



Boothbay Region

Adult & Community Education

FALL 2023



Helping adults achieve their educational and career goals and build a foundation for lifelong learning in Boothbay, Boothbay Harbor, Edgecomb, Georgetown, and Southport.

Congratulations 2023 Graduates!



Congratulations to 2023 Boothbay Region Adult & Community Education graduates Kyra Blake, Alexa Fiedler, Michael Miete, Dezaray Orne and Jonathan Rines. Two separate ceremonies were held in June to celebrate their accomplishments. For more information about high school completion, please email Director Raye Leonard at rleonard@aos98schools.org.

Are you a Boothbay Region High School Alumni or a Current Student?

Interested in pursuing college or post high school vocational training?

Adding an advanced degree or changing careers?

Boothbay Region Student Aid Fund is Here to Help You!

Who We Support:

- Students who want to continue their post-secondary education.
- Students enrolled in a certificate or vocational program.
- Students enrolled in an accredited program at any community college, technical, or trade school, college, or graduate school.

In the 2022-2023, academic year, the Boothbay Region Student Aid Fund gave grants (not loans) totaling over \$400,000 to local students who met eligibility based on financial need.

Find out more at www.brsaf.org



Boothbay Region
Student Aid Fund

What does adult education mean to you?

Welcome to the fall semester at Boothbay Region Adult & Community Education. We are excited to offer 36 brand new classes taught by eight new instructors, plus new partnerships with the Finance Authority of Maine (pg. 7), and Maine Tasting Center in Wiscasset (pg. 11). You'll find some new favorites in these pages, too, like Deb Arter's baking classes, and Byron Cortez's Spanish series. Everything is woven together so wonderfully in our new brochure, designed by Kristin Perpignano, of Venti Creative Graphics in Bath.

You will notice many new features in our magazine-style brochure. First, we hope it reflects the unique qualities of our Greater Boothbay community, and our commitment to offering meaningful learning opportunities across a wide range of interests.

Second, we wanted to give you a chance to get to know the folks who share their hobbies, skills, and experiences by teaching with us. You will notice Teacher Spotlights in which instructor's answer the question: What does adult education mean to you?

To me, adult education means curiosity, creativity, connection, and community. The classes we offer are certainly a chance to learn something new. But in addition to that face value, adult education is also an opportunity to be inspired to creativity, connected to other people, all held in the space of community. Schools are one of the last cultural spaces where people from all walks of life and diverse sets of beliefs come together for a common goal: To learn and grow.

What does adult education mean to you? We hope you find something that sparks your curiosity, creativity, connection, and community in our fall brochure.

Happy learning,

Raye Leonard, director



Kyra Blake, left, celebrated her graduation with Director Raye Leonard, and lifelong classmate Jonny Rines, on June 3, 2023, along with staff, family, and friends.

Boothbay Region

Adult & Community Education

Helping adults achieve their educational and career goals and build a foundation for lifelong learning in Boothbay, Boothbay Harbor, Edgecomb, Georgetown, and Southport.

Boothbay Adult & Community Education
236 Townsend Ave.

Boothbay Harbor, ME 04538
boothbayae.maineadulted.org
207-633-3224

Please leave a message, or for a faster response email Kate Winslow at
kwinslow@aos98schools.org.

Office hours:

By appointment Monday through Thursday.

The office is closed on Friday.

To schedule an appointment to enroll in high school completion, multilingual language learning, or college transitions, email Kate Winslow at

kwinslow@aos98schools.org.

To register for an enrichment class, see page 26 for more information.



Staff of Boothbay Region Adult & Community Education celebrated the program's first graduation at Barrett's Park: Instructors Margit Ahlin, left, Tanya Thibault, administrative assistant Kate Winslow, and multilingual language instructor Ingrid Merrill.

BOOTHBAY REGION ADULT & COMMUNITY EDUCATION

HIGH SCHOOL COMPLETION

HiSET powered by **psi**

If you left high school before you graduated, you are eligible to earn a high school equivalency diploma by completing the High School Equivalency Tests (HiSET). These tests replaced the GED in Maine in 2014.

The HiSET is a series of tests in five subject areas, including reading, writing, social studies, math, and science. You do not have to take all the tests at once. Instead learning labs prepare you to take each test as you are ready. A passing score is 8 out of a maximum of 20. To receive an official high school equivalency diploma, you need a combined score of 45.

GET STARTED

Set up an appointment with adult education staff for intake, assessment and advising.

After we get to know you and your goals, you will take the CASAS reading and math tests, which helps us determine your learning level. These are not graded and the score is informational. It helps us get to know you as a unique learner so we can support your educational goals.

Once intake and assessment is complete, you can begin preparing for the HiSET by attending learning labs. A qualified instructor will help you strategize your learning tasks so you get the support you need in the areas you need it.

WHAT CAN YOU DO WITH A HIGH SCHOOL EQUIVALENCY DIPLOMA?

Anything!

If you need a high school diploma to do it, the equivalency one counts exactly the same.

Apply to college, sign up for a workforce training program, check YES on employment applications, and more!



Dezaray Orne, left, and Mike Miete celebrated their graduation with Director Raye Leonard and classmate Alexa Fiedler on June 28, 2023, along with staff, family, and friends.

Email Director Raye Leonard at rleonard@aos98schools.org to learn more or schedule an appointment.

Academic Programs

Adult Basic Education: If you are interested in literacy and numeracy support, please contact Director Raye Leonard to talk about your specific needs in these areas. As the program grows, we hope to build classes for ABE students based on their goals. Please email rleonard@aos98schools.org.

High School Completion: Boothbay Region Adult & Community Education's fall high school completion program, based on preparation for the High School Equivalency Tests (HiSET, formerly GED), begins the week of Sept. 11 and continues until Dec. 15. Fall enrollment begins in August and continues throughout the semester. Students can sign up anytime. To set up an intake and advising appointment and CASAS assessment, please contact Director Raye Leonard at rleonard@aos98schools.org.

HiSET Learning Lab, All Subjects

Students may drop in for support in any subject area with individualized instruction that focuses on the areas they need specific help in mastering. Devices are available to borrow during class, but please bring a laptop, if you have one, HiSET Academy login information, and questions. This is a low-pressure learning experience designed to meet students where they are at. No appointment is necessary, but students must be enrolled in the program prior to attending. To set up an intake and advising appointment and CASAS assessment, please contact Administrative Assistant Kate Winslow at kwinslow@aos98schools.org.

