A Note from the Director

Happy 2020!

I am not sure about you, but I think that the past decade just flew by! The turning of a new decade provides the opportunity to evaluate goals, careers, health, and many other aspects of our lives, in a ten year increment. Are you where you thought you would be ten years ago? What do you need to do to get where you want to be in the next ten years? We work hard here at Gray-New Gloucester Adult & Community Education to provide a program that will help you set and reach your goals.

This catalog features many of your old favorites along with some new classes to tempt you out of your comfort zone. Several students have already completed the HiSET this year, allowing them to obtain better paying jobs. Many of them are looking into training programs or further education. Our Maine College and Career Access program continues to grow, providing advising services and support for those who need a little help transitioning into college or training. Healthcare training classes continue to prepare students for high-demand employment. If we don’t have what you are looking for, we will find someone who does!

As always, if you have a hobby or skill you would like to share, please let us know. Have a wonderful new year and we hope you’ll stop in!

Be Well,
Stephanie Haskins

Welcome to Gray-New Gloucester Adult & Community Education
657-9612 • GNG High School, 10 Libby Hill Road, Gray, Maine 04039 • gray.maineadulted.org
Classes & Programs

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All classes located at Gray-New Gloucester High School in Room 149 unless otherwise noted.
Please use the entrance near the gym.

Programs & Services

Gray-New Gloucester Adult & Community Education provides citizens of Gray, New Gloucester and beyond the opportunity to pursue personal, career and educational goals. Programs are learner centered and will help you reach your potential. Call 657-9612 to find out which program is right for you.

Academic Programs
Students participate in classes designed to improve their basic reading, writing, and math skills. High School Diploma and HiSET (replaces the GED) are available to help you earn your credential. We also offer workshops on financial literacy, budgeting, and computer classes.

Career Advising
Is it time for a change? Do you need to get off your current path? We can help. Our career advisor can help you decide what you want to be when you grow up, and how to get there.

College Transitions
For many the road to living the American Dream travels through College. The most well-paying jobs and sustainable careers are those which require 2 and 4 year degrees. If you have always thought about going to college, but are overwhelmed, let us help you. We can provide academic support, help with applications and financial aid, as well as placement testing.

Enrichment Courses
From Party Painter art nights to ballroom dancing, we offer a variety of classes to keep you busy, engaged and having fun. Check our brochure or website to find more information. We have something for everyone.

Family Literacy
Families who read have children who are more successful in school. Join us to improve math, reading and writing skills, take advantage of opportunities to earn your high school credential or get help across that bridge to a college program.

High School Completion and HiSET Testing
If you are missing a couple of credits toward your HS diploma or would like to look into taking the HiSET exams to earn your credential we can help. We offer preparation classes for the HiSET or can help you earn those last few credits toward your adult diploma.

Vocational & Certificate Options
From welding to CNA classes, if we don’t have it, we can help you find it. There are many local programs to help workers retrain for high demand jobs. Call to find out how we can help.

Work Ready
Endorsed by business and industry and supported by Adult Education and the Maine Department of Education, this program prepares individuals for the workplace. GNG Adult Ed will offer a work ready program with sufficient interest or locate an existing program for you. Please call us at 657-9612.

Gray-New Gloucester Adult & Community Education Advisory Council
Sarah Rodriguez  Theresa Boynton  Gary Harriman  Sheila Myhaver
Renata Velente   Louise Chaplin   Stephanie Haskins

207-657-9612 • gray.maineadulted.org
HiSET Preparation Learning Labs
Our HiSET preparation learning labs are designed to help students preparing to take the HiSET in math, reading, writing, science or social studies. These labs are available on a drop in basis for students working on any subject and instructors provide direct instruction in an individualized environment. Students may work in small groups or independently, depending on the number of students and their needs. Additionally, students will be eligible to register on our online learning platform to access instructional material at home.

Wednesdays, 4-7 pm

Math Learning Lab
Students enrolled in this course have the opportunity to learn basic, everyday math skills, prepare for the HiSET math exam and/or brush up on math for college, in a relaxed, comfortable environment. If you have always found math to be struggle, visit our math learning lab to gain more confidence in math. Our instructors assess students and develop individualized programs to meet your needs. You may work alone or in small groups depending on the number of students. Additionally, students will be eligible to register on our online learning platform to access instructional material at home.

Mondays, 4-7 pm and Thursdays, 10 am-1 pm

Reading & Writing
Students enrolled in this course will develop basic, everyday reading and writing skills in a relaxed, comfortable environment. This is a great course, designed to help brush up on communication skills, formatting for letters, reading texts for information and prepare for the HiSET. Students will learn about different types of text, author meaning, grammar, punctuation, and sentence structure. Additionally, students will be eligible to register on our online learning platform to access instructional material at home.

Tuesdays, 10 am - 1 pm

HiSET Academy - Online HiSET Preparation
Gray-New Gloucester Adult & Community Education also offers students the opportunity to work at home, at your own pace with HiSET Academy. Students can work on reading, writing, science, social studies and math to improve their skills and prepare for HiSET testing in the comfort of your own home. This option is available to students working toward a high school credential and/or preparing for college. Students must complete the enrollment process and attend learning lab to be eligible for these courses. To find out more call 657-9612.

Open Computer Lab
Do you struggle with using computers? Do you need help getting started. This lab time is open to anyone wanting to improve their digital literacy for the workplace, college entry, or personal use. An instructor is on hand each week to help with basic skills from navigating the computer, keyboarding to learning google sheets and more. Join us during this drop in time and we’ll help you build your confidence in your digital skills. This class is free for all HiSET and College Transitions students.

Tuesdays, 5-7 pm
FREQUENTLY ASKED QUESTIONS:

How do I get started?
Call Gray-New Gloucester Adult & Community Education to schedule an intake appointment. Our academic and career advisor will meet with you to determine a plan for your success!

When can I enroll?
Anytime! Our classes are rolling admission, so you can begin anytime.

How long will it take to complete my High School Credential?
It depends! This is a tricky question to answer as every person is different. Quite often it depends on the time you have available to devote to your studies. Some students complete quite quickly, while others take longer given family and work constraints. We do provide considerable support to help you get through!

How much will it cost to get my HiSET or HSC?
If you are a resident of the state of Maine, you are able to take as many classes as you need for free. Testing is also free.

How many times can I try a HiSET test?
You may take each test 3 times in a calendar year. We make sure that you are prepared for each test before you take them.

Contact our Career Counselors to schedule an appointment -
Paul Elisha at pelisha@sad15.org or Maureen Mitchell at mlmitchell@sad15.org

U.S. Census 2020
Everyone Counts!

The United States has counted its population every 10 years since 1790! WHY do we do this?

Information collected from the Census...

- helps communities plan for roads, schools, emergencies, health services and more.
- helps new businesses plan and grow
- decides how many representatives are elected to congress.
- helps our government understand community needs and plan future spending.

