

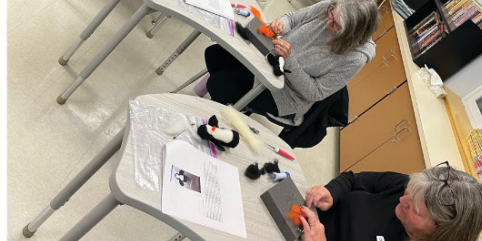
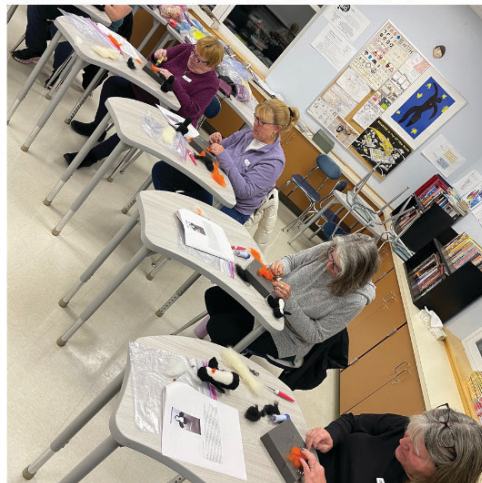


Five Town

Adult & Community Education



Spring/Summer
March - August 2026
Course Catalog



Message from the Director

Dear Learners and Community Members,

Welcome to a new season of Adult Education! We are pleased to share this year's catalog and thankful for the learners, instructors, and community members who make Adult Education an active and valued part of our school district. Whether you are completing a high school credential, improving English skills, preparing for work or college, or exploring a personal interest, you are part of a strong community of lifelong learners.

Our program proudly serves not only our core group of adults from Hope, Appleton, Lincolnville, Camden, and Rockport, but many more across the state. Adult Education is one way to stay connected to your local schools and make meaningful use of the facilities and resources that your membership helps support. Our classrooms, workshops, kitchens, and studios are shared community spaces, and we are glad to welcome adult learners into them.

This catalog reflects our commitment to offering practical, engaging, and accessible learning opportunities. Alongside academic programs, workforce preparation, and classes for multilingual language learners, we are excited to offer a wide range of enrichment classes. Courses in art, cooking, woodworking, music, and crafting provide hands-on ways to build new skills, express creativity, and learn alongside others in a relaxed and supportive environment.

Adult Education is built on the belief that learning continues throughout life. We encourage you to try something new, return to a long-held interest, or challenge yourself to learn a skill you have always wanted to explore. These experiences strengthen individuals, build confidence, and help keep our communities connected.

Thank you for being part of our Adult Education community and for investing in lifelong learning. We look forward to learning with you this season!

Warm regards,

Cover art by: Sherwood Hilt



Nick Beverage, M.S.Ed, Director
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Meet Our New Instructors

Check out all of the NEW instructors this semester!

Lilli Clark has fourteen years of dance experience, and is here to teach the importance of being able to tell a story with sound and movement through tap dancing. With her knowledge of anything between hip hop, tap dancing, and ballet, she guarantees you will have a fun adventure that explores your creative side and gets your heart pumping, leaving you with an eagerness to return and learn more.

Deborah Cook has been a practicing physical therapist for twenty-five years and a yoga instructor for eight. She has a master's and doctorate degree in physical therapy from Husson University and has studied and taught many holistic, complementary practices such as neuromuscular massage, stress management, Yoga Nidra, and Hanna Somatics. She recently completed a nine-month advanced teacher training in Physiyoga which pulls all these practices together; she is very excited to share its wonderful benefits.

Kevin L. Cope is a retired faculty member from Louisiana State University now living in Maine. During his career as a researcher and teacher, he published numerous books and studies on Enlightenment culture, investigating both mainstream topics such as early modern philosophers and such delightful diversions as joke books, images of George Washington, hermits, and colossal statues. Kevin is currently preparing a comprehensive study on the subterranean world during the eighteenth century. He frequently appears on radio and television as a commentator on higher education in America.

Preethi Fernando is the founder of Kelum Training and Consulting, the author of fifteen books, and a top keynote speaker on emotional intelligence. A past winner of Stephen King's Haven Foundation Award, Preethi lives in Loveland, Colorado. Visit preethifernando.com.

Jami Fowler is an artist, ceramicist, and lifelong maker with a deep love for slow, tactile processes and everyday objects with stories. As the owner of Ferry Ceramics and a seasoned instructor, Jami blends practical skills with thoughtful, sensory-based teaching methods rooted in neurodivergent-friendly approaches. Jami believes in the power of making to heal, connect, and resist throwaway culture—bringing a grounding presence and a welcoming spirit to every class.

Angel Frost has been crocheting since she was fourteen years old when she learned the basics from her stepdad. You will always find her carrying a bag with a project or two. Current projects include: a corner-to-corner blanket, a cardigan, a blanket for her daughter, a blanket for a gift, and a bralette! She's married to her best friend, has a two-year-old daughter, and lives in Liberty.

Will Galloway serves as the Director of Education and Programs at the Hurricane Island Center for Science and Leadership. He has over thirty years' experience working as an educator, mediator, and organizational leader in a wide range of non-profit and educational entities. A graduate of Bowdoin College, Will served in the US Peace Corps/Thailand and earned an M.A.T. from Colgate University. He also currently serves on the Leadership Team of the Northeast Climate Change Educators Collaborative.

Lindsay Gamble is a longtime editor and writer turned food professional. She completed a master's program in food studies in Italy as well as a culinary certificate program at the Culinary Institute of America. While currently a chef at Dos Gatos Gastropub in Belfast, her experience in food ranges from research & development to recipe testing and editing. She has edited content for *Bon Appetit*, *Food Network*, Cooking Channel, and *Leite's Culinaria*, to name a few. She loves to develop new recipes and create unique culinary gifts at home.

For a full list of all instructors and their bios, visit:
fivetowns.net/adulteducatio

Elisabeth Goodridge has been doing astrology readings for more than fifty years, starting with a column in *Women's World Weekly* in Montreal after studying with astrologer John Manalesco. She has also studied with Tom Stanga in Salem, Massachusetts, and learned much from the works of Isabel Hickey, Sakoian and Acker, Robert Hand, Liz Greene, Linda Goodman, and others. She had a daily astrology spot on four radio stations in Maine and New Hampshire for many years in the 90s as "Elisabeth the Stargazer."

Jennifer Harris, independent licensed training provider, earned her degree in Therapeutic Recreation from the University of Southern Maine. She has held numerous Red Cross certifications over the years including swimming instructor and lifeguard. With a passion for teaching, Jennifer prides herself on providing a learning experience that is engaging, fun, and informative. A lifelong Maine resident, she resides in Washington with her husband Neil, and has two young adult children who also live in the area.

Joan E. Herzog is a Permaculture Garden Designer, retired Registered Dietitian and health columnist. In five years, she converted a ¼ acre city lot into a lush bird and insect haven with over eighty-five native plant species and large beds of fruits and vegetables. Joan has taught hundreds of food/nutrition workshops and is thrilled to transition to teaching permaculture garden techniques. Recently, she has been diagnosed with a brain injury that has changed her life in surprisingly positive ways. She swears that gardening is your best bet against an aging body and brain.

Ava Kabouchy has traveled extensively for work and pleasure and upon ending a long career in teaching and in other fields, went to southwest France to study the French language and culture full time; there she came across references to the Camino de Santiago and decided to see what it was all about. She has now been on two Caminos in Spain, one in France, and another in Portugal. She has published travel articles on the Camino de Santiago, Saudi Arabia, France, Iceland, and coming home to Portland, Maine.

Trisha Mason is a multi-instrumental performing artist, educator, and creative coach with years of experience on stage, in the studio, and in the classroom. Trisha believes that every student has a unique creative pulse and her approach blends foundational technique with the freedom to develop one's own artistic identity, helping students gain confidence, skill, and a personal connection to their craft.

Molly Phoenix manages The Sewing Machine Exchange in Portland, Maine. She has been sewing since she could grasp a seam ripper. Her projects range from scrunchies and apparel to home decor and camping gear.

Lindsey Pinkham is the owner and lead instructor of Midcoast First Aid. A graduate of Maine Maritime Academy with a Bachelor of Science in Marine Transportation and a professional emergency medical technician since 2002, she works for both emergency and transfer services in Maine. Sailing as mate she was designated the person-in-charge of medical care on bulk carriers, oil clean up vessels, and tugs across the globe. She has taught at Maine Maritime Academy in the classroom and on the annual training cruise.

Bobbie Tilkens-Fisher purchased a child's frame loom in the summer of 2017 and taught herself how to weave. She promised herself that once she'd made at least ten solid weavings she would buy a "real" loom. Soon her collection of looms and fibers grew large enough to take over a spare bedroom. By manipulating or plain out ignoring some of the traditions of tapestry weaving, she arrived at a style that is all her own—sculptural, vivid, and flowing. She now dedicates her career to weaving and teaching others.

Nickie Welsh is dedicated to empowering adults with practical technology skills, ensuring they never have to rely on teenagers for tech help again. With a focus on building confidence in technology use, Nickie helps her students feel included in tech conversations with family and friends and understand technology topics mentioned in the news. Her mission is to make technology accessible and comprehensible for everyone.

The Art of Mending

Jami Fowler



NEW!
Slow down, stitch with intention, and breathe new life into your favorite garments! Come explore the art of visible mending—rips, holes, and worn spots become creative opportunities instead of

reasons to toss something out. Techniques covered include patching, darning, and sashiko. This is a hands-on, low-pressure space to practice making things last, embracing imperfection, and pushing back gently against fast fashion—one stitch at a time. All levels welcome. All students receive a basic mending kit (embroidery thread, supplies for a leather thimble, needles, thread conditioner, and handouts) with the option to purchase a \$50 upgraded kit that includes a magnetic needle minder, scissors, a seam ripper, and a speed loom for darning, all in a little bag. Class skips 5/26.

4 weeks
Tuesdays
CHRHS Rm 216
6:00-8:00 p.m.
begins 5/12/26
\$15

Beginner Crochet for All

Angel Frost

NEW!
Crocheting is fun and easy once you know how to do it. The best part is you can be creative almost anywhere, making everything from afghans to clothing. In this class we'll make a small afghan using single-, double-, and triple-crochet stitches. You will need two yarn skeins in your choice of color, preferably light-colored as it's easier for learning, and a correlating hook (check the yarn label for the recommended hook size). If you need guidance with an existing project, bring it with you to get advice!

3 weeks
Wednesdays
CHRHS Rm 217
5:30-8:30 p.m.
begins 5/6/26
\$59 SR

Carving Wooden Spoons & More

Sherwood Hill

This class is for beginners in wood carving. Learn the art of carving a wooden spoon from an instructor who has been carving for over thirty-one years. Spoons can be small or large, carved plainly or with decorative handles, and made from a variety of wood. For a second project, the instructor will offer a variety of other small objects, such as birds, jack-o-lanterns, or small animals to carve. At the first class, we will discuss the tools you will need and how to use them. The materials fee of \$15 is payable to the instructor at the first class. Class skips 4/21.

5 weeks
Tuesdays
CHRHS Woodshop
6:00-8:00 p.m.
begins 4/7/26
\$65 SR

Carving Signs

Sherwood Hill

This class is for beginners in wood carving. Learn the art of carving a wooden sign from an instructor who has been carving for over thirty-one years. Signs can be small or large, carved plainly or decoratively, and made from a variety of wood. At the first class, we will discuss the tools you will need and how to use them. The materials fee of \$15 is payable to the instructor at the first class

5 weeks
Tuesdays
CHRHS Woodshop
6:00-8:00 p.m.
begins 5/19/26
\$65 SR

Zentangle 101

Martha Brooks

An introduction to the basics of the Zentangle Method of pen and ink drawing—a fun, relaxing, and easy art method that has therapeutic effects! During this five-week class, simple designs are arranged within structured spaces to create beautiful art. Fundamental pen strokes, design elements, ideas for embellishment, and simple shading techniques are covered. If you can write your name, you can do Zentangle! Supply kits, included in registration fee, will be shipped to students in advance (including fifteen 3.5" x 3.5" Zentangle tiles by Fabiano Papers, Italy, two Micron black pens, one graphite pencil, and one shading tool). **Must register at least 8 days in advance.**

5 weeks
Mondays
Virtual live, Zoom
6:30-8:00 p.m.
begins 3/16/26
\$59



Zentangle: A Botanical Spinner

Martha Brooks

NEW!
Think Spring and create a Zentangle botanical garden! Using the 9" x 9" Zentangle Spinner template, we will fill at least sixty-four spaces with different tangles of flora! After we ink our botanicals onto our spinner tile, we'll use watercolor pencils to bring color and accents to our beautiful blooms!

A prerequisite for this course would be Zentangle 101 or familiarity with basic Zentangle concepts. Supply kits, included in registration fee, will be shipped to students in advance (including twenty Zentangle 3.5" x 3.5" tiles and one 9" x 9" Zentangle Spinner template by Fabiano Papers, Italy, two Micron black pens, one graphite pencil, one shading tool, one set of General's Kimberly Watercolor Pencils (6) with watercolor brush, and one instruction sheet for prepping the Spinner prior to class.) **Must register at least 8 days in advance.** Class skips 4/22.

10 weeks
Wednesdays
Virtual live, Zoom
6:30-8:00 p.m.
begins 3/18/26
\$99

Zentangle: A No-Mistakes Journal

Martha Brooks

NEW!
One of the basic tenets of the Zentangle Method is "There are no mistakes." It is also one of the most challenging concepts for Tanglers to fully embrace! This five-week course will explore how to expand one's perspective regarding this Zentangle mantra. Classes will use both Zentangle original tangles as well as those designed by fellow Certified Zentangle Teachers. Visual step-by-step directions on how to draw the tangles will be provided for each class. **A prerequisite for this course would be Zentangle 101 or familiarity with basic Zentangle concepts.** Supply kits, included in registration fee, will be shipped to students in advance (including one Zentangle Mistakes Journal (24 pages), ten Zentangle 3.5" x 3.5" tiles, two Micron black pens, one Uniball white gel pen, one graphite pencil, one white chalk pencil, and two shading tools.) **Must register at least 8 days in advance.** Class skips 5/25.

