

KITTERY | MARSHWOOD

Adult Education

Community Learning Together



FALL 2026 CATALOG

Classes to enrich
your life and build
your future.



Community News



STUDENT SPOTLIGHT

The Perseverance and Grit to Fulfill a Dream

Olga Djuric-Wilfong has overcome many obstacles in her life. Born and raised in Kosovo, Serbia, she held onto her love of learning despite having to stop school in the eighth grade. Married at sixteen, she raised a family during the Kosovo War.

After starting a new life and family in America in her early thirties, Olga worked at a variety of customer service jobs. She then applied to be a TSA agent and a CNA, but ran into the barrier of not having her high school diploma. Ever determined, Olga discovered she could take classes at Kittery Adult Ed to prepare for the HiSET (high school equivalency tests.)

“I finished what I couldn’t finish with my friends in Kosovo; I’ve done what I’ve always wanted to do.”

For the past three years while she continued to work and look after her family, Olga faithfully attended classes and studied at home. A model of perseverance and positivity, Olga’s efforts paid off on June 8 when she graduated high school with a HiSET diploma. Many new opportunities await Olga now. And she wants others who don’t have their high school diploma yet to know: “Hard work pays off Set your mind to it, and there is nothing you cannot do. Never give up!”

GRADUATION

Celebrating Our 2026 Graduates and a Community Champion

Congrats to Our Graduates

At our graduations in June, we celebrated 13 Kittery Adult Education students and 7 Marshwood Adult Education students who earned their high school equivalency diplomas this past year. Well done to our most recent graduates!

Way To Go Mike!

Congratulations to Michael Latterreur for being the first recipient of the Kittery Adult Education Community Champion Award. Mike is the manager of Walgreens in Kittery and also a true mentor who champions adult education and takes pride in helping his team and community members reach their full potential. In his commencement speech at Kittery’s graduation, Mike highlighted the value of life long learning. Thank you, Mike, for the many ways you help make our community better!



Registration Is Now Open!

Table of Contents

English Language Learning & Citizenship Classes	2
High School Diploma & College/Career Prep	3
College & Career Development.....	4
Kittery Classes.....	6
Creative Arts	6
Talks & Tours.....	10
Mind & Body Wellness.....	12
Culinary Arts	13
Finance & Skill Development	14
Technology.....	15
Marshwood Classes	16
Creative Arts	16
Mind & Body Wellness.....	19
Talks & Walks	20
Travel & Other Fun.....	21
Finance & Skill Development	22
Technology.....	23
Registration Info	25

What We Do

The staff, teachers, and volunteers of Kittery and Marshwood Adult Education programs play an important role in creating a vibrant community.

We help students earn their high school equivalency (HiSET) diploma; teach math, reading, and English language classes to adults; provide workforce training like computer skills; and offer college and career advising.

We also offer a variety of enrichment classes that encourage life-long learning, help build community, and support the core of our mission. **When you sign up for one of our classes, you are helping to make a difference in our community!**

Thank You To Our Partners

- MainSprings
- Rice Library
- South Berwick Library
- Kittery Community Center
- Kittery Dance Hall

And **thank you for the vital support** of the Towns of Kittery, Eliot, and South Berwick and its school districts.



Volunteers Needed!

We are always looking for community volunteers to mentor or tutor our students.

Where We Are



Kittery Adult Education Traip Academy

12 Williams Ave, Kittery, ME 03904
(207) 439-5896
www.kittery.maineadulted.org



Scan the QR Code
to View All Our
Kittery Classes



Marshwood Adult Education Marshwood High School

260 Dow Hwy., South Berwick, ME 03908
(207) 384-5703
www.marshwood.maineadulted.org



Scan the QR Code
to View All Our
Marshwood Classes

English Language Learning & Citizenship Classes



Free- Start Anytime

English Classes for English Language Learners & U.S. Citizenship Classes

Our welcoming and supportive English language classes will help you strengthen your speaking, listening, reading, and writing skills; build your vocabulary; and improve your pronunciation. We also offer classes to prepare for US citizenship.

Kittery Adult Education Register: (207) 439-5896

Tuesdays & Thursdays

- Preparation for U.S. Citizenship 5:00-6:00pm
- ESOL Beginner and Intermediate classes , 6:00-8:00pm
- ESOL Advanced levels by appointment

Marshwood Adult Education Register: (207) 384-5703

Tuesdays & Wednesdays

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

Online English Language Learning

Designed for all levels of English language learners, Burlington English and EnGen focus on academic, civics, career readiness, and technology integration. Learn online using a computer or phone.

Registration fee: Free, but must register

Library Resources for English Language Learners

We are happy to partner with our local libraries that provide resources for English language learners like a summer conversation group for ESOL students at South Berwick Library and, at Rice Library, English-Spanish books for children and works of fiction in Spanish for adults.

High School Diploma & College/Career Prep

Start Anytime!

Fall 2026 Academic and Career Prep Classes

Our teachers schedule day and evening classes Monday-Thursday at both Kittery and Marshwood Adult Educations.

Call or text Marci Dionne at (207) 351-0167 for more information.

Support Types	Description
High School Completion HiSET (GED) Prep Classes	Individualized support to prepare you to take and pass the five HiSET tests.
Basic Reading and Writing	Individual tutoring to strengthen your writing and reading skills for college, work, or life.
Math	Individual tutoring to strengthen your math skills for college, work, or life.
Free Community College Classes with Adult Ed support	Guidance to help you take advantage of Maine's free community college classes.
Computer Certification Classes	Certificate classes to help you become more comfortable and skilled with a computer.
Career/College Advising	Support to help you clarify and make plans for taking next steps toward college or in your career.

Did You Know?

Maine residents can access free HiSET (high school equivalency test) prep classes and testing as well as career/college counseling. Eligible adults can also take free early college classes.

PREPARE TO PASS THE HISET

Here's how we help!

THE INTAKE PROCESS

Come to our office to meet with us and share basic information about yourself and your goals.



AN INITIAL ASSESSMENT

Take a reading and math assessment to help us figure out how to best prepare you for the HiSET.



SUPPORT IS AVAILABLE

Get individual teaching support that fits your schedule and learning needs, so you can pass the HiSET as soon as possible.



TAKING THE HISET

Take 5 pretests and 5 HiSET tests: reading, writing, math, social studies, and science. You don't have to take them all at once, and you get more than one try!



EARNING YOUR HISET DIPLOMA

After you've passed all 5 HiSET tests, **CONGRATULATIONS**, you've earned your high school equivalency diploma. Time to celebrate!



College and Career Development



College and Career Access-Support and Opportunities for You!

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

College Access

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

Free College

Maine high school and HiSET graduates can receive free tuition at any Maine Community College. Get help with your application or receive academic support.

Career Access

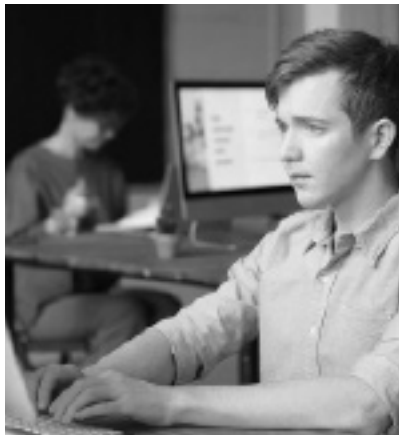
- Get assistance creating resumes, cover letters, and preparing for interviews.
- Learn about internships, pre-apprenticeships, and paid apprenticeships with academic support, and workforce training programs.



Career & College Advising

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

Registration fee: Free, but must make an appointment



World of Work Career Inventory

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

Registration fee: Free, but must make an appointment



Support for Free Community College Class

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

Start anytime

Registration fee: Free, but must register

College and Career Development



Finance Authority of Maine offers free virtual workshops designed to build financial literacy for future college students and young adults.

Yes, You Can Save for College (and Still Get Financial Aid)

This myth-busting session explains how savings really factor into financial aid calculations and how families can save without sacrificing aid eligibility.

Friday, Oct. 2, 12:00-1:00pm

Financial Aid Made Simple

This session walks you through the basics from the FAFSA to understanding financial aid offers.

Tuesday, Oct. 13, 6:00-7:00pm

Personal Finance Boot Camp

This practical session covers budgeting, saving, credit basics, and planning tools to help you feel more confident about your finances.

Tuesday, Dec. 8, 6:00-7:00pm

Rise Up Retail Program

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

Start anytime

Registration fee: Free, but must register

Academy of Medical Professions Classes

Through these online and in-person courses, students earn nationally recognized certifications and prepare for national exams that open doors to healthcare careers across the country. Contact the Academy for more information and to find out about possible funding sources.