EVERY PERSON living in the U.S. is counted!

By April 1, 2020, every home will receive an invitation, and participation is REQUIRED by law. You will be able to reply online for your home at 2020census.gov, or by mail or phone.

For more information, visit www.2020census.gov. For help with the census, visit maineadulted.org

Need a temporary job? The Census Bureau is hiring!
Financial Aid Workshop
The Financial Aid Workshop will provide an overview of the financial aid process and the completion of the FAFSA (Free Application for Federal Student Aid). Discussion will include a review of federal, state, school-based, and private funding sources. Creation of the FSA ID will be covered. Student loan management and searching for scholarships are also discussed. Please bring a copy of your 2018 federal tax return (if applicable) to aid with the filing of your FAFSA if you hope to start college in the fall of 2020. Due to grant constraints, participants must be adults hoping to enter post-secondary education.

Instructor: Randi Paine
Monday, 3/2, 6:00pm
Location: GNG Adult Ed
Fee: The class is FREE but pre-registration is REQUIRED

Pre-College Math - Blended Learning
Our blended learning, pre-college math class is designed for students who want to brush up on their math skills or seek to boost their Accuplacer scores for college entry. This course will review arithmetic, including factoring, fractions, percents, and word problems as well as some elementary algebra concepts in a supportive environment. Students have time for practicing skills, asking questions and will also learn some basic skills in time management and organization. Blended learning opportunities offer a combination of in class and online learning to help provide the most flexibility for students seeking to further their education. For more info 657-9612.

Maine College & Career Access

Maine College and Career Access (MCCA) is a program designed to help adults navigate college and career options with academic and advising services.

MCCA programming is available to new graduates to help them navigate the employment, training or college process.

MCCA programming is now available at SMCC as well as your local Adult Education.

For more information call 657-9612 or email:

Paul Elisha - pelisha@sad15.org
Maureen Mitchell - mlmitchell@sad15.org
College Success Class
(16hr Blended Learning)
A blended learning class combining face-to-face classroom sessions with online learning assignments and interaction. This course will focus on the essential skills of a successful college student which will include study skills, time management, decision making strategies, financial literacy, career pathways exploration and academic readiness. This class fulfills a required college graduation credit at both Central and Southern Maine Community Colleges. Rolling admission.
Instructor: Alice McGrath
Date: 2/11 - 3/24
Time: 10am-2pm on 2/11 and 3/24
Location: GNG Adult Ed
Fee: Free, but must pre-register

Maine College Transitions: Frequently Asked Questions:

What is Maine College Transitions?
Maine College Transitions (MCT) is a comprehensive academic and advising program leading to enrollment in post-high school education or training that results in a credential of value and high-quality employment. Participants in MCT programming will acquire the skills and knowledge to pursue their learning and employment goals.

What is an Academic and Career Advisor?
Academic and Career advisors are here to help you develop an individualized learning plan (ILP). In developing your ILP, you will explore career options, develop short and long term goals, and determine any supports that you need to reach that goal. Our advisors are here throughout your education and/or training to help you refine your plan and make changes as needed. Call to schedule an appointment today!

What is College Success?
College Success is a course that is designed to teach the skills that will be needed to be successful at the college level. Skills such as writing, time management, study habits, etc. Successful completion of one of our Success in College courses can be worth one or three credits at SMCC or CMCC depending on which course you take.

Can I be a MCT student before I complete my high school credential?
Yes, there are students who are able to enroll in both MCT and high school completion at the same time. This allows the student to prepare for post-secondary education or training while preparing for HSSET. The goal is to help students meet their needs as efficiently as possible, allowing them to reach their goals. Ask your advisor if you have questions about participating in both programs.

Can I be enrolled in Community College and a MCT student at the same time?
Yes! There are classes that you can take at SMCC while you are taking classes through Maine College Transitions that will help you succeed at the community college level. Each students circumstances are different, so it is important to work with your advisor to determine a plan for your success.
CAREER PATHWAYS

Now What Do I Want to Be.....
Have you been out of the workforce raising kids or caring for a family member? Whatever the reason, if you are looking for your next step, wondering what your next move will be, join us! This class will help you identify your career interests and figure out how to get there. A follow-up, individual advising session will be scheduled with each student.
Instructor: Maureen Mitchell
Wednesday, 1/22
Time: 6:00pm-8:00pm
Location: GNG Adult Ed
Fee: $20

Open Computer Learning Lab
Do you struggle with technology? Google has many great tools you can use for free! If you want to use Google for personal use, or you use it at work, we will explore the amazing tools provided. Learn to present information, share with colleagues, collaboratively edit, and use other time-saving tools. (If you do not have a current google account, we will create one in the first class.) Bring a laptop or we will have computers available. The beauty of Google is that you can access it anywhere you can go online. Thanks to a generous donation by OtelCo we are able to offer this ongoing open lab time at no cost.
Instructor: Kent Pelkey / Tara Hannan
Location: GNG Adult Ed classroom
Fee: Free, but pre-registration is required • Tuesdays, 5-7pm, starting January 21st

MS Outlook Bootcamp
Learn to navigate Microsoft Outlook email software like a pro. From sending and receiving email and attaching documents, creating your own specialized signature to managing your contacts and calendars, this intensive 3-evening course will have you maneuvering through this industry standard software with ease.
Instructor: DJ Levasseur
Monday, 5/4 – 5/18, 3 weeks
Time: 5:00pm – 7:00pm
Location: WRAE Learning Center
Call 892-1819 to register or for more information
Fee: $39

Beginner Drone Flying: DRONE BASICS sUAS FLIGHT TRAINING - (sUAS—small Unmanned Aircraft Systems)
If you are ready to explore this exploding career field, now is the time! This 23-hour course is designed for anyone using or looking to use drones. We cover the operation of various models, hands-on flight practice, uses and applications across industries, FAA (Federal Aviation Administration) regulations, operational risks, insurance, career opportunities and much more. If you are in, or thinking about, real estate, construction, highways, agriculture, insurance, public safety, photography, media, inspection, etc. or want to start a business, you’ll learn how your industry can be transformed in new, cost-effective ways. We will discuss how the citizens of Maine are using these unmanned aircraft in their businesses and how best you can employ drones in your business or start a new one. Prerequisites: Ability to read and write the English language to at least the eighth-grade level, and comfortable using a computer and internet browser.
NOTE: Class times include a working lunch. Please come prepared with a bagged lunch, snacks and drinks. Microwave and fridge are available for use.
Instructor: Col. Daniel Leclair
Saturdays, 3/14, 3/21, 3/28, 9AM - 2PM for 3 sessions
Location: Windham Raymond Adult Ed, Learning Center
Fee: $159
Call 892-1819 to register or for more information
Certified Nursing Assistant (CNA)
If you are seeking a challenging and rewarding career in the medical field, this course will provide you with the skills and experiences to be Maine State Certified as a Nursing Assistant. This regional collaboration has allowed us to offer this course at a reduced cost! Skills will be taught in an interactive classroom setting, and a two-week clinical experience will follow. The course will focus on nursing theory and application, including basic anatomy, physiology, and clinical performance. The course will also introduce you to several employers within our region. Prerequisites: students must successfully pass the CASAS testing and interview screening in order to be admitted to the program. Applicants are encouraged to job shadow a CNA before interviewing. Documentation of a recent medical physical, conducted and signed by a physician, is required before clinical. Students must produce evidence of the following vaccinations: Hep B1, MMR, Tetanus, Chicken Pox, TB and flu shot. Fee for background check is non-refundable. New classes beginning frequently! Visit our website to add your name to the interest list or call for more information. Fee: $450

