



Gray-New Gloucester Adult Education

Explore • Grow • Achieve
Winter/Spring 2025



Gray-New Gloucester Adult Education

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



Gray-New Gloucester Adult Education Celebrates a Year of Success

As we embrace the new year, Gray-New Gloucester Adult Education has even more to celebrate! This year, we were proud to be recognized as one of only eight programs in the state that met or exceeded all four state and federal performance targets. This achievement is a direct reflection of the hard work and dedication of our staff, as well as the perseverance of our learners. We are incredibly proud of the success across all our programs, and we would be thrilled to count you among the learners we celebrate this year!

In addition to our College and Career Access, High School Completion, and Healthcare Training programs, we introduced a Multilingual Learner Program this fall. Offered on Monday and Wednesday mornings, this program has already seen great success. If you know of any learners who would benefit from joining, we'd love to hear from you!

We are also excited to announce that we received a Digital Equity Stipend from the Greater Portland Council of Governments. This generous funding will enable us to offer more free computer instruction—keep an eye out for those classes, which will be launching soon!

As we look toward the new year, please remember that we are here to help you achieve your academic, career, and personal goals. Whether it's through a class you'd like to take, a new hobby you want to share with the community, or simply stopping by to say hello—we would love to hear from you.

Wishing you all the best in 2025!

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

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.

English Language Classes

Gray-New Gloucester is offering English Language classes to students looking to build their reading, writing, speaking, and listening skills to increase civic engagement, improve employability, and advance their education and training. This class is for anyone wanting to improve their English skills, from beginners through more advanced students. Call 657-9612 to schedule an intake appointment.

Class held Mondays & Wednesdays:
9am - 11am



Quote from HiSET completer:

"You all are rays of sunshine! Thank you for the hard and important work you do. Your efforts change lives. We will be forever grateful! From with love, The Tomlinson and Sowa family"

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 June 30, 2025. 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

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

Creating an effective resume, cover letter, and developing interviewing skills are crucial components in securing a job. Our advisors guide you through essential steps of creating a professional, impactful resume and cover letter. Whether you're writing your resume for the first time or looking to update or improve your current version, this advising session offers valuable insights into formatting, structuring, and presenting your experience effectively. Learn to:

- Craft a resume that highlights your skills, experience, and achievements in a concise and professional manner
- Write a compelling cover letter that complements your resume and demonstrates your enthusiasm for the role
- Tailor your resume for specific job positions to increase your chances of landing interviews
- Interview preparation

This is perfect for anyone new to resume writing, or those seeking tips and support to refine their existing materials. Individual appointments will be made with one of our advisors. Call 657-9612 or email gngadulter@sad15.org to get started!

Job Search Workshop

Ready for a new job or a career change? Join us for one, two, or all three workshops. March 5: Job Search Strategies; March 12: Resume Strategies; March 19: Interview Strategies.

Instructor: Lisa Sweet, New Ventures Maine

Wednesdays, 3/5 - 3/19

Time: 6:00pm - 7:00pm

Location: Online via Zoom

Fee: Free but pre-registration 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. 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.

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 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, 3/11

Time: 6:00 pm - 7:30 pm

Location: GNG Adult Ed

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

College Prep Reading & Writing Class

In this reading and writing course, students will strengthen their understanding of the interconnected relationship between reading and writing for academic purposes. Students will apply their comprehension of paragraph and essay structure to analyze and produce narrative, compare and contrast, cause and effect, and persuasive writing. Students will gain digital literacy skills through working with online learning technology. At the completion of this course, students' work will be analyzed to determine readiness for ENGL 080 or ENGL 100.

English 040

Instructor: Alexandra Requena

Tuesdays & Thursdays, 1/21 - 5/10

Time: 5:00 - 7:00 pm

English 080

Instructor: Anna Patkus

Tuesdays & Thursdays, 1/21 - 5/10

Time: 2:00 - 4:00 pm

Location: SMCC / Online via Brightspace and Zoom

Fee: Free, but must pre-register

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

Tuesdays, 1/14 - 5/6

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, 3/10 - 4/28

(Mandatory in-person classes on 3/10 and 4/28, all other classes are asynchronous)

Time: 5:00pm-8:00pm

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

Fee: Free, but must pre-register

Cyr Bus Line - 2025 Tours

Are you looking for a fun 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 on their upcoming 2025 tours.

For a complete list of tours, visit their website to learn more and register:

<https://johntcyrandsons.com/2025-tour-information/>
Don't forget to mention you heard about these adventures through Gray-New Gloucester Adult Education!



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.



