

Fall 2025



Gray-New Gloucester Adult Education

Explore • Grow • Achieve



Gray-New Gloucester Adult Education

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



After making it through what felt like a record number of rainy weekends this spring, we were certainly rewarded with a beautiful summer. The great weather made outdoor activities and family gatherings that much better. While summers always seem too short, there is nothing like ending it with a beautiful fall; crisp air, colorful leaves and baking with pumpkin. We are certainly lucky to live in Maine.

The amazing group of professionals who work at Gray-New Gloucester Adult Education would like to thank the communities of Gray and New Gloucester for continuing to support our adult learning program. Our consistency and quality have allowed so many individuals the opportunity to improve their career and life outlook. The graduating class of 2025 was the biggest we have had in recent memory, with 22 students earning their HiSET or Adult High School Diploma. Many of these students choose to further their education, utilizing our advisors and career exploration opportunities to find programs that fit. While not often thought of as an economic driver, Adult Education provides the strong foundation the economy needs to thrive.

You may notice a few things are different at Adult Education this year. The state Adult Education Association has worked to create streamlined webpages that allow users to quickly find their local programs and opportunities. Additionally, our registration software has also changed, in response to unsustainable fee increases. Please have patience as we navigate these changes and reach out if you need any assistance registering. We're thrilled to share our latest catalog, filled with a wide variety of engaging classes! Whether you're looking to stay active, build essential skills, or try something new, there's something for everyone. Explore our exercise classes like Chair Yoga, Beginner Line Dancing, or Human Reformer Pilates. Sharpen your reading, math, or digital literacy skills in our foundational workshops. Or get creative—learn how to DIY your own pair of slippers! Join us and discover your next favorite activity!

Wishing you a Happy Fall!!

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

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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



Sheila Myhaver, Theresa Boynton, Stephanie Haskins, Maureen Mitchell, Kathryn McGill-Cavallero (missing: Colleen Lepage)



High School Completion

Congratulations to the Class of 2025!



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: 3pm-7pm

Tuesdays: 11am-3pm

Wednesdays: 3pm-7pm

Thursdays: 10am-2pm

How do I get started?

Call 657-9612 or email gngadulter@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.

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.

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



Maine College and Career Access

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 online, self-paced 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. 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!

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.



Join the Healthcare Field

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

Questions? Call 657-9612

Maine College and Career Access

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, 9/2 - 12/13
Time: 5:00 - 7:00 pm

English 080

Instructor: Anna Patkus
Tuesdays & Thursdays, 9/2 - 12/13
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, 9/9 - 12/13
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, 9/22 - 11/10
(Mandatory in-person classes on 9/22 and 11/10, 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



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 January 2026. Please bring a copy of your 2024 federal tax return (if applicable) to aid with the filing of your FAFSA if you hope to start college in the fall of 2026. Due to grant constraints, participants must be adults hoping to enter post-secondary education. The class is FREE but pre-registration is REQUIRED.

Instructor: Randi Paine
Tuesday, 10/21
Time: 6:00 pm - 7:30 pm
Location: GNG Adult Ed
Fee: The class is FREE but pre-registration is REQUIRED



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.

Enrichment

Arts and Crafts

WOOLIGANS DIY Slipper Kit

Discover the joy of crafting with our WOOLIGANS DIY Slipper Kit Workshop! In this hands-on adult education course, participants learn the artisan skill of hand-sewing while creating cozy, custom slippers from sustainable, recycled materials. Guided by expert instruction, you'll design and assemble a unique pair of slippers to keep or gift. No prior sewing experience is required, making this workshop perfect for all skill levels. Embrace creativity, sustainability, and community pride as you craft a practical, eco-friendly keepsake. Join us for a fun, relaxing experience that blends learning with tangible rewards! All materials provided.



