



# Adult Ed



**Marshwood Adult Education**  
[www.marshwood.maineadulted.org](http://www.marshwood.maineadulted.org)  
(207) 384-5703

**Kittery Adult Education**  
[www.kittery.maineadulted.org](http://www.kittery.maineadulted.org)  
(207) 439-5896



## Community Learning Together

► Marshwood & Kittery Winter/Spring 2026

# Get Started Today!

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## Program Staff

### Marshwood & Kittery Adult Education

Linda Greer, Director  
Marci Dionne, Student Advisor  
Rita Pender, Certified Teacher  
Wanda Kezar, Certified Teacher

### Marshwood Adult Education

Theresa Kipp, Program Coordinator

### Kittery Adult Education

Cindy Furbish, Assistant Director  
Wanda Kezar, Career Certification  
Rebecca Dawson Webb,  
Office & Student Support

## Volunteers Needed!

Volunteer to teach an enrichment class, mentor or tutor students.



## Director's Letter

Kittery and Marshwood programs are ready to connect you with a variety of community learning experiences. Our past graduates have entered college, advanced their careers and explored a variety of opportunities leading to careers at Pratt Whitney, PNSY, Kittery Water District, child care centers, banking, and small business experiences.

Our assessment of students skills and interests leads to meaningful learning plans. Our teachers have many years of experience and our programs are recognized for going beyond benchmarks for "measurable skill gains" by the Maine DOE, Office of Adult Education.

Our work with Multilinguals enhances academic and career language for access to college and workforce certifications that acknowledge degrees earned in home countries.

We are well connected with staff at Mainspring and have supported learning needs for high school completion, digital literacy, and prep for citizenship. We are working with Walgreens to offer workplace skills and expand career opportunities.

We continue to expand our offering for enrichment classes at both locations. We are hosting free mental health first aid courses to build community strengths that support one another.

Be Well,  
Linda

## Our Locations

**Office Hours at Both Locations.**  
Please call/email for an appointment.



### Marshwood Adult Education

Marshwood High School  
260 Dow Hwy., South Berwick, ME 03908  
(207) 384-5703  
[www.marshwood.maineadulted.org](http://www.marshwood.maineadulted.org)

**SCAN  
QR CODE**  
To view our  
Marshwood  
Courses ►



### Kittery Adult Education

Traip Academy  
12 Williams Ave, Kittery, ME 03904  
(207) 439-5896  
[www.kittery.maineadulted.org](http://www.kittery.maineadulted.org)

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# Community News

## 2025 Student Success Stories

Meet Cat and her son Riley who moved to Kittery last February. Kittery Adult Ed has been helping Cat prepare for her HiSET (High School Equivalency Tests). She is now only one test away from achieving her 22 year goal of getting her high school diploma. Cat has been inspired by her daughter, who earned her high school diploma and her son who is working on getting his at Traip Academy. We are proud of Cat's determination, hard work, and great attitude. And as she aims to take college classes, we're excited to see what she will do next!



## Community Training

### **Mental Health /Suicide Prevention**

Free training but registration required. Call or email for registration details:  
**Phone: 207-384-5703**  
**Email: [theresa.kipp@rsu35.org](mailto:theresa.kipp@rsu35.org)**

### **Mental Health First Aid Certification Training**

Earn a 3-year certification in mental health first aid through this evidence-based, nonclinical mental health awareness & crisis intervention training developed by the National Council for Mental Wellbeing. This training, which counts as 7.5 PD credits, is free for 18+ year olds who live or work in Maine.

**Wednesday, Apr. 8:**

**Youth Mental Health First Aid**

**Wednesday, Apr. 29:**

**Adult Mental Health First Aid**

### **Suicide Prevention Training**

**Sweetser Mental Health Recovery Ed.**

Join Marshwood Adult Education for a FREE community offering by the Sweetser organization on suicide prevention. Learn how to recognize early warning signs of suicide risk, intervention techniques and how to connect to the appropriate mental health support system.

**Wednesday, Mar. 4, 6:00-8:00pm**

### **Education Technician II Apprenticeships**

This 18-month apprenticeship program will provide paid, on-the-job training with benefits and 60 college credits at no cost to you. Apprentices will work full-time in partnering school districts alongside a mentor. Upon successful completion of the program, you may apply for your Ed Tech II certification from the ME DOE. Your adult ed can provide a variety of supportive services for this apprenticeship.

**Start anytime during the school year.**

**For more details or to register please call to make an appointment.**



## Kittery Receives State Award for Performance!

Kittery Adult Education is pleased to be recognized as a 2025 Top Performer for meeting Maine Adult Education Performance Targets!

# English Classes for English Language Learners & Citizenship



¿Quieres hablar inglés?  
Escanear aquí.



## Online English Language Learning

Designed for beginner, intermediate, and advanced English language learners, Burlington English and EnGen focus on academics, civics, career readiness, and technology integration. Learn online using a computer or phone. Our student advisor is available for guidance.

**Registration Fee: Free, but must register**



## Free: English Classes for English Language Learners & Citizenship Classes

**Marshwood Adult Education Ongoing Enrollment**  
**Call 207 384-5703 or Text (207) 351-0167**

### Tuesdays & Wednesdays

- ELL All levels, 4:00-6:00pm
- Or by Appointment

**Kittery Adult Education Ongoing Enrollment**  
**Call (207) 439-5896 or Text (207) 351-0167**

### Mondays

- ELL All levels, 4:00-6:00pm

### Tuesdays & Thursdays

- Preparation for US Citizenship, 5:00-6:00pm
- ELL Beginning levels, 6:00-8:00pm
- ELL Intermediate levels, 6:00-8:00pm
- ELL Advanced levels by appointment

## Preparation for Citizenship

### • Kittery Adult Education

This class will prepare you to take the U.S. Citizenship exam.

**Enrollment: Free and ongoing**

**Day/Times vary**

**Call for an appointment:**

**(207) 439-5896**

# Kittery & Marshwood: High School Diploma/College/Career Prep

## Winter 2026 Academic and Career Prep Courses

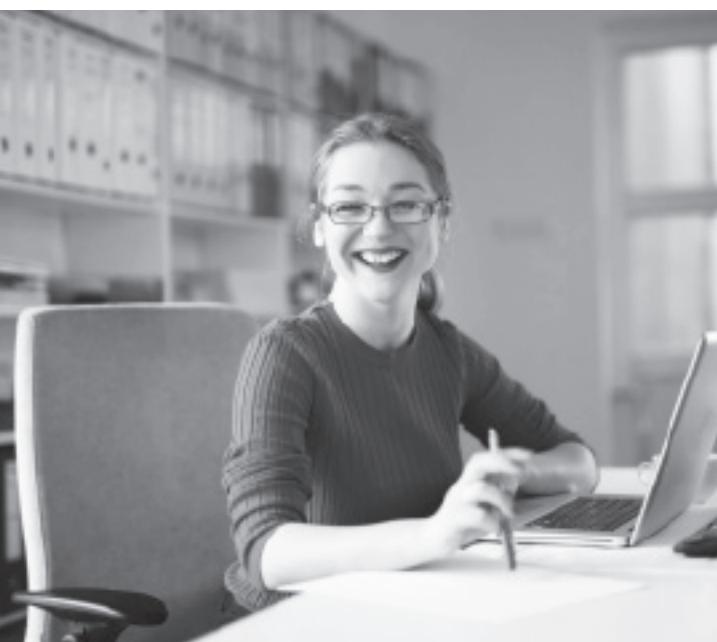
CLASS	DAY	DATES	TIME
High School Diploma Courses	Monday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
HiSET (GED) Prep Classes	Monday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Math Tutoring for Life/Work/College	Monday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Math Tutoring for HiSET	Monday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Basic Reading and Writing	Monday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Computer Certification Classes	Monday Marshwood	Start Anytime	2:30-3:30pm
Free Community College Classes with Adult Ed Support	Monday-Thursday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
Career/College Counseling	Monday-Friday Kittery and Marshwood	Start Anytime	Variable Times to Fit Your Schedule Day or Evening
BHP Certification Course	Anytime	Start Anytime.	Online Anytime



### DID YOU KNOW?

Maine residents can access free high school completion and HiSET prep classes, testing, and career/college counseling. Eligible adults can also take free early college classes. Eligibility is determined during registration.

# Kittery & Marshwood: College & Career



## College and Career Access

- Wondering what to do after high school?
- Want to further your education as an adult?
- Are you ready to change jobs or careers?

### We offer support and opportunities for you!

Our college and career advisors can help you complete a career assessment, explore options that fit your needs, and make a plan to help you reach your goals.

#### College Access

- Support applying for financial aid and scholarships.
- Academic support for preparing for college and military entrance exams.

#### Free College

- Maine high school and HiSET graduates (Classes of 2020-2025) can receive FREE tuition at any Maine Community College. We can help you apply and offer academic support.

#### Career Access

- Assistance creating resumes and cover letters and preparing for interviews.
- Find paid a Maine Career Exploration Program and paid Work Ready training .
- Learn about internships, pre-apprenticeships, and paid apprenticeships with academic support, and workforce training programs.



## Finance Authority of Maine

Finance Authority of Maine is offering free virtual workshops designed to build financial literacy for future college students and young adults. View course details on our websites and/or register to receive the online meeting link.

### Successful Scholarship Searches & Applications

• **Jessica Whittier**

Gain the skills needed to help cover college costs.

**Tuesday, Jan. 27, 7:00-8:00pm**

### Managing Your Student Loan-Know Your Options

**Nikki Vachon**

This online session will teach you how to manage your federal student loan repayment.

**Tuesday, Feb. 3, 6:00-7:00pm**

### Money Starts: Adulting 101

• **Steve Kautz**

Explore banking basics, spending plans, credit scores, and useful budgeting tools to make managing your finances simpler.

**Wednesday, Feb. 25, 6:30-7:30pm**

### Money Grows: Adulting 102

• **Steve Kautz**

In this online workshop, learn how to get started with investing and protecting your assets.

**Wednesday, Mar. 18, 6:30-7:30pm**

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

Maine families have access to two key educational savings resources: the \$500 Alfond Grant and the NextGen 529 College Savings program. This online session will clarify the features and differences of both initiatives.

