

Gray-New Gloucester Adult Education

Explore • Grow • Achieve

Fall 2024





Gray-New Gloucester Adult Education

657-9612 • GNG High School, 10 Libby Hill Road, Gray, Maine 04039 • gray.maineadulted.org



What an amazing summer we have had! We hope you have been able to enjoy some time in Maine’s great outdoors. As the days begin to get a little shorter, it seems natural to slow down and think about the future. Maybe your youngest is off to kindergarten, or college? Perhaps you are enjoying your first fall in retirement? Our goal has always been to provide a little something for everyone. Enjoy candle making, exercise classes, or become certified in CPR/First Aid. We hope you enjoy browsing our catalog and find a little something to enrich your life.

For those looking to make a bigger change, we’re also here for you. Are you looking for a career change? Do you want to increase your skill level to make yourself more marketable? Do you need to earn your high school credential and start working on your career goals? Are you looking to take advantage of a free training program? We have programming to meet all of these needs, and if we don’t, we’ll find a program for you. Give us a call. 207-657-9612. We’d love to help you get started.

Be Well,

Gray-New Gloucester Adult Education Staff

Connect with Us

Gray-New Gloucester High School
10 Libby Hill Road, Gray, ME 04039
Behind the GNG High School, left of
the gym entrance.

Stephanie Haskins, Director

shaskins@sad15.org

Theresa Boynton, Program Coordinator

tboynton@sad15.org

Phone: 207-657-9612

Office Hours:

Monday - Wednesday: 9am-7pm

Thursday: 9am-2pm

Friday: By Appointment

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Mission:

Gray-New Gloucester Adult Education provides opportunities and resources that empower learners to achieve academic, career, and personal success in a supportive, individualized environment.

Gray-New Gloucester Adult Education Staff



Theresa Boynton, Stephanie Haskins, Sheila Myhaver, Kathryn McGill-Cavallaro, Maureen Mitchell, Laurie Wells



HIGH SCHOOL COMPLETION



Photo courtesy of PortraitEFX of Maine

Congratulations to the Class of 2024 Graduates!

HiSET®

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.

Mondays: 4pm-7pm

Tuesdays: 1pm-4pm

Wednesdays: 4pm-7pm

Thursdays: 10am-1pm

How do I get started?

Call 657-9612 or email gngadulthood@sad15.org to schedule an intake appointment. Our academic and career advisor will meet with you to determine a plan for your success!

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 a struggle, join our math learning lab to gain more confidence. Our instructors assess students and develop individualized programs to meet your needs.

Tuesdays: 1pm-4pm

Wednesdays: 4pm-7pm

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 preparing 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.

Mondays: 4pm-7pm

Thursdays: 10am-1pm

HiSET Academy - Online HiSET Preparation

Gray-New Gloucester Adult Education offers students the opportunity to work at home with HiSET Academy. Students can work on reading, writing, science, social studies and math to prepare for the HiSET. This option is available to students working toward a high school credential and/or preparing for college. Students must complete the enrollment process, in person, and agree to weekly zoom meetings to be eligible for these courses. To find out more call 657-9612.

CAREER PATHWAYS

Certified Clinical Medical Assistant (CCMA) - Earn While You Learn Options

Certified Clinical Medical Assistant training prepares students to assist physicians by performing functions related to the clinical responsibilities of a medical office. The program includes hands-on labs and a clinical externship opportunity at a local healthcare provider. Upon successful completion of this program, students are eligible to sit for the National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination. Prerequisites: CASAS math and reading assessment, immunizations, and background check. Class location and schedules vary. Visit our website to add your name to our interest list or call for more information about upcoming classes.

Behavioral Health Professional Certification Training

Our community is looking for individuals who want to make a difference in a child's life. Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. The BHP Training is offered as a blended course which consists of 12 on-demand online modules, including pre/post-tests, and an 8 hour Live Day (offered in-person and virtually) with a Certified BHP Instructor. Learners must complete all 12 online modules prior to attending a Live Day session. Thanks to funding being provided by Maine's Department of Health and Human Services, we are able to offer the training free of charge through October 1, 2024.* New registrants will have until 11/30/24 to complete the BHP Blended Course. Individuals who will be 18 years of age or older upon completion of the course, may register. (You must be at least 18 with a high school diploma or equivalent to get certified.)

See Blended Learning Curriculum at Woodfords Family Service for more information.

Location: Online • Fee: Free

Sales Agent Class

Sales Agent Class

This is an entirely online class that we truly believe is expansive, offering people a good amount of information about how buying and selling real estate works in the United States, along with information about working in the field of real estate. The prerequisite for taking this course is simply to have a high school education. Once completed this would allow the learner to become licensed as a real estate agent, if they wish.

