

Bangor Adult Education



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Enroll Now

207.941.6316

www.bangoradulthood.org

FALL 2026

Bangor Adult Education

Gregory Leavitt, Director

High School Completion
Enrichment Courses

Career Pathways
College Transition Courses
ESL Classes

College Prep Courses
Adult Basic Education

121 York Street

Bangor, Maine 04401
www.bangoradulthood.org

941-6316

Office Hours

Monday - Thursday 8:30 am - 4:30 pm

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BANGOR ADULT EDUCATION
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ALL CLASSES LISTED AT
WWW.BANGORADULTED.ORG

NON-DISCRIMINATION & EQUAL OPPORTUNITY : The Bangor School Department shall not discriminate and shall comply with applicable laws prohibiting discrimination on the grounds of race, color, religion, sex, sexual orientation, national origin or citizenship status, age, disability, or veteran status in employment, education, and all other areas of the Department. Questions and complaints should be directed to the Superintendent of Schools, Bangor School Department, 73 Harlow Street, Bangor ME 04401, 992-4150.

Bangor Adult Education

121 York Street 941-6316

HIGH SCHOOL COMPLETION

There are two ways to complete your high school education through Bangor Adult Education:

HIGH SCHOOL DIPLOMA

Adults may earn a Bangor Adult Education High School Diploma by taking our credit courses to supplement previous high school courses. We will analyze your most recent high school transcript and develop a learning plan to help you earn your diploma.

Please call 207.941.6316 for a registration appointment.

HiSET® EQUIVALENCY DIPLOMA

The HiSET® is a series of five subject tests; Science, Social Studies, Reading, Writing, and Math. The HiSET® has replaced the GED in Maine. After completing diagnostic tests (CASAS), you may either proceed directly to testing or be enrolled in a preparatory program for the exam. If enrolled in the preparatory program, your teacher and learning coach will meet with you to make a personalized study plan to prepare you for the HiSET® exam in any subjects you need preparation for. This study plan may include one-on-one or small-group tutoring and coaching sessions, which may be conducted in-person or virtually. It may also include asynchronous work on HiSET® Academy/Essential Education, Khan Academy, other digital platforms, or on paper. Participants must be at least 17 years old and not enrolled in high school.

There is no cost for the HiSET® exam or the associated preparatory program for Maine residents.

Please call 207.941.6316 for a registration appointment for either the High School Diploma program or the HiSET®.

Mathematics Teacher & HiSET® Tutor: Jeremy Bernier, Ph.D.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

Bangor Adult Education offers classes for people interested in improving speaking, listening, reading and writing in English. We will work on vocabulary, pronunciation, comprehension, and conversation. Beginner and Advanced classes are available. Enroll at anytime.

Please call 207.941.6316 or email nberger@bangorschools.net for more information or to schedule an appointment.

Instructor: Nate Berger
nberger@bangorschools.net



DIGITAL LITERACY

Proficiency with computer skills is important regardless of career choice. We can assess your skills in Computing Fundamentals, Key Applications, and Living Online. We have an online curriculum that you can utilize to improve your skills. You can even earn the Essential Education Digital Literacy Credential by completing this program. The assessment and program are free.

Please call 207.941.6316 to schedule an appointment.

Bangor Adult Education has partnered with the Learning Resource Network to offer asynchronous online classes.

These include:

Web Design
Conflict Management
Designing Online Instruction
Developing Your Leadership Skills
Developing Your Professional Career
Extraordinary Customer Service
HTML Fundamentals
Improving Email Promotions
Grammar Refresher Certificate
Introduction to Game Design
Intermediate Excel

Introduction to Social Media
Leadership Principles
Negotiation: Get What You Want
Online Advertising
Podcasting
Refining Your Writing
The Basics of Bookkeeping
Video Marketing
Word-Level Grammar
Writing News and Press Releases
YouTube for Business

Advanced Google Analytics
Advanced Teaching Online
Business Writing
Cash is King
Collaborative Management
CSS Fundamentals
Adobe Illustrator Essentials
Adobe Photoshop Essentials
Adobe InDesign Essentials
Certificate Programs
... and many more!

FOR MORE INFORMATION, PLEASE VISIT WWW.BANGORADULTED.ORG

COLLEGE AND CAREER READINESS COURSES

ASYNCHRONOUS COLLEGE ESSENTIALS PROGRAM- A COMPREHENSIVE READING, WRITING AND MATH REVIEW TO PREPARE FOR POST-SECONDARY SCHOOL

This is a self directed, self paced tutoring program, designed to prepare a student for post secondary education and college entrance exams. This Essential Education's College Essentials online course includes the following sections: reading, writing and math. It is delivered through Essential Education, an online platform designed to prepare students for college and technical school entrance exams/courses and eliminate the need for developmental education courses. The course covers the following topics:

- Reading: Core comprehension skills, making inferences, synthesizing concepts, and evaluating supporting details
- Math: Core math skills, ratio and proportion, geometry, algebra, and functions
- Writing: Language mechanics, planning and organizing written work, and three opportunities to write an essay

The Learning Center provides teacher support by appointment, via Zoom. **This course has open enrollment throughout the school year. Please complete the online registration form or call 941-6316 to schedule an appointment to register and take the math and reading CASAS. A minimum math CASAS score of 241 and a reading CASAS score of 245 are required for enrollment.**

College and Career Readiness Mathematics

Support is available for students who have already completed their HiSET® or High School Diploma, but are seeking to further develop their mathematics skills and knowledge in order to prepare for postsecondary education. Enrollment in College Transition Mathematics requires completion of a mathematics skills and knowledge assessment (Math CASAS). Once you have registered, your mathematics teacher will reach out to you to have a one-on-one meeting to review prior mathematical experiences, select mathematical topics for review, and set learning goals. You will have the opportunity to have a weekly one-on-one meeting with your mathematics teacher, in addition to asynchronous and online activities as appropriate. Additional sessions, calls, and other forms of developing your mathematics abilities will be arranged as needed on a case-by-case basis.