Certified Clinical Medical Assistant
For students who want to prepare for an exciting, challenging and rewarding career in healthcare. This program trains students to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. Includes hands on labs and a clinical externship opportunity at a local healthcare provider. To be eligible for clinical rotation, students must successfully complete the 140 hour program, submit to a thorough background check, drug screening and meet other requirements. Note: Upon successful completion of this program, students are eligible to sit for the National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination. Class location and schedules vary. Visit our website to add your name to our interest list or call for more information about upcoming classes.
Fee: $2,699 (Textbooks Included, board exam is additional $155) Free for those who qualify.

Phlebotomy Technician
The Phlebotomist is a vital member of the clinical laboratory team who obtains a patient’s blood specimens by venipuncture and micro collection for testing purposes. Phlebotomists are employed across the healthcare system. Classroom and clinical experience at Bridgton Hospital includes medical terminology, blood collection, procedures, specimen hands-on practice, and training in skills and techniques to perform puncture methods. Learners must produce documentation of a recent medical physical examination conducted and signed by a physician, and the following vaccinations: Hepatitis B, MMR, Tetanus, Varicella, and TB. Class includes the NHA’s Certified Phlebotomy Technician (CPT) exam. Clinical experience is held at Bridgton Hospital, Bridgton, Me. Class size is limited. To enroll, call 207-627-4291.
Instructor: Christopher Connor
Begins: January 25, 2020 - 12-week session
Saturdays; 9:00 AM-1:30 PM
Orientation Date: Saturday, January 11, 2020
Location: Lake Region Adult Education, Naples
Fee: $700; Students are responsible for purchasing books
Computer Science - Accelerated Training Program

Are you ready to upgrade your current IT skills and build a rewarding career in a high demand field?

Do you possess the aptitude to excel in today's ever changing information technology field?

Are you ready to take advanced courses and excel in an internship leading to full-time employment?

The UMA Accelerated Training Program is a flexible, online, three-session program (Spring 2020 through Fall 2020) that provides learners with moderate to advanced level coursework and an applied academic internship experience for an IT pathway resulting in a laser certificate. UMA’s innovative program is a wonderful resource for Maine residents interested in attaining digital skills and quality employment in the technology sector.

<table>
<thead>
<tr>
<th>Training Pathways</th>
<th>Prerequisites</th>
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<tbody>
<tr>
<td>Web Design &amp; Development</td>
<td>Resident of Maine</td>
</tr>
<tr>
<td>Security</td>
<td>Ages 17-29</td>
</tr>
<tr>
<td>Database Administration</td>
<td>Unemployed or underemployed</td>
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<tr>
<td>Data Science</td>
<td>Proof of authorization to work in the U.S.</td>
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<td>Testing/Assessments required</td>
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Upon successful completion of one of the five pathways, students will have earned 18 college credits and will receive a certificate documenting their accomplishment and understanding of pertinent IT skills within their chosen concentration. UMA courses are industry recognized as developing key IT skills and provide a foundation for either a 2- or 4-year degree in a related field.

Grant Funded

At no cost to TechHire enrollees! For more information and to get started contact your local Adult Education provider or email techhire207@gmail.com.

Deadline: Friday, January 10 - For enrollment in the 2020 spring semester.

This 4-million dollar workforce development project is fully funded by a U.S. Department of Labor Employment and Training Administration grant awarded to and managed by Coastal Counties Workforce, Inc. the Local Workforce Development Board for Maine’s six coastal counties. This is an equal opportunity employer/program and auxiliary aids and services are available upon request to individuals with disabilities.
Youth Mental Health First Aid

Friday, 2/28 • Time: 8:30am - 5:00pm • Location: GNG Adult Ed • Fee: $5

Please register at https://www.namimaine.org/events/EventDetails.aspx?id=1311341&group=

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

WHAT WILL PARTICIPANTS LEARN?
The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling – rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage appropriate professional help
- Encourage self-help and other support strategies

The Youth Mental Health First Aid USA curriculum is primarily focused on information participants can use to help adolescents and transition-age youth, ages 12-18.

WHO SHOULD TAKE THE COURSE?
The course is designed for adults who regularly interact with adolescents (teachers, school staff, coaches, youth group leaders, parents, etc.), but is being tested for appropriateness within older adolescent groups (16 and older) so as to encourage youth peer to peer interaction. In January 2013, President Obama recommended training for teachers in Mental Health First Aid. Since 2008, the core Mental Health First Aid course has been successfully offered to hundreds of thousands of people across the USA, including hospital staff, employers and business leaders, faith communities, law enforcement, and the general public.

WHO CREATED THE COURSE?
Mental Health First Aid USA is coordinated by the National Council for Behavioral Health, the Maryland Department of Health and Mental Hygiene, and the Missouri Department of Mental Health. Mental Health First Aid USA worked with experts at the National Technical Assistance Center for Children’s Mental Health at the Georgetown University Center for Child and Human Development to develop the youth program.

WHERE CAN I LEARN MORE?
To learn more about the Mental Health First Aid USA, or to find a course or contact an instructor in your area, visit www.MentalHealthFirstAid.org.
Arts & Crafts

Crochet Wire Jewelry
Learn to use crochet stitches in a new way! Using wire and high quality glass beads you’ll learn how to construct a necklace or bracelet simply by crocheting. No prior experience is necessary. Choose from our variety of colorful beads to accent your stunning jewelry and give it a unique look. Give your piece a finishing touch with a beautiful gold or silver plated clasp. Workshop fee includes all materials to make one necklace or bracelet.
Instructor: Art Night Out
Monday, 2/3, 6-8pm
Location: GNG Adult Ed
Fee: $39

Image Transfers
Turn your photography into fine art. Using this innovative technique, digital prints are transformed into art pieces to be hung in your home. We will provide photos for you to work with. (You are welcome to work with one of your own photos but it must be a laser ink (not ink jet) copy, the image being no larger than 5x7 inches and no smaller than 4x6 inches.) You will also get better results with a photo that is high in contrast. If your image has words, be sure to reverse the image when making the copy. Each student makes several transfers on a variety of surfaces such as wood, metal and paper.
Instructor: Art Night Out
Monday, 3/16, 6-8pm
Location: GNG Adult Ed
Fee: $39

