COMMUNITY

We are stronger together

Gray-New Gloucester Adult & Community Education
Explore • Grow • Achieve

FALL 2020
A Note from the Director

Greetings GNG Communities,
I hope you have all been able to enjoy the amazing weather, physically distant gatherings, and family time this summer. I don’t think I am alone in stating that 2020 is not quite what we envisioned when we rang in the new year on January 1st. Along with the many challenges, 2020 has provided many opportunities as well. Perhaps you have reconnected with family, enjoyed more sit down dinners, finished a project, gardened, or even completed a puzzle or two.

Nimble is the word of the year for us here in Adult Education. Our instructors, advisors, and staff have worked hard to switch programming over to an online/zoom format, with very short notice. While things may look different than they have in the past, we are still here, enrolling, advising and educating students. Chromebooks are available, on loan, for those who need a device to access academic instruction. This will be available in a hybrid manner, which includes some instruction via Zoom as well as Essential Education. We will continue to provide onsite HiSET testing as long as we are allowed to, in a safe, one-on-one format. Perhaps you could be our next pandemic high school credential completer!

Please reach out and let us know how we can help you complete your credential, prepare for college or a training program, or figure out your next steps. As always, we are here to help you get to where you want to go!

Hope to see you soon!
Stephanie Haskins
Gray-New Gloucester Adult & Community Education

Explore • Grow • Achieve

Classes and 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
Renata Velente
Theresa Boynton
Louise Chaplin
Gary Harriman
Stephanie Haskins
Sheila Myhaver
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. Instruction will be provided via Zoom and Essential Ed Online Learning Platform

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, join our math learning lab to gain more confidence. Our instructors assess students and develop individualized programs to meet your needs. Instruction will be provided via Zoom and Essential Ed Online Learning Platform

Reading & Writing Learning Lab
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. Join this class now to prepare for your future. Instruction will be provided via Zoom and Essential Ed Online Learning Platform

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. Using a combination of Zoom for direct instruction and HiSET Academy, students can prepare for all 5 subjects in the comfort of their 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 to be eligible for these courses. To find out more call 657-9612.

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
MAINE COLLEGE & CAREER ACCESS

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 January 2021. Please bring a copy of your 2019 federal tax return (if applicable) to aid with the filing of your FAFSA if you hope to start college in the fall of 2021. Due to grant constraints, participants must be adults hoping to enter post-secondary education.
Instructor: Randi Paine
Location: Online via Zoom
Fee: The class is FREE but pre-registration is REQUIRED
Call 657-9612 to set up an individual appointment

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 Zoom and online learning to help provide the most flexibility for students seeking to further their education. For more info 657-9612.

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 fills a required college graduation credit at both Central and Southern Maine Community Colleges.
Instructor: Maureen Mitchell
Date: 10/6 - 11/17
Time: 4:00pm - 7:00pm on 10/6 & 11/17 (online via Zoom)
Location: Online via Brightspace
Fee: Free, but must pre-register

Accuplacer® Testing
The Accuplacer® college placement test will help determine if you are ready for college level classes or if you need remediation in either math or English. Please call to schedule an appointment and talk about the different programs and classes we have to help you prepare for college. We can be reached at 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
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, give us a call! We will help you identify your career interests and figure out how to get there. Individual appointments will be made with one of our advisors. Call 657-9612 or email gngadulted@sad15.org for more information and to set up an appointment!

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 begin frequently!

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.

