

# 2026 Spring & Summer Course Catalog

## CENTRAL LINCOLN COUNTY ADULT EDUCATION

Learning for Every Wave of Life

Register NOW at [clcae.maineadulted.org](https://clcae.maineadulted.org)  
email: [clcae@aos93.org](mailto:clcae@aos93.org) phone: 207.563.2811



Scan Me!

# Students In Action



Cover photo by Bonnie Merrill

# Message from the Director

Greetings, Everyone!

Spring is upon us and as we eagerly look forward to the gradual warming and brighter days ahead, I wanted to introduce myself as the new Director of Adult Ed at CLCAE. I am delighted to return to adult education after several years as a Career Navigator for MidCoast Hub 7 and over a decade in corporate learning, recruitment, and development. I'm also a former PTO president, Ed Tech, substitute teacher, and a current parent who cares deeply about equitable access to quality education in Maine.

We thank you for your continued support of CLCAE, which was recently recognized by the State of Maine as a top performing program for fiscal year 2025 by meeting or exceeding established statewide performance measures. Our staff and students remain at the heart of our continued success. We've graduated dozens of CNA and HiSET diploma students in the last year, and workforce training continues to be our primary focus. If you want to learn a new language, build career skills, advance your employment or earnings, reach educational goals, or explore new interests, we are here for you. To learn more about the resources and services we can provide, please email [clcae@aos93.org](mailto:clcae@aos93.org), call 207.563.2811, or stop by our office.

To register for a course, visit our website at [clc.maine-adulted.org](http://clc.maine-adulted.org) and click on the COURSES button.

Please take a look at the opportunities throughout this brochure and if you don't see something you're interested in or have an idea for a class, please reach out! We are always looking for new instructors, perspectives, and connections to our community.

Along with the changing seasons, this year promises many fresh opportunities for Central Lincoln County Adult Education staff, students, and community members to rise and meet every wave of life.

You can #MoveAheadWithAdultEd!

*Cassie Robichaux*

Cassie Robichaux, Director



## Symbols & Abbreviations



= offers at least one session between June and August



= online class



= virtual class



= very popular class

## What's Inside?

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## What's new?

- \* New soldering classes
- \* AI classes
- \* New instructors for healthcare
- \* Spring Field Guide to Old Houses & Barns
- \* Watercolor for Everyone (Holly Smith)
- \* Rocks Under our Feet (Geology)
- \* New ELL courses (English Language Learning)
- \* AARP Smart Driver
- \* New travel!
- \* Intro to Astronomy



## Staff

Instructor, Elizabeth Potter

Program Administrator, Bonnie Merrill

Director, Cassie Robichaux

## Our Class Locations

AEO: Adult Education Office, 767 Main St., Damariscotta

Alna Meeting House: 1789 Alna Rd., Alna

GSB: Great Salt Bay School, 559 Main St., Damariscotta

Masonic Lodge: 529 Main St., Damariscotta

Mere Point Boat Launch, Brunswick

Neighborhood Clay: 590 Main St., Damariscotta

# Adult Education - HiSET & Literacy

## Are you or someone you know ready to get your high school diploma?

The Maine adult education system offers FREE assistance to those seeking to earn their High School Equivalency Diploma. The HiSET™ (High School Equivalency Test) has replaced the GED in Maine since 2014.

If you're sixteen or older and do not have a high school diploma, the High School Equivalency Test (HiSET™) could be your route to improved career prospects, further education, and increased earning potential.

HiSET™ provides individuals with the opportunity to obtain a high school equivalency diploma with the same legal standing as a regular high school diploma. Through guided study, pretesting, and five official subject tests, the HiSET Program allows test-takers to demonstrate proficiency of the academic skills and knowledge expected by employers and colleges. HiSET™ consists of five subtests and is aligned with the national College and Career Readiness Standards for Adults:

**\*\*\*Language Arts-Reading / Language Arts-Writing / Mathematics / Science / Social Studies \*\*\***

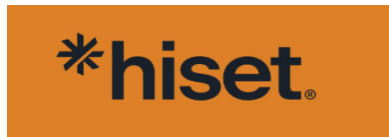
To learn more about the HiSET™, call Central Lincoln County Adult Education for an appointment at 207-563-2811.

## Join us in the HiSET® Preparation & Adult Learning Center

CLC Adult Education Office, Damariscotta  
No registration or test fees

**School Year Evening Hours:**  
Tuesdays & Thursdays, 6:00 – 8:00 PM

**School Year Daytime Hours:**  
Thursdays, 9:00 AM – NOON



## We have study options for every schedule!

- Attend our Learning Center hours for in-person instruction.
- Design a combination of both in-person and online study that best meets your individual needs.
- Study independently at home using our online platform.



## English Language Learning (ELL)

- Are you interested in improving your English? Call or email us today.
- Vous souhaitez améliorer votre anglais ? Appelez-nous ou envoyez-nous un courriel dès aujourd'hui.
- Você está interessado em melhorar seu inglês? Ligue para nós ou envie um e-mail para nós hoje.
- Je, una nia ya kuboresha Kiingereza chako? Piga simu kwetu au tuma barua pepe kwetu leo.

We welcome all new English speakers. Learning English can help you prepare for a new career, obtain a driver's license, communicate with your child's school, or prepare for a citizenship exam.

**1:1 tutoring, conversation classes, and Citizenship classes are available through us or our partner organizations. Call for more information: 207-563-2811 (FREE)**

## Get the Skills You Need for a New Career or Higher Education



Central Lincoln County Adult Education is part of the MidCoast Hub 7 community of programs. We work collaboratively with other programs across the MidCoast, so please contact us if you have questions or would like to know more about other program services.

- Boothbay-Wiscasset Regional Adult Education (207) 882-9710
- Medomak Sheepscot Regional Adult & Community Education (207) 785-2277
- RSU 13 Adult & Community Ed (207) 594-9764
- Five Town CSD Adult & Community Ed (207) 236-7800
- Merrymeeting Adult Education (207) 729-7323
- MidCoast School of Technology (207) 596-7752
- RSU 3 Adult & Community Ed (207) 568-3426
- Belfast Adult Education (207) 338-3197



Workforce Solutions staff will be available to provide FREE assistance with employment and training options on a scheduled basis. Topics that can be discussed include resume assistance, interviewing skills, job search techniques and career development. Based on individual eligibility, intensive case management may include training plans and other supportive services.

Call 207-373-4000, or toll free at 1-888-836-3355 today!  
Tuesdays 10:00 AM to 3:00 PM  
CLC Adult Ed Office, Damariscotta

### SET YOURSELF UP FOR SUCCESS

We are a satellite tutoring site for the Maine Community College System.

### HEADING OFF TO COLLEGE?

#### Services we offer:

- College and Career Advising
- Accuplacer Testing
- Academic Tutoring in Mathematics and Writing
- Free online Biology or Chemistry with Lab
- Study Skills Review
- Assistance with College Homework



### Certificate Training:

- Clinical Medical Assistant
- Dental Assistant
- Certified Nursing Assistant
- CDL Class B
- Welding
- CNC Machining, and more

### YEAR-ROUND ACADEMICS

The Adult Learning Center is open 12 months a year for academic support. Adult Education is your path to college and career success. Call us at 207.563.2811 to take your next steps.

# Maine College & Career Access



The six classes below are presented by the Finance Authority of Maine. Full descriptions are available on our website. These FREE workshops are meant to help adults of any age navigate the financial implications of attending college. Once you register, you will be sent the link to attend the Zoom sessions.