Instructor: Center for Real Estate Studies

Enrollment: On-going

Location: Online

Fee: \$370

Attention Career Changers!

Are you ready for a new career or have you been out of the workforce for a while? Our advisors can guide you in identifying your career interests and determining how to achieve your goals. Individual appointments will be made with one of our advisors. Call 657-9612 or email gngadulter@sad15.org to get started! Available in person or via zoom.

Getting The Job!

Writing a Resume and Cover Letter Workshop

Producing a good resume and a well written cover letter is a basic requirement for a successful job search. This class is helpful if you have not written a resume before or need help with formatting or updating your current resume and cover letter.

Instructors: Maureen Mitchell

Tuesday, 12/3

Time: 5:30pm - 8:00pm

Fee: Free, but pre-registration is required

Certified Nursing Assistant (CNA) - Earn While You Learn Options

Do you want to enter the medical field, but aren't sure where to start? CNA's provide assistance with daily care activities to patients in residential facilities and hospitals. This course follows the Maine State Board of Nursing 130 hour CNA course curriculum. Students who successfully complete the course will sit for the Maine State Board of Nursing exam. Prerequisites: Students must have a High School Credential and pass a CASAS reading assessment. Immunizations are also required by the facility. Locations and schedules vary. Visit our website to add your name to our interest list or call for more information about upcoming classes.



Join the Healthcare Field

Certified Nursing Assistant and Certified Clinical Medical Assistant run multiple times each year.

Scan the QR code to join our interest list and we will notify you when our next class starts!

Have questions?
207-657-9612



SCAN ME

MAINE COLLEGE & CAREER ACCESS



Financial Aid Workshop

The Financial Aid Workshop hosted by the TRIO Maine Educational Opportunity Center (MEOC) will provide an overview of the financial aid process and the completion of the FAFSA (Free Application for Federal Student Aid). (Please note: to file the FAFSA, participants must have created an FSA ID no later than one week prior to the workshop. FSA IDs may be created online at <https://studentaid.gov/fsa-id/create-account/launch>.) Please bring a copy of your 2022 federal tax return (if applicable) to aid with the filing of your FAFSA if you hope to start college January 2025. Please bring a copy of your 2023 federal tax return (if applicable) to aid with the filing of your FAFSA if you hope to start college in the fall of 2025. Due to grant constraints, participants must be adults hoping to enter post-secondary education. The class is FREE but pre-registration is REQUIRED.

Instructor: Randi Paine

Tuesday, 10/22

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: The class is FREE but pre-registration is REQUIRED

College Prep 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.

Instructor: Jodi Scott

Mondays, 9/9 - 12/14

Time: 7:00pm-8:30pm (Mandatory Live Zoom class)

Location: SMCC / Online via Brightspace

College Success Class

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 building the writing skills necessary for academic readiness. This free course is offered through Cumberland County Adult Education. This class fulfills a required college graduation credit at both Central and Southern Maine

Community Colleges.

Instructor: Cathy Guiffre-Renaud

Mondays, 10/21 - 12/9

(Mandatory in-person classes on 10/21 and 12/9)

Time: 5:00pm-8:00pm

Location: SMCC / Online via Brightspace and mandatory in-person classes

Fee: Free, but must pre-register



ADULT EDUCATION & FAMILY LITERACY WEEK

SEPTEMBER 16-20, 2024

BROUGHT TO YOU IN PARTNERSHIP BETWEEN:



#AEFLWEEK2024 | #COABE

DIGITAL LITERACY

NDEC Digital Literacy Classes

The National Digital Equity Center, a 501c3 non-profit, is a nationally recognized organization with a mission to close the digital divide across the United States. The National Digital Equity Center has been, and will continue to be, a thought leader on digital equity and digital inclusion. The National Digital Equity Center provides Digital Literacy classes that provide opportunities for professional growth, personal enrichment, the development of computer skills, and preparation for professional careers in a supportive environment. Customized training and consulting solutions are offered to businesses and industries, as well as community residents. Online classes are held in a live interactive form using a videoconference platform; in-person classes are at community locations in collaboration with partner organizations. We provide all instruction in a small group interactive learning setting.



Check our website for these classes being offered!

Cloud based Back-up Solutions: Tuesday, 9/17, 5:00pm - 6:00pm

Cloud Library: Tuesday, 9/24, 12:00pm - 1:00pm

Using Facebook Securely: Tuesday, 10/1, 12:00pm - 1:00pm

Android Basics: 10/8, 10/15 & 10/22, 12:00pm - 1:00pm

Introduction to Google Sheets: 10/29 & 11/5, 5:00pm - 6:00pm

Instructor: NDEC

Location: GNG Adult Ed

Fee: FREE for Maine Residents but pre-registration is required

Self-paced, Virtual, Enrichment Courses

Fee: \$35 per course

Complete course descriptions online at gray.maineadulted.org or 657-9612 for more information.