Mosaic Stepping Stone
Create your unique path with the help of a stepping-stone. Learn how to use mosaic tools while working with our extensive tile collection. Pour your cement and take the form home to be removed the next day. Workshop fee includes all materials to make one 9-inch stepping-stone.
Instructor: Art Night Out
Monday, 4/27, 6-8pm
Location: GNG Adult Ed
Fee: $39

Mosaic Wine Stopper
Impress your friends and family with handcrafted items that you’ve made yourself. This is a great activity in which to spend a relaxing time with friends. Learn basic mosaic techniques to wine stoppers using tiles from our extensive collection. Workshop fee includes all materials needed to make two stoppers.
Instructor: Art Night Out
Monday, 5/4, 6-8pm
Location: GNG Adult Ed
Fee: $39

If you need help completing the 2020 Census, please call!
Paper Earrings
Create beautiful, lightweight earrings with paper! Use hand-printed paper from our collection or bring your own. Create a pair to coordinate with an outfit! Embellish with paints and then coat to finish and waterproof. In this class you will also learn how to make your own ear wires to fit your paper creations. Workshop fee includes all materials needed to make two pairs of earrings.
Instructor: Art Night Out
Monday, 5/18, 6-8pm
Location: GNG Adult Ed
Fee: $39

Introduction to Watercolor Pencil
Learn quick, simple, and effective ways to tackle any subject in watercolor pencils. We will learn how to create washes, use the pencils both wet and dry, and how to enhance detail with ink. Projects will include still lifes, landscapes, animals, and people. All levels are welcome.
* List of supplies needed will be sent to students 1 week prior to class beginning.
Instructor: Kelli McNichols
Mondays, 2/24 - 3/23
Time: 6-8pm
Location: GNG Adult Ed
Fee: $75

Introduction to Watercolors
The objectives of this class are to develop, at an introductory level, abilities in watercolor painting. Students will acquire an understanding of the tools and terms in this medium. We will experiment with dry, damp and wet surfaces to explore some of the possibilities and outcomes. In addition to mastering basic washes, we will investigate glazing and layering as well as application techniques. * List of supplies needed will be sent to students 1 week prior to class beginning.
Instructor: Pauline Cook
Tuesdays, 2/4 - 3/10 (no class 2/18)
Time: 5:30-7:30pm
Location: GNG Adult Ed
Fee: $75

Watercolor Workshop
Building on our beginners course, we will explore a host of new and old techniques. Each class we will tackle specific problems in rendering skies, water, rocks and figures. * List of supplies needed will be sent to students 1 week prior to class beginning.
Instructor: Pauline Cook
Tuesdays, 4/28 - 5/26
Time: 5:30-7:30pm
Location: GNG Adult Ed
Fee: $75

3D Printing
Check out the exciting world of 3D printing. Learn how to design using Tinkercad web based software to build simple, fun projects to print out. Some computer experience is necessary.
Instructor: Kent Pelkey
Mondays, 3/2 - 4/6
Time: 6-8pm
Location: GNG Adult Ed
Fee: $45

Drawing the Kitchen Garden
Inspired by the beauty of the kitchen garden, learn how to draw herbs, plants, and even a friendly bee or butterfly in colored pencil. You will be guided step by step through the process from creating a foundation sketch, to selecting colors, to creating a finished piece. There will be demonstrations and plenty of time for practice and individual guidance. No experience is necessary, all levels are welcome.
* List of supplies needed will be sent to students 1 week prior to class beginning.
Instructor: Kelli McNichols
Mondays, 4/6 - 5/11 (no class 4/20)
Time: 6-8pm
Location: GNG Adult Ed
Fee: $75
Gardening

Grow Your Own Organic Garden!
An Introduction to the Basics of Organic Gardening
Interested in learning how to grow your own vegetables in a sustainable manner? Join us for an evening-long workshop on how to grow your own garden organically. We’ll talk about the basics of soil, the fundamentals of making and using compost, the principles of crop rotation, and how to incorporate green manures to manage nutrients in the garden. Other topics will include basic weed control strategies and cultural methods for dealing with pests. The instructor will be an experienced farmer or gardener from your region. We will even send you home with free seeds! All are welcome, from first-timers to experienced gardeners who want to experiment with new techniques.
Instructor: Maine Organic Farmers & Gardeners Association (MOFGA)
Wednesday, 4/8
Time: 6-9:00pm
Location: GNG Adult Ed
Fee: $10

General Enrichment

Raising Poultry at Home
Are you considering raising chickens for tick control or fresh eggs? Maybe you are thinking ducks would be cute waddling around your backyard. We can help you choose the right breed and bird to suit your lifestyle for a harmonious relationship. In this class, we will cover the fundamentals of raising poultry from hatching to egg laying. The focus will be on proper nutrition, housing for your flock, and predator proofing coops and runs. We will give you all the information you need to raise healthy, happy chickens, ducks, and geese.
Instructor: Melanie Locke
Tuesday, 2/11
Time: 6:00-8:00pm
Location: GNG Adult Ed
Fee: Free but pre-registration is required

No Such Thing As “Away”
Have you ever thought about where your trash ends up after you throw it away? Come find out with an ecomaine environmental educator to learn many steps your trash takes from your house or transfer station to its resting place at the ecomaine landfill in Portland. A virtual tour will be shown, including the giant claws, fire that burns at 2000 degrees and clean electricity for homes and businesses of Maine. This class is geared toward Gray residents as ecomaine does not take material from New Gloucester but all are welcome to attend! Bring your curiosity and your questions!
Instructor: Katrina Bussiere-Venhuizen
Tuesday, 3/3
Time: 6:00-7:15pm
Location: GNG Adult Ed
Fee: Free but pre-registration is required

The Psychology of Climate Change: Cultural Impacts in Tuvalu
Tuvalu is a low-lying island nation in the South Pacific that is projected to become uninhabitable due to sea level rise in the next 50-100 years. Tuvaluans are therefore having to contend with an uncertain future, not knowing if their children or grandchildren will be able to live in Tuvalu, or if they will be able to survive as a community elsewhere, or if their families and communities will be scattered. This presentation will provide an overview of the “psychology of climate change” and describe present realities and future prospects faced by one island nation.
Instructor: Kate Corlew
Wednesday, 2/26
Time: 6:00-7:00pm
Location: GNG Adult Ed
Fee: Free but pre-registration is required