5 weeks
Mondays
Virtual live, Zoom
6:30-8:00 p.m.
begins 4/27/26
\$59

Arts & Crafts

Embroidery Personal Best: The Basics

NEW!

Susan Hill

Beginner embroiderers: come review and improve your skills! Each week will introduce new stitches (STEM stitch, CHAIN stitch, FLY stitch, SPLIT stitch, SATIN stitch, CROSS stitch and FRENCH KNOT), offer a variety of embroidery threads to use, provide illustrated instructions; and include practice time and one-on-one instruction. All students will receive fabric, embroidery needles, a supply of DMC brand threads; hoops and scissors will be available for in-class use. Personal project questions welcomed.



4 weeks
Wednesdays
CHRHS Rm 222

6:00-8:00 p.m.
begins 3/25/26
\$100 SR

Embroidery Personal Best: Advancing Your Skills

NEW!

Susan Hill

Intermediate embroiderers: come learn more complex stitches and advanced techniques, working with special threads and materials! Each week will introduce new stitches and techniques (RAISED CHAIN stitch with variations, SLANTED FEATHER stitch, HERRINGBONE stitch, COLOR SHADING (long and short) stitches, COUCHING, GOLD WORK, and the creation of CORDS and TASSELS), provide illustrated instructions, and include practice time and one-on-one instruction. All students will receive fabric, embroidery needles, and supplies of specialized threads. Hoops and scissors will be available for in-class use. Instructor Susan Hill will share antique and folk embroideries from her collection. Personal project questions welcomed.

4 weeks
Wednesdays
CHRHS Rm 222

6:00-8:00 p.m.
begins 4/29/26
\$100 SR

Sewing Machine Basics

NEW!

Molly Phoenix

Learn the basics of using your sewing machine. We'll talk about the functions of the machine and troubleshooting issues. Please bring your machine, as well as a bobbin, foot control/power cord, needle, presser foot, scrap fabric to sew off on, and thread. Molly will also provide fabric scraps for free and have bobbins and other items available for a nominal fee.

1 night (two options)
Monday 3/30 OR Tuesday 5/26

CHRHS Rm 232 \$55

Sewing Open Studio

Sandy Clement

Have a project you need to finish or need some help? This class is for you! Bring any sewing project and get hands-on help, or just use the time to join some fellow sewing friends. Let us know if you can't bring your own machine. There are machines in the sewing room that may be used as well.

2 options, both CHRHS Rm 232, 5:30-7:30 p.m.
Thursdays begins 4/2/26 for 4 weeks, class skips 4/23, \$69 SR
Wednesdays begins 6/3/26 for 3 weeks, \$52 SR

Sewing: Intermediate

Sandy Clement

This course is a good refresher for those who haven't sewn for years or for those new at sewing but with some basic experience. We will start out with a zippered pouch, a simple tote, and finish with a project of your choice from a pattern. Instructor will provide materials to complete the zippered pouch so there is no need to bring fabric to the first class. Let us know if you can't bring your own machine. There are machines in the sewing room that may be used as well. A \$10 materials fee is included.

4 weeks (two options)
Wednesdays begins 5/6/26 OR Thursdays begins 5/7/26
CHRHS Rm 232 \$69 SR

Sewing Camp for Children

Sandy Clement

Kids: Come learn to sew! In this class you will learn both machine sewing and hand sewing techniques. In machine sewing you will learn how to make a small envelope pillow with pillow insert, a zippered pouch, a key fob, and small tote among other things. Along the way you will also learn sewing machine safety and sewing basics such as how to use and care for the machine, measuring and cutting fabric, and use of sewing tools. In hand sewing you will learn the whipstitch, ladder stitch, and how to sew on a button. Sewing machines will be supplied but feel free to bring your own working machine if you'd like. Tools will be supplied. Class is suitable for ages 10-13.

1 weeks (two options)
Monday-Thursdays
Rose Hall, 2nd floor, 22 Knowlton St, Camden \$99

Sewing for Absolute Beginners

Sandy Clement



Learn the basics of machine sewing and how to troubleshoot problems while working on two fun projects. We will start by sewing an envelope pillow with insert. We will also be making a cute, easy, zippered pouch. Instructor will supply muslin and polyester stuffing for the pillow insert, as well as the fusible fleece and zipper for the pouch. No need to bring fabric to the first class. Let us know if you can't bring your own machine. There are machines in the sewing room that may be used as well. A \$10 materials fee is included in the registration.

4 weeks (two options)
Wednesdays begins 4/1, CHRHS Rm 232, class skips 4/22

OR
Thursdays begins 7/9,
Rose Hall, 22 Knowlton St, Camden \$69 SR

Knitting for Beginners

Tina Casteris

Anyone can knit! This class will cover everything you need to know to make your choice of beginner projects: a scarf, hat, cowl, or wrist warmers. The instructor will cover casting on, knit and purl stitches, increasing /decreasing, all while providing tips and support for making a wonderful, woolen wearable that you'll be proud to own. Materials lists for each project will be available at The Cashmere Goat in Camden or from the instructor at the first meeting. Please bring a pair of knitting needles size 6, 7, or 8 and some worsted weight yarn, preferably a light color. Class skips 4/23.

4 weeks
Thursdays
CHRHS Rm 222 6:00-8:00 p.m.
begins 4/2/26 \$45 SR

Carving the Lesser Scaup Drake

Mike McCune

NEW!

The most abundant diving duck in North America, the Lesser Scaup is common to Maine's fresh and coastal salt waters. The breeding males look black and white from afar, but up close reveal an iridescent purple to green sheen on the head, a finely barred black-and-white back, a bluish bill, and a yellow eye. **For experienced carvers only, intermediate and up.** A \$40 materials fee is to be paid to the instructor who supplies basswood blanks, eyes, paints, and brushes. Bring your own high quality tools (instructor recommends FlexCut, Two Cherries, and Pfeil Swiss-Made brands)—a minimum of a 3/4 to 1" straight chisel, a 1/4 and 1/8 round gouge, a #7 x 1/8 fishtail gouge, and as much reference material as possible to aid in carving and painting. Class skips 4/23.

9 weeks

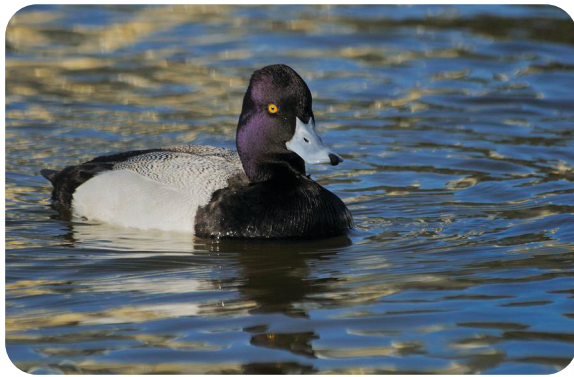
6:00-8:00 p.m.

Thursdays

begins 4/2/26

CHRHS Woodshop

\$85 SR



Watercolor for Everyone

Holly Smith



Build confidence as a watercolorist through week 1, step-by-step instructions. All levels welcome! Techniques such as wet on wet, dry brush, blotting, etc. are integrated into each painting. Color theory and mixing are covered along with successful composition. Sign up early as students return each year remarking how much they enjoy this class and learn something new each time. Join great people who love to paint and have fun! Supply list available on our website or by calling the adult ed office. Class skips 5/28

4 weeks

6:00-8:30 p.m.

Thursdays

begins 5/14/26

CHRHS 2D Art

\$99 SR

Watercolor for Beginners

Gianna Bird

NEW!

If you have been wanting to explore watercolor painting and are not sure where to start, this class is for you! Join us as we dive deeply into the main ingredients of watercolor and learn essential techniques through demos and playful exercises. Along the way we'll compose our own paintings and begin to explore design, color theory, value, and composition. Supply list provided with registration, also available on our website or by calling the adult ed office. Class skips 4/22.

6 weeks

5:30-8:00 p.m.

Wednesdays

begins 4/1/26

CHRHS Rm 2D Art

\$99 SR

Embroidery for All

Susan Hill

NEW!

Spend an engaging afternoon getting one-on-one instruction from a master of both traditional and contemporary embroidery techniques. Artist Susan Hill has been commissioned to embroider works for museum exhibitions, but her great love is teaching and enjoying the wonderful collaborations of shared learning. Come learn basic skills, improve the skills you have, or work on your own project-in-process. Learn beautiful new stitches (Stem stitch, French knot, Fly stitch) and color shading. Ask questions! Fabric, DMC brand embroidery threads, needles, illustrated instructions, and design resources provided; hoops and scissors will be available for in-class use. Ages 14 and up and all skill levels and questions are welcome. Students aged 10 through 13 are invited to register/join an accompanying adult student.

1 day (3 options)

1:00-3:00 p.m.

Thursday

7/9 OR 7/23 OR 7/30

Rose Hall, 22 Knowlton St, Camden

\$25

Drawing Room Collective

Deb Vendetti

Working primarily in graphite and other mono-tonal drawing media we will come together in 2.5-hour meetings to explore line, form, tonal value, seeing skills, abstraction, and mark making—all and any aspect of the simple yet rich medium of drawing. The instructor will provide drawing method/material resources, introduce the work of nationally and locally recognized artists, and provide simple demos as appropriate. Each class is structured around various drawing prompts to free the hand and engage the eye. Suggested for any level of skill or experience. We will all share our drawing explorations in a supportive and energizing studio atmosphere. Materials list shared online and with registration. Last class will be a Maine art museum field trip with a guided tour by museum curator.

6 weeks

10:00 a.m.-12:30 p.m.

Tuesdays

begins 3/17/26

Rose Hall Rm 100, 2nd floor, 22 Knowlton St, Camden

\$89

Needle Felting for Beginners: Bunny

Mary Sabins

Make a long-eared 6-inch bunny, just right for Easter decorating. He is felted white with a touch

NEW!

of pink in the ears and nose, beaded eyes, and has some hand sewing on his face. He has a swivel head, and chenille limbs that are covered with fiber. This course is designed for beginners, but those with some needle felting experience are welcome to join. All materials will be provided. Materials fee of \$15 is payable to the instructor at the beginning of the class—cash or check. Ages 14+ welcome.

1 night

5:00-8:30 p.m.

Monday

3/23/26

CHRHS Rm 222

\$45



"SR" = senior

discount (age 65+) Call before registering to get discount.

Arts & Crafts

Basic Upholstery

Angie Jones

Do you have a footstool, kitchen chair, or small bench that needs updating? In this class you will learn basic upholstery skills. We will remove the old fabric and cushion, if necessary, cover the cushion with batting and fabric of your choice. This is a basic class. We will use a staple gun. We will not be using a sewing machine. Materials fee is included in registration.

4 weeks
Mondays
CHRHS Woodshop



6:00-8:00 p.m.
begins 4/27/26
\$80

Upcycling Furniture

Angie Jones

Try your hand at this satisfying and potentially profitable craft—repurposing old or discarded furniture into something newly useful and unique. Turn a dresser into a bar? Drawers into shelving? In this class we'll start with something small enough to carry to class each week—a stool, picture frame, perhaps a small trunk, a vintage silverware box or piece of luggage. The instructor will share ideas and materials to help you accomplish your furniture makeovers. She'll cover the basics of bringing your goals into focus, planning your project, cleaning, sanding, removing old finishes, and other preparations needed to transform that outdated piece into something fabulous!

4 weeks
Mondays
CHRHS Woodshop

6:00-8:00 p.m.
begins 3/23/26
\$75

Pottery: Finding Your Way with Clay

Randy Fein, a ceramic artist, Randy Fein leads this creative journey into the world of clay. New and returning students are welcome to explore creating pottery and imaginative clay sculpture. Students will learn basic skills on the potter's wheel and how to hand-build unique clay serving-ware including: decorative platters, bowls, drinking vessels, and more. A variety of glaze techniques will be presented to complete your expressive clay works. Each class builds on the other, so it's advised to attend all classes. Course fee includes clay and glazes. Class skips 4/14.

4 weeks
Tues/Thurs
CHRHS Rm 3D Art

5:30-8:30 p.m.
begins 3/24/26
\$185 SR

Learn to Sculpt the Human Face: Create an Outdoor Sculpture

Sasha Laurita

Learn to sculpt the human face in clay. We will discuss the anatomy of the human face, learn the basics of sculpting in clay, surface decoration and different glazing techniques. We'll look at historical masks and the work of contemporary artists. The finished piece is a wall hanging sculpture, that could also be used as a seasonal garden decoration. Bring your own ideas to the class, all levels welcome. Course fee includes clay and glazes. Class skips 5/6.

3 weeks
Mon/Wed
CHRHS Rm 3D Art

5:30-8:00 p.m.
begins 4/27/26
\$115 SR

Intro to Small Loom Tapestry Weaving

NEW!

Bobbi Tilkens-Fisher

Learn the fundamentals of tapestry weaving by making a small (up to 10" x 10") wall hanging! Topics covered include looms, warp, fibers, basic techniques, and finishing. You can bring your own yarn (worsted or chunky weight) or buy yarn from the instructor for an extra \$10. A \$50 fee is to be paid to the instructor at the start of class for a 10" loom and warp string (cash or check only). The class is held at Bobbie's studio at 73 High St, Thomaston, the studio is on the second floor of her red garage which requires going up a set of outside stairs.

1 night
Thursdays
At Home Modern Studio, 73 High St, Thomaston

5:30-8:30 p.m.
4/23/26
\$35



Oil Painting: Non-Traditional Portraiture

NEW!

Linda Leach and Sandy Clement lead this class, but not traditional portraiture. Your portrait could be of an animal, a person, or any single subject as a focal point, not as part of a scene or landscape. The instructors will provide reference photos but feel free to bring your own. Supplies needed: oil/acrylic paints, 2-3 brushes, a painting or palette knife, a 16 x 20 canvas, and a palette or palette paper. Supply list available

on our website or by calling 207-236-7803.
5 weeks
Tuesdays
CHRHS 2D Art

6:00-8:00 p.m.
begins 3/17/26
\$69 SR

Oil/Acrylic Painting Open Studio

Linda Leach and Sandy Clement

Join us for an open studio oil/acrylic painting experience! Bring unfinished or blank canvas, oil paint, and easel to enjoy two relaxing hours with fellow artists and budding artists. Let's keep painting!