Instructor: Tanya Thibault

4 to 6 p.m. | Tuesday and Wednesday, beginning 9/12

HiSET Targeted Support Labs

The reading and writing HiSETs can be challenging for some students because these exams are looking for specific skills. Targeted Support Labs focus on these subject areas in two-part series geared to helping students learn what the tests require them to know - and do! Social Studies is also covered in a one-night targeted session. Devices are available to borrow during class, but please bring a laptop, if you have one, HiSET Academy login information, and questions. Students should enroll in these labs in advance so the instructor can prepare materials. To set up an intake and advising appointment and CASAS assessment, please contact Administrative Assistant Kate Winslow at kwinslow@aos98schools.org.

Instructor Margit Ahlin | 4 to 6 p.m. | Tuesdays

Reading: 9/12 & 9/19

Reading: 10/31 & 11/7

Soc Studies: 9/26

Social Studies: 11/14

Writing 1: 10/3 & 10/10

Writing 1: 11/28 & 12/5

Writing 2: 10/17 & 10/24

Writing 2: 12/12 & 12/19

Multilingual Language Learning

This all-levels class is for students who are learning English as a second language. Instruction is individualized based on a student's native language and designed to help students improve speech, grammar, vocabulary, and writing. Students should enroll in this class in advance. To set up an intake and advising appointment and CASAS assessment, please contact Administrative Assistant Kate Winslow at kwinslow@aos98schools.org.

Instructor: Ingrid Merrill

4 to 6 p.m. | Wednesdays, beginning 9/13

Maine College & Career Access

Coordinator: Margit Ahlin

If you have been thinking about furthering your education or exploring a new career path, the Maine College and Career Access Program could be right for you. The MCCA program covers college prep reading, writing and mathematics, in addition to college success skills and individualized career guidance sessions. Preparation for the Accuplacer college placement tests is emphasized in a relaxed and supportive environment. This program is FREE to participants who commit to completing the program requirements. Day and time TBD according to student needs.

For more information, email Administrative Assistant Kate Winslow at kwinslow@aos98schools.org or call 633-3224.

Accuplacer testing is available only by appointment. For more information, email kwinslow@aos98schools.org.



WANT MORE FOR YOUR FUTURE?

We can help!

Career Navigation can get you on track to land a new job or move up in your current one.



NO-COST SERVICES:

- resume & interview help
- trainings & certifications
- HiSET & apprenticeships
- support services and more!

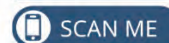
CONTACT:

Cassie Robichaux

Career Navigator

857-277-4289

cassie_robichaux@msad40.org





Finance Authority of Maine's (FAME) College Access and Financial Education team has put together a series of virtual workshops specifically for adults. All sessions are free, but you must register in advance. An email with a link to the online session will be sent in advance of the class.

NEW FREE Student Loan Repayment

The Federal Student Loan repayment pause ends on Oct. 1. Are you ready? Would you like to know more about the options available to you when paying back your student loans? Would you like to learn more about how to consolidate loans to make repayment smoother? 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. Join a money specialist from The Finance Authority of Maine as we cover these topics and more. In this virtual workshop we'll discuss federal and private student loan repayment as well as Public Service Loan Forgiveness for federal student loans. We'll share the necessary resources for successful student loan repayment – including an overview of federal student loan consolidation and private education loan refinancing. Bring your questions and join us for this one-hour virtual workshop. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Finance Authority of Maine
6:30 p.m. | Wednesday, 9/13

Online

Free, please pre-register

NEW FREE Successful Scholarship Searches & Applications

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. In this session you'll learn to build and work 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. Students and parents interested in learning about the scholarship process can join Jessica Whittier, College Access Counselor with the Finance Authority of Maine for this one-hour workshop as we talk scholarships. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable

internet to participate in class. We do not recommend using a smartphone.

Instructor: Jessica Whittier

6:30 p.m. | Tuesday, 9/19

Online

Free, please pre-register

NEW FREE Planning & Paying for College

Do you have children who will be looking at college in the next few years or might you be thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid. Join Jessica Whittier, College Access Counselor with the Finance Authority of Maine for this one-hour workshop as we talk all things paying for college. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Jessica Whittier

6:30 p.m. | Wednesday, 10/4

Online

Free, please pre-register

NEW FREE Adulting 101: Money

Adulting is tough. Finances can be one of the trickiest parts of adulthood. 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. Join Jessica Whittier from the Finance Authority of Maine for this one-hour virtual workshop as we dive into some adulting money basics together. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Jessica Whittier

7 p.m., Tuesday | 10/17

Online

Free, please pre-register

(continued on next page)

NEW FREE Financial Wellness: Building Wealth

Curious about how to improve your financial future? Maybe you're just looking for a way to improve your current cash flow. In this session, we will talk money building strategies including making the most of your existing income and finding a gig to increase the money in your pocket. We'll also talk about banking and investing tools that can get your money work for you. Join the Finance Authority of Maine for this one-hour virtual workshop as we talk building wealth. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Finance Authority of Maine

6:30 p.m. | Thursday, 11/2

Online

Free, please pre-register

NEW FREE Saving for Your Child's Higher Education

Is higher education in your family's future? Join a college savings specialist from the Finance Authority of Maine to talk about planning and saving for higher education. Come learn about the aspirational and financial impacts of savings for students of all ages, as well as the program highlights of Maine's Section 529 plan, a tool many families use to prepare for higher education expenses. Join Marie Pelletier, College Savings Counselor from the Finance Authority of Maine for this one-hour virtual session and get a head start on saving for your child or grandchild's higher education. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.



Instructor: Marie Pelletier

6:30 p.m. | Wednesday, 11/29

Online

Free, please pre-register

computers & technology

**BOOMERTECH
ADVENTURES**

All BoomerTECH courses are \$39 and designed to be completed on your own time. After registering, adult

education staff will email the course PDF, which includes all the learning resources needed. A desktop, laptop, or tablet, and reliable connection to the internet are needed to access the material, which students can keep forever.

Introduction to iPhone Basics

The vast majority of iPhone users rarely access all of the available iPhone features. In this course, learn to use your iPhone to the best possible advantage. Some critical features covered include Apple ID and password; structure of the iPhone (buttons and how they work); best apps to have and how to get them; how to text, phone, FaceTime, and email; how to use the Control Center; mastering Settings; updating operating systems; using key apps; and more. An additional session will include iOS 15 updates and the unique features of the newest iPhones.