Who is BoomerTECH Adventures? BoomerTECH Adventures began in 2014 by three friends and colleagues, all Maine Educators who have worked with adults and technology for more than 100 years (collectively)! We provide expert guidance and personalized resources for adults to develop competence and confidence using Apple Devices. BoomerTECH Adventures courses are developed by Jill Spencer, Ed Brazee, and Chris Toy.

About our courses: All of our courses contain multiple videos which are self-paced. Students complete courses on their own time and at their own speed. Each course is a PDF booklet with information about the class, instructions for taking the class, and the content of the class (videos and articles accessible from direct links). The three instructors (Jill, Chris, and Ed) provide personalized support for the class via email, phone, and Zoom.

BOOMERTECH ADVENTURES

- NEW!** Conquer Your Photos App Chaos: Tame your Mac Images
- NEW!** Conquer Your Mac Photos App: Edit Your Images
- Taking Awesome Pictures With Your iPhone/iPad Camera
- Fantastic Photo Finishes-Organize & Edit Images on iPhone/iPad App
- Introduction to Mac Basics
- Introduction to iPhone Basics
- Take Fabulous Photos of the Flora and Fauna in your World
- Introduction to Zoom Basics
- Hidden Gems Lurking on Your iPhone & iPad
- Create & Deliver Online Zoom Courses
- Cooking with BoomerTECH Adventures
- Digital Tools for the Beginner Memoir Writer
- Maximize Your iPad's Potential
- More Hidden Gems in your iPhone/iPad
- Unlock Safari's Secrets on Your Mac in Just Five Lessons
- Unlock Safari's Secrets on Your iPhone in Just Five Lessons
- Unlock Safari's Secrets on Your iPad in Just Five Lessons
- 15 iPhone/iPad Vision Accessibility Features

ENRICHMENT

Arts and Crafts

Introduction to Drawing

Drawing is the logical first step to Art. If you are planning to paint in oils, acrylics, watercolors or any medium, start at the beginning. Become comfortable making your own mark. This course introduces the fundamental elements of this all important skill: Line, Shape, Value, Space. Supply list will be sent prior to first class.

Instructor: Pauline Cook

Wednesday, 9/11 - 10/2

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$69



Dried Flower Dough Bowl Candles & Glass Jar Lanterns

Join Jenn from Candlewood for a fun and creative evening making two crafts! You will learn how to create beautiful, aromatic candles using delicately dried flowers, your choice of a variety of essential oil blended scents, and natural organic soy wax to make unique and charming dough bowl candles. You will also learn the art of Decoupage, transforming a simple glass jar into a stunningly adorned lantern. Students will take home beautiful and functional pieces. All Supplies included.

Instructor: Jenn Paulin

Tuesday, 9/24

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

Fee: \$45 plus Materials Fee payable to the instructor: \$20



Register Early

Diamond Art for Beginners

What is diamond painting? Diamond painting (also known as crystal art) is the process of applying tiny resin rhinestones (known as "diamonds") to a pre-printed design, usually an adhesive board to create sparkling, vibrant and uplifting pieces of mosaic-style art. Each class is taught for the beginner level.

Instructor: Jackie Royles

Session 1: Wednesday, 9/25, 6:00pm-8:00pm

Session 2: Wednesday, 10/16, 6:00pm-8:00pm

Location: GNG Adult Ed

Fee: \$19 plus Materials Fee payable to the instructor: \$10 cash only - no checks



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. Supply list will be sent prior to first class.

Instructor: Pauline Cook

Wednesday, 10/9 - 11/6

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$85



Fall Decorated Dough Bowl Candles & Glass Jar Lanterns

Join Jenn from Candlewood for a fun and creative evening making two crafts! You will learn how to create beautiful, aromatic candles using delicately dried leaves, your choice of a variety of essential oil blended seasonal scents, and natural organic soy wax to make unique and charming dough bowl candles. You will also learn the art of Decoupage, transforming a simple glass jar into a stunningly adorned lantern. Students will take home beautiful and functional pieces. All Supplies included.

Instructor: Jenn Paulin

Tuesday, 10/22 OR 11/19

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

Fee: \$45 plus Materials Fee payable to the instructor: \$20



Wood Sign Painting

So much fun to be had! Gabrielle has so many designs to choose from. You get to choose ahead of time your stencil design and your project's background paint/stain color. When you arrive at class, you get to do all the fun stuff. There will be a lot of paint colors to choose from to make your project your own. The class is instructor-led, so you will have the experience of Gabrielle to guide you along the way. Learn how to avoid those nasty bleeds on your project and learn to stencil with confidence. When you leave, you take home a beautiful project.