Depending on your score on the Math CASAS, you will be in one of three tracks:

220 or below: Fundamentals of Mathematics

221 to 240: Pre-Algebra

241 or above: High School Algebra

Approximately every three months, you will complete the Math CASAS assessment again. New learning goals will be set based on progress you made, and you may progress from one track to another at this time. Students who achieve their learning goals in the High School Algebra track will be well prepared to take a College Algebra course or beyond at the postsecondary level.

College Transitions courses have open rolling enrollment throughout the school year.

Please complete the online registration form or call 207.941.6316 to schedule an appointment to register and take your math CASAS test.

College and Career Readiness Mathematics Teacher: Jeremy Bernier, Ph.D.

College and Career Readiness Reading/Writing

Instruction is available to prepare students for post-secondary reading and writing. Following a CASAS assessment, students will meet with the instructor to develop a learning plan.

Please call 941-6316 for an initial appointment.

College and Career Readiness Reading/Writing Teacher: Sharon Moore



ESSENTIALS OF COLLEGE PLANNING

This free workshop introduces people to educational opportunities in general and Maine Educational Opportunity Center services in particular. This interactive workshop touches on the four steps in the college process: admissions, financial aid, career options and study skills. The admissions section reviews college options, the college search process and the application structure. The fundamentals of financial aid, including the filing process and the applications, are covered in detail. Career options in our geographic area and counseling are introduced. Effective transitions into college, college readiness and study skills are discussed.

Meetings: Mondays, 11:30-3:00 pm, at The Learning Center.

July 27
August 10
August 24
September 14
September 28
October 5
October 19
November 2
November 16
November 30
December 14

Offered by Maine Educational Opportunity Center.

Kate Walsh - College Access Advisor

**Schedule an appointment: <https://appt.link/meet-with-kate-MEOC>
Or call/email 207-949-6501, kevit@maine.edu**



**For more information regarding Maine Educational Opportunity Center visit
www.meoc.maine.edu or call 1-800-281-3703.**

CAREER PATHWAYS/CERTIFICATION COURSES/HEALTHCARE

Bangor Adult Education has partnered with the Learning Resource Network to offer asynchronous online certificate programs. These include:

Bookkeeping
Entrepreneurship
Basic Game Design
Customer Service
Workplace Communication
Mastering Excel
Social Media for Business
Web Design
Coding
Graphic Design
Accounting and Finance
...plus many more.

**For more information, please visit
www.bangoradulthood.org**

Bangor Adult Education is partnering with ProTrain, a leader in continuing education.

This partnership brings quality training to our students that meets national, regional, and local requirements leading to careers in high demand fields. **All classes are held online.**

View all courses and course outlines at
<https://bangoradulthood.theknowledgebase.org/>.

Class times are 7:00 p.m. - 10:00 p.m.

Medical Assistant (Live Online)	11/3 - 3/2	T/Th	\$3,830
Medical Billing and Coding (Live Online)	10/20 - 2/23	T/Th	\$3749
Pharmacy Technician (Live Online)	11/17 - 2/9	T/Th	\$2079
CompTIA A+ (Live Online)	3/22 - 5/17	M/W	\$2495
CompTIA Security+ (Live Online)	11/23 - 12/30	M/W	\$1519

These courses may be eligible for partial reimbursement through the Maine Workforce Compact.

Scan the QR code for more info.



REAL ESTATE SALES AGENT

The Center for Real Estate Studies is offering the opportunity to participate in their online SALES AGENTS COURSE. Students who pass the course with a grade of 75% or better are eligible to take the Maine Real Estate Licensing Exam. Students who pass the state exam may join a licensed Maine Real Estate Agency and obtain a Maine Real Estate Sales Agent license. The course is also useful for students who are considering buying or selling real estate to understand the process. And, because the course covers real property valuation and real estate finance, it helps investor students understand the forces that create value and why ownership of real estate is key to wealth accumulation. **Cost: \$370**

This is an asynchronous course that must be completed within one year of enrollment.

ENRICHMENT COURSES

THEATRE

INTRODUCTION TO IMPROV

You will learn the basics of improvisation. No experience necessary, just a willingness to play and have fun. You will learn the art of saying yes through laughter, listening, and play. You will gain confidence with communication, free expression and thinking on your feet. No scripts, no pressure just connection, creativity and fun. **Classes are held at Brewer Community Center**

Cost: \$95 Wednesdays, 9/23 - 10/28 6:00 p.m. - 7:30 p.m.

Instructor: Angel Carey and Maureen O'Malley

SCENE STUDY OF ON GOLDEN POND WITH PENOBSCOT THEATRE COMPANY

Class meets twice before the Penobscot Theatre performance of On Golden Pond. During these two classes, we will read scenes from the play out loud. We will discuss playwriting, acting, storytelling, set, costumes and lights. Our last meet up will be to see the performance together at Penobscot Theatre and then to have a group discussion after the show (with snacks!). A wonderful immersive experience! **Cost: \$85(includes performance ticket) Wednesdays, 9/16 - 9/23 6:00 p.m. - 7:30 p.m.**

Classes Wednesdays, 9/16 - 9/23 are held at Brewer Community Center.

Thursday 10/1 class will be held at Penobscot Theatre Company with snacks and discussion to follow the show.

Instructor: Kae Cooney

ART/MUSIC CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

UKULELE FOR BEGINNERS - YOUR JOURNEY BEGINS HERE!

Learn to play this versatile, go-anywhere, affordable instrument in a relaxed program taught with humor by our popular instructor, Duncan Perry. You will learn essential chording and strumming skills as well as learn how to play by ear using familiar songs so you don't have to read music! When folks hear you play this happy instrument, well, they just have to smile! What are you waiting for? Grab a uke, sign up, tune up and show up. Let your musical adventure begin!

Classes are held via Zoom.

Cost: \$79 each session

Please choose a session when registering.

Session 1 Tuesdays

9/29 - 10/20

6:00 p.m. - 7:30 p.m.

Session 2 Tuesdays

10/27 - 11/17

6:00 p.m. - 7:30 p.m.

Instructor: Duncan Perry is an experienced multi-instrumentalist, Duncan has taught ukulele for over 15 years. A former volunteer music therapist, he believes music sharpens the mind, reduces stress, and brings joy. He teaches across Maine and online, reaching students throughout New England and beyond.