Understanding The Maine Death with Dignity Act
The question of hastening one’s death when terminal illness sometimes prompts strong reaction. Important concerns may arise from every arena. What are the facts? What does Maine’s new law really mean? Who can use it and under what circumstances? How is one to sort it all out? With straightforward information and candid discussion, there is a clear path to understanding the Maine Death with Dignity Act. Handouts will be provided. Please bring a pen/pencil to take notes.
Instructor: Valerie Lovelace
Tuesday, 3/10
Time: 6:00-8:00pm
Location: GNG Adult Ed
Fee: Free but pre-registration is required
**Puppy Kindergarten**
Learn how to evaluate your puppies play habits and body language to ensure safe interactions are encouraged. Teach puppies to focus on you along with the basics of sit, walk on leash, come, down. For puppies ages 8 weeks to 20 weeks of age only! Proof of vaccines required.
Instructor: Amy Herbert/Deanna Raihl
Wednesdays, 2/26 - 3/25
Time: 6:15pm - 7:15pm
Location: GNG High School Aux Gym
Fee: $20; Lab fee: $100 paid to the teacher at the first class

**Trick Dog Novice**
Teach your dog to perform fun tricks, many of which he probably already knows, and perform them in order to earn titles with the AKC. Great way to keep your dogs mind busy during the winter months! For dogs 6 months and older. Proof of vaccines required.
Instructor: Amy Herbert/Deanna Raihl
Wednesdays, 2/26 - 3/25
Time: 7:15pm - 8:15pm
Location: GNG High School Aux Gym
Fee: $20; Lab fee: $100 paid to the teacher at the first class

**Dress For Your Natural Coloring and Face Shape (For Women)**
Have you ever noticed when you are wearing certain colors people comment on your looks? Learn how to look healthier and more attractive by dressing for your eye, hair and skin coloring as well as for your face shape. In this one evening workshop each attendee will have the opportunity to be draped in different shades of colors to demonstrate how choosing the right shades impacts your appearance and compliments your skin. Participants will also learn their face shape and receive overall tips on how to choose glasses, hairstyles and necklines that are the most flattering for their features. Bring paper and pen to take notes for your next shopping trip or to bring home and redesign what you wear!
Instructor: Candance Sanborn, Owner of Radiant Image
Tuesday, 2/25
Time: 6:00-8:30pm
Location: GNG Adult Ed
Fee: $35

**Best Styles for Your Body Shape**
Do you have a lot of clothes in your closet but still feel like you have nothing to wear? Do you dislike shopping because you’re not sure what looks good on you? In this interactive class, you’ll determine your body type and face shape and learn tips for the most flattering clothing styles and necklines for your features. Bring your phone to take pictures and a pen and paper for notes!
Instructor: Candance Sanborn, Owner of Radiant Image
Wednesday, 3/18
Time: 6:00-8:30pm
Location: GNG Adult Ed
Fee: $35

**Getting Paid to Talk: An Intro to Voice Over**
Do people compliment you on your voice? Have you ever thought about using it to make money? This class will introduce you to the growing field of voice over, where you can get paid to record everything from audio books and cartoons to documentaries, commercials, and more. You’ll learn what the pros look for, how to prepare, and where to find work in your region. You’ll also hear samples from working voice professionals, and have the opportunity to read a short, professional script under the direction of our instructor. Class is a fun, realistic presentation, and a great way to learn about the business of voice acting. Attendance is limited to ensure a quality class experience, so sign up today! For more info: http://www.voicecoaches.com/gppt
Instructor: Voice Coaches
Wednesday, 4/29
Time: 6:30-9pm
Location: GNG Adult Ed
Fee: $35
**Getting Paid to Talk:**

An Intro to Voice Over / Online Course

This in-depth web-based class takes you behind-the-scenes into the studio to explore the enormous growth in professional voice acting. From commercials and training material to audiobooks, gaming, education, on-hold messaging, and more, get an inside look at how ordinary people with clear communication skills pursue great voice acting opportunities. This class is presented via the internet and is best suited for viewing on a device connected via wifi. The class includes video and audio. There is also a workbook section that can be downloaded for permanent reference. After purchase, receive instructions, including a unique password, that will allow you to access the class for 48 hours once logged in. Final portion of the class includes multiple choice review and instructions to schedule a one-on-one voice review. To ensure organized scheduling, voice reviews should be scheduled within one week of class participation.

Instructor: Voice Coaches

Date: On-going   •  Location: Online  •  Fee: $35

**Chinchilla Care**

If you are a chinchilla owner this class is for you! You’ve probably seen a lot of conflicting information from the web, pet stores, veterinarians, and even breeders on proper care. Attend this free class with your chinchilla to get expert information from a chinchilla professional about diet, care, behavior, health, and handling. Owners will have the opportunity to learn how to hold, make a chin toy, and get a free health check for their chinchillas. Prospective owners welcome too! Learn whether a chinchilla is the right pet for you!

Instructor: Marianne Sansouci

Tuesday, 3/31

Time: 5:30-7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration is required

**Driving and Safety**

**Firearm Skills and Exam Day**

Dept. of Inland Fisheries and Wildlife’s Hunter Education Course is more than a ‘gun safety’ class. The basic mandatory course is taught by trained, certified volunteer instructors according to statewide standards. New this year: The course has an “at home” portion before classroom instruction. Students must successfully complete the free online Official Maine Hunter Safety Course at: https://www.hunter-ed.com/maine/

Please visit our website or call for details.

Instructor: Tim Knedler

Saturday, 3/14

Time: 8:30am - 3:30pm

Location: GNG Adult Ed

Fee: $10

**ATV and Snowmobile Safety Class**

Participation in an ATV and Snowmobile education course will teach you how to properly operate and maintain them. We will also cover the laws, personal safety, use of maps, and rider’s responsibilities pertaining to the environment, landowners and ethics. Please bring your owner’s manual if possible. You must attend all of the class to receive your certificate. Sponsored and certificates provided by ME Dept. of Inland Fisheries and Wildlife.

Please Note: For the ATV section a person 10 to 16 years of age may not operate an ATV unless that person has successfully completed this course and these students must be accompanied by a parent or guardian. For the Snowmobile section a person 12 years and younger must be accompanied by a parent or guardian. All students 17 years and younger must have parental consent. This is done by signing the registration card at the start of the class.