Clinical Medical Assisting

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

Starts: 10/13/2026

Course fee: \$3,500

Phlebotomy Program

Become a certified Phlebotomy Technician in just 10 weeks. This comprehensive program, a combination of live Zoom classes and in-person skills labs, covers everything you need to pass the NHA certification exam.

Starts: 10/13/2026

Course fee: \$3,500



For more courses and details, scan the QR Code

Dental Assisting Program

This 12-week hybrid course taught by a dentist is designed to teach all aspects of dental assisting and prepare you to pass a national certificate exam and includes an opportunity for internships.

Starts: online, anytime or in-person, starting 09/14/2026

Course fee: \$3,200

Pharmacy Technician Certificate

This 14-week, all-inclusive online course will training you to be a technician in a pharmacy, learning the basic science at the core of pharmacy practice and preparing you for the PTCB exam.

Starts: online, anytime

Course fee: \$2,850

Behavioral Health Professional Training & Certificate Program

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

Start anytime

Registration fee: Free, but must register

Real Estate 101

This flexible, online introductory course will help you learn about real estate, personal finance, homeownership, and career opportunities within the real estate industry. It covers property ownership, financing, contracts, valuation, ethics, and professional communication. Through videos, activities, case studies, and guided instruction, you will develop practical life and career skills. This course does not satisfy Maine real estate licensing requirements.

Start anytime

Registration fee: \$150

KITTERY: Creative Arts



Birds, Blooms and Playful Gardens-A Mixed Media Class for Beginners

▲ Gretchen Fogelstrom

Create colorful birds and expressive flowers while exploring the joy of mixed media art. Using acrylic paint, collage, and playful mark-making techniques, you'll learn how to build texture, layer color, and create charming nature-inspired compositions. Perfect for beginners and experienced artists alike.

6 Thursday classes:

Sept. 24-Oct. 29 5:30-7:30pm

Registration fee: \$165

Hat Decorating Workshop

▲ Nancie Wilson

Get creative with Branded Brim Hat Bar! We'll guide you through designing a one-of-a-kind custom hat. Choose your style—cowboy, flat brim felt, or straw—then personalize it with ribbons, feathers, dried flowers, vintage cards, and unique pins. The material fee includes your hat, all embellishments, materials, and expert instruction.

Choose one Tuesday opportunity:

Sept. 15 or Nov. 17, 5:30-8:00pm

Registration fee: \$15

Material Fee: \$75, payable to instructor

*"I love Kittery Adult Education!
I live in North Hampton and
am so happy to travel for all
the great courses."*

Mishima Ceramics

▲ Pam Hansen

Discover the ancient Korean Mishima technique! In this class, you'll create a hand-built plate, using slip inlay.

Apply slip to your plate, add wax resist, and scratch your design. Fill the lines with color to reveal intricate patterns.

3 Wednesday classes (no class 10/7):

Sept. 23 –Oct.14, 6:30-8:30pm

Registration Fee: \$25

Materials Fee: \$50, payable to instructor



Needle-Felted Hummingbirds

▲ Tif Farmakis

Learn everything there is to needle felting and leave with your own needle felted hummingbird! This class will introduce the art of sculpting in wool using a simple wire armature, wool roving, and sharp barbed needles. We will start from scratch to complete the form.

Thursday, Sept. 24, 6:00-8:00pm

Registration Fee: \$25

Materials Fee: \$25, payable to instructor

Candle Making

▲ Shannon Heacock

Create your own custom candle in this hands-on workshop. Learn the basics of scent blending, choose from a curated selection of fragrances, and pour your own candle from start to finish

Thursday, Sept. 24, 6:00-8:00pm

Registration Fee: \$12

Material Fee: \$50, payable to instructor

All Things Paper

▲ Gayle Fitzpatrick

Paper has been around for 2,000 years, and we are going to explore all facets of it! Join Gayle in this 4-night class where you will dive into a number of fun papermaking activities. This class will cover learning how to make your very own paper, how to marble paper, how to make beautiful paper bowls, and book binding.

4 Tuesday classes:

Sept. 29-Oct. 20, 6:00-8:00pm

Registration Fee: \$62

Materials Fee: \$8, payable to instructor

Watercolor: Alternative Tools

▲ Ellen Minnehan

What do salt, Saran Wrap and toothbrushes have in common? They are all tools that can be used to create special effects with watercolor painting. These classes will cover different ways to add texture and interest to your paintings.

Participants should have some watercolor experience but beginners are welcome.

Ellen is a local artist whose work is exhibited at the Kittery Art Association.

Material list will be provided.

2 Tuesday classes:

Oct. 6 & 13, 6:30-8:30pm

Registration Fee: \$54

Watercolor: Sunflowers

▲ Tif Farmakis

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

Thursday, Oct. 15, 6:00-7:30pm

Registration Fee: \$25

Materials Fee: \$15, payable to instructor

KITTERY: Creative Arts

Altered Books: Art Journaling in Repurposed Art Books

▲ Jiff Cornwell

Dive into the art of the altered book! Using markers, paint, washi tape, and stitching, you'll transform a personal book into a multi-media masterpiece. Explore dynamic techniques like collage, black-out poetry, and paper folding as you cut, stamp, and staple your way through the pages. Please bring an image-heavy book from your collection to repurpose. Discover endless journaling variations and turn an old story into your own vibrant, textural work of art.

5 Thursday classes:

Oct. 15-Nov. 12, 5:30-7:30pm

Registration Fee: \$110

Materials fee: \$25, payable to instructor

Ceramic Spring Platter

▲ Pam Hansen

Create a new ceramic serving platter great for the holidays or anytime. First class, you will create your platter, including any surface decoration you might like. Second class, you will apply the right color glaze for your beautiful, functional piece.

2 Wednesday classes:

Oct. 21 & Nov. 4 (no class 10/28)

6:30-8:30pm

Registration Fee: \$25

Materials Fee: \$50, payable to instructor

Goats Milk Soap Making

▲ Sarah Holden-Remick

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

Tuesday, Oct. 27, 6:00-8:00pm

Registration Fee: \$32

Materials Fee: \$20, payable to instructor

Hand-Bound Sketchbooks

▲ Gayle Fitzpatrick

Master the art of bookbinding in this hands-on course. Students will construct six unique structures, including flutter books, codex, and signatures sewn on tapes. Special emphasis is placed on creating flat-laying tools for artists, such as Japanese stab-bound and secret Belgian binding sketchbooks.

You'll explore professional techniques, materials, and processes to build durable, beautiful handmade books from scratch.

4 Tuesday classes:

Oct. 27-Nov. 17, 6:00-8:00pm

Registration Fee: \$62

Materials Fee: \$8, payable to instructor

Punch-Needle Keychains

▲ Tif Farmakis

Dive into the satisfying world of punch needling! Perfect for all skill levels, this hands-on class covers the fundamentals—from framing fabric to mastering yarn loops. You'll create a vibrant, customized keychain to take home. All materials (yarn, cloth, and hardware) are included in the fee. Please note: specialized hoops and needles are provided for class use only and are not included for take-home.

Thursday, Oct. 29, 6:00-8:00pm

Registration Fee: \$25

Materials Fee: \$20, payable to instructor

Block Printing on Tea Towels

▲ Tif Farmakis

Master the art of block printing in this hands-on workshop! You'll design, carve, and print your own reusable stamps while learning safe carving and ink application techniques. Create a pair of custom cotton tea towels to take home.

Your fee covers the lino block, towels, and professional inks. Please note: carving tools, brayers, and plexiglass are provided for class use only and are not included for take-home.

Thursday, Nov. 5, 6:00-8:00pm

Registration Fee: \$25

Materials Fee: \$20, payable to instructor



Watercolor Painting

▲ Doris Rice

Improve your watercolor skills and learn new techniques! Bring materials as listed at registration.

5 Monday classes:

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

Registration Fee: \$100

Monoprint Magic: A Hands-On Exploration of One-of-a-Kind Prints

▲ Jade Ruscio

Dive into the expressive world of monoprinting in this hands-on workshop. Participants will explore unique techniques like direct object printing and chine-collé using plexiglass plates and water-based inks. Designed for all experience levels.

Choose one opportunity:

5 Monday classes:

Nov. 2-30, 5:30-7:30pm

Registration Fee: \$140

4 Tuesday classes:

Nov. 24-Dec. 15, 5:30-7:30pm

Registration Fee: \$120

Suminagashi Marbling + Journal Making

▲ Jade Ruscio

This hands-on workshop combines the ancient art of suminagashi paper marbling with beginner-friendly bookbinding. Learn to float ink on water, creating one-of-a-kind marbled prints then transform those prints into handmade journals. Designed for all experience levels.