INTERMEDIATE WATERCOLOR PAINTING

Take your watercolor skills to the next level in this intermediate course for artists with a basic understanding of watercolor techniques. Explore layering, glazing, color mixing, composition, and creating depth and atmosphere while painting a variety of subjects, including landscapes, florals, and still lifes. Through demonstrations, guided instruction, and individual feedback, students will refine their technique, build confidence, and develop their own artistic style.

Cost: \$79 Thursdays

9/24 - 11/12

6:00 - 7:30 p.m.

Classes are held at Brewer Community Center

Instructor: James Lagasse is an artist from Bangor, Maine. His work has been published in regional and international magazines and has been featured in multiple television series including Blue Bloods, Saturday Night Live, and HBO. Jim has been painting for over 30 years and continues to paint New England landscapes and children's book art.

COPYING MASTERS OF WATERCOLORS STEP-BY-STEP

Learn watercolor through the techniques of master artists in this step-by-step course for beginning and intermediate painters. Students will complete six paintings while learning essential watercolor skills, including washes, wet-into-wet, dry brush, glazing, and color techniques. Each class features live demonstrations, projected instruction, and individual guidance, with most of the time devoted to hands-on painting. Inspired by artists such as Winslow Homer, John Singer Sargent, J.M.W. Turner, Andrew Wyeth, Emil Nolde, and James Fitzgerald, this course builds confidence, strengthens technique, and encourages students to develop their own artistic style. **For the materials list and full course description, please visit www.bangoradulthood.org.**

Cost: \$79

Tuesdays, 9/29 - 11/3

5:30 p.m. - 8:00 p.m.

Classes are held at Brewer Community Center

Instructor: Michael E. Vermette has been an oil painter for over 50 years. He graduated from Maine College of Art with a BFA degree in painting in 1980 and is a Maine certified K-12 art teacher with over 36 years experience. He has won numerous Best-in-shows awards in Maine open juried competitions and is the recent winner of the Castine Plein Air Festival 2018.

COLOR FOR THE OIL PAINTER

Explore the power of color in oil painting with Michael E. Vermette in this studio course focused on color theory. Students will learn hue, value, intensity, and warm and cool color relationships while exploring how color creates light, depth, atmosphere, and emotion. Through demonstrations of traditional and expressive techniques, students will paint subjects of their choice—including landscapes, portraits, still lifes, figures, or abstracts—with ample studio time each class. Recommended for painters with some experience, this course strengthens color knowledge while helping artists develop their own creative style.

For the materials list and full course description, please visit www.bangoradulthood.org.

Cost: \$79

Thursdays, 10/1 - 11/5

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

Classes are held at Brewer Community Center

Instructor: Michael Vermette, for bio see Copying Masters of Watercolors step-by-step

PORTRAITURE DRAWING, INTERMEDIATE CLASS

Learn to draw faces and capture a true likeness with local illustrator and portrait artist Kao Sumi. Through guided exercises, students will build foundational drawing skills while learning facial proportions, basic anatomy, feature placement, expressions, and portrait drawing from live reference. A basic understanding of line, shape, and form is recommended. Bring your favorite pencil or pen; paper will be provided. **Classes are held at Brewer Community Center**

Cost is \$94

Thursdays 9/24 - 11/12

6:00 p.m. - 8:00 p.m.

Instructor: Kao Spencer

CERAMICS

Ceramics for all levels. Choose your own pieces, prices from \$1 - \$50, (not included in the class fee), and enjoy the company of others as you create your own art pieces. You will receive guidance and advice as you desire. Discover a new lifelong hobby, and new friends! Price does not include the items chosen per class. **Classes are held at Creative Arts Center, Brewer**

Cost is \$12

Thursdays 9/17 - 10/22

6:00 p.m. - 8:30 p.m.

Instructor: Steve Wong

COOKING CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

HOLIDAY HOSTING CHARCUTERIE

We give you all of the supplies, ingredients and creative freedom to create a holiday themed charcuterie board including an assortment of meat, local cheese, seasonal fruit, veggie, carbs, dips and sweets! Feel free to bring your own non-alcoholic beverage and learn how to make your holiday spread like a pro this year!

Class is held at Downtown Charcuterie, Brewer

Cost: \$30

Thursday, 11/19

5:30 p.m. - 7:00 p.m.

Instructor: Ashley Cunningham

COOKING WITH BOOMERTECH ADVENTURES

BoomerTECH Adventures guides Chris, Jill, and Ed share their love of cooking and enjoyment for lots of different types of foods. You will learn how to prepare several tasty stir fries using traditional Chinese flavorings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade. We haven't forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie?

Class is Asynchronous Online.

Cost: \$45

FINANCIAL CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

CHOOSING YOUR NEXT CHAPTER: LIFE, RETIREMENT AND FINANCIAL CONFIDENCE AFTER 50

Whether someone is 10 or 40 years from retirement, attendees will learn investment strategies to help design the retirement you want. We will also discuss how you can add flexibility to your strategy to help handle unexpected events and keep a strategy on track.

Cost: \$20

Tuesdays 9/22 - 10/13

5:30 p.m. - 6:30 p.m.

Instructor: Marion Syversen

Classes are held at Brewer Community Center

BUSINESS OWNER EXIT PLANNING: START WITH THE END IN MIND

Business owner exit planning: Start with the end in mind focuses on the importance of being proactive and intentional about succession/exit planning. This seminar explores steps business owners can take now to make a successful transition on their terms.

Instructor: Daniel Michaud

Class is held at Brewer Community Center

Cost: \$5

Wednesday 10/21

5:30 p.m. - 7:00 p.m.

FOUNDATIONS OF INVESTING

Foundations of Investing is an educational program for people who are either new to taking control of their investments or need a refresher. Participants will learn: The importance of developing a strategy, The impact of asset allocation, The influence of inflation on your long-term goals.

Instructor: Daniel Michaud

Cost: \$5

Wednesday 10/14

5:30 p.m. - 7:00 p.m. Class is held at Brewer Community Center

RULES OF THE ROAD SEMINAR

The Rules of the Road presentation introduces the 10 Rules of the Road to investing. Participants will learn: The most common investing mistakes and how to avoid them. Investing strategies to help reach their long-term goals. What they can do now to prepare for retirement.