## Planning and Paying for College

Monday, 5/11

Virtual live, Zoom

6:30 - 7:30 PM

FREE

## Money Management Tips for Rising College Students

Wednesday, 4/8

Virtual Live, Zoom

1:00 - 2:00 PM

FREE

## Give the Gift of Education: The Alford Grant and Maine's College Savings Program

Wednesday, 4/8

Virtual live, Zoom

7:00 - 8:00 PM

FREE

## Understanding & Comparing Federal and

## Private Student Loans

Friday, 5/1

Virtual live, Zoom

12:00 - 1:00 PM

FREE

### Find out more

Scan the QR code to attend a Virtual Info Session.



Thursday April 2 | 10-11 a.m.

Thursday April 16 | 6-7 p.m.

### Locations

- MaineHealth Lincoln Hospital, Damariscotta



## Next class runs from July 6 to August 13, 2026

- **FREE Tuition and Earn While you Learn** — applicants hired into the program are paid while in the course and are eligible for benefits in exchange for a one-year work agreement.
- **Program:** 4 to 5 days a week, 6 weeks — Didactic, hands-on skills labs and on-site clinical training at the local hospital and/or nursing home.

Contact: [cna@mainehealth.org](mailto:cna@mainehealth.org)

## How to Apply and Test

- Apply online at [careersatmainehealth.org](https://careersatmainehealth.org). Search by job title: CNA Apprentice and your closest location (Damariscotta, Norway, Biddeford, or Portland).
- Attendance at an information session is required.
- At the information session, you will have a chance to register for consideration into the program.
- A representative will reach out to you to schedule a time to take the CASAS exam, which must be passed at a 9th grade reading level.

Made possible through a collaboration of:





## Basic Life Support



*Jennifer Harris*

This course is designed for healthcare professionals whose job requires this course for employment or anyone who would like to learn these valuable lifesaving skills. Focus is on how to recognize and respond to emergency situations. Skills taught include CPR and AED use for adults and children in a professional setting. Participants who complete the course will receive a certificate from the American Red Cross which is valid for two years.

**1 day only** **9:00 am - 1:00 p.m.**  
**Saturday** **3/28/26**  
**AEO** **\$95**

## Basic Life Support -- Blended



*Jennifer Harris*

This course is designed for healthcare professionals whose job requires this course for employment, or anyone who would like to learn these valuable lifesaving skills. Focus is on how to recognize and respond to emergency situations. Skills taught include CPR and AED use for adults and children in a professional setting. Participants who complete the course will receive a certificate from the American Red Cross which is valid for two years. This is a blended course which requires online learning prior to in-person skills training. Therefore registration for this class closes on 5/28--two weeks prior to the in person skills training.

**Thursday** **6:00 - 8:00 p.m.**  
**1 night only** **6/11/26**  
**GSB, Rm 187** **\$95**

## Adult / Pediatric First Aid / CPR / AED



*Jennifer Harris*

This course is designed to educate participants so that they can recognize and respond to emergency situations. This course offers valuable lifesaving skills including CPR/First Aid/AED. Certification is issued by the American Red Cross and is valid for two years.

**1 night only** **6:00 - 9:00 p.m.**  
**Thursday** **3/19/26**  
**GSB, Rm 187** **\$90**

## Adult / Pediatric First Aid / CPR / AED -- Blended



*Jennifer Harris*

This course is designed to educate participants, so they can recognize and respond to emergency situations. This course offers valuable lifesaving skills including CPR/First Aid/AED. Certification is issued by the American Red Cross and is valid for two years. This is a blended course which requires online learning prior to in-person skills training. Therefore, registration for this class closes on 4/30--two weeks prior to the in person skills training.

**Blended** **6:00 - 8:00 p.m.**  
**Thursday** **5/19/26**  
**GSB, Rm 187** **\$90**

## Certified Nursing Assistant (CNA)

*Mallory Conary, RN-BSN*

CLC Adult Education and Maine Health co-sponsor a FREE 130-hour minimum Certified Nursing Assistant training course. This CNA program is open to all adults by application only. Successful graduates are eligible to work in many areas of the healthcare field. The course is open to all adults by application and interview process. Applications are now available. You may call LincolnHealth Education (563-4540) to have an application packet sent to you. Applicants must have a high school diploma or GED/ HiSET in order to be considered for the course. (If you don't have a diploma, GED, or HiSET, call 207.563.2811.)

\*\*\* Maine Health CNA Paid Apprenticeship Program \*\*\*  
 (\*Subject to availability)

Earn while you Learn Maine Health and Adult Education throughout the midcoast region are offering an "Earn while you Learn" opportunity. Through a paid apprentice program, you can earn money for your CNA training with an expected commitment to work in a care setting for 12 months. Apprenticeship candidates are eligible for benefits including health insurance.

An application and interview are required to be considered for this program. A limited number of applicants are accepted. To receive an application or more information please call Lincoln Health Education at 563-4540.

**8 weeks** **8:00 a.m. - 4:00 p.m.**  
**Tuesday/Wednesday/Thursday**  
**5/4/26 - 6/19/26** **\*FREE**

## Behavioral Health Professional (BHP) Certification Training

*Woodfords Family Services*

Ready to make a difference in the lives of children and families? Our free BHP training program equips you with the knowledge, skills, and certification needed to start your career in behavioral health services.

What's included: 12 online, self-paced modules accessible 24/7; Learn at your own pace over 6 months. 1 live day of training (8-9 hours), choose in-person or virtual. To enroll, you must be a Maine resident, at least 18 years old, and possess minimum of a high school diploma or equivalent (proof of education required).

Why join? Completely free of charge, flexible and accessible, prepares you for meaningful, in-demand work, certification recognized statewide.

Additional Requirements for Certification: Ethics & Boundaries class (2.5 hours, virtual), OSHA-Compliant Bloodborne Pathogens Training (0.75 hours online), Child & Adult First Aid & CPR w/AED Certification (4.5 hours, available through Woodfords).

**Open enrollment** **Asynchronous**  
**Online** **FREE**

# Business & Workforce

<b>Bookkeeping Certificate</b>	<b>\$495</b>	
Understanding Debits and Credits	\$195	4/6, 6/1
General Ledger and Month End Procedures	\$195	5/4, 7/6
Closing Procedures and Financial Statements	\$195	6/1, 8/3
<b>New! Mastering Payroll Certificate</b>	<b>\$495</b>	
Payroll Concepts	\$195	4/6, 6/1
Payroll Calculations & Tax Withholding	\$195	5/4, 7/6
Payroll & Tax Filings	\$195	6/1, 8/3
<b>Certificate in Basic Game Design</b>	<b>\$395</b>	
Payroll Concepts	\$195	4/6, 6/1
Payroll Calculations & Tax Withholding	\$195	5/4, 7/6
Payroll & Tax Filings	\$195	6/1, 8/3
<b>Certificate in Mastering Excel</b>	<b>\$495</b>	
Mastering Microsoft Excel	\$195	4/6, 6/1
Intermediate Excel	\$195	5/4, 7/6
Excel Performance & Tools	\$195	6/1, 8/3
<b>SQL Certificate</b>	<b>\$595</b>	
Understanding Debits and Credits	\$245	Monthly
General Ledger and Month End Procedures	\$245	Monthly
Closing Procedures and Financial Statements	\$245	Monthly
<b>Spanish for Medical Professionals</b>	<b>\$290</b>	4/6, 6/1
<b>Digital Marketing Certificate</b>	<b>\$495</b>	
Improving Email Promotions	\$195	4/6, 6/1
Boosting Your Website Traffic	\$195	5/4, 7/6
Online Advertising	\$195	6/1, 8/3
<b>Certificate in Web Design</b>	<b>\$595</b>	
Introduction to Web Design	\$195	4/6, 6/1
Intermediate Web Design	\$195	5/4, 7/6
Advanced Web Design	\$195	6/1, 8/3
<b>AI Certificate</b>	<b>\$495</b>	
Introduction to Chat GPT	\$195	4/6, 6/1
Intermediate AI	\$245	5/4, 7/6
AI Planning and Strategies	\$195	6/1, 8/3
<b>Certificate in QuickBooks Online</b>	<b>\$375</b>	
QuickBooks Online Level 1	\$195	4/6, 6/1
QuickBooks Online Level 2	\$195	5/4, 7/6
**Two Month Certificate		
<b>Beginning Conversational Spanish</b>	<b>\$290</b>	4/6, 6/1
<b>Introduction to Fiction Writing</b>	<b>\$195</b>	4/6, 6/1
<b>WordPress Certificate</b>	<b>\$495</b>	4/6, 6/1
<b>Supervisory &amp; Leadership Certificate</b>	<b>\$395</b>	4/6, 6/1
<b>Certificate in Podcasting</b>	<b>\$245</b>	4/6, 6/1