Classes to be offered may include, but are not limited to:

- Understanding Cloud Library - 2/11 @ 5 pm
- Telehealth - 2/26 @ 3 pm
- Video Conferencing with healthcare providers, family and friends - 3/3 @ 3pm
- Using software and devices for better health - 3/14 @ 5 pm
- iPhone Basics - 3/11, 3/18, & 3/25 @ 5 pm
- Intro to Google Drive and Docs - 4/1, 4/8, & 4/15 @ 5 pm
- Chromebook Basics - 4/15 @ 12 noon

For a complete list of classes, please visit our website or call our office.

Instructor: NDEC

Location: GNG Adult Ed

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

NORTHSTAR DIGITAL LITERACY

Coming this spring!

Gray-New Gloucester Adult Education is now a Northstar Digital Literacy Member.

Northstar provides assessments, instructor-led curricula and self-directed online learning for basic digital literacy skills.

Watch for more information coming on free digital literacy classes, assessments, and certificate options.

BOOMERTECH ADVENTURES

Self-paced, Virtual, Enrichment Courses

Fee: \$39 per course

Complete course descriptions online at

gray.maineadulted.org or 657-9612 for more info

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.

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, 1/15 - 2/5

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$69

Porch Sign Painting

You have seen these tall wood signs propped up on people's front entrances. Now you can make them yourself. These signs are 48" tall and 9.5" wide. You get to choose ahead of time your stencil design (so many designs to choose from) 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 stencil with confidence. When you leave, you take home that evening a beautiful project.

Instructor: Gabrielle Lovi

Wednesday, 1/29

Time: 6:00 - 8:00pm

Location: GNG Adult Ed

Fee: \$49 plus Materials Fee payable to the instructor:
\$20 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, 2/26 - 3/26

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$85

Wire Wrapped Rings with Elise Marie DeSigns

Come join us for a fun evening where you will learn how to make two wire wrapped rings with Elise Marie DeSigns! It's a great opportunity to unleash your inner artist and create unique jewelry pieces that you can wear or gift to loved ones. No experience is necessary, as Elise will guide you through the process step by step. We hope to see you there!

Instructor: Elise DeSalvo

Tuesday, 3/4 OR 4/29

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$65



Hand Stamped Necklaces with Elise Marie DeSigns

Come join Elise Marie DeSigns where you will learn hand stamping techniques and create your very own hand stamped necklace. Pick from letters, numbers and so many fun stamps like suns, ying yangs, evil eyes, waves, mountains and more to make a necklace that speaks to you. It's a great opportunity to unleash your inner artist and create unique jewelry pieces that you can wear or gift to loved ones. No experience is necessary, as Elise will guide you through the process step by step. We hope to see you there!

Instructor: Elise DeSalvo

Tuesday, 3/25

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$75



Beaded Bouquet and Candle Making Workshop

Join Jenn from Candlewood to make a beautiful fresh spring scented 12 ounce candle and one gorgeous beaded mini bouquet. You will enjoy a night of fun personalizing your candle, choosing your scents and crafting a unique bouquet no one will believe was crafted by YOU! Artificial flowers are handmade using acrylic beads and metal wire. They are perfect for daily use and can be placed indoors and outdoors as a stunning eye catching centerpiece decoration!

All supplies included.

Instructor: Jenn Paulin

Tuesday, 4/8 OR 5/6

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

Fee: \$35 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.

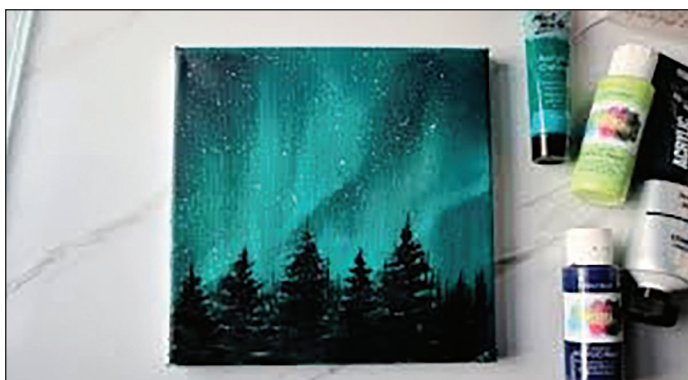
Instructor: Gabrielle Lovi

Wednesday, 3/5

Time: 6:00 - 8:00pm

Location: GNG Adult Ed

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



You Too Can Paint!

New or "seasoned" artists will complete an original painting of the Northern Lights during this session. All supplies will be provided. Just bring a smile, a desire to have fun, be creative and a positive belief that "You too can paint"! No experience is necessary.