Instructor: Daniel Michaud

Cost: \$5

Wednesday 10/21

5:30 p.m. - 7:00 p.m. Class is held at Brewer Community Center

CREATING YOUR ESTATE PLAN WITH LISA ROSENTHAL OF ROSENTHAL ESTATE LAW

The Creating Your Estate Plan presentation is designed to help people better understand the basics of estate planning so they can consider the options that make the most sense for their specific situations. Participants will learn what to consider when creating a will, the benefits of trusts in estate planning, how to help reduce taxes on estates and how insurance can help protect your family.

Instructor: Daniel Michaud

Cost: \$5

Wednesday 10/28

5:30 p.m. - 7:00 p.m. Class is held at Brewer Community Center

SEE OUR COMPLETE LIST OF CLASSES ONLINE AT
www.bangoradulthood.org

GARDENING WITH IVONNE VAZQUEZ

Students must be at least 18 years old and not enrolled in high school to register.

Learn gardening tips from Master Gardener Ivonne Vazquez in a series of workshops.

Each workshop is \$25

Ivonne Vazquez is very passionate about native plants, herbs, pollinators, DIY, sustainability, the environment and the outdoors. She is most often found outdoors using her skills as a small acreage diversified farmer and owner of a native plant nursery. Ivonne is a freelance writer of gardening DIY articles, an avid photographer whose main subjects are plants, flowers and pollinators. She owns Bas Rouge Farm & Forge in Orono, Maine a Native Plant Nursery. To learn more, visit the website basrougefarm.com or @basrougefarmforge on Instagram. **Classes held at Brewer Community Center**

SAVING SEEDS

Learn about the art and skill of saving seeds. People all over the globe have saved seeds from their growing spaces and trade routes of traditional foods and medicines for many millennia. Learn how to save seeds, develop a new skill and understanding while saving a little money for next season's garden. Participants will take a small packet of saved seeds home.

Open to all skill levels. Wednesday 9/23 6:30 p.m. – 8:00 p.m.

CREATING HABITAT WITH NATIVE PLANTS

Native plants are important in attracting pollinators, of all types, to your garden. But what do you do once you have these wonderful life forms visiting your plants and looking to make a permanent home in your growing areas? By incorporating native plants which provide food, nesting and overwintering shelter you create habitat. Learn about the many ways in which native plants can become central to the long-term biodiversity needs in your garden.

Open to all skill levels. Wednesday 9/30 6:30 p.m. – 8:00 p.m.

DANCE CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

WALTZ DANCE LESSONS

This course will teach the basics in the ballroom dance style of Waltz. Waltz is a partner dance, so participants must register with a partner. This course will also teach timing, leading and following skills necessary to succeed in all partner dances. Each couple will progress at an individual pace. No previous dance experience is necessary. Sneakers are the recommended foot attire.

Class will be held at Fruit Street School
Cost: \$55 per person Tuesdays 9/22 - 10/27 6:00 p.m. - 7:00 p.m.

Instructors: Chuck McKay and Carole Luetjen teach dance lessons in the Bangor area.

SWING DANCE LESSONS

This course will teach the basics in the ballroom dance style of Swing. Foxtrot and East Coast Swing are partner dances, so participants must register with a partner. This course will also teach timing, leading and following skills necessary to succeed in all partner dances. Each couple will progress at an individual pace. No previous dance experience is necessary. Sneakers are the recommended foot attire.

Class will be held at Fruit Street School
Cost: \$55 per person Tuesdays 9/22 - 10/27 7:00 p.m. - 8:00 p.m.

Instructors: Chuck McKay and Carole Luetjen teach dance lessons in the Bangor area.

COUNTRY LINE DANCE FOR BEGINNERS

No partner required - This fun Beginner level line dance class will offer a variety of simple line dance steps and routines - done to all your favorite country songs - that can go from classroom to dance floor in a flash! Clear instruction, step and combination breakdowns, and plenty of time to practice makes this class perfect for dancers who are brand new to line dancing. Please choose a session when registering.

Class will be held at Fruit Street School
Cost: \$35 Thursdays 9/24 - 11/5 6:00 - 7:00 p.m.

Instructor: Bethany Luetjen teaches dance lessons in the Bangor area.

COUNTRY LINE DANCE INTERMEDIATE TO ADVANCED LEVEL

No partner required - This line dance class is targeted towards the experienced country line dancer, and will offer a variety of more complex, challenging line dance steps and routines. Done to all your favorite country songs, these dances can go from classroom to dance floor in a flash! Clear instruction, step and combination breakdowns, and plenty of time to practice makes this class perfect for dancers who are hoping to challenge themselves with some new, more difficult routines.

Please choose a session when registering. **Class will be held at Fruit Street School**

Cost: \$35 Thursdays 9/24 - 11/5 7:15 - 8:15 p.m.

Instructor: Bethany Luetjen teaches dance lessons in the Bangor area.

FITNESS/HEALTH CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

REIKI LEVEL ONE

Reiki (Rei) “Universal Life” and (Ki) “Energy” is a safe and gentle spiritual healing therapy that can have amazing results. Reiki has been shown to activate the parasympathetic nervous system to gently heal the mind and body. Reiki also helps to connect mind, body and spirit. Studies have shown that Reiki helps with stress, anxiety, healing after surgery, cancer treatments and more. Reiki healings involve gentle placement of hands either above or on a Reiki recipient to create the best conditions for natural healing to occur. In this class, you will receive a Reiki attunement that will allow you to understand and use Reiki as a healing practice. You will also receive a Reiki level one certificate and you will learn the principles, requirements and techniques to administer Reiki healing to yourself and others. Reiki level one is open to all.

Class is held at Brewer Community Center

Cost: \$95 Thursday, 10/8 5:30 - 8:00 p.m.

Instructor: Jodi Puleo, MA is a certified Reiki Master/Teacher, spiritual intuitive, and mental health consultant who combines her Reiki healing, her intuitive gifts and her professional mental health counseling experience to help people and animals heal.