Instructor: Jackie Lindstedt

September class dates: 9/9, 9/16, 9/23, & 9/30 - pick slipper choice at registration

October class dates: 10/14, 10/21 & 10/28 - pick slipper choice at registration

November class dates: 11/4, 11/12, 11/18, & 11/25 - pick slipper choice at registration

Time: 6:30 - 8:30pm

Location: GNG Adult Ed

Fee: \$25

Materials Fee payable to the instructor: \$25

Sun Catchers With Elise Marie DeSigns

Create your own sparkling wire-wrapped sun catcher in this beginner-friendly workshop! Learn the basics of wire wrapping, how to use jewelry-making tools, and simple design tips to create a balanced and beautiful piece. What to expect: make one sun catcher - perfect for a window, office, or even your car, learn basic wire-wrapping techniques, get hands-on instruction with essential jewelry-making tools, discover design tips for structure, balance, and flow. You will leave with a scannable resource guide for sourcing materials and supplies. Take home a handmade piece - great for gifting or keeping! Class is beginner-friendly and open to all skill levels. Just bring yourself - all materials and tools are provided!



Instructor: Elise DeSalvo

Wednesday: 9/10

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$65

Soap Making & Chapstick Workshop

Discover your creative side in this fun workshop, with Jenn from Candlewood. You'll learn how to make soap from scratch and craft two beautiful, aromatic bars—decorated your way, ready to take home. You'll also blend and tint two organic, essential oil infused lip balms, choosing flavors and colors that fit your style. No experience needed, and all supplies are included. Bring your curiosity and leave with unique, hand-crafted products to enjoy or gift.



Instructor: Jenn Paulin

Tuesday, 9/10

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

Fee: \$35 plus

Materials Fee payable to the instructor: \$20

Introduction to Drawing

Drawing is the logical first step and gateway to art. If you want to explore this world, start at the beginning. Become comfortable making your own mark. This course will allow you to gain proficiency and understanding of the four essential elements: Line, Shape, Value, and Space. The supply list will be sent prior to first class.



Instructor: Pauline Cook

Wednesdays: 9/10 - 10/1

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$69

Wire Wrapped Rings with Elise Marie DeSigns

In this class, you'll learn basic wire wrapping techniques, measure your ring size, use a ring mandrel, size and finish your ring. What's included: make up to 2 rings during class, choose from a variety of gemstone, glass, and metal beads, all tools and materials are provided, take-home digital guide with tool links, bead sources, and instructions. Great for beginners, individuals, couples, or groups.

Instructor: Elise DeSalvo

Wednesday: 9/24

Time: 6:00pm-7:30pm

Location: GNG Adult Ed

Fee: \$65



Introduction to Watercolors

The objective of this class will be to experience the wonderful world of Watercolor, the world's first form of painting. In addition to acquiring the basics of tools and terms, we will experiment on dry, damp and wet surfaces in order to get the feel for this really fun medium. We will also investigate the myriad of both old and new techniques. Supply list will be sent prior to first class.

Instructor: Pauline Cook
Wednesdays: 10/8 - 11/5
Time: 6:00pm-7:30pm
Location: GNG Adult Ed
Fee: \$85



Hat Burning Workshop

In this workshop, you'll wood-burn your own wide-brim hat using tattoo-style techniques. No experience? No problem! You'll choose from a variety of hat colors, styles and stencils, and you'll be guided step by step to bring it to life. We'll begin with a practice piece to build your confidence, then explore special techniques like stenciling, shading, and delicate engraving. Hats can be worn or hung on your door as ornamental "welcome hats"! Everything you need is provided. Seats are limited — reserve yours now and create something unforgettable.

Instructor: Jenn Paulin



Tuesday, 10/21
Time: 6:00pm - 8:00pm
Location: GNG Adult Ed
Fee: \$59 plus
Materials Fee payable to the instructor: \$25

Watercolors - Part II

On this last segment of adventure into the world of landscapes, we will tackle the specific problems that arise. Each class will be specifically delegated to the resolution of rendering: skies, rocks, trees, water, and figures. The supply list will be sent prior to first class.

Instructor: Pauline Cook
Wednesdays: 11/12 - 12/17 (no class 11/26)
Time: 6:00pm-7:30pm
Location: GNG Adult Ed
Fee: \$85



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. 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. You take home a beautiful project.