Hidden Gems on Your iPhone & iPad

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



computers & technology

More Hidden Gems in Your iPhone/iPad

In our basic course on “hidden gems,” we explored tracking, slide to type, customizing your control center, and accessing the built-in scanner among other cool features. In this level 2 course, we delve into the additional secrets of our iPhones and iPads. Learn how to set up helpful widgets, control text size, choose an interesting Siri sidekick, access important privacy features, and more. You’ll definitely increase your understanding of the intricacies of your iPhone and/or iPad at the conclusion of this course.

Taking Awesome Pictures With Your iPhone/iPad Camera



This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to significantly upgrade their photography skills. Students will learn to take photos, portraits, slow-motion, panos, and more. Also, students will learn about camera settings for proper focus and exposure, High Dynamic Range, and picture composition.

Take Fabulous Photos of Flora and Fauna

This course shows you how to take beautiful photos of flowers, plants, and wildlife. Four easy-to-follow videos demonstrate and give examples of each of the topics which include: Using focus, exposure and HDR features to capture the beauty of your surroundings; ways to avoid blurry images; tips for composing your images; and editing options that turn so-so images into stunning images. In addition to the instructional videos, we have several articles with useful information to build your repertoire of photographic strategies. This course is made for you if you want to learn to use your camera or significantly upgrade your skills and abilities.

Maximize Your iPad’s Potential

Learn to increase your capabilities to communicate, create, and connect by mastering your iPad’s features. This course covers navigating your iPad, its Camera and Photos apps, the options available in Settings, ways to communicate through writing and video, plus how to answer and make phone calls. Plus, you will learn about the apps that came already loaded on your iPad like the Calendar and Siri, your virtual

assistant. It is important that you have updated to iOS 15; but don’t worry—if you don’t know how, we will show you the steps. Finally, you will also learn about accessibility features that are helpful for folks with finger mobility, sight, or hearing difficulties.

Organize & Edit Images with Your iPhone/iPad

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

NEW 15 iPhone/iPad Vision Accessibility Features

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

Introduction to Mac Basics

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

Introduction to Zoom Basics

Using Zoom more than ever? Here is a great way to learn everything you need to know about the Zoom Video Conferencing platform. The course videos demonstrate examples of using Zoom on different devices—smartphones, tablets, and computers. Course content includes: Muting audio and video; using chat; screen sharing; recording; troubleshooting; scheduling meetings; break-out rooms; and more. This course is appropriate for Zoom beginners as well as those who have used Zoom and want to learn more.

cooking

NEW Asian Holiday Appetizers

Join cookbook author and instructor Chris Toy for an evening of favorite holiday appetizers from his popular cookbooks. Wontons, dumplings, spareribs, salad, and more will be on the menu. Those in the know do not eat before class and bring containers for leftovers. All ingredients included in the cost of the class.



Instructor: Chris Toy

5:30 to 8:30 p.m. | Tuesday, 11/7

Boothbay Region High School

\$59

Scones are easy!

In this one night class, Debra will show you how easy it is to make classic scones, Apricot Ginger Scones, Chocolate Cherry Scones, Savory Bacon and Cheese Scones, Blueberry Lemon scones and YOU will enjoy the finished product right out of the oven! Bring a container to take home samples. Class size is limited to 12 students. The cost includes a \$10 material fee.

Instructor: Debra Arter

6 to 9 p.m. | Thursday, 11/9

Boothbay Region High School

\$40

13 Types of Yeast Rolls

In this one-night class, you will make a savory braid, caramel pecan rolls, and other types of yeast rolls! Each participant will go home with dough to bake, as well as baked goodies from the class. Debra has taught this class for many years and has won many ribbons for her baked goods at county fairs and competitions. Bring tubs to take home dough and baked goods so that you can resist eating warm. No experience is required. Class size is limited to 12 students. The cost includes a \$10 material fee.

Instructor: Deb Arter

6 to 9 p.m. | Tuesday, 12/12

Boothbay Region High School

\$40



Cooking With BoomerTECH Adventures

In this course, BoomerTECH Adventures guides Chris, Jill, and Ed to share their love of cooking and enjoyment of lots of different types of foods. You will learn how to prepare several tasty stir-fries using traditional Chinese flavorings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up great fried rice, and give ramen soup a delicious upgrade. In addition, discover an easy way to make your own pita pockets, flatbreads, and tortillas. Plus, you will see a way to combine the benefits of cooking on cast iron with your love of grilling. We haven't forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie? This course is designed to be completed on your own time. After registering, adult education staff will email the course PDF, which includes all the learning resources needed. A desktop, laptop, or tablet, and reliable connection to the internet are needed to access the material, which students can keep forever.

Instructor: BoomerTECH Adventures

Self-paced, downloadable content

\$39

Teacher Spotlight:

DEB ARTER

"I started teaching adult ed when my children were very young... I loved meeting so many wonderful local folks while teaching watercolors. It was a way to get to become familiar with the community as I had just moved to Maine... It was the highlight of my week to check in with students who made paintings for their families... I have students who went on to have their own shows and even open their own gallery!"



cooking



All classes are held at Maine Tasting Center, 506 Old Bath Road, Wiscasset. For more information, visit mainetastingcenter.com

NEW Marvelous Maine Maple Syrup

Maple syrup has a long history and cultural significance in Maine. It is a very diverse product with many more uses than just a pancake topper (although that is a particularly delicious use). In this program we will discuss the history, cultural significance, and current production practices of maple syrup producers. We will taste and discuss the various grades of syrup to highlight flavor differences and specific uses for the various grades. We will also taste maple products including candies, cream, and sugar. Don't miss this sweet event! This interactive class is presented by the Maine Maple Producers Association.

Instructor: Jason Lilley, Sustainable Agriculture Professional for University of Maine Cooperative Extension

5 to 6 p.m. | Thursday, 9/28 | Maine Tasting Center \$35

NEW Sausage Making Workshop

Time to see how the sausages are made! In this 3-hour sausage-making class, participants will go over the basics of sausage making while preparing two different varieties with local ingredients. You'll get to practice all the steps - mixing spices, cutting pork, grinding, emulsifying, stuffing and packaging. We'll even go over cooking techniques (while cooking them) and package the remaining sausages for you to take home. Each participant will leave class with 5 lbs of sausage.

Instructor: Colvard & Co
1 to 4 p.m. | Saturday, 10/7 | Maine Tasting Center \$120



NEW Maine Blueberries: They're Wild!

The iconic wild blueberry's 10,000-year history as the indigenous superfood of Maine is an age-old story packed with flavor. We'll leave you in good taste as you see for yourself what sets the Maine wild blueberry apart from the rest! Discover the difference between the original Maine wild blueberry and hybridized "grocery store" blueberries through a guided tasting experience showcasing a variety of blueberry products made by Mainers.