Visit our website to join our interest list: gray.maineadulted.org or give us a call at 657-9612 for more information.
Today’s Teller
An American Banking Association Certified Course
Have you ever thought of banking as a career? Do you think you don’t have the skills necessary? Successfully complete all components of this 7-week course and you’ll learn about the banking basics required, the workplace math skills necessary for success, tips on interviewing skills and preparing your resume. You’ll also receive a Today’s Teller certificate from the American Banking Association, a designation that is recognized nationally by banks and other financial companies.
Taught by professionals from TD Bank, Norway Savings, and Key Bank, these local banking facilitators will help you learn what you need to gain an advantage in the employment process by earning a certificate from the American Banking Association. The certificate is a real advantage in the job seeking process. The workplace math skills will be in an online format and supported by our adult education academic instructor. Mock interviews will be held on-site at Norway Savings Bank.
Information and orientation session: call for an appointment.
Class size is limited to 8 students, so call soon for more information and to be placed on the waitlist for this class. If you are a Career Center or DHHS client you may be eligible through them for financial assistance.
Instructor: Local banking professionals
Date: Wednesdays, 10/7 - 11/18 (7 weeks)
Time: 10:30 a.m. - 2:30 p.m.
Location: In-person at Lake Region Adult Education, Naples
Fee: $100 (includes ABA textbook)

Certified Residential Medication Assistant
Certified Residential Medication Assistants (CRMAs) pass medications and care for people in residential facilities. Residents range in age from children to the elderly. This forty hour course will provide you with the knowledge to transcribe health care provider’s medical orders, perform the prescribed orders, administer medications, obtain and record vital signs, make observations of the resident’s condition and report these accurately to the health care provider, order medications from the pharmacy, and maintain medication supplies in the residential care facility. This class is sanctioned and instructed under the State of Maine Department of Health and Human Services (DHHS) regulations by a certified instructor. The student will participate in classroom, laboratory, and clinical experiences. Class size is limited.
Instructor: Susan J. Robbins, MSN, RN
Date: Saturdays, 9/12, 2020 - 10/10
Time: 8:00am - 4:00pm
Location: In-person at Lake Region Adult Ed, Naples
Fee: $350

Certified Residential Medication Assistant Recertification
This one day, eight-hour, class provides the Certified Residential Medication Assistant (CRMA) with the necessary refresher required by the State of Maine Department of Health and Human Services (DHHS) to successfully pass the required examination to complete their biennial recertification requirement. The student will work in the classroom setting and be required to also administer medications to residents. Proof of current CRMA is required to take this course.
Instructor: Susan J. Robbins, MSN, RN
Date: Saturday, 10/17 OR Saturday, 11/21
Time: 8:00am - 4:00pm
Location: In-person at Lake Region Adult Ed, Naples
Fee: $85
Technology

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, slo-motion, panos, and more. Also students will learn about camera settings for proper focus and exposure, High Dynamic Range, and picture composition. This online course allows students to work at their own pace. The three instructors provide personalized support for the class via email and/or online chat.
Instructor: BoomerTECH / Location: Online
Fee: $49

Fantastic Photo Finishes: Organize & Edit Images with Your iPhone/iPad Photos App
This is a natural follow-up to the first course, but is a stand-alone course as well. The focus here is on editing images as well as knowing how to organize images and video on iPhones or iPads. Other areas of focus include using the “For You” section (ready-made slide shows), creating, using, and sharing albums, and search. This online course allows students to work at their own pace. The three instructors provide personalized support for the class via email and/or online chat.
Instructor: BoomerTECH / Location: Online
Fee: $49

Arts & Crafts

DIY Wine Glasses & Coffee Mugs with Alcohol Ink and Resin - No Tumbler Needed
Beautiful, fun, and dazzling! I know that resin can be a scary medium to work with when you first start, but this project is the perfect one for beginners. I hope you will join me in this fun little class where we will create some simple Alcohol Ink Wine Glasses sealed with Resin without using a tumbler!
Instructor: Kellie Chasse / Location: Online
Fee: $19.99

Autumn Watercolor: How to Paint Fall Leaves
In this course you will learn how to create a simple color chart with fall colors. How to add a glaze and create more shades and depth. Paint a simple wet in wet leaf by dropping in colors. Practice with pen and ink for quick results and perfect for cards. For your final project you will create a realistic maple leaf using all these techniques plus a touch of little watercolor pencil for extra fine details!
Instructor: Kellie Chasse / Location: Online
Fee: $39.99