These certificate programs and many more, plus additional dates, can be registered for by going to: [yougotclass.org/index.cfm/Lincoln](http://yougotclass.org/index.cfm/Lincoln)



**Accounting Fundamentals** **\$146**  
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

**Creating WordPress Websites** **\$142**  
Learn how to create websites with WordPress, the world's most popular website building platform.

**Explore a Career in Medical Coding** **\$154**  
Explore a career as a medical coder and gain knowledge to help you work with confidence almost anywhere in the medical field from doctors' offices, clinics, hospitals—even the comfort of your home! This course teaches use of the CPT manual and IDC-10-CM which will give you a leg up on others who are new to this career.

**Project Management Fundamentals** **\$154**  
Gain the skills you'll need to succeed in the fast-growing field of project management.

**Veterinary Assistant Series** **\$548**  
Taught by a practicing veterinarian and college instructor, courses in the Veterinary Assistant Series will give you the information you need to prepare for work as a veterinary assistant including the specific duties you are likely to face every day. Gain practical skills, learn veterinary terminology, and prepare to apply for jobs as a veterinary assistant.

**Discover Sign Language** **\$131**  
Learn to master American Sign Language through immersive, silent instructional videos that emphasize proper sign techniques and facial expressions for effective communication. You will become skillful at fingerspelling and an array of signs to engage in conversations confidently. (24 course hours)

**Accounting Fundamentals** **\$146**  
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more. (24 course hours)

**Beginning Conversational French** **\$130**  
Proper pronunciation is essential for excellent communication. So, whether you intend to travel abroad or simply want to learn a fun new skill, the Beginning Conversational French course will help you master the basics of French pronunciation. (24 course hours)

**Photography Suite** **\$350**  
Learn the art of taking a great photo. In this series, you will not only learn how to decide which is the best type of equipment to use, but you will also master the use of your DSLR camera as you learn how the technology can help you take beautiful portraits and action shots of people. You will get a crash course in all the features and controls on your camera that can be used to elevate your photos and learn photo editing techniques for professional-looking images. By the end of this series, you'll be well on your way to becoming a skilled photographer. (72 course hours)

**Achieving Success with Difficult People** **\$147**  
Learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors, or relatives. (24 course hours, Self-guided)

These courses and many more can be registered for by going to: [ed2go.com/aos93/](http://ed2go.com/aos93/)



# Computers & Technology



## BoomerTECH Adventures

*BoomerTECH Adventures helps Boomers and Seniors create, connect, and contribute using today's technology*  
**Ed Brazee, Jill Spencer, Chris Toy, instructors**

Developed by experienced Maine educators, the courses on this page are fully asynchronous, online courses that students complete on their own time and at their own speed. Each course is a PDF booklet with information about the class, instructions for using the class, and the content of the class (videos and articles). The three instructors provide personalized support for the class via email and/or online chat.

Each course will take you approximately 6 hours +/- over a month's time to complete the tasks depending upon how much time you want to commit. And once you gain access to the class content, you have it to keep and refer to for as long as you need.

**TECH REQUIRED:** A strong Internet connection (or access to one), and a Mac computer, iPad, or iPhone to access videos and articles. *See our website for complete course descriptions.*

Start anytime

**New!** All classes are Online and Self-paced

Fee for each course is \$49

- iOS 18 Essentials for iPhone
- iPadOS 18 Essentials for iPad
- Master Your Mac Photo App: Organize Like a Pro
- Editing Stunning Photos with Mac's Photos App
- Introduction to iPhone Basics (v2)
- Introduction to Mac Basics (v2)
- Hidden Gems Lurking on Your iPhone & iPad
- More Hidden Gems in Your iPhone/iPad
- Maximize Your iPad: Communicate, Create & Connect
- iPhone & iPad Photography: Capture Like a Pro
- Photo Magic on iPhone & iPad: Edit & Organize with Ease
- Take Fabulous Photos of the Flora and Fauna in Your World (v2)
- Unlock Safari's Secrets on Your Mac/iPhone/iPad in Just Five Lessons (3 separate courses)
- Vision Accessibility on iPhone & iPad: 15 Essential Features
- Unlock Your Memoir: Digital Tools to Spark Your Story
- Cooking with BoomerTech Adventures



## How to Use CHAT GPT **New!**

### Artificial Intelligence Basic Intro

*Preethi Fernando*

Hop on the artificial intelligence bandwagon! Whether you are a senior, a stay at home parent, a busy professional, or a curious individual, this easy, fun class is for all of you. The instructor lays out what Chat GPT, the artificial intelligence program could do for you- from making greeting cards, to finding what movies to watch, learning new cooking recipes, to writing work proposals, editing documents, uploading PDFs, writing e-mails, typing resumes for your job hunt. No prior knowledge necessary.

**1 day, 3 Sessions**

<b>Session 1:</b>	<b>4:00 - 5:00 p.m.</b>
<b>Saturday</b>	<b>4/4/26</b>
<b>Session 2:</b>	<b>11:00 a.m - 12:00 p.m.</b>
<b>Friday</b>	<b>5/1/26</b>
<b>Session 3:</b>	<b>1:00 - 2:00 p.m.</b>
<b>Saturday</b>	<b>6/6/26</b>
<b>Virtual Live</b>	<b>\$35</b>



## How to Use Grok **New!**

### Artificial Intelligence Basic Intro

*Preethi Fernando*

A basic introduction to Grok AI. You will learn how you can use Grok AI to improve your professional work life as well as your personal life. Simple to understand, interesting, fun class. No prior knowledge of AI is necessary for you to sign up for this class.

**1 day, 2 Sessions**

<b>Session 1:</b>	<b>11:00 a.m. - 12:00 p.m.</b>
<b>Friday</b>	<b>5/1/26</b>
<b>Session 2:</b>	<b>4:00 - 5:00 p.m.</b>
<b>Monday</b>	<b>6/1/26</b>
<b>Virtual Live</b>	<b>\$35</b>



## How to Use Chat GPT + AI **New!**

### to Save Money

*Preethi Fernando*

Learn how to find discounted air tickets, discounted hotel stays, and cut back costs on your grocery bill, by learning how to use chat GPT artificial intelligence. This is a beginner class and you need not have previous knowledge of Chat GPT to take this class.

**1 day, 2 Sessions**

<b>Session 1:</b>	<b>1:00 - 2:00 p.m.</b>
<b>Tuesday</b>	<b>5/26/26</b>
<b>Session 2:</b>	<b>2:00 - 3:00 p.m.</b>
<b>Monday</b>	<b>6/1/26</b>
<b>Virtual Live</b>	<b>\$35</b>



Did you know that MCST also has an Adult Education program? Take a look!