SPIRITUALITY, MIND & BODY: UNDERSTANDING THE HIDDEN CONNECTIONS

In this powerful 90-minute class, we will explore how societal pressures and fear-based thinking shape the way we see ourselves, and how disconnection from our own spirit can create the very patterns that show up as mental and physical suffering. You will come away with a deeper understanding of how healing one dimension of yourself creates ripples of healing in all the others — and that true wellness begins with self-love, self-acceptance, and a return to wholeness.

This class is facilitated by **Jodi Puleo**, a Reiki Master, Spiritual Teacher, and holder of a Master’s degree in Counseling Psychology. With over a decade of experience, Jodi brings a rare blend of clinical understanding and heart-centered spiritual wisdom to her work.

Class is held at Brewer Community Center

Cost: \$30 Thursday, 10/22 5:00 - 7:30 p.m.

TAKE CHARGE OF YOUR OWN HEALTH

Tired, foggy, or told everything looks “normal” when it doesn’t feel normal? Curious about Functional Medicine? This three-class series teaches how your body’s systems connect, how food drives the way you feel day to day, and which lab tests to ask your doctor for. Each week you take home a practical tool. Drawing on more than a decade of holistic health practice, Jen Goddard makes complex health concepts plain — and gives you the language to advocate for yourself. **Week 1** — Why You Don’t Feel Like Yourself: The framework. Six interconnected body systems and why your symptoms aren’t random. You’ll leave with a Body Signal Inventory to pinpoint where your body is asking for help. **Week 2** — Eat to Heal Food as your first line of medicine. Blood sugar, food label reading, the truth about food dyes, and a Power Plate Framework you can use at every meal. Take home a Meal Prep Guide built for real life. **Week 3** — Functional Labs to Ask Your Doctor For Beyond “everything looks normal.” The six lab categories that catch problems early, exactly what to ask for, and what to do if your provider says no. Take home a one-page Functional Lab Checklist for your next appointment.

Class is held at Thriving Proof, Bangor

Cost: \$45 Tuesdays, 10/6 - 10/20 5:30 - 6:30 p.m.

Instructor: Jen Goddard

NUTRITION BASICS FOR EVERYDAY HEALTH

Nutrition Basics is an introductory course designed to help adults build a strong foundation in nutrition without the confusion of fad diets or conflicting health advice. Participants will learn the fundamentals of calories, macronutrients, protein, carbohydrates, fiber, and healthy fats, calculate their individual calorie and protein needs, and discover how to build balanced meals that promote energy, satiety, and overall health. The course also covers how to make informed supplement choices using evidence-based guidelines and the importance of gut health. Through practical examples and interactive activities, participants will leave with the knowledge and confidence to make healthier food choices that fit their lifestyle.

Class is held at Thriving Proof, Bangor

Cost: \$20 Tuesday, 9/29 5:30 - 7:30 p.m.

Instructor: Amber Baird

SEE OUR COMPLETE LIST OF CLASSES ONLINE AT
www.bangoradulthood.org

AQUA YOGA

Dive into relaxation and rejuvenation with our 6-week Pool Yoga series! This unique class combines the gentle flow of yoga with the soothing support of 92-degree salt-water, creating a low-impact, fun, and refreshing way to improve flexibility, balance, and strength. Perfect for all fitness levels, this class helps you unwind, connect with your body, and enjoy the calming benefits of being in the water. Join us for this delightful aquatic experience—your body and mind will thank you!

Classes held at Hermon Covey Physical Therapy - 2263 RT. 2, Hermon, ME.

Cost: \$100 Choose one of the following sessions. MUST REGISTER AT : www.coveypt.com/classes

Session 1: Sundays 9/13 - 10/4 5:00 p.m. - 5:45 p.m.

Session 2: Sundays 10/18 - 11/8 5:00 p.m. - 5:45 p.m.

Session 3: Sundays 11/22 - 12/13 5:00 p.m. - 5:45 p.m.

Instructor: Amy Whitmore, RYT

AQUATICS POOL FITNESS

What a great way to work on your strength, balance, and flexibility without pain. The buoyancy of the water allows you to exercise and do motions that are hard to do on land while the resistance allows for a workout that is hard to replicate on land. Our pool is a saltwater system maintained at 92 degrees. Great for any level of fitness.

Classes held at Hermon Covey Physical Therapy - 2263 RT. 2, Hermon, ME.

Cost: \$100 Choose one of the following sessions. MUST REGISTER AT : www.coveypt.com/classes

Session 1: Mondays 9/14 - 10/5 5:30 p.m. - 6:15 p.m.

Session 2: Mondays 10/19 - 11/9 5:30 p.m. - 6:15 p.m.

Session 3: Mondays 11/23 - 12/14 5:30 p.m. - 6:15 p.m.

Instructor: Dr. Emily Clark, DPT

AQUA TAI CHI

Join Barb in our 92-degree saltwater pool at Covey Physical Therapy and reap the benefits of the slow meditative movements of tai chi and qigong through water. This class will help you improve your balance, strengthen your body, and relax your mind. The class is 45 minutes long and ends with a quiet guided meditation in the pool.

Classes held at Hermon Covey Physical Therapy - 2263 RT. 2, Hermon, ME.

Cost: \$100 Choose one of the following sessions. MUST REGISTER AT : www.coveypt.com/classes

Session 1: Wednesdays 9/9 - 9/30 5:30 p.m. - 6:15 p.m.

Session 2: Wednesdays 10/14 - 11/4 5:30 p.m. - 6:15 p.m.

Session 3: Wednesdays 11/18 - 12/9 5:30 p.m. - 6:15 p.m.

Instructor: Barbara Cookson

MOVE WITH EASE: UPPER BODY EDITION

Do you struggle with shoulder pain, stiffness, or limited mobility? Our specialized class is designed to help you regain strength, improve range of motion, and reduce discomfort in your shoulders and upper back. Each session combines safe, targeted exercises and movement strategies to support your recovery and help you move with greater ease and confidence. Whether you're healing from an injury, managing chronic tension, or simply want to feel stronger, this class is for you!

Classes held at Hermon Covey Physical Therapy - 2263 RT. 2, Hermon, ME.