Instructor: David White

Saturday, 3/14

Time: 8:00am - 3:00pm

Location: GNG Adult Ed

Fee: $10
Maine Driving Dynamics
Maine’s Driving Dynamics course offers all drivers the opportunity to improve their defensive driving abilities. This five-hour course will include discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine highways. Students completing the course will receive a three-point credit on their driving record. A Certified Maine Driving Dynamics Instructor teaches this course.
Instructor: BMV Instructor
Saturday, 3/14, 8:30am to 1:30pm
Location: GNG Adult Ed
Fee: $40 adults, $25 seniors

Until Help Arrives
This FEMA sponsored class provides tools to educate and empower the public to act in an emergency situation before professional help arrives. The program instructs individuals how to provide life saving care before first responders arrive by learning how to protect the injured from harm, stop bleeding, position the injured so they can breathe and to provide comfort to the injured. This approach builds a network of lifesaving individuals throughout the nation. You are the help until help arrives!
Instructor: Pete Holmquist
Time: 6:00-8:00pm
Location: GNG Adult Ed
Fee: Free but pre-registration required

American Heart Association CPR
This course covers adult, child and infant CPR. Use of an AED. Adult, child and infant choking. How and when to call emergency services. A certification from the American Heart Association will be presented at course completion.
Workbooks are not included with this class but can be purchased in advance for $10. This workbook covers CPR and First Aid. Please indicate on the registration form if you want to purchase. This class is offered on three separate dates.
Instructor: Charissa Kerr
Tues, 2/25; or Tues, 3/24; or Wed, 5/13
Time: 6:00 - 9:00pm
Location: GNG Adult Ed
Fee: $59

American Heart Association First Aid
This course covers bleeding that you can see and bleeding you cannot see; treating for shock, and how and when to call emergency services. A certification from the American Heart Association will be presented at course completion. Workbooks are not included with this class but can be purchased in advance for $10. This workbook covers First Aid and CPR. Please indicate on the registration form if you want to purchase.
Instructor: Charissa Kerr
Monday, 3/23
Time: 6:00 - 9:00pm
Location: GNG Adult Ed
Fee: $39

Wilderness and Remote First Aid
Lighthouse Health and Safety brings you this American Red Cross Wilderness and Remote First Aid course. It teaches individuals how to respond to emergency situations in a delayed-help environment. The program meets OSHA’s Best Practices for Workplace First Aid Training Programs standards. It is appropriate for anyone who participates in outdoor activities or who work in wilderness or remote settings where emergency medical services (EMS) response is more than 1 hour away. Students must have a current adult CPR/AED certification and be at least 14 years old. Successful students will receive an American Red Cross certificate for Wilderness and Remote First Aid valid for two years.
Instructor: Brad Rounds
Wednesday, 3/18-4/8
Time: 5:00 - 9:00pm
Location: GNG Adult Ed
Fee: $175

Bloodborne Pathogens
Lighthouse Health and Safety brings you this American Red Cross Bloodborne Pathogens Training course. It will teach participants how to protect themselves and others from exposure to bloodborne pathogens on the job, and what to do if an exposure occurs. The Bloodborne Pathogens Training course is designed to assist employers with meeting the training mandate as stipulated in the federal Occupational Safety and Health Administration (OSHA) Bloodborne Pathogens Standard.
Instructor: Brad Rounds
Tuesday, 5/19
Time: 5:00 - 7:00pm
Location: GNG Adult Ed
Fee: $70
Bach Flower Remedy System Classes
Instructor: Nancy Troubh, (BFREP) Bach Foundation Registered Practitioner, (BRRAP) Bach Foundation Registered Animal Practitioner, Bach Basics Teacher

Dr. Edward Bach was a well-known and brilliant physician, surgeon, homeopath, bacteriologist and immunologist. In working with his patients, he found that their physical illnesses were exacerbated by their mental and emotional states and set out to discover a system of healing with non-toxic plants that would be safe and simple, with no side effects.

In the 1930's he created a complementary system of healing using 38 non-toxic plants, each balancing a specific negative emotional issue. Dr. Bach's system became known as the Bach Flower Remedy System and is widely used today in more than 66 countries.

The Bach Remedies do not interact with any other form of treatment and are drug-free; they are simple to use and are safe for all ages and species, with no side effects.

The Bach Flower Remedy System is truly nature’s tuning fork, bringing back into positive balance specific negative emotions enhancing our wellness, joy and passion!

Bach Remedies for the Ups and Downs of Life
Learn how the Bach flower remedies can help you manage stress and provide a calming positive energy to help balance emotions and restore confidence and calm. Bring a notebook and pen/pencil.
Wednesday, 2/5 • Time: 6:00-8:00pm
Location: GNG Adult Ed
Fee: $25 plus $15 material fee for personal blend of remedies payable to the instructor

Bach Remedies for Caregivers
Learn how the Bach flower remedies can help you juggle your many responsibilities and provide a calming positive energy to help balance emotions and restore energy. Bring a notebook and pen/pencil.
Wednesday, 2/26 • Time: 6:00-8:00pm
Location: GNG Adult Ed
Fee: $25 plus $15 material fee for personal blend of remedies payable to the instructor

Bach Remedies for Pets
Keep your pets happy and healthy every day!! Bach flower remedies can help with any kind of emotional distress your pet may feel. Bring a notebook, pen/pencil. Please indicate on registration form what species of animal you are interested in learning about.
Wednesday, 3/25 • Time: 6:00-8:00pm
Location: GNG Adult Ed
Fee: $25 plus $15 material fee for personal blend of remedies payable to the instructor

Bach Remedies for Emotional Eating
Are you an emotional eater? Do you eat to feed your feelings instead of your body? Learn how Bach flower remedies can help manage mindless eating and provide a calming positive energy to help balance emotions and restore confidence and self-worth. Bring a notebook and pen/pencil.
Wednesday, 4/15 • Time: 6:00-8:00pm
Location: GNG Adult Ed
Fee: $25 plus $15 material fee for personal blend of remedies payable to the instructor

Bach Remedies for Children
Does your child experience a lack of confidence? Difficulty with concentration? Stress & anxiety? Frustration? Learn how to address your child’s emotions and restore balance naturally! Bring a notebook, pen/pencil. Please indicate on the registration form what age group you are interested in learning about.
Wednesday, 5/13 • Time: 6:00-8:00pm
Location: GNG Adult Ed
Fee: $25 plus $15 material fee for personal blend of remedies payable to the instructor

Bach Flower Basics Course
Learn basic principles of the safe and simple healing system known as the Bach flower remedies. Discover the 80 year history of Dr. Edward Bach and his 38 remedies, which are used in 66 countries worldwide. Begin selecting remedies to restore balance to life for yourself, friends and family. This is the foundation course for the Bach Flower Remedies. Once completed, a discounted program is offered to students in an online Level 1 Validation Course. Course organized by Bach Flower Education and is an approved CE provider for the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) and an approved PDA Provider for NCCAOM (National Certification Commission for Acupuncture and Oriental Medicine), and Provider for ANMBC (Naturopathic Medical Board). This course offers 6 CEH’s. Please note on your registration if you would like to receive this certificate.
Students need to bring a notebook and pen/pencil.
Saturday, 3/14
Time: 8:00am - 4:00pm
Location: GNG Adult Ed • Fee: $175
Walking Group - Indoor
Banish boredom and boost motivation. Because walking is possible for most people and doesn’t require special skills or equipment, it has become the most popular form of activity in the US. Walking with others is a great way to socialize and get healthier, but also hold you accountable, is safer and motivating. Join us for an orientation night on Monday, January 27th at 6:00pm in the GNG Adult Education office at GNG High School. Once you learn the route, you’ll be set free to walk at your pace. We highly recommend you bring a buddy to keep you motivated to continue!
Mondays & Wednesdays, 1/27 - 4/15 (no class 2/17 & 2/19)
Time: 6:00-7:00pm
Location: GNGHS Hallways
Fee: $10