1 night (2 options)
Tuesdays
CHRHS 2D Art

6:00-8:00 p.m.
5/19 OR 6/2
\$15

Sewing Machine Maintenance

Peter Eckardt

Learn the basics of maintaining your machine including cleaning and oiling, setting proper tension, and diagnosing stitch problems. Bring your machine and its manual.

1 night
Tuesday
CHRHS Rm 217

6:00-8:00 p.m.
4/7/26
\$15

"SR" = senior discount (age 65+) Call before registering to get discount.

Painting Maine Birds

Gary Roberts

During this six-week course you'll learn about Maine birds, their habitats, behaviors, and songs, while you paint. At the first session we will each pick a bird from a supplied selection of photos then draw preliminary sketches. During the next five sessions we will paint and talk about the birds we selected. This course is open to beginning and experienced painters. Bring the canvas, medium, and brushes of your choice. Class skips 4/13 and 4/20.

6 weeks
Mondays
CHRHS 2D Art



6:00-8:00 p.m.
begins 3/16/26
\$29 SR

Embroidery: Posy Pendants

Germaine Koomen

Posy pendants were worn in Victorian times as a means of expressing deep sentiments through the language of flowers. Each flower held a different meaning. Students will choose a design from provided options then embroider a 1" by 1.5" surface to mount on a pendant to wear. Materials are included (an embroidery hoop, floss, needle, fabric and a metal pendant). Class is suitable for all levels of students ages 18 and up.

2 weeks
Mondays
CHRHS Rm 217

6:00-8:00 p.m.
begins 3/30/26
\$30

Figure Drawing with a Live Model

Alex Kelly and Finn Walsh

Live figure drawing is an excellent way to learn to capture the human form. Whether you're a beginner just learning to draw or an artist excited to practice with live models, this group could be for you! We will meet weekly for two-hour sessions with short and long timed poses with costumed models. Aside from a short introductory lesson, this will be a mostly unsupervised drawing session. Charcoal, newsprint paper, and cardboard clipboards will be provided, but any medium is permitted. Class skips 4/23.

6 weeks
Thursdays
CHRHS Rm 227

6:00-8:00 p.m.
begins 4/16/26
\$115

Ignite Curiosity and Creativity through Nature-Based Expressive Arts NEW!

Barbara Davis

With Nature as our guide, together we will explore how engaging in creative expression supports our health and well-being through seasonal transitions. We will invite the rising energy of the emerging spring to ignite our curiosity and creativity as we prepare for new growth. Using natural objects in concert with basic art materials, we will make two- and three-dimensional collages, paintings, and drawings, and use these creations as prompts for spontaneous writing and personal exploration. Classes will include a combination of reflective writing, art making, and mindfulness based activities. Participants are asked to bring a writing journal for their personal use to each class.

4 weeks
Wednesdays
CHRHS Rm 231

6:00-8:00 p.m.
begins 3/18/26
\$139 SR

Plein Air Painting in Oils and Acrylic

Stephen Florimbi

Join the challenging fun of painting outdoors! This class is appropriate for painters who want guidance to add plein air as a method and for experienced plein air painters who want to sharpen their skills. We'll paint together at a different location each week. The instructor will begin each class with a live demonstration then give students plenty of time to do their own work, ask questions, and get individualized instruction in a nurturing, non-competitive atmosphere. We'll cover materials and set up, composition, color, and value—focusing on a different skill each week. Location directions will be emailed before each class. The nature of painting outdoors requires artists to be able to carry their easels and equipment to their site. An attempt will be made to choose easily accessible sites but students should expect some walking on uneven terrain. Make up classes will be arranged if weather is prohibitive. Supply list available on our website or by calling 207-236-7803.

4 weeks
Tuesdays
Local parks

9:00 a.m.-noon
begins 4/14/26
\$99

Woodworking 2: Basic Hand Tool Skills

Libby Schrum

Looking to add hand tool skills to your woodworking knowledge? Power tools are great but learning how to sharpen and use chisels and a handsaw to cut a set of dovetails or a mortise-and-tenon joint will set your creations apart. Each student will build a small, wall-hung shelving unit—learning how to plan out a project, create and maintain a sharp cutting edge on chisels and hand planes, and layout/cut dovetail and mortise-and-tenon joints. **You must have taken Libby's prior class in basic power tools or have comparable experience in order to take this class.** A materials fee of \$40 (subject to market pricing) is to be paid to the instructor on the first day of class. Required tool list available on our website or by calling 207-236-7803. Class skips 4/22.

8 weeks
Wednesdays
CHRHS Woodshop

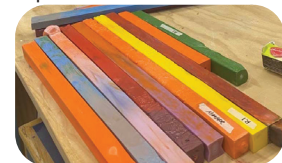
6:00-8:00 p.m.
begins 4/1/26
\$169 SR

Community Upcycled Plastic Seating Project

Kim Bernard

Join Kim Bernard, manager of the Makers Space at Camden Hills Regional High School for the UPseat Project, a hands-on, community building effort upcycling plastic jugs into public space seating. Participants will reduce, reuse, and recycle by collecting, cleaning, cutting, and shredding #2 plastic jugs. The "shred" will then be colored, heated, and extruded into plastic "boards." Together we'll raise awareness about environmental issues, generate dialogue about sustainability, and discover fun, creative solutions. The finished upcycled seats will be installed in a public space for the whole community to enjoy. **Contact Kim Bernard to sign up: www.kimbernard.com.**

Six weeks, attendance is flexible
Tuesdays, May 5 - June 9 AND/OR Thursdays, May 7 - June 11
CHRHS Makers Space/Woodshop
FREE



Arts & Crafts

Explorer Pack Basket

Jessica Steele

Pack baskets are handmade backpacks traditionally used during hiking, hunting, or other outdoor activities by various cultures around the world for centuries. Maine Guides walked the woods with these packs to transport supplies and game through rugged terrain. We will cover the history of pack baskets and the traditional materials. We will go through the process of weaving step-by-step, ensuring all will walk away with a finished 10-12" tall basket of premium reed with a base, feet, and pack straps in a variety of colors. All skill levels welcome, EVEN first timers! *

1 night 4:00-9:00 p.m.
Monday 5/4/26
CHRHS Rm 118 \$135

Fiddlehead Basket

Jessica Steele

When you are hiking in the forest or wandering in your garden, this will be a nice basket for fiddleheads, mushrooms, or herbs. Size is approximately 4" W x 8" H x 10" L. The instructor will go through the process of making the basket step-by-step, ensuring all will walk away with a finished basket.*

1 night 4:00-9:30 p.m.
Thursday 4/9/26
CHRHS Rm 118 \$135

Harvest Basket OR Farmer's Market Basket

Jessica Steele

Create a sturdy "square-round" basket to use in the garden or at the market for all your fruit, vegetables, even baked goods! At class, you'll choose between a Harvest Basket (10" height x 16" width x 16" width) or a Farmer's Market Basket (16" height x 3" width x 14" length). Baskets are made with quality reed—flat (on both sides) and flat oval (flat on one side, round on the other) Color reed is available to personalize your basket. Baskets can have either wooden bushel handles or cotton webbing for tote handles. No experience necessary—perfect for beginners and experienced crafters alike.*

1 day 9:00 a.m.-5:00 p.m.
Thursday 7/16/26
Rose Hall, 22 Knowlton St, Camden \$135



Bottle Pack Basket

Jessica Steele

Create a small pack basket suitable for a water bottle or wine bottle, ranging from 5" - 8" tall, based on your preference. Each student gets a strap to wear the basket across the shoulder. We'll cover pack basket history, materials, tools, and post-class care. Baskets use premium reed, with rim options such as flat oval reed, birch bark, or red osier dogwood, plus a selection of colored reeds. The instructor will guide you through each step, so everyone leaves with a finished basket along with supplies to weave a second one at home. No prior experience is necessary—everyone is welcome!*

1 night 5:00-9:00 p.m.
Wednesday 3/25/26
CHRHS Rm 118 \$75

10

Spring/Summer 2026

*NOTE: FOR JESSICA STEELE'S CLASSES:
BE PREPARED TO TAKE NOTES. NO REFUNDS UNLESS
CLASS IS CANCELLED/RESCHEDULED.



Forest Quiver

Jessica Steele

The quiver basket—tall, narrow, and often carried over the shoulder—is both beautiful and functional, originally used for carrying arrows, tools, or kindling. Today, it makes a striking wall piece or unique holder for dried flowers, walking sticks, or umbrellas. This rattan quiver is a natural color with darker, smoked reeds that give the impression of a deep forest. Students can use color reeds to personalize the basket. It measures approximately 22" tall with a 3.5" inside diameter. A wooden "cookie" is placed at the bottom of the quiver base to protect it from damage caused by arrowheads or other tools. No experience necessary—perfect for beginners and experienced crafters alike.*

1 day 9:00 a.m.-5:00 p.m.
Wednesday 7/15/26
Rose Hall, 22 Knowlton St, Camden \$135

Gathering Basket: "Little Red Riding Hood" with Swing Handle

Jessica Steele

This charming basket is perfect for collecting mushrooms, flowers, herbs—the right size to accommodate your foraged treasures: dimensions measuring approximately 10" x 10" base, 8" weaving height, plus a wooden swing handle that stretches to 14" in height. This basket will have a unique style. Students will follow a pattern using 1/4", 1/2", and 1" premium reed weavers and adding diagonal-colored weavers using the French Randing technique in the center of the basket.*

1 night 4:00-9:00 p.m.
Thursday 4/2/26
CHRHS Rm 118 \$149

Ash Explorer Pack Basket

Jessica Steele

Pack baskets are handmade backpacks traditionally used during hiking, hunting, or other outdoor activities by various cultures around the world for centuries. Maine Guides walked the woods with these packs to transport supplies and game through rugged terrain. We will cover the history of pack baskets and the traditional materials. We will go through the process of weaving step-by-step, ensuring all will walk away with a finished 10-12" tall basket made with White Ash. The baskets will have a base and feet along with pack straps. No experience necessary—perfect for beginners and experienced crafters alike.*

1 night 4:00-9:30 p.m.
Thursday 4/16/26
CHRHS Rm 118 \$155

www.fivetowns.net/adulteducatio

NEW!

Arts & Crafts

Guide Pack Basket

Jessica Steele

Pack baskets are handmade backpacks traditionally used during hiking, hunting, or other outdoor activities by various cultures around the world for centuries. Maine Guides walked the woods with these packs to transport supplies and game through rugged terrain. We will cover the history of pack baskets and the traditional materials. The instructor will go through the process of making the basket step-by-step, ensuring all will walk away with a finished 17" tall basket made with premium reed. The baskets will have a base and feet along with pack straps. Choose from a variety of color straps and even color reeds to add a little color to your basket.*

1 day 9:00 a.m.-5:00 p.m.
Monday 7/13/26
Rose Hall, 22 Knowlton St, Camden \$155

Maine Potato Basket

Jessica Steele

Discover the heritage and craft of traditional basket weaving in this hands-on Maine Potato Basket workshop. Known for their strength and utility, potato baskets were once essential tools on Maine farms—today they're still prized for their beauty and functionality. In this full-day workshop, participants will create their own potato basket using natural materials—reed and wood—of various sizes, exploring traditional techniques including shaping the base, setting the spokes, and weaving the sides. Basket measures approx. 16.5" W x 14" H (w/handle). Students can use color reed to personalize their baskets. No experience necessary—perfect for beginners and experienced crafters alike.*

1 day 9:00 a.m.-5:00 p.m.
Tuesday 7/14/26
Rose Hall, 22 Knowlton St, Camden \$145

Introduction to Birch Bark Basketry

Jessica Steele

Learn how to make your own birch bark basket. We will head into the woods to identify trees, learn how to collect the bark from downed trees, how to process the bark, and finally how to make a basket.*

1 night 5:00-8:00 p.m.
Thursday 5/21/26
CHRHS Rm 118 \$65

Find an Artist Residency for You!

Laura Lee Perkins

If you love to create and can demonstrate a proven commitment to your craft, you are a viable candidate for an artist residency! These programs provide opportunities for private, focused time to create, and are often based in some of the world's most scenic locations. Most offer private living accommodations (2-4 weeks) free of charge; sometimes transportation costs are covered, too. Artists of all persuasions—writers, painters, sculptors, photographers, fiber artists, musicians, composers, glass artists, woodworkers, bookmakers and more—are encouraged to apply. This course will guide you to find an artist residency that fit your individual needs and will explain how to submit a winning application.

1 afternoon 1:00-3:00 p.m.
Wednesday 7/22/26
Rose Hall, 22 Knowlton St, Camden \$25

Intro to Whittling: Nordic Style Kuksa Wooden Coffee Cup and Spoons

Jessica Steele

Kuksa is a type of drinking cup traditionally crafted by the Sami people of northern Scandinavia—perfect for tea or coffee. We will use either basswood or birch woods for the cup. We will also carve wooden spoons. We will have many various woods to choose and whittle. Designed for both beginners and skilled carvers alike. We will go through the various tools and carving techniques needed to make this cup and wooden spoon.*

1 night 4:00-9:00 p.m.
Tuesday 3/31/26
CHRHS Rm 118 \$75

Intro to Wild Basketry

Jessica Steele

Wild basketry is an ancient craft weaving natural materials such as grasses, leaves, wood, vines, and tree bark into functional and decorative containers. We will review how to collect, process, and create baskets with locally-sourced plants. Some materials we may use are cattail, birch bark, white ash, pine bark, willow, grasses, red osier dogwood, and grapevine. This will be an interactive and hands-on class with a presentation and basket demos. Students will be given an opportunity to work with some of the materials and create a basket. A PDF will be shared with information on the materials and patterns.*

1 night 5:00-9:00 p.m.
Tuesday 5/19/26
CHRHS Rm 118 \$75

Creative Postcards

Susan Hill

Join visual artist Susan Hill for a fun afternoon creating one-of-a-kind, personal postcards ready to mail! No experience necessary. All materials provided—blank 4" x 6" art paper postcards, drawing pens, collage images, antique papers, photocopied images, rubber stamps, markers, threads, scissors, and glue sticks—and feel free to bring personal materials, photos, etc. Innovation is encouraged.