**Wednesday, Apr. 8, 7:00-8:00pm**

### Planning and Paying for College

• **Jessica Whittier**

This workshop is for families with future college students and adults considering returning to school.

**Monday, May 11, 6:30-7:30pm**

# Kittery & Marshwood: College & Career



## Career & College Advising

### • Marci Dionne

Thinking about a new job or career? Want to go back to school? We can help you create a plan and develop the skills to reach your goals. Our support includes helping you assess your career options, applying for financial aid and scholarships, finding workforce training programs, resume writing and interview skills, and improving your math, algebra, and English skills.

### By Appointment

Registration Fee: Free

## World of Work Career Inventory (WOWI)

The WOWI is a comprehensive, online career assessment, which helps create a personalized profile of your strengths, interests, and skills and the occupations that match these.

### By Appointment

Registration Fee: Free

## Support for Free Community College Class

### • Wanda Kezar

Enrolled with our adult ed and interested in taking your first college class? You can take your first community college class free. And we can help guide you through the process from choosing a class to learning the material. Whether you prefer online or in-person courses, we have the options to fit your needs. Get started today!

### Start Anytime

Registration Fee: Free, but must register

## Academy of Medical Professions Classes

### Clinical Medical Assisting

This 16-week comprehensive program combines in-person skills labs and live Zoom classes to prepare you for the NHA CCMA national certification exam.

#### Tuesdays and Thursdays

Starts 2/24/26, 5:30-8:30pm

Course Fee: \$3,500

### Medical Coding

In-depth Medical Coding for CPC Certification includes Medical Terminology, Anatomy & Physiology.

Thursdays, Starts 3/19/26

5:30-8:30pm or

Online Anytime, Self-Paced

Course Fee: \$3,950

### Phlebotomy

Become a Certified Phlebotomy Technician (CPT) in just 10 weeks! Our comprehensive program covers everything you need to pass the NHA certification exam, including live Zoom classes and in-person skills labs.

#### Tuesdays and Thursdays

Starts 3/10/26, 5:30-8:30pm

Course Fee: \$3,500

### Dental Assisting

12-Week Dental Assisting Certificate Program in a high-demand career. Learn all aspects of dental assisting from a Dentist.

Mondays, Starts 2/2/26

6:00-8:00pm or

Online Anytime, Self-Paced

Course Fee: \$3,200

### Pharmacy Technician

Become a Pharmacy Technician in 14-weeks (CPhT)! Learn the basics of pharmacy practice, drug information, anatomy, and physiology.

Online Anytime, Self-Paced

Course Fee: \$2,850

### Medical Transcription

Work-from-home opportunity. Learn medical terminology, anatomy, physiology, transcription formats, and more.

Online Anytime, Self-Paced

Course Fee: \$3,200

## Rise Up Retail Program

Prepare for a career in retail with these 4 retail certification courses: Retail Fundamentals, Customer Service and Sales, Business of Retail: Operations and Profit, Warehouse Inventory and Logistics. Taught by adult education instructors and retail professionals, these in-person and online courses are designed by the National Retail Federation. These courses offer career opportunities in partnership with Kittery Trading Post.

### Start Anytime

Registration Fee: Free, but must register

## Behavioral Health Professional Training & Certificate Program

Become certified to work with local services organizations working with children in need. This 40-hour, self-paced certification course takes place both in-person and online and includes online training in child and adult first aid and CPR. Requirements: Must be a ME resident, 18 years old and up, with a high school diploma or equivalent to be certified. The course must be completed within 6 months of enrollment date.

### Start Anytime

Registration Fee: Free, but must register

# Marshwood Online Classes: UGotClass



U Got Class provides excellent instructions from recognized experts in the field's online education.



Scan Here for a Complete List of Courses & Certificates



## Certificate in QuickBooks Level 1

### • Marcus Lander

Save time, track money, and get important insights with QuickBooks Online. QuickBooks Online is the leading online accounting platform. It is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. There are patches and regular automatic upgrades to the software. A free trial version of the software is provided to use during the class.

**CEUs: 3.2, Length (in hours): 32**

#### Choose a Session:

Feb. 2-27 or Apr. 6-May 1 or Jun. 1-26

**Registration Fee: \$375 (per session)**

## Certificate in QuickBooks Level 2

### • Marcus Lander

Now know how to work with more advanced QuickBooks Online topics. Become capable with such skills as how to customize settings, banking, credit cards, foreign currencies, statements for debts collection, using tags and projects. And come away with your Certificate in QuickBooks Online.

**CEUs: 1.6, Length (in hours):**

#### 16. Choose a Session:

Mar. 2-27 or May 4-29

**Registration Fee: \$195 (per session)**

## AI Certificate

### • Elizabeth Flanagan

Explore what AI can do to reduce costs, gather more and better business data, automate time-consuming tasks, improve efficiency, lower human error, reallocate staff time for higher priority functions, and more. Then master the concepts and fundamental techniques of implementing AI. Finally, develop an AI plan and strategy to deliver results for your workplace. Certificate requires: Introduction to ChatGPT; Intermediate AI; and AI Planning and Strategies.

**CEUs: 4.8, Length (in hours): 48**

**Date Options: Feb-June (see website)**

**Registration Fee: \$495**

## Certificate in Web Design

### • Marcus Lander & Tonya D. Wright

In this course you will discover the basics of web design using HTML and CSS. You will learn to: plan and design effective web pages, create effective and dynamic websites/applications, develop a functioning web application hosted on a web server that is both accessible and Search Engine Optimized. Finally, learn about responsive design process, advanced layout and design features.

**CEUs: 4.8, Length (in hours): 48**

#### Must be taken in the following order:

**Intro: Feb. 2-7, Apr. 6-May 1 or Jun. 1-26**

**Intermediate: Mar. 2-27 or May 4-29**

**Advanced: Apr. 6-May 1 or Jun. 1-26**

**Registration Fee: \$595**

## Additional Online Courses and Certificates

- Business
- Business Communication
- Human Resources
- Leadership
- Management
- New Media Marketing
- Social Media Business
- Technology Skills
- Training & Education

For further information regarding the courses listed, please contact us at (207) 384-5703 or email [theresa.kipp@rsu35.org](mailto:theresa.kipp@rsu35.org).

# Kittery Online Classes: Ed2Go



Enjoy the convenience of 24-hour access to our courses, allowing you to learn anytime, anywhere that suits your schedule.

## Online Courses

### Speed Spanish

Learn Spanish fast with this online course! Master simple sentence-building formulas to have conversations for work, travel, or fun. Perfect for beginners or those looking to improve their skills.

**Current Price: \$143**

### Accounting Fundamentals

If you want to increase your financial awareness and gain a marketable skill, this course is for you. You will learn the double-entry bookkeeping, financial transactions, financial reporting, and more.

**Current Price: \$146**

### Introduction to Microsoft Excel 365

Excel is a powerful tool and indispensable for business, personal, and academic use. In this course, you will gain a strong foundation in Microsoft Excel 365, equipping you with the skills to confidently navigate Excel's features.

**Current Price: \$163**

### Introduction to QuickBooks Online

Manage the financial aspects of your small business quickly and efficiently using QuickBooks Online. This course will give you hands-on experience recording income and expenses; entering checks and credit card payments; tracking your payables, inventory, and receivables; and much more.

**Current Price: \$156**



◀ Scan Here for a Complete List of Online Courses

## Online Career Training Certificates

### 120-Hour TEFL Certification

Learn how to teach English as a foreign language and earn your TEFL Certificate.

**Current Price: \$778**

### Optician Certification Training

Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam and NCLE exam.

**Current Price: \$2,295**

### Clinical Dental Assistant

This comprehensive online dental assisting course will provide you with the essential skills and knowledge needed to become a dental assistant, including every aspect of professional dental assistance. You will also prepare to pass the radiology, infection control, and anatomy and physiology portions of the Dental Assisting National Board examinations – NELDA or CDA.

**Current Price: \$3,195**

### Professional Bookkeeping with QuickBooks Online

Acquire the skills you need to make the most of QuickBooks Online. This course will help you understand how to get your business finances in order and save time with this powerful and useful tool. This course also serves as preparation for the QuickBooks Certified User exam.

**Current Price: \$2,625**



◀ Scan Here for a Complete List of Online Certificates

# MARSHWOOD: Arts & Crafts

## Knitting

▲ **Vicky Vaughn**

Learn how to cast on, knit and purl, and read a pattern in a fun-filled and creative atmosphere. All levels and individual projects are welcome. Having six-week sessions allows for Vicky to help guide you through the development of your project. You'll need a skein of light-colored Red Heart Worsted Weight yarn and a pair of knitting needles (size 7 or 8 is best). Sessions are taught separately, with no prior experience required.

### 6 Wednesday Classes per Session

**Session 1: Jan. 28-Mar. 11 (no class 2/18)**

4:30-6:30pm

**Session 2: Mar. 25-May 6 (no class 4/22)**

4:30-6:30pm

**Registration Fee: \$70 per session**

## Beginners Crocheting

▲ **Catie Moloney**

Learn the fundamentals of crocheting, including how to choose a pattern, purchase the right materials, and complete a finished project. This course is suitable for beginners and those who need help with various techniques and patterns. Please note: Material list will be sent via email.

### 6 Tuesday Classes per Session

**Session 1 Jan. 27-Mar. 10 (no class 2/17)**

4:30-6:30pm

**Session 2 Mar. 17-Apr. 28 (no class 4/21)**

4:30-6:30pm

**Registration Fee: \$70.00 per session**

## Beginner All-Natural Soap Making

▲ **Sarah Holden-Remick**

In this hands-on beginner friendly workshop, you'll learn the art of creating your own all-natural cold process soap. In this interactive class you'll acquire the skills and experience for crafting soaps and receive the recipe with instructions for how to make your own soap at home. You will receive two bars of fully cured soap of the same type made in class to take home with you.

**Wednesday, Apr. 8, 6:00-8:00pm**

**Registration Fee: \$50**

## Up Cycled Glass Painting

▲ **Jeffery Carpenter**

Using recycled clear and white dishes, we will be creating one-of-a-kind art pieces using glass friendly paint markers. Plates, glasses, mugs, and bowls will be transformed into beautiful decorative objects.