3 classes each, choose one opportunity:

Tuesday, Nov. 3-17, 5:30-7:30pm

Monday, Dec. 7-21, 5:30-7:30pm

Registration Fee: \$90

.....



Materials Fee: \$20, payable to instructor

Materials Fee: \$20, payable to instructor

Registration Fee: \$62

Material Fee: \$20 payable to instructor

Registration Fee: \$43

Materials Fee: \$10, payable to instructor

"The teachers are great. They make everyone feel welcome."

Materials Fee: \$10, payable to instructor

Material Fee: \$5, payable to instructor

Materials Fee: \$10, payable to instructor

Materials Fee: \$35, payable to instructor

KITTERY: Creative Arts

Join us at Rice Public Library in the Makerspace for these classes.

Registration is Free but limited to 10 per session. Sign up today!

Rice Public Library Now Has a Makerspace!

We now have a Cricut machine that can be used in the Maker Space. We will be offering one class on the basics of how to use the Cricut. It will be an introduction class where people will learn how to make a basic project. We are very excited to be able to offer this class.

Thursday, Sept. 17, 6:00-7:30pm

Digital Photo Editing

Get a brief introduction to Adobe's Creative Suite and other photo editing software on Rice Public Library's Makerspace iMac and iPads! Learn to retouch and otherwise edit your own photos and get a peek at other design tools available on both platforms. As a bonus, you can retouch any old photos you scanned on October 7 at the Digital Preservation Workshop!

Wednesday, Oct. 14, 6:00-7:30pm

Digital Preservation Workshop

Learn to use Rice Public Library's new document scanner to preserve old family documents, photos, or other pages. Please bring in any materials you wish to scan, and a USB thumb drive to download and bring your scanned files home with you in a digital format. After users learn their way around this scanner, they will be able to use the scanner during Makerspace open sessions!

Wednesday, Oct. 7, 6:00-7:30pm

Ukulele for Beginners

👤 **Duncan Perry**

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

4 Tuesdays each, choose 1 opportunity:

Sept. 29-Oct. 20, 6:00-7:30pm

Oct. 27-Nov. 17, 6:00-7:30pm

Registration Fee: \$79

Instant Guitar for Busy People

👤 **Craig Coffman**

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

Tuesday, Oct. 20, 6:30-9:00pm

Registration Fee: \$67



Theater Improvisation

👤 **Katherine Mayfield**

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

3 Wednesday classes:

Oct. 21-Nov. 4, 6:30-8:30pm

Registration Fee: \$110

Digital Photo I-For Newbies

👤 **Steve McGrath**

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners!

5 Tuesday classes:

Sept. 15- Oct. 13, 5:30-7:00pm

Registration Fee: \$95

Smartphone Photography

👤 **Steve McGrath**

This live, online class is dedicated to helping you learn how to take great images with your smartphone's camera.

4 Tuesday classes

Sept. 15-Oct. 6 or Dec. 1-22, 7:30-9:00pm

Registration Fee: \$79

Beginning Photoshop Elements® for Aspiring Photographers

👤 **Steve McGrath**

This workshop will help participants learn Photoshop® techniques and skills, and apply them immediately to their personal photography. We use Adobe Photoshop Elements for our online instructional class.

4 Friday classes

Oct. 2-23, 7:30-9:00pm

Registration Fee: \$95

Nature, Bird Photography

👤 **Steve McGrath**

In this Nature and Bird Photography online class, we will go over camera settings and compositions and how to get great images of Nature's best.

4 Tuesday classes:

Dec. 1-22, 5:30-7:00pm

Registration Fee: \$69

KITTERY: Talks & Tours



Birding: Fall Walkabout

▲ Dave Tucker

Join Dave for an informative, engaging walk where the focus will be on identifying and hearing migratory songbirds. Meet at the main gate of Fort Foster and bring binoculars. Additional fee to FF may be required.

2 Saturday opportunities:

Sept. 12, 7:30-10:00am (rain date 9/13)

Oct. 3, 7:30-10:00am (rain date 10/4)

Registration Fee: \$22

Women's and Teens RAD Self-Defense Training

▲ Molly Bossi

Taught by Kittery Police Officer Molly Bossi, R.A.D Systems of self-defense is designed especially for women. This class offers hands-on skill instruction, education, and tools to help women protect themselves from potential assault in the event of an emergency. The class is offered to women only, ages 16 and up. This class requires 10 participants so sign up early if interested!

3 Thursday classes:

Sept. 24 – Oct. 8, 5:00-8:00pm

Registration fee: \$45

Poetry One Line at a Time Workshop

▲ Sarah B Sullivan

Join us for a supportive, instructive, and generative poetry workshop where we'll explore elements that make a strong poetic line. We'll examine two poems during the discussion before we take time to generate our own poetic lines and/or full poems. Come if you're a practiced poet or brand new to poetry.

Thursday, Oct. 1, 6:00-8:00pm

Registration Fee: \$18

Understanding the Maine Death with Dignity Act

▲ Casimir Bemski, EdD

The ED of Maine Death with Dignity will provide fact-based information and the details needed to understand this compassionate end-of-life option in this live, online class. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Learn how to talk with your physician about this option, and how to qualify for this law or support your loved one who may qualify.

Choose 1 Tuesday opportunity:

Oct. 6 or Nov. 10, 6:00-7:30pm

Registration Fee: Free, but must register



Becoming a Foster Parent in Maine

▲ Stephanie Shue

You can change a life right here in Maine! Whether through fostering or adoption, you can provide a vital home for infants, siblings, or teens while supporting reunification. Join our virtual meeting to learn about the licensing process and how you can help local children in need. Take the first step toward becoming a resource family today. Your journey to making a lasting difference starts here.

Tuesday, Oct. 13, 6:00-7:00pm

Registration Fee: Free

COMING SOON!

Marine Navigation

▲ Coast Guard Aux.

6 Tuesday sessions

Oct. 27-Nov. 1, 6:00-8:00pm

Registration Fee: TBD



How to Leave Work at Work

▲ Katie Jean Hadianis

In this practical, engaging workshop, Workplace Wellness Coach and Strategist Katie shows how ongoing work stress quietly drains your energy, mood, relationships, and health outside the office. After exploring how the brain and body naturally respond to stress, you will build greater self-awareness. Leave with realistic, effective recovery strategies to reclaim your personal life, boost your daily energy, and finally create a healthier, more balanced relationship with work.

Tuesday, Oct. 20, 6:00-8:00pm

Registration fee: \$25



From Clutter to Clarity: A Graceful Approach to Later Life Organizing

▲ Kim Martin

Getting organized isn't about letting go—it's about making room to honor the past. Kim, a Certified Professional Organizer, Grief & Life Transitions Coach and founder of One by One Organizing, knows managing a lifetime of belongings is about legacy and love. Her workshop blends practical tools with emotional support, guiding participants through later-life transitions with patience, skill, and deep respect.

Thursday, Nov. 5, 5:30-7:30pm

Registration fee: \$45

KITTERY: Talks & Tours

Portsmouth Naval Shipyard Tour

▲ Joseph J. Gluckert

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

2 Thursday opportunities:

Sept. 3 or Oct. 22, 10:00am-12:30pm

Registration Fee: \$14



USS Albacore: A History

▲ Kim Sanborn

The USS Albacore has been a prime Seacoast attraction since 1985, but why is she here and what is her backstory? Join us at Albacore Park to hear her history. Learn about the importance of this unique submarine, her contributions to the Navy, and her journey from the Portsmouth Naval Shipyard back to Portsmouth 41 years ago. Weather permitting, the Albacore will be open to viewing.

Tuesday, Oct. 20, 6:00-7:30pm

Registration Fee: \$20

An Ode to the US Life-Saving Service

▲ Ted Olsson

Join Ted Olsson, Secretary of the Friends of Plum Island Lighthouse, to hear stories of the brave surfmen who risked their lives as America's first maritime responders. Ted will explore dramatic shipwrecks off Plum Island, Salisbury Beach, and Kittery Point's Wood Island Station. Learn about the U.S. Life-Saving Service, which employed 2,200 heroes across 270 stations before merging to form the U.S. Coast Guard in 1915.

Thursday, Oct. 15, 6:00-7:00pm

Registration fee: \$12

Virtual Tour of Portsmouth Harbor

▲ David Ramsay

Join David Ramsay, experienced tour guide and narrator of the MV Thomas Loughton, for a virtual tour of Portsmouth Harbor and the Isles of Shoals. This lively, informative talk spans four centuries of maritime history. Discover historic lighthouses, fortifications, and the Portsmouth Naval Shipyard. Hear captivating stories of rugged cod fishermen, the Squalus submarine rescue, poet Celia Thaxter, and the infamous Smuttynose Island murders.