Cost: \$100 Choose one of the following sessions. MUST REGISTER AT : www.coveypt.com/classes

Session 1: Tuesdays 9/15 - 10/6 5:30 p.m. - 6:15 p.m.

Session 2: Tuesdays 10/20 - 11/10 5:30 p.m. - 6:15 p.m.

Session 3: Tuesdays 11/24 - 12/15 5:30 p.m. - 6:15 p.m.

Instructor: Will Prescott, OTR/L and Matthew Soucy, OTR, CHT

IMPROVE YOUR POSTURE

Undo the wear and tear of daily life—one move at a time. Modern life is tough on your spine—slouching at desks, bending, lifting, and repetitive motions can all lead to stiffness and pain. This class is designed to counteract those daily stressors with simple, effective posture and movement exercises that you can easily incorporate into your routine. You'll learn how to move smarter, stand taller, and feel better—so your spine stays strong, aligned, and pain-free for the long haul.

Classes held at Hermon Covey Physical Therapy - 2263 RT. 2, Hermon, ME.

Cost: \$100 Choose one of the following sessions. MUST REGISTER AT : www.coveypt.com/classes

Session 1: Mondays 9/14 - 10/5 5:30 p.m. - 6:15 p.m.

Session 2: Mondays 10/19 - 11/9 5:30 p.m. - 6:15 p.m.

Session 3: Mondays 11/23 - 12/14 5:30 p.m. - 6:15 p.m.

SEE OUR COMPLETE LIST OF CLASSES ONLINE AT
www.bangoradulthood.org

BETTER BALANCE: AQUATIC MOBILITY AND STABILITY

This aquatic exercise class is designed to improve gait mechanics, balance, and lower-body function. Participants will perform targeted exercises to increase ankle, knee, and hip mobility while developing strength, stability, and coordination in a low-impact environment. The pool provides a safe setting to challenge balance and movement patterns while minimizing joint stress. Participants will leave feeling stronger, more mobile, and more confident in their ability to move safely and comfortably throughout the day.

Classes held at Hermon Covey Physical Therapy - 2263 RT. 2, Hermon, ME.

Cost: \$150 Choose one of the following sessions.

MUST REGISTER AT : www.coveypt.com/classes

Session 1: Mondays/Wednesday 9/7 - 9/30

12:00 p.m. - 12:45 p.m.

Session 2: Mondays/Wednesday 10/5 - 10/28

12:00 p.m. - 12:45 p.m.

Session 3: Mondays/Wednesday 11/2 - 11/25

12:00 p.m. - 12:45 p.m.

Session 4: Mondays/Wednesday 12/7 - 12/30

12:00 p.m. - 12:45 p.m.

AQUATICS UPPER BODY STRENGTH AND POWER

This aquatic exercise class is designed to improve gait mechanics, balance, and lower-body function. Participants will perform targeted exercises to increase ankle, knee, and hip mobility while developing strength, stability, and coordination in a low-impact environment. The pool provides a safe setting to challenge balance and movement patterns while minimizing joint stress. Participants will leave feeling stronger, more mobile, and more confident in their ability to move safely and comfortably throughout the day.

Classes held at Hermon Covey Physical Therapy - 2263 RT. 2, Hermon, ME.

Cost: \$150 Choose one of the following sessions.

MUST REGISTER AT : www.coveypt.com/classes

Session 1: Tuesdays/Thursdays 9/1 - 9/24

12:00 p.m. - 12:45 p.m.

Session 2: Tuesdays/Thursdays 10/6 - 10/29

12:00 p.m. - 12:45 p.m.

Session 3: Tuesdays/Thursdays 11/3 - 11/26

12:00 p.m. - 12:45 p.m.

Session 4: Tuesdays/Thursdays 12/1 - 12/24

12:00 p.m. - 12:45 p.m.

TOTAL BODY AQUATICS

This class will focus on improving upper- and lower-body motion and strength while addressing any lingering injuries and weak points that accumulate over a lifetime. The class caters to all ages and ability levels, and instructors will utilize a variety of exercises and equipment to tailor each session to individual needs and help rehabilitate any injuries participants may be dealing with.

Classes held at Hermon Covey Physical Therapy - 2263 RT. 2, Hermon, ME.

Cost: \$100 Choose one of the following sessions.

MUST REGISTER AT : www.coveypt.com/classes

Session 1: Fridays 9/4 - 9/25 12:00 p.m. - 12:45 p.m.

Session 2: Fridays 10/2 - 10/23 12:00 p.m. - 12:45 p.m.

Session 3: Fridays 11/6 - 11/27 12:00 p.m. - 12:45 p.m.

Session 4: Fridays 12/4 - 12/25 12:00 p.m. - 12:45 p.m.

Language Classes

Students must be at least 18 years old and not enrolled in high school to register.

SPANISH II PART 3

In Spanish 2 Part 3, we will continue deepening our understanding of the past tense, focusing on both the preterite and the imperfect. Students will keep practicing how to use these tenses correctly and will begin learning direct object pronouns, indirect object pronouns, and important prepositions such as por and para. This is a highly interactive, participation-based class, where students learn through speaking activities, writing practice, games, and collaborative work. To support progress, students are encouraged to review and practice at home using their textbook and class notes. By the end of this course, students will be more comfortable talking about past events, using pronouns naturally, and choosing the correct prepositions in real-life communication. Let's continue growing in Spanish together!

Classes are held at Brewer Community Center

Cost: \$74

Tuesdays, 10/6 - 11/17

6:00 p.m. - 8:00 p.m.

Instructor: Francisca Smith teaches Spanish at Brewer High School. She has been teaching Spanish for 15 years. She is also an Interpreter and Translator.

SPANISH FOR BEGINNERS PART 3

This is the third part of the Spanish for Beginners course. It is an introduction to Spanish in a personalized and fun style. The class is designed to help students acquire a foundation of Spanish vocabulary while learning how to speak and listen to the language for general and practical use. Students are encouraged to speak Spanish whenever possible in the class.

Cost: \$74 Wednesdays, 10/7 - 12/2 (no class 11/11 and 11/25)

6:00 p.m. - 8:00 p.m.