Instructor: Gabrielle Lovi

Tuesday, 11/12

Time: 6:00 - 8:00pm

Location: GNG Adult Ed

Fee: \$45 plus Materials Fee payable to the instructor: \$15 Cash Only - no checks

Watercolors Phase II

Building on our beginners course, we will explore a host of new and traditional techniques. At each class we will present and resolve problems in rendering skies, water, rocks and figures. Supply list will be sent prior to first class.

Instructor: Pauline Cook

Wednesday, 11/13 - 12/18 (no class 11/27)

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$85

Balsam Fir Ball Workshop

Join us for a fun and creative balsam fir Kissing Ball workshop. No experience needed. You'll make a beautiful and fragrant 16" Kissing Ball using freshly cut, sustainably harvested balsam, decorated with red ribbons. Display your Kissing Ball in an archway or outdoors. It will remain fresh throughout the holidays and beyond. Recycle the balsam into a fragrant sachet. Materials provided: Kissing Ball Form and Hanger, Fresh Balsam Fir, Red Ribbon Please bring: gloves and small hand pruners.

Instructor: Lorraine & Tom Lindstedt

Monday, 11/25

Time: 6:30pm - 8:30pm

Location: GNG Adult Ed

Fee: \$15 plus Materials fee payable to the instructor: \$16 Cash Only - no checks



Christmas Dough Bowl Candles & Glass Jar Lanterns

Join Jenn from Candlewood for a fun and creative evening making two crafts! You will learn how to create beautiful, aromatic candles using Balsam Pine decor, your choice of a variety of essential oil blended winter cozy scents, and natural organic soy wax to make unique and charming dough bowl candles. You will also learn the art of Decoupage, transforming a simple glass jar into a stunningly adorned lantern. Students will take home beautiful and functional pieces. All supplies included.

Instructor: Jenn Paulin

Tuesday, 12/17

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

Fee: \$45 plus Materials Fee payable to the instructor: \$20



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:

Kathryn McGill-Cavallero - kmcgill-cavallero@sad15.org or

Maureen Mitchell - mlmitchell@sad15.org



General Enrichment

Electricity 1

Have you ever had questions about the world of electricity? What is an electrical circuit? What is a series circuit? What is a parallel circuit? How do you use a digital multimeter? How do you troubleshoot an electrical circuit? How do you read an electrical schematic? What are electrical symbols? These questions and more will be answered in this Electricity 1 class. Electricity 1 will be offered in 2 sessions. Session 1 will cover basic electrical concepts as applied to everyday life. Session 2, upon completion, you will be given a final exam, which when passed, will meet the Electricity 1 requirement by the state licensing board towards an electrical license. There will be a mandatory information night on September 10th at 6:00pm for interested individuals to come and ask questions about the course. A reference book and multimeter will be discussed to purchase prior to class starting.

Instructor: Jim Dunnington

Information Night: Tuesday, 9/10, 6:00pm

Session 1: Tuesdays, 9/17 - 10/29, 6:00pm - 9:00pm

Session 2: Tuesdays, 11/5 - 12/17, 6:00pm - 9:00pm

Location: GNG Adult Ed / Fee: \$49

Beginning Genealogy

Ever think about your 'Roots'? Does the thought of researching your family tree overwhelm you? Don't let it, it's easier than you think. You'll receive guidance for locating family information at home, away from home, and online. We'll talk about organizing, interviewing, charts, forms, and computer software. This class should give you a good start to building your family tree. Nancy Milliken Mason is a genetic genealogist who has been doing traditional genealogy research for over 35 years. She was born in Portland, Maine and grew up in Cumberland.

Instructor: Nancy Milliken Mason

Wednesday, 9/25

Time: 1:30pm

Location: GNG Adult Ed / Fee: \$15

Make Your Own Map: Introduction to GIS

Have you ever wanted to know how maps are made? Why do we need maps? Maps bring a world of information into something that people can understand. Maps are everywhere from the GPS directions, weather forecasts, election results, and many more applications. Have you ever wanted to make your own map? You can make your own map, you can tell your own story through your map. Your daily way to work or school, the garden you have in your dreams. If you can dream it, it can be a map. Come on down and tell your story through maps. Students need to bring a laptop or data storage device or smartphone.