Jewelry Making for Beginners: Art Resin Pendant & Earrings
Make your own fashionable jewelry using tinted resin to create a one of a kind pendant and earring set.
Instructor: Kellie Chasse / Location: Online
Fee: $29.99

Painting Birds in Chinese Brush
Discover the beauty of painting birds in the Chinese Brush style. Use simple brush strokes to bring a variety of birds to life. We’ll start by learning about the supplies, then move on to brush strokes, and finally we’ll put it all together by painting several compositions ranging from simple to complex. Additional information will be available on Kelli’s website: http://art.mcngraphics.com/classes/ as she gets closer to launch in early September.
Instructor: Kelli McNichols / Location: Online
ENRICHMENT

General Enrichment

Food Waste Recovery
From your backyard to an industrial composting facility, we’ll go over all the ways available to make sure your food scraps are contributing to local soil production instead of sitting in a landfill! Join Lena Ives, ecomaine environmental educator and Gray Recycling Committee member in learning more about what’s in your trash can and how to reduce your household waste.
Instructor: Lena Ives
Monday, 9/28
Time: 6:00-7:30pm
Location: Online via Zoom
Fee: Free but pre-registration is required

No Such Thing As “Away”
Have you wondered where your recycling is actually going and how it’s made into something new? Join Lena Ives, ecomaine environmental educator and Gray Recycling Committee member in learning more about what’s in your recycling bin, where these items end up, and how to reduce your household waste and carbon footprint while creating a stronger community.
Instructor: Lena Ives
Monday, 10/19
Time: 6:00-8:00pm
Location: Online via Zoom
Fee: Free but pre-registration is required

Beautiful You Color Analysis
What colors bring out the best in you? Learn to select clothing colors that flatter your eyes, hair and skin coloring. In this online interactive class, you’ll provide selfies of your face ahead to the instructor to determine if you’re warmer or cooler in coloring. Then watch your appearance change as the instructor virtually “drapes” different shades of colors over your photo. In addition to learning about your most flattering colors, you’ll also receive general recommendations for eye shadows, blush and lipsticks based on your coloring. You’ll soon be rethinking the colors you wear – from clothes, to jewelry, to makeup!
Instructor: Candace Sanborn, Owner of Radiant Image
Tuesday, 10/6
Time: 5:30-8:30pm
Location: Online / Fee: $35

Makeup Techniques For Your Features
Do you want to be ready for when that mask can come off? Do you avoid wearing makeup because you don’t like looking “made up” or your features have changed with time and you aren’t sure what to do? In this online class, you’ll learn easy makeup tips that give you an enhanced, natural appearance! You’ll provide a close-up photo of your face, then we’ll identify your face, eye and lip shapes so you can learn makeup application techniques for your features. Bring your makeup to apply what you learn as we go! This ideally pairs with our “Beautiful Color Analysis” class, but not required.
Instructor: Candace Sanborn, Owner of Radiant Image
Tuesday, 11/17
Time: 5:30-8:00pm
Location: Online / Fee: $35

Best Styles for Your Body Shape
Now that we’re able to be out and about again, it’s time to inventory the clothes in your closet! Do you have a lot of them but still feel like you have nothing to wear? In this online interactive class, you’ll provide a few photos of yourself in advance of class, then learn about body types and face shapes. Together with the instructor, you’ll learn tips for choosing the most flattering clothing styles, hairstyles and glasses for your features. You’ll also get to watch the instructor “drape” you in different necklines showing which ones look best on you! Afterwards you can purge your closet of unworn and unflattering styles then be ready to purchase new clothes! This class ideally paired with our “Beautiful Color Analysis” class, but not required.
Instructor: Candace Sanborn, Owner of Radiant Image
Tuesday, 12/1
Time: 5:30-8:30pm
Location: Online / 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/gptt
Instructor: Voice Coaches
Thursday, 12/17
Time: 7:00pm
Location: Online via Zoom
Fee: $35