**MID-COAST**  
SCHOOL OF TECHNOLOGY  
ADULT EDUCATION

1 Main Street Rockland, ME 04841



## WORKFORCE TRAINING CLASSES\*

**\*FUNDING AVAILABLE FOR MOST WORK FORCE TRAINING COURSES**

### CNA & CRMA Certificate Programs

- CNA - classes start 9/9 or 11/18 .....9 weeks, T/W/TH 8:30am-3:00
- CRMA - classes start 10/17 or 1/30/26 .....5 weeks, FRI 8:30am-4:00
- CRMA Recertification - class dates 10/3 or 12/12 ..... 1 day, FRI 8:00am-2:00

**Dental Assisting** class starts 9/26 .....10 Sessions, FRI 9:00am-4:00

### Welding & Machining

- MIG Welding 1 - class starts 9/16 .....6 weeks, T/TH 4:30-7:30pm
- MIG Welding 2 - class starts 10/27 .....6 weeks, M/W 5:00-8:00pm
- Machining 1 - class starts 10/20 .....4 weeks, M/T 4:30-7:30pm

**NEW**

**Entrepreneurship Foundation Course** class dates 10/7-5/7/26 T/TH 6-7:30pm

### Technology for Home & Work

- Quickbooks Online-Basic & Intermediate - class starts 10/7 .....7 weeks, T 5:30-8:00pm
- Excel 2019 Basic & Intermediate - class starts 10/9 .....6 weeks, TH 6:00-8:00pm
- Excel Advanced - class starts 12/4 .....3 weeks, TH 6:00-8:00pm
- Effective Document Management - class date 11/19 .....1 Session, W 6:00-8:00pm
- Outsmart the Scammers - class date 9/22 .....1 Session, M 6:30-8:00pm
- SketchUp for Woodworking - class starts 10/7 .....5 weeks, T 5:30-8:00pm

### Enrichment Classes

Plumbing Basics	Creative Bookmaking
Ditty Bag 101	Workshop Tool Maintenance
Power of Line 1	Jumpstart Sketchbook Art
Watercolors Part 1	Hands-On Arduino
Learn to Tapestry Weave	Intro to Nautical Navigation
Marlinspike Ropework	Sports Play-by-Play Broadcasting
Learning the Recorder	Gluten-Free Goodness-Quiche & Cookies
Intro to Photography	Vegetable Gardening
History of Kitchen Gardens	Intro to Knitting
	Pineapple Upside Down Cake .....and many more!

For complete list of courses and course details and to register,  
go to [midcoastadulted.com](http://midcoastadulted.com), or scan the QR code above

**[adulted@mcst8.org](mailto:adulted@mcst8.org)**

**207-596-7752 x 3**

# Arts & Crafts

## **Beginner Silver Soldering - Stacking/ Personalized/Spinner Rings**

*Mei-Ling Cheung*

Making ring bands is a great way to learn silver soldering basics. You will have a choice of making a set of stacking rings, a personalized ring and small stacking ring, or a spinner ring. You will learn about cutting, texturing, stamping, and soldering Sterling silver.

**1 night**

**Tuesday**

**Great Salt Bay School, Damariscotta**

**5:00 - 8:00 p.m.**

**4/7/26**

**\$59**



## **Beginner Silver Soldering - Chain-style Earrings**

*Mei-Ling Cheung*

Design and fabricate 2 pairs of your own unique Sterling silver chain-style earrings. Chain-style earrings go with every outfit, for any occasion! They are lightweight, comfortable and really fun to make!

You will learn about sawing and texturing Sterling silver. You will also learn to attach multiple pieces of metal together. Fee includes materials.

It is recommended to take the Stacking Rings class first, but it is not necessary.

**1 night**

**Wednesday**

**Great Salt Bay School, Damariscotta**

**5:00 - 8:00 p.m.**

**4/8/26**

**\$59**

## **Beginner Silver Soldering - Make a Unique Bezel Pendant**

*Mei-Ling Cheung*

Have you ever wanted to design and fabricate your own jewelry? During this 3 hour workshop we will learn how to design and create your own bezel set Sterling silver pendant. Feel free to BYO cabochon, if you have something that you have wanted to set. Keep in mind that round objects with a flat back are easier to set than objects with corners and objects that have a rounded back.

If you don't have a cabochon, then don't sweat it - there will be a variety of sizes of black onyx cabochons to choose from. You will learn how to saw, texture, stamp, and solder multiple pieces of metal together. This kind of project requires developed skills that get better with practice. For a better looking outcome with fewer frustrations, taking the Stacking Rings and Chain-style earrings classes first is recommended, but not necessary. A \$20 materials fee is due to the instructor the night of class.

**1 night**

**Thursday**

**Great Salt Bay School, Damariscotta**

**5:00 - 8:00 p.m.**

**4/9/26**

**\$59**

207.563.2811

## **Watercolor for Everyone**

*Holly Smith*

This class welcomes all levels of students wanting to experience watercolor painting. The weekly exercises are designed to build confidence through step by step instructions. Techniques such as wet on wet, dry brush, blotting etc. are integrated into each watercolor painting. Color theory and mixing is covered along with how to create a successful composition. Many students have returned each year remarking how much they enjoy the class. They learn something new each time they attend. Come and enjoy meeting great people who love to paint and have fun! The supply list is available on our website or by calling the CLC Adult Ed office.

**5 weeks**

**Mondays**

**Virtual Live**



**6:00 - 8:00 p.m.**

**begins 5/11/26**

**\$99**

## **Machine Sewing for Beginners**

*Sandy Clement*

Learn the basics of machine sewing and troubleshooting problems while working on 3 fun projects. As we learn about machine sewing, we'll be making an envelope pillow with insert, a pillowcase using the roll-up method, and a zippered pouch. Skills learned will include basic sewing machine care and problem solving; preparing, measuring, and cutting fabric; sewing French seams; installing a zipper; and using various machine feet. We will also learn what to do when things go wrong (this varies from class to class). Please bring a working sewing machine if you have one as there will be only a limited number of machines available.

**4 weeks**

**Mondays**

**Great Salt Bay School, Damariscotta**

**6:00 - 8:00 p.m.**

**begins 4/6/26**

**\$95**



## **Machine Sewing Open Studio**

*Sandy Clement*

Have a sewing project you need to finish or need some help with one? Then this class is for you! Bring a sewing project and get hands-on help or just use the time to join some fellow sewing friends. A sewing machine in good working order is needed so let us know if you need a machine for the class. The instructor will have some common supplies on hand such as fabric, thread, zippers, webbing as well as patterns for simple projects. Join us for the fun!

**4 weeks**

**Mondays**

**Great Salt Bay School, Damariscotta**

clcae@aos93.org

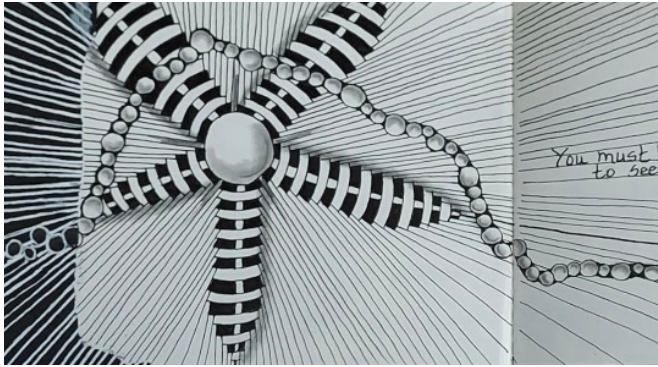
**6:00 - 8:00 p.m.**

**begins 5/11/26**

**\$95**

**11**

# Arts & Crafts



## Long Stitched Books **New!**

*Joelle Webber*

This class reinforces the vocabulary, tools and materials of hand bookbinding. We will learn how to bind a soft covered, long stitched book. A multi-gathering book that can be used as a journal, to collect favorite recipes or poems, and more. All materials for the class are provided. There is a \$10 materials fee payable to the instructor the night of class.

