

Winter/Spring 2026

Shake Up 2026

**Surround yourself with
fresh start energy!**



**Gray-New Gloucester
Adult Education**

Explore • Grow • Achieve

Welcome to Gray-New Gloucester Adult Education's 2026 Winter/Spring Catalog

Are you ready to shake up 2026? We sure are! A new year brings new possibilities, new adventures, and a renewed sense of energy. Whether you're hoping to earn your high school credential, train for a new career, prepare for college, or explore a brand-new hobby, this could be your year.

Inside this catalog, you'll find opportunities to strengthen your finances, join our ever-popular Zumba and Line Dancing classes, and take advantage of a variety of wellness offerings. And yes—our beloved Hat Burning Workshop is back! We invite you to browse through these pages and discover what sparks your interest.

We are also continuously seeking new and exciting learning opportunities for our community. If you've ever considered teaching, now is the time! You don't need to be an expert—just willing to share what you know. And if there's a class you'd love to take but don't see here, we want to hear that too. Fresh ideas and enthusiastic instructors keep our program thriving.

Thank you for being part of the Gray-New Gloucester Adult Education community. We're excited to bring great energy into 2026—and we're here to support you as you learn, grow, and reach your goals.

Let's make it a great year together!

Gray-New Gloucester Adult Education Staff

Connect with Us

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

Stephanie Haskins, Director

shaskins@sad15.org

Theresa Boynton, Program Coordinator

tboynton@sad15.org

Phone: 207-657-9612

Office Hours:

Monday - Wednesday: 9am-7pm

Thursday: 9am-2pm

Friday: By Appointment

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Mission:

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

Gray-New Gloucester Adult Education Staff



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





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 gngadulthood@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 gngadulthood@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. The 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.

Substitute Teacher Training

In the absence of a regular classroom teacher, substitutes help students learn subject matter and skills. There is a need for compassionate, strong and dedicated individuals who are excited about working with children and young adults. Daily substitute teaching and long-term substitute teaching will be addressed. A certificate of completion will be granted at the conclusion of this class that participants can use when looking for future employment.

Instructor: Stephanie Haskins

Date: 1/26 or 2/6

Time: 11:00am - 1:00pm

Location: GNG Adult Ed

Fee: FREE but pre-registration is REQUIRED



Academic and Literacy Courses



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.

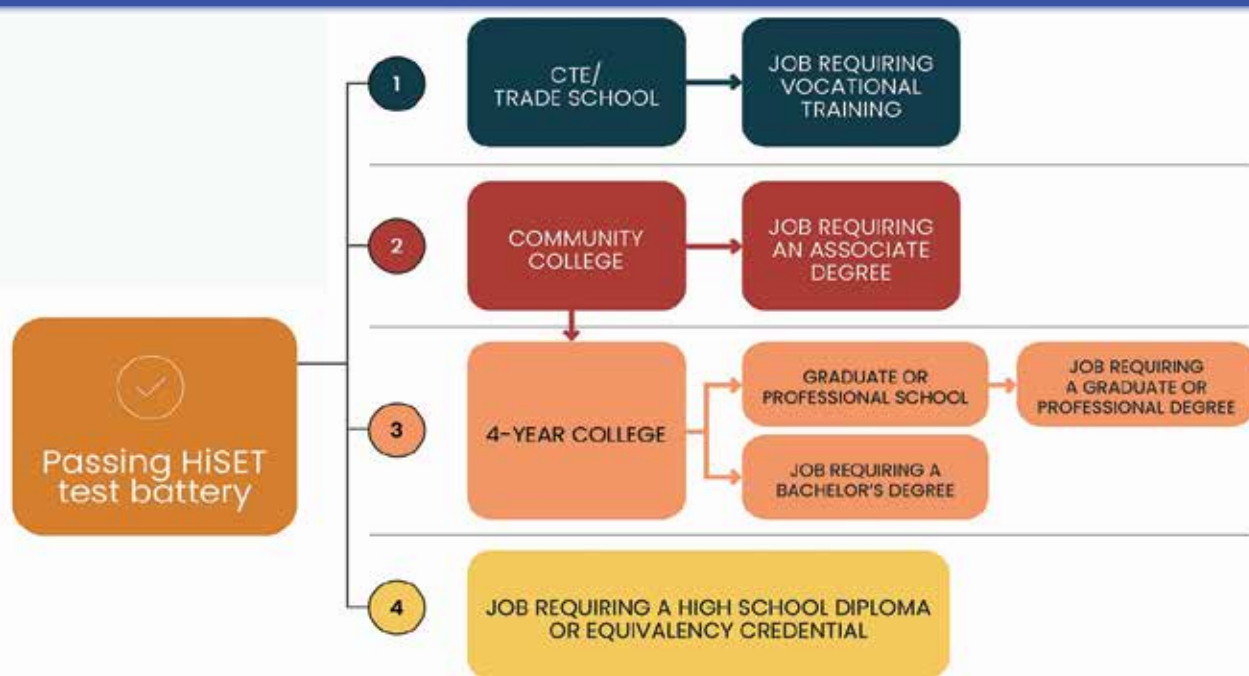
HiSET Academy - Online HiSET Preparation