Instructor: Thomas Nash

Tuesday, 3/11

Time: 6:00 - 7:30 pm

Location: GNG Adult Ed

Fee: \$29 plus Materials Fee payable to the instructor: \$5 Cash Only
- no checks

Felt Flower Wall Art

Learn how to create seasonal felt flowers. You will make several flowers and finish them on a farmhouse-style wood board which you will then add a message on the wood out of vinyl.

Instructor: Gabrielle Lovi

Wednesday, 3/26

Time: 6:00 - 8:00pm

Location: GNG Adult Ed

Fee: \$39 plus Materials Fee payable to the instructor: \$20 Cash Only -
no checks



Watercolors, Part 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, 4/9 - 5/14 (no class 4/23)

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$85



Dried Flower Dough Bowl Candles & Glass Jar Lanterns

Learn how to create beautiful, aromatic candles using dried flowers and natural ingredients. Under the guidance of Jenn from Candlewood, you'll design and craft your own unique candle in a charming dough bowl. The combination of delicate dried flowers and variety of fresh spring scents will result in a truly special piece that you can take home and enjoy along with matching Dried Flower lanterns using the art of Decoupage: a simple jar into a stunning lantern adorned with dried flowers. You'll learn various techniques to apply and seal the flowers creating a beautiful and functional piece of decor. These lanterns are perfect for adding a cozy, rustic touch to any space.. All Supplies included.

Instructor: Jenn Paulin

Tuesday, 4/29 OR 5/13

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

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

General Enrichment

Learn the art of Map Making: Create your own Story!

Sign up, dreamers, artists, and cartographers!! Ever wondered how to chart a course or explore lands in new, exciting ways?! It's as easy as bringing the world to your figure tips! Maps are much more than just turn by turn directions. Maps can open a world that you have never seen before, you can change the world just by understanding the power of GIS (Geographic Information Systems). In this course you will be using free open-source software called QGIS. You will learn how to create your own finding, creating, and changing data from different free sources to create a new world!!

Instructor: Andrew Watson

Session 1: Tuesday, 1/21 - 2/11

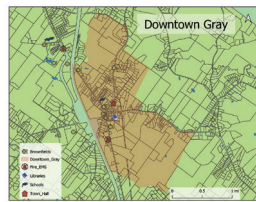
Session 2: Mondays, 2/24 - 3/17

Session 3: Mondays, 3/24 - 4/14

Session 2: Mondays, 4/28 - 5/19

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed / Fee: \$49



The Maine Death with Dignity Act

There is still a lot of misunderstanding and misinformation about Maine's expanded end-of-life care option. Many providers and patients in Maine are still not familiar with Maine's Death with Dignity Act. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Join this class to get fact-based information and all the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify for the law or support your loved one who may qualify.

Instructor: Valerie Lovelace

Tuesday, 1/21 OR 4/15

Time: 6:30pm-8:00pm

Location: Online via Zoom

Fee: Free but pre-registration is required

Assisted Living Demystified: Making Informed Choices for Quality Care

The class aims to provide participants with a comprehensive understanding of assisted living—what it is, what services it offers, and what families should know when exploring this option. We will discuss different levels of care, state qualifications, facility types, and essential questions to ask during facility visits. Our goal is to give participants confidence and knowledge to make well-informed decisions to support the well-being of their loved ones. Class is interactive, with practical tools and resources for evaluating assisted living communities to find the right fit.



Instructor: Kaitlyn Morse, Maine Aging Partners

Tuesday, 3/18

Time: 6:00 - 7:30pm

Location: GNG Adult Ed

Fee: \$25

Getting Paid to Talk: 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 for a fun and realistic look at how the voice over field really works. Gain an inside perspective on developing skills, how to leverage your voice's strengths and interests, and more. This class is live, you can ask questions! There is a chance for a one on one script read with instructor. With over 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, 4/1n • Time: 6:30 - 8:00pm

Location: Online via Zoom • Fee: \$29



DID YOU KNOW?



During the 2023-2024 School Year, Gray-New Gloucester Adult Education helped:

14

STUDENTS
EARN THEIR
HISET

10

STUDENTS
BECOME CERT.
NURSING
ASSISTANTS

62

STUDENTS
BECOME
MEDICAL
ASSISTANTS

583

STUDENTS
ENROLL IN ONE
OR MORE
ENRICHMENT
CLASSES

Personal Finance and Investment

How Money Works

Do you want to eliminate debt? Stop living paycheck to paycheck? Take full control of your finances? Join us to learn how implementing a few simple financial concepts can transform your relationship with your money!