Monday, Oct. 5, 6:00-7:30pm

Registration fee: \$16

Three Notable Women of Maine

▲ David Ramsay

Join guest speaker David Ramsay to explore three trail-blazing Maine women who defied their era's constraints: botanist Kate Furbish, whose flower illustrations halted a massive dam; Senator Margaret Chase Smith, the first woman to serve in both congressional houses; and marine biologist Rachel Carson, whose book *Silent Spring* launched the environmental movement. Discover their fierce dedication to their fields and how they redefined what was possible for women.

Monday, Nov. 2, 6:00-7:30pm

Registration fee: \$16

The Rescue of the Squalus Submarine

▲ David Ramsay

Join narrator David Ramsay at the Kittery Community Center for the gripping story of the USS Squalus, the most famous submarine rescue in US Naval history. On May 23, 1939, a mechanical failure sank the sub 243 feet deep. Using an experimental rescue chamber, divers miraculously saved all 33 trapped survivors. A Portsmouth harbor guide, Ramsay brings this local tale of tragedy and triumph to life with vivid detail.

Monday, Nov. 30, 6:00-7:30pm

Registration fee: \$16

KITTERY: Mind & Body Wellness

Restful Nights: Simple Practices To Quiet The Mind

▲ Ania Schneider

Taught by Anja Schneider, breast cancer survivor and certified life coach, explore gentle evening practices and calming tools to help you release the day and prepare for deep, restorative sleep. If falling or staying asleep has been a struggle, this class is for you.

Tuesday, Sept. 15, 6:00-7:30pm

Registration fee: \$25



Introduction to QiGong

▲ Ania Schneider

QiGong (pronounced chee-gong) is a traditional Chinese practice that combines movement, meditation, and controlled breathing to cultivate and balance qi (life energy). It is often used for health, relaxation, and spiritual development. Experience the perfect balance of movement and stillness in this gentle, 60-minute class designed to harmonize body and mind. Through the gentle, flowing movements of QiGong, you'll cultivate energy, release tension, and reconnect with your inner vitality.

Tuesday, Sept. 22, 6:00-7:00pm

Registration fee: \$20



More Joy; Less Stress

▲ Kelly Hurd

Kelly Hurd is a certified life coach and educator who helps people find more joy and less stress. Using practical, evidence-based tools, she teaches simple ways to calm the nervous system, build resilience, and create lasting positive change.

Tuesday, Oct. 6, 5:30-7:30pm

Registration Fee: \$45

Introduction to Human Design

▲ Hannah Schwoerer

Feel like your life path is wrong? This workshop introduces Human Design, your personal map to thrive. You'll discover your unique energy type, learn your Strategy & Authority for aligned decisions, and understand how your energy interacts with the world.

2 Thursday opportunities:

Oct. 8 or Dec. 10, 6:30-8:00pm

Registration fee: \$38

Brain Training: Boost Cognitive Function

▲ Mary Schwoerer

Physical activity and continuous learning literally reshape our minds. Movement creates temporary neural connections that solidify into permanent pathways through repetition. Engaging in targeted brain training—like finger exercises, nutrition, and dance—enhances memory and focus. These practices promote resilience and joy, proving that staying active and learning new skills makes our brains more efficient, flexible, and healthy.

2 opportunities:

Thursday, Oct. 29, 6:00-7:30pm

Tuesday, Dec. 15, 6:00-7:30pm

Registration fee: \$32

Strengthen Your Marriage

▲ Julia Sabet

Julia is a marriage coach who helps married women improve their relationships. This series will be a participatory workshop for married women to learn skills and engage in personal reflection and sharing to help you achieve more happiness and connection with yourself and your husband.

5 Monday classes:

Nov. 2-30, 6:00-8:00pm

Registration fee: \$160

The Power of Breath:

A Soma+IQ™ Nervous System Workshop & Breathwork Journey

▲ Hannah Schwoerer

Reconnect to your body through a powerful somatic experience combining education and embodiment. Begin with a 30-minute workshop exploring the nervous system, breath, and stress regulation tools. Then, experience a 45-minute Soma+IQ™ Breathwork Journey to release stored tension, expand emotional capacity, and return to your authentic self. No experience needed.

2 Thursday opportunities:

Nov. 5 or Dec. 17, 6:30-8:00pm

Registration fee: \$38

Navigating the Holidays with Cancer

▲ Anja Schneider

Anja is a Certified Life Coach and Meditation Teacher who faced cancer at the age of 38. Since 2020, she has studied under Daniela Hess, whose transformative teachings profoundly changed her life. Focus on actionable strategies for maintaining emotional well-being, tension relievers, and effectively communicating your wants and needs with loved ones during the holiday season. This workshop offers real-world tools to make your holidays more manageable and meaningful.

Thursday, Dec. 17, 6:00-7:30pm

Registration fee: Free

KITTERY: Culinary Arts

Level Up Your Cooking Game

Ultimately, cooking classes turn a daily chore into a creative outlet. You get to learn a lifelong skill, enjoy a fantastic meal, and leave the cleanup to someone else! Whether you want to master the science of baking or explore the untapped flavors of the ocean, these two unique classes will completely transform your approach to ingredients.



Sensational Sea Vegetables

👤 **Carol Steingart**

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

Tuesday, Oct. 20, 5:30-8:00pm

Registration Fee: \$74



Sourdough Made Simple

👤 **Kasey Roche**

Interested in baking your own sourdough bread? In this hands-on workshop, you'll learn simple techniques for mixing, folding, shaping, and scoring your dough. And you'll leave with your own sourdough starter, recipe guide, and tools to continue baking at home. It's recommended that you have (or purchase) a Dutch oven prior to class. Perfect for beginners!

2 Monday opportunities:

Dec. 7 or Dec. 14, 5:30-7:30pm

Registration Fee: \$74

Materials Fee: \$20, payable to instructor



Holiday Focaccia Decorating

👤 **Kasey Roche**

Celebrate the season with a cozy, hands-on focaccia decorating workshop. During this two-hour class, you'll create your own festive sourdough focaccia using fresh, seasonal ingredients while learning simple decorating techniques and baking tips. Perfect for beginners, food lovers and anyone looking for a creative holiday experience.

Monday, Dec. 21, 5:30-7:30pm

Registration Fee: \$74

Materials Fee: \$20, payable to instructor

KITTERY: Finance & Skill Development



Medicare A-Z

▲ Tyler Kretschmar

Join Tyler, a holistic retirement planner, for this in-person class to take an in-depth look at Medicare, including details on every part as well as if and when to sign up. We will review extra help qualifications, enrollment periods, and income related monthly adjustment.

Choose one Tuesday opportunity:

Sept. 22, Oct. 27 or Nov. 24, 5:00-6:30pm

Registration Fee: \$14



Estate Planning & Trusts

▲ Kathryn Bedell, Esq.

Beginning with an overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives, etc. The in-person class will then delve into learning how revocable trusts can help avoid probate and can protect your assets. While this course is designed around Maine statutes, the underlying principles are often applicable to laws in other jurisdictions.

Tuesday, Oct. 20, 6:30-8:30pm

Registration Fee: \$22

.....*"For those that missed this class you really missed out"*

Ed2Go Online Courses

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

Speed Spanish

▲ Ed2go online

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

Current Price: \$143

Accounting Fundamentals

▲ Ed2go online

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

Current Price: \$146

Introduction to Microsoft Excel 365

▲ Ed2go- online

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

Current Price: \$163

Introduction to QuickBooks

▲ Ed2go online

This course will give you hands-on experience recording income and expenses; entering checks and credit card payments; tracking your payables, inventory, and more.

Current Price: \$156

120-Hour TEFL Certification

▲ Ed2go -online

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

Current Price: \$778

Optician Certification Training

▲ Ed2go online

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

Current Price: \$2,295

Clinical Dental Assistant

▲ Ed2go online

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

Current Price: \$3,195

Professional Bookkeeping with QuickBooks Online

▲ Ed2go online

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

Current Price: \$2,625



**Scan for Complete List
of Online Courses**



**Scan for Complete List
of Online Certificates**

KITTERY: Technology

Practical Online Technology Classes

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

Phone Photo Rescue for Beginners

Are you overwhelmed or running out of storage with all of the photos on your phone? Transform your chaotic photo collection into an organized library you can actually navigate.

Choose one Tuesday session:

Oct. 27 or Dec. 15, 1:00-2:00pm

Registration Fee: \$33

Your Kid's Phone: A Parent's Survival Guide

Keep your kids safe online with this practical, empowering training for busy parents. We'll break down essential insights to help you confidently navigate digital protection, from recommended privacy settings and risky apps to screen time boundaries.