**Wednesday, Apr. 15, 6:00-8:00pm**

**Registration Fee: \$35**

**Material Fee: \$10, payable to instructor**



## Intermediate All-Natural Soap Making

▲ **Sarah Holden-Remick**

This intermediate soap making workshop is designed for those who already understand the basics of cold process soap making and want to dive deeper into the formulation and customization of their soaps. In this hands-on class you will learn how to formulate your own balanced soap recipe. We will craft a loaf of all-natural soap in class using essential oils, plant and mineral based colors, and create some fun patterns. Previous experience required.

**Wednesday, Apr. 29, 6:00-8:00pm**

**Registration Fee: \$50**

## Abstract Dimensional Painting Course

▲ **Jeffery Carpenter**

Using acrylic paints, canvas panels, and lots of textural tools, we will create a few different styles of textural abstract paintings. Fun, dynamic, and colorful, this class will free your creative energies!

**Tuesday May 12, 6:00-8:00pm**

**Registration Fee: \$35**

**Material Fee: \$10, payable to instructor**

## Photography Classes

### Fundamentals of Photography

▲ **Guy Freeman**

This course is offered for beginner and intermediate photographers. Digital cameras and cell phones are welcome. Digital concepts, camera Functions common to most photographic instruments, exposure, depth of field, composition, and solutions to typical camera challenges will be discussed.

### 6 Tuesday Classes

**Mar. 3-Apr. 7, 6:30-8:00pm**

**Registration Fee: \$125**

### Advanced Photography

▲ **Guy Freeman**

This class serves as another step on the journey of photography mastery. Engaging student in a variety of photographic topics with a focus on individual growth as photographers. We will cover some of the more creative aspects of photography. [Prerequisite: Fundamentals Class or permission of the instructor]

### 6 Tuesday Classes

**Apr. 28-Jun. 2, 6:30-8:00pm**

**Registration Fee: \$125**

### Photography: After Dark

▲ **Mike Leonard**

In this one-night class we will explore all the things you need to know to take successful images after the sun sets and before the sun rises. This session reviews exposure, how to shoot images in the dark—including the Milky Way and Aurora—and how to capture your best photo under just moonlight. We will review equipment helpful for nighttime photography, including using a cell phone.

### Online Zoom

**Thursday, Apr. 16, 7:00-8:30pm**

**Registration Fee: \$25**

## Register Today!

► [marshwood.maineadulted.org](http://marshwood.maineadulted.org)

► (207) 384-5703

# MARSHWOOD: Enrichment



## Publish Your Own Book

▲ Preethi Fernando

Curious about what it takes to publish and sell your own book? This class is ideal for the retired senior, the working professional wanting to become a published author, the stay-at-home parent wanting to publish a children's book, and for the curious individual wondering if they have what it takes to become a published author. The instructor, Preethi Fernando, has published 15 books.

**Online Class**

**Friday, Mar. 6, 2:00-4:00pm**

**Registration Fee: \$33**

## A Writer's Workshop- Writing Your First Draft (Novel, Memoir, Screenplay)

▲ Kristin Leonard MFA

Are you ready to bring your long-form story idea to life? Perhaps you want to get started on that novel, memoir, screenplay, or collection of poems? In this six-week writer's workshop you will have the opportunity to share your developing pages and receive insightful peer and instructor feedback in a workshop setting. You will also practice writing strategies that focus on big-picture story elements like plot, character arcs, pacing, and voice.

**Online Zoom**

**Thursday, Mar. 5-April 9, 7:00-8:30pm**

**Registration Fee: \$45**

## 1806 York County Courthouse

### Historical Tour

▲ Andrew O'Neill

During this historical tour you will experience the best of community education, as we explore several key areas of the Courthouse, including the commissioners' room, the Registry of Deeds, the archive room, and the elegant second-floor courtroom. We will review historical documents that illustrate the county's early development from the 1600s to the 19th century. For instance, we will view Volume 1 of the deed books, which contains a transaction dated March 15, 1647—just 11 years after York County was established as part of the province of Maine, which at that time was a British colony and part of Massachusetts. Meet at the courthouse.

**Thursday, March 12, 5:30-7:00pm**

**Registration is Required – Free Program**

## Learn About Volunteering Opportunities

▲ Marci Dionne and Theresa Kipp

Volunteering provides an opportunity to connect with your community and contribute to its improvement. It can make a significant difference in the lives of people, animals, and organizations in need. If you're interested in volunteering but aren't sure where to go or whom to volunteer with, join us for a presentation about local organizations that rely on volunteers.

**Wednesday, May 13, 6:00-7:30pm**

**Registration is Required: Free Program**

## Estate Planning & Trusts

▲ Kathryn Bedell, Esq.

Beginning with an overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives, etc. The in-person class will then delve into learning how revocable trusts can help avoid probate and can protect your assets.

**Wednesday, May 20, 6:00-8:00pm**

**Registration Fee: \$22**

## Register Today!

► [marshwood.maineadulted.org](http://marshwood.maineadulted.org)

► (207) 384-5703



# MARSHWOOD: Travel

## Travel Like a Pro

### ▲ Nancy Dorrans, CTC

Learn about how to organize a trip from start to finish and develop the right type of itinerary for your interests and budget. Learn more about passports, Real IDs, health requirements, visas, insurance, and more in today's travel market.

Nancy will guide you through the steps to prepare for your trip that can make or break your experience.

**Wednesday Feb. 25, 6:00-7:30pm**

**Registration Fee: \$15**



## Planning a Trip to Disney

### ▲ Kelly Monroe

Come to this one-night class with Kelly Monroe, owner of In the Magic Travel, an Authorized Disney Vacation Planner. You'll be given information on resorts, park tickets, theme parks, dining reservations, and Genie+. She will help you with everything you need to know so you can plan your magical Disney vacation.

**Tuesday, May 26, 6:00-8:00pm**

**Registration Fee: \$15**

## High-Altitude Vacationing: The Science of Smarter Travel Prep

### ▲ Carol Freeman

Heading to places like the Alps, Machu Picchu, Aspen, or Lhasa? Don't let altitude sickness drain your energy or dampen your experience. This course teaches you how to condition your body at sea level to breathe better, boost endurance, and feel great at elevation. Learn how to increase oxygenation, reduce fatigue and anxiety, and enjoy your trip to the fullest—before you even pack your bags.

**Self-Paced Online Course**

**Registration Fee: \$45**

## Register Today!

- [marshwood.maineadulted.org](http://marshwood.maineadulted.org)
- (207) 384-5703



## Cruising with Kelly

### ▲ Kelly Monroe

Are you interested in taking a cruise but not sure where to start? Join Kelly Monroe, owner of In the Magic Travel with Kelly, where she will share her expertise on cruising. Learn about cruise lines, itineraries, departure ports, what to expect, how to proceed, and answers to your questions!

**Tuesday, Mar. 24, 6:00-8:00pm**

**Registration Fee: \$15**

## Travel Adventures

For pricing, details, or to register, visit: [adventure-marketplace.com/adventures](http://adventure-marketplace.com/adventures)

Parking available at Marshwood Adult Education



### Spring in New York City – Blooms and Broadway

**Apr. 9-12, 2026**

There's something special about New York City in springtime when the buds are busting, birds are singing and Broadway is hoppin! We will travel from Portland and points south to New York City. We'll spend 3 nights at the lovely Belvedere Hotel in Times Square, experience a Broadway show, wander through the Brooklyn Botanical Garden and discover several insider experiences. Tour includes: Deluxe motorcoach transportation, 3 nights at the Belvedere Hotel (near Time's Square), garden tours, Broadway show (TBA), all taxes, fees, services of a tour escort throughout.



### Cape Cod / Nantucket Daffodil Festival

**Apr. 24-26, 2026**

Welcome spring on this escorted luxury Motor-coach tour from Portland to Cape Cod. Experience the 49th annual Daffodil Festival on the quaint island of Nantucket. Wear your daffy hats and cheer during the Antique Car Parade, which features over 100 daffodil-decked vintage cars. Enjoy free time to explore Hyannis & Nantucket and tour local museums in Sandwich and Cambridge, MA. Tour includes: Deluxe motorcoach transportation, museum visits, 2 Nights - Hyannis Harbor Hotel, breakfast daily, ferry to Nantucket.

# MARSHWOOD: Culinary



## Low Carb Essentials with Cookbook

▲ Jeffery Carpenter

Explore creating low carb tasty meals for those who are carb conscious or diabetically challenged. We will cook three tasty meals and sample the dishes. So bring small take home containers in case there are leftovers. Each participant will get an electric copy of the cookbook that goes with the class.

**Wednesday, May 6, 6:00-8:00pm**

**Registration Fee: \$50**

**Material Fee: \$10, payable to instructor**

### Register Today!

► [marshwood.maineadulted.org](http://marshwood.maineadulted.org)

► (207) 384-5703

## Recipes for Using Rotisserie Chicken with Cookbook

▲ Jeffery Carpenter

This class will introduce you to delicious lunch and dinner meals made using affordable, pre-cooked rotisserie chicken. The recipes are fun, easy, and chef friendly. This is a hands-on class, giving participants the opportunity to work with the recipes directly. Jeffery, the former owner of the Meadow Muffin Café in Maine, brings years of culinary experience and passion for cooking and healthy eating to all the classes he teaches.

**Wednesday, May 13, 6:00-8:00pm**

**Registration Fee: \$50**

**Material Fee: \$10, payable to instructor**

## Muffin Tray Meals with Cookbook

▲ Jeffery Carpenter

Learn how to create a variety of simple meal recipes that can be made using muffin tins. These meals are designed to be eaten right away or frozen for later reheating in the microwave. The hands-on Sessions will include instruction on how to properly store the meals, as well as opportunities to sample the recipes. Jeffery, the former owner of the Meadow Muffin Café in Maine, brings years of culinary experience and passion for cooking and healthy eating to all the classes he teaches.