Instructor: Catherine Broihier MS, RD, LD
Session 1: 3:30 to 5 p.m. | Friday, 9/29
Session 2: 12 to 1:30 p.m. | Saturday, 10/21
Maine Tasting Center

\$35

NEW Queso Presto! Cheesemaking Workshop

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

Instructor: Eric Rector
12 to 3 p.m. | Saturday, 10/14 | Maine Tasting Center \$75

NEW Artisanal Cheeses of Maine

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

Instructor: Eric Rector
4 to 5:30 p.m. | Thursday, 10/ 5 | Maine Tasting Center \$35

health & wellness

NEW FREE Medicare 101

Questions about Medicare? Join Jo-Ann Neal for this informational seminar outlining the basics of Medicare. Jo-Ann will answer your questions including what Medicare does and does NOT cover when to enroll, the difference between Medicare Advantage and Medicare Supplement Plans, and which plan is best for you. Following the presentation, Jo-Ann will be available for a question and answer session. Jo-Ann Neal of Allen Insurance and Financial is a licensed insurance agent specializing in Medicare. Jo-Ann joined Allen Insurance and Financial in May 2013, bringing with her 10+ years of human resources and benefits administration experience. In 2016, she earned a Benefits Account Manager certification from the National Association of Health Insurance Underwriters and became appointed to work with customers on Medicare plans.

Instructor: Jo-Ann Neal
5 to 6:30 p.m. | Sept. 12
Edgecomb Eddy School
Free

NEW Your Health Is In Your Hands: The Ancient Healing Art of Jin Shin Jyutsu

Achieve physical, mental, and spiritual harmony through the application of hands as "jumper cables" to gently balance the flow of life energy in the body. This course will teach you self-help techniques that promote optimal health and well-being, and facilitate your own profound healing capacity through the ancient healing art of Jin Shin Jyutsu.

Instructor: Margit Ahlin
5:30 to 7:30 p.m.
Wednesdays, beginning 10/4, for 5 weeks
Edgecomb Eddy School
\$120



Teacher Spotlight:

MARGIT AHLIN

"I have had the honor to help guide many different kinds of adults over my long career – Armenian immigrants, zoo docents, medical students, retirees – and a common desire unites them all: They love learning. So do I. I learn from my students every day. They bring their life experience, their humor, their passion about the subject matter to every encounter."



Natural Meditation

This meditation class is suitable for everyone, from beginners to advanced practitioners. We will come together once a week to sit in meditation. Natural meditation is a form of meditation in which we let go of the need to do something and learn to just sit and observe what arises – our thoughts, feelings, mental perceptions, and emotions. Through this process, we slowly reduce our reactivity to events, develop calm abiding, and gain insight into the nature of our intrinsic mind, the non-dualistic mind beyond all thoughts and concepts. A simple yet profound way to work towards developing equanimity in the face of life's many challenges.

Instructor: Al D'Andrea
5 to 6 p.m.
Tuesdays, beginning 10/3 for 5 weeks
Edgecomb Eddy School
\$60

health & wellness

NEW Yoga in the Barn

Join us for a magical yoga experience at Lulu's Barn on Westport Island, just a short distance from Wiscasset. Step into the warm and peaceful barn where the gentle hum of alpacas in the adjoining room sets the perfect ambiance. Take your pick from a wide range of yoga styles suitable for all levels, including Beginner Deep Stretch Yoga, Beginner Yin, Soul Flow Vinyasa, Groove & Flow Dance, Vinyasa Flow, and Slow Flow Yoga. Choose to attend one class for six weeks, or mix and match. For detailed class descriptions and more information, visit www.lulusbarn.com. There, you will find all the information you need to choose the perfect yoga class that suits your preferences and needs. Upon registration with Boothbay Region Adult & Community Education, you will be contacted by Lulu's Barn staff so you can choose your classes.



Instructor: Lulu's Barn staff

Various class days and times, beginning Sept. 18 for 5 weeks

**Lulu's Barn, 389 Main Road, Westport Island
\$95**

Teacher Spotlight: **ANDREA WEBB**

"I believe that educational opportunities for everyone are one of the foundations of a healthy, vibrant community and it is a joy for me to fully embody that belief through my work. I am inspired by the folks who come to my classes - those starting new careers or attempting to further hone their skills, those who attend out of curiosity, who want to improve their lives in some way, even the ones who are just looking for something to do during the endless Maine winters. Folks engaging with their lives - it's amazing."



NEW Herbs to Support Emotional Well-Being

Join us as we explore the many ways we can safely and effectively work with our herbal allies to support the well-being of our mind, mood, and the nervous system in general. This class is for anyone who ever googled "herbs for stress" and then been overwhelmed by the results, or tried to work with an herb that was "supposed" to help you chill out but ended up doing the opposite (or nothing at all), if you've ever wondered which herbs prefer to be in a tea rather than a tincture, or simply wanted to find a couple of plant allies that are aligned with your own unique energy and needs. The workshop will be recorded and sent to everyone who registers along with a printable download with plant profiles, notes and recipes for your use. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.



Instructor: Andrea Webb

6 to 8 p.m. | Tuesday, 11/7

Online

\$35

NEW Deep Breath

This workshop focuses on supporting the respiratory system from a holistic herbal perspective. From allergies to colds and coughs, we will look to our herbal allies to help us keep our airways clear and our breath flowing freely. Registrants will receive a recording of the workshop, plus a booklet of notes, recipes and techniques. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Andrea Webb

6 to 8 p.m. | Wednesday, 11/15

Online

\$35

health & wellness

NEW Making Good Ash

Like a fire receives fuel and transforms it into warmth and life, our digestive systems supply our bodies with transformative, fiery energy. And, like the fire, we also make ash! Join us for a humorous and altogether unique workshop where we will explore the digestive system in all its glory, and the host of herbal allies we can work with to support our inner fire and create the best ash possible. Registrants will receive a recording of the workshop, as well as a booklet of notes, recipes and techniques. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Andrea Webb
6 to 8 p.m. | Thursday, 12/5
Online
\$35

FREE Naloxone Administration Training

Keeping Naloxone (Narcan nasal spray) on hand can help save a life. Having a kit nearby could help a friend, family member, or someone in the community in the event of an emergency. This Narcan administration training will guide you through how to use Narcan, as well as helpful information on opioids and how Narcan interacts with these substances. This training is free, on behalf of Healthy Lincoln County, a tier two distributor of Narcan in the State of Maine. Upon completion of this training, you will receive one kit, with two doses of Narcan, to add to your first aid kit or AED box. Additionally, you will receive supplemental resources to have on hand should you want to review what was discussed in the live training event.