Instructor: Andrew Watson

Session 1: Mondays, 9/23 - 10/21 (no class 10/14)

Session 2: Mondays, 10/28 - 11/25 (no class 11/11)

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed / Fee: \$49

The Maine Death with Dignity Act

Maine's palliative end-of-life care option is often the subject of confusion and false information. Although Maine's Death with Dignity Act has been in place since September 2019, most patients and medical personnel remain unaware of it or uncertain of how it works. Learn how to talk about it with your doctor, how to comply with the law, or how to help a family member who might qualify.

Val Lovelace founded the 501(c)(3) not-for-profit organization Maine Death with Dignity and also serves as its executive director. She spearheaded a grassroots campaign from 2014 to 2019 to pass Maine's aid-in-dying statute, the Maine Death with Dignity Act, which decriminalized medical aid in dying. She is committed to providing fact-based information regarding medical aid in dying in the United States to patients and their families, healthcare providers, clergy, policymakers, funeral directors, and emergency response personnel.

Instructor: Valerie Lovelace

Tuesday, 10/7

Time: 6:30pm-8:00pm

Location: Online via Zoom

Fee: Free but pre-registration is required

Cyr Bus Line Fall 2024 Tours

Are you looking for a fun fall adventure?

Did you know Cyr Bus Line offers many day
and overnight tours with pick up locations
in Lewiston and South Portland?

We have partnered with Cyr
to reserve seats for these tours:

Fryeburg Fair
Boston Holiday Shopping
Thanksgiving in New York City
Holiday in Lancaster
Dolly Jolly Christmas
New York Christmas Spectacular

Visit their website to learn more about
these trips and to register.

*Don't forget to mention you heard about
these adventures through
Gray-New Gloucester Adult Education!*

<https://johntcyrandsons.com/2024-tour-information/>

National Service Through AmeriCorps: Informational Workshop

This informative workshop will provide attendees with all the information they need to enter National Service through the AmeriCorps program. AmeriCorps is the program whereby citizens can Make A Difference in their community by enrolling to lend their energy and ability to advance a well thought out project and program. AmeriCorps members receive a stipend, fully paid health insurance (full time) and an education award that can be applied to any post-secondary school tuition/fees. Member terms are full or part time and there are many opportunities available, including the Gray-New Gloucester area.

The education award can be used to pay down your student loans, tuition or transferred (over 55) for the college expenses of a grandchild, child, or foster child.

Hear more about how you can enlist to provide National Service through AmeriCorps in your own community by attending a lively in person seminar. There is no charge to attend a workshop and participants are under no obligation to join.

Instructor: Roy Gedat

Tuesday, 10/22 OR 11/12

Time: 6:00 - 7:00pm

Location: GNG Adult Ed or online via Zoom

Fee: Free but pre-registration is required

Genetic Genealogy - How, When, Where and Why?

New to the idea of DNA testing for genealogy research? Learn about the three major test types, Y-DNA, mtDNA, and atDNA. Find out what each test offers and which might be the best tool to help with your research. Genetic DNA testing can give clues to the origins of your paternal and maternal lines. It can prove or disprove a genealogical problem. This testing can help find unknown family lines in cases of adoption or other separations from biological lines. It will find relatives with whom you share a common ancestor. DNA is a wonderful tool to be used with traditional genealogical research.

Instructor: Nancy Milliken Mason

Wednesday, 10/23

Time: 1:30pm

Location: GNG Adult Ed

Fee: \$15

Getting Paid to Talk / An Introduction to Voice Over

From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night, live online class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You'll gain an inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. Because this class is live, you'll have the opportunity to ask questions! Additionally, there will be a chance for a one on one script read with the instructor at the end of the class.

About The Instructor: With more than 30 years as a voice over artist and voice over producer, your instructor is part of the team at Voice Coaches with clients including major television networks, gaming designers, audio book publishers and more. Learn more at Voicecoaches.com

Instructor: Voice Coaches

Tuesday, 11/12

Time: 6:30 - 8:00pm

Location: Online via Zoom

Fee: \$29

Intro to Improvisational Theater

Join seasoned actor and director, Tom Nash as you participate in theater games and exercises, and hone your improvisational acting skills. Explore various acting techniques aimed at creating unique vivid characters and enhancing your ability to improvise. This active, participatory course will help you delve into the psyche of a character and discover the potential of communication via movement and gesture along with the spoken word. Enjoy scenario development and perform some short scenarios with your new "troupe". No previous acting experience is required. While this is not comedy improv, participants are guaranteed to experience much laughter and fun!

Instructor: Tom Nash

Mondays, 12/2 - 12/16

Time: 6:00pm-8:00pm

Location: GNG Adult Ed

Fee: \$49

Gray-New Gloucester Adult Education ONLINE COURSES

These **high-quality courses** are taught by **industry experts** and designed to quickly deliver specific skills and knowledge that **help to advance personal or professional development.**

Our online classroom is informative, convenient, and highly interactive.