**Tuesday, May 19, 6:00-8:00pm**

**Registration Fee: \$50**

**Material Fee: \$10, payable to instructor**

# MARSHWOOD: Mind & Body Wellness

## Herbal Infused Body Care

▲ Sarah Holden-Remick

In this hands-on workshop, students will explore the art and science of creating botanical skincare products using traditional herbal infusion techniques. Participants will learn both hot and cold infusion methods. Students will craft 3 personalized all natural body care items, a nourishing lip balm, a rich and soothing herbal body butter and an aromatic roller ball.

**Tuesday, Apr. 28, 6:00-8:00pm**

**Registration Fee: \$50**

## Forest Bathing

▲ Aimee Dion

Forest bathing, known as shinrin-yoku in Japanese, is the practice of spending time in nature to connect with the environment and enjoy its therapeutic benefits. This practice encourages individuals to immerse themselves in nature through slow mindful walks, while actively engaging their senses to fully experience their surroundings.

**This session will be held outside in a wooded area (rain date May 13th).**

**Wednesday, May 6, 5:30-7:30pm**

**Registration Fee: \$40**

## The Balance Blueprint: Core Strength Meets Stability

▲ Carol Freeman

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

**Offered live on Zoom**

**4 Wednesday On-line Classes**

**March 4-25, choose time slot, either**

**10:00-11:00am or 5:00-6:00pm**

**(same class)**

**Registration Fee: \$45**



## Yoga in Action Chair Yoga

▲ Patrice Morrison

Perfect for beginners, older adults, and anyone seeking a low-impact movement option. Postures are adapted to be performed while seated or standing, using a chair as a prop for balance and stability. You'll be guided through mindful breathing, gentle stretches, balance work, and relaxation techniques that help improve flexibility, mobility, posture, and overall well-being.

**6 Wednesday Classes per Session**

**Session 1 Jan. 28-Mar. 11 (no class 2/18)**

**4:00-5:00pm**

**Session 2 Mar. 25-May 6 (no class 4/22)**

**4:00-5:00pm**

**Registration Fee: \$75 per session**

## Tai Chi

▲ Dianne Mros

Practice slow movements to help relieve tension, improve balance, and promote overall fitness. Develop breathing techniques to promote calmness and beneficial energy levels. Sessions are taught separately, with no prior experience required.

**6 Tuesday Classes per Session**

**Session 1 Feb. 3-Mar. 17, (no class 2/17, 3/10), 4:00-5:00pm**

**Session 2 Mar. 31-May 12, (no class 4/21), 4:00-5:00pm**

**Registration Fee: \$75 per session**

**Location: Marshwood Great Works School  
49 Academy St, South Berwick, ME 03908**

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

▲ Carol Freeman

This course reveals how intentional breathing can be one of the most effective, accessible tools for healing. Breath influences your nervous system, immune response, energy levels, and emotional state. It plays a critical role in achieving deep, restorative sleep. Whether you're managing stress, illness, or seeking more vitality, this course offers techniques rooted in science and tradition to help you breathe better.

**Self-Paced Online Course**

**Registration Fee: \$40**

## Silent Nights: The Science Of Breathing for Better Sleep

▲ Carol Freeman

Discover how simple shifts in your breathing can transform your nights—and your days. In this class, you'll learn how to fall asleep faster, stay asleep longer, reduce snoring, and wake up truly refreshed. Learn how many chronic health issues are linked to poor breathing habits during sleep.

**Self-Paced Online Course**

**Registration Fee: \$40**

## American Red Cross CPR/AED Certification Workshop

▲ Jeffery Carpenter

Jeffery Carpenter

This 4-hour in-person American Red Cross training is the accepted certification for support workers and teachers. You will learn the necessary techniques for responding to various emergency situations through a combination of guided lectures, videos, and hands-on practice.

**Tuesday, May 5, 4:00-8:00pm**

**Registration Fee: \$120**

## Register Today!

► [marshwood.maineadulted.org](http://marshwood.maineadulted.org)

► (207) 384-5703

# MARSHWOOD: Nature-Based Education

## Starting Native Plants

### From Seed

#### ▲ Ginger Laurits

Join Master Gardener, Ginger Laurits at GWRLT Beach Plum Farm for a workshop on starting native plants from seed. We will cover the fundamentals of native plants; how to start, grow and care for them from seed. All hikes/events are open to the public and free of charge to GWRLT members. \$5 donation per person or \$10 donation per family is suggested for non-members to be paid to GWRLT. Preregistration required for all hikes/workshops.

**Location:** Plum Beach Farm

**610 Main St, Ogunquit, ME**

**Saturday, Jan. 10, 10:00-12:00pm**

## Wednesday Wandering at Desrochers Memorial Forest

Join Katherine Derby, GWRLT Development Director for the January Wednesday Wandering at Desrochers Memorial Forest. All hikes/events are open to the public and free of charge to GWRLT members. \$5 donation per person or \$10 donation per family is suggested for non-members to be paid to GWRLT. Preregistration required for all hikes/workshops.

**Location:** Town Forest Rd,

**South Berwick, ME**

**Wednesday, Jan. 14, 10:00-12:00pm**

## Winter Hike or Snowshoe at Tuckahoe Preserve

Join Board member, Mike Wright for a winter hike or snowshoe at Tuckahoe Preserve in Berwick. All hikes/events are open to the public and free of charge to GWRLT members. \$5 donation per person or \$10 donation per family is suggested for non-members to be paid to GWRLT. Preregistration required for all hikes/workshops.

**Location:** 310 Hubbard Rd, Berwick, ME

**Saturday, Jan. 24, 10:00-2:00pm**

## Hike/Snowshoe At Beaver Dam Heath

#### ▲ Mike Wright

Join GWRLT for a hike/snowshoe onto the wetlands and the Heath. Meet at the Grant's Meadow Preserve parking area, off of Diamond Hill Road, just south of Old Sanford Road. All hikes are open to the public and free of charge to GWRLT members. \$5 donation per person or \$10 donation per family is suggested for non-members to be paid to GWRLT. Preregistration required for all hikes/workshops.

**Location:** Diamond Hill Rd, Berwick, ME

**Saturday, Feb. 21, 10:00-12:00pm**

## Who's Out There? What Is That Plant? How To Use E-Bird, Merlin, And I-Naturalist

#### ▲ Zoe Foster

GWRLT is offering a one-night class designed to help you use technology to identify birds, plants, and wildlife in your own backyard. This class will be followed up with a weekend hike on one of GWRLT's public preserves in the school district region. Learn how to navigate and store your data on E-Bird and I-Naturalist. Use Merlin in real time to identify birdsong and connect what you hear to what you see. Whether in your backyard or deep in the woods, you can track your wildlife adventures by place and by date. Participants should bring their smartphones to class.

**Wednesday, Mar. 25, 6:00-8:00pm**

**Registration Fee: \$15**

## New England Natives

#### ▲ The Center for Wildlife

This presentation is a introduction to the unique differences between raptors, reptiles, and mammals. This hour-long program will connect the audience with these beautiful ambassadors of their species as well as provide their natural and personal histories and empower audience members to help to steward the environment that we all share.

**Wednesday, Apr. 8, 6:00-7:00pm**

**Registration Fee: \$15**



## Beekeeping: Is It For Me?

#### ▲ Joseph Barberi

This in-person introductory class by Maine's 2025 Beekeeper of the Year offers a better understanding of what is required to enter the fascinating hobby of beekeeping. We will discuss the resources needed to get started, including equipment, time, and expenses that will help you decide if this fun and rewarding hobby is right for you.

**Tuesday Apr. 28, 6:00-8:00pm**

**Registration Fee: \$28**

**An additional advanced class is also being offered May 5, at Kittery Adult Education.**

## Nature's Nightshift

#### ▲ The Center for Wildlife

A wonderful introduction to Maine's creatures of the night. Using live animal ambassadors and hands-on materials we will answer questions about how nocturnal mammals utilize all of their senses to find food and shelter at night. Our beautiful live non-releasable animal ambassadors will also demonstrate some unique adaptations these animals have to be observed up close.

**Wednesday, Apr. 29, 6:00-7:00pm**

**Registration Fee: \$15**

## Register Today!

► [marshwood.maineadulted.org](http://marshwood.maineadulted.org)

► (207) 384-5703

# MARSHWOOD: Technology

## Basic Computer Skills

### Marshwood Adult Education

Work with an adult education staff member or volunteer from the community to earn certificates in the areas of daily life, employment or higher education. We offer basic computer skills, getting the most out of the internet, Windows, Microsoft Office, Excel, MAC OS, Using Email, Google Docs, Power Point, Your Digital Footprint, Supporting, K-12 Learning, and/or Information Literacy.

**Mondays, ongoing, 2:30-3:30pm**

**Registration Fee: Free to eligible adult ed students**

## Practical ChatGPT Training for Everyone

### Nickie Welsh

Have you been curious about what ChatGPT is exactly and how it can be used? Join our fun and engaging how it works and why it's taking the world by storm. You'll explore practical everyday uses for ChatGPT in both the workforce and at home, ensuring you stay in the loop when ChatGPT is mentioned in conversations and on the news. Don't get left behind in today's tech-savvy world, attend this essential training today!

**Online Zoom**

**Tuesday, Jan. 13, 1:00-2:00pm**

**Tuesday, Mar. 17, 1:00-2:00pm**

**Tuesday, May 12, 1:00-2:00pm**

**Registration Fee: \$33**

## Canva for Awesome Beginners

### Nickie Welsh

This class will teach you how to harness the power of Canva, the easiest design website available, all for free. You'll learn to create stunning designs from scratch or use templates with step-by-step guidance for any digital image you need. Whether it's online documents, business cards, email signatures, or more, you'll leave this class with the confidence and skills to use Canva effectively and creatively.

**Online Zoom**

**Tuesday, Jan. 20, 1:00-2:00pm**

**Tuesday, Mar. 24, 1:00-2:00pm**

**Tuesday, May 19, 1:00-2:00pm**

**Registration Fee: \$33**

## Google Sheets for Awesome Beginners

### Nickie Welsh

Unlock the full potential of Google Sheets and gain skills that will benefit you for a lifetime! Whether you're using it for work or personal projects, this comprehensive class will transform you from a novice into an expert. You'll master the essential functions of Google Sheets, including entering, organizing, refining, analyzing, and visualizing data. Join us to build a solid foundation in Google Sheets and enhance your productivity and data management capabilities.