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 Monday, Wednesday & Friday: 9am - 11am

Where will earning a *hiset. take you?





Academic and Literacy Courses



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 080

Instructor: Anna Patkus

Tuesdays & Thursdays, 1/20 - 5/7

Time: 2:00 - 4:00pm

Location: SMCC / Online via Brightspace and Zoom

Fee: Free, but must pre-register

College Prep Math - Blended Learning

Our blended learning, pre-college math class is designed for students who want to brush up on their math skills or seek to boost their Accuplacer scores for college entry. This course will review arithmetic, including factoring, fractions, percents, and word problems as well as some elementary algebra concepts in a supportive environment. Students have time for practicing skills, asking questions and will also learn some basic skills in time management and organization. Blended learning opportunities offer a combination of Zoom and online learning to help provide the most flexibility for students seeking to further their education.

Instructor: Jodi Scott

Tuesdays: 1/20 - 5/7

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: 1/12 - 3/2

(Mandatory in-person classes on 1/12 and 3/2, 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 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, 3/10

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.**

Scan the QR code to try a free assessment today!

Interested in earning certificates?

**Give us a call to set up an appointment,
207-657-9612**





Arts and Crafts

Hat Burning Workshop

Discover the art of hat wood-burning in this hands-on workshop inspired by tattoo-style design. No experience is needed! Choose from a curated selection of hat colors, styles, and stencils, then follow guided, step-by-step instruction to craft a piece that's uniquely yours. We'll start with a practice board to build confidence, then dive into specialty techniques including stenciling, shading, and fine engraving. Your finished hat can be worn or displayed as a charming "welcome hat" for your home. All materials are provided. Space is limited-reserve your spot and create something truly unforgettable.

Instructor: Jenn Paulin

Wednesday, 2/11

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

Fee: \$59 plus Materials Fee payable to the instructor: \$25



Vintage Junk Journal - A Perfectly Imperfect Keepsake

Turn everyday materials like paper, fabric, ephemera, etc., into a unique vintage junk journal. Learn basic binding, layout, and embellishing techniques. All materials provided.

Instructor: Susan Stacey

Wednesday: 3/25

Time: 5:30 - 7:30pm

Location: GNG Adult Ed

Fee: \$45



Create Your Own Acrylic Beaded Bouquet

Join Jenn for a fun, hands-on workshop where you'll create a sparkling bouquet made entirely from acrylic beads and wire thread! In just two hours, you'll twist, shape, and design your own everlasting, spring-inspired floral arrangement—no watering needed. Pick your vase, colors, flower shapes, and sizes as Jenn guides you through simple techniques to craft a stunning display. Perfect for beginners and creative spirits alike!

Instructor: Jenn Paulin

Wednesday, 4/8

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

Fee: \$55



General Enrichment

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

Instructor: Voice Coaches

Tuesday, 1/20 OR Wednesday, 4/29

Time: 6:30 - 8:00pm

Location: Online via Zoom

Fee: \$29

Hospice Volunteer Presentation

Join our Hospice presentation where you'll learn everything you need to know about becoming a hospice volunteer. What we do, what to expect. We make a difference every day.

Please bring your smartphone or tablet.

Instructor: Crystal Mills

Tuesday: 2/10 OR 5/5

Time: 5:30pm-7:00pm

Location: GNG Adult Ed

Fee: Free but pre-registration is required

New Home Buyers Class

If you have never purchased a home or haven't in a while, come and learn everything you need to know to take the next step.