**1 night** **5:30 - 8:00 p.m.**  
**Tuesday** **4/7/26**  
**Great Salt Bay School, Damariscotta** **\$45**

## Button Hole Books **New!**

*Joelle Webber*

A bound book that has a lot of scope to include all your favorite colors and decorative papers. This book is a great beginner binding, with a paper cover. Join us to make your new journal, poetry or guest book. All materials for the class will be provided. There is a \$10 materials fee payable to the instructor the night of class.

**1 night** **5:30 - 8:00 p.m.**  
**Tuesday** **5/5/26**  
**Great Salt Bay School, Damariscotta** **\$45**



## Beginner Book Binding **New!**

*Joelle Webber*

A bound book that has a lot of scope to include all your favorite colors and decorative papers. This book is a great beginner binding, with a paper cover. Join us to make your new journal, poetry or guest book. All materials for the class will be provided. There is a \$10 materials fee payable to the instructor the night of class.

**3 weeks** **6:00 - 8:00 p.m.**  
**Thursdays** **begins 5/7/26**  
**Great Salt Bay School, Damariscotta** **\$75**

## French Sewn Books **New!**

*Joelle Webber*

Continuing our exploration of the book form, in this class we will learn how to bind a decorative twisted stitch on tabs, which will be laced into a folded paper cover. A multi-gathering book, which can be used as a journal, to jot notes, collect favorite recipes or poems, and more. All materials for the class are provided. There is a \$10 materials fee payable to the instructor the night of class.

**1 night** **5:30 - 8:00 p.m.**  
**Tuesday** **6/9/26**  
**Great Salt Bay School, Damariscotta** **\$45**

## Zentangle: A No Mistakes Journal **New!**

*Martha Brooks*

One of the basic tenets of the Zentangle Art Method is, "There are NO mistakes." It is also one of the most challenging concepts for Tanglers to embrace! This 5-week course will tie back to this Zentangle mantra. Classes will use Zentangle original tangles and also those designed by fellow CZTs. Visual step-by-step directions will be provided prior to each class. Material Kits will include a Zentangle No Mistakes Journal, a variety of pens & shading tools. Cost of the class includes a \$32 materials fee. Material kits will be available at the CLCAE Office for pickup by registrants approximately 1 week before class begins. Material kits can also be mailed to registrants; postage to be paid by registrant.

Registrants should have access to reliable internet service and be familiar with basic Zoom navigation and etiquette. A pre-requisite to this course would be Zentangle 101, or equivalent, and a familiarity with basic Zentangle concepts.

**5 weeks**  
**Mondays**  
**Virtual Live**



**6:30 - 8:00 p.m.**  
**begins 4/27/26**  
**\$69**

## Mobiles - Creating Unique Floating & Flowing Art! **New!**

*Chris Toy*

Join Chris Toy for a unique, zen, hands-on workshop creating mesmerizing floating and flowing Mobiles and Stables! Transform how you see nature walks. Materials (driftwood, shells, feathers, wire) provided. Bring needle nose pliers and discoveries from your own walks if desired or just bring your imagination!

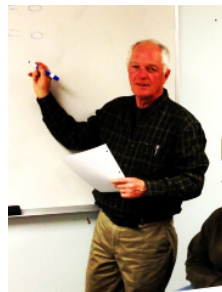
**1 night** **5:00 - 7:00 p.m.**  
**Monday** **5/18/26**  
**Great Salt Bay School, Damariscotta** **\$69**

## Teach with us!

You've got talent!

Why not share it  
with your community?

Call or email us today at:  
207-563-2811  
clcae@aos93.org



# Cooking

## Dumpling Artistry: Mastering Fancy Folding Techniques

Jeff Mao

Ready to elevate your dumpling skills from delicious to dazzling? Join this unique, hands-on cooking class focused specifically on creating stunning, fancy Chinese dumpling folds! Go beyond the basics and learn techniques that will transform your homemade dumplings into edible art.

We'll master several intricate designs: learn the secrets to shaping delicate Har Gow (crystal shrimp dumplings) into charming goldfish and practice the elegant, flowery plum blossom fold. We'll also make vibrant pork dumplings using different colored doughs, incorporating natural ingredients like spinach or beet as the coloring agent for eye-catching hues. While focusing on folding artistry, we'll cover making the necessary doughs and a classic pork filling to bring our creations to life.

Leave this class with impressive new folding skills, recipes, and a batch of your own edible art to wow friends and family. Perfect for those with some dumpling experience or adventurous beginners eager for a creative challenge! All ingredients and tools provided. Allergen Info: Contains soy and gluten.

**1 night only** **5:00 - 7:30 p.m.**  
**TBA** **TBA / Call for Info**  
**Masonic Lodge, Damariscotta** **\$79**

## Hands-On Herb-Infused Pasta Chris Toy

Join Chef Chris Toy for a hands-on class to master fresh pasta making! We'll infuse the dough with intense, farm-fresh flavors—creating a colorful medley of mushroom, basil, and tomato pasta. You'll finish your creations with a choice of a rich tomato-red wine or a creamy vodka sauce. Get ready to roll, knead, and eat!

**1 night** **5:00 - 8:00 p.m.**  
**Monday** **5/4/26**  
**Masonic Lodge, Damariscotta** **\$79**



## Weekend Cooking and Carving Adventure Chris Toy, Ken Wise

Ready for an unforgettable weekend? Ignite your creativity this fall in a unique blend of carving and culinary skills! Join Chris Toy (private chef, acclaimed cooking instructor, 6x cookbook author) and Ken Wise (master woodturner, carver, popular instructor – both artists featured at the Lemont Collective Art Gallery) on the picturesque shores of Merrymeeting Bay in Bath, Maine, immerse yourself in hands-on carving with Ken, and hands-on cooking with Chris. Your pace, your adventure.

The all-inclusive tuition cost covers all lessons, materials, supplies, and delicious meals (excluding alcohol). Cost does not include overnight accommodations. Contact christoy.net@gmail.com to book! \*There is a \$25.00 non-refundable fee for cancellations.

**Friday, Saturday, Sunday** **5/15/26 - 5/17/26**  
**Merrymeeting Bay, Bath** **\$250**



## Mozzarella Cheese for Beginners David Baker

Have you ever wanted to make cheese? This course will show you how you can make fresh mozzarella cheese in less than one hour! Fee includes all ingredients.

**1 night** **6:00 - 7:30 p.m.**  
**Wednesday** **4/29/26**  
**Masonic Lodge, Damariscotta** **\$25**

## From Flour to Flavor: Crafting Authentic Potstickers Jeff Mao

Learn the fundamentals of making Chinese Dumplings at home. In this class, you will learn how to make fresh scratch-made dough and roll your own wrappers, then how to fold and pleat them after stuffing with pork filling. We will then water-fry/steam them to create a restaurant favorite – pot sticker dumplings!

Additionally, you will learn to make your own ginger-scallion oil and the instructor will talk about other common Chinese condiments used for dipping sauces. All ingredients & equipment provided. Plant-based ground meat can be substituted for pork upon request. Dumpling wrappers include gluten. Allergen Info: Contains soy and gluten.

**1 night only** **5:30 - 7:30 p.m.**  
**Tuesday** **4/14/26**  
**Masonic Lodge, Damariscotta** **\$79**

## Wok and Cleaver Boot Camp Chris Toy

Master the art of stir-frying, create restaurant-quality roasted dishes, and achieve perfectly steamed rice, all with the incredible versatility of a Chinese wok. Here's your passport to unlocking a world of flavor and technique!