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.
Instructor: Charissa Kerr
Date: Visit www.gray.maineadulted.org
Time: 6:00 - 9:00pm
Location: American Legion Post 86, Gray
Fee: $35

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 registration form if you want to purchase.
Instructor: Charissa Kerr
Date: Visit www.gray.maineadulted.org
Time: 6:00 - 9:00pm
Location: American Legion Post 86, Gray
Fee: $35

Beyond Organizing - Change your Home, Change your Life
Today we are spending more time at home making it even more important to create a space that fills our mind, body and soul. Our environment can bring on feelings of peace, joy and happiness or it can bring on feelings of exhaustion, sadness and the feeling of I need to be doing more. Changing your space can change your life. Whether you have one room to tackle or an entire house, this class is for you. Three sessions have been designed to give you the guidance and tools you need to make it happen. If you have tried before but didn’t make it, it might simply be that you didn’t have the right plan in place. Sometimes we just need a little inspiration and support to get there. Each week, participants will be given an assignment to practice the new tips and tools they are learning. Love your home again, get through the to do list that has been screaming at you and find the peace, calm and inspiration you are looking for. Find out how changing your home can change your life. You will be amazed at how other things in your life start falling into place.
Instructor: Kathy Baillargeon
Tuesdays, 10/6 - 10/20
Time: 6:00-8:00pm
Location: Online via Zoom
Fee: $45

Energy - Fuel your Mind, Body & Soul
What would you do if you had more energy? This webinar talks about how we create energy in our lives and what drains our energy. Register for this free webinar and receive the link in your email receipt.
Instructor: Barb Bonetti, Life & Health Coach
Location: Online via Zoom
Fee: FREE
ENRICHMENT

Wellness

Bach Flower Remedy System Classes
Instructor: Nancy Troubh, (BFRP) 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 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 ANMCB (Naturopathic Medical Board). This course offers 6 CEH's. Please note on your registration if you would like to receive this certificate.
Tuesday, 10/20 - 11/10
Time: 6:00-8:00pm
Location: Online via Zoon
Fee: $175

Bach Remedies for our 2020 emotional roller coaster ride.
Maintaining our emotional balance during 2020 is a unique and challenging experience. To many of us it feels a bit like walking a tight rope without the necessary training and skills. But as varied and unique as our personal experiences are, the emotions we feel because of these experiences have been around since the beginning of time. Stress, fear, uncertainty, loneliness, despondency, despair, loss of interest, and overwhelm are just a few examples. All aspects of our emotions can be brought into positive balance by specific Bach Flower Remedies. Having used them regularly for all the ups and downs in my own life since the mid-nineties, I know they work. Join us to learn about Dr Bach and his system of 38 remedies. Discover how the remedies can help bring emotional balance to your life too, then create your unique Bach blend to try.
Tuesday, 10/6
Time: 6:00-8:00pm
Location: Online
Fee: $25 plus $15 material fee for personal blend of remedies payable to the instructor

BFR Student Roundtable Class
All students who have completed at least one of my Bach Remedies classes are now invited to join our BFR Student Round Table Class. 2020 has challenged us in countless ways, creating for most of us a roller coaster ride of emotions. Our journeys have been unique, often triggering new and intense emotions or even dredging up old emotions we had buried and forgotten. No matter the intensity or source of our emotions, the Bach Remedies can help safely and gently bring us back into positive balance. Our class will begin with a brief Bach Remedies review, then we will delve deeper into your questions and concerns. What new issues have arisen for you and your family? Tweak your original personal blend or create an entirely new one. Let us learn from each other and move forward in our Bach Remedy journey!
Tuesday, 12/8
Time: 6:00-8:00pm
Location: Online via Zoom
Fee: $15 plus $15 materials fee for personal blend of remedies payable to the instructor.
Fitness