Instructor: Will Matteson,
Healthy Lincoln County
Session 1: 6 to 7 pm. | Tuesday, 12/5
Boothbay Region High School
Session 2: 6 to 7 pm | Tuesday, 12/12
Edgecomb Eddy School
Session 3: 6 to 7 pm. | Tuesday, 12/19
Boothbay Region High School
Free



NEW FREE Hospice Volunteer Training

The training consists of one in person meeting/training that provides an overview of what a hospice volunteer might expect, as well as covering all of the state and federal requirements. Potential volunteers will be able to start the onboarding process via their smartphone, tablet, or laptop at the training. After that all training is online.

Instructor: Crystal Mills
5 to 8 p.m. | Wednesday, Sept. 20
Boothbay Region High School
Free

HeartSaver CPR/First Aid/AED Certification Training

If life-saving techniques might be part of your job, this American Heart Association-approved Heartsaver training for adults and children covers CPR, first aid, and the use of an AED. This 4.5-hour class includes practice with life-size manikins that simulate the effects of life-saving interventions. The instructor will email certification cards about a week after training is completed.



Instructor: John Coffin
9 a.m. to 1:30 p.m. | Saturday, 9/30
Boothbay Region High School
\$125

Acadian Arts Fall Retreats



JOIN MARY LAURY, WATERCOLOR INSTRUCTOR, AND CHRIS TOY, COOKING INSTRUCTOR FOR FOUR DAYS OF INDULGING YOUR CHOICE OF WATERCOLOR PAINTING OR ASIAN FUSION COOKING IN AN IDYLIC COASTAL SETTING. EXTEND YOUR LEARNING IN THE EVENING WITH THEMED MOVIES AND LIVE MUSIC. **\$495** INCLUDES WORKSHOPS AND MEALS. LODGING BOOKED SEPARATELY. FOR MORE INFORMATION ABOUT EACH RETREAT, AND TO REGISTER, VISIT BOOTHBAYAE.MAINEADULTED.ORG.



PROSPECT HARBOR
9/1 TO 9/4

ROOSEVELT CAMPOBELLO
INTERNATIONAL PARK
10/6 TO 10/9

YORK BEACH
10/12 TO 10/15

REGISTER AT BOOTHBAYAE.MAINEADULTED.ORG

personal enrichment

ARTS & CRAFTS

NEW Un Drawing Class - Eraser Drawing!

In this one night class you will learn how to build up a background and then use a kneaded eraser to bring out images of feathers, rock or other natural objects. Highlights will then be added with white crayon and dark charcoal or graphite. No experience necessary. Wear older clothing to prevent damage. The \$5 material fee covers all supplies the instructor will provide.

Instructor: Deb Arter

6 to 8:30 p.m. | Tuesday, 11/14

Edgecomb Eddy School

\$35

NEW Decorate Your Own Wrapping Paper

Prepare for the holidays by decorating your own wrapping paper using calligraphic marks and foam stamps. In this class, we will learn the basics of using calligraphy tools as well as how to make our own seasonal foam stamp designs. We will spend our remaining time filling rolls of craft paper with festive patterns. Tools and materials provided.



Instructor: Joelle Webber

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

Edgecomb Eddy School

\$55

Teacher Spotlight: **JOELLE WEBBER**

"I love the creativity of designing different book arts workshops for different communities. What I love most about teaching in the adult ed communities is sharing the joy of creating with paper. Seeing students take a couple of hours for themselves to relax and play."



ASTROLOGY

NEW Welcome to Your Birth Chart

The moment we are separated from our parent's body, the celestial community pauses their orbital dance and huddles close to gaze at the newcomer. They are gigantic, ancient bodies pulsing with Life and Being and as we are first exposed to their faces, like soft clay, we receive an imprint from their energetic radiance. More than just witty sayings about Sun Signs on the internet, digging deep into our birth chart offers us the chance to understand ourselves and engage in our evolutionary path, and develop who we are meant to be. This workshop is for those looking for that foundational understanding of self - who they are and why, and what for? We will interactively work through the Planetary Beings, the Zodiac signs and the Houses of the birth chart together. Everyone will have a chance to explore their own chart and will leave with a few helpful graphs and charts for further diving. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Andrea Webb

6 to 8 p.m. | Tuesday 10/17

Online

\$35

NEW A Planetary Herbal

You've stared up at the night sky, you've tracked the dance of planets through horoscopes and transit charts and perhaps now find yourself longing to have a deeper, more personal, more tangible relationship with these celestial beings. Did you know that, like us, plants have horoscopes? Shaped by the same energetic influences, they bear the imprint and energies of the Cosmos, growing in your front yard. We may never reach Mars, but we can experience its sharp heat through the nettle plant! This workshop explores the foundations of the Seven Planets and some Plant Folk who, in my experience and opinion, mirror their energy and being. Each planet and plant discussed will be accompanied by a recipe or activity to help us physically engage with both our celestial (continued on next page)

personal enrichment

and terrestrial community. They include crafting a lunar massage oil over the course of the lunar cycle, blending Saturnian smoke medicine to use for ritual observance (or enjoy after a long day), and making a very special flower essence to honor boundaries - the "skin of all things." Registrants will receive a recording of the workshop as well as a booklet with notes, instructions and recipes. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Andrea Webb

6 to 8 p.m. | Thursday, 12/14

Online

\$35

HOME SECURITY



THE FOLLOWING THREE CLASSES CAN BE TAKEN INDIVIDUALLY, OR AS PART OF A SERIES.

NEW Developing a Personal and Home Defensive Protection Plan

This three-hour course is NOT about installing an alarm system. It is about adjusting your awareness around you as you move through your day and your home. It is about doing mental exercises to handle the "What if's" to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to access your home's defense. Part 1 of a 3-part series but can be taken separately. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG

5:30 to 8:30 p.m. | Monday, 11/6

Online

\$35

NEW Constitutional Carry and Legal Use of Force Explained

This three-hour course is for firearm owners and nonowners. You'll learn what to do when you see an attack or if you are attacked and respond with force. You'll learn how to contact the first responders, how prosecutors might view what you did, rules about concealed carry in the U.S. and Maine, and various ways to protect yourself without using a firearm. Part 2 of a 3-part series but can be taken separately. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak

5:30 to 8:30 p.m. | Monday, 11/13

Online

\$35



NEW When Your Office is Someone's Home

This three-hour course is for anyone that goes into someone else's home to do work, repairs, estimates, sales, nursing, or outside-the-home contractors. How can you be safe? Learn the basics to access the surroundings, stay safe, and protect yourself without using a firearm. Part 3 of a 3-part series but can be taken separately. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG

5:30 to 8:30 p.m. | Monday, 11/20

Online

\$35

personal enrichment

LANGUAGE

Spanish I: Basics

Learn the very basics you need to know to begin speaking Spanish with Byron Cortez, who grew up in Guatemala, and now makes his home in East Boothbay after a career in global human resources management and over a decade of teaching second languages to adult students. In this course, you will learn basic grammar, verbs, pronouns, gender, common words, and simple sentences. This class is intended for students who seek an introduction to the basics of the Spanish language.