1 day (3 options) 1:00-3:30 p.m.
Tuesday 7/7 OR 7/21 OR 7/28
Rose Hall, 22 Knowlton St, Camden \$25

NEW!

NEW!



Computers & Technology

All classes below are taught LIVE via Zoom (a video calling computer program). **TECH REQUIRED:** a strong Internet connection, a computer (equipped with a camera and microphone), the ability to access your email, then point and click on the Zoom meeting link. During each class session you can interact with the instructor via the Zoom chat box to get your questions answered. See our Adult Ed website for detailed course descriptions.

Quick & Simple Virtual Computer Classes for New & Recent Learners

Mike Wilson

Please note: Except for *Getting to Know Your iPhone*, Mike Wilson's classes apply to PC devices, not Macs (Apple). He will email you the meeting link directly before the appointed date and time. If you need help with Zoom, please email Mike a few days before class at: backcourse@att.net. (His reply may go to your spam folder; be sure to check!)

Mike Wilson's classes are held remotely, live via Zoom.

Class Name	Fee	Start Date	End Date	Start Time	End Time	Day
AI (Ai) for Older Adults: So Easy and Practical!	\$20.00	3/18/26	3/18/26	2:00 PM	3:00 PM	WED
AI (Ai) for Older Adults: So Easy and Practical!	\$20.00	4/14/26	4/14/26	12:00 PM	1:00 PM	TUE
Computer Class for Older Adults	\$20.00	3/7/2026	3/7/2026	4:30 PM	5:30 PM	SAT
Computer Scams and What Not to Click on!	\$20.00	3/24/2026	3/24/2026	3:00 PM	4:00 PM	TUE
Computer Scams and What Not to Click on!	\$20.00	4/4/2026	4/4/2026	1:30 PM	2:30 PM	SAT
Computer Scams and What Not to Click on!	\$20.00	4/11/2026	4/11/2026	5:00 PM	6:00 PM	SAT
Demystifying Computer Terms for Beginners	\$20.00	3/13/2026	3/13/2026	2:30 PM	3:30 PM	FRI
Demystifying Computer Terms for Beginners	\$20.00	3/22/2026	3/22/2026	2:00 PM	3:00 PM	SUN
Excel for the Absolute Beginner	\$20.00	3/8/2026	3/8/2026	6:30 PM	7:30 PM	SUN
Excel for the Absolute Beginner	\$20.00	3/26/2026	3/26/2026	4:00 PM	5:00 PM	THU
Getting to Know Your Android	\$55.00	4/8/26	4/10/26	2:00 PM	3:00 PM	W/Th/F
Getting to Know your iPhone	\$55.00	4/28/2026	4/30/26	4:00 PM	5:00 PM	T/W/Th
Managing Photos on Your PC Computer	\$20.00	4/19/26	4/19/26	2:00 PM	3:00 PM	SUN
Managing Photos on Your PC Computer	\$20.00	4/25/26	4/25/26	12:00 PM	1:00 PM	SAT
Using Zoom	\$20.00	3/1/2026	3/1/26	2:00 PM	3:00 PM	SUN
Windows 11: Starting from the Beginning	\$20.00	4/1/2026	4/1/26	2:30 PM	3:30 PM	WED

Practical Online Training for Busy Adults

Nickie Welsh

Nickie Welsh is dedicated to empowering adults with practical technology skills, ensuring they never have to rely on teenagers for tech help again. With a focus on building confidence in technology use, Nickie helps her students feel included in tech conversations with family and friends and understand technology topics mentioned in the news. Her mission is to make technology accessible and comprehensible for everyone, fostering a sense of inclusion and confidence in the digital age.

Nickie Welsh's classes are held remotely, live via Zoom (link included in registration confirmation email)

Class Name	Fee	Start Date	End Date	Start Time	End Time	Day
Canva for Awesome Beginners	\$33.00	3/24/26	3/24/26	1:00 PM	2:00 PM	TUE
Canva for Awesome Beginners	\$33.00	5/19/26	5/19/26	1:00 PM	2:00 PM	TUE
Canva Power Hour: Advanced Tricks That Save You Time!	\$33.00	3/3/26	3/3/26	1:00 PM	2:00 PM	TUE
Canva Power Hour: Advanced Tricks That Save You Time!	\$33.00	5/7/26	5/7/26	1:00 PM	2:00 PM	THU
Fast-Track to Social Media Marketing for Business	\$33.00	5/14/26	5/14/26	1:00 PM	2:00 PM	THU
Phone Photo Rescue Workshop for Beginners!	\$33.00	3/5/26	3/5/26	1:00 PM	2:00 PM	THU
Phone Photo Rescue Workshop for Beginners!	\$33.00	5/21/26	5/21/26	1:00 PM	2:00 PM	THU
Post Like a Pro: Navigating Facebook & Instagram with Meta Business Suite	\$33.00	3/10/26	3/10/26	1:00 PM	2:00 PM	TUE
Practical ChatGPT Training for Everyone	\$33.00	3/17/26	3/17/26	1:00 PM	2:00 PM	TUE
Practical ChatGPT Training for Everyone	\$33.00	5/12/26	5/12/26	1:00 PM	2:00 PM	TUE

Exercise, Health & Outdoors

Group Power with Amanda

Amanda Strong

Build muscle strength and improve movement with Group Power, a class that combines traditional strength exercises with functional movements. Suitable for all fitness levels, it uses an adjustable barbell, weight plates, body weight, and a step, along with heart-pounding music and expert coaching. Easily modifiable to meet you where you are, whether you are a beginner or you've been strength training for years! Make this class a part of your routine and get the results you're looking for! PLEASE BRING WATER AND A YOGA MAT.

6 weeks (2 options) 6:00-7:00 a.m.
 begins Monday 3/16, class skips 4/20
 OR
 begins Friday 3/20, class skips 4/24
 N Atlantic Gymnastics Academy, 425 Commercial, Rockport
 \$75

Strong Body, Strong Mind

Amanda Strong

This energizing class combines mindfulness and circuit training, starting with an inspirational reading and rolling into a high-intensity workout that incorporates dance, cardio, strength, kickboxing, and plyometrics. Add to all of this a rocking playlist. We end with a short, yoga-inspired stretch (10 mins) and guided relaxation (10 mins). The goal is to leave you feeling ready to take on anything life has coming your way. Let's get STRONGER together! PLEASE BRING WATER AND A YOGA MAT. Class skips 4/22.

6 weeks 6:00-7:00 a.m.
 Wednesdays begins 3/18/26
 N Atlantic Gymnastics Academy, 425 Commercial, Rockport \$75

Zumba Gold with Amanda

Amanda Strong

Zumba Gold is the low-impact version of regular Zumba—a fitness program that combines Latin and international music with dance moves, creating a dynamic and fun workout. It's often described as a dance party rather than a traditional exercise class, encouraging participants to move to the rhythm of the music. Great if you're new to Zumba or just need something with fewer twists and turns.

6 weeks (2 options) 5:00-6:00 p.m.
 begins Tuesday 3/17/26, class skips 4/21
 OR
 begins Thursday 3/19/26, class skips 4/23
 N Atlantic Gymnastics Academy, 425 Commercial, Rockport \$75

Fly Fishing 101

Jeff Space

Learn the basics of fly casting in this hands-on workshop. We will cover rods, reels, lines, and what else you will need to get started. In addition to the casting lesson, we will cover the basic knots used, fly selections and how to fish with them. We will also learn to read the stream or river you are fishing to find the most likely places to catch fish. The lesson will continue with a stream-side lesson on the St. George River on Saturday, May 2, 9:00-10:30 AM. This lesson will be optional to participants and weather dependent.

2 weeks 5:30-7:30 p.m.
 Wednesdays begins 4/8/26
 CHRHS Cafe \$25 SR

Upgrade Your Canoe and SUP Skills

Alice Bean Andrenyak

This one-day, on-water workshop covers canoeing and SUP skills that everyone ought to know but doesn't. Learn how to transport canoes and SUPs properly; how to launch and recover; strokes for tandem and solo canoe paddling and SUPing. Learn rescues, especially after capsizing. You will go swimming, so you are required to wear a wetsuit or drysuit to participate. Limited suit rentals are available with advanced notice. You must bring: your own lunch; canoe; paddle; life jacket; and enthusiasm. SUPs will be provided. Limited canoe rentals are available with advanced notice. Must register at least 8 days in advance.

One day 8:15 a.m.-5:00 p.m.
 Saturday 4/11/26
 1161 Mere Point Rd, Brunswick \$125

Upgrade Your Sea Kayak Skills

Alice Bean Andrenyak

This one-day, on-water workshop covers: proper transport of a sea kayak; strokes for most efficient paddling in different conditions; proper boat launch etiquette; safety on the water; where you should and shouldn't paddle; using a chart while paddling; common rescues and tows. There will be capsizing involved so you are required to wear a wetsuit or drysuit to participate. Limited rentals are available with advanced notice. You must bring: your own lunch; sea kayak at least 14' long with two bulkheads; paddle; life jacket; bilge pump; paddle float; and enthusiasm. Must register at least 8 days in advance.

One day 8:15 a.m.-5:00 p.m.
 Saturday 4/18/26
 1161 Mere Point Rd,
 Brunswick \$125

Golf for Beginners

Ashton Benn

Start loving golf from the beginning! Each week will cover a different aspect of the game from basic rules, formats of play, and history of the sport through the fourth week playing a nine-hole round of golf. We'll cover the mechanics of the golf swing, use of clubs, putting and chipping, and the variety of golf equipment and apparel essential to playing the game. By the end, students will feel confident in their game regardless of age, ability, or physique. Equipment is provided but you're welcome to bring your own.

4 weeks noon-1:00 p.m.
 Thursdays begins 9/3/26
 Goose River Golf Course, 50 Park St, Rockport \$99 SR



Exercise, Health & Outdoors

Natural History Explorations

NEW!

Gary Roberts

This spring, spend your Saturday mornings outdoors getting to know some local natural treasures! Join any or all of these walking excursions curated and led by Registered Maine Guide and naturalist Gary Roberts. Binoculars recommended. Beauty guaranteed.

**6 Saturdays, all 8:00 a.m.-noon, \$75 for the full series
OR \$15 individually**

Beech Hill Preserve, Rockport

4/18/26

This moderate hike will start at the Rockville Road trailhead and traverse through sugar maple and red oak woods that open onto the organic blueberry barrens of Coastal Mountains Land Trust's Beech Hill Preserve. The preserve habitat has hosted over 100 species of birds and possibly the largest concentration of Eastern Towhees in Maine. Meet at the Rockville Road Parking Lot.

Erickson Fields Preserve, Rockport

5/2/26

This easy 1.4-mile hike begins at the parking lot on Route 90 in Rockport. The trail starts by crossing a bridge that spans a small brook, passes flower and vegetable gardens, open fields, a then loops through a mixed woods forest. Along the way watch and listen for the numerous warblers that make their home here.

Ash Point Preserve, Owls Head

5/16/26

Conserved by the Maine Coastal Heritage Trust, Ash Point is a thirty-four acre preserve with 1.1 miles of trails. The preserve features old apple trees, beautiful moss-covered stone walls, spruce woods, and great views of Penobscot Bay. The preserve is home to multiple bird species including sparrows, warblers, wrens, and ospreys. Note: This is an easy-to-moderate hike with some uneven footing over rocks and tree roots. Meet at the Preserve's parking lot on the east side of Ash Point Drive, Owls Head.

Fort Point Trail, St. George

5/23/26

This easy, one-mile roundtrip hike has wide paths with bridges and boardwalks that make this a universally accessible trail. The path winds through woods that open onto a nearly round field that juts out into the St. George River and was once the site of Fort St. George. Eagles and ospreys find roosts in the huge oak that line the edge of this small peninsula. Meet at the Fort Point Preserve parking lot on the west side of Rte. 131 in St. George.

Clark Island, St. George

5/30/26

Look for sea ducks, gulls, and terns as you walk across the causeway to Clark Island. This 124-acre island preserve in St. George has diverse habitats that include spruce and hardwood forests, orchards, hay fields, and granite quarries with a multitude of wildlife. This is an easy 1.8-mile round trip hike on the island's centered gravel roadway and quarry loop trail. Meet at the Craignair Inn parking lot.

Sears Island, Searsport

6/6/26

Sears Island, originally called Wassumkeag (Shining Beach) by the Wabanaki peoples, is the largest uninhabited island on the East Coast. Six hundred of the island's 940 acres are protected under conservation easements. It's one of the areas hottest birding spots; we'll look for warblers, vireos, kinglets, cuckoos, waterthrushes and others as we hike the Jetty Road and the Homestead Trail. Parking is on the causeway; we will meet just inside the gate.

Monhegan Island Hike/Day Trip

Gary Roberts

Join naturalist and Registered Maine Guide Gary Roberts for a Monhegan Island adventure! Plan to arrive at Port Clyde's Monhegan Boat Line terminal by 9:30 AM. After a 55-min ferry trip, we'll arrive on the island around 11:30 AM to begin a moderate hike through the village to the rocky back shore and along the Cliff Trail. We'll find a comfortable spot for a picnic lunch and enjoy the spectacular ocean views; then we'll cross back to the village via the Cathedral Woods—an old spruce woods, where we just might see a fairy house or two. We'll discuss the diverse flora and fauna we see along the way. Time permitting, folks may visit the Monhegan Museum of Art and History at the Monhegan Light Station and/or the Lupine Gallery featuring island artists before we catch the 4:30 PM ferry back to the mainland. Bring your hiking shoes, sunscreen, water, and lunch. Binoculars recommended! Register by June 17. Registration fee includes a round-trip ticket to Monhegan and parking at Port Clyde.