**Online Zoom**

**Thursday Jan. 29, 1:00-2:00pm**

**Registration Fee: \$33**

## Navigate with Uber: Achieve Transportation Freedom

### Nickie Welsh

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. Learn to use Uber at major airports so that you can travel with confidence and without having to ask a friend for a ride, as well as other appointments and errands. Open up your travel options with this fun and engaging class!

**Online Zoom**

**Tuesday, Feb. 3, 1:00-2:00pm**

**Registration Fee: \$33**

## How to Use Venmo Safely

### Nickie Welsh

In this class, you'll discover how to securely pay friends and businesses, as well as receive money without the need for cash or checks. You'll gain a confident understanding of setting up Venmo safely, avoiding unnecessary fees, and applying it in real-world scenarios for you and your family. Join us to master Venmo and handle mobile payments with ease and security.

**Online Zoom**

**Thursday, Feb. 2, 1:00-2:00pm**

**Registration Fee: \$33**



## Canva Power Hour: Advanced Tricks That Save You Time

### Nickie Welsh

Take your Canva skills to the next level with advanced techniques and hidden features that will streamline your design workflow. This one-hour workshop is perfect for users already familiar with Canva basics who want to discover time-saving shortcuts, professional design hacks, and tools that make creating stunning graphics effortless. Leave with insider tips that will transform how you approach design projects and cut your creation time in half.

**Online Zoom**

**Tuesday, Mar. 3, 1:00-2:00pm**

**Thursday, May 7, 1:00-2:00pm**

**Registration Fee: \$33**

## Computer Programming Basics Using Python

### Dean Greer

In this nine-week class participants will learn the fundamentals of computer programming using the Python language. This course is for the complete beginner or someone with slight exposure to programming. Mr. Greer brings a wealth of experience, having worked in IT since 2004. Students will need either a PC or Mac desktop or laptop computer (no Chromebooks) and a reliable internet connection.

**Online Zoom 9 Week Session**

**Tuesday, Feb. 10-Apr. 7, 5:00-6:30pm**

**Registration Fee: \$70**

## Register Today!

► [marshwood.maineadulted.org](http://marshwood.maineadulted.org)

► (207) 384-5703



# KITTERY: Arts & Crafts

## Intermediate Drawing

### ▲ Gayle Fitzpatrick

Develop your drawing skills by engaging in a sequential learning experience that encompasses aesthetics and production and leads to the creation of portfolio-quality works. You will learn various techniques and different approaches to drawing human figures, landscape, still life, and design through the use of chalk, colored pencil, conte crayon, pastels, pen and ink, charcoal, and pencil. Students will critique their own and others' works. Materials list provided at registration.

### 4 Tuesday Sessions

Feb. 10-Mar. 10 (no class 2/17),

6:30-8:00pm

Registration Fee: \$62

## Mixed Media Exploration

### ▲ Gretchen Fogelstrom

Discover the joy of mixed media art. Experiment with watercolor and acrylic layering, make images pop using negative painting, and explore collage and mark-making. Unleash your inner artist and have fun! A materials list will be provided.

### 5 Tuesday Sessions

Jan. 27-Mar. 3 (no class 2/17)

5:00-7:00pm

Registration Fee: \$108

## Watercolor Whimsy

### ▲ Gretchen Fogelstrom

In this playful, skill-building series, explore expressive watercolor techniques— atmospheric salt textures, layered depth, wet-on-wet flowers, charming vignettes, and whimsical people. Each week includes warm-ups, guided demos, personal practice, and a finished mini-project.

### 5 Thursday Sessions

Jan. 29- Mar. 5 (no class 2/19)

5:00-7:00pm

Registration Fee: \$108

Materials Fee: \$20, payable to instructor

## Register Today!

► [kittery.maineadulted.org](http://kittery.maineadulted.org)



► (207) 439-5896

## Watercolor: Alternative Tools

### ▲ Ellen Minnehan

What do salt, Saran Wrap and toothbrushes have in common? They are all tools that can be used to create special effects with watercolor painting. These classes will cover different ways to add texture and interest to your paintings. Participants should have some watercolor experience but beginners are welcome. Ellen is a local artist whose work is exhibited at the Kittery Art Association.

### 2 Tuesday Sessions

Feb. 24-Mar. 3, 6:45-8:45pm

Registration Fee: \$54



## Watercolor Painting

### ▲ Doris Rice

Improve your watercolor skills and learn new techniques! This class offers a variety of opportunities to enhance your artistic abilities. Bring materials as listed at registration.

### 5 Monday Sessions

Mar. 2-30, 5:30-7:45pm

Registration Fee: \$92

## Painting with Chalk Pastels

### ▲ Tif Farmakis

Discover the vivid colors of pastels! This unique medium is both a drawing and painting tool, offering ease of application and painterly techniques. Learn the essentials of working with pastels, while strengthening your observational skills. Demonstrations will show various methods for sketching, blending, creating composition, and using color. No drawing experience needed. Bring your own photographs, if you like. Expect to finish one pastel painting. All materials provided.

Thursday, Mar. 5, 6:00-7:30pm

Registration Fee: \$30

Materials Fee: \$25, payable to instructor

## Acrylic Painting 2

### ▲ Gayle Fitzpatrick

This class is for those students who have had some experience in painting and who want to learn more about complex color theory, paint mixing, and composition techniques. Class time will include time for creativity, experimentation, and the opportunity to work on your own projects with guidance from the instructor.

### 4 Tuesday Sessions

Mar. 24-Apr. 14, 6:00-8:00pm

Registration Fee: \$62

## Watercolor: Blossoms

### & Botanicals

### ▲ Tif Farmakis

Perfect for beginning and experienced painters alike, discover the wonders of watercolor! Working from both observation and imagination, you will delve into essential techniques like glazing, learning to manage washes, developing dynamic brushwork, and harnessing pigment characteristics—all while embracing the “happy accidents” of the medium. All materials, photo references, and demonstrations will be provided.

Thursday, Apr. 16, 6:00-7:30pm

Registration Fee: \$30

Materials Fee: \$25, payable to instructor

## Hand-Painted Placemats

### ▲ Jean Schwab

Whether you are a beginner or advanced painter, this class will help you create four canvas placemats using the traditional process of floor cloth construction. We will begin by exploring the methods of painting with acrylics. Then you will work on designing your one-of-a-kind placemats. Come with a design idea or explore possibilities in class! Supplies needed: a variety of sized brushes for acrylic painting.

### 4 Thursday Sessions

May 7-28, 6:00-8:00pm

Registration Fee: \$54

Materials Fee: \$20, payable to instructor

# KITTERY: Arts & Crafts



## Needle-Felted Hummingbirds

▲ **Tif Farmakis**

Learn everything there is to needle felting and leave with your own needle felted hummingbird! For beginning to experienced felters, this class will introduce the art of sculpting in wool using a simple wire armature, wool roving, and sharp barbed needles.

**Thursday, Apr. 30, 6:00-8:00pm**

**Registration Fee: \$30**

**Materials Fee: \$25, payable to instructor**

## Frameable Paper Quilt Square

▲ **Jeffrey Carpenter**

Create a gorgeous paper-quilt square using luxurious paper instead of fabric. No sewing. You will leave with your own frameable piece of paper quilt art.

**Tuesday, Mar. 3, 6:00-8:00pm**

**Registration Fee: \$35**

**Materials Fee: \$10, payable to instructor**

## Punch-Needle Mug Rugs

▲ **Tif Farmakis**

For beginning and experienced fiber artists alike, this class will introduce you to the fundamentals of creating beautiful, textured surfaces using a punch needle and yarn. You will create a customized 'mug rug' (coaster) to brighten your home!

**Thursday, May 28, 6:00-7:30pm**

**Registration Fee: \$30**

**Materials Fee: \$25, payable to instructor**

## Register Today!

- [kittery.maineadulted.org](http://kittery.maineadulted.org)
- (207) 439-5896



## Discover Zentangle®

▲ **Valeria Rienzi, CZT® a Certified Zentangle Teacher**

### In the Zentangle Flow

Reconnect with a space of calm, presence, and creative flow using the Zentangle® Method. Through mindful drawing, you will have the opportunity to slow down, breathe, and rediscover joy. We will do three different projects, in different tile shapes. Prior Zentangle experience is suggested.

**3 Tuesday Sessions**

**Feb. 3-24 (no class 2/17)**

**6:00-8:00pm**

**Registration Fee: \$75**

**Materials Fee: TBD, payable to instructor**

### Valentine Zentangle

This gentle, Valentine-themed introduction to the Zentangle® Method will explore the foundations of this meditative art form while creating artwork that celebrates love and connection. Through simple, structured patterns and a relaxed step-by-step process, you will discover how Zentangle helps calm the mind, awakens creativity, and brings joy to the present moment. This class is great for people new or returning to the practice of Zentangle.

**3 Thursday Sessions**

**Feb. 5-26 (no class 2/19), 6:00-8:00pm**

**Registration Fee: \$75**

**Materials Fee: TBD, payable to instructor**

### Zentangle: Compass Rose

We will use the beautiful, inspiring compass rose to explore tangles and to spark creativity and personal interpretations of this universal and meaningful symbol. This project will feature working in Opus Tiles.

**4 Tuesday Sessions**

**Mar. 3-24, 6:00-8:00pm**

**Registration Fee: \$100**

**Materials Fee: TBD, payable to instructor**

### Zentangle Spinner

This exciting Zentangle class explores patterns in fresh, dynamic ways. You will design a unique spinning artwork using a custom-made template along with special mechanical elements that bring your piece to life. This project combines creativity, movement, and surprise and will help you randomly choose which tangle to explore next in your Zentangle practice. Come to relax, play, experiment, and let your tangles spin their magic!

**4 Thursday Sessions**

**Mar. 5-26, 6:00-8:00pm**

**Registration Fee: \$100**

**Materials Fee: TBD, payable to instructor**

### Zentangle: Illuminated Initials

Using the Zentangle® Method, learn how to create your own illuminated initials to beautifully decorate the cover for a book of your most cherished memories.