Instructor: Gabrielle Lovi

Tuesday: 11/18

Time: 6:00 - 8:00pm

Location: GNG Adult Ed

Fee: \$39 plus Materials Fee payable to the instructor: \$15 Cash Only
- no checks

Fall Dough Bowl Candle & Beaded Flower Class

Learn how to create beautiful, aromatic candles using dried leaves 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 leaves and a variety of cozy fall scents will result in a truly special piece that you can take home and enjoy along with learning the art of hand-twisted realistic glass-like beaded roses. All Supplies included.

Instructor: Jenn Paulin

Tuesday: 11/18

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

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



Balsam Fir Wreath Workshop

Create a Balsam Fir Wreath. Beginners become instant wreath makers; no experience necessary. You will take home a completed project, a fragrant and full 22" fresh Balsam Fir Wreath decorated with a beautiful red bow. Your wreath remains fresh throughout the holidays and beyond. All materials can be recycled. Materials provided: Fresh Balsam Fir locally and sustainably harvested, wreath ring, and red ribbon. Additional supplies available for take home projects. Please bring: gloves and small hand pruners.

Instructor: Woodlot Management & Products

Monday: 12/1

Time: 6:30 - 8:30pm

Location: GNG High School Aux Gym

Fee: \$15 plus Materials Fee payable to the instructor: \$17 Cash Only
- no checks



General Enrichment

Winter Felt Flower Wall Art

Learn how to create holiday 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

Tuesday: 12/2

Time: 6:00 - 8:00pm

Location: GNG Adult Ed

Fee: \$29 plus Materials Fee payable to the instructor: \$25 Cash Only - no checks



Understanding Assisted Living - Finding the Right Fit

Choosing assisted living is a major decision. This class explains what "assisted living" means in Maine—covering levels of care, pricing, contracts, and key questions to ask. Learn how to protect your loved one's independence and make confident, informed choices.

Instructor: Kaitlyn Morse, Maine Aging Partners

Tuesday: 9/9

Time: 6:00 - 7:45pm

Location: GNG Adult Ed

Fee: \$25

Assisted Living from the Inside - What No One Tells You

This class pulls back the curtain on how assisted living really works. You'll learn what families often misunderstand, what questions to ask, and how the business model affects the care your loved one receives. We'll explore the difference between marketing promises and day-to-day reality, common pitfalls in the decision-making process, and how to avoid costly mistakes. With real-world insight from someone who worked in the industry, this session is designed to leave you feeling confident, informed, and ready to advocate for the best possible care.

Instructor: Kaitlyn Morse, Maine Aging Partners

Tuesday: 10/14

Time: 6:00 - 7:45pm

Location: GNG Adult Ed

Fee: \$25

Wood Ornaments

Craft three beautiful ornaments. There will be tons of seasonal and holiday designs to add to your ornament to choose. That evening, you take home your ornaments ready to decorate your tree or gift packages.

Instructor: Gabrielle Lovi

Wednesday: 12/10

Time: 6:00 - 8:00pm

Location: GNG Adult Ed

Fee: \$19 plus Materials Fee payable to the instructor: \$20 Cash Only - no checks



Christmas Dough Bowl Candle & Beaded Flower Class

Learn how to create beautiful, aromatic candles using organic 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 leaves, berries and a variety of cozy wintery scents will result in a truly special piece that you can take home and enjoy along with learning the art of hand-twisted realistic glass-like beaded roses. All Supplies included.