Instructor: Beth Humphrey, Keller Williams

Tuesday, 3/3

Time: 6:00pm - 8:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration is required

The Maine Death with Dignity Act

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. Join this class to get fact-based information and all the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify or support your loved one who may be qualifying.

Instructor: Valerie Lovelace

Wednesday 3/11 OR 5/13

Time: 6:30pm-8:00pm

Location: Online via Zoom

Fee: Free but pre-registration is required

Maine Snowflake Photo Class

In this class we are going to use our Macro/Close Up settings, Lenses, Filters and Lighting to take some awesome Images of Snowflakes! And go over the Controls to capture them! Like our Aperture, ISO Exposure Compensation. And composition which is important with the Snowflakes! And this is for a Digital Camera or a Smart-phone!

Instructor: Steve McGrath

Mondays: 2/2 & 2/9

Time: 5:30pm to 7:00pm

Location: Online via Zoom

Fee: \$59.00



Pet Photography

This Pet photography course is designed to teach you everything you need to know to take professional quality portraits. You will learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting and posing, how to shoot in a studio or on location, and how to master the gear you will need to create inspiring work!

Instructor: Steve McGrath

Tuesdays: 4/7 & 4/14

Time: 7:30pm to 9:00pm

Location: Online via Zoom

Fee: \$59.00



Nature Photography

In this Nature Photography online class, we will go over camera settings and compositions and how to get great images of Nature's best like moose, birds, seals and other subjects! We will also learn how to set up a blind to get great images, the best lenses for this type of photography and tripods to get the best stability for your images!

Instructor: Steve McGrath

Tuesdays: 5/5 - 5/19

Time: 7:30pm to 9:00pm

Location: Online via Zoom

Fee: \$59.00



Register Early

Safety

American Heart Association CPR



This course covers adult, child and infant CPR. Use of an AED. Adult, child and infant choking. How and when to call emergency services. A certification from the American Heart Association will be presented at course completion. Workbooks are not included with this class but can be purchased in advance for \$10. This workbook covers CPR and First Aid. Please indicate on the registration form if you want to purchase.

Instructor: Charissa Kerr

Dates: 1/27 OR 3/2 OR 3/24

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

Monday: 3/2

Time: 4:00pm - 6:00pm

Location: GNG Adult Ed

Fee: \$55

Teach for Adult Education

Share your talent with the community.



We are always looking for instructors to join our team. Have a special talent, hobby or skill that you would like to share?

Contact Theresa Boynton at
tboynton@sad15.org or 207-657-9612

Personal Finance

ENOUGH is ENOUGH! – Rewriting Your Money Story

Are you finally sick and tired of being broke? Unsure where or how to start making changes? Finally ready to fix it? Your clean slate begins here. This is an easy-to-understand program that will get you started, add to your current momentum or just re-affirm your path to financial well-being and independence. Each week has a different topic:

Week 1: Big Picture -

Overview of Personal Finance

Week 2: Process and Spending -

Tools to go from survive to thrive mode

Week 3: Debt Destruction

Week 4: Margin Mania -

Getting ahead finally – what do I do with all this cash?

Week 5: Creating Wealth-

the 3-legged stool

Week 6: Wrap up -

Q and A and 'Margin Maineia' Game with \$5,000 (play money)

Instructor: Leo Credit

Tuesdays: 2/24 - 3/31

Time: 6:00pm - 7:00pm

Location: GNG Adult Ed

Fee: \$49 per person or couple for the 6 weeks OR \$15 per week -

Registrants that attend all six weeks will receive a complimentary financial coaching Consult Program. (Two - 30-min Zoom sessions - a \$200 value)



How Money Works

Want to eliminate debt and gain financial control? Join us to learn simple concepts that can transform your finances and help you stop living paycheck to paycheck.

Instructor: Sarah Blondin

Wednesday: 1/21

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required

Invest for Success

Is your money working hard for you? Join us to learn the power of compound interest, risk management, and investment strategies to reach your goals!

Instructor: Sarah Blondin

Wednesday: 2/11

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required



Successful Scholarship Searches and Applications

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. In this session you'll learn to build and work on your own scholarship application plan. You'll also learn about and try out different scholarship websites, learn how to best use a scholarship information tracker, and learn to avoid some of the challenges of the scholarship process.