Classes are held at Brewer Community Center

Instructor: Francisca Smith for bio see Spanish II Part 3.

ASL I

Interested in learning sign language to communicate with a family member or a member of the community? If so, you will find this class a “hands talking” experience. Learn basic ASL such as baby signs, family signs, and visual gestures. Realize why many people who previously struggled to learn a second language are perfect students for this class.

Cost: \$74 plus textbook

Classes are held at Brewer Community Center

Wednesdays, 9/16 - 10/28

5:30 p.m. - 7:30 p.m.

Instructor: Dawna Marie Thorpe has taught ASL for several years. Dawna attended Gallaudet University in Washington, D.C. and The University of Maine. She has strong ASL skills and also has experience with SEE (Signed Exact English).

ASL II

This class is a continuation of ASL I.

Cost: \$74 Tuesdays, 9/15 - 10/28

5:30p.m. - 7:30 p.m. Classes are held at Brewer Community Center

Instructor: Dawna Marie Thorpe, for bio see ASL I

COMPUTERS AND TECHNOLOGY

Free Technology Classes at Bangor Public Library

Register by calling (207) 922 - 6055 or at bangorpubliclibrary.org

Instructor: Hannah Cyrus

Wednesday, Sept. 9, 2-4 PM: Intro to Computers & the Internet

Are you new to computers and the internet? Learn about different types of computers and how they work, and get familiar with the basics of using the internet to search for and access information. This class is appropriate even if you have never used a computer before, or if you know a little but would like to learn more. The class covers computers using Windows, Mac, or Chrome operating systems.

Wednesday, Oct. 14, 2-4 PM: Smartphone Basics

Do you have a smartphone you want to learn to use better? Join us for a workshop about different types of phones and how they work, and get familiar with the basics of using yours to call and text, get online, check your email, take photos, and more! This class is appropriate for both iPhone and Android users.

Wednesday, Nov. 4, 2-4 PM: Avoiding AI

Generative AI is being pushed hard by major technology companies everywhere, and appearing on your devices uninvited. This class will cover the basics of how this technology works, why it is unreliable as a source of information, privacy concerns associated with AI, and how to disable it on your devices as much as possible. If you are curious about how large language models and artificial intelligence work, or mad that everything from ChatGPT to Microsoft's Copilot to Google's AI summaries and more seems to show up without you asking for it or being able to get rid of it, join us to learn more and take control of your devices and your privacy.

Wednesday, Dec. 2, 2-4 PM: Spice Up Your Spreadsheets

Get ready to spice up your spreadsheets! Spreadsheet programs like Microsoft Excel and Google Sheets help you organize information and create documents like budgets, schedules, and lists. After a review of some basics, this class will cover intermediate concepts like sorting and filtering, creating pivot tables, using more advanced formulas, and formatting your spreadsheets so they look presentable.

Register by calling (207) 922 - 6055 or at bangorpubliclibrary.org

BoomerTECH ADVENTURES ONLINE COURSES

All BoomerTECH courses contain multiple videos which are self-paced. Students complete courses on their own time and at their own speed. Each course has a PDF booklet with information about the class, instructions for taking the class, and the content of the class (videos and articles accessible from direct links). The three instructors (Jill, Chris, and Ed) provide personalized support for the class via email, phone, and Zoom.

Classes are \$45 each. For more information call 207-941-6316 or visit www.bangoradulthood.org

iOS 18 - Essentials for iPhones

Revolutionize your iPad experience with iPadOS 18! Unlock Apple intelligence, powerful Writing Tools, and pro-level photo editing capabilities. Learn customization secrets and security features that boost your productivity instantly. Compatible with iPad Pro (M4/3rd gen+), iPad Air (M2/3rd gen+), iPad (7th gen+), and iPad mini (A17 Pro /5th gen+).

iPadOS 18 - Essentials for iPads

Revolutionize your iPad experience with iPadOS 18! Unlock Apple intelligence, powerful Writing Tools, and pro-level photo editing capabilities. Learn customization secrets and security features that boost your productivity instantly. Compatible with iPad Pro (M4/3rd gen+), iPad Air (M2/3rd gen+), iPad (7th gen+), and iPad mini (A17 Pro /5th gen+).

Master Your Mac Photos App: Organize Like a Pro

Tired of hunting through thousands of photos on your Mac? Learn how to navigate, organize, and tag your images and videos efficiently. Create albums, share memories with family and friends, and take control of your photo chaos.

Introduction to iPhone Basics (v2)

Discover the must-know features of your iPhone—from Apple ID setup to texting, FaceTime, Control Center, and essential apps. Stay updated and master the latest iOS features with ease.

Introduction to Mac Basics (v2)

Get your Mac running smoothly! Explore the operating system, Finder, Spotlight, browsers, keyboard shortcuts, and App Store to become a confident and efficient Mac user.

Hidden Gems Lurking on Your iPhone & iPad

Did you know...your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? Our iPhones/iPads have many time-saving features that allow you to be creative, efficient, and have fun. These “hidden gems” will show you how to learn advanced features of your iPhone and iPad.

iPhone & iPad Photography: Capture Like a Pro

This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to significantly upgrade their photography skills. Students will learn to take photos, portraits, slo-motion, panos, and more. Also students will learn about camera settings for proper focus and exposure, High Dynamic Range, and picture composition.

Photo Magic on iPhone & iPad: Edit & Organize with Ease

Most of us take hundreds of photos that languish on our iPhone/iPad or in the cloud. Knowing how to edit images and organize your photos on your iPhone and iPad is essential. Other areas of study include using the tabs in the Photos app —“For You” tab (ready-made slide shows), creating, using, and sharing albums, and the very useful search function.

Edit Stunning Photos with Mac’s Photos App

Transform ordinary images into eye-catching masterpieces. Discover how to adjust exposure, apply filters, crop for impact, and use powerful editing tools to enhance your Mac photos effortlessly.

Hidden Gems Lurking on Your iPhone & iPad

Did you know...your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? Our iPhones/iPads have many time-saving features that allow you to be creative, efficient, and have fun. These “hidden gems” will show you how to learn advanced features of your iPhone and iPad.