Instructor: Sarah Blondin

Tuesday, 3/25

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required

Invest for Success

Is your money working as hard for you as you do for it? Are you confident that your current investment strategy will help you reach your goals? Whether you're brand new to investing or a seasoned investor, join us to learn the power of compounding interest, managing risk, and strategically investing to reach your goals!

Instructor: Sarah Blondin

Tuesday, 4/8

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required

Investing at Retirement

Nearing or entering retirement? Maybe just thinking about it? Join us to learn the power of having a customized strategy to make the most of your benefits and assets, identify considerable risks and mitigate them, and plan for a comfortable, financially secure retirement!

Instructor: Sarah Blondin

Tuesday, 4/29

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required

Understanding Social Security

Do you wish you had a better understanding regarding your social security benefits? Do you want to make sure you're getting the most out of your benefits? Join us to learn how!

Instructor: Sarah Blondin

Tuesday, 5/13

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required



Register Early



Finance Authority of Maine

FAME's College Access and Financial Education team has put together a series of virtual workshops specifically for our Adult Education partners to share with their communities. Each workshop is attended by registrants via Zoom. The link will be provided in your email receipt upon registration. Complete workshop descriptions can be found online at <https://gray.maineadulted.org/>

Adulting 101: For the Love of Money:

2/12 at 6:30pm

Successful Scholarship Searches and Applications:

2/26 at 7:00pm

Planning and Paying for College:

3/5 at 6:00pm

Adulting 102: Money Grows:

3/19 at 6:30pm

Spring Into College Savings: The Alford Grant and Maine's College Savings Program:

4/2 at 7:00pm

Student Loan Repayment Strategies and Pro Tips:

5/7 at 6:00pm

Putting the Literacy in Financial Literacy:

Book Club with FAME 2/4, 2/18, 3/4, 3/18, 4/1 at 6:00pm

(Students are expected to attend all 5 sessions)

View more online courses at:
www.ed2go.com/gngadulted

Safety

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: 1/28, 3/24, 4/14

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

Tuesday: 5/20

Time: 6:00pm - 9:00pm

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, 3/5 OR 5/7

Time: 7:00 - 8:30 pm

Location: Gray Fire Rescue,

125 Shaker Road, Gray

Fee: Free but pre-registration required



Wellness

Indoor Walking Group

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 orientation night on Mon., Jan. 13th at 6 pm 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, 1/13 - 4/16 (no class 1/20, 2/17 & 2/19)

Time: 6:00-7:00pm

Location: GNGHS Hallways

Fee: \$10

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 I: Mondays, 1/20 - 3/3 (no class 2/17)

Session 2: Mondays, 3/10 - 4/14

Session 3: Mondays, 4/28 - 6/9 (no class 5/26)

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 I: Mondays, 1/20 - 3/3 (no class 2/17)

Session 2: Mondays, 3/10 - 4/14

Session 3: Mondays, 4/28 - 6/9 (no class 5/26)

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 I: Tuesdays, 1/21 - 3/4 (no class 2/18)

Session 2: Tuesdays, 3/11 - 4/15

Session 3: Tuesdays, 4/29 - 6/3 (no class 5/26)

Time: 9:00-10:00am • Location: Online via Zoom • Fee: \$65

Music and Dance

Stress Reduction and Relaxation with Therapeutic 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, 1/21 - 3/4 (no class 2/18)

Session 2: Tuesdays, 3/11 - 4/15

Session 3: Tuesdays, 4/29 - 6/3 (no class 5/26)

Time: 5:30-6:30pm

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, 1/23 - 3/6 (no class 2/20)

Session 2: Thursdays, 3/13 - 4/17

Session 3: Thursdays, 5/1 - 6/5

Time: 9:00 - 10:00 am

Location: Online via Zoom

Fee: \$65

Are You Having Trouble Controlling the Way You Eat?

Do you struggle with food obsession, overeating, undereating or purging? There is a solution! Join us for a free Information session Online or by phone.

Food Addicts in Recovery Anonymous (FA) is hosting information sessions where you will hear more about the FA program and from people who have found a solution through the FA program. There will be an opportunity to ask questions. For access information call Sharon at 207-250-7373 or email fa.newcastle.maine@gmail.com

Dates: 5/20 OR 6/16

Time: 6:30pm - 8:00pm

Location: Online via Zoom and by phone

Play the Ukulele, Your Journey Begins Here!