Thursday, Nov. 5, 1:00-2:00pm

Registration Fee: \$33

Practical ChatGPT Tips for Beginners

Learn practical, everyday applications to boost your productivity at home and in the workforce. Don't get left behind—gain the tech-savvy skills you need to navigate this changing landscape.

Tuesday, Nov. 10, 1:00-2:00pm

Registration Fee: \$33

ChatGPT Powerhouse: Advanced Tips!

Move beyond basics with advanced techniques like system instructions, multi-shot examples, and chain-of-thought reasoning.

Tuesday, Nov. 17, 1:00-2:00pm

Registration Fee: \$33

Google Sheets for Awesome Beginners

Whether you're tracking household finances or managing professional data, you'll learn to build spreadsheets, write formulas, and create organized databases

Tuesday, Dec. 1, 1:00-2:00pm

Registration Fee: \$33

Swipe Smart: A Safety Guide to Dating Apps

Dating apps have changed the way we connect, but knowing how to protect yourself makes all the difference.

Tuesday, Dec. 8, 1:00-2:00pm

Registration Fee: \$33

Rice Public Library Tech Series

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

Google Docs & Drive

There's more to your Google account than meets the eye! We will explore creating, editing and sharing documents in Google Docs.

Thursday, Sept. 17, 6:00-8:00pm

Registration Fee: \$16

Cloud Storage: Organize Your Digital Life

Learn how to choose what and when to save to the cloud, how to access your files from different devices, and how to share with others.

Thursday, September 24, 6:00-8:00pm

Registration Fee: \$16

AI for Humans

In this class, we'll talk about how generative AI works, what makes it different from other kinds of computing and virtual assistance, and the risks that come with using it.

Thursday, Oct. 1, 6:00-8:00pm

Registration Fee: \$16

Outsmart Your Smartphone

Learn how to navigate commonly-used features of your Apple or Android smartphone, including downloading apps, taking photos, and sending messages.

Choose one:

iPhone session: Thursday, Oct. 15, 6:00-8:00pm

Android phone session: Thursday, Oct. 22, 6:00-8:00pm

Registration Fee: \$16

Streaming Media: Cutting the Cord

Have you considered getting rid of your traditional cable package? We'll go into cutting costs, and how get your home streaming-ready.

Thursday, Nov. 5, 6:00-8:00pm

Registration Fee: \$16

Introduction to Canva

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

Thursday, Nov. 12, 6:00-8:00pm

Registration Fee: \$16

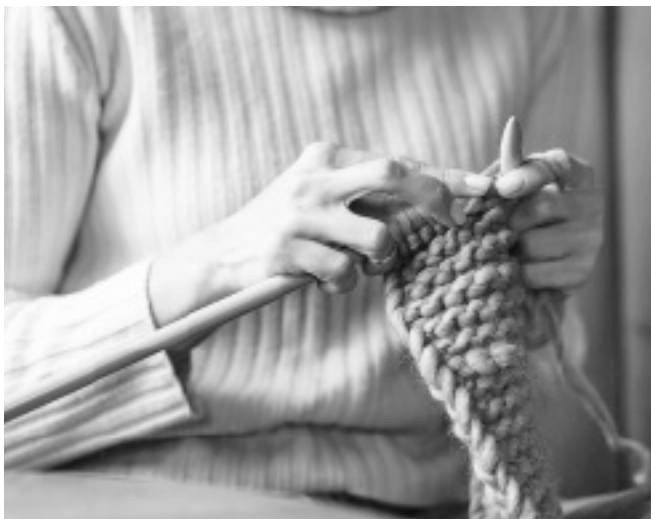
More Canva

Along with going deeper into editing custom designs, you will learn how to use Canva to create websites and presentations. Prior experience required.

Thursday, Nov. 19, 6:00-8:00pm

Registration Fee: \$16

MARSHWOOD: Creative Arts



Happy Knitting

▲ Vicky Vaughn

Knitting has been called the new yoga for its meditative, relaxing qualities that quiet the mind, lower blood pressure, and provide a good workout for the brain. This supportive, fun-filled class will help you learn to cast, knit and purl, and read patterns or become a more adept knitter. All levels of knitters and projects are welcome. Individualized guidance and group support will help you through the development of your project.

6 Wednesday classes for each session:

Sept. 9-Oct. 21, 4:30-6:30pm (no class 10/14)

Oct. 28-Dec. 16, 4:30-6:30pm (no class 11/11 & 11/25)

Registration fee: \$70 per session

Polymer Clay Jewelry Making

▲ Taryn Menard

Learn how to craft your own jewelry with polymer clay. You can make three pieces—earrings, a pendant, a pin, or bracelet.

Taryn will guide you through the process, provide all the materials, and bake your pieces, so you can take them home after class. This is a fun night out with a friend, a chance to get creative and make a gift for yourself or someone special.

Tuesday, Sept. 22, 5:30-8:00pm

Registration fee: \$45

Using Your Camera as an Expressive Tool

▲ Guy Freeman

Receive individual coaching to help you get to know your camera as a creative, expressive tool. Learn how your camera works, its automatic settings and the adjustments you can make. Address technical challenges including how to handle light and exposure difficulties. And learn about a repeatable structured process for taking photographs that supports creative freedom and gives you more control over your results.

2 Tuesday classes

Sept. 29 & Oct. 6, 6:00-8:00pm

Registration fee: \$40

A Writer's Workshop

▲ Kristin Leonard

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

6 Thursday classes

Oct. 1 Nov. 5, 6:30-8:00pm

Registration fee: \$50

Pre-Visualizing Your Photograph for More Success

▲ Guy Freeman

Pre-visualizing the photographs you take will give you more creative control and lead to more impactful photographs. In these two sessions, you will explore depth of field, lenses, focal length, and the link between exposure and ISO, which help link creative intent to your desired outcome. You will also learn about composition and the key elements that make up a successful photograph.

2 Tuesday classes

Oct. 13 & 20, 6:00-8:00pm

Registration fee: \$40



Instant Piano for Busy People

▲ Craig Coffman

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

Monday, Oct. 19, 6:30-9:30pm

Registration fee: \$67

MARSHWOOD: Creative Arts



Creative Cut Paper Designs

▲ Jiff Cornwell

Cultivate your creativity while creating small, vibrant cut paper works of art which can be framed and/or gifted as special occasion or holiday cards. During this relaxing, fun night out, Jiff will offer individualized guidance and encouragement as you use scissors and exacto-knives, a variety of colorful and patterned paper, and collage materials to make your creations.

Tuesday, Oct. 20, 6:00-8:00pm

Registration Fee: \$22

Material fee: \$12, payable to instructor

Harvest Creations with Polymer Clay

▲ Taryn Menard

Come explore the possibilities of polymer clay creations in this fun, open studio workshop in which you will choose your own creative adventures (making a bookmark, trinket tray, keychain, wine glass charm, ornamental piece, decorative elements for the garden, or costume jewelry for Halloween). Taryn will provide all the material, expert guidance, and do the baking for your creations that will then be ready for you to take home.

Tuesday, Oct. 13, 6:00-8:00pm

Registration fee: \$50

.....
"It's fun to be creative in
a stress free class"

Instant Ukulele for Busy People

▲ Craig Coffman

In just a few hours and from the comfort of home, you can learn enough about playing the ukulele to give you years of musical enjoyment. This crash course will teach you some basic chords and quickly get you playing along with your favorite songs. The class includes an online book and recorded follow-up lesson as well as an optional question and answer session over Zoom. For ages 13+

Thursday, Oct. 22, 6:30-9:00pm

Registration fee: \$67



All-Natural Soapmaking

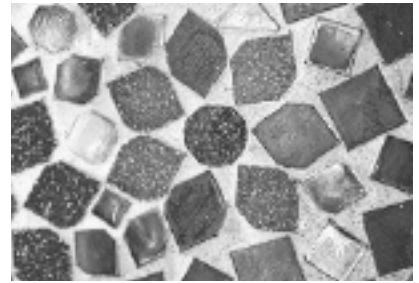
▲ Sarah Holden-Remick

All-natural soap is both antibacterial and wonderfully conditioning for the skin. Handmade all-natural soap is a great gift for yourself or a friend. Experience the craft of soap-making in this hands-on, beginner friendly workshop in which you will learn about the value of all-natural soap and develop the skills to make it. Go home with instructions for making your own soap as well as two all-natural, fully cured bars.