Family Phys. Ed.
A fun and inexpensive activity for your family! Families will play games and sports while getting valuable exercise. Activities include kickball, parachute, floor hockey, four square, dodgeball, capture the flag and more. Kindergarten through adults - parents and kids play together. FMI contact Dana Welch at dwelch@sad15.org
Instructor: Dana Welch
Thursdays, 2/27 - 4/16
Time: 6:00-7:30pm
Location: GNG Middle School Gym
Fee: $5 per family

Zumba
The most awesome workout ever!!!
Dance to great music, with great people, and burn a ton of calories without even realizing it. No dance experience required! Wear light, comfortable workout gear and Join the Party!
5-week sessions
Instructor: Stacie Townsend
Session I: Mondays, 2/3 - 3/9
Session II: Mondays, 3/23 - 4/27 (no class 4/20)
Session III: Mondays, 5/11 - 6/15 (no class 5/25)
Time: 7:00-7:45pm
Location: GNG Adult Ed
Fee: $25 per session
Students need to wear sneakers and bring a water bottle.

Tai Chi Essentials
Relieve stress, increase flexibility and improve your balance. Develop awareness of your internal energy. Deepen and strengthen your awareness in each session you take. Wear comfortable clothing. No previous Tai Chi experience required. 4-week sessions
Instructor: Louise Poppema
Session I: Tuesdays, 2/25 - 3/17
Session II: Tuesdays, 3/24 - 4/14
Session III: Tuesdays, 5/5 - 5/26
Time: 1:30 - 2:30 pm
Location: GNG Adult Ed classroom
Fee: $39 per session

POUND
POUND is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix, lightly-weighted drumsticks engineered specifically for exercise, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels and easy to modify, POUND provides the perfect atmosphere for letting loose, getting energized and improving your health. Please bring a yoga mat and wear comfortable workout clothes.
Instructor: Becky Hanaburgh
Wednesdays, 1/29 - 3/11 (no class 2/19)
Time: 6:30-7:15pm
Location: Russell School Gym
Fee: $39

H.I.I.T. Circuit
High intensity interval training circuit style group fitness class for all levels. Each circuit will have different equipment to build strength and keep your heart rate elevated for maximum fat burning! A fun way to get a workout!
Instructor: Tracy Libby
Wednesdays, 4/29 - 6/3, 6 weeks
Time: 5:30 - 6:30pm
Location: Russell School Gym
Fee: $39
Students need to bring 1 set of weights (8-15 lb) and a yoga mat.
Vinyasa Flow Yoga
A dynamic yoga class designed for both beginners looking for a little more of a challenge and those who have practiced yoga for years. Focusing on building heat through sun salutations and core work then moving into holding poses and postures a little longer. Students need to bring a yoga mat.
Instructor: Melissa Ferrigno
Session I: Mondays, 1/27 - 3/16 (no class 2/3 and 2/17); Fee: $60
Session II: Mondays, 3/30 - 5/11 (no class 4/20); Fee: $60
Session III: Mondays, 6/1 - 6/15; Fee: $30
Time: 5:30-6:30pm
Location: Russell School Gym

Sunrise Circuit
Start the morning with some movement! Sunrise Circuit is great for all levels of fitness. This circuit style class will work your total body. Get your heart pumping, increase your strength and work on your core during this 45 minute class. All exercises will have a modification and a progression so you can make the most of your morning!
Instructor: Jenna Chase
Session I: Fridays, 1/24 - 3/6 (no class 2/21)
Session II: Fridays, 3/13 - 5/1 (no class 4/17 & 4/24)
Session III: Fridays, 5/8 - 6/12
Time: 6:00-6:45am
Location: GNGHS Aux Gym
Fee: $39 - Students need to bring hand weights and a yoga mat.

Travel

How to Plan a Disney World Vacation
Are you planning a Walt Disney World vacation? Looking for someone to break down your options, guide you through this daunting process, and help you get the most out of your vacation and budget? If so, join us and get personal insight on all things Disney World!! We’ll also discuss how to think through your budget as we look at potential expenses and consider ways to save money in various areas of your vacation.
Instructor: David Murch
Tuesday, 2/4
Time: 5:30-8:30pm
Location: GNG Adult Ed
Fee: $15 or $19 for a couple

Tour of Germany
Whether you are interested in history, art or culture, Berlin offers it all! Guided and organized by a native from Berlin, now living in Freeport, let’s dive into the city from day one and bring back unforgettable memories. To view complete trip description and to register, visit www.freeport.maineadulted.org or call 207-865-6171
Trip Leader: Valeska Hornschild-Bear
Dates: 5/3 - 5/10

The Maine Trail: The Story of Malaga
Discover the secrets of Malaga Island with Master Maine Guide Alice Bean Andrenyak! To view complete trip description and to register, visit www.freeport.maineadulted.org or call 207-865-6171
Trip Leader: Master Maine Guide Alice Bean Andrenyak
Date: Saturday, 5/20
Fee: $69

The Maine Trail: Wyeth Vistas
Discover the enchantment of the Wyeth legacy in Maine! To view complete trip description and to register, visit www.freeport.maineadulted.org or call 207-865-6171
Trip Leader: Kelli Park
Date: Wednesday, 6/3
Time: 8:00 am - 7:00 pm
Fee: $139

A Day in the City: Dragonboat Festival & Chinatown
Experience the flavors of Boston's Chinatown with Chris Toy! To view complete trip description and to register, visit www.freeport.maineadulted.org or call 207-865-6171
Trip Leader: Chris Toy
Date: Sunday, 6/14
Time: 7:15am - 8:00pm
Fee: $99
Music and Dance

The Joy of Uke!
Over the past four years Dana (aka, Capt’n Uke) has skillfully mentored nearly 300 area students on the ukulele! During a brief teaching break last year, he set out to redesign the course drawing directly upon his personal observations and student input. The result has been a more streamlined and condensed 6-week format that allows greater one-on-one instruction. Plus, he has developed a website (www.captnuke.com) where all of his video lessons reside and may be accessed by students 24/7! In these 4 lessons covering 6 weeks students are introduced to basic 2 and 3 chord songs encompassing Rock and Roll, Country, Swing, and the Blues that provide instant playing access to thousands of songs! These songs will provide students with instantly recognizable left-hand chording, or chord patterns, seen in countless songs. Over the past four years he observed students struggle over what to do with not only their left hand (chording), but equally their right hand and strumming. Here he breaks down into two basic strums the essentials of strumming employed in every song you'll ever play! Finally, this new version will emphasize singing with your uke. What’s “Folsom Prison Blues,” unless you give it your best Johnny Cash? Capt'n Uke approaches singing with your uke in a fun and totally non-threatening way that puts no one on the spot! No Pavarottis required! This newly revised course will give you everything you need to entertain family and friends at parties or simply being by yourself and crooning a favorite tune on your uke. A good quality ukulele costs between $75 and $120. Go to his website and on the main page click on the red My VIMEO Video Channel button to view the two “Buy A Uke” videos. He may be also contacted regarding a local uke purchase at (dana.c.reed@roadrunner.com or dana@captnuke.com). Aloha!