**3 Tuesday Sessions**

**Mar. 31-Apr. 14, 6:00-8:00pm**

**Registration Fee: \$75**

**Materials fee: TBD, payable to instructor**

### Exploring Shapes with Zentangle

In this three-class series, we will work with different Zentangle tiles: Zendala, Phi, and 3Z, allowing you to experience the unique character and creative potential of each. Through these varied formats, you will discover the many possibilities the Zentangle® Method offers to help you slow down and reconnect with your inner peace while expressing your creativity in a relaxed, joyful, and supportive environment.

**3 Thursday Sessions**

**Apr. 2-16, 6:00-8:00pm**

**Registration Fee: \$75**

**Materials fee: TBD, payable to instructor**

# KITTERY: Arts & Crafts

## Threaded Stories

• **Jiff Cornwell**

This class invites you to creatively explore drawing with thread using basic hand-stitching. You will fashion and embellish your own layered pieces as we learn basic embroidery stitches using only felt and embroidery floss. Beginners are especially welcome as we focus less on perfect stitches, and more on color and individual expression in a playful and welcoming space.

**4 Thursday Sessions**

**May 7-28, 6:00-7:30pm**

**Registrations Fee: \$125**

**Materials Fee: \$10, payable to instructor**

## Mishima Ceramics

• **Pam Hansen**

Discover the ancient Korean Mishima technique! In this class, you'll create a hand-built plate, using slip inlay. Apply slip to your plate, add wax resist, and scratch your design. Fill the lines with color to reveal intricate patterns. Add additional colors to complete your unique piece before firing.

**3 Wednesday Sessions**

**Feb. 4-25 (no class 2/18), 6:30-8:30pm**

**Registration Fee: \$30**

**Materials Fee: \$50, payable to instructor**



## Candle Making for Beginners

• **Ilda Medina**

Gilda of Candle Heart's handcrafted candles, will teach you how to make your own candles in a fun and engaging workshop. You'll take home four fully functional candles, made by you, and learn how to make them yourself at home.

**4 Monday Sessions**

**Mar. 2-23, 5:30-7:30pm**

**Registration Fee: \$69**

**Material Fee \$20, payable to instructor**

## Ceramic Spring Platter

• **Pam Hansen**

Create a new ceramic serving platter great for the holidays or anytime. First class, you will create your platter, including any surface decoration you might like. (The teacher will reach out to you by email prior to class to help you out with this). Second class, you will apply the right color glaze for your beautiful, functional piece.

**2 Wednesday Sessions**

**Mar. 4 & 18 (no class 3/11)**

**6:30-8:30pm**

**Registration Fee: \$25**

**Materials Fee: \$50, payable to instructor**



## Create Your Own Spa Products

• **Sarah Holden-Remick**

You will learn how to make a selection of bath and beauty products perfect for the home spa experience. In the class, we will make all natural solid lotion bars, cleansing sugar scrub cubes and dry face masks. You will leave the class with 2 mini solid lotion bars, a jar of cleansing sugar scrub cubes, and a dry face mask. You will also leave with the recipes used in the class.

**Wednesday, Apr. 15, 6:00-7:30pm**

**Registration Fee: \$28**

**Materials Fee: \$20, payable to instructor**

## Goats Milk Soap Making

• **Sarah Holden-Remick**

Learn the basics of cold-process soap making and learn how to integrate goats milk and honey into your soap making. We will make a batch of honey and goats milk soap. And you will leave the class with 2 bars of fully cured soap of the same design as made in class and a handout with the recipe and instructions for making goats milk soap at home.

**Wednesday, Mar. 18, 6:00-8:00pm**

**Registration Fee: \$32**

**Materials Fee: \$20, payable to instructor**

## Hand-Bound Sketchbooks

• **Gayle Fitzpatrick**

In this class, students will create two hard-cover sketchbooks: a Japanese stab-bound sketchbook, and a secret Belgian binding book. Each of these structures lies flat when open for drawing. Class will focus on the techniques, structures, tools, materials, and processes. Materials provided.

**4 Tuesday Sessions**

**May 5-26, 6:00-8:00pm**

**Registration Fee: \$62**

**Materials Fee: \$8, payable to instructor**

## Wire-Caged Pendants

• **Jeffrey Carpenter**

Create your own beautiful wire-wrapped pendants. Using stainless steel wire, create cages for crystals, stones, and beads of all sorts that you can wear. Easy, fun, and very fashionable!

**Thursday, Mar. 19, 6:00-8:00pm**

**Registration Fee: \$35**

**Materials Fee: \$10, payable to instructor**

## Register Today!

► [kittery.maineadulted.org](http://kittery.maineadulted.org)   
► (207) 439-5896

## Light It Up! Decorative Stand

• **Brigitte Miner**

Create your own beautiful 7" LED decorative light stand. An array of colorful supplies, such as flowers and crushed glass, will be available for your design that will then be captured in resin. You will be shown how to use the resin and provided with one-on-one guidance. Go home with your light, no overnight curing needed. 12+children may join with an accompanying adult.

**Thursday, May 7, 6:00-8:00pm**

**Registration Fee: \$54**

# KITTERY: Arts & Crafts



## Ukulele for Beginners

▲ **Duncan Perry**

Get started with ukulele in this stress-free, live, online class for beginners. The ukulele is a versatile, go-anywhere instrument, great for many types of music. Duncan, who has taught students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. You will need a playable ukulele and an electronic tuner or tuner app. Please contact us for information if you don't have an instrument.

**Choose one 4-class Session:**

4 Wednesdays, Feb. 4-25, 6:00-7:30pm  
4 Tuesdays, Mar. 3-24, 6:00-7:30pm  
4 Wednesdays, Apr. 1-22, 6:00-7:30pm  
4 Tuesdays, Apr. 28-May 19, 6:00-7:30pm

**Registration Fee:** \$79

## Instant Piano for Busy People

▲ **Craig Coffman**

Learn to play piano the way professionals do, using chords. Since this class is being held live, online, you will be able to sit at your piano or keyboard at home and learn without any pressure. An online book and follow-up video lessons are included.

**Monday, Feb. 16, 6:30-9:30pm**

**Registration Fee:** \$67

## Instant Guitar for Busy People

▲ **Craig Coffman**

This crash course will teach you some basic chords and get you started playing along with your favorite songs. Since this class is being held live, online, you will be able to sit at home with your guitar and learn without any pressure. An online book and follow-up video lessons are included.

**Tuesday, Feb. 17, 6:30-9:00pm**

**Registration Fee:** \$67

## Wrap It Up! Sea-Glass Necklaces

▲ **Brigitte Miner**

Design two wire-wrapped necklaces with real Maine sea glass and a charm. All supplies are included, including a .925 silver-plated wire and two .925 silver-plated snake chains. This class is suitable for 12+ with an accompanying adult.

**Thursday, Jun. 4, 6:00-8:00pm**

**Registration Fee:** \$52

## Theater Improvisation

▲ **Katherine Mayfield**

Have you ever wanted to get up onstage and play along with the cast of TV's "Whose Line Is It Anyway"? Here's your chance! Come learn improv games, exercise your mind, explore your creative side, laugh, and have fun. Katherine pursued an acting career in NYC for over 12 years, studying with the Circle in the Square Theater School and Paul Sills of Second City Improv.

**4 Tuesday Sessions**

**Mar. 3-24, 7:00-9:00pm**

**Registration Fee:** \$120

## Women's Expressive Arts Group

▲ **Jiff Cornwell**

This workshop is geared specifically to women seeking to explore a variety of art media and techniques as a powerful mode of self-exploration and expression. You will be encouraged to work towards a personal practice of art journaling as we explore many paths to inspiration using guided imagery, poems, quotes, photos, watercolors, markers, colored pencils, cut paper, and collage.

**6 Tuesday Sessions**

**Apr. 7-May 12 (no class 4/21), 6:00-7:30pm**

**Registration fee:** \$182

**Materials Fee:** \$20, payable to instructor

## Beginner Swing Dance

▲ **Jennifer Kain**

Beginner swing dancing is fun, active, and social! In this progressive series, you'll learn 6-count swing basics, the easiest entry point into dancing Lindy Hop. You'll be dancing to traditional swing and big band jazz music from the 1930s - 40s, meeting new people, and getting exercise. Come join us -- it's a hoot!

Note: 15 minutes of practice time is available after each class.

No partner or experience required.

**8 Wednesday Sessions**

**Apr. 15-Jun. 3, 6:00-7:00pm**

**Registration Fee:** \$106

## Register Today!

- [kittery.maineadulted.org](http://kittery.maineadulted.org) 
- (207) 439-5896

# KITTERY: Arts & Crafts



**Find more online photography classes through our registration portal.**

## Taking Great Photos With a Digital Camera

▲ **Gretchen Cobourne**

Photography is both an art and a skill. You don't need to know everything about photography to really love taking photos and be proud of your work. In this class you'll learn essential basics that will have an immediate impact on the quality of your work. A digital camera is recommended. Materials list will be provided.

**6 Thursday Sessions**

**Mar. 5-Apr. 9, 6:00-7:30pm**

**Registration Fee: \$120**

## Cellphone Photography

▲ **Jiff Cornwall**

Wow yourself with the creative, colorful, and crazy ways you can alter your cell phone photos. This in-person class will guide you through your phone camera's editing and artistic options. And you will explore how to alter your photographic images through collage, watercolor, stitching, and the addition of non-traditional media and found objects. We will focus on the basics of composition and expand your ability to see and capture extraordinary images from the world around you.

**5 Monday Sessions**

**Mar. 2-30, 6:00-7:30pm**

**Registration Fee: \$155**



## Smartphone Photography

▲ **Steve McGrath**

This live, online class is dedicated to helping you learn how to take great images with your smartphone's camera. Steve will go over how to use your phone's essential camera controls along with the best free and low-cost tools for editing, sharing, and printing your images.