Accounting Fundamentals Series

If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

Introduction to Microsoft Excel 2019/ Office 365

Knowing how to create a spreadsheet is key to effectively managing and organizing information. This course will introduce you to Microsoft Excel 2019 and teach you how to use this powerful software.

Medical Terminology:

A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Microsoft Excel 2019/Office 365 Series

Whether you're new to Excel or need a refresher, the Microsoft Excel 2019 Series bundle will help you master this long standing spreadsheet software.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

24/7 Access • All classes start new every month • Certificate of completion • 6-week format • Average 24 work hours • Discussion boards • Mobile accessible

Enroll or view all our online courses at: www.ed2go.com/gngadulted

Personal Finance and Investment

How Money Works

Are you living paycheck to paycheck? Struggling with debt? Looking for a better way? Come learn the power of having a customized strategy, how to overcome common financial obstacles, eliminate debt and avoid costly mistakes many investors unintentionally make!

Instructor: Sarah Blondin

Monday, 9/16

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required

Invest for Success

You work hard for your money. Is your money working for you? Are you confident in your current investment strategy? Join us to learn about the power of compound interest, managing risk, and strategically investing to reach your goals.

Instructor: Sarah Blondin

Wednesday, 10/21

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required

Investing at Retirement

Nearing or entering retirement? Join us to learn the power of having a customized strategy to make the most of your benefits and assets, identify considerable risks, and plan for a comfortable, financially secure retirement.

Instructor: Sarah Blondin

Monday, 11/4

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required

Medicare Made Simple

Renata Lahner, of The Lahner Group, is a licensed insurance agent with over 18 years experience helping individuals find the right Medicare coverage based on one's medical and financial needs. During class, she will explain how Medicare works, what it covers, what it doesn't cover, details in differences between supplemental and advantage plans, penalties, and much more. Please have paper and pen to take notes.

Instructor: Renata Lahner

Dates: 9/9 OR 9/10 OR 10/2

Time: 6:00pm - 8:00pm

Location: Online via Zoom

Fee: Free but pre-registration required

Driving and Safety

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: BHS Instructor

Monday, 10/7 & Wednesday, 10/9

Time: 4:30 - 7:00pm

Location: GNG Adult Ed

Fee: \$70



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

Dates: 10/2, 11/6, 12/4

Time: 6:00 - 9:00pm

Location: GNG Adult Ed

Fee: \$65



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

Wednesday, 11/6

Time: 4:00pm

Location: GNG Adult Ed

Fee: \$45



First on the Scene

It takes EMS an average of 7 minutes to respond to an emergency. The general public are usually the first ones on scene and this class will teach you skills to help an injured person until first responders arrive. We will cover Hands-only CPR and AED, administering naloxone, using an EPI pen, bleeding control and moving patients. These skills will give you the knowledge and confidence to help someone in an emergency when you are the First on the Scene. This is a one night class.

Instructor: Pete Holmquist
 Wednesday, 10/23 OR 12/4
 Time: 7:00 - 8:30pm
 Location: Gray Fire Rescue,
 125 Shaker Road, Gray
 Fee: Free but pre-registration required



Wellness

Strength and Balance for Senior Fitness

Reaching balanced wellness by working on strengthening and stretching the muscles, preventing falls, improving cardiovascular and bone density health. This class is progressive and increases your overall well-being throughout the 6 week session. Standing and floor work! This dynamic, full-bodied exercise program supports muscle growth and increases stamina! Prepare to be getting on and off the floor during the mat portion. If you have been working on your fitness and want to challenge yourself, "Senior Fitness" will guide you safely and effectively.

Instructor: Michelle Spencer
 Session 1: Mondays, 9/16-10/21
 Session 2: Mondays, 10/28-12/9 (no class 11/11)
 Time: 8:30 - 9:30 am
 Location: Online via Zoom
 Fee: \$35

Gentle Fitness for Health

This class offers seated strength and flexibility exercises to improve mobility and fall prevention. All exercises will support people with arthritis, osteoporosis and other health concerns if they are cleared by their primary care provider.

Instructor: Michelle Spencer
 Session 1: Mondays, 9/16-10/21
 Session 2: Mondays, 10/28-12/9 (no class 11/11)
 Time: 10:00 - 11:00 am
 Location: Online via Zoom
 Fee: \$35

Tai Yoga

A practice that will involve a series of slow, rhythmic movements and physical postures, meditation, controlled breathing, stretching and strength for the mind and body!