Unlock Your Memoir: Digital Tools to Spark Your Story

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.

Maximize Your iPad: Communicate, Create & Connect

Unlock your iPad’s full potential with navigation tips, camera and photo apps, communication tools, Siri, accessibility features, and iOS updates. Perfect for enhancing productivity and creativity.

Take Fabulous Photos of the Flora and Fauna in Your World (v 2)

Learn to photograph flowers, plants, and wildlife with expert tips on focus, exposure, composition, and editing. This course is made for you if you want to learn to use your camera or significantly upgrade your skills and abilities.

Unlock Safari’s Secrets on Your Mac in Just Five Lessons

Doing basic internet searches on Safari is fairly straightforward. However, within Safari there are many options most of us never explore. Join us for five lessons that will unlock the secrets of Safari: options contained in the top menu, choices provided on the opening screen, tips for more efficient searching, possibilities hidden within the share feature, and a demo of why you want to click on the AA button. After completing the five lessons you will truly know the ins and out of Safari.

Unlock Safari’s Secrets on Your iPhone in Just Five Lessons

You are on the go with your iPhone in hand and want to do a quick search on the internet. Safari, Apple’s browser, is the place to start because it provides a variety of useful features. The iPhone app has some differences from the iPad version. We will explore all of the choices on Safari’s opening page, review efficient search strategies, look at the hidden possibilities within the share feature, come to see the advantages of Reader View, and more. After completing the five lessons you will truly know the ins and outs of Safari on your iPhone.

Unlock Safari’s Secrets on Your iPad in Just Five Lessons

Your iPad is the gateway to the world when you open the Safari app. Safari, Apple’s browser, is superb because it provides a variety of cool features. The iPad app has some differences from the iPhone version. Learn what the icons on the top menu do, explore all of the choices on Safari’s opening page, review efficient search strategies, look at the hidden possibilities within the share feature, learn the advantages of Reader View, and more. After completing the five lessons you will be a confident user of Safari on your iPad.

SEE OUR COMPLETE LIST OF CLASSES ONLINE AT
www.bangoradulthood.org



Bangor Adult Education Registration Form

Mail completed registration form to:
Bangor Adult Education, 121 York Street, Bangor, Maine 04401

You will be notified only if a course is full. If we do not contact you, then you can assume you are enrolled in the course. If you would like an email confirmation, please provide your email address below.

Name _____

Home Phone _____

Address _____

Other Phone _____

email address _____

City _____ Zip _____

Are you a senior citizen (62 or older) Yes _____ No _____

Course Title

Course Dates

Price

BANGOR ADULT EDUCATION REGISTRATION

To register for classes use any of the following methods:

MAIL-IN-REGISTRATION: To register by mail, simply complete the registration form located on this page.

TELEPHONE REGISTRATION: (with a credit card)

Bangor Adult Education 941-6316

ONLINE REGISTRATION: www.bangoradulthood.org

PAYMENT OPTIONS: Checks, vouchers, and credit cards. Please make checks payable to: Bangor Adult Education

REFUND POLICY: Students receive full refunds if a course is cancelled. Refunds for any other reason are granted at the discretion of the director only.

SENIOR CITIZEN DISCOUNT: Some discounts are available. Please call to learn more.

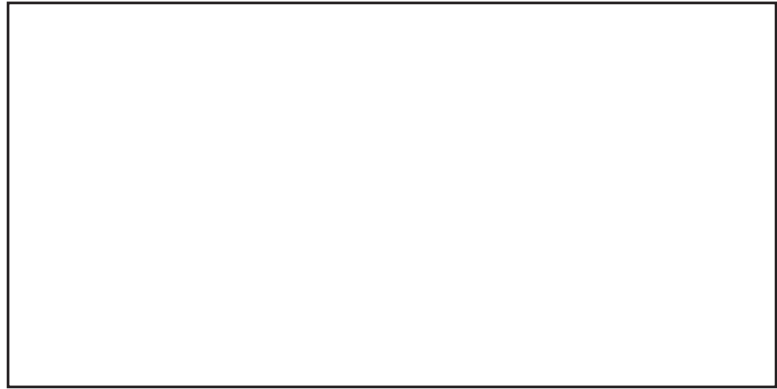
AMERICANS WITH DISABILITIES ACT: Any person with a disability requiring accommodations to fully participate in classes should contact the Adult Education office at least 72 hours before the class to allow ample planning time to meet your needs.

ACADEMIC CLASSES: Students enrolling in academic classes must be at least 17 years old and not enrolled in school or at least 17 years old and a senior in high school.

ENRICHMENT CLASSES: Participants must be at least 18 years old and not enrolled in school.

The Bangor Adult Education Program (academic classes) is open to individuals 17 years of age or older and not enrolled in school and to those individuals covered under section 8605, section 1 of MRSA Title 20-1, except those individuals who pose a threat to the safety of the school may be denied admission or may be removed from the program at the discretion of the Director of Adult and Community Education. Appeals may be made to the Superintendent of Schools. Individuals must be 18 years of age or older and not enrolled in school to enroll in enrichment classes.





Bangor Adult Education, 121 York Street, Bangor, ME. 04401

Bangor Adult Education is partnering with ProTrain, a leader in continuing education.

This partnership brings quality training to our students that meets national, regional, and local requirements leading to careers in high demand fields. **All classes are held online.**

View all courses and course outlines at
<https://bangoradulthood.theknowledgebase.org/>.

Class times are 7:00 p.m. - 10:00 p.m.

Medical Assistant (Live Online)	11/3 - 3/2	T/Th	\$3,830
Medical Billing and Coding (Live Online)	10/20 - 2/23	T/Th	\$3749
Pharmacy Technician (Live Online)	11/17 - 2/9	T/Th	\$2079
CompTIA A+ (Live Online)	3/22 - 5/17	M/W	\$2495
CompTIA Security+ (Live Online)	11/23 - 12/30	M/W	\$1519

These courses may be eligible for partial reimbursement through the Maine Workforce Compact.
Scan the QR code for more info.



BANGOR ADULT EDUCATION
ASPIRE. ACHIEVE. SUCCEED.