Instructor: Jenn Paulin

Tuesday: 12/10

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

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

The Maine Death with Dignity Act

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

Instructor: Valerie Lovelace

Monday: 10/20

Time: 6:30pm-8:00pm

Location: Online via Zoom

Fee: Free but pre-registration is required



Register Early

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](https://voicecoaches.com)

Instructor: Voice Coaches

Wednesday: 10/29

Time: 6:30 - 8:00pm

Location: Online via Zoom

Fee: \$29

Personal Finance

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

Wednesday: 10/29

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

Wednesday: 11/19

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

Wednesday: 12/3

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required



Finance Authority of Maine'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 and registration can be found online at <https://gray.maineadulted.org/>

Planning and Paying for College

9/22 at 6:00pm

Money Starts: Adulting 101

10/7 at 6:30pm

Money Grows: Adulting 102

10/21 at 6:30pm

Student Loan Repayment Strategies and Pro Tips

11/5 at 6:00pm

Successful Scholarship Searches and Applications

12/1 at 7:00pm

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

12/3 at 7:00pm

Gray-New Gloucester Adult Education



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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: 9/23, 10/21, 11/19

Time: 6:00 - 9:00pm

Location: GNG Adult Ed

Fee: \$75

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: 11/4

Time: 6:00pm - 9:00pm

Location: GNG Adult Ed

Fee: \$55

Wellness

Breathing in Color: A Journey to Self-Awareness Through Art and Breath

Immerse yourself in a calming and creative experience that transforms your breathing patterns into colorful works of art. In this unique workshop, you'll observe and honor your natural breath while exploring themes like flowing rivers, gentle waves, and radiant light. Using vibrant colors, you'll create visual representations of your breath and gain a deeper understanding of your inner calm. Perfect for all levels, this class combines mindfulness, creativity, and self-expression in a safe and welcoming environment.

Instructor: Carole Freeman

Mondays: 9/8 - 9/22

Time: Students may choose 10:00am or 5:00pm

Location: Online via Zoom

Fee: \$39

The Balance Blueprint: Core Strength Meets Stability

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.

Instructor: Carole Freeman

Tuesdays: 9/9 - 9/23

Time: Students may choose 10:00am or 5:00pm

Location: Online via Zoom

Fee: \$39

Strength and Balance for Senior Fitness

Strength and Balance for Senior Fitness is a full-body workout that reaches all the domains of fitness, targeting all muscle groups, improves balance, flexibility, mobility, and cognition. This class is progressive in nature and is suitable for most students. Modification can be provided to customize each student's fitness level. Please have a chair and hand weights. A class recording is sent out to use throughout the week.

Instructor: Michelle Spencer

Session 1: Mondays, 9/8 - 10/20 (no class 10/13)

Session 2: Mondays, 10/27 - 12/1

Time: 8:30 - 9:30 am

Location: Online via Zoom

Fee: \$35

Yoga for Osteopenia, Osteoporosis and Osteoarthritis

Yoga for Osteopenia, Osteoporosis and Osteoarthritis is a series of classes that offers keys to prevent fractures, science of joint care, as well as a blueprint to longevity.

Instructor: Michelle Spencer

Session 1: Mondays, 9/8 - 10/20 (no class 10/13)

Session 2: Mondays, 10/27 - 12/1

Time: 10:00 - 11:00 am

Location: Online via Zoom

Fee: \$65

Posture Power: Strengthen your body from the ground up

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). By focusing on breathing and alignment, you'll feel taller, stronger, and more energized. This class is perfect for anyone looking to improve their posture and vitality.

Instructor: Carole Freeman

Wednesdays: 9/10 - 9/24

Time: Students may choose 10:00am or 5:00pm

Location: Online via Zoom

Fee: \$39

Yoga/Pilates Combination

This class blends the flexibility and flow of yoga with the core and strength movements of Pilates for a full body workout. Theresa will introduce several options of poses to adapt the class for all fitness levels. You will need a yoga mat, yoga blocks, and water.

Instructor: Theresa Labrecque

Session 1: Mondays & Wednesdays, 9/15 - 10/8

Session 2: Mondays & Wednesdays, 10/15 - 11/12 (no class 11/10)

Session 3: Mondays & Wednesdays, 11/17 - 12/17 (no class 11/26)

Time: 7:00 - 8:00pm

Location: Online via Zoom

Fee: \$59

Tai Yoga

This class combines Tai Chi, Qigong and Traditional Standing Yoga Postures that improve energy, balance, flexibility and clarity of the mind.