Instructor: Byron Cortez

5:30 to 7 p.m. | Tuesdays and

Thursdays, beginning 10/10 for 5 weeks

Boothbay Region High School | \$95

Spanish II: Continuing Basics

You've learned the very basics you need to know to begin speaking Spanish, now build on that foundation in Part II. Byron Cortez grew up in Guatemala, and now makes his home in East Boothbay after a career in global human resources management and over a decade of teaching second languages to adult students. In this course, you will continue learning basic grammar, verbs, pronouns, gender, common words, and simple sentences. This class is intended for students who seek an introduction to the basics of the Spanish language. Preference given to students who took Spanish I.

Instructor: Byron Cortez

5:30 - 7:00 p.m. | Tuesdays and Thursdays,

beginning 11/21 for 5 weeks

Boothbay Region High School | \$95

NEW Spanish III: Intermediate

This mid-level class is for those who have a working understanding of basic Spanish (past, present and future tenses of common verbs, prepositions, adverbs, personal pronouns, common nouns, and vocabulary). In this class we will cover basic commands (give me, tell me, take me), conditional tenses (could, would, should) and continue to expand our vocabulary and fluency in conversations.

Instructor: Byron Cortez

5:30 - 7:00 p.m. | Tuesdays and Thursdays,

beginning 1/9 for 5 weeks

Boothbay Region High School | \$95

MUSIC & THEATER

Teacher Spotlight:

AL D'ANDREA

"Theater and meditation are two disciplines with specific circles of activity and involvement. By offering classes in theater, meditation and a broad array of other areas, adult education provides access for the many who do not have access to these specific circles and would not otherwise have the ability to engage in these activities. Adult education meaningfully provides broadly expansive educational opportunities to adults of all ages in the community. Inspiring!"



NEW Theater Improv for Everyone: An Acting Adventure!

This is a fun and exciting workshop in which students will participate in theater games, acting exercises, and structured improvisations to develop their creativity, spontaneity and people



skills. The class is designed to help participants explore and access their imagination; help overcome shyness; and build self-confidence. They will learn to express themselves fully and freely, engage their adventurous spirit, create something from virtually nothing, develop an ensemble, and laugh and play the hours away while adding a colorful dimension to an already colorful Fall season. All are welcome to join this unique and invigorating theater workshop.

Instructor: Al D'Andrea

5:30 to 7:30 p.m. | Wednesdays,

beginning 10/4 for 5 weeks

Edgecomb Eddy School

\$120

personal enrichment

Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing with your favorite songs immediately. Since this class is being held on Zoom, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question-and-answer session is also included. A recording of the class is included, as well. The class is limited to 15 students. For ages 13-plus. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Craig Coffman

**1 to 3:30 p.m. | Saturdays, 10/14 | ONLINE
\$55**



Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do- using chords. Since this class is being held on Zoom, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question-and-answer session is also included. A recording of the class is included, as well. The course is part lecture/demonstration and part hands-on instruction. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Craig Coffman

**9 a.m. to 12 p.m. | Saturdays, 10/14 | ONLINE
\$55**

NEW Ukulele for Beginners

Learn to play the ukulele! It has never been more popular and you don't even have to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new - even Classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. Oh, and there are lots of laughs along the way. And, learning to play an instrument is good for your brain! You will need a playable ukulele and an electronic tuner or a tuner app. And when folks hear you play this happy instrument, well, they just have to smile! If you don't own a ukulele, please contact us for information. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Duncan Perry

**Session 1: 6 to 7:30 p.m. | Tuesdays, beginning
9/26, for 4 weeks**

**Session 2: 6 to 7:30 p.m. | Wednesdays,
beginning 10/25, for 4 weeks**

**Session 3: 6 to 7:30 p.m. | Tuesdays, beginning
11/28, for 4 weeks**

\$79



personal enrichment

OUTDOORS

Map & Compass, Level 1

Hike, snowshoe, geocache, hunt, and enjoy the woods and fields of Maine with confidence that you can read a topographic map, understand the symbols, know which way a river flows, plot a course bearing, use online resources, and how to get to safety. Familiarization with using a compass and map outdoors included. Students must have a DeLorme Maine Gazetteer, and a 2-degree baseplate compass. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG
5:30 to 8:30 p.m. | Mondays
beginning, 10/16 for two weeks
Online
\$50



Coastal Navigation, Level 1

Learn the basics of coastal navigation using local charts, parallel rulers, and dividers. Learn what the symbols mean, how to determine safe and dangerous routes, create courses, learn the rules of the "road," what aids to navigation look like and do, plan for emergencies, and more. For kayakers, sailors, powerboaters, and future Registered Maine Guides. Students will need access to either a Casco Bay Chart or Penobscot Bay Chart, parallel ruler and dividers. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG
5:30 to 8:30 p.m. | Mondays
beginning, 11/9 for 2 weeks
Online
\$35



NEW FREE How to Train to Become a Registered Maine Guide

Want to be a Registered Maine Guide? Don't know the process? Trying to decide how to train to take your tests? Want to know the rules about guiding? Take this one-hour interactive Zoom information session to get your answers and create your future! Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG
Fall session: 7 to 8 p.m. | Wednesday, 11/15
Winter session: 7 to 8 p.m. | Tuesday, 1/9
Online
Free

NEW Registered Maine Guide Training

Train to become a working Registered Maine Guide not just a test taker. Learn the skills that guides use daily including map & compass, coastal navigation, shelter building, separated client searches, cooking, canoeing, snowshoeing, SUPing, plus specialty skills for recreation, sea kayaking, tide-water fishing, inland fishing, and hunting. This 10-session hybrid program includes Zoom, optional all-day skill workshops, and homework assignments. Optional skills workshops are at an additional cost. Those thinking of becoming a Registered Maine Guide will need to take a first aid and CPR course, not included. **No class on Feb. 20. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.**

Instructor: Alice Bean Andrenyak, MMG
5:30 to 8:30 p.m. | Tuesdays, beginning
1/23/2024 for 10 weeks
Online and optional in-person workshops
\$500

personal enrichment

UP FOR DISCUSSION

NEW Current Geopolitical Issues in Context

A series of classes on current geopolitical issues in the world can provide valuable insights and knowledge about the dynamics, complexities, and key aspects of global politics. These classes will equip you with a solid foundation in understanding and analyzing current political issues in the world. You will gain a broader awareness of the global political landscape, enabling you to make informed judgments, engage in constructive discussions, and contribute meaningfully to discussions on global affairs. It will thus enable you to become active participants in society, and contribute to positive changes in our communities and the wider global context.