Each student receives an incredible, specially curated kit to continue your culinary adventures at home. This kit, assembled by Chris based on decades of experience, is valued at \$200, but participants will pay Chris just \$100 the night of class! Your kit includes: Iron Wok: Specially sized for home kitchens, works on all cooktops—even outdoors, Long-Handled Wok Spatula, Carbon Steel Cleaver, Honing Steel, Sustainable Wooden Cutting Board One of Chris Toy's 6 Cookbooks: Packed with dozens of recipes to practice your new skills!

Those in the know bring containers for their delicious creations. Space is limited so reserve your spot today.

**1 night** **5:00 - 8:00 p.m.**  
**Monday** **5/11/26**  
**Masonic Lodge, Damariscotta** **\$79**

# Exercise, Health & Outdoors

## Women's Gentle & Restorative Yoga

*Patti Kristiansen*

This gentle yoga class invites you to move through accessible asanas (shapes), calming breathing techniques, and the luxurious, deeply restful practice of restorative yoga. Designed to support relaxation, flexibility, and overall well-being, this class is safe and welcoming for everybody--no matter your age, experience, or physical ability.

6 weeks

Wednesdays

Home Studio, Waldoboro

5:30 - 5:45 p.m.

begins 4/15/26

\$90

## Greet the Day Yoga

*Mary Snow*

Join us for a gentle flow that follows the breath from head to toes, ending with relaxation and meditation.

4 weeks

Tuesdays

Virtual Live



6:00 - 7:00 a.m.

begins 5/12/26

\$65

## Yoga for Energy and Renewal

*Mary Snow*

Join us for an unwinding slow flow for strength and balance, ending with restoration.

4 weeks

Thursdays

Virtual Live



8:00 - 9:00 a.m.

begins 5/14/26

\$65



## Flow and Gentle Yoga Live - Online

*Nicola Eden*

Experience the gifts of yoga through awareness of mind and body, attention to movement and breath, explorations in slowing down (down to the ground), and moments of settling into stillness, all from the comfort of your own space.

5 weeks

Saturdays

Virtual Live



8:00 - 9:00 a.m.

begins 5/2/26

\$75

## Explorations in Chair Yoga Live - Online

*Nicola Eden*

Practice in chair yoga will allow participants and opportunity to engage in developing the following skills and knowledge: Individually appropriate postures in and out of a stable chair (a prop that can be used to allow participants to access postures and support their physical alignment in a variety of ways).

5 weeks

Saturdays

Virtual Live

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9:30 - 10:30 a.m.

begins 5/2/26

\$75

Spring / Summer 2026

## Intro to Chair Yoga Live - Online

*Nicola Eden*

Take time for yourself and experience the gifts of yoga through awareness of mind and body, attention to movement and breath, studies in slowing down, and moments of settling into stillness, in and out of your stable chair.

5 weeks

Saturdays

Virtual Live



11:00 - 11:30 a.m.

begins 5/2/26

\$45

## Happiness is a Skill -- and You're About to Learn It!

*Carole Freeman*

Unlock the secrets to better balance in this dynamic workshop that connects the mind and body. You'll learn about the brain's role in stability, techniques to develop better balance, and the essential connection between core strength and control. Perfect for all ages, this class is ideal for anyone seeking improved coordination, injury prevention, or confidence in movement.

2 Weeks (2 Sessions)

10:00 - 11:30 a.m. / 5:00 - 6:30 p.m.

Session 1, Wednesdays AM

begins 4/1/26

Session 2, Wednesdays PM

begins 4/1/26

Virtual Live



\$40

## Posture Power: Strengthen Your Body From

### The Ground Up

*Carole Freeman*

Poor posture can wreak havoc on your breathing, energy, and overall well-being. In this engaging workshop, you'll learn simple correction techniques for common postural imbalances, including Upper Cross Syndrome (tight chest, weak upper back) and Lower Cross Syndrome (hip tightness, weak lower back).

4 Weeks (2 Sessions)

10:00 - 11:00 a.m. / 5:00 - 6:00 p.m.

Session 1, Wednesdays AM

begins 4/15/26

Session 2, Wednesdays PM

begins 4/15/26

Virtual Live



\$50

## Hand Basics Self Care for Your Hands

*Mary Woodbury and Kim Odell*

Do you, or someone you know, suffer from chronic pain in the hands, wrists, elbows or shoulders? Please join us for a discussion about self-care, easy-to-perform techniques, exercises and home-use devices to ease discomfort in our hands and arms. Self-care is conservative care and often the first line of care prescribed by Physicians and Occupational Therapists.

1 day

2:00 - 3:30 p.m.

Wednesday

4/8/26

AEO, Damariscotta

\$40

## Food Addicts in Recovery Anonymous (FA) Information Session

*Sharon, Food Addicts Anonymous*

FA offers a solution for people who are overweight, underweight, and/or obsessed with food, weight or dieting. Join us to hear more about FA and from people who have found a solution through the FA program. For access information call 207-250-7373 or email fa.newcastle.maine@gmail.com

1 night (2 Sessions)

6:30 - 8:00 p.m.

Tuesday Session 1

5/19/26

Monday Session 2

8/31/26

Online

FREE

[www.clc.maineadulted.org](http://www.clc.maineadulted.org)

**Boat America**

*Coast Guard Auxiliary Flotilla 2-5*

Learn boating skills from experienced boaters who patrol midcoast coastal waters from Small Point to Port Clyde.

In order to operate a boat over 25 hp on inland and coastal waters Maine now requires persons born on/or after January 1, 1999 to have taken the course Boat America, pass an exam, have the state's Boat America card, and be registered in Maine's Department of Inland Fisheries and Wildlife database. Completing this course satisfies the requirements.

**2 weeks, 4 sessions**

**Mondays, Wednesdays**

**Great Salt Bay School, Damariscotta**

**6:00 - 8:00 p.m.**

**begins 4/6/26**

**\$65**

**Navigating Midcoast Maine**

*Coast Guard Auxiliary Flotilla 2-5*

Mid Coast Maine has one of the most beautiful coastlines in the world, but within the beauty are hazards that can quickly ruin your day on the water. Geography, tides and weather can combine to make even the most experienced mariner opt to stay ashore. This introduction to navigation course can help recreational boaters cruise the area safely.

To take the course you need either a printed chart or access to an electronic chart of the Boothbay Harbor area. Paper Chart and Nav Tools. The NOAA chart of the area is The Three Rivers Chart (#13293). In addition, two charting tools are recommended. The chart and tools may be purchased separately at the start of class. The chart costs \$30. Along with a paper chart you should have two navigational tools. One is a divider (compass) cost: \$10. The other is a roller plotter or parallel rule cost \$35.

**5 weeks,**

**Wednesdays**

**Great Salt Bay School, Damariscotta**

**6:00 - 8:00 p.m.**

**begins 5/6/26**

**\$59**

**Upgrade Your Sea Kayak Skills**

*Alice Bean Andrenyak*

This one day on-water workshop will teach you proper transport of a sea kayak, strokes for most efficient paddling in different conditions, proper boat launch etiquette, safety on the water, where you should and shouldn't paddle, using a chart while paddling, common rescues and tows. There will be capsizing involved so you are required to wear a wetsuit or drysuit to participate. Limited rentals are available with advance notice. You will bring your own lunch, sea kayak at least 14' long with two bulkheads, paddle, life jacket, bilge pump, paddle float, and enthusiasm.