1/27 at 7:00pm

Managing Your Student Loan – Know Your Options

Federal Student Loans aren't like any other loan. Did you know, if you are struggling with your payments, there are income-based repayment plans as well as deferment or forbearance? Did you know you could get .25% off your interest rate if you sign up for auto-pay? Do you know you can work towards loan forgiveness now if you work for a non-profit, government or tribal agency? Whether you have recently graduated from college or have been repaying your student loans for a long time, join us to learn how to manage your student loan repayment.

2/3 at 6:00pm

Money Starts: Adulting 101

Adulting is tough. Finances can be one of the trickiest parts of adulthood. Whether you've been Adulting for decades or are just getting started, banking basics, spending plans, credit scores and budgeting tools are available to make things a little bit easier.

2/25 at 6:30pm

Money Grows: Adulting 102

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing, and if you are ready to invest, how to get started. Other topics will include protecting your assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life.

3/18 at 6:30pm

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

Maine families have access to two valuable programs to assist with saving and paying for education after high school: the \$500 Alford Grant and Maine's College Savings program. While these initiatives offer great benefits, understanding each of their features can sometimes be challenging. Whether you're a parent, guardian, or student, this session will provide you with information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future!

4/8 at 7:00pm

Planning and Paying for College

Do you have children who will be looking at college in the next few years, or might you be thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid.

5/11 at 6:30pm

Investing at Retirement

Nearing or entering retirement? Learn how a custom strategy helps identify and mitigate risks while maximizing your benefits and assets for a secure retirement.

Instructor: Sarah Blondin

Monday: 3/2

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required

Understanding Social Security

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

Instructor: Sarah Blondin

Monday: 3/16

Time: 6:00pm - 7:30pm

Location: GNG Adult Ed

Fee: Free but pre-registration required

Introduction to Cryptocurrency & Blockchain

This course introduces cryptocurrency and blockchain fundamentals, exploring digital currencies, decentralized technology, transactions, and real-world applications shaping modern finance and data security.

Instructor: Adam Kalakowsky

Tuesday: 3/17

Time: 5:30pm - 7:00pm

Location: GNG High School, Room # 147

Fee: \$35

Wellness

Indoor Walking Group

Banish boredom and boost motivation. Because walking is possible for most people and doesn't require special skills or equipment, it has become the most popular form of activity in the US. Walking with others is a great way to socialize and get healthier, but also hold you accountable, is safer and motivating. Join us for orientation night on Mon., Jan. 12th at 6 pm in the GNG Adult Education office at GNG High School. Once you learn the route, you'll be set free to walk at your pace. We highly recommend you bring a buddy to keep you motivated to continue!

Mondays & Wednesdays: 1/12 - 4/15 (no class 1/19, 2/16 & 2/18)

Time: 6:00-7:00pm

Location: GNGHS Hallways

Fee: \$10

Emotional Eating: Unpacked and Under Control

Rebuild your relationship with food by understanding emotional eating, recognizing true hunger, and learning to trust your body again in this empowering, insightful class.

Instructor: Amy Burt

Tuesday: 2/3

Time: 6:15pm - 7:15pm

Location: GNG Adult Ed

Fee: \$25



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

Wednesdays: 3/4 - 3/25

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

Location: Online via Zoom

Fee: \$49

Happiness Is a Skill - And You're About to Learn It

This live Zoom class is your invitation to explore the science of feeling good—and to practice it in real time. Grounded in research from psychology, neuroscience, and breath work, you'll learn how happiness isn't just a mood, but a trainable skill. Through guided exercises, reflection prompts, and interactive discussion, you'll discover how to catch moments of joy, keep them alive longer, and spread them with intention.

Instructor: Carole Freeman

Wednesdays: 4/1 - 4/8

Time: Students may choose

10:00am or 5:00pm

Location: Online via Zoom

Fee: \$35



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: 4/15 - 5/6

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

Location: Online via Zoom

Fee: \$49

Gentle Yoga

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



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

Instructor: Pamela Cates

Session 1: Tuesdays, 1/20 - 3/10 (no class 2/17) - Fee: \$69

Session 2: Tuesdays, 3/24 - 5/5 (no class 4/21) - Fee: \$59

Time: 5:15pm - 6:00pm

Location: Russell School Gym

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: Mon & Wed, 1/12 - 2/11 (no class 1/19); Fee: \$75

Session 2: Mon & Wed, 2/23 - 3/25; Fee: \$79

Session 3: Mon & Wed, 3/30 - 5/6 (no class 4/20 & 4/22); Fee: \$79

Time: 7:00 - 8:00pm

Location: Online via Zoom

Beginner Yoga and Pilates

This program is to introduce participants to the basics of yoga and pilates - 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, 1/14 - 2/11

Session 2: Wednesdays, 2/25 - 3/25

Session 3: Wednesdays, 4/1 - 5/6 (no class 4/22)

Time: 5:45 - 6:45 pm

Location: Online via Zoom

Fee: \$39

Self-Paced Online Courses with Carole Freeman!

Breathing as Medicine: The Art and Science of Healing Through Breath

Most people breathe—but few do it well. This course reveals how intentional breathing can be one of the most effective, accessible tools for healing.

Fee: \$39

Silent Nights: The Science of Breathing for Better Sleep

Discover how simple shifts in your breathing can transform your nights—and your days.

Fee: \$39

The Female Brain on Stress: How the Female Brain Responds—and Recovers

Women experience stress differently—and this course explains why.

Fee: \$39

Female Pain Misunderstood: How Women Experience & Heal Pain Differently

Pain isn't just physical—it's personal. And for women, it often shows up in ways that are misunderstood or overlooked.

Fee: \$39

Strong by Design: Smarter Training for the Female Physiology

This comprehensive guide to women's fitness and wellness shows you how to use knowledge of the female body to exercise smarter, breathe deeper, boost your metabolism, strengthen your core and pelvic floor, and improve your endurance and performance.

Fee: \$45

High-Altitude Vacationing: the Science of Smarter Travel Prep

Heading to places like the Alps, Machu Picchu, Aspen, or Lhasa? Don't let altitude sickness drain your energy or dampen your experience.

Fee: \$45

Calm Down: How Anyone Can Train Their Nervous System to Respond—Not React

Learn how stress affects your brain and body—and how to train your nervous system to respond with clarity instead of reactivity.

Fee: \$39

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

This fun and uplifting course teaches quick, effective facial muscle exercises that enhance neuromuscular connections and even lift your spirits.

Fee: \$39

Are you
underweight?
Overweight?
Obsessed with food,
weight, or dieting?

You
are not
alone.

foodaddicts.org

fa : FOOD ADDICTS in Recovery Anonymous

Food Addicts in Recovery Anonymous (FA) Information Session

FA offers a solution for people who are overweight, underweight, and/or obsessed with food, weight or dieting. At the session you will hear more about FA and from people who have found a solution through the FA program.

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

Dates: 3/30 OR 5/19

Time: 6:30pm - 8:00pm

Location: Online via Zoom and by phone

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 to 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: Wednesdays, 1/28 - 2/11

Session 2: Wednesdays, 2/25 - 3/11

Session 3: Wednesdays, 3/18 - 4/1

Session 4: Wednesdays, 4/8 - 4/29 (no class 4/22)

Session 5: Wednesdays, 5/6 - 5/20

Time: 6:00pm - 7:00pm

Location: GNG Middle School Cafetorium

Fee: \$39 per session



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: Wednesdays, 2/4 - 2/25

Session 2: Tuesdays, 3/3 - 3/24

Session 3: Wednesdays, 4/1 - 4/22

Session 4: Tuesdays, 4/28 - 5/19

Time: 6:00pm - 7:30pm

Location: Online via Zoom

Fee: \$85

Fitness

HIIT the Reset

A fun total body workout that burns fat and builds muscle in a circuit style format. All levels welcome! Bring water, towel, yoga mat and one 10-15 lb kettlebell.

Instructor: Tracy Libby

Mondays and Wednesdays: 1/21 - 3/9 (no class 2/16 & 2/18)

Time: 5:30pm-6:30pm

Location: Russell School Gym

Fee: \$119



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, 1/28 - 3/11 (no class 2/4 and 2/18)

Session 2: Wednesdays, 3/18 - 4/15

Session 3: Wednesdays, 4/29 - 5/27

Time: 6:30pm-7:30pm

Location: GNG High School

Fee: \$45 per session



Gray-New Gloucester Adult Education



ONLINE EDUCATION

More than 300 courses to choose from

100% Online, 24/7 Access

Instructor-moderated format

Convenient and Affordable

FIND YOUR COURSE TODAY!

ed2go.com/gngadulthood

Technology

Interested in running Linux — or thinking about it for an older PC?

Join a small group (limit: 6 students) that meets every two weeks with a retired IT/Network engineer as instructor. Bring your own laptop or PC (optional) for evaluation, discussion, or hands-on work — such as installing or dual-booting Linux. From there, we'll explore topics of interest, including command-line tools and advanced Linux techniques.

Instructor: Doug Mildram

Wednesdays: 1/21, 2/4, 2/25, 3/11, 3/25, 4/8

Time: 6:30pm to 8:30pm

Cost: Free but Pre-Registration is Required

Create Your Own Map

Create your own work of art in the form using the art form called Cartography. You will use your own life to map. Bring your computer, memory drive and imagination.

Instructor: Andrew Watson

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

Session 2: Mondays, 2/23 - 3/16

Session 3: Mondays, 3/23 - 4/13

Session 4: Mondays, 4/27 - 5/18

Time: 6:00pm - 8:00pm

Location: GNG Adult Ed

Fee: \$49 per session



DID YOU KNOW?

At Gray-New Gloucester Adult Education

22

ADULTS
EARNED THEIR
HIGH SCHOOL
CREDENTIAL

17

ADULTS BECAME
CERT. NURSING
ASSISTANTS

41

ADULTS BECAME
MEDICAL
ASSISTANTS

343

ADULTS
ENROLLED IN ONE
OR MORE
ENRICHMENT
CLASSES

How can you get started?

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

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.

Outdoors



Sebago Lake Kayak Lesson and Historical Tour

Kayak through the natural Maine wilderness and vast lake views for an on the water adventure. This two hour guided tour will begin with a safety briefing and lesson covering the fundamentals of recreational kayaking. Using the EZ launching system at Sebago Trails Paddling, the tour will explore the water-carved bends and twists of a meandering stream, unveiling local wildlife in a rustic backdrop. Then, it will continue onto Jordan Bay of Sebago Lake as the guides share stories dating back to the settlements of the region. Come for the beautiful lake views and leave with your new favorite hobby! This is a great experience for anyone looking to get outdoors, for a relaxed paced paddle. Perfect for first time kayakers and experienced kayaking enthusiasts. This class will run rain or shine. Sebago Trails Paddling will provide: Kayak, Paddle, Lifejacket

Instructor: Bill Allen & Katelyn Perry

Saturday, 6/6 OR 6/13

Time: 10:00am - 12:00pm

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

Fee: \$49





Gray-New Gloucester Adult Education

Explore • Grow • Achieve

Have you used our new registration system yet? We now have **ACTIVE**.



Create a new account



Every Active user will have to create an account. If you have used Active before, you already have an account.

Creating an account is as simple as entering a password after you have registered for a course.

Signing into an existing account

When you want to sign into your existing account to check registrations or payments, use the email and password you used at registration with our unique registration link. The link can be found at the bottom of your email confirmation, in our catalog, on our website and the QR code below.

Search for Classes



In our new registration program, courses are called 'sessions'. Use the QR code to access our Active site. Use the menu on the left to filter the 'sessions' you see by location, type, instructor, etc.



Use your camera to scan this code. Select a catalog to view.

WWW.GNGADULTED.ORG - 207.657.9612 - GNGADULTED@SAD15.ORG

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, Jan 19 - Martin Luther King Day

Mon-Fri, Feb 16-20 - Winter Break

Thursday, March 12-Records Day (No Students)

Mon-Fri, April 20-24 - Spring Break

Monday, May 25 - Memorial Day

Friday, June 19 - Juneteenth



Gray-New Gloucester
Adult Education

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

HOW DO I GET STARTED?



GIVE US A CALL OR SEND AN EMAIL

Ready to move forward? Reach out today and we'll help you take the first step. 207-657-9612 or gngadulthood@sad15.org

WHEN CAN I ENROLL?

Why wait? Our programs offer rolling admissions, which means you can start whenever you are ready. Your future doesn't have to wait another day.



MAKE AN APPOINTMENT

Meet with our academic and career advisor to explore your goals, your options, and the best path forward. One conversation could change everything.

CREATE A PLAN

You don't have to figure it out alone. We'll help you design a personalized plan that fits your goals, your schedule, and your life—so you can start moving toward the future you want.



GET STARTED

Whether you're looking to launch a new career, complete your high school credential, enroll in college, or begin a training program, we're here to guide and support you every step of the way. Your next chapter starts here.