1 day 9:30 a.m.-5:30 p.m.
Wednesday 7/22/26
Meet at Monhegan Boat Line terminal, Port Clyde \$70

Malaga Island Paddle and Hike Adventure

Alice Bean Andrenyak

Sea kayak to mysterious Malaga Island where indigenous people summer camped and where the state of Maine evicted a colony in 1912. We'll meet at 8:15 AM at a public boat launch, get outfitted for our paddling trip, and go over safety rules and basic strokes. We'll paddle 1.5 miles to Malaga Island, always on the lookout for harbor seals, gulls, great blue herons, snowy egrets, sea ducks, ospreys, and possibly bald eagles. After landing, we'll hike the 1.2-mile-trails of the island, stopping at the southern tip to eat the lunch/snacks each of us brought from home. After finishing our hike, we'll paddle back, returning around 2 PM. You must bring: a very small backpack with your lunch, snacks, extra clothing layers, two twenty- to twenty-two-ounce bottles of water and possibly a change of shoes for hiking. If you are unable to walk unaided over tree roots and rocks, do not book this trip. All paddling gear—kayaks, life jackets, and paddles—is provided for this beginner-friendly tour. Must register at least 8 days in advance.

1 day 8:15 a.m.-2:15 p.m.
Wednesday 6/24/26
Holbrook Street Boat Launch, Harpswell \$125

Sea Kayak Tour to Oyster Farm with Complimentary Tasting

Alice Bean Andrenyak

Join Master Maine Guide Alice Andrenyak starting early morning to avoid the winds on Mere Point Bay. While paddling in solo or tandem kayaks, you'll learn about aquaculture in Maine—fishing, clamming, scallop, and oyster farming. You'll learn about the area's natural and human history. We'll visit an oyster farm, then land on an island where you'll learn to shuck oysters then taste your success. This tour is beginner- and family-friendly (five years and up). Sea kayaks, life jackets, and paddles are provided. You provide your own water and snacks. We meet at 8:15 AM and return about noon. Must register at least 8 days in advance.

1 day (2 options) 8:15 a.m.-noon
Monday 6/15 OR 7/10
1161 Mere Point Rd, Brunswick \$95

www.fivetowns.net/adulteducatio



Driver's Education

Roy's Driver & Rider Education

Our driver's education class teaches the techniques of driving a vehicle, along with basic vehicle maintenance, safety precautions, traffic regulations and laws of the state of Maine. Roy's Driver & Rider Education is the only driving school in Maine authorized to provide a driver's education experience consisting of fifteen hours of in-person classroom instruction paired with fifteen hours of self-paced online component classes. The online content provider is OnlineDriversEd.com and they are the only provider authorized by the BMV for this curriculum.

Monthly starts \$650

Spring, Fall, and Winter Classes, Driving, and Final Exams are held at CHRHS Rm 316 3:45-6:45 p.m.

Summer class, Driving, and Final Exam are held at Rose Hall, 22 Knowlton St, Camden 9:00 a.m.-12:00 p.m.

To register visit the Roy's website below, select Driver's Ed and then select Rockport as your location.

For more information, call 207-784-6245

www.roysdriving.com

American Mah-jongg for Beginners

Chris Sady & Lila Vultee

Come learn the game of Mah-jongg! It's an exciting game using tiles to create winning hands. Playing mah-jongg involves luck, strategy, and fun. Sign up with friends or make some new ones while you learn! Five sessions allows for lots of practice and advancement of skills.

5 weeks 6:00-8:00 p.m.
Tuesdays begins 3/17/26
CHRHS Rm 218 \$29 SR

I Ching in Action: Making Decisions with Ancient Wisdom

Tom Jamrog

Begin your journey into the *I Ching*, one of the oldest known Chinese texts, with origins dating back roughly 3,000 years to around 1000 BC. Discover the ancient wisdom of this Book of Changes. In this introductory class, you'll learn the fundamentals of this system—yin and yang, the eight trigrams, and the sixty-four hexagrams—and explore how the *I Ching* offers practical guidance for understanding life's transitions and making meaningful decisions. Anyone curious about Eastern philosophy, personal growth, or decision-making tools welcome. No experience necessary. Come prepared to take notes. Pre-order your own textbook *The Everyday I Ching* by Sarah Denning (St. Martins, 2019). Please let us know ahead of time if you need to purchase the textbook from adult ed.

2 weeks 5:30-7:30 p.m.
Tuesdays begins 3/24/26
CHRHS Rm 227 \$30 SR

"SR" = senior discount (age 65+) Call before registering to get

General Enrichment

The Deep History of Fossils

NEW!

Kevin Cope

Nowadays, in an age where museums are everywhere, most everyone has seen a fossil and read a display tag explaining what it once was. This illustration-rich course turns back the clock some three centuries to look at the attempts of the first fossil hunters to figure out why digging up the earth revealed so many weird relics in so many unexpected places. In the process, we learn about the role of wonder, amazement, and even uncertainty in the history of science.

2 weeks 5:45-8:00 p.m.
Tuesdays begins 6/2/26
CHRHS Rm 235 \$35 SR

The Idea of America: Philosophers Who Created our Country

NEW!

Kevin Cope

Who developed the ideas that led to the creation of the American nation? It's tempting to zero in on Thomas Jefferson or Benjamin Franklin, but the story of the imagining of a new world is longer and far more entertaining than the textbook version. In this easygoing course, we will look at three colonial-era philosophers and two or three visionaries whose ideas inspired the American founders. We will encounter such lively conceptions as a fantasized oceanic kingdom and an academy for scientific women while also meeting the philosophers who stimulated the American founders.

4 weeks 5:45-8:00 p.m.
Thursdays begins 5/7/26
CHRHS Rm 235 \$35 SR

Astrology Basics

NEW!

Elisabeth Goodridge

Astrology is much more than a daily horoscope! It's an ancient art based on astronomical data and experience. Not a science in our modern sense of evidence, but a complex system that provides another perspective on human personality. Come explore how it works! We will discuss the origins, how a Natal or event chart is drawn, the basic symbols, and building blocks of the chart: planets, signs, houses, and aspects. We will explore how these are woven together to create a horoscope, and after looking at horoscope examples of some famous people, students may choose to work on their own charts together (please have your birth data—time, place and date. Note: exact birth time is important, and may require obtaining a long form birth certificate in advance.) We'll also explore the AstroDienst website, so bring your smart phone, tablet, or laptop. Let the adult ed office know if you need access to a device. Class skips 4/23.

6 weeks 6:30-8:00 p.m.
Thursdays begins 4/2/26
CHRHS Rm 216 \$65 SR

History of Malaga Island, Maine

Alice Bean Andrenyak

Learn about the eviction of a complete community living on Malaga Island in Casco Bay in 1912. Learn the prehistory of the island's use by indigenous people and post history of the island after the eviction. Learn a bit about the mainland African American village in coastal Maine that no longer exists but predated the Malaga Island Colony. Visit the island remotely through a slide show created by Master Maine Guide Alice Bean Andrenyak.

1 night 7:00-8:45 p.m.
Wednesday 5/20/26
Virtual Live, Zoom \$35

General Enrichment

Women's Defensive Pistol Fundamentals



Alice Bean Andrenyak

Over two weeks in a safe, women's-only environment, you will learn the mindset and skills to protect yourself and others—with and without a firearm. First you will learn or review the basics of handling a firearm, then about self-defense. Learn the difference between accurate target shooting and defensive shooting. Practice will be inside the classroom using SIRT pistols (laser-only shooting pistols) but you will be seriously challenged. Holsters and special clothing will be used. A \$35 textbook is included in the registration fee. No firearms are to be brought to class. This course meets Concealed Carry Permit application requirements. Two 3.25-hour classroom sessions, plus a two-hour semi-private range instruction at a separate cost of \$60, if you provide the handgun and ammunition, or \$85 if the instructor provides.

2 weeks
Wednesdays
Legion Hall, 91 Pearl St, Camden

5:30-8:45 p.m.
begins 4/22/26
\$159

Coed Basics of Pistol Handling

Alice Bean Andrenyak

In a non-threatening, safe environment with no live ammunition present, learn the basics of: handgun safety at home; how to handle a pistol safely; parts of a pistol and ammunition; fundamentals of pistol shooting including holding, stance and aiming; common malfunctions; cleaning; and selecting a pistol just right for you. No firearms are to be brought to class. The two-hour semi-private range time is separately scheduled and has a fee of \$60 payable to the instructor, if you provide the handgun and ammunition, or \$85 if the instructor provides. If you go to the range, you'll fire either your own pistol or one from the instructor and try to put five rounds of ammunition through four separate target circles at ten feet using only twenty rounds. You will need fifty rounds of ammunition for your personal handgun. To pass this nationally rated course and get certified you must: attend all sessions and actively participate, pass a written examination, and pass the ten-foot shooting qualification, all within two weeks of the last class session. Certification can be used to apply for a Concealed Carry Permit. Two 3.25-hour classroom sessions, plus a two-hour semi-private range instruction at a separate cost.

2 weeks
Mondays
Legion Hall, 91 Pearl St, Camden

5:30-8:45 p.m.
begins 4/6/26
\$159

Develop a Personal and Home Protection Plan

Alice Bean Andrenyak

This course is NOT about installing an alarm system. It is about adjusting your awareness around you as you move through your day and your home. It is about doing mental exercises to handle the "what if's" to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to access your home's defense.

1 night
Thursday
Virtual Live, Zoom

6:00-8:45 p.m.
4/2/26
\$35

Understanding Constitutional Carry

Alice Bean Andrenyak

For firearm owners and non-owners. Learn what to do if you are attacked or see an attack and respond with force. Also: how to contact the first responders; how prosecutors might view your actions; rules about concealed carry in the US and Maine; and various ways to protect yourself without using a firearm

1 night
Thursday
Virtual Live, Zoom

6:00-8:45 p.m.
3/26/26
\$35

How to Identify a Public Threat and Be Safe



Alice Bean Andrenyak

More and more violence is directed at houses of worship, schools, businesses, and community centers. How can you be safe? Learn the basics to access the surroundings, make plans to improve your safety and possibly help others stay safe. Firearms are not always the first best choice—void, Escape, Hide, Confront.

1 night
Thursday
Virtual Live, Zoom

6:00-8:45 p.m.
4/16/26
\$35

Be Safe When Your Office is Someone's Home

Alice Bean Andrenyak

For anyone who goes into someone else's home to do work, repairs, estimates, sales, nursing, or home exterior contractors. Keep yourself safe: learn the basics to access the surroundings and protect yourself without using a firearm

1 night
Thursday
Virtual Live, Zoom

6:00-8:45 p.m.
4/9/26
\$35

Green Burial: A Better Way to Go

Anthony Antolini

The Green Burial Council, a national educational and certifying organization, defines green burial as "a way of caring for the dead with minimal environmental impact that aids in the conservation of natural resources, the reduction of carbon emissions, the protection of worker health, and the restoration and protection of habitat." Learn the basics of green burials—how they differ from conventional practices, where they happen, their advantages. Bring your questions!

1 night
Thursday
CHRHS Rm 235

6:00-7:00 p.m.
4/30/26
FREE

Write Your Own Obituary and Other End-of-Life Preparations

Laura Lee Perkins

You don't need to be an "author" to craft your own obituary; be remembered using your own words that reflect what is important to you about your life, not what someone else rushes to write within hours after your passing. Instructor Laura Lee Perkins guides you to prepare for this and other important end-of-life issues that families often unexpectedly encounter. This experiential class offers a light-hearted approach accented with personal stories. You will go home with lots of helpful information.

1 morning
Wednesday
Rose Hall, 22 Knowlton St, Camden

10:00 a.m.-noon
7/22/26
\$25

www.fivetowns.net/adulteducatio

Healthcare Training

CPR/First Aid

Lindsey Pinkham

This course combines all the skills of First Aid/CPR/AED into a comprehensive course to allow students to be ready for emergencies common in the workplace and home. Any student who successfully completes this course will be issued an ASHI certification card. This course covers both adult and infant/child CPR and First Aid.

2 weeks (2 options) 5:30-8:30 p.m.

begins Wednesday 3/25 OR Tuesday 5/12

CHRHS Rm 219

\$140



NEW!

Wilderness First Aid

Lindsey Pinkham

This course is intended for individuals that are not health care providers or professional rescuers but desire or are required to be certified in wilderness first aid knowledge and skills. **Certification in Adult CPR and AED is required as a pre-requisite for this program.** Class meets 4/16, 4/28, 4/30, 5/5, and 5/7. Class skips 4/21 and 4/23. A \$25 fee for materials is to be paid to instructor at the first class. **Only cash or checks accepted for this class.**

3 weeks 5:30-8:30 p.m.

Tues/Thurs

begins 4/16/26

CHRHS Rm 219

\$475

NEW!

Lindsey Pinkham is the owner and lead instructor of Midcoast First Aid. A graduate of Maine Maritime Academy with a Bachelor of Science in Marine Transportation and a professional emergency medical technician since 2002, she works for both emergency and transfer services in Maine. Sailing as mate she was designated the person-in-charge of medical care on bulk carriers, oil clean up vessels, and tugs across the globe. She has taught at Maine Maritime Academy in the classroom and on the annual training cruise.



American Red Cross

Basic Life Support Recertification

Lindsey Pinkham

This course is for individuals entering or currently in a medical profession who need to renew their skills. Course covers CPR, AED use, foreign body airway obstructions, and scene management. Any student who successfully completes this course will be issued an ASHI certification card. Prior to class, participants MUST present a valid certification from one of the following entities: American Heart Association; American Red Cross; American Safety & Health Institute —includes MEDIC First Aid; Emergency Care and Safety Institute; EMS Safety Services; National Safety Council.

1 night 5:00 - 9:00 p.m.

Tuesday

4/14/26

CHRHS Rm 219

\$100

NEW!