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: Wednesdays, 2/5 - 2/26

Session 2: Tuesdays, 3/4 - 3/25

Session 3: Wednesdays, 4/16 - 5/7

Session 4: Tuesdays, 5/13 - 6/3

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



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



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, 1/20 - 3/3 (no class 2/17)

Session 2: Mondays, 3/10 - 4/14

Time: 6:15 am - 7:00 am

Location: Online via Zoom

Fee: \$45

Gentle Yoga

My teachings are grounded in the philosophy of Svadhyaya, focusing on leading students towards self-study and self-reflection. The aim is to nurture a personal practice that extends beyond the mat for each student. Anticipate a gentle session incorporating functional movements with occasional challenges. I encourage the use of blocks as tools to further enhance a personal practice. Some sessions will also incorporate ball rolling.

Bring a yoga mat, 2 yoga blocks, and a tennis ball.

Instructor: Pamela Cates

Session 1: Tuesdays, 1/21 - 3/4 (no class 2/18) - Fee: \$59

Session 2: Tuesdays, 3/11 - 4/29 (no class 4/22) - Fee: \$69

Time: 5:30pm - 6:15pm

Location: Russell School Gym

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, 1/22 - 3/5 (no class 2/19)

Session 2: Wednesdays, 3/12 - 4/16

Time: 6:15 am - 7:00 am

Location: Online via Zoom

Fee: \$45

Easy online registration:
www.gray.maineadulted.org
 Register early - classes need a
 minimum number of students to run.

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, 1/15 - 2/12

Session 2: Wednesdays, 2/26 - 3/26

Session 3: Wednesdays, 4/2 - 5/7 (no class 4/23)

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, 1/24 - 3/7 (no class 2/21)

Session 2: Fridays, 3/14 - 4/18

Time: 6:15 am - 7:00 am

Location: Online via Zoom

Fee: \$45



Sebago Lake Kayak Lesson and Historical Tour

Join the Registered Maine Guides at Sebago Trails Paddling Co. for an on the water adventure at Sebago Trails Paddling Co. in Raymond. This two hour course will begin with a safety briefing and lesson covering the fundamentals of recreational kayaking. Using the EZ launching system at Sebago Trails Paddling, the tour will explore the water-carved bends and twists of a meandering stream unveiling local wildlife in a rustic backdrop. Then continue onto Jordan Bay of Sebago Lake as the guides share stories dating back to the settlements of the Sebago Lake region. Come for the beautiful lake views and leave

with your new favorite hobby! This is a great experience for anyone looking to get outdoors. Perfect for first time kayakers and experienced kayaking enthusiasts.

Sebago Trails Paddling will provide: Kayak, Paddle, Lifejacket

Instructor: Bill Allen & Katelyn Perry

Saturday, 5/24 • Time: 1:00pm - 3:00pm

Location: Sebago Trails Paddling, 1311 Roosevelt Trail, Raymond, ME

Fee: \$49



**WHEN OUR
COMMUNITIES
INVEST IN ADULT
EDUCATION, WE
ALL WIN!**



For every **\$100 of local funds*** allocated to Adult Education, the following additional funding is received by **MSAD #15** and **GNG Adult Education**:

- **MSAD #15** receives an additional **\$30** in **state funding**.
- **GNG Adult Education** receives:
 - **\$47** in **State Subsidy**
 - **\$15** in **Federal Grants**
 - **\$16** in **State Grants**

*Local share portion of the Adult Education budget.

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

Monday, Jan 20 - Martin Luther King, Jr. Day
 Mon-Fri, Feb 17-21 - Winter Break
 Mon-Fri, April 21-25 - Spring Break

Monday, May 26 - Memorial Day
 Thursday, June 19 - Juneteenth



Gray-New Gloucester
Adult Education

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

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Free Tax Preparation Greater Portland



Option 1: In-Person Appointment

Call 207-347-2335 to schedule your appointment at United Way Southern Maine's Portland Office. Or scan the QR code (Available in Arabic, French, Portuguese, Somali, Spanish and Swahili)



Option 2: Fully Virtual Service

Start the process online at getyourrefund.org/gpmaine - answer questions, upload documents, and e-sign before we e-file your return.



Option 3: Online DIY

File your taxes yourself at myfreetaxes.com with access to a helpline for support.



Option 4: Scan & Go

No device? No problem! Simply visit a Scan & Go site (located at cPort Credit Unions in Portland and Rt 1 Scarborough), pick up an intake packet, return to have your documents scanned, and get assistance from our team to complete your filing. Starting 1/23/25

CASH
MAINE

Creating Assets, Savings and Hope

CASH MAINE is a program of United Way of Southern Maine. All Mainers are welcome to do their taxes with us! We serve a diverse range of communities and, in partnership with Disability Rights Maine, offer an ASL Day to ensure access for the Deaf and Hard of Hearing community.