Instructor: Michelle Spencer
 Session 1: Tuesdays, 9/17-10/22
 Session 2: Tuesdays, 10/29-12/3
 Time: 9:00-10:00am
 Location: Online via Zoom
 Fee: \$65

Relaxation and Stress Reduction with Hatha Yoga

This 60-minute Yoga class will provide sequences that calms the nervous system along with stretching/warming the muscles and preparing the mind to rest. Breathing techniques, short meditation and positive affirmations will end the practice.

Instructor: Michelle Spencer
 Session 1: Tuesdays, 9/17-10/22
 Session 2: Tuesdays, 10/29-12/3
 Time: 5:30-6:30pm
 Location: Online via Zoom
 Fee: \$65



Feeling Good

This class will get you started down the path toward a happier and healthier you. First, delve deeper into who you are, what you value, and your strengths. Then set the map to where you'd like to be, while learning what healthy, happy means to you. Bring a notebook, pen/pencil.

Instructor: Jeanne Curtin, Functional Medicine Health Coach
 Session 1: Wednesday, 9/18
 Session 2: Tuesday, 10/8
 Time: 6:00pm - 7:30pm
 Location: GNG Adult Ed
 Fee: \$15

Morning Practice

Meet me on the mat to start the day with intention and invigorate the mind and body! Come in your pajamas with your screen on or off! This will be a safe space to reflect on life and the life you want to create!

Instructor: Michelle Spencer

Session 1: Thursdays, 9/19-10/24

Session 2: Thursdays, 10/31-12/12 (no class 11/28)

Time: 6:30 - 7:30 am

Location: Online via Zoom

Fee: \$65

Chair Yoga for Everyone

This morning class practiced in a chair offers mind and body benefits without having to get up and off the floor or even changing into Yoga clothes. Enjoy a "pick me up" at home or at your office by using structural techniques to improve your range of motion, relax tight or overused muscles and release tension from the mind.

Instructor: Michelle Spencer

Session 1: Thursdays, 9/19-10/24

Session 2: Thursdays, 10/31-12/12 (no class 11/28)

Time: 9:00 - 10:00 am

Location: Online via Zoom

Fee: \$65

Food Addicts in Recovery Public Information Session

Food Addicts in Recovery Anonymous (FA) Information Session
FA offers a solution for people who are overweight, underweight, and/or obsessed with food, weight or dieting. At the session you will hear more about FA and from people who have found a solution through the FA program.

For access information call Sharon at 207-250-7373 or email fa.newcastle.maine@gmail.com

Tuesday, 10/15

Time: 6:30pm - 8:00pm

Location: Online via Zoom and by phone

Music and Dance

Play the Ukulele, Your Journey Begins Here!

Learn to play the ukulele! It has never been more popular and you don't even have to know how to read music! On the uke you can



knock out folk music, rock, blues, jazz, pop, country, tunes old and new -- even classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. Oh, and there are lots of laughs along the way. And, learning to play an instrument is good for your brain! You will need a playable ukulele and an electronic tuner or a tuner app. And when folks hear you play this happy instrument, well, they just have to smile! If you don't own a ukulele, please

contact us for information. What are you waiting for? Grab a uke and get ready for a musical adventure, then spread the joy!

Instructor: Duncan Perry

Session 1: Tuesdays, 9/24 - 10/15

Session 2: Wednesdays, 10/23 - 11/13

Session 3: Tuesdays, 11/19 - 12/10

Time: 6:00pm - 7:30pm

Location: Online via Zoom

Fee: \$85

Have you thought about teaching for Adult Education?

Gray-New Gloucester Adult Education is always looking for instructors to join our team. Have a hobby, passion, special talent or skill that you would like to share?

Please contact

Theresa Boynton, Program Coordinator,
tboynton@sad15.org or 207-657-9612.



Fitness

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! This class is offered virtually through Zoom. Equipment that will be used in class include: a chair or countertop (something to hold onto), light hand weights (3lbs - 5lbs), versa loop, gliding discs for hardwood floors or socks/face cloth or paper plate for carpet floors, bender ball or equivalent.

Instructor: Jenna Chase

Session 1: Mondays, 9/9-10/14

Session 2: Mondays, 10/21-11/25

Time: 6:15am - 7:00am

Location: Online via Zoom

Fee: \$45

Total Body Interval Training!

Circuit style total body interval class for all levels! Fun stations! Improve your strength while keeping your body in fat burning beast mode! There will also be some kickboxing fun too!! Please bring a yoga mat.

Instructor: Tracy Libby

Session 1: Mondays & Wednesdays, 9/16-10/28 (no class 10/14)

Session 2: Mondays & Wednesdays, 11/4-12/18 (no class 11/11 & 11/27)

Time: 6:00pm - 7:00pm

Location: Russell School Gym

Fee: \$89

Human Reformer Pilates

Human Reformer Pilates is a way to harness the potential of your own body, using it as the ultimate reformer. With just 1 resistance band, you can capture all the postural, core, and alignment challenges that reformer work is famous for— courtesy of Pilates mat programming that mirrors traditional reformer exercises. Equipment that will be used in class include: a yoga mat and a Flex Cord or 48" resistance band or something equivalent. This class is offered virtually through Zoom.