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: Nikky Morris
Session I: Tuesdays, 9/15-10/13
Session II: Tuesdays, 10/20-11/17
Session III: Tuesdays, 11/24-12/15
Time: 6:30 pm
Location: Online via Zoom
Fee: $25 per session

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. Class structure will be 30 minutes of seated instruction and 15 minutes of Q&A. Wear comfortable clothing. No previous Tai Chi experience required.
Instructor: Louise Poppema
Session I: Tuesdays, 9/15-10/6
Session II: Tuesdays, 10/20-11/10
Session III: Tuesdays, 11/24-12/15
Time: 1:30 pm - 2:30 pm
Location: Online via Zoom
Fee: $29 per session

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, 10/14-11/24 (no class 11/11)
Time: 5:00 pm - 6:00 pm
Location: Online via Zoom
Fee: $29
Students need 1 set of weights (8-15 lb) and a yoga mat.

Barre Bootcamp
Barre Bootcamp is a low impact workout that will produce a big burn! Barre combines elements of strength training, Pilates/Yoga and dance. Small movements and many reps will help sculpt and tone muscles you didn’t even know you had!
Instructor: Jenna Chase
Session I: Tuesdays, 9/8-10/27; Fee: $35
Session II: Tuesdays, 11/3-12/15 (no class 11/24); Fee: $29
Time: 6:15 am-7:00 am
Location: Online via Zoom

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, 9/11-10/30; Fee: $35
Session II: Fridays, 11/6-12/18 (no class 11/27); Fee: $29
Time: 6:15 am-7:00 am
Location: Online via Zoom

Music and Dance

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
Mondays, 9/14-10/26 (no class 10/12)
Beginner Class: 6:00-7:00 pm
Mixed Level Class 7:15-8:15 pm
Location: Online via Zoom
Fee: $72 per session
**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
Tuesday, 9/22
Time: 6:30-7:30pm
Location: Online via Zoom
Fee: $5

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**Financial Peace University**
Are you sick and tired of being broke and wondering why there’s more month left at the end of your money? Millions of Americans are too! Join Financial Peace University, a nationally recognized program created by Dave Ramsey and taught for decades to millions of Americans who have now escaped a culture of debt. Whether it be crushing student loans, credit cards or car payments, FPU gives you the tools and support to “stop buying things you don’t need, with money you don’t have to impress people you don’t even like!” This course is taught by coordinator John MacDonald, a Maine native, who has applied the steps of FPU into his own life and now offers personal insight and guidance for a debt-free lifestyle.

Instructor: John MacDonald
Wednesday, 9/22-11/18 (no class 11/11)
Time: 6:30-8:00pm
Location: Online via Zoom
Fee: $129, FPU membership students need for class materials at daveramsey.com, click classes then click take FPU.

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We cannot thank our communities enough for their continued support of our programming! Moving most of our enrichment programming to an online format is the best way for us to keep everyone safe and healthy. Don’t see a class advertised that you usually take? Please visit our website to sign up on our interest list. When we are able to hold in-person classes, we will be sure to let you know.

Is there an online class you would be interested in teaching? Do you know of an online instructor you would like to recommend? Send us an email at gngadulted@sad15.org or give us a call at 657-9612.
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 email 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. If the registrant withdraws prior to 3 business days before the class, they will receive a 100% refund minus a $1.99 portal fee if paid by debit/credit card. 50% of the fee is refunded (minus $1.99 portal fee if paid by debit/credit card) 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, Sept 7 - Labor Day
Monday, Oct 12 - Indigenous People’s Day
Wednesday, Nov 11 - Veteran’s Day
Wed-Fri, Nov 25-27 - Thanksgiving Break
Wed-Fri, Dec 23 - Jan 1, 2021 - Winter Break / New Year’s 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____________________

Course Name | Start Date | Fee

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
MANAGING CORONA VIRUS (COVID-19) ANXIETY

For You
- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

For Kids
- Reassure them that they’re safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques