

*Kennebec*  
**NEIGHBORS**  
ADULT EDUCATION  
MSAD11, Winthrop, and RSU2



— fall 2025 catalog —  
October through December

PHONE: (207) 582-3774 EMAIL: [adulted@msad11.org](mailto:adulted@msad11.org)

OFFICES LOCATED AT 40 West Hill Road, Gardiner, ME 04345 AND 39A Highland Avenue, Winthrop, ME 04343

[maineadulted.org/location/kennebec-neighbors-adult-education/](http://maineadulted.org/location/kennebec-neighbors-adult-education/)

# Welcome!

Thank you for picking up our catalog to take a look at what we are offering this fall. Kennebec Neighbors Adult Education is supported primarily by the MSAD11, Winthrop Public Schools, and RSU2 districts. Our enrichment classes are funded by your registration, with a small portion also supporting our academic and career programming.

This year we are offering enrichment courses in three 10 week seasons and will produce a shorter catalog prior to each term. We hope this keeps our printings timely and relevant, while allowing us to adapt more quickly to opportunities and requests.

Fall Season - October through December 2025  
Winter Season - January through March 2026  
Spring Season - April through June 2026

We will have our courses available online for registration about a month prior to the start of classes. If you would like to have a catalog mailed directly to your address please call us or visit our website.

## CAREER AND COLLEGE SUPPORT

There are number of sources for your continuing education. Our Advisor is here locally to support adults navigating returning to school, acquiring a certificate or skills, and sorting through your options.

**Advisor** Jeannie Sullivan  
jsullivan@msad11.org  
(207) 582-3774

We have partnered with two national organizations in order to help you access additional programs and certification opportunities online. Online isn't for everyone, but it may be for you! Using the links below also help to support our program locally.

**Ed2Go® Partnership**

**LERN Partnership**

## REFUNDS & PARTICIPATION

Published dates and times are subject to change. Registrants will be notified by email if changes occur. Please be sure to keep an accessible email updated with us! Full refunds on enrichment classes will be issued on cancellations due to weather or low enrollment. Refunds minus fees will be issued if the registrant cancels participation two business days before the class is to start.

Unless indicated, classes are intended for adults. Some may be appropriate for children of certain ages or families. If you have questions or need clarification please check with the office directly.

## OFFICE & CLASS LOCATIONS

**Gardiner Office (207) 582-3774**

40 West Hill Road, Gardiner, ME 04345

Located in Gardiner Area High School. The entrance is located on the end of the right (south) wing facing West Hill Road.

**Winthrop Office (207) 377-2265**

39A Highland Avenue, Winthrop, ME, 04343

Located in the basement level of the grade school, accessed from the parking lot that sits above the football field.

**Gardiner, ME**

L.E.R. School, 279 Brunswick Ave.

**Monmouth, ME**

Cumston Hall, 796 Main St.

**Richmond, ME**

Richmond High School, 132 Main Street

**Winthrop, ME**

United Fitness, 186 ME-133

Winthrop Workspace, 117 Main St.

**Augusta**

United Fitness, 198 Western Ave.

## OUR HiSET® PROGRAM

The HiSET®, is an equivalency diploma that replaces the GED program. By successfully passing exams in Writing, Social Studies, Science, Reading, and Math, you can earn this valuable diploma. Best of all, our program is provided at no cost in Maine. To enroll, you must be at least 16 years old, but you can only take the official exams once you reach 17. ***Classes are offered Monday through Thursday at both locations.***

**HiSET® PREP CLASSES**

Provided in Gardiner | Winthrop | Online

**HiSET® PREP MATH CLASSES**

Provided in Gardiner | Winthrop | Online

**HiSET® ACADEMY**

Requires Teacher Approval | Online

**HiSET® ADVISING**

All students participate in Gardiner | Winthrop | Online

***Contact us for current available class times. We enroll adult students through the entire school year (September to May).***

## WEATHER CANCELLATIONS

All adult education classes in school buildings are cancelled when the district daytime school is cancelled. If inclement weather starts during the day, adult education will determine by 2pm if we will be canceling classes for the evening.

Check [kennebecneighbors.maineadulted.org](http://kennebecneighbors.maineadulted.org), local TV channels (6, 8, and 13), Facebook, or call 582-3774 BEFORE venturing out in bad weather. Cancelled classes will resume the following week unless you are notified. Due to the numbers of participants, teachers and students will generally not be contacted individually except by email when possible.

**COUCH TO DO SI DO: SQUARE DANCING [\$50]**

Square dancing is great exercise and helps with mental, emotional and physical health. No experience or special attire is necessary. The Caller will introduce new steps each week to add to the fun. It is not the same square dancing you may have done in middle school. Come with a partner, a friend or by yourself.

Instructor: Ellie Mulcahy  
Wednesday, Starting 10/8/25, 6:30-8:30pm, 10 wks  
Grade School Cafeteria, Winthrop

**ZUMBA WITH KAREN DUBE [\$75]**

Zumba is a Latin-Inspired Dance fitness program for all ages and all ability levels. You don't have to know how to dance to join this group!

Instructor: Karen Dube  
Monday, Starting 10/6/25, 6-7pm, 5 wks  
Grade School Cafeteria, Winthrop

**UKULELE FOR BEGINNERS [\$79] >>ONLINE<<**

Learn to play the ukulele, the happiest instrument around! Discover how to play the ukulele, the happiest instrument around! 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! THIS IS A ZOOM BASED COURSE. This class is offered three times.

Instructor: Duncan Perry  
Tuesday, Starting 9/16/25, 6-7:30pm, 4 wks  
Wednesday, Starting 10/15/25, 6-7:30pm, 4 wks  
Tuesday, Starting 11/11/25, 6-7:30pm, 4 wks

**NEW AYURVEDA 101: GENTLE FALL PRACTICES FOR WELLNESS & BALANCE [\$55]**

As the air turns crisp and the energy of autumn sets in, it's the perfect time to slow down, release what no longer serves you, and nourish your body and mind. Ayurveda 101 is a gentle, supportive Ayurvedic workshop designed to help you align with the rhythms of the season, strengthen digestion, calm the nervous system, and prepare for the inward journey of winter. Whether you're new to Ayurveda or looking to deepen your seasonal practices, this workshop offers a nourishing reset to help you root down—so you can rise with clarity, energy, and ease.

Instructor: Dr. Josie Conte of 5 Elements Osteopathy  
Wednesday, 10/8/25, 6-8pm, 1 Night  
Adult Education Office, Winthrop

**NEW YOUR SEWING PROJECT – DIY BASIC SEWING [\$65]**

If your clothes need mending—whether it's a zipper replacement, hemming, or resizing—this hands-on sewing class is for you! Having learned from her great-grandmother, Kat has been sewing since childhood, making and repairing clothes and household items for years. In this class, she will teach you essential sewing skills so you can fix or alter your own garments using your materials and supplies. The course includes three 2-hour sessions, with Thursday evening classes in Winthrop, and potential expansion to other locations next term based on interest. This class is offered 2 times.

Instructor: Kat Beaudoin  
Thursday, Starting 10/9/25, 6-8 pm, 3 wks.  
Thursday, Starting 11/6/25, 6-8 pm, 3 wks.  
Adult Education Office, Winthrop

**NEW THE AKASHIC RECORDS: YOUR 2-WEEK JOURNEY INTO SOUL WISDOM [\$125]**

Discover the ancient and powerful realm of the Akashic Records in this beginner-friendly course. You will explore the history and purpose of the Records, learn how to access your own soul's archive, and practice receiving intuitive guidance. Each class builds on the last, offering practical tools and spiritual insight to support a lifelong connection to your inner wisdom.

Instructor: Alecia Lorange  
Wednesday, Starting 11/12/25, 5:30-7:30 pm, 2 wks.  
Adult Education Office, Winthrop

**NEW HARVESTING HEALING: REIKI I & II FOR AUTUMN ALIGNMENT [\$500]**

As the leaves turn and the air grows crisp, align with the natural rhythms of the season and unlock your inner healer. In this immersive Reiki Level 1 & 2 certification course, you'll learn the foundational principles of energy healing, receive powerful attunements, and gain the tools to confidently offer Reiki to yourself and others. Whether you're seeking personal growth or preparing to launch your own healing practice, this class will support your journey with hands-on experience, guidance, and certification. Step into fall empowered, aligned, and ready to shine.

Instructor: Alecia Lorange  
Wednesday, Starting 10/22/25, 5:30-7:30 pm, 3 wks.  
Adult Education Office, Winthrop

**NEW EMOTIONAL FREEDOM TECHNIQUE (EFT/TAPPING): STRESS RELIEF DURING HOLIDAYS & BEYOND [\$45]**

Feeling overwhelmed by holiday stress? Learn powerful tapping strategies that calm the mind and restore emotional balance. This hands-on session will help you release anxiety, boost resilience, and carry peace with you into the new year. Discover how just a few minutes of EFT can make a lasting difference in your well-being during the holidays & beyond!

Instructor: Karen Stultz  
Thursday, 12/4/25, 6-9pm, 1 Night  
ONLINE COURSE

**NEW HEART ENERGY TECHNIQUES™: REBOOT, RECHARGE & REALIGN [\$75] >>ONLINE<<**

Reboot Your Energy, Recharge Your Joy, & Realign with Your Awesome Self! Feeling stuck? Tired of being tired? Want your spark back? HET Reset is a soul-nourishing, joy-boosting 3-class series designed for adults who are ready to feel better fast—emotionally, energetically, and even spiritually. Using simple, fun, and powerful tools from Heart Energy Techniques™ (HET). This uplifting mini-series helps participants break free from stress and old patterns, and reconnect with the most awesome version of themselves. Perfect for midlife and beyond, this is your invitation to shift from overwhelm to "Oh wow, I feel amazing! This class is offered two times this season.

Instructor: Karen Stultz  
Tuesday-Thursday, Starting 10/14/25, 3-5 pm, 3 days  
Wednesday, Starting 11/5/25, 6-8pm, 3 wks.

**NEW HEARTSAVER CPR & FIRST AID [\$120]**

Heartsaver CPR/AED and First Aid (Blended, online and Instructor-led) This course offers e-learning and in person skills practice review. Students must complete the online portion prior to attending the skills practice review and submit the completion certificate at the skills practice review session.

Designed for the general public, childcare providers, parents or simply someone who wants to make a difference. This course teaches CPR and AED usage for the adult, child, and infant, equipping individuals to respond to cardiac emergencies confidently. Our First Aid courses provide essential knowledge and skills to handle injuries, wounds, and medical emergencies effectively. Upon successful completion of our courses, participants receive 2-year certification that is widely recognized and accepted. This class is offered twice.

Instructor: David Mejia  
Thursday, 10/9/25, 5-8pm, 1 Day  
Adult Education Office, Gardiner  
(BLENDED: In-Person & Online)  
Thursday, 11/6/25, 5-8pm, 1 Day  
Adult Education Office, Winthrop  
(BLENDED: In-Person & Online)

**NEW HENNA BODY ART WORKSHOP [\$50]**

Come learn the ancient beauty of Henna body art. Learn how to mix Henna powder to make paste and the proper way to make Henna cones. We will practice drawing designs in class and on each other and on yourself. Learn the basics of this beautiful temporary art that is all natural and plant-based leaving a stain for two weeks. This class is over two times this season.

Instructor: Mary Dunham  
Tuesday, 10/14/25, 6-8pm, 1 Day  
Adult Education Office, Gardiner  
Wednesday, 12/3/25, 6-8pm, 1 Day  
Adult Education Office, Winthrop

**NEW HEALING WITH GEMS CERTIFICATE [\$50]**

This workshop will give you a base knowledge of many different healing minerals used for self-care and energy healing. This class is for people who have an interest in minerals and how they can help with bringing a deeper self-awareness to your body's consciousness and nature's gifts and natural medicine of rocks and minerals. Many minerals can help with bringing healing on a physical and emotional level and offer support for stress relief and energy balancing. You will learn about clearing minerals and crystals, how to use them in your home, on yourself and make safe elixirs. We will learn the base minerals & the crystal Quartz family & how to do mineral dowsing, aura cleansing, and mineral placement. You will receive a certificate at the end of the class. Mary brings her love and passion & extensive knowledge of working with gems and minerals & crystals for the past 20 years as a Reiki Master Teacher. She also managed a gem store for 6 years. She has hosted dozens of rock & mineral classes for adults and children. Mary also created a mineral magic Oracle deck that she will have at the class.

Instructor: Mary Dunham  
Tuesday, 11/18/25, 6-8pm, 1 Day  
Adult Education Office, Gardiner

**TUNESMITH-A SONGWRITERS ANONYMOUS WORKSHOP [\$25]**

A casual, loosely structured, freeform class directed towards aspiring songwriters. Classes will be held monthly, (usually) on the first Monday of each month. They will run approximately 3 to 3.5 hours. The first class will be on September 8th.

Each class will consist of all or some of the following:

(1) Opening and group discussion with music-worthy and individual contributions relative to songs and songwriting (i.e. discussion topics, handouts).

(2) Listening to, discussing, and/or evaluating successful songs and songwriters (i.e. what makes them resonate with listeners? How big a part of the song's success is in the melody versus the lyrics versus the production?) If/when available, informational videos may be used.

(3) An opportunity to present your own song(s), if so inclined.

This is NOT required. Verbal feedback may be limited due to time constraints but individual evaluation sheets will be available for written comments.

Instructor: Robert Dubrow  
Monday, Starting 9/08/25, 5:30-8:30 pm, 10 wks.  
Adult Education Office, Gardiner

**WORM COMPOSTING WORKSHOP FOR BEGINNERS [\$10]**

The instructor will demonstrate and assist as beginners set up their own worm bins (limit 5 households-one worm bin per household). After the worm bins are assembled, then the instructor will give his "Worm Talk" covering the many questions that come up about Vermiculture and Worm Composting. Each session has a free follow-up session called First Harvest on a later date. Check the other listing for follow-up dates.

Instructor: Jock Robie  
Tuesday, 10/14/25, 6pm-8pm, 1 day  
Adult Education Office, Gardiner

**FIRST HARVEST FOR WORM COMPOSTING ALUMNI [FREE]**

The instructor will inspect worm bins, demonstrate and assist with harvesting, and answer any questions. The instructor will bring six harvest kits for alumni to use harvesting their own worm bins. The alumni returning for their first harvest have priority, but after they have harvested, alumni from previous workshops can join in.

Instructor: Jock Robie  
Tuesday, 1/27/26, 6pm-8pm, 1 day  
Adult Education Office, Gardiner

**ZUMBA [\$75]**

Get ready to dance your way to fitness! Join us for a fun and energetic workout featuring Latin and international rhythms. Led by an enthusiastic instructor, this course offers easy-to-follow moves for all levels, improving cardiovascular health and mood. Don't miss out on the joy of Zumba! This class is offered twice this season.

Instructor: Sheila Powers  
Tuesdays, Starting 10/7/25, 6-7pm, 5 wks.  
Tuesdays, Starting 11/18/25, 6-7pm, 5 wks.  
Pittston-Randolph Elementary School

### **ZINNIE PAINT NIGHT[\$55]**

Let's take a break from the cold weather and paint Zinnias. Zinnies are one of my absolute favorite flowers to grow in the garden every year, and their popularity and low maintenance make them well-suited for this class. We will paint those vibrant flowers with petals that layer so nicely. No prior experience necessary; Shirley welcomes beginners with open arms. Whether you're a seasoned artist or picking up a brush for the first time, you'll find this to be a fun and engaging class.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 2/12/26, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

### **MUSHROOM PAINT NIGHT [\$55]**

Come join us and paint mushrooms. In this class students will be painting a close-up view of mushrooms on the forest floor. You'll learn how to paint leaf litter, decaying wood, with a little moss thrown in here and there. This should be an excellent class for those who love mushrooms! Whether you're a seasoned artist or picking up a brush for the first time, you'll find this to be a fun and engaging class.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 9/25/25, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

### **PAINT YOUR PET [\$55]**

Come join Shirley Anderson for an engaging and beginner-friendly 'Paint your Pet' class! In this workshop, budding artists will receive step-by-step guidance to create a beautiful portrait of their beloved furry or feathered companions. Whether you're a seasoned artist or picking up a brush for the first time, this class is a fun and rewarding experience as you immortalize your pet on canvas. After signing up for this class you will need to email shirl.art5050@gmail.com with 5 good-quality photos of your pet.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 10/2/25, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

### **BLACK CROW PAINT NIGHT [\$55]**

A bird that will eat almost anything is the perfect subject to paint this Halloween. Glossy, black, iridescent plumage is possible to paint with just a few brush strokes. In this class you will learn to paint feathers by layering and dry brushing. Whether you're a seasoned artist or picking up a brush for the first time, you'll find this to be a fun and engaging class.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 10/9/25, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

### **BLUE JAY PAINT NIGHT [\$55]**

Come join us and paint this amazingly beautiful Blue Jay bird with a prominent crest and a bold black necklace. Whether you're a seasoned artist or picking up a brush for the first time, you'll find this to be a fun and engaging class.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 10/15/25, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

### **PEACOCK PAINT NIGHT [\$55]**

Come join us and paint a peacock. This class will teach you to paint peacocks, notable for their vibrant plumage which makes them a superior subject for painting unusual feather patterns. If you are a seasoned artist or picking up a brush for the first time, you'll find this to be a fun and engaging class.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 11/6/25, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

### **AUTUMN LANDSCAPE & BIRCH TREES PAINT NIGHT [\$55]**

Come join us and paint an Autumn landscape with Birch trees. In this class we will be painting a wooded scene with beautiful white birch trees. The cool air and colorful leaves will be sure to get you in the mood for this upcoming Fall season. Whether you're a seasoned artist or picking up a brush for the first time, you'll find this to be a fun and engaging class.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 11/13/25, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

### **CARDINAL PAINT NIGHT [\$55]**

Come join Shirley Anderson for a Cardinal paint night. Create your own masterpiece of these beautiful birds. In this class you will learn to layer colors and paint feathery feathers. Whether you're a seasoned artist or picking up a brush for the first time, you'll find this to be a fun and engaging class.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 12/11/25, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

### **STONE BRIDGE PAINT NIGHT [\$55]**

Come join us and paint a stone bridge. Stone bridges are old and beautiful and there's lots of them right here in Maine. In this class you will learn to paint a foggy stone bridge scene with layers of trees in the distance. Whether you're a seasoned artist or picking up a brush for the first time, you'll find this to be a fun and engaging class.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 1/15/26, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

### **SUNSET PAINT NIGHT [\$55]**

Come join us and paint a sunset. One of the most beautiful things that mother nature shows us and no two are ever the same. The colors range from soft pinks to vibrant orange and purples, the sky's the limit for what you can achieve with Shirley guiding you step by step. In this paint class you will learn what colors pair well next to each other and how to layer colors to achieve depth. Whether you're a seasoned artist or picking up a brush for the first time, you'll find this to be a fun and engaging class.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 2/5/26, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

**TUMBLER SEA GLASS & BROKEN POTTERY [\$55]**

Get creative in this whimsical class, blending tumbled glass and pottery. We have lots of glass and pottery to choose from; come join us for a fun night out and create a keepsake and simply indulge in this therapeutic artistic process.

Instructor: Shirley Anderson, Muddy Cove Painting  
Thursday, 9/18/25, 5pm-8pm, 1 day  
Adult Education Office, Gardiner

**NEW RETELLING OF THE RAGNAR LOTHBROK SAGA [\$15]**

The television, now streaming, show "Vikings" is based on the Saga of Ragnar Lothbrok, and was wildly popular. In this two-hour class, learn the real story of Ragnar and a bit of the history behind it. This is a great companion class for anyone who attended the previous offered Volsung Saga class.

Instructor: Sarah Love  
Tuesday, 11/4/25, 5pm-7pm, 1 day  
Adult Education Office, Gardiner

**NORSE MYTHOLOGY: THOR [\$15]**

Thor is present in pop culture thanks to Marvel movies and comics, but where did he come from before that? This two-hour class offers information on one of Norse mythology's biggest names and some of the myths about him.

Instructor: Sarah Love  
Thursday, 11/6/25, 5pm-7pm, 1 day  
Adult Education Office, Gardiner

**NORSE MYTHOLOGY: LOKI [\$15]**

Thanks to recent movies and shows, Loki has a bad reputation. In this two-hour class, learn about the origins of Loki in Norse mythology and see that he isn't the villain that Marvel makes him out to be.

Instructor: Sarah Love  
Thursday, 11/13/25, 5pm-7pm, 1 day  
Adult Education Office, Gardiner

**NORSE MYTHOLOGY: ODIN [\$15]**

Odin is known as the All Father in Norse mythology, but how did he get the name? How did he come to own an eight-legged horse? The answer to these and much more information about Odin will be found in this two-hour class. We'll cover who Odin was and some of his myths and stories.

Instructor: Sarah Love  
Thursday, 11/20/25, 5pm-7pm, 1 day  
Adult Education Office, Gardiner

**NEW NORSE SPIRITUALITY BASICS [\$15]**

This course offers a foundational understanding of Norse spirituality—delving into the mythology, cosmology, and practices of the pre-Christian Norse peoples. Students will explore the pantheon of gods, the Nine Worlds, and key themes such as honor, destiny, and the nature of the gods.

Instructor: Sarah Love  
Thursday, 12/4/25, 5pm-7pm, 1 day  
Adult Education Office, Gardiner

**NEW BLUEPRINT FOR A BOOK:****PLAN YOUR NOVEL OR MEMOIR [\$100]**

Do you have a story that you've always wanted to turn into a novel or memoir? In this workshop, we'll take your dreams and set them on the road to reality. Over the course of three weeks, writer and Author Accelerator-certified book coach Andrea Lani will guide you into your deep-level why of writing your book, help you articulate the point your novel will make or the question your memoir will answer, and lead you in constructing the sturdy tripod of setting, character, and plot on which to rest your narrative. You'll complete the course with an outline that will set you on the path to writing your best book. Please bring a pen and notebook, or laptop, to each class.

Instructor: Andrea Lani  
Tuesdays, Starting 10/7/25, 6pm-8pm, 4 wks.  
Adult Education Office, Gardiner

**NEW MASTERING YOUR MONEY [\$49]**

Your relationship with money impacts more than just your wallet—it affects your stress, your habits, your mental health, and your future. In this class, you'll discover your internal programming around money, you'll identify your motivating factors for creating financial strength, you'll learn practical tools to manage your spending, increase your savings, and decrease your debt, and you'll walk away with an action plan so you can move forward with intention and clarity. This isn't just about money... It's about freedom. Are you ready to shift your mindset and feel good about your relationship with money?

Instructor: Dan Emery

One Monday per month: 6pm-7:30pm, 8 classes  
10/20/25, 11/17/25, 12/8/25, 1/12/26,  
2/9/26, 3/9/26, 4/13/26, and 5/11/26  
Adult Education Office, Gardiner

**NEW HEALTHY EATING & DIET CHANGES [\$49]**

Ready to ditch the diet roller coaster? This class is for anyone tired of quick fixes and ready for real, lasting change. Learn how to eat well without deprivation, identify your triggers, and build habits that actually stick. Using proven strategies and a supportive approach, you'll discover how small, sustainable shifts can lead to big results in your health and life.

Instructor: Tina Charest  
One Monday per month: 6pm-7:30pm, 8 classes  
10/20/25, 11/17/25, 12/8/25, 1/12/26,  
2/9/26, 3/9/26, 4/13/26, and 5/11/26  
Adult Education Office, Gardiner

**NEW DISCOVER YOUR LIFE'S PASSION & PURPOSE [\$49]**

Feeling stuck or unfulfilled? This dynamic workshop helps you reconnect with what truly lights you up. Through thought-provoking exercises and guided reflection, you'll uncover your core values, reignite your inner spark, and take steps toward a life filled with clarity and meaning. Whether you're navigating a transition or simply seeking more joy, this class will help you align your life with your true purpose.

Instructor: Dan Emery  
One Tuesday per month: 6pm-7:30pm, 8 classes  
10/21/25, 11/18/25, 12/9/25, 1/13/26,  
2/10/26, 3/10/26, 4/14/26, and 5/12/26

Adult Education Office, Gardiner

**NEW HEALTHY EATING & HABIT CHANGES [\$49] >>ONLINE<<**

Ready to ditch the diet roller coaster? This class is for anyone tired of quick fixes and ready for real, lasting change. Learn how to eat well without deprivation, identify your triggers, and build habits that actually stick. Using proven strategies and a supportive approach, you'll discover how small, sustainable shifts can lead to big results in your health and life.

Instructor: Tina Charest

One Sunday per month: 6pm-7:30pm, 8 classes  
10/19/25, 11/16/25, 12/7/25, 1/11/26,  
2/8/26, 3/8/26, 4/12/26, and 5/10/26

**NEW MASTERING YOUR MONEY [\$49] >>ONLINE<<**

Your relationship with money impacts more than just your wallet—it affects your stress, your habits, your mental health, and your future. In this class, you'll discover your internal programming around money, you'll identify your motivating factors for creating financial strength, you'll learn practical tools to manage your spending, increase your savings, and decrease your debt, and you'll walk away with an action plan so you can move forward with intention and clarity. This isn't just about money... It's about freedom. Are you ready to shift your mindset and feel good about your relationship with money?

Instructor: Dan Emery

One Sunday per month: 7:30pm-9pm, 8 classes  
10/19/25, 11/16/25, 12/7/25, 1/11/26,  
2/8/26, 3/8/26, 4/12/26, and 5/10/26

**NEW DISCOVER YOUR LIFE'S PASSION & PURPOSE [\$49] >>ONLINE<<**

Feeling stuck or unfulfilled? This dynamic workshop helps you reconnect with what truly lights you up. Through thought-provoking exercises and guided reflection, you'll uncover your core values, reignite your inner spark, and take steps toward a life filled with clarity and meaning. Whether you're navigating a transition or simply seeking more joy, this class will help you align your life with your true purpose.

Instructor: Dan Emery

One Sunday per month: 5:30pm-7pm, 8 classes  
10/19/25, 11/16/25, 12/7/25, 1/11/26,  
2/8/26, 3/8/26, 4/12/26, and 5/10/26

ONLINE COURSE

**LEARN TO MAKE RICOTTA & MOZZARELLA [\$25]**

If you love cheese, sign up for this one-night hands-on class! Learn to make mozzarella and ricotta cheese without any special tools or pans. Enjoy a tasting session during class and bring two 1-pint containers to take some cheese home to enjoy. A materials fee of \$10.00 is payable to the instructor at the beginning of the class.

Instructor: Diana Mosher

Thursday October 16, 2025 6pm-8pm  
Adult Education Office, Gardiner

**LEARN TO MAKE FETA & PANEER [\$25]**

In this one session, you will learn how to make a delicious feta cheese and a very versatile paneer cheese, a staple in India, which can be crumbled, fried, sliced and cubed. It can also be stuffed into bread, mixed with fresh herbs and used in salads, soups and main dishes. You will take home a small sample of both so bring in two 1-pint containers. A materials fee of \$10.00 is payable to the instructor at the beginning of the class.

Instructor: Diana Mosher

Thursday 11/6/25, 6pm - 8pm  
Adult Education Office, Gardiner

**MAKE YOUR OWN YOGURT [\$25]**

No special tools or equipment are required for this class in which you will learn how to make super smooth yogurt. Snack on yogurt and granola during class and then bring yours home to enjoy. Students will need to bring a one pint jar with a tight lid, small cooler which can hold water and a pint jar and a container for granola. Supply fee of \$10 is payable to the instructor at class.

Instructor: Diana Mosher

Thursday 12/4/25, 6pm-8pm  
Adult Education Office, Gardiner

**LEARN TO MAKE NEEDHAMS [\$25]**

If you're from Maine, you've probably heard of needhams - a traditional sweet, covered in chocolate, with a soft coconut and POTATO center! Learn how to make this sweet Maine confection, just in time for the Easter holiday. A supply fee of \$8.00 is payable to the instructor at the beginning of the class. Students should bring a flat, 1-pint container to take their treats home.

Instructor: Diana Mosher

Thursday 12/11/25, 6pm - 8pm  
Adult Education Office, Gardiner

**NEW COUNTRY RHYTHMS LINE DANCING [\$50]**

Join the fun and learn to line dance in easy, beginner lessons with a variety of country/rock music by all of your favorite artists. Steps are simple and repeated for a quick learning experience. Six class series on Thursday evenings from 6:00-7:00 pm.

Instructor: Cynthia Pettengil

Thursday 10/9/25, 6pm - 7pm  
Grade School Cafeteria, Winthrop

**Sign Up for Classes Online - Scan the code!**

<https://maineadulted.org/location/kennebec-neighbors-adult-education/>



**Visit our site and register online:**

[maineadulted.org/location/kennebec-neighbors-adult-education/](https://maineadulted.org/location/kennebec-neighbors-adult-education/)