Instructor: Jenna Chase

Session 1: Wednesdays, 9/11-10/16

Session 2: Wednesdays, 10/23-12/4 (no class 11/27)

Time: 6:15am - 7:00am

Location: Online via Zoom

Fee: \$45

Zumba

Zumba is a dance fitness class rooted in Latin Rhythms. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Bring a water bottle, sneakers and your sense of humor! We will shake it out, sweat and laugh a lot! Please reach out with questions!

5-week sessions

Instructor: Erin Hamlin

Session 1: Wednesdays, 9/11-10/9

Session 2: Wednesdays, 10/16-11/13

Time: 6:30pm-7:30pm

Location: GNG High School

Fee: \$45 per session



Pumped Up Strength

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism. In this class you will want a set of hand weights anywhere from 5lbs - 15lbs. This class is offered virtually through Zoom.

Instructor: Jenna Chase

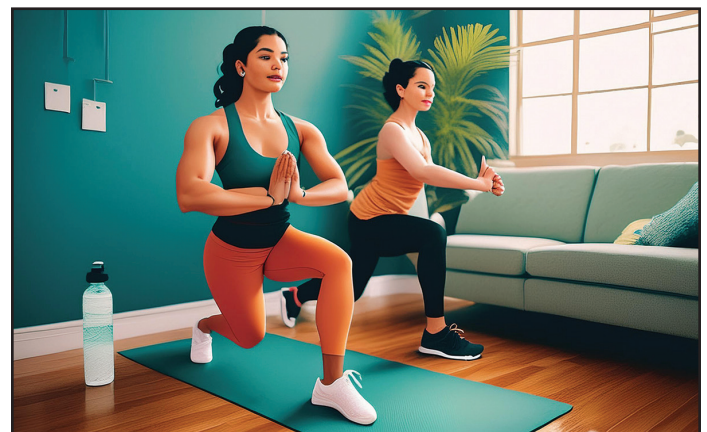
Session 1: Fridays, 9/13-10/18

Session 2: Fridays, 10/25-12/6 (no class 11/29)

Time: 6:15am - 7:00am

Location: Online via Zoom

Fee: \$45



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 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.

Policies

Please, no smoking, vaping or use of any illicit substances allowed on school premises.

Cancellations:

Adult Education will follow the MSAD15 school schedule. No programs will be held if MSAD 15 public schools are closed due to weather conditions.

Confirmation:

Assume your class is running unless you hear from us. Online registration will receive an email confirmation. If you have questions please contact us and we can verbally confirm.

Insufficient Enrollment:

Courses which fail to attract sufficient enrollment will be canceled and registrants informed prior to the first night of class.

Refunds:

Course Canceled: 100% refund minus a \$1.99 portal fee (if paid by debit/credit card)
 Withdrawal 3 business days prior to class start: Full refund except fees which include credit/debit card and portal fees. Withdrawal prior to second class (except for 1 night classes) results in 50% of the fee being refunded minus a \$1.99 portal fee (if paid by debit/credit card.)

Age Policy:

Minimum age for participants is 16 years unless otherwise noted in the course description.

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.

Accommodations:

Please let the Adult Ed office know at the time of registration if you need any accommodations. MSAD 15 is in compliance with ADA requirements.

Employee Discount:

MSAD 15 employees receive a 10% discount on all enrichment classes. Please call the office for a discount code. 657-9612

Photographs:

Occasionally our staff takes photos of students to promote future programs. If you do not want your picture taken, please let us know.

Holidays and School Vacations

| | |
|---------------------------------------|--|
| Mon, Sept 2 - Labor Day | Wed, Nov 27 - Fri, Nov 29 - Thanksgiving Break |
| Mon, Oct 14 - Indigenous People's Day | Mon, Dec 23 - Wed, Jan 1 - Winter Break |
| Mon, Nov 11 - Veterans Day | |



Gray-New Gloucester
Adult Education

Offices at 10 Libby Hill Road
SAD 15 • 14 Shaker Road • Gray, ME 04039

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PROGRAMS & SERVICES

Gray-New Gloucester Adult 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.

HISSET PREPARATION



ADVISING & CAREER EXPLORATION



COLLEGE & CAREER ACCESS



MULTILANGUAGE LEARNING



VOCATIONAL & CERTIFICATE PROGRAMS



ENRICHMENT