Tuesday, Oct. 27, 6:00-8:00pm

Registration fee: \$35

Material fee: \$15, payable to the instructor



Making a Mosaic with Upcycled Glass

▲ Aimee Dion

Easily create a beautiful piece of art using earth-friendly materials. You will be guided through the process of making a mosaic with glass that was once litter, but has been cleaned and tumbled. You will take home a piece that is delightful to make and uniquely yours.

Tuesday, Nov. 10, 6:00-8:00pm

Registration fee: \$29



Portrait and Still Life Photography

▲ Guy Freeman

Through a portrait or still life photography project of your choice, learn about the value of having a creative intent and a repeatable creative process. Experiment with shooting wide and then close up. Get guidance about how to scout and select locations, the decisions that go into curating a collection of edited photos, and how to sustain a forward momentum in cultivating your craft as a photographer.

2 Tuesday classes:

Nov. 17 & 24, 6:00-8:00pm

Registration fee: \$40

MARSHWOOD: Creative Arts

Polymer Clay Holiday Ornaments

▲ Taryn Menard

Get in the holiday spirit with this fun, creative workshop. Create your own holiday ornament, decorating a glass ball with polymer clay that will be baked on site. All materials are provided for your design, including decorative elements created by the instructor. Whether you are creating a keepsake for yourself or a gift for a friend, this is a great opportunity to make a few special ornaments for the holidays.

Tuesday, Dec. 1, 6:00-8:00pm

Registration fee: \$35



Make Your Own Holiday Cards

▲ Jeffrey Carpenter

Create one-of-a-kind upcycled holiday cards to send to those special people in your life. In this fun, creative class, you will make several beautiful cards, using recycled cards, embellishments, and paper from around the world. Using a set of envelope templates you'll also create matching handmade envelopes. Get in the holiday spirit and get ready to send a handmade card with a meaningful note to family or friends.

Wednesday, Dec. 9, 6:00-8:00pm

Registration fee: \$20

Material fee: \$10, payable to instructor



Beeswax Candle Making

▲ Sarah Holden-Remick

Learn the art of natural candle making in this hands-on beeswax candle class. Create your own custom beeswax blend infused with essential oils. Explore the benefits of beeswax candles, including cleaner burning, natural air-purifying qualities, and wellness-enhancing aromas. Create a gift for yourself or someone else in a class perfect for beginners and craft lovers alike.

Wednesday, Dec. 2, 6:00-8:00pm

Registration fee: \$35

Material fee: \$15, payable to the instructor

Fashioning Artistic Glass Bottle Holders

▲ Jiff Cornwell

Get creative in this fun workshop in which you will receive individual guidance on how to manipulate wire and incorporate decorative beaded elements to fabricate artistic hanging holders for small glass vessels. These decorative hanging vessels are great to hold candles, air plants, dried flowers, or USB rechargeable cork lights. And they make great gifts!

Tuesday, Dec. 8, 6:00-8:00pm

Registration fee: \$29

Material fee: \$35, payable to instructor



Mocktail Hour

▲ Jeffrey Carpenter

Come with a friend and have some fun and get inspiration for your next holiday gathering. In this hands-on class, you will get fresh ideas and helpful guidance for creating your own colorful, delicious, hangover-free mocktails that you can try out.

Wednesday, Dec. 16, 6:00-8:00pm

Registration fee: \$45

MARSHWOOD: Mind & Body Wellness

Tai Chi

▲ Dianne Mros

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

6 Tuesday classes for each session

Sept. 1-Oct. 6, 4:00-5:00pm

Oct. 27-Dec. 8, 4:00-5:00pm

(no class 11/3)

Registration fee: \$75 per session

Chair Yoga

▲ Yoga in Action

Chair yoga is perfect for older adults or those seeking low-impact movement. The yoga postures are adapted to be performed while seated or standing using a chair as a prop for balance and stability. The class will guide you through mindful breathing, gentle stretches, balance work, and relaxation techniques to improve your flexibility, mobility, posture, and overall well-being.

6 Wednesday classes for each session

Sept. 2-Oct. 7, 4:00-5:00pm

Oct. 21-Dec. 9, 4:00-5:00pm

(no class 11/11 & 11/25)

Registration fee: \$75 per session

Mental Health First Aid Certification Training

Earn a 3-year certification in mental health first aid through these evidenced-based, nonclinical mental health awareness and crisis intervention training. Each training counts as 7.5 PD credits and is free for 18+ year olds who live or work in Maine.

Youth Mental Health First Aid:

Friday, Sept. 11, 8:00am-4:00pm

Registration fee: Free, but must register

Adult Mental Health First Aid:

Friday, Sept. 25, 8:00am-4:00pm

Registration fee: Free, but must register

Chair Tai Chi

▲ Dianne Mros

Seated Tai Chi is a chair-based practice that combines flowing upper-body movements and breathwork. The exercises promote relaxation, flexibility, relaxation, and mindfulness. No prior experience required.

6 Monday classes for each session

Sept. 14-Nov. 2, 4:00-5:00pm

(no class 10/12&19)

Nov. 2-Dec. 14, 4:00-5:00pm

Registration fee: \$75 per session

Introduction to Oracle Cards

▲ Dianne Mros

Oracle cards can help you tap into your intuition and support your self-reflection and self-discovery. This class will help you learn how to read and interpret them.

3 Monday classes for each session

Sept. 14-28, 5:15-6:15pm

Oct. 5-Nov. 2, 5:15-6:15pm

(no class 10/12&19)

Registration fee: \$38 per session

Suicide Prevention & Intervention

This free training will help you learn to recognize early warning signs of suicide risk, intervention techniques, and how to connect to the appropriate mental health support system.

Wednesday, Sept. 16, 6:00-8:00pm

Registration fee: Free, but must register

Meditation: The Write Way

▲ Mary Schwoerer

Experience the meditative power of reflective writing. This 3-session class helps you explore writing as an effective tool for pausing to listen to yourself and a way to excavate your thoughts and recognize your intuitive hunches. Reflective writing builds self-awareness, helps you navigate your worries and fears, identifies blocks to your happiness, and supports a sense of wonder, calm, and confidence. Join Mary to cultivate this healing, transformative practice.

Wednesday, Sept. 23-Oct. 7, 6:15-7:30pm

Registration fee: \$45

Forest Bathing

▲ Aimee Dion

Forest bathing is a simple, powerful practice that reduces stress and distraction, improving your focus, mood, and sleep. Aimee, a trained Forest Therapy Guide will help you slow down and engage all your senses on this guided mindful walk, so you can better experience the therapeutic value of being in nature. The experience will include having tea and selecting your own touchstone reminder of the value of this practice.

Tuesday, Sept. 29, 5:30-7:30pm

Registration fee: \$30

Calming the Vagus Nerve for a Better Day

▲ Mary Schwoerer

Learn how to ease anxiety, improve mood and digestion, modulate inflammation, increase focus and memory, and build resilience through your body's vagal nerve. The vagus nerve promotes your body's relaxation response, resetting and restoring your nervous system. Whether you are an athlete wanting to improve your performance or a parent or teacher looking to self-regulate better, discover the strategies and techniques to improve your mental and physical well-being.

Choose one Wednesday opportunity:

Oct. 7, 4:00-5:15pm

Nov. 18, 6:00-7:15pm

Registration fee: \$39

Learn about Reiki: A Healing Technique

▲ Mary Schwoerer

Curious about Reiki? This class will answer all your questions about this non-invasive, non-religious healing modality that restores and balances energy in the body. Join Mary to learn what Reiki is, how it's practiced, what's involved in becoming a certified Reiki practitioner, and how Reiki can benefit you and others.

Wednesday, Nov. 4, 6:15-7:30pm

Registration fee: \$15

MARSHWOOD: Talks & Walks



Walk Into the History of Negutaquet Conservation Area

▲ Great Works Regional Land Trust

Step back into history on this guided walk at the Negutaquet Conservation Area, 219 Lebanon Rd, North Berwick. Hikes are open to the public and free of charge to GWRLT members. A \$5 donation per person or \$10 donation per family is suggested for non-members.

Sunday, Sept. 13, 10:00am-12:00pm

Register: Call (207) 646-3604

or email info@gwrlt.org

Walk Into the History of Punkintown

▲ Great Works Regional Land Trust

Step back into the history of Punkintown on this guided walk at Rocky Hills Preserve, Punkintown Road, South Berwick. Hikes are open to the public and free of charge to GWRLT members. A \$5 donation per person or \$10 donation per family is suggested for non-members.

Saturday, Oct. 3, 10:00am-1:00pm

Register: Call (207) 646-3604

or email info@gwrlt.org

.....*"I appreciated the instructor's knowledge and passion"*



Talking Honeybees and Beekeeping

▲ Joe Barberi

Did you know that one honeybee produces 1/16th of a teaspoon of honey in its lifetime? Join a local Master Beekeeper to learn fun facts and fascinating information about honeybees. This lively educational session will be conversational and invite your questions.