**3 Tuesday Sessions**

**Choose one:**

**Feb. 24-Mar. 10, 7:30-9:00pm**

**May 12-26, 5:30-7:00pm**

**Registration Fee: \$59**

## Register Today!

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► (207) 439-5896



## Advanced Phone Photography

▲ **Steve McGrath**

Learn how to take great photos with your smartphone! In this live, online class, get skilled with your smartphone's essential camera controls—ISO, shutter speed, aperture. Learn about equipment, like telephoto lenses, tripods, and filters that will expand your capacity as a photographer. And discover the best free and low-cost tools for editing and managing your images, so you have more options and control. The class includes updated handouts.

**3 Tuesday Sessions**

**Mar. 17-31, 7:30-9:00pm**

**Registration Fee: \$59**

## Intermediate Digital Photography

▲ **Steve McGrath**

Are you comfortable with your camera but want to learn more about its capacity? In this live, online class, explore the use of intermediate camera controls, such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority to become a more skillful photographer.

**5 Tuesday Sessions**

**Feb. 17-Mar. 17, 5:30-7:00pm**

**Registration Fee: \$89**

# KITTERY: Talks, Tours & More



## Wintering Gulls and Ducks

• **Dave Tucker**

Get close-up views of wintering waterfowl and gulls, including Harlequin Ducks, Scoters, and Eiders at York Beach and Nubble Light. We'll sort through the duck and gull species, and you'll learn details for identification and appreciation.

Bring binoculars and dress warmly.

Meet at Lobster Cove, Long Beach Avenue (Rte 1A), York.

**Saturday, Feb. 7 (rain date 2/8)**

8:00-10:00am

**Registration Fee: \$22**

## Birding: Spring Walkabout

• **Dave Tucker**

Sample spring migration in mixed habitats at Fort Foster. We will be identifying birds, especially migrating warblers, through field marks and behavior. Meet at the main gate of Fort Foster and bring binoculars.

**Choose one Saturday Session:**

**May 2 (rain date 5/3), 7:30-10:00am**

**May 23 (rain date 5/24), 7:30-10:00am**

**Registration Fee: \$22**

## 3 Famous Women of the Piscataqua

• **David Ramsay**

Join David, a local historian and tour guide for the Isles of Shoals Steamship Company as he brings history alive with specificity and wit. His slide talk will illuminate the lives of Isles of Shoals poet, Celia Thaxter; South Berwick author, Sarah Orne Jewett; and peace activist and founder of the Green Acre spiritual community and school in Eliot, Sarah Farmer.

**Tuesday, Feb. 24, 6:00-7:30pm**

**Registration fee: \$16**

## USS Albacore: A History

• **Kim Sanborn**

The USS Albacore has been a prime Seacoast attraction since 1985, but why is she here and what is her backstory?

Join us at Albacore Park to hear her history. Learn about the importance of this unique submarine, her contributions to the Navy, and her journey from the Portsmouth Naval Shipyard back to Portsmouth 41 years ago. Weather permitting, the Albacore will be open to viewing.

**Tuesday, Mar. 10, 6:00-7:30pm**

**Registration Fee: \$20**



## Portsmouth Naval Shipyard Tour

• **Joseph J. Gluckert**

Join the PNSY, History and Heritage Center Director on a historical tour of the Portsmouth Naval Shipyard. Learn about PNSY's critical role in wartime and peacetime. This walking and bus tour (not wheelchair accessible) includes: Treaty of Portsmouth Exhibit, Walking Tour of the Shipyard Mall, Driving Tour of the Shipyard Perimeter, and Visit to the Shipyard Heritage Center. Please note: Valid photo REAL ID or U.S. Passport is required.

**Choose one Wednesday Session:**

**May 13, 10:00am-12:30pm**

**Jun. 3, 10:00am-12:30pm**

**Registration Fee: \$14**

## Register Today!

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► (207) 439-5896

## Finance & Personal Planning

### Medicare A-Z

• **Tyler Kretschmar**

Join Tyler, a holistic retirement planner, for this in-person class to take an in-depth look at Medicare

**Choose one Tuesday Session:**

**Feb. 10, Mar. 10, Apr. 14, or May 19**

5:00-6:30pm

**Registration Fee: \$14**

### Planning for Long-Term Care

• **Kerry Peabody**

Learn what Long Term Care services are, how they work, and how much they cost. In this in-person class, we will also discuss Medicare and Medicaid.

**Choose one:**

**Thursday, Feb. 12, 6:00-8:00pm**

**Wednesday, Apr. 15, 6:00-8:00pm**

**Registration Fee: \$14**

### Understanding the Maine Death with Dignity Act

• **Valerie Lovelace**

Valerie will provide fact-based information and the details needed to understand this compassionate end-of-life option in this live, online class. Learn how to qualify for this law or support your loved one who may qualify.

**Wednesday, Mar. 11, 6:30-7:30pm**

**Registration Fee: Free, but must register**

### Estate Planning & Trusts

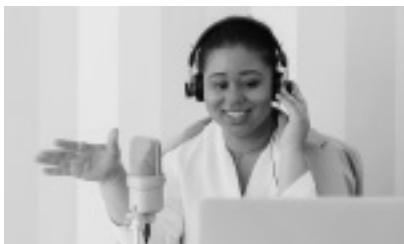
• **Kathryn Bedell, Esq.**

Beginning with an overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives, etc. The in-person class will then delve into learning how revocable trusts can help avoid probate and can protect your assets.

**Tuesday, Apr. 28, 6:30-8:30pm**

**Registration Fee: \$22**

# KITTERY: How-Tos



## Intro to Professional Voice Over

### • Voice Coach

This introductory class is for those curious about voice over work. This live, online class will take you behind the scenes at Voice Coaches main studios and give you a fun, realistic look at how the voice over field works. It will also help you gain perspective about developing your voice skills and how to leverage your voice's strengths. You will have an opportunity to ask questions and are not obligated to purchase further lessons.

#### Choose one Session:

**Tuesday, Jan. 20, 6:30-8:00pm**

**Thursday, Jun. 2, 6:30-8:00pm**

**Registration Fee: \$18**

## Declutter Your Life!

### • Jeannette Savage

Does your life seem full of unneeded or unwanted items? In this in-person class, discover a few simple steps that can create a more simplified living environment which will free up space and time for you to enjoy other activities!

**Tuesday, Feb. 10, 5:30-7:30pm**

**Registration Fee: \$16**

## Fresh Flower Arranging

### • Sharon Orr

Learn the art of beautiful flower arranging in a fun, hands-on class perfect for beginners and enthusiasts alike. Create your own custom bouquet and go home with skills you can use for any occasion! Sharon is certified in staging design, and has designed tablescapes for various events in the community. You will be sent a material list including suggested flowers to bring.

**Tuesday, Mar. 24, 5:30-9:00pm**

**Registration Fee: \$20**

**Materials Fee: \$5, if you choose to purchase a vase**

## How to Plan a Safari

### • Scott Brown

Considering a safari but unsure where to begin? This in-person session will cover the essential aspects of planning a safari. Topics will include recommended destinations, timing, flight information, accommodation details, required physical activity levels, typical daily schedules, cost considerations, and wildlife you may encounter. Scott will share his practical experience and photographs from being on safari.

**Thursday, Feb. 26, 6:30-7:30pm**

**Registration Fee: \$12**

## Learning Italian Through Pop Music

### • Rich Balano

Learn Italian in a fun way through the music and melody of Italian pop artists. We'll listen to songs, watch videos, read lyrics, and work through translations, pronunciation, grammar, and meaning in this in-person class. And we'll apply some of the words and phrases to common travel situations. Some prior Italian instruction is helpful but not required for motivated learners. Access to an Italian/English dictionary or Google Translate on your smart phone is needed.

**6 Thursday Sessions**

**Feb. 26-Apr. 9 (no class 3/19)**

**5:30-7:00pm**

**Registration Fee: \$85**

## Fix-a-Bike

### • Bicycle Coalition of Maine

Be your own mechanic! Learn how to maintain your bike, fix a flat, pump up a tire, change a chain or cable, make shifting adjustments, and more in this hands-on learning class. Please bring your bike and be willing to get your hands dirty. This in-person class may take place outside, weather permitting.

**Thursday, Apr. 16, 5:00-7:00pm**

**Registration Fee: Free, but must register**

## Register Today!

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► (207) 439-5896



## Beekeeping: Is It For Me?

### • Joseph Barberi

This in-person introductory class by Maine's 2025 Beekeeper of the Year offers a better understanding of what is required to enter the fascinating hobby of beekeeping. We will discuss the resources needed to get started, including equipment, time, and expenses that will help you decide if this fun and rewarding hobby is right for you. Questions are encouraged.

**Tuesday, Mar. 31, 6:00-8:30pm**

**Registration Fee: \$28**

## Beekeeping: I Have Bees...

### What Next?

### • Joseph Barberi

This in-person class with Maine's 2025 Beekeeper of the Year is geared toward beekeepers who already have bees or are getting them soon. We will discuss the journey through a beekeeping season from spring inspections and honey extraction through fall and winter preparation. This is a great opportunity to further your knowledge of beekeeping, ask questions, and increase your odds of success.

**Tuesday, May 5, 6:00-8:30pm**

**Registration Fee: \$28**

# KITTERY: Culinary



## Sourdough Made Simple

▲ **Kasey Roche**

Interested in baking your own sourdough bread? In this hands-on workshop, you'll learn simple techniques for mixing, folding, shaping, and scoring your dough. And you'll leave with your own sourdough starter, recipe guide, and tools to continue baking at home. Please bring an apron and a notebook/pen. It's also recommended that you have (or purchase) a Dutch oven prior to class. No prior experience necessary.

**Monday, Feb. 23, 5:30-7:30pm**

**Registration Fee: \$75**

**Materials Fee: \$10, payable to instructor**

## Sensational Sea Vegetables

▲ **Carol Steingart**

Join "Coastal Carol," a marine educator with over 25 years' experience, for a delightful culinary journey into the world of sea vegetables. Learn the many nutritional benefits of sea vegetables and simple preparation methods to incorporate them into your diet. Enjoy tasting each of the many recipes Carol prepares, dishes made with Kelp, Dulse, Nori, Irish Moss, and Sea Lettuce, all harvested locally in the Gulf of Maine. Registrants will receive packaged dry seaweed samples.