Instructor: Hulya Aksu Spizuoco

6 to 7:30 p.m.

Tuesdays, beginning 10/3 for 4 weeks

Boothbay Region High School

\$59

Teacher Spotlight:

HULYA AKSU SPIZUOCO

"Adult education is inspiring because it fosters lifelong learning, social engagement, promotes personal growth and empowerment, and contributes to a more equitable and democratic society. As a facilitator of positive change, I am driven by the opportunity to empower adults through education and equip them with the skills and knowledge that can bring personal, social, and economic benefits to both individuals and their communities."



Teacher Spotlight:

LEIGH ANNE KEICHLINE

"I have always been absolutely passionate about the belief that we are learning throughout our whole lives - outside of classrooms and in them. I love connecting with students of any age, and have so much to learn from my students, whether they are the age of 75 or 5. We make meaning together through our discussions - through asking questions, empathizing, laughing, sharing, digging deep, and being curious together. You never know what someone else might offer which could spark new thinking or new perspectives for you."



NEW Depolarizing and Talking Across Divides

Do you wish to have better conversations with others across political divides and other differences of opinion? This class will offer resources, tools, and inspiration, with options to explore at the depth you'd like. You can choose from short readings, videos, chapters, or books. We will discuss the themes and tips offered in the books and practice a few of them. Many optional resources will also be shared for those who want to build these skills beyond our class. Students will be asked to purchase one book for the course, and have the option to purchase others or borrow from the library. Short additional readings will be provided.

Instructor: Leigh Anne Keichline

6 to 7:30 p.m. | Wednesdays

beginning 10/25, for 2 weeks

Boothbay Region High School

\$25

personal enrichment

History of Malaga Island

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

Instructor: Alice Bean Andrenyak, MMG

6:30 - 8:30 p.m. | Wednesday, 10/11

Online

\$35

WRITING



Gateless Writing Salon Sampler

In a Gateless Writing Salon, we sink into the subconscious via a five-minute sudden writing prompt to allow what wants to spill onto the page, and then move into a more expansive time to write (30 minutes) "alone among others" prompted by poetry and snippets of prose. After, we come back together to read our new work fresh from the page. No critique is given, just a few pearls of purely positive feedback. These sessions are excellent for writers at every stage, from curious beginners to seasoned authors. You will leave class with at least one draft piece, possibly two. Students must have an audio- and video-enabled laptop, desktop, or tablet and reliable internet connection to participate in class. We do not recommend using a smartphone.

Instructor: Jodi Paloni

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

Online

\$15

Digital Tools for the Beginning Memoir Writer

Everyone has a story to tell. Writing your memoir helps you reflect on the varied experiences that impacted your life and helped shape who you are today. This course looks at a variety of digital tools, available through any digital device, that make the process of memoir writing more fun and a little less daunting. You will explore several unique approaches to research, learn strategies for gathering and storing materials in one easily accessible place, and delve into ways to illustrate your memoir even if you are not an artist. Polishing your work for publication and presenting it in a public format are other video topics. You will leave the course well equipped to begin your writing adventure. This course is designed to be completed on your own time. After registering, adult education staff will email the course PDF, which includes all the learning resources needed. A desktop, laptop, or tablet, and reliable connection to the internet are needed to access the material, which students can keep forever.

Instructor: BoomerTECH Adventures

Self-paced, downloadable content | \$39



Central Lincoln County Adult Education classes

Register at clc.maineadulted.org



Certified Nursing Assistant (CNA)

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

*** CNA Paid Apprenticeship Program ***

(Subject to availability)

"Earn while you Learn"

LincolnHealth/CLC Adult Education and Midcoast School of Technology are offering an "Earn while you Learn" opportunity. Through a paid apprentice program, you can earn money for your CNA training with an expected commitment to work in a care setting for 12 months. Apprenticeship candidates are eligible for benefits including health insurance. An application and interview are required to be considered for this program. A limited number of applicants are accepted. To receive an application or more information please call LincolnHealth Education at 207-563-4540, or Pen Bay Medical Center Education at 207-921-8440.

Instructor: Jennifer McIntire RN
Tuesday-Thursday, 10/24 – 12/14
Final Exam: Friday, 12/15
Lincoln Health Education Center
FREE

Build a Shaker Style Table

This class will cover building a small end table that is 30" high, and 16" square. The course is for beginner to experienced woodworkers. The student will make all components of the table using both power tools and hand tools. The project will include most of the procedures required in Basic Woodworking, including: tapering table legs, gluing up panels, cutting multiple parts and making mortise and tenon joints. All tools, safety glasses and hearing protection provided. A materials fee will be charged based on which type of wood the student chooses upon registration; Poplar (best if the project is to be painted) \$100; or Oak - \$150. Students will use the SawStop table saw that has the revolutionary new braking system which eliminates the chance of injuries from the blade. Because of this, a \$50 refundable deposit will be required. The materials fee and refundable deposit are payable to the instructor the first day of class. Please register at clc.maineadulted.org. For questions about this class, please email Bonnie Merrill at bmerrill@aos93.org or call 207-563-2811.

Instructor: Rick Gallion

9 a.m to 1 p.m. | Saturdays

10/7 – 11/4; 11/11 – 12/9

Clary Lake Woodworking School | \$175

Creative Writing Workshops via Zoom

This ongoing workshop offers participants an opportunity to get the creative juices flowing, overcome the internal critic, and let heart and soul flow out onto the page! Just as importantly, it also provides a tight knit, supportive community of fellow writers. The instructor will present proven writing prompts and techniques to tickle your muse and coax even the most hesitant voice onto the page. Elizabeth Potter is a teacher and poet residing in Midcoast Maine. A collection of her poetry "T'ai Chi of Leaves" was released by Moon Pie press in September 2016. She has been leading creative writing workshops for all ages for the past 21 years. Please register at clc.maineadulted.org. For questions about this class, please email Bonnie Merrill

(Continued on next page)

Central Lincoln County Adult Education classes

at bmerrill@aos93.org or call 207-563-2811.