Gain appreciation for what's buzzing in your backyard and the honey you eat and learn about beekeeping and the functioning of a hive. Come stimulate and satisfy your curiosity.

Tuesday, Oct. 13, 6:00-7:30pm

Registration fee: \$15

A History of Acadia National Park

▲ David Ramsay

Join David, a local historian, to learn about Maine's iconic Acadia National Park. His talk will cover the formation of Acadia's geological features, the earliest Native Americans who lived off its land, the early French and English settlers, and the subsequent tourists and well-to-do who built mansions they called "cottages" there. And learn about the successful effort to preserve the Acadian landscape and protect its natural resources.

Wednesday, Oct. 21, 6:30-7:30pm

Registration fee: \$15



Nature's Nightshift: Maine's Nocturnal Animals

▲ The Center for Wildlife

Don't miss this opportunity to have an up-close encounter with some of Maine's fascinating creatures of the night. These beautiful rescues now serve as animal ambassadors for the CFW's rescue and research work. Learn about the unique adaptations of these nocturnal animals and how they use their senses to find food and shelter. Don't miss this memorable show and tell that helps support the good work of the CFW.

Tuesday, Oct. 27, 6:00-7:00pm

Registration fee: \$35

The Vibrant Crafts of Guatemala

▲ Jiff Cornwell

Experience the vibrant culture of Guatemala through this show and tell in which Jiff shares her photographs and collection of Guatemalan crafts—textiles, paintings, and hand carved Guatemalan slingshots called "hondas." Learn about Guatemalan culture, its people and art as she recounts her memories of living, working, and traveling in Guatemala for over 20 years. This talk is an opportunity to travel without getting on a plane.

Tuesday, Nov. 17, 6:00-7:30pm

Registration fee: \$15

MARSHWOOD: Travel & Other Fun



Beginner Bridge

▲ Nan Graves

Learn how to play bridge! Bridge is a fun, social game that's great exercise for your brain. It's also an opportunity to make new friends or enjoy the ones you have. This small class offers individualized coaching to help you learn how to bid and play this engaging partner game of strategy.

Max of 4 people.

6 Thursday classes:

Sept. 10-Oct. 15, 1:00-2:00pm

Registration fee: \$80

Intermediate Bridge

▲ Nan Graves

Refresh or develop your bridge playing skills and become more adept at the strategy of bidding. For those who have played Goren bridge, this class is a chance to learn the American Standard bidding method. It's also an opportunity to receive individualized coaching, have fun, and meet other bridge players.

Max of 4 people.

6 Thursday classes:

Oct. 22-Dec. 3, 1:00-2:00pm

(no class 11/26)

Registration fee: \$80

"This is our first experience with Adult Education and were not aware of the vast variety of classes you offer. We'll be taking many more!"



How to Plan A Great Trip

▲ Nancy Dorrans

Traveling is an investment in adventure, fun, and happy memories. To ensure your next trip is successful, learn from a travel-planning professional about how to effectively plan your trip from start to finish, developing the right type of itinerary for your interest and budget. And get guidance about the types of documents you may need from passports and Real IDs to visas and insurance, so everything can go smoothly.

Tuesday, Sept. 22, 6:00-7:30pm

Registration fee: \$15

Disney Planning Made Easy

▲ Kelly Monroe

Join Kelly, owner of In The Magic Travel and an Authorized Disney Vacation Planner for a fun, informative session that takes the stress out of planning your Disney vacation. Learn how to choose the right resort, understand park tickets, navigate dining and Lightning Lanes, and make the most of your time in the parks. With insider tips you won't find in guidebooks, you'll leave feeling ready to plan a truly magical trip.

Tuesday, Oct. 20, 6:00-7:30pm

Registration fee: \$15

Cruising Made Easy

▲ Kelly Monroe

Curious about cruising but feeling overwhelmed by the options? Join Kelly, owner of In The Magic Travel, for this helpful, informative session that breaks down planning for a cruise in a simple, easy-to-understand way. You'll learn about cruise lines, itineraries, departure ports, and what life onboard is really like. Discover how to choose the right cruise for your travel style, what's included, and how to plan with confidence.

Tuesday, Dec. 1, 6:00-7:30pm

Registration fee: \$15

NYC Holiday Extravaganza

▲ Nancy Dorrans

Make your holiday season festive with this guided coach tour to NYC. Experience the iconic Rockettes Christmas Spectacular at Radio City Music Hall. Spend three nights at the lovely Belvedere Hotel. Enjoy a guided bus tour of NYC, a Holiday Train Show at the Botanical Garden, department store window displays, and holiday lights. You will also have free time to explore the city with helpful suggestions from your knowledgeable guide. Parking is available at Marshwood High School where you will board the coach for round-trip service to NYC.

Two opportunities:

Thursday, Dec. 3-Sunday, Dec. 6

Monday, Dec. 14-Thursday, Dec. 17

For pricing, details and to register, visit: adventure-marektplace.com/adventures.

MARSHWOOD: Finance & Skill Development



Be an Emotionally Intelligent Leader

▲ Preethi Fernando

Learn how Emotional Intelligence can transform your life. This online class will help you improve your people skills, whether you are a small business owner, manager, teacher, parent, or anyone else looking to improve your EI and more effectively handle difficult people.

Choose one opportunity

Thursday, Sept. 24, 11:00am-5:00pm

Friday, Nov. 6, 11:00am-5:00pm

Registration fee: \$75

Estate Planning and Trusts

▲ Kathryn Bedell, Esq

Get expert advice on estate planning, including wills, powers of attorney, and health care directives. This practical class will also help you learn how revocable trusts can help you avoid probate and irrevocable trusts can protect your assets. Please note that Kathryn is an estate planning lawyer knowledgeable about Maine law.

Wednesday, Oct. 7, 6:00-8:00pm

Registration fee: \$22

Road to Financial Independence

▲ Jonathan Stallsmith

How much money do you need to retire? Do you fear you won't have enough or that you'll lose what you've saved? Knowledge will help you overcome these fears. This class is for any individual or couple that wants to understand how much money you might need in retirement, how you can grow it to reach your goals, and what strategies can protect it to last your lifetime.

2 Wednesday classes:

Dec. 2 & 9, 6:00-8:00pm

Registration fee: \$44

UGotClass Online Courses

UGotClass provides excellent online instruction from recognized experts in their field. All UGotClass fall courses start September 8.

Online Career Training Certificates

Quickbooks Online Level 1

In four hands-on units you will learn how to use QuickBooks Online to enter sales, purchases, receive and make payments and add inventory.

Current price: \$195

Quickbooks Online Level 2

Become capable with such Quickbooks skills as how to customize settings, banking, credit cards, foreign currencies, statements for debts collection, using tags and projects.

Current price: \$195

Together Quickbooks Online Level 1 & 2 confer a certification.

Certificate in Mastering Microsoft Excel

Learn how to use Excel worksheet—its menu, commands, settings, and processes to your advantage to organize, display, calculate, and analyze data.

Current price: \$495

Certificate in Project Management

Gain the skills, tools, and templates to confidently develop and maintain a project. Acquire a well-rounded knowledge of the five Project Management Processes, and learn the ten Project Management Knowledge Area as related to these processes.

Current price: \$495

Online Courses

Spanish for Medical Professionals

Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the basic practical language skills you will need to effectively communicate with your Spanish-speaking patients and their families.

Current price: \$290

Conflict Management

Discover a workable conflict management model, discuss case studies in conflict management, and take away successful conflict management strategies to apply in your workplace.

Current Price: \$245

Podcasting

Learn how to take your business or hobby and turn it into a podcast. This step-by-step class will take you from start to finish and cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear.

Current price: \$245



**Scan to Register
and For a Complete
Class Listing.**

MARSHWOOD: Technology



Using Uber for Transportation Freedom

▲ Nickie Welsh

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber.

Learn to use Uber to get to appointments, to run errands, or at major airports, so you can travel with confidence and without having to ask a friend for a ride. This fun, engaging online class will help you open up your travel options.

Tuesday, Sept. 15, 1:00-2:00pm

Registration fee: \$33



How to Use Venmo Safely

▲ Nickie Welsh

Learn about Venmo, the popular mobile payment service. Discover how to securely pay friends and businesses or receive money without the need for cash or checks. This supportive online class will give you an overview of Venmo, including an understanding about how to set it up safely, avoid unnecessary fees and the ways it can be used.