207.236.7803

Dog and Cat First Aid

Jessica Steele

Be prepared for emergencies that involve a cat or dog. Training combines videos, lectures, interactive discussion, and hands-on practice. By the end participants will be able to perform/identify/understand: pet first aid kit contents; the normal, physical condition, behaviors, and habits of pets; their normal heart rate, breathing rate, and temperature; safe approaches to ill/injured cat/dog; how to capture and restrain a cat and muzzle a dog; bandaging soft tissue injuries; fracture care including head and neck injuries; treating heat-/cold-related emergencies; breathing and cardiac emergencies; rescue breathing and CPR for a dog or cat. No handouts: be prepared to take notes. **NO REFUNDS UNLESS THE CLASS IS CANCELLED OR RESCHEDULED.**

1 night

5:00-8:00 p.m.

Wednesday

4/29/26

CHRHS Rm 118

\$75



Babysitter Training (American Red Cross Certification)

Jennifer Harris

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

NEW!

**One 4-hour session (2 options)
\$95**

Tuesday, 3/31, 4:00-8:00 p.m.

CHRHS Rm 219

OR

Wednesday, 7/29, 1:00-5:00 p.m.

Rose Hall, 22 Knowlton St, Camden

Jennifer Harris is an independent, licensed training provider. She earned her degree in Therapeutic Recreation from the University of Southern Maine and has held numerous Red Cross certifications over the years including swimming instructor and lifeguard. With a passion for teaching, Jennifer prides herself on providing a learning experience that is engaging, fun, and informative. A lifelong Maine resident, she resides in Washington with her husband Neil, and has two young adult children who also live in the area.

adult.education@fivetowns.ne

23

Home & Garden

Mushrooms, Edible and Medicinal of New England

David Spahr

This class will feature easy-to-understand information on finding, collecting, identifying, and preparing the safe, most common, edible and medicinal mushroom species of New England and Eastern Canada. Whether you are a cook, forager, herbalist, or restaurateur, you will enjoy this class. The book *Edible and Medicinal Mushrooms of New England and Eastern Canada* will be available for purchase in class for \$21.

1 night (4 options) 6:30-8:30 p.m.
Tuesday 3/17 OR 4/7 OR 5/5 OR 6/9
CHRHS Rm 210 \$29

Mushroom and Wild Edible Plants Walk

David Spahr

Come explore along a trail in an excellent mushrooming area. The class will also discuss commonly found wild edibles including nutritious greens, their uses, and their niche in the local ecology. This course involves some moderate hiking. The group will meet at the Rt. 17 parking lot for the Georges Highland Path/Ragged Mountain trailhead.

1 day 10:00 a.m.-1:00 p.m.
Saturday 8/22/26
Route 17, Ragged Mountain Trailhead, Rockport \$75

Foraging Walk

David Spahr

Learn about edible and medicinal wild plants commonly found in the spring. We will be looking for and examining nutritious greens, their uses, and their niche in the local ecology. Class will meet near the windmill behind Camden Hills Regional High School. Boots or waterproof footwear recommended.

1 morning 10:00 a.m.-noon
Saturday 5/30/26
CHRHS Windmill \$29

Composting at Home 101

Jacinda Martinez

Professional farmer/gardener Jacinda Martinez explains the basics of healthy soil and how to make your own using common kitchen scraps. Even with limited space, you can compost and you will not only be helping your plants, you'll be taking less trash to the dump! Jacinda will walk you through different options and explain which gadgets actually do the trick.

1 night 5:30-8:30 p.m.
Monday 5/11/26
CHRHS Rm 231 \$35

Garden Tools

Jacinda Martinez

Professional farmer/gardener Jacinda Martinez leads this hands-on exploration of different types of gardening tools and how they can be used in the garden. Nowadays, there seems to be a garden tool for anything and everything. This class will cover some garden tool history, basics, practical uses, and care. Feel free to bring a garden tool that you have questions about. This class is best for the home gardener.

1 night 5:30-8:30 p.m.
Tuesday 5/19/26
CHRHS Rm 231 \$35

NEW!

Gardening: Making the Most of Your Yard and Garden in Spring



Sharon Turner

Spring is a great time to plan, prepare, and plant trees, shrubs, and perennials! Whether you're starting from scratch, needing to renovate existing plantings, wanting to plan a new vegetable or flower garden, or create a special habitat for birds and beneficials, this field-based class is for you. The first meeting is the only one held at CHRHS; subsequent classes will meet at each participant's property to explore individualized, site-specific options. Organic practices will be emphasized as will the incorporation of native plants, especially those important for birds, bees, butterflies, and other beneficials. Please give us your physical address when registering. The first night is mandatory, students will receive information and subsequent garden visits will be planned for all participants—this will be the only meeting held in a classroom. Dates and times of subsequent meetings will be determined that evening. A \$10 materials fee (handouts) is to be paid to instructor. Approximately 8 weeks total, with some meetings at gardens on weekdays and some on weekends. This class will include a meeting at the instructor's nursery in Washington.

8 weeks 6:00-8:00 p.m.
Wednesdays begins 4/8/26
CHRHS Rm 235 (1st night only) \$139

"I learned a lot as Sharon talked us through each garden.

She provided a lot of valuable handouts, too!"

Gardening for Beginners: Starting from Scratch

Sharon Turner

Want to start a garden but don't know where to begin? Planning and preparation are essential to the creation of productive, efficient, and beautiful vegetable and perennial gardens. In this class you will learn about garden design, plant varieties, seed starting, mulching, composting and fertilizing. Organic and "low-till" practices, native plants, and the inclusion of plants attractive to birds, bees, butterflies and other beneficials will be emphasized. A \$10 fee for materials (handouts) is to be paid to instructor. This class will include a visit to the instructor's nursery in Washington.

3 weeks 6:00-8:00 p.m.
Wednesdays begins 3/18/26
CHRHS Rm 235 \$40 SR

Farming with Edible Native Plants

David Spahr

Learn to grow and harvest edible, native plants that provide essential ecological benefits. Instructor David Spahr shares examples from his own years of farming experience and from the educational, public, edible landscape he installed across from the town hall in Washington, Maine, in 2014, where wild bees support the pollination and are supported in turn by the many wild local natives including peaches, serviceberries, American plum, beach plum, American chestnut, shagbark hickory, highbush blueberries, raspberries, black raspberries, huckleberries, thimbleberries, strawberries, cranberries, raisin Viburnums, Sedum purpureum, violets, peppermint, garlic, day lily, Rosa rugosa, chives, rhubarb, Jerusalem artichoke, and others.

1 night (2 options) 6:30-8:30 p.m.
Tuesday 4/14 OR 5/19
CHRHS Rm 210 \$29



Permaculture Throughout the Year: Spring through Summer

Joan Herzog

Permaculture, a contraction of “permanent agriculture” and “culture,” is a design system for sustainable, regenerative living that mimics natural ecosystem patterns to create self-sufficient, low-maintenance, and productive environments. Learn from expert Joan Herzog who transformed her ¼ acre lot in Camden into a lush bird and insect haven with over eighty-five native plants and large beds of fruits and vegetables. Each month, Joan will give a two-hour classroom presentation on Thursday afternoon, followed by a Saturday morning visit to her nearby garden.

Five Thursdays, 1-3 p.m. AND Saturdays, 9-11 a.m

\$150 for all five classes

OR \$35 individually

March Session \$35

INTRODUCTORY PERMACULTURE,

PART 1 Permaculture Principles and Creating Your Home Garden Design. Steps to logically transform your yard into viable, productive native gardens. Bring your favorite empty book to start your garden journal.

1 Thursday afternoon 1:00-3:00 p.m.
Rose Hall, 22 Knowlton St, Camden 3/19/26

INDOOR NATIVE PLANT & VEGETABLE PROPAGATION

Learn easy techniques for growing successful, inexpensive, prolific seedlings. We will also be looking into winter sowing early results. You will leave with new skills and healthy seedlings.

1 Saturday morning 9:00-11 a.m.
Joan's garden (meet at 22 Knowlton St, Camden) 3/21/26

April Session \$35

INTRODUCTORY PERMACULTURE, PART 2

Creating Your Home Garden Design continued. Plus Tools/Techniques for Building Your Soil and Beds. Essential earth-building steps for successful gardens.

1 Thursday afternoon 1:00-3:00 p.m.
Rose Hall, 22 Knowlton St, Camden 4/16/26

SOIL/BED BUILDING SKILLS

Soil testing, collecting materials, composting, hugelkultur, key holes, path plucking, plus trellising and other productive techniques. You will leave with many new skills and some native plants selected for your site.

1 Saturday morning 9:00-11 a.m.
Joan's garden (meet at 22 Knowlton St, Camden) 4/18/26

Home & Garden

May Session \$35

INTRODUCTORY PERMACULTURE, PART 3

Creating Your Home Garden Design concluded. Planting Successful Food Gardens and Spring Maine Natives: Selecting, proper location and planting techniques. Turn those ideas into a doable plan.

1 Thursday afternoon 1:00-3:00 p.m.
Rose Hall, 22 Knowlton St, Camden 5/21/26

EARLY OUTDOOR PLANTING

Techniques using a grow room, greenhouses, tunnels, and cold frames will be examined. Soil augmentation plus multipurpose garden tools that last decades will be discussed and tested.

You will leave with your finished 2026 Garden Plan and, sure!, some plants.

1 Saturday morning 9:00-11 a.m.
Joan's garden (meet at 22 Knowlton St, Camden) 5/23/26

June Session \$35

PERMACULTURE FOR YOUR COMMUNITY

Growing Food, Spreading the Wealth, and Rewilding Your Neighborhood. There are so many different ideas, this could be an entire series, but the goal is to implement small, productive changes that can ignite huge, healthy changes all around! Also How to Plan Your Herb Beds.

1 Thursday afternoon 1:00-3:00 p.m.
Rose Hall, 22 Knowlton St, Camden 6/18/26

COMMUNITY GARDENS IN ACTION

Help create community beds for early harvests. We'll review HERB GARDENS: DESIGNS, GROWING AND HARVESTING. All will leave with healthy herb plants and neighborhood ideas.

1 Saturday morning 9:00-11 a.m.
Joan's garden (meet at 22 Knowlton St, Camden) 6/20/26

July Session \$35

EARLY HARVESTS AND LATE PLANTINGS

Creating large harvests that last throughout the growing season. Also, what can go right and what can go wrong even when you have great soil, proper location, adequate nutrients, water, and sun; we'll dig into challenges like bugs, diseases, and crop failure diagnoses and solutions.

1 Thursday afternoon 1:00-3:00 p.m.
Rose Hall, 22 Knowlton St, Camden 7/23/26

SUMMER FOOD HARVESTING and PUTTING FOOD BY

Staying on top of harvesting, garden chores, and saving your harvest using dehydrating and canning systems. Also Eco-Friendly Xeriscaping, Water Barrels, Mulch, and Other Water Saving Ideas.

1 Saturday morning 9:00-11 a.m.
Joan's garden (meet at 22 Knowlton St, Camden) 7/25/26



Languages & Writing

Unlock Your Memoir: Digital Tools to Spark Your Story

BoomerTECH Adventures

Explore a variety of digital tools in this multi-video course designed to support your memoir journey. Discover apps and strategies for organizing memories, researching, illustrating, and polishing your work. Gain practical skills to enhance your writing process and confidently bring your story to life. This online course is designed for students to complete on their own time and at their own speed. Students receive a digital (PDF) booklet that includes class instructions and content (videos and articles). Instructors provide personalized support via email and/or online chat. The course will take you approximately six hours over a month's time to complete the tasks depending upon how much time you want to commit. Once you gain access to the class content, you have it to keep and refer to for as long as you need. **TECH REQUIRED:** a strong Internet connection and a Mac computer, iPad, or iPhone to access videos and articles.

Start anytime

Online, self-paced

Course fee

\$49



Discover Sign Language

Erin McHenry

Embark on a journey to master the art of American Sign Language (ASL) and unlock the power of communication with the help of our comprehensive program!

In this sign language course, you will learn to skillfully finger-spell, master an array of signs, and confidently engage in conversations using phrases and full sentences. Silent instructional videos throughout the sign language training course provide an immersion in the Deaf experience to showcase proper sign techniques, highlight the importance of facial expressions, and develop fluency for meaningful conversations in this elegant and expressive language.

Whether you are interested in learning sign language for personal or professional reasons, our course is perfectly designed to provide a convenient and effective way to achieve your goals. Learn sign language online today!

Online, instructor-moderated

\$131

Spanish: Beginner

Paul Garcia

Beginner Spanish focuses on basic elements, emphasizing the development of spoken language skills. One goal will be "thinking on one's feet"—viable self-expression. Classroom practice spans the gamut from the traditional through situational exercises and "total physical response" techniques. Textbook fee of \$15 is included in registration. Note: the same book is used in all of Paul's classes.

Spanish: Intermediate

Paul Garcia

This course expands on elements introduced in the Beginner course, further developing spoken language skills and gradually delving into literature and culture. Open to any student who has had beginning Spanish language instruction, this course may be taken multiple times. Textbook fee of \$15 is payable to instructor at the first class; if you are continuing from an earlier class, you will be using the same book.

Spanish: Continuing

Paul Garcia

Open to students who have completed and feel comfortable with the Intermediate class or those who have had previous Spanish language instruction, this course may be taken multiple times. Course goals and instruction are based on the needs and interests of students enrolling. Textbook fee of \$15 is payable to instructor at the first class; if you are continuing from an earlier class, you will be using the same book. Class skips 5/25.

Mondays & Wednesdays	6:30 - 8:30 p.m.
Beginner: 3 weeks	begins 3/30/26 \$80 SR
Intermediate: 3 weeks	begins 4/27/26 \$65 SR
Continuing: 3 weeks	skips 5/25 begins 5/18/26 \$65 SR

CHRHS Rm 216

Italian: Continuing

Francis Boscoe

Ciao a tutti! This course is for those who have completed the Italian for Beginners course. We will focus on making small talk, expressing opinions, and additional verb tenses, using the textbook *Italian in 3 Months* by Milena Reynolds (DK Press, 3rd edition, 2022). Please let us know ahead of time if you need to purchase the textbook from adult ed.

5 weeks	6:00-8:00 p.m.
Tuesdays	begins 4/28/26
CHRHS Rm 235	\$69 SR



Publish Your Own Book

Preethi Fernando

Curious about what it takes to publish and sell your own book? Instructor, Preethi Fernando, shares tips and tricks learned from publishing fifteen books of her own. (This is not a writing class.)