Instructor: Elizabeth Potter

1 to 4 p.m. | Wednesdays,

9/27 – 10/18; 10/25 – 11/15; 11/29 – 12/20

Online via Zoom | \$124 per session

Ballroom Dance

Join the party and learn to dance. Beginner ballroom dance will cover the basic steps for the waltz, tango, rhumba, bachata and more. This six week class will give you the confidence to get up and dance the night away or simply add a dance routine to your workout. You will enjoy great exercise to wonderful music guaranteed! This class will make you smile...so...get your partner and your dancing shoes and let the fun begin! Please bring your dance shoes with you for class. Please register at clc.maineadulted.org. For questions about this class, please email Bonnie Merrill at bmerrill@aos93.org or call 207-563-2811.

Instructor: Megan Dinsmore

7 to 8:30 p.m. | Thursdays, 9/28 – 11/2

Great Salt Bay School | \$59 pp

Creative Movement for EveryBODY

Would you like to be both guided in movements and have room to step out and play? Then this class is for you! It is appropriate for beginners as well as experienced dancers alike, with music, group guided dance, and a chance to create our own dance sequences together. Bring a friend, an open mind, and comfortable clothing to dance in. Please register at clc.maineadulted.org. For questions about this class, please email Bonnie Merrill at bmerrill@aos93.org or call 207-563-2811.

Instructor: Kathryn Jensen

10:45 a.m. to 12 p.m. | Saturdays

9/23 – 10/14; 10/28 – 11/18

TreeHouse Studio | \$70

Wondering How to Give Back to the Boothbay Region?

You Can Help Support the Educational Growth of Our Community.

The Boothbay Region Student Aid Fund (BRSF) has been helping Boothbay Region High School (BRHS) graduates since 1964. In the past five years, over two million dollars has been invested through awards to help alumni pursue their dreams of higher education. For the 2022 - 2023 academic year, BRSF gave grants (not loans) totaling over \$400,000 to students who met eligibility based on financial need.

Who We Support

- BRHS graduates who are enrolled in an accredited program at any community college, technical school, college, or graduate school for a maximum of six years.
- Older graduates, career changers, returning students working on degree completion, or advanced degree are encouraged to apply.
- Awards are based on local students' needs for financial assistance.

For more information please contact:

BRSF, P.O. Box 239, Boothbay Harbor, ME 04538
or email brsaf.org@gmail.com

To learn more, visit www.brsaf.org



**Boothbay Region
Student Aid Fund**



Providing programs, resources, and referrals to neighbors on the Boothbay Peninsula

Helping our neighbors help themselves!

- Addiction Outreach
- Boothbay Community Rides
- Community Fridge
- Community Navigator
- Food for Thought
- Fuel Fund
- Set for Success
- Woodchucks

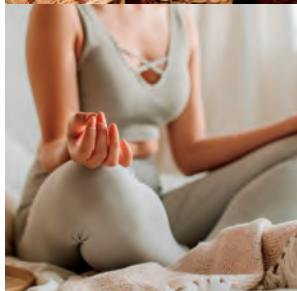


Learn more and donate at

www.crcboothbay.org

(207) 633-6272

PO Box 43, Boothbay Harbor, ME 04538



TEACHERS WANTED AT BOOTHBAY REGION ADULT & COMMUNITY EDUCATION

INSERT YOUR PASSION, HOBBY, OR
SPECIAL SKILL HERE: _____

SOME POPULAR REQUESTS:

ART
EXCEL
FITNESS

FORAGING
HANDCRAFTS
MEDITATION

PHOTOGRAPHY
QUICKBOOKS
YOGA

FMI email Raye Leonard at
rleonard@aos98schools.org



Registration Form

Please register for enrichment courses online with a credit or debit card
by visiting **boothbayae.maineadulted.org**.

Credit or debit card payments are processed through our secure web portal system. Visa, Mastercard, Discover, and American Express are accepted.

You must pre-register and pay to reserve a spot in a class. To pay by check or cash, please fill out and mail in this registration form. Registration is first come, first served, and there may be a delay in processing mailed registrations. We encourage you to sign up online to guarantee your spot.

You will receive a confirmation by email.

REFUNDS: A full refund will be issued if Boothbay Adult & Community Education cancels a class due to low enrollment or by instructor request. A full refund will also be issued if you cancel your registration at least 5 business days prior to the first class, less the online registration fee (see below), if you paid online. No refunds will be given for one-session classes.

Non-refundable portal fee: The \$1.99 per course registration fee incurred when registering online is not refundable. To avoid this fee, please mail in your registration.



Name _____

Address _____

Phone _____ Email _____
Home (in the event of cancellation) cell/work

COURSE TITLE:	DAY/DATE	REG. FEE
1. _____	_____	\$ _____
2. _____	_____	\$ _____
3. _____	_____	\$ _____
4. _____	_____	\$ _____
TOTAL INCLUDED		\$ _____

Most material fees are included in the course registration fee, unless otherwise specified.

Method of payment: Check Cash VISA Mastercard Discover American Express

Credit Card # _____ Exp. Date _____ Security Code _____

Signature _____

Please make check payable to Boothbay Adult & Community Education

Send to: Boothbay Region Adult & Community Education, 236 Townsend Ave., Boothbay Harbor, ME 04538

If paying by credit card, you can call us at 207-633-3224. Classes are filled on a first come, first served basis.

Important notice: The \$1.99 credit card fee when registering for class is nonrefundable. Avoid this charge by paying check or cash.

BOOTHBAY REGION ADULT & COMMUNITY EDUCATION

Vision & Mission

Helping adults achieve their educational and career goals and build a foundation for lifelong learning in Boothbay, Boothbay Harbor, Edgecomb, Georgetown, and Southport.

VISION

Boothbay Region Adult & Community Education creates integrated and meaningful learning opportunities for adults of all ages.

MISSION

- We support adult learners who want to complete a high school credential, improve English language skills, prepare for college, train for a career, or learn a new hobby or skill.
- We reduce economic, cultural, and other barriers to education and employment by offering classes at no or low cost, and by partnering with other organizations that support adults.
- We are inclusive of all races, ethnicities, nationalities, religions, genders, sexuality, ages, socioeconomic statuses, and mental and physical abilities.

Boothbay Adult & Community Education
236 Townsend Ave.
Boothbay Harbor, ME 04538

Non-Profit Org.
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Portland, ME

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