Instructor: Michelle Spencer

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

Session 2: Tuesdays, 10/21 - 12/2 (no class 11/11)

Time: 9:00-10:00am

Location: Online via Zoom

Fee: \$65

Learning the Dance of Letting Go by Honoring the Stories of Love

Welcome Wise Soul! Come Join Julie Potter, a Certified Reiki Practitioner and owner of Catching Fireflies Reiki & WayShowing, in a

process of self-exploration and emotional alchemy where we transform our loss, loneliness, and grief into stories of profound experiences of love and life! Like many, Julie has been touched by profound grief, loss, and loneliness in her lifetime and chooses to share her insights about her growth with her community. In Julie's class you will use



the practical tool of story-telling to honor the moments of profound connection and love forged with others on our life path. We explore multiple ways of telling the story, some written, and some expressive, but all with the intention of letting go of the grief within our heart for our loss. We transform the dense energies of grief into a profound experience of laughter and joy that, in remembrance, we work to reembody the knowing of why we ever dared to love!

Instructor: Julie Potter

Tuesday: 9/9, 10/14, 10/28, or 11/4

Time: 4:00 - 6:00pm

Location: GNG Adult Ed

Fee: \$59 per class



Stress Reduction and Relaxation with Therapeutic Yoga

This therapeutic Yoga class will help you reduce stress, support you to relax your mind and muscles while calming the nervous system. You will learn techniques to release stagnant energy from the body and improve lymphatic flow. Practicing self-compassion by using positive affirmations and coming into a meditative Yoga Nidra/Savasana will end this practice.

Instructor: Michelle Spencer

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

Session 2: Tuesdays, 10/21 - 12/2 (no class 11/11)

Time: 5:30-6:30pm

Location: Online via Zoom

Fee: \$65

Cardio Fit

Zone 2 Cardio with a sprinkle of HIIT (High Intensity Interval Training). Moderate Intensity Aerobic activity to improve your cardiovascular and pulmonary system with an emphasis on Fat Burn!

Instructor: Michelle Spencer

Session 1: Wednesdays, 9/10 - 10/15

Session 2: Wednesdays, 10/22 - 12/3 (no class 11/26)

Time: 8:30 - 9:30 am

Location: Online via Zoom

Fee: \$65

Foam Rolling 101

Learn how to enhance flexibility, reduce muscle tension, improve blood flow, support lymphatic drainage and aid in recovery. Foam rolling can be part of a Yoga and Pilates Practice as well as Core Stability Workout.

Instructor: Michelle Spencer

Session 1: Wednesdays, 9/10 - 10/15

Session 2: Wednesdays, 10/22 - 12/3 (no class 11/26)

Time: 10:30 - 11:30 am

Location: Online via Zoom

Fee: \$65

Introspection Without Indigestion by using Intuitive Creativity

In this class, we will explore uniquely creative tools for introspection that inspire curiosity & joy, that doesn't leave a bad taste in your mouth. Julie Potter, owner of Catching Fireflies Reiki & WayShowing & Certified Reiki Practitioner, teaches from her own lived experience about how she used fun and play to find creative pathways to learn more about her intuitive gifts, "creative superpowers", heal her past wounds, and find a path back to her most authentic self. Having struggled finding healing in traditional ways, she began imagining her way toward a self-directed path of wellness that was more in alignment with her quirky creative nature and intuitive insights. In this class, we will explore practical tools such as tarot, astrology, the researching of metaphorical layers of meaning and serendipity found within daily living, storytelling, creative expression, and imagination as practical ways of practicing presence with ourselves. Realign yourself with the joy that can be found in your personal growth.

Instructor: Julie Potter

One week class schedule

Wednesday: 9/10 or 9/17

Fee: \$59 per class

Time: 5:30 - 7:30pm

Four week class schedule

Wednesday: 9/24-10/15 or 10/29-11/12

Fee: \$119 per 4 week class

Time: 5:30 - 7:30pm

Location: GNG Adult Ed

Beginners Yoga and Pilates

This program is to introduce participants to the basics of yoga and pilates and to get a full body workout including flexibility, strength and core. You will need a yoga mat, yoga blocks (optional), and water.