**1 day only**

**Saturday**

**Mere Point Boat Launch, Brunswick**

**8:15 a.m. - 5:00 p.m.**

**4/18/26**

**\$125**

**Weather for Outdoor Enthusiasts**

*Alice Bean Andrenyak*

We're spending more time outside and that is good. Learn how to integrate weather forecasts and your own reading of the weather signs to plan ahead and to best manage your outdoor activities - walking, biking, hiking, camping, paddling, boating, playing and exercising. Learn from a Master Maine Guide & Total Weather Spotter.

**1 night only**

**Saturday**

**Virtual Live**



**6:00 - 8:45 p.m.**

**4/28/26**

**\$35**

207.563.2811

**Oyster Farm and Complimentary Tasting**

**Sea Kayak Tour**

*Alice Bean Andrenyak*

Join Master Maine Guide Alice starting early morning to avoid the winds on Mere Point Bay. While we're paddling in solo and tandem sea kayaks, you'll learn about aquaculture in Maine - fishing, clamming, scallop and oyster farming. You'll learn about the area's natural and human history. We'll be visiting an oyster farm and then land on an island where you'll learn to shuck oysters and then taste your success. This tour is beginner and family friendly. Sea kayaks, life jackets, and paddles are provided. You provide water and snacks.

**1 day only (2 Tours)**

**June Tour, Monday**

**July Tour, Friday**

**Mere Point Boat Launch, Brunswick**

**8:15 a.m. - 12:00 p.m.**

**6/15/26**

**7/10/26**

**\$95**

**Spring Field Guide to Old Houses and Barns**



*Les Fossel*

This is a course for people who have an old house and/or an old barn, want to, or just love them! The first session is in the classroom. After that, meetings will be held in the old homes and barns of class members. There will be as many sessions as are required to visit the houses of class members who want their houses visited. The last class will be a potluck supper at the instructor's house, where class members can visit the historic features of Alna, see the instructor's cabinet-making shop and barns, and delve into his reference library on early buildings.

**1 initial meeting, # weeks vary**

**Wednesday**

**Alna Meeting House, Alna**



**6:00 - 8:00 p.m.**

**begins 4/22/26**

**\$120**

**Publish Your Own Book**



*Preethi Fernando*

Curious about what it takes to publish and sell your own book? This course is ideal for the retired senior, the busy working professional wanting to become a published author, working professionals wanting to publish a book to boost their resume, the stay at home parent wanting to publish a children's book, and for the curious individual wondering if they have what it takes to become a published author. The instructor has published 15 books. (This is not a writing class.)

**1 day (3 Sessions)**

**Session 1:**

**Friday**

**Session 2:**

**Saturday**

**Session 3:**

**Monday**

**Virtual Live**



**4:00 - 5:00 p.m.**

**4/10/26**

**10:00 - 11:00 a.m.**

**5/2/26**

**10:00 - 11:00 a.m.**

**6/1/26**

**\$35**

clcae@aos93.org

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# General Enrichment

## Introduction to Geology and Geology of the Pemaquid Region

*Pete Streker*

This class will cover the geological history of Earth, how plate tectonics work, the formation of Maine, our local rocks and glacial impact on our local surface area. There are three classes, plus a field trip to explore the geology of the Pemaquid Region which is scheduled for Saturday, May 9th. It is recommended that you purchase the book – Geology of the Pemaquid Region Mid-Coast Maine by David M Pope prior to attending class.

**3 weeks** **6:00 - 7:30 p.m.**  
**Tuesdays, 1 Saturday Field Trip (5/9)** **begins 4/28/26**  
**Great Salt Bay School, Damariscotta** **\$45**

## **The Rocks Under Our Feet**

*Pete Streker*

In this class we will explore the geological processes that built our local landscape and discuss how mid-cost Maine formed and how our local rocks came to be. Also, we will review glaciers and how they helped to design our landscape. Some general knowledge of geology will help since we will focus on our region.

**1 night only** **6:00 - 7:30 p.m.**  
**Tuesday** **5/19/26**  
**Great Salt Bay School, Damariscotta** **\$20**

## **Zoom: Develop a Personal and Home Defensive Protection Plan**

*Alice Bean Andrenyak*

This course is NOT about installing an alarm system. It is about doing mental exercises to handle the “What if’s” to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to access your home’s defense.

**1 night** **6:00 - 8:45 p.m.**  
**Thursday** **4/2/26**  
**Virtual Live** **\$35**



## **Zoom: When Your Office is Someone’s Home Safety**

*Alice Bean Andrenyak*

This course is for anyone that goes into someone else’s home to do work, repairs, estimates, sales, nursing, or outside the home contractors. How can you be safe? Learn the basics to access the surroundings, stay safe and protect yourself.

**1 night** **6:00 - 8:45 p.m.**  
**Thursday** **4/9/26**  
**Virtual Live** **\$35**



## **The Maine Death with Dignity Act**

*Valerie Lovelace*

There is still a lot of misunderstanding and misinformation about Maine’s compassionate 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. Know the facts and, if qualified, the right to access medical aid in dying if they choose.

**1 night only** **6:30 - 8:00 p.m.**  
**Tuesday** **4/14/26**  
**Virtual Live** **FREE**



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Spring / Summer 2026

## **Vegetable Garden on Ledge** **& Other Hard Surfaces**

*Mei-Ling Cheung*

Would you like to grow a vegetable garden, but your ideal spot is on ledge? Are you uncertain about raised beds and potted plants as a solution? If so, then this is the class for you! Learn how to build your bountiful garden using sustainable, low-cost, materials. This 2-hour workshop will be held outside, rain or shine. Dress accordingly and bring gardening gloves.

**1 day only** **10:00 a.m. - 12:00 p.m.**  
**Saturday** **5/2/26**  
**AEO** **\$30**

## **Babysitters Training**

*Jennifer Harris*

This in-person 4 hours class prepares participants ages 11-16 to safely provide care for infants and children. Learn important skills like diapering, feeding and holding children in addition to safety and emergency response. Upon completion of this course, participants will receive a certificate from the American Red Cross. Please bring a bagged lunch to class to the Saturday class.

**1 week** **(2 Sessions)**  
**Session 1:** **10:00 a.m. - 2:00 p.m.**  
**Saturday** **4/11/26**  
**AEO, Damariscotta** **\$95**  
**Session 2:** **6:00 - 8:00 p.m.**  
**Tuesday, Thursday** **begins 5/19/26**  
**Great Salt Bay School, Damariscotta** **\$95**

## **Intro to Astronomy**

*Wayne Barber*

The night sky is full of wonders and mysteries. This course will help unravel some of that mystery as we learn about our solar system, the constellations, and deep sky objects. We’ll discuss the motions of the moons and planets, meteor showers, eclipses, and other interesting sights. Software recommendations for learning the constellations and information about binoculars and telescopes will be given. You don’t need expensive equipment to get started in astronomy; just a little knowledge and clear skies.

There will be an optional outdoor viewing session (outside the regular class times), with the date and time to be set based on student availability and weather.

**6 weeks** **6:00 - 8:00 p.m.**  
**Mondays** **begins 4/29/26**  
**Great Salt Bay School, Damariscotta** **\$85**

## **AARP Smart Driver**

*Steven Dhein*

This is the nation’s first refresher course specifically designed for drivers aged 50 and older. Join us to help reduce the chances of accidents or getting a ticket and maybe learn something new along the way. Check with your insurance company to see if they offer a discount for taking this course. A materials fee of \$25 is due at class. Members of AARP may prepay for their course materials through AARP at a reduced price of \$20.