1 session (3 options)

Saturday, 3/14/26	9:00-11:00 a.m.
Friday, 4/10/26	noon-1:00 p.m.
Saturday, 4/18/26	11:00 a.m.-noon
Virtual Live, Zoom	\$25

"SR" = senior discount (age 65+) Call before registering to get

From Work to Wealth: Plan for Your Retirement

Brie Prio

This one-night retirement planning class focuses on how much you need to save and where to save it. We'll cover how to think about retirement savings targets, the differences between common retirement accounts, and how to prioritize contributions. Attendees will leave with a clearer picture of what they need to be able to retire with confidence and what steps to consider next. Jeff Schroeder, Financial Planning Apprentice, will be conducting the class with Brie's support.

1 night
 Thursday
 CHRHS Rm 228
 6:00-7:30 p.m.
 3/26/26
 FREE

A special thank you to our volunteer instructors who provide FREE classes of special interest to our communities.

Stocks, Bonds, and Investing: Oh, My!

Matt Crabtree, CFP



Looking for a good, solid class in the basics of stocks, bonds, finance, and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Do you wish you could do it all without having to pay a broker or a financial advisor? Well, look no further. The class you need is right here.

Take a walk through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but will also address personal financial issues that are often ignored but absolutely essential to your success as an investor.

6 weeks
 Starts monthly
 Online, instructor-moderated
 Register at <https://www.ed2go/fivetown>
 \$125



College Planning: Extracurricular Activities, What Colleges Look For and How to Stand Out

Michelle McAnaney NEW!

Extracurricular activities can make a college application stand out. Colleges look at your activities to infer how likely you are to get involved in the campus community. They even use your activities to infer what type of person you are. In short, your activities list matters. In this course, you will learn: how colleges use extracurricular activities to make decisions about applicants; what kinds of activities stand out on an application; how to describe your activities in the application; what to do if you're not that involved in activities; and how colleges define extracurricular activities. (It's not what you think!) Target audience: parents of students in grades 8-12.

1 night
 Wednesday
 Virtual live, via Zoom
 7:00-8:00 p.m.
 4/8/26
 \$50

Wills and Trusts Explained

Debbie Bifulgo, Esq.

This course shows the difference between a Will and a Trust and how each is used as a tool in an estate plan. It covers the basics of a Will, Power of Attorney, and Advanced Directive, as well as more complex topics such as trust use in Medicaid/MaineCare asset preservation, estate plans for blended families, and how to protect the inheritance of an adult child. Attendees will learn how estate planning techniques can be used to preserve assets and prevent family conflict. Taught with stories, this class shows attendees potential areas of loss in their own families.

1 night (3 options)
 Wednesday
 CHRHS Rm 235
 5:30-7:00 p.m.
 4/15 OR 5/13 OR 6/17
 FREE

Airbnb: How to Open and Run One Well

Debra Arter



The number of people choosing Airbnb for Maine lodging has increased exponentially. In 2024-25 individual Maine Airbnb owners earned an average of \$84,000 annually. Coastal areas typically earn more than inland ones but even far-flung spots earn \$2,500 to \$3,000 per month for a single rental! If you have ever considered offering your guest bedroom, summer camp, or tenting spot for short-term rental, this is a class not to miss. Instructor Debra Arter has operated River Escape, a popular Airbnb in Damariscotta, since 2018. From her own experience and from interviews with many other Airbnb and VRBO owners, she has compiled a packet of valuable information addressing important issues such as dealing with ordinances, insurance, new Airbnb protocols, expectations, fees, using the Airbnb website and app effectively, hosting, communication, networking groups, neighbors, and more. She will also share hosting tips and stories of unusual events in the life of a short-term landlord. Bring your questions!

1 night
 Thursday
 Virtual live, via Zoom
 5:30-8:00 p.m.
 4/16/26
 \$49

Music & Dance

Intro to Tap Dancing

Lilli Clark

Tap dancing! It's not just fun, it's good for your heart, core, balance, and brain! We will start each class by warming up our ankles and getting ourselves ready to move. After that, we will go over the basic terminology and techniques that are related to tap dancing. Each session we will work on a small dance combo that you can proudly show your friends and family with confidence by the end of the course. Lastly, to close the class we will talk about how to properly take care of your tap shoes and yourself after a tap class.

***Students must bring their own tap shoes.** Instructor will provide a wooden tap board for each student (included in registration fee) for class and home use. Class skips 4/22.

6 weeks 6:30-8:00 p.m.
Wednesdays begins 4/8/26
CHRHS Rm 214 \$99 SR

Intro to West Coast Swing Dancing

Steve Hand

West Coast Swing is a fun, social, partner dance that can be danced to many types of music including R&B, Blues, Pop, etc. In this class you will learn the basic rhythm and movement patterns of West Coast Swing with an ability to match your dance to the genre and tempo of the music. Starting from scratch, getting back into dancing, or refining your basics—this class has something for all skill levels.

Class skips 4/21.

4 weeks 6:30-8:00 p.m.
Tuesdays begins 4/7/26
CHRHS Mini Gym \$45

Guitar for Beginners

Patricia Mason

Discover the joy of making music in this welcoming beginner guitar course designed for students of all ages. Participants will develop essential guitar skills including basic chords, rhythm techniques, tuning methods, and proper playing posture. Each class blends structured fundamentals with a creative, judgment-free environment—because in music, there's no such thing as the "wrong" way to explore your sound. Students will gain confidence through hands-on practice, guided instruction, and supportive group learning. Whether you're picking up a guitar for the first time or rekindling an old interest, this course offers a solid foundation and space for artistic growth. ***Students must bring their own guitar and tuner.** Please contact the instructor if you need guidance about buying an instrument. Class skips 4/21.

6 weeks 6:00-8:00 p.m.
Tuesdays begins 3/31/26
CHRHS Rm 225 \$65 SR

So, You Think You Can't Sing? You Can!

So Ija Kleinschmidt

If you can speak, you can sing! In fact, you already do. Whether you've never really sung before, or you're a car karaoke master too shy to let your voice ring past the windshield, this course is for you! Learn to embrace the natural nuances of your voice, gain confidence in your abilities as a singer at all stages, and assess and safely explore new techniques on your own! For new and repeat students.

6 weeks (2 options) 6:00-7:00 p.m. OR 7:15-8:15 p.m.
Thursdays begins 5/7/26
CHRHS Rm 214 \$68

NEW!

Piano for Beginners

Joani Mitchell

For new and repeat students. Learn basic note reading, technique, theory, and chords. Class time will be a mix of group work and individual instruction. Students will need access to a piano/keyboard at home for practice during the week. Contact the adult ed office if you need a loaner. A \$30 fee is to be paid to the instructor for comprehensive textbook book which includes songs, exercises, and music theory.

Class skips 4/21.

6 weeks 6:30-7:30 p.m.
Tuesdays begins 3/31/26
CHRHS Ensemble Room \$119




NEW!


Symbols & Abbreviations

CHRHS = Camden Hills Regional High School

SR = Senior Discount. **MUST CALL BEFORE REGISTERING.**

 = online class

 = virtual live class

 = very popular class

Classroom definitions you should know

Online: these classes take place 100% on a computer and require Internet access.

Instructor-moderated: a teacher manages enrollment and the timing of assignments.

Self-paced: students typically have no specific deadlines for individual assignments.

Virtual, live: generally means live interaction through the use of a computer, tablet, or smartphone equipped with a camera and microphone. Examples of technologies used include Zoom, WebEx, and Google Meets.

Please call us if you are ever unsure about the delivery model of a class.

Hurricane Island: Past and Present

NEW!

Will Galloway

Experience Hurricane Island first hand! Join our exclusive expedition to this unique island—once a thriving quarry industry abandoned literally overnight, now a center for science and leadership committed to such regenerative and sustainable practices as solar power, aquaculture, constructed wetlands, marine ecology, and scientific research focused on changes taking place in Penobscot Bay. We will meet at the Rockland ferry terminal for the 7:00 AM ferry to Vinalhaven, be picked up by private boat for a tour of the island with a picnic lunch (included in registration fee), arriving back in Rockland by 5:45 PM. Paid parking is available in the ferry terminal lot. Deadline to register (and submit dietary needs): May 23. Rain date: June 13.

1 day 7:00 a.m.-5:45 p.m.
 Saturday 6/6/26
 Hurricane Island, Penobscot Bay \$140



2026 PROGRAMS FOR ADULT LEARNERS

We partner with local instructors to provide unique programming for adults.



Wilderness First Responder
 April 20th - 25th
 \$1200



Wilderness First Responder Recertification
 May 3rd - 6th
 \$600



Leadership & Conflict
Transformation for Climate Action
 June 19th - 21st
 \$750



Archeology
 August 16th - 22nd
 \$1,250



Mushroom Foraging
 September 11th - 13th
 \$600



Program cost includes transportation between Rockland and Hurricane Island, all food and housing, and all programming.

www.hurricaneisland.net/adult-programs-2026

19 Commercial Street Rockland, ME | 207-867-6050 | info@hurricaneisland.net

An Evening on the Camino de Santiago

NEW!

Ava Kabouchy

The legendary Camino de Santiago (the Pilgrims' Route or the Way of Saint James) spans 487 miles across northern Spain to the city of Santiago de Compostela where the Apostle James is believed to be buried. Now a UNESCO World Heritage site, the Camino dates back to the Middle Ages when, according to legend, a hermit living in Galicia was drawn to the spot which then became a place of pilgrimage. Today hundreds of thousands hike this ancient route each year, drawn to its history, culture, art, adventure, and opportunity for spiritual growth. Ava Kabouchy has traveled the Camino four times and will share her inspiring experiences, photographs, and practical knowledge for undertaking this journey. There will be time for questions and sharing of resources for further exploration. Buen Camino!

1 night 6:00-7:00 p.m.
 Thursday 4/2/26
 CHRHS Rm 235 \$10



Saudi Arabia: Next on Your Bucket List

NEW!

Ava Kabouchy

If traveling off the beaten path is your thing, come learn why you'll be adding beautiful Saudi Arabia to your bucket list. When Ava Kabouchy was offered a teaching post at Princess Nourah University in Riyadh, Saudi Arabia, three months later she found herself on a plane headed to one of the world's strictest Islamic nations. Ava looked past the restrictions to see the beauty and adventure around her—red sands, white sands, camel caravans, desert camping trips with close friends, swimming in the Arabian Gulf, shopping for handicrafts in souqs (markets), sharing Arabic coffee with Bedouins, paragliding over the southwestern mountains—traveling within the Kingdom and the surrounding countries. By the time she left four years later, restrictions were easing; and when she returned recently it was to a changed country! Come learn of Ava's adventures in Saudi Arabia and plan your own journey!

1 night 6:00-7:00 p.m.
 Thursday 4/9/26
 CHRHS Rm 235 \$10

Machias: Historic Gem of Washington County

Elyse Socker

The town of Machias is the county seat for Washington County and a lovely but less-traveled part of Downeast Maine. The word Machias in the Passamaquoddy language means "bad little falls", which refers to the beautiful and rugged waterfalls located on the Machias River in the center of a town that became famous as the location of the first naval battle of the American Revolutionary War, 251 years ago. In 1775, locals were told of the battles of Lexington and Concord. When a small Royal Navy ship demanded Machias provide lumber to be used by British forces in Boston, the locals decided on a defiant alternative—they sailed after the British ship, fought its crew, and captured it! Today, you can visit Burnham Tavern (built in 1770), where the Patriots came up with their audacious plan, and which served as a hospital during the battle. Nearby Machiasport is known for the 1810 Gates House Museum and the unique Jasper Beach, a sandless beach covered in beautiful stones worn round by the sea—its only match a beach in faraway Japan. This trip will include a guided tour of Burnham Tavern and visits to Jasper Beach, The Gates House, lunch at Helen's Restaurant (famous for their blueberry pie), the stunning Bad Little Falls, and the Art Gallery at the University of Maine at Machias, founded by the artist John Marin and his wife Marie Jane Hughes. No meals or admission donations (optional) are included. We will meet at Camden Hills Regional High School then travel on a coach bus to Machias with a brief rest stops in Ellsworth.

1 day 7:30 a.m.-10:00 p.m.
 Tuesday 8/11/26
 Meet at CHRHS \$175

Workforce & Certificate Course

Real Estate Sales Agent

Kim Coit, Center for Real Estate Studies

Taught by the Center for Real Estate Studies, this self-paced, online course includes optional live Q & A sessions during the instructor's monthly online office hours. Students who pass with a grade of 75% or better are eligible to take the Maine Real Estate Licensing Exam. Students who pass *that* state exam may then join a licensed Maine Real Estate Agency and obtain a Maine Real Estate Sales Agent license. Please note that the Maine Real Estate Commission requires the course be completed within one calendar year from the date of registration.

Beside launching professional realtor careers, this course is useful for potential buyers and sellers to understand the sale process. It also covers real property valuation and real estate finance, and can help prospective investors understand the forces that create value and why ownership of real estate is key to wealth accumulation.

Registration fee includes all digital materials and fees. A hard copy of the text is available for an additional \$25. **CALL ADULT ED TO REGISTER. Payment for this class is by cash or check only.**

12 months

Online, instructor-moderated

\$370



The following certificate classes occur quarterly and are just some highlights of the many workforce classes offered by UGotClass, one of our online partners. View the full selection at: ugotclass.org/about-us/index.cfm/FiveTown

For more info, contact the Adult Ed office: 207-236-7803; adult.education@fivetowns.ne

The Basics of Bookkeeping

Sharon deFonteny

How do you keep track of the day-to-day financial transactions of a business? Whether you are looking to advance in your career, or you're an entrepreneur, (or maybe you are a part of a family business), this course will help you if you are looking to understand the numbers.