Instructor: Theresa Labrecque

Session 1: Wednesdays, 9/17 - 10/8: Fee - \$35

Session 2: Wednesdays, 10/15 - 11/12: Fee - \$45

Session 3: Wednesdays, 11/19 - 12/17 (no class 11/26): Fee - \$35

Time: 5:45 - 6:45 pm

Location: Online via Zoom

Chair Yoga

This class is a morning session for your soul. Chair Yoga is for everyone! I have taught different versions of Chair Yoga in Workplace Wellness, a school system with youth, at a senior center, both on Zoom and in-person. You will not need a Yoga Mat or change your clothes but you will feel the difference both physically and emotionally. Improve your flexibility, learn how to breath appropriately, reduce your stress and learn skills for overall well-being.

Instructor: Michelle Spencer

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

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

Time: 9:00 - 10:00 am

Location: Online via Zoom

Fee: \$65

Power Sculpt Flow

Power Sculpt Flow! This is a No-nonsense class! You will want to warm up a bit before we press PLAY! This vigorous practice will use dynamic bodyweight exercises, weights, and bands. You will build strength, burn fat and learn a lot about yourself. I am hoping this new class will be of interest to people who are able to take a lunch break from work and want to break a sweat! Think Power Yoga, Pilates, Barre and Weight Training all into one class!

Instructor: Michelle Spencer

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

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

Time: 12:00 - 1:00 pm

Location: Online via Zoom

Fee: \$65

Five-Minute Facelift: Boost Your Mood and Strengthen Facial Muscles

Transform your face—and your mood—in just minutes a day! This fun and uplifting course teaches quick, effective facial muscle exercises that enhance neuromuscular connections and even lift your spirits. Discover the science behind "putting on a happy face" and how facial movements can positively impact your emotional well-being. A perfect fit for busy people of all ages looking for fast, impactful results.

Instructor: Carole Freeman

Self-directed, self-paced participation

Location: Online

Fee: \$39

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: 10/21 or 11/3

Time: 6:30pm - 8:00pm

Location: Online via Zoom and by phone

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



Music and Dance

Beginner Line Dancing

This is a beginner/slightly intermediate class that does not increase in difficulty. It focuses on everyone meeting for community and having fun. I choreograph light and easy, short dances to the 80's through current rock/pop songs. We break them down, then rehearse them 3-4 times before doing it to music. We usually get through 4 or 5 dances in one hour. The goal is to experience the basics of line dancing with confidence, relaxation, and joy.

Instructor: Anne Sirois

Session 1: Tuesdays, 9/16 - 9/30

Session 2: Tuesdays, 10/14 - 10/28

Time: 6:00pm - 7:00pm

Location: Russell School Gym

Fee: \$39



Learn to play the Ukulele - The Happiest Instrument Around!

Here's your chance to learn how to play this wonderfully versatile, go-anywhere affordable instrument in a relaxed program taught with humor by our popular instructor, Duncan Perry. You will learn essential chording and strumming skills using familiar songs and you don't have to read music! You're never too old to launch this healthful and fun-filled musical adventure! Grab a uke and share the joy! THIS IS A ZOOM BASED COURSE.

Instructor: Duncan Perry

Session 1: Tuesdays, 9/16 - 10/7

Session 2: Wednesdays, 10/15 - 11/5

Session 3: Tuesdays, 11/11 - 12/9

Time: 6:00pm - 7:30pm

Location: Online via Zoom

Fee: \$85

Outdoor

Map & Compass Basics

This is a program from Maine Inland Fisheries and Wildlife. This Next Step workshop teaches use of maps to obtain distance, direction, and details and how to use an orienteering compass. Also teaches how to use map & compass together. Orienteering compass loaners are available. If you have a preferred orienteering (baseplate) compass, bring it. Combined indoor/outdoor class. Learn to navigate without batteries!