**Thursday, Feb. 26, 5:30-8:00pm**

**Registration Fee: \$64**

## Food Prep for Busy People

▲ **Jeffrey Carpenter**

Make fast, simple dinners prepared on a sheet pan to bake in your oven. Participants will sample these dinners and receive an electronic copy of the cookbook that accompanies this class. Please bring a container for any leftovers. Proceeds from this class go to Granite Bay Care, which supports individuals with IDD and Autism.

**Thursday, Mar. 26, 6:00-8:30pm**

**Registration Fee: \$40**

**Materials Fee: \$10, payable to the instructor**

## Korean Cooking Class: Kimbap

▲ **Minji Park**

Learn how to make Kimbap (Korean "maki" rolls) filled with bacon, cheese, and colorful veggies! After preparing it, enjoy your Kimbap while chatting about Korean culture in a fun, friendly atmosphere. Please bring a small cutting board and container.

**Thursday, Apr. 2, 6:00-8:00pm**

**Registration Fee: \$40**

**Materials Fee: \$25, payable to the instructor**

## Register Today!

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► (207) 439-5896

# KITTERY: Mind & Body Wellness



## Somatic Breathwork

### • Hannah Schwoerer

Embark on a transformative journey with Hannah, a holistic life coach and certified Somatic Breathwork™ practitioner. In this in-person class, release stress and negative energy through circular connected breathing and rhythmic music. Bring your own yoga mat, blanket, and bolster for comfort.

#### Choose one Tuesday Session:

Mar. 10 or May 12, 6:00-7:30pm

Registration Fee: \$38

## Vagus Nerve Reset to Relax

### • Mary Schwoerer

In this highly interactive, in-person class, identify symptoms of dysregulation in your nervous system, practice massage techniques that boost the flow of your energetic intelligence, learn the parasympathetic reset protocol, understand the neuro myofascial system and how it impacts health and wellness, and receive a list of fascia activation tools that can open pathways and replenish calm and balance to your body/mind.

Thursday, Mar. 19, 6:45-8:00pm

Registration Fee: \$39

## Register Today!

- [kittery.maineadulted.org](http://kittery.maineadulted.org)
- (207) 439-5896



## Happiness Is a Skill You Can

### Learn

#### • Carol Freeman

This live, online 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. This Zoom class can be taken in the comfort of your home.

#### 2 Wednesday Sessions

##### Choose one time slot:

Apr. 1 & 8, 10:00-11:00am

Apr. 1 & 8, 5:00-6:00pm

Registration Fee: \$35



## Expand the Light

### • Mary Schwoerer

In this in-person, interactive workshop, you will learn how to care for your own light by activating your innate healing ability to restore emotional and physical well-being. You will gain an understanding of the Chakra System through grounding/clearing and balancing your energy centers. And you will explore and have fun creating nurturing practices that enhance your health and well-being and strengthen your capacity for being the light without burnout.

Thursday, Mar. 26, 6:30-8:30pm

Registration Fee: \$39

## Introduction to Human Design

### • Hannah Schwoerer

Feel like your life path is wrong?

Ready to meet the most aligned version of yourself? This in-person workshop introduces Human Design, your personal map to thrive. You'll discover your unique energy type, learn your Strategy & Authority for aligned decisions, and understand how your energy interacts with the world. Learn simple shifts to create ease, confidence, and success in life and business!

Wednesday, Apr. 8, 6:00-7:30pm

Registration Fee: \$38



## Posture Power: Strengthen Your Body

### • Carol Freeman

Poor posture can wreak havoc on your breathing, energy, and overall well-being. In this engaging live, online 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.

#### 4 Wednesdays

Apr. 15-May 6, 10:00-11:00am

or 5:00-6:00pm

Registration Fee: \$45

**Find more online  
Wellness Classes through  
our registration portal.**

# KITTERY: Technology

## Practical Online Technology Classes

Join Nickie Welsh for live, online technology classes. Learn at your own pace with recorded Sessions and ongoing support.

### Mastering Instagram for Business

Curious about how Instagram can drive significant growth for your customer base and sales? This engaging beginner-level online class has the answers you need to grow your business.

**Tuesday, Jan. 27, 1:00-2:00pm**

**Registration Fee: \$33**

### Social Media Marketing

Take your business to new heights with this fast-paced, comprehensive online session designed to equip business owners, entrepreneurs, and marketing professionals with the essential skills needed to leverage social media for business success.

**Choose one Session:**

**Tuesday, Feb. 10, 1:00-2:00pm**

**Thursday, May 14, 1:00-2:00pm**

**Registration Fee: \$33**

### YouTube Channel Starter Kit

Join our fun and engaging online, beginner class to learn how to create and launch your very own YouTube channel!

**Thursday, Feb. 19, 1:00-2:00pm**

**Registration Fee: \$33**

### Unlock the Power of ChatGPT for Marketing

This fast-paced online workshop is for those familiar with the platform and ready to craft compelling marketing content.

**Tuesday, Feb. 24, 1:00-2:00pm**

**Registration Fee: \$33**

### Phone Photo Rescue for Beginners

Are you overwhelmed or running out of storage with all of the photos on your phone? Transform your chaotic photo collection into an organized library you can actually navigate. Learn to delete the clutter, create printed photo books, and protect your precious memories.

**Choose one Thursday Session:**

**Mar. 5 or May 21, 1:00-2:00pm**

**Registration Fee: \$33**

### Post like a Pro

Learn to streamline posting, schedule content, and use insights to boost engagement on Facebook and Instagram using Meta Business Suite.

**Tuesday, Mar. 10, 1:00-2:00pm**

**Registration Fee: \$33**

## Rice Public Library Tech Series

Join librarian Katie Lyons for technology classes at Rice Public Library! Bring your own device or use a library tablet.

### Gmail & Your Google Account

Learn the basics of sending, sorting, and receiving mail in Gmail, and about the perks that come with your account, such as file storage, Google Docs, and Google Calendar.

**Thursday, Feb. 12, 6:00-8:00pm**

**Registration Fee: \$16**

### Streaming Media: Cutting the Cord

Take a look at how to cut costs, get your home streaming-ready, and all of the ways you can watch what you want and leave the rest behind.

**Thursday, Feb. 26, 6:00-8:00pm**

**Registration Fee: \$16**

### How to Be Human in an AI World

Do you feel like your world is being invaded by AI chatbots? In this class, we'll talk about how generative AI works, how it is being used in everyday tech, and the risks that come with using it.

**Thursday, Mar. 5, 6:00-8:00pm**

**Registration Fee: \$16**

### Introduction to Canva

Learn how to create beautiful flyers, social media posts, and other marketing materials with this powerful (and free!) website.

**Thursday, Mar. 19 or 26, 6:00-8:00pm**

**Registration Fee: \$16**

### Outsmart Your Smartphone

Learn how to navigate commonly-used features of your Apple or Android smartphone, including downloading apps, taking photos, and sending messages. Registrants are asked to please bring their own devices to the class.

**Choose one:**

**iPhone session: Thursday, Apr. 2, 6:00-8:00pm**

**Android phone session: Thursday, Apr. 9, 6:00-8:00pm**

**Registration Fee: \$16**

### Register Today!

- [kittery.maineadulted.org](http://kittery.maineadulted.org) 
- (207) 439-5896

# Registration Information

## Program/Registration Information



**All Classes, Even Free Ones,  
Require Registration!**

As always, you can take classes at either location with no added "out of town" fee. However, you will not be able to register for Marshwood classes on Kittery's website or vice versa.

### 1 ONLINE

**You can register for most classes online with a credit card:**

- ▶ For KAE: [www.kittery.maineadulted.org](http://www.kittery.maineadulted.org)
- ▶ For MACE: [www.marshwood.maineadulted.org](http://www.marshwood.maineadulted.org)

### 2 BY MAIL

**Complete the registration form on this page and mail with check payment.**

### 3 BY PHONE

Kittery Adult Ed: (207) 439-5896

Marshwood Adult Ed: (207) 384-5703

## Class Cancellation Policy

### Cancellation/Refund Policy

- 100% credit or refund of registration fees if course is cancelled by AdultEd
- 100% credit or refund of registration fees if participant cancels within 5 business days.
- There are no refunds for classes that have already begun.
- Refunds for cash or check may take up to 6-8 weeks.
- To avoid a nonrefundable processing fee pay by cash or check.

## Additional Fees

### Material Fees

- Some classes have a separate, nonrefundable materials fee. Please be prepared to pay this by cash or check on the first day of class.
- Students will still be charged a materials fee if they either don't attend or cancel late.



## Winter 2026 Registration

Use this form to register for classes at either Kittery or Marshwood Adult Ed. As always, you will not be charged an "out of town" fee at either location.

Where are you registering:  Kittery  Marshwood

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

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

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

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell or Work Phone: \_\_\_\_\_

COURSE NAME	DATE	FEES
1.		\$
2.		\$
3.		\$
4.		\$
5.		\$
6.		\$
		<b>TOTAL</b> \$

### MARSHWOOD CLASS REGISTRATION:

1. Make checks payable to: M.S.A.D. #35
2. Send check and completed registration form to:  
Marshwood Adult Education  
260 Dow Hwy., South Berwick, ME 03908  
Payment must accompany registration.

### KITTERY CLASS REGISTRATION:

1. Make checks payable to: Kittery Adult Education
2. Send check and completed registration form to:  
Kittery Adult Education  
12 Williams Avenue, Kittery, ME 03904

# Here's Some of Our Exciting 2026 Classes & Activities!



**York County Courthouse Tour**  
► SEE PAGE 9



**Needle-Felted Hummingbirds**  
► SEE PAGE 16



**\*hiset<sup>®</sup>**

## High School Academics

HiSET is Maine's high school assessment. Earn your high school credential upon completion. Call today for more information!  
► See Page 3

## Free Academic/College Prep Classes & Career Guidance

### REGISTERING IS EASY!

**Marshwood Adult Ed**  
► [marshwood.maineadulted.org](http://marshwood.maineadulted.org)  
► (207) 384-5703

**Kittery Adult Ed**  
► [kittery.maineadulted.org](http://kittery.maineadulted.org)  
► (207) 439-5896

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