**1 week (2 Sessions)** **6:00 - 8:00 p.m. / 12:30 - 4:30 p.m.**  
**Session 1, Monday** **4/13/26**  
**AEO, Damariscotta** **FREE**  
**Session 2, Tues & Thurs** **begins 5/19/26**  
**Great Salt Bay School, Damariscotta** **FREE**

[www.clc.maineadulted.org](http://www.clc.maineadulted.org)

# Music, Dance & Theater



## Ukulele for Beginners

*Duncan Perry*

Learn to play the ukulele! It has never been more popular and you don't even need 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 900 students of all ages, will introduce you to essential chords and playing skills using familiar songs. 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!

**4 weeks (2 Sessions)**  
**Session 1, Wednesdays**  
**Session 2, Tuesdays**  
**Virtual Live**



**6:00 - 7:30 p.m.**  
**begins 4/1/26**  
**begins 4/28/26**  
**\$85**

## Instant Guitar for Hopelessly Busy People

*Craig Coffman*

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away.

Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+.

**1 day (3 Sessions)**  
**Session 1, Tuesday**  
**Session 2, Tuesday**  
**Session 3, Tuesday**  
**Virtual Live**



**6:30 - 9:00 p.m.**  
**4/7/26**  
**4/16/26**  
**4/23/26**  
**\$79**

## Instant Piano for Hopelessly Busy People

*Craig Coffman*

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+

**1 day (3 Sessions)**  
**Session 1, Monday**  
**Session 2, Monday**  
**Session 3, Monday**  
**Virtual Live**



**6:30 - 9:30 p.m.**  
**4/6/26**  
**6/15/26**  
**6/22/26**  
**\$79**

207.563.2811

## How to Play Piano by Ear

*Craig Coffman*

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using Zoom.

**1 day**  
**Saturday**  
**Virtual Live**



**10:00 a.m. - 12:30 p.m.**  
**5/9/26**  
**\$79**

## Getting Paid to Talk: An Introduction to Voice Over -- Live Webinar

*Voice Coaches Staff, Albany NY*

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 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.

**1 night**  
**Wednesday**  
**Virtual Live**



**6:30 - 8:00 p.m.**  
**3/25/26**  
**\$55**



## Ballroom Dance -- Spring Tune Up!

*Megan Dinsmore*

Need to brush up on your dance moves for an upcoming event or just for fun? This is the class for you. The Tune-Up is intended for those with some beginner dance experience who would like to learn a new step or two to add to their repertoire and to practice what they already know. Join us for fun on the dance floor. Bring shoes to change into.

**4 weeks**  
**Thursdays**  
**Great Salt Bay School, Damariscotta**

**7:00 - 8:30 p.m.**  
**begins 4/30/26**  
**\$78 per couple**

clcae@aos93.org

# Information & Registration Form

## Registration

(Use this form to mail payment or register online at [clc.maineadulted.org](http://clc.maineadulted.org))

Have you registered for classes with us before?

Yes  No

Registrant Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Over 65?  Yes

### Payment Method:

\*Check – Payable to: CLC Adult Education

or

\*Credit or Debit Card

Visa  Mastercard  Discover  AMEX

Card Number: \_\_\_\_\_

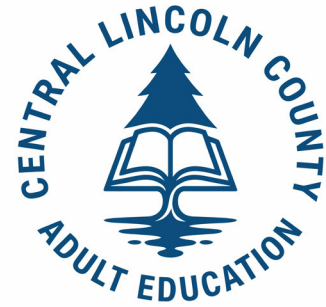
Expiration Date: \_\_\_\_\_ Amount Billed \$ \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Zip Code for CC Billing: \_\_\_\_\_

\*Please note: a \$1.99 fee is added to each CC charge



## Register easily!

### Mail

To use a credit card or check payable to 'CLC CLC Adult Education' and send payment to:

CLC Adult Education

767 Main St.; Damariscotta, ME 04543

(include the completed registration form)

### Call

Call us at (207) 563-2811 to give payment information and register over the phone

### Online

Register at [clc.maineadulted.org](http://clc.maineadulted.org) and click on 'Courses'

### Visit our Office

Come into our office and register in person at 767 Main St.; Damariscotta, ME 04543

## Teach for us

Have a great idea for a class? We would love to hear it! Call or email us at [clcae@aos93.org](mailto:clcae@aos93.org).

## Refund Policy

Registration fees will be refunded if we cancel a course or if a student withdraws at least one month before the start of a course. A \$5 processing fee will be retained if a student withdraws within 30 days and up to 5 business days before the start of a course. No refunds are made after a class has started or within less than 5 business days of the start of a one-day class. The remainder of fees will be refunded by check or applied to your original credit card. No refund for missed one-session classes or classes less than \$20. The \$1.99 credit card processing fee per class is non-refundable. To avoid this fee please feel free to pay your registration with a check or cash. Exceptions to this policy may be made at the discretion of the Director.

## Registration Confirmations

Students who provide an email address will receive confirmation of enrollment. Others may call to confirm your registration or the class status.

## Inclement Weather

If day school is canceled or dismissed early due to inclement weather, in person Adult Education classes will also be canceled. Notification will be posted on our website and on a recorded message at 563-2811. Virtual classes are held regardless of school cancellation due to weather.

## Calendar

We follow the school calendar and observe all federal and state holidays.

## Changes & Cancellations

We reserve the right to cancel courses, change times and substitute instructors as necessary.

# Malaga Island Paddle and Hike Adventure

Sea kayak to mysterious Malaga Island where indigenous people summer camped and where there was a colony in the late 1800's that was evicted by the state of Maine. We'll meet at 8:15am at a public boat launch, get outfitted for our paddling trip and go over safety rules and basic strokes. We'll paddle 1.5 miles to Malaga Island. While paddling, be on the lookout for harbor seals, sea gulls, great blue herons, snowy egrets, sea ducks, osprey and possibly bald eagles.

After landing we'll hike the 1.2 mile trails of the island. We'll have the lunch/snacks that you brought at the southern tip of the island. After finishing our hike, we'll paddle back and return about 2pm. Kayaks, life jackets, and paddles are provided. You need to bring a very small backpack with your lunch, snacks, extra clothing layers, two 20 – 22 ounce bottles of water and possibly a change of shoes for your hike. If you are unable to walk unaided over tree roots and rocks, do not book this trip. All paddling gear is provided for this beginner-friendly tour.



**Wednesday, June 24**

**8:15 a.m. to 2:15 p.m. / Cost: \$125**

## HiSET -- A Lifesaving Program



My name is Charlotte Mullen, and I went from being a shut-in, not really going anywhere, to going to church and starting school again to get my HiSet Diploma. Let me tell you, there were plenty of bumps in the road along the way, and math was not my best friend, but despite all the challenges in my life, I had plenty of people cheering me on. The staff at CLC Adult Education, my family, and church community all gave me the strength to complete the studying necessary to get my high school credential.

If you're thinking about going back to school, I couldn't recommend CLC Adult Education more. This program has been lifesaving and such a blessing. Take it from me, it's never too late to go back to school and make your dreams a reality. I'm so excited for my next adventure in the Culinary Arts Program at SMCC! I wish you many blessings and good luck, and remember never to give up. I know you can do it!

Office of the Superintendent  
AOS 93  
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Damariscotta, ME 04543

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## CENTRAL LINCOLN COUNTY ADULT EDUCATION

Register NOW at [clcae.maineadulted.org](http://clcae.maineadulted.org)

- Enrichment Classes
- English Language Learning (ELL)
- Job Skills Training ([yougotclass.org/index.cfm/Lincoln](http://yougotclass.org/index.cfm/Lincoln))
- HiSET Preparation
- College and Career Advising
- Digital Literacy



Scan Me!

email: [clcae@aos93.org](mailto:clcae@aos93.org) or phone: 207.563.2811