Instructor: Dana Reed
Wednesdays, 2/5 - 3/18 (no class 2/19)
Time: 6:00-7:30pm
Location: GNG Adult Ed
Fee: $49

Middle Eastern Dance
Are you looking for a fun, new way to get some exercise than why not explore the ancient art form of belly dance. Come learn basic moves, hear some of the history behind the dance and get the chance to meet other women in your community. No prior dance experience needed. FMI go to: www.bellydancingmaine.com
Instructor: Anne Beal
Session I: Tuesdays, 3/10 - 4/14
Session II: Tuesdays, 4/28 - 6/2
Time: 6:30-7:30pm
Location: GNG Adult Ed
Fee: $72 per session

Line Dancing
Join us for fun and exercise as we do many popular dances! Focus on fun while learning new dance moves to many genres of music! Bring your dancin' shoes and a smile!
Instructors: Raymond and Susan Hall
Time: 6:30-7:30pm
Session I: Wednesdays, 1/15 - 2/26 (no class 2/19); Fee: $39
Session II: Wednesdays, 3/4 - 4/8; Fee: $39
Session III: Wednesdays, 4/29 - 5/27; Fee: $32.50
Location: GNG Middle School Cafe

Personal Finance and Investment

Understanding Medicare
This presentation will discuss when you are eligible for Medicare benefits, the timeline to enroll for benefits without penalties, what Medicare covers and doesn’t cover, additional plans that are available and work in conjunction with Medicare and finally, briefly discuss the financial assistance options.
Instructor: Robert Harvey
Wednesday, 4/29
Time: 6:30-7:30pm
Location: GNG Adult Ed
Fee: $5
Policies

Please, no smoking allowed on school premises.

No School: Adult Education will follow the Gray-New Gloucester school schedule. No programs will be held if SAD 15 public schools are cancelled due to storm conditions or during school vacations or other days schools are closed. Your instructor will schedule make-up time as needed.

Confirmation: Assume your class is running unless you hear from us. Individuals registering online will receive an e-mail confirmation once it is received and entered. If you have questions please contact us and we can verbally confirm.

Insufficient Enrollment: Courses which fail to attract sufficient enrollment will be cancelled and registrants informed prior to the first night of class.

Refunds: 100% refund is available if the course is cancelled or the registrant withdraws prior to 3 business days before class. 50% of the fee is refunded if the participant withdraws prior to the second meeting. This does not apply to one-night classes.

Books: Required and recommended texts are usually available for purchase the first night of class. Books are only required for certain courses. Please contact the Adult Ed office at 657-9612 for details.

Age Policy: Minimum age for participants is 16 years unless otherwise noted in the course description or the Director grants special permission. Please call to discuss.

Payment Plans: In cases of documented hardship, payment plans can be arranged with the Director. Please call for details.

Other: Gray-New Gloucester Adult Education reserves the right to make changes in the starting and ending dates of courses when necessary and is not responsible for typographical errors. Please let the Adult Ed office know at the time of registration if there are any conditions or limitations of which we should be aware in order to accommodate your needs and ensure your safety. MSAD 15 is in compliance with ADA requirements. Any questions regarding ADA accommodations or requests should be directed to the Superintendent at 657-3335.

Employee Discount: MSAD 15 employees receive a 10% discount on all enrichment classes. This does not apply to instructor fees.

Photographs: Occasionally our staff takes photos of students during class and on trips to promote future programs. If you do not want your picture taken, please call the adult education office at 657-9612.

Office Hours
M-T-W 9:00am-7:00pm
Thursday 9:00am-2:00pm
Friday By Appointment
gray.maineadulted.org

Holidays and School Vacations
Monday, Jan 20 - Martin Luther King Day
Monday, Feb 17 - Friday, Feb 21 - Winter Break
Monday, Apr 20 - Friday, Apr 24 - Spring Break
Monday, May 25 - Memorial Day

Regional Partners
Can’t Find What You are Looking For?
We partner with other adult education programs to ensure that high-quality instruction is available to all communities in the region.

Go to www.maineadulted.org or see the contact information below.

Lakes Region/Fryeburg Adult and Community Education ......................... 627-4291
Gorham Community Education ........................................................................ 222-1095
Windham-Raymond Adult Education ............................................................ 892-1819
RSU 16 - Poland-Minot-Mechanic Falls Adult Education ............................ 345-3217
Auburn Adult Education ............................................................................. 784-9220
Lewiston Adult Education ........................................................................... 795-4141
Portland Adult Education ............................................................................ 775-0432 or 874-8155
Adult Education Registration Form

Name ____________________________________________

Address ____________________________________________ Town __________________ State ___________ Zip __________

Phone: Home __________________ Work __________________

E-mail ____________________________________________ Date of Birth __________

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Check # __________ Credit Card # ________________________________

Expiration: MM/YY _____/_____ CVV code (3 digit number from back) Total

NOTE: Do not send combined lab and course fee: Lab fees are payable directly to instructor at your first class. Course fees must be paid with registration.

Mail to: GNG Adult & Community Education, 14 Shaker Road, Gray, ME 04039.

If you are beginning a High School Diploma program or HiSET program, you must meet with the director prior to starting classes.

Call 657-9612 for information.

How to Register for Classes

1. Online
   gray.maineadulted.org

2. By Phone or Fax
   Phone 657-9612
   24-hr Fax 657-7276

3. In Person
   GNG Adult Education office,
   Gray-New Gloucester High School,
   Rm 149. Enter near gym entrance.

4. By Mail:
   Gray-New Gloucester
   Adult Education
   14 Shaker Road, Gray, ME 04039
CENSUS 101: WHAT YOU NEED TO KNOW

The 2020 Census is closer than you think! Here’s a quick refresher of what it is and why it’s essential that everyone is counted.

Everyone counts.
The census counts every person living in the U.S. once, only once, and in the right place.

It’s in the Constitution.
The U.S. Constitution requires a census every 10 years. The census covers the entire country and everyone living here. The first census was in 1790.

It means $675 billion.
Census data determine how more than $675 billion are spent, supporting your state, county and community’s vital programs.

It’s about fair representation.
Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.

It’s about redistricting.
After each census, state officials use the results to redraw the boundaries of their congressional and state legislative districts, adapting to population shifts.

Taking part is your civic duty.
Completing the census is required: it’s a way to participate in our democracy and say “I COUNT!”