Thursday, Sept. 17, 1:00-2:00pm

Registration fee: \$33

Computer Programming Basics Using Python

▲ Dean Greer

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

9 Tuesday classes

Sept. 22-Nov. 17, 5:00-6:30pm

Registration fee: \$80

Intermediate Programming with Python

▲ Dean Greer

Join this online class to build upon the fundamentals of Python with topics like data structures, intermediate control structures, how to practice coding effectively, and module importation. Problem solving using previous learning will be emphasized along with new instructional material. Prerequisite "Programming Basics Using Python," or adequate experience. Students will need either a PC or Mac desktop or laptop computer (no Chromebooks) and a reliable internet connection.

9 Wednesday classes

Sept. 23-Nov. 18, 5:00-6:30pm

Registration Fee: \$80

Canva for Beginners

▲ Nickie Welsh

Canva is the perfect easy digital tool for beginners. Empower your creative possibilities by learning how to use the free version of this design website. This online workshop will help you learn how to create designs from scratch or use templates with step-by-step guidance. From flyers, invitations, and brochures to business cards and more, you'll leave this class with a practical guide for how to use Canva with confidence.

Thursday, Sept. 24, 1:00-2:00pm

Registration fee: \$33

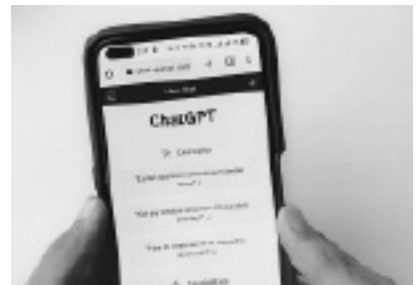
Fast-Track to Social Media Marketing for Business

▲ Nickie Welsh

Take your business to new heights with this fast-paced, comprehensive, online session designed to equip business owners, entrepreneurs, and marketing professionals with the essential skills and strategies needed to leverage social media for business success. Learn how to effectively reach your target audience, increase brand awareness, and drive engagement across major social media platforms.

Tuesday, Sept. 29, 1:00-2:00pm

Registration fee: \$33



How ChatGPT Can Assist You

▲ Preethi Fernando

Unlock the magic of ChatGPT in this online workshop. Learn how to give this helpful AI tool effective prompts and use it to brainstorm ideas, generate images, upload PDFs, find cooking recipes, and boost creativity for your professional and personal life.

Choose one opportunity

Wednesday, Sept. 30, 7:00-8:00pm

Thursday, Oct. 8, 6:00-7:00pm

Registration fee: \$33

AI Crash Course

▲ Preethi Fernando

Learn what AI can do to improve your professional or personal life in this easy-to-follow, one-day, online AI crash course you can take from the comfort of your couch. You can attend all the segments or only the ones you like.

Sunday, Oct. 4, 9:00am-5:00pm

Registration fee: \$75

MARSHWOOD: Technology



Canva Power Hour!

Advanced Time Saving Tricks

▲ **Nickie Welsh**

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

Tuesday, Oct. 6, 1:00-2:00pm

Registration fee: \$33

14 AI Tools for the Small Business Owner

▲ **Preethi Fernando**

Discover how to use AI business tools to help your small business function smarter, reduce hassles and costs and increase productivity. Learn how to automate e-mails, create pie charts for your reports with Chat GPT, screen resumes, create social media posts, AI videos, website content, and do sales forecasting, and more. This online webinar will show how to use AI business tools to make your business more successful.

Choose one opportunity

Thursday, Oct. 8, 7:00-8:00pm

Saturday, Nov. 7, 10:00-11:00am

Registration fee: \$33

Canva Academy for Business

▲ **Nickie Welsh**

Learn how to design professional-looking social media posts, flyers, and marketing materials using only the free version of Canva. No design experience required. You'll learn the exact tools, shortcuts, and strategies that make creating beautiful visuals quick and stress-free. This online session will give you the skills and confidence to create graphics that attract customers and make your business look polished and professional.

Tuesday, Oct. 13, 1:00-2:00pm

Registration fee: \$33

Children's Book Publishing

▲ **Preethi Fernando**

Discover how to get your children's book published! This online class will cover your publishing options—professional publishing, self-publishing, and publishing on Amazon. Learn from the author of 15 books about how to design your cover, format your book, upload it to Amazon, get copies printed, and more. Note, this is not a writing class.

Choose one opportunity

Saturday, Oct. 17, 12:00-1:00pm

Tuesday, Nov. 10, 8:00-9:00pm

Registration fee: \$33

Using Google Gemini AI to Function Smarter

▲ **Preethi Fernando**

Curious about how to use Google Gemini AI? Whether you are a retiree, parent, small business owner, or other working professional, learn how to use Google Gemini AI to function smarter in your work and personal life. Discover how to use it to research topics, create pie charts, summarize documents, write resumes, upload PDFs, sync Google calendar, find recipes and discount groceries, and more in this online workshop.

Choose one Saturday opportunity

Oct. 17, 3:00-4:00pm

Nov. 14, 1:00-2:00pm

Registration fee: \$33

Using Canva for Creative Projects

▲ **Nickie Welsh**

Unlock a world of creative possibilities with Canva, the ideal digital tool for your creative projects. This online, interactive class will teach you how to use Canva to design and create everything from custom greeting cards and party invitations to printable wall art, and gift tags. Whether you're working from scratch or customizing a template, you'll receive step-by-step guidance to confidently turn your ideas into beautiful, print-ready projects.

Tuesday, Oct. 20, 1:00-2:00pm

Registration fee: \$33

Publish Your Own Book

▲ **Preethi Fernando**

Learn how to publish your own writing! Find out whether traditional publishing or self-publishing is a better fit for your goals. This online class will take you through the process of designing a professional book cover, formatting your book, and getting copies printed. Get guidance from the author of 15 published books and the winner of Stephen King's Haven Foundation Award. Note, this is not a writing class.

Saturday, Dec. 5, 5:00-6:00pm

Registration Fee: \$33

Registration Information

Program/Registration Information

Register Early and Often!

Payment by cash, check, or credit card is required at least one week prior to class.

Courses may be cancelled due to insufficient enrollment, so please register early! You can take classes at either location with no added "out of town" fee.

Register online:

For Kittery Adult Education classes:
www.kittery.maineadulted.org

For Marshwood Adult Education classes:
www.marshwood.maineadulted.org

Register by phone:

Kittery Adult Education classes: (207) 439-5896
Marshwood Adult Education classes: (207) 384-5703

Class Cancellation and Refund Policy

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

Material Fees

- Some classes have a separate, non-refundable material fee. This is listed in the class description.
- Any material fee will be paid on the first day of class via cash or check.
- Students may still be charged a material fee if they do not attend the class or cancel late.

Teachers Wanted!

Please contact us if you would like to teach an enrichment class. It's a great way to share a passion or expertise, earn money for your talents, and help build community!



Director's Letter

Being the Director of Kittery and Marshwood Adult Education programs for the past seven years has been a career highlight for me. My greatest honor has been seeing 120 students earn their high school credentials and others enroll in college or develop their careers.

Supporting our adult education students has been a team effort. I have been lucky to have a talented team! We will miss two of our dedicated teachers, Wanda Kezar and Rita Pender. To meet the diverse needs of our community, we continue to develop our skills and abilities and have expanded our programming, including adding summer academic classes, making it more flexible and tailored to student needs and goals.

But we don't do this work alone. We do it with your support and through partnerships like the one we have with Mainspring, where our students learned, this past summer, in the comfort of air conditioning, and with the South Berwick Library, where the director facilitated a conversation group for English language learners. These are just a few examples of our belief in "Community Learning Together." This is also why we appreciate your participation in our enrichment programs.

As I retire, I am confident that Kittery and Marshwood Adult Education will continue to do excellent work under the leadership of a new director.

Be Well,
Linda

Registration is Now Open.

Book Early to Secure Your Spot!



**Mixed Media: Birds, Blooms
and Playful Gardens**
See page 6



**Needle-Felted
Snowman Ornament**
See page 8



**Using Your Camera
as an Expressive Tool**
See page 16



**Nature's Nightshift:
Maine Animals of the Night**
See page 20

"The Kittery and Marshwood Adult Education programs
are invaluable. I love the opportunities to explore
and practice new things with neighbors of all ages."

– Past Participant

Earn your HiSET. Improve your English.

REGISTERING IS EASY!

Kittery Adult Ed

- ▶ kittery.maineadulted.org
- ▶ (207) 439-5896

Marshwood Adult Ed

- ▶ marshwood.maineadulted.org
- ▶ (207) 384-5703

Marshwood Adult Education
260 Dow Hwy.
South Berwick, ME 03908

Non-Profit Organization
U.S. Postage PAID
Portland, ME
Permit No. 454

ECRWSS
Postal Customer