Instructor: Brad Rounds

Tuesday: 9/9

Time: 5:15pm - 7:45pm

Location: GNG Adult Ed

Fee: \$25

Hiking 101

Start from ground zero or learn more about hiking as well as a bit on snowshoeing. Gain more comfort in the Maine & New Hampshire woods. There are literally thousands of miles of publicly accessible trails, many start-up trails in the local area. Info for all four seasons. Topics include methods of hiking, reducing risk, tools of the trade, clothing, trail marking, trail guides, weather, getting lost, stream crossings and more.

Instructor: Brad Rounds

Tuesday: 9/16

Time: 5:15pm - 8:30pm

Location: GNG Adult Ed

Fee: \$25

Mushroom Photography and Identification

We'll begin with a brief classroom session where we'll dive into the fascinating world of mushrooms—learning about their beauty, diversity, and which ones are edible right here in Maine.

Then, we'll head out onto the trails at Libby Hill for a hands-on experience. Together, we'll search for wild mushrooms, practice basic identification techniques, and learn tips for photographing these incredible fungi in their natural habitat. Please bring water, bug spray, camera and/or phone. Whether you're a curious beginner or a seasoned nature lover, this outing is a great opportunity to explore the hidden world of mushrooms!

Instructor: Kevyn Fowler

Saturday: 9/13

Time: 10:00am-3:00pm

Location: GNG Adult Ed

Fee: \$5



Fitness

Harvest Hustle Total Body Workout

A circuit based class that gets your body moving to a great playlist and focuses on strength building with a sprinkling of cardio to keep you in the fat burning zone! All levels welcome!

Bring water, towel, and yoga mat.

Instructor: Tracy Libby

Session 1: Mondays, 9/8 - 10/27 (no class 10/13 & 10/20) @ GNG High School East Gym

Session 2: Mondays, 11/3 - 12/8 @ Russell School Gym

Time: 5:15pm-6:15pm

Fee: \$65 per session

Zumba

The most fun workout ever!!! Dance to great music, with great people, and burn a ton of calories without even realizing it. No dance experience required!

Wear light, comfortable workout gear and Join the Party!

Instructor: Erin Hamlin

Session 1: Wednesdays, 9/10 - 10/8

Session 2: Wednesdays, 10/15 - 11/12

Session 3: Wednesdays, 11/19 - 1/7/26 (no class 11/26, 12/24, 12/31)

Time: 6:30pm-7:30pm

Location: GNG High School

Fee: \$45 per session



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

Wednesdays: 10/1 - 11/19

Time: 6:15 am - 7:00 am

Location: Online via Zoom

Fee: \$59

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

Fridays: 10/3 - 11/21

Time: 6:15 am - 7:00 am

Location: Online via Zoom

Fee: \$59



BOOMERTECH ADVENTURES

Self-paced, Virtual, Enrichment Courses

Fee: \$39 per course

Complete course descriptions online at

gray.maineadulted.org or

657-9612 for more information.

New & Noteworthy

NEW! iOS 18 - Essentials for iPhones

NEW! iPadOS 18 - Essentials for iPads

NEW! Master Your Mac Photos App: Organize Like a Pro

NEW! Edit Stunning Photos with Mac's Photos App

First Steps

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

Behind the Lens

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)

Mastering the Safari Browser

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

Featured Courses

Vision Accessibility on iPhone & iPad: 15 Essential Features

Unlock Your Memoir: Digital Tools to Spark Your Story

Cooking with BoomerTECH Adventures

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.

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

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

Withdrawal 3 business days prior to class start: Full refund

Withdrawal prior to second class (except for 1 night classes) results in 50% of the fee being refunded

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, Sept 1 - Labor Day

Monday, Oct 13 - Indigenous People's Day

Tuesday, Nov 11 - Veteran's Day

Wednesday - Friday, Nov 26-28 - Thanksgiving Break

Monday - Friday, 12/22 - 1/2/26 - Winter Break & New Year's Day



Gray-New Gloucester
Adult Education

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

PARDON OUR DUST

**NEW REGISTRATION
SYSTEM AHEAD!!**

**We'll do our best to
make it as smooth as
possible.**