The Basics of Bookkeeping course will help you understand, and know how to record, every penny that comes into your business and every penny that goes out of your business. This course shows you how to create a chart of accounts that meet your needs. All of the money you spend, and all of the money you earn, have a place to go. How do you record them? What are debits and credits? What do the numbers mean? How do I label accounts? Even if you outsource your bookkeeping needs, you should still have a basic understand of what happens with the money earned and the money spent. No one should be blind to his or her finances

In this course you will learn where the numbers go, and why! You will learn the bookkeeping terminology as well as what it means to keep track of the numbers. At the end of the cycle, what do the numbers mean? The Basics of Bookkeeping will show you how to keep track of the numbers and why!

\$195

30

Spring/Summer 2026

Introduction to SQL

Dr. Cecelia Allison

The Adobe suite of software tools is the industry standard. Learn how to write SQL code to create and populate database tables and how to write simple SQL queries that are capable of retrieving vast amounts of information from a database. In this course, you will discover the power of the relational database, how to create and manage database tables, and how to use SQL SELECT statements to precisely pinpoint and retrieve data from a database.

Requirements:

- Windows 10 or later. Macs are not compatible.
- Necessary rights (local administrative rights) to install programs on the computer.

\$245

Bookkeeping Certificate

Sharon deFonteny

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting.

The Bookkeeping Certificate courses must be taken in the below order (the classes build off each other):

- Understanding Debits and Credits
- General Ledger and Month End Procedures
- Closing Procedures and Financial Statements

\$495

Certificate in Basic Game Design

Jean Haefner

Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This Certificate provides you with a general introduction to what goes into the design and development of both video and analog games, with a particular focus on the use of games outside of consumer entertainment.

By successfully completing this Certificate in Basic Game Design, you will have taken the first steps into understanding game design, and being able to create your own games.

Introduction must be taken before intermediate

\$395

Certificate in Mastering Microsoft Excel

Amy Klous, Betsy Flanagan, John Rutledge

A must-have skill to succeed in business, for entrepreneurs and valued employees is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most-used spreadsheet tool in the world.

Once you master using the tools in Excel, this Certificate will help you learn how to present data as understandable and meaningful information.

Students must have access to Microsoft Excel to complete this certificate

3 one-month courses

Online instructor-moderated

Mastering Microsoft Excel

Intermediate Excel

Advanced Excel

\$495

www.fivetowns.net/adulteducation

Workforce & Certificate Courses

Popular Online Courses



The classes below are some highlights from the broad catalog of online classes in areas like computer applications, information technology, computer science, and essential business skills offered by ed2go, one of our online partners. These are instructor-moderated, with new classes beginning every month. View the full selection at www.ed2go.com/fivetowns/

For more info, contact the Adult Ed office: 207-236-7803; adult.education@fivetowns.ne

COURSE or SERIES TITLE	BRIEF DESCRIPTION	PRICE
Accounting Fundamentals	Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.	\$146
Accounting with QuickBooks Online Suite	This suite of courses will teach you the fundamentals of accounting with QuickBooks Online. You'll learn the essentials of double-entry bookkeeping and managing the financial aspects of your small business quickly and efficiently using QuickBooks.	\$547
Creating WordPress Websites	Learn how to create websites with WordPress, the world's most popular website building platform.	\$142
Explore a Career in Medical Coding	Explore a career as a medical coder and gain knowledge to help you work with confidence almost anywhere in the medical field from doctors' offices, clinics, hospitals—even the comfort of your home! This course teaches use of the CPT manual and IDC-10-CM which will give you a leg up on others who are new to this career.	\$154
Introduction to QuickBooks Online	Learn to use QuickBooks Online to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.	\$156
QuickBooks Online Series	Learn to use QuickBooks Online to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.	\$280
Project Management Fundamentals	Gain the skills you'll need to succeed in the fast-growing field of project management.	\$154
SQL Series	Gain a solid, working knowledge of the most powerful and widely used database programming language in the world. This Structured Query Language (SQL) series helps you master the fundamentals of SQL and more advanced topics through hands-on practice and programming exercises. You will even learn several real-world applications for SQL.	\$262
Veterinary Assistant Series	Taught by a practicing veterinarian and college instructor, courses in the Veterinary Assistant Series will give you the information you need to prepare for work as a veterinary assistant including the specific duties you are likely to face every day. Gain practical skills, learn veterinary terminology, and prepare to apply for jobs as a veterinary assistant.	\$548



www.ed2go.com/fivetowns/

High School Completion & Academics

Adult Learning Center

Year-Round Academics

Do you need your high school diploma?
 Want to improve your writing or math skills before heading to college?
 Need support for college classes you are taking?
 Exploring a new career and need guidance?
 We're here to help!

The Learning Center is open twelve months a year for academic support. Adult Education is the path to college and career success for all adults in need of academic instruction and guidance. Hours are flexible; we will try to meet you on your schedule. Our staff provides individualized instruction in the areas of:

- High School Equivalency Diploma (HiSET)
- Accuplacer (college student skills assessment) Prep
- Math and English Language Arts (ELA) instruction to prepare you for college-level coursework
- General reading, writing, and math tutoring for anyone pursuing college or career education
- Workforce credential or certification tutoring and prep
- College and Career advising

All services through the Learning Center are FREE. If you or anyone you know could use any of these services, please contact us.

Call us at 207-236-7803

to schedule your first appointment.



Our Learning Center is located at Rose Hall (the former Mary E. Taylor School), 22 Knowlton Street in Camden. This is where our academic classes are held. Meetings can also be held over Zoom. Please call ahead to make an appointment.



High School Equivalency (HiSET)

Brenda Hio-Hamdan, Peg Junge, Brian Boyd



If you are an adult without a high school diploma, The High School Equivalency Test (HiSET) is Maine's general education diploma (GED) program which is your route to improved career prospects, a college education, and increased earnings potential. Get your diploma and be one step closer to achieving your life's goals. Contact our office for more information and to arrange for a private consultation: 207-236-7803 or adult.education@fivetowns.net

HiSET Writing

Brenda Hio-Hamdan

Learn how to write an essay for the HiSET Writing Test. You'll focus on organizing your ideas and providing supporting details in an argumentative essay. Grammar, punctuation, and writing mechanics will also be covered. There will be opportunities for revising and editing with other students. Learn how to write your best essay for the HiSET!

Schedule Individualized begin any time
 Blended, In Person, or via Zoom FREE

Math for HiSET

Peg Junge

Placement testing is necessary to register for this course. Students prepare for their HiSET Math test through a structured process of refreshing prior math knowledge and learning new skills. This twelve-week blended course (on Zoom and/or in-person) begins with a quick review of fraction, decimal, and percent usage, before continuing with topics such as ratios, statistics, probability, basic geometry, and algebra. Students are expected to practice independently between the weekly classes with provided videos, worksheets, and quizzes available online.

Schedule Individualized begin any time
 Blended, In Person, or via Zoom FREE

Multi-Lingual Learners (MLL)

Brian Boyd

All new English speakers welcome! Are you interested in improving your English skills? Learning English can help you:

- Prepare for a new career
- Obtain a driver's license
- Communicate with your child's school
- Improve your living situation
- Expand your job prospects
- Prepare for citizenship exam

Tutoring, conversation classes, and Citizenship classes are available. Call for more information. FREE



Adult Learning Center College and Career

COLLEGE AND CAREER ADVISING

We offer continuing college and career advising after you've left high school. We also offer Accuplacer (college student skills assessment) testing. Not sure what math and English classes to enroll in? Find out your math and reading levels to help you choose the best courses for your freshman year. We can also help you develop great study habits and best practices or taking notes!

HEADING OFF TO COLLEGE?

Services we offer:

- Math: Brush up on those skills before heading out.
- Writing: Learn best ways to build your skills.
- Chemistry with lab: Need this as a prerequisite for your major? Take it during the summer for free.

ATTENDING COLLEGE REMOTELY?

Services we offer right here in Camden:

- Math: Get help with homework any time you need assistance. We are a satellite tutoring site for the Maine Community College System.
- Writing: Continue to gain help and learn best ways to build your writing skills.

WORKFORCE/CERTIFICATE TRAINING

- Not attending college but want to pursue workforce training? Many possibilities exist right here in your backyard and may offer externship or apprenticeship opportunities leading to a job in an in-demand career.

Tutoring for College Math

Get help before or while attending college. Enter at your own level and progress from there. Topics include operations with whole numbers, decimals, fractions and percents. This course is recommended for beginning math students who need to rebuild the foundational skills and concepts needed for more advanced math studies. Accuplacer Arithmetic testing is provided at no cost.

Continue on with quantitative reasoning, algebra and statistics (QRAS). Topics include proportions, exponents, algebraic expressions, linear equations, statistics, probability and geometric concepts. Students entering at this level should be fluent in basic math operations (add, subtract, multiply, and divide) and have confidence working with fractions. Accuplacer QRAS testing is provided at no cost.

Schedule Individualized _____ begin any time
Blended, In Person, or via Zoom _____ FREE

College & Career

Adult & Community Education Staff

Nick Beverage, Director

nicholas.beverage@fivetowns.ne

207-230-1667

Nick has experience in a variety of roles, including adult education, non-profit management, research, and teaching. He is also an artist who shows his oil paintings locally from time to time.

Elyse Socker, Program Assistant

elyse.socker@fivetowns.ne

207-236-7803

After thirty years of working in the book business, Elyse became the Program Assistant for Five Town CSD Adult Ed in 2007. She loves the community connections, many opportunities to help people, and the fact there is never a dull moment!

Sarah Price, Evening Secretary

207-236-7803

adult.education@fivetowns.ne

Sarah brings experience in publishing, education, and customer service to the adult ed team.

Brian Boyd, Academic Instructor

brian.boyd@fivetowns.ne

207-236-3358 ext. 4107

A writer of fiction, poetry, and arts journalism, Brian has a master's degree in English and has taught literature and writing at the high school and college levels for over twenty-five years. He teaches English Learners and HiSET students.

David Doubleday, Academic Coordinator

david.doubleday@fivetowns.ne

207-236-3358 ext. 4107

A long-time teacher in the English department at Camden Hills Regional High School, David recently retired and has joined our team to help direct students to appropriate pathways.

Brenda Hio-Hamdan, Academic Instructor

brenda.hio-hamdan@fivetowns.ne

207-236-3358 ext. 4107

Brenda has a degree in English and Anthropology and an M.A.T. in Secondary English. She spent many years working in publishing as a book editor before leaving to teach high school English. She has taught adult students for the past seven years.

Peg Junge, Academic Instructor

margaret.junge@fivetowns.ne

207-236-3358 ext. 4107

Peg has a degree in business and math, with numerous years of experience working with adults at RSU13 and MCST.

Five Town CSD Adult & Community Education is a part of the MidCoast 7 hub of adult ed programs. We work collaboratively with programs at RSU 13, Belfast, RSU 3, Central Lincoln County, Midcoast School of Technology, RSU 40, and Merrymeeting Adult Ed. We strive to find the best fit for your educational needs. If you are interested in learning about hub-wide initiatives or you are looking for a referral to another program, please contact us today: 207-236-7803.



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



MID-COAST
SCHOOL OF TECHNOLOGY
ADULT EDUCATION
1 Main Street Rockland, ME 04841



WORKFORCE TRAINING CLASSES*

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CNA & CRMA Certificate Programs

- CNA - classes start 9/9 or 11/189 weeks, T/W/TH 8:30am-3:00
- CRMA - classes start 10/17 or 1/30/265 weeks, FRI 8:30am-4:00
- CRMA Recertification - class dates 10/3 or 12/12 1 day, FRI 8:00am-2:00

Dental Assisting class starts 9/2610 Sessions, FRI 9:00am-4:00

Welding & Machining

- MIG Welding 1 - class starts 9/166 weeks, T/TH 4:30-7:30pm
- MIG Welding 2 - class starts 10/276 weeks, M/W 5:00-8:00pm
- Machining 1 - class starts 10/204 weeks, M/T 4:30-7:30pm



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

Technology for Home & Work

- Quickbooks Online-Basic & Intermediate - class starts 10/77 weeks, T 5:30-8:00pm
- Excel 2019 Basic & Intermediate - class starts 10/96 weeks, TH 6:00-8:00pm
- Excel Advanced - class starts 12/43 weeks, TH 6:00-8:00pm
- Effective Document Management - class date 11/191 Session, W 6:00-8:00pm
- Outsmart the Scammers - class date 9/221 Session, M 6:30-8:00pm
- SketchUp for Woodworking - class starts 10/75 weeks, T 5:30-8:00pm

Enrichment Classes

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

For complete list of courses and course details and to register,
go to midcoastadulthood.com, or scan the QR code above

adulthood@mcst8.org

207-596-7752 x 3



Five Town CSD

ADULT and COMMUNITY EDUCATION
enriching lives... strengthening community... since 1969

- *Over 200 Courses Offered
- *More than 400 Online Classes Available
- *Over 30 classes are NEW this semester!

PLUS...



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www.fivetowns.net/adulteducation

Email: adult.education@fivetowns.net
Phone: (207) 236-7803
Fax: (207) 230-1059
Website: fivetowns.net/adulteducation
Director: Nick Beverage
Mailing Address:
 Five Town CSD Adult & Community Education
 25 Keelson Drive (Route 90)
 Rockport, Maine 04856
Learning Center Address:
 Rose Hall
 22 Knowlton Street
 Camden, ME 04841

4 Easy Ways to Register

Mail

Fill out the registration form on the other side of this page or print from our website, and use either check or credit card. Make check payable to: Five Town CSD Adult Education. Send to: Adult Ed, 25 Keelson Drive, Rockport, ME 04856

Call

Call us at (207) 236-7803

Online

Register at:
www.fivetowns.net/adulteducation
click the "Register for Courses Here" button

Come in

Our office is at Camden Hills Regional High School. 25 Keelson Drive, Rockport ME 04856. Please give us a call if you plan to stop by. 236-7803

Symbols & Abbreviations

CHRHS = Camden Hills Regional High School

SR = qualifies for Senior Discount. Must call to register.



= online class



= virtual class



= very popular



**1 Main Street
Rockland, ME 04841
207-596-7752 opt 3**

**Mid-Coast School of Technology Adult
Education**

**Your local:
Career & Technical Training Center**

**Five Town CSD Adult & Community Education
Camden Hills Regional High School
25 Keelson Drive
Rockport, Maine 04856
(207) 236-7803**

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