maine. Our guest speaker, Matt, a seasoned lighthouse keeper, will share his firsthand experiences and in-depth knowledge of this beloved landmark.

Tuesday, Apr. 1, 6:30-7:30pm

Registration: \$12

*Proceeds to benefit the Adult Ed.

Academic Scholarship

Kelp Farming:

A Sustainable Solution

▲ **Inga Potter**

Join Inga, marine biologist and co-founder of Cold Current Kelp, as she shares her passion for ocean conservation and sustainable business. Learn about the inspiration behind her kelp farm and skincare company, the ecological benefits of ocean farming, and the incredible potential of kelp as a natural ingredient.

Thursday, Apr. 3, 6:00-7:00pm

Registration Fee: \$12

*Proceeds to benefit the Adult Ed.

Academic Scholarship

Sailboat Racing-

New Rules 2025

▲ **Tom Brown**

Principal Race Officer Tom Brown, with 20+ years' experience on the Committee Boat, offers a comprehensive course on yacht racing and the new, updated Racing Rules of Sailing (RRS) 2025-2028.

Topics include sail handling, trim, tactics, race conduct, scoring, and appendices.

Both new and experienced sailors will gain insights from lively discussions.

4 Tuesday Sessions

Apr. 29-May 20, 6:00-8:00pm

Registration Fee: \$65

Portsmouth Naval

Shipyards Tour

▲ **Joseph Gluckert, Heritage Center Director**

Tour the Shipyards and learn about its crucial role in war and peace. Explore the Treaty of Portsmouth Exhibit and visit the Heritage Center. Valid photo REAL ID required.

Non-U.S. citizens need advanced documentation. Tour involves walking and bus travel; not wheelchair accessible.

Meet at Albacore Park, 569 Submarine Way, Portsmouth NH. Park in the back lot.

Thursday, May 1 or Jun. 5,

9:30am-12:00pm

Registration Fee: \$14

Register Today!

▶ kittery.maineadulted.org

▶ (207) 439-5896



Medicare A-Z

▲ **Tyler Kretschmar**

Tyler, a Dover NH holistic retirement planner, will delve into Medicare's intricacies. The course will cover all parts, enrollment timelines, eligibility, costs, and benefits. You'll learn about Extra Help qualifications, enrollment periods, and income-based adjustments. Tyler specializes in Medicare, Social Security, finances, and estate planning.

**Thursday, Feb. 13 or Mar. 20 or Apr. 17
or May 22, 5:00-6:30pm**

Registration Fee: \$14



Social Security: Your Questions Answered

▲ **Irene Bowen**

Social Security: Your Questions Answered is an educational program for people who are nearing retirement, ages 55 and up who have questions about social security. During this seminar we'll help answer these questions: How does Social Security fit into my retirement income plan? When should I start taking benefits? What about taxes?

Tuesday, Mar. 25, 6:00-7:00pm

Registration Fee: \$12

Health Care and Your Retirement

▲ **Irene Bowen**

Health Care and Your Retirement is an educational program that addresses what steps investors should take to prepare for health care costs to help ensure their retirement savings stay healthy.

Tuesday, Apr. 29, 6:00-7:00pm

Registration Fee: \$12

KITTERY: Enrichment

Estate Planning and Revocable & Irrevocable Trusts

▲ 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 home or Maine Care (Medicaid) liens.

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

Registration Fee: \$22



Fix-a-Bike

▲ Bicycle Coalition of Maine

Be your own mechanic! Learn how to maintain your bike, fix a flat, pump up a tire, change a chain or cable, make shifting adjustments, and more in a hands-on learning experience. Please bring your bike and be willing to get their hands dirty. Class may take place outside, weather permitting.

Maximum 15 Students

Thursday, May 1, 5:00-7:00pm

Registration Fee: Free

Prior registration required

Register Today!

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



Digital Photography Series

Join Steve McGrath for these Photography series, live online using ZOOM. Steve has been teaching photography classes for several years. See our online brochure for full class descriptions. Prior to class, you will be sent a ZOOM link to join this class virtually.

Digital Photography 1: for Newbies

5 Wednesday Sessions
Jan. 8-Feb. 5, 7:30-9:00pm or

5 Tuesday Sessions
Mar. 4-Apr. 1, 5:30-7:00pm
Registration Fee: \$120

Digital Photography 2: Intermediate

4 Wednesday Sessions
Feb. 19-Mar. 12, 7:30-9:00pm
Registration Fee: \$95

Digital Photography 2: Intermediate

5 Tuesday Sessions
Apr. 15-May 13, 5:30-7:00pm
Registration Fee: \$120

Smartphone Photography

3 Wednesday Sessions
Jan. 8-22, 5:30-7:00pm or

3 Tuesday Sessions

Mar. 4-18, 7:30-9:00pm
Registration Fee: \$80

Portrait and Pet Photography

2 Wednesday Sessions
Feb. 19-26, 5:30-7:00pm
Registration Fee: \$70

Nature Photography

2 Tuesday Sessions
May 13 & 20, 7:30-9:00pm
Registration Fee: \$70

Lighthouse Photo Workshop

May 15, 5:30-7:00pm, online
May 17, on Cruise/Time TBD
May 23, 5:30-7:00pm, online
Registration Fee: \$160

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 2025 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 2025 Classes & Activities!



Drone Exploratory Workshop
▶ SEE PAGE 12



Instant Guitar for Hopelessly Busy People
▶ SEE PAGE 18



High School Academics

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

▶ See Page 2

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
260 Dow Hwy.
South Berwick, ME 03908

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