

FALL 2026

Gray-New Gloucester Adult Education





Gray-New Gloucester Adult Education

Explore • Grow • Achieve

Welcome to our 2026 Fall Catalog!

Dear Community Members,

We are excited to kick off another year at Gray-New Gloucester Adult Education. Perhaps you have noticed that in recent years, adult education has evolved from primarily high school completion and enrichment into a comprehensive education hub for adult learners. Maine adult education programs offer services including career exploration, college preparation, career training, literacy programs, and more. We're proud of the programming we offer and would love the opportunity to be a part of your educational journey.

As you browse our fall catalog, you'll notice many new classes. Join us to learn how to can vegetables, paint with watercolors, sharpen your photography skills, and downsize and declutter — plus much more. As always, we would love to hear your ideas for classes and would be thrilled to have you share a talent or hobby with the community.

Regards,

Stephanie Haskins, Director



Stephanie Haskins
Director



Theresa Boynton
Program Coordinator



Maureen Mitchell
Advisor



Sheila Myhaver
Instructor



Michelle Van Curan
Social Work



Colleen Lepage
Instructor



Kathryn McGill-
Cavallero
Advisor



Marion Walsh
MLL Instructor

Our Mission

*Providing opportunities and resources
that empower all learners to achieve
academic, career, and personal success
in a supportive, individualized
environment.*

OUR LOCATION

Gray-New Gloucester Adult Education
10 Libby Hill Road, Gray, ME 04039

DIRECTIONS

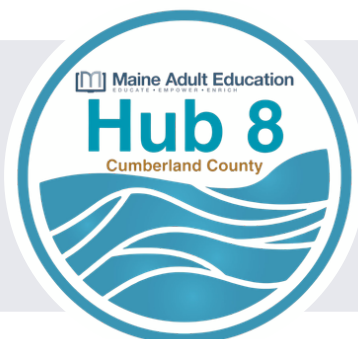
From Libby Hill Road, take the first high school driveway toward athletic fields. On the left corner of the building there is a blue Adult Education sign. Our entrance is around the corner to the left of the gym entrance.

CONNECT WITH US

Stephanie Haskins, Director - shaskins@sad15.org
Theresa Boynton, Program Coordinator - tboynton@sad15.org
Phone: 207-657-9612

OFFICE HOURS

Monday - Wednesday: 9am-7pm
Thursday: 9am-2pm
Friday: By Appointment



Gray-New Gloucester Adult Education is a proud member of the Maine Adult Education Association and the Cumberland County Adult Education and Career Development Hub (Hub 8).

Our Programs



High School Credential Preparation

Gray-New Gloucester Adult Education provides academic programming to help students earn their High School Equivalency Diploma or, in some cases, their Adult High School Diploma. Our advisors complete an intake meeting with each learner to determine the best approach for their goals. The first step is to call 207.657.9612 to make an appointment.

English Language and Citizenship Courses

Learners seeking to improve their English language skills are able to access high-quality instruction at no cost. Instructional programs focus on building literacy skills in reading, writing, speaking and listening as well as math and digital citizenship. Citizenship classes are offered to learners in ESOL Level 3 or 4. Meet with one of our advisors to get started. Call 207.657.9612.



College & Career Access

Learners seeking to improve their English language skills are able to access high-quality instruction at no cost. Instructional programs focus on building literacy skills in reading, writing, speaking, and listening, as well as math and digital citizenship. U.S. Citizenship classes are offered to learners in ESOL Level 3 or 4. Call 207.657.9612 to get started.

Workforce Training

Adult Education programs across the state offer a variety of short-term workforce training programs in high-need occupations. If a training program of interest is not offered here at Gray-New Gloucester Adult Education, we work with our partners to find one. Programs include CNA, CDL, welding, CCMA, and more. Call 207.657.9612 for more information.



Digital Literacy

Gray-New Gloucester Adult Education is part of the Northstar Digital Literacy program, which provides access to Digital Skills Certifications and Badges recognized nationwide. Through official proctored assessments, learners can earn certificates in a range of skill areas, including Essential Computer Skills, Essential Software Skills, Using Technology in Daily Life, and Microsoft Word.

Advising and Career Exploration

Our adult advising and career exploration programs help learners, career changers, and job seekers identify personal strengths, navigate professional transitions, and access training or credentials. Through a series of individual meetings, job shadows, informational interviews, and various career assessments, learners are able to narrow their career options and research training and education programs.



Enrichment

With the belief that lifelong learning is vital to a vibrant community, Gray-New Gloucester Adult Education provides a variety of enrichment opportunities to adults in our region. We encourage you to ask a neighbor or friend to join you and try something new. We also would love to hear about a talent or hobby you have that you would like to share.



Academics 4
College & Career 5
Workforce 6
Arts & Crafts 7
Cooking 8
General Interest 8
Health/Fitness 9
Music & Dance 12
Personal Finance 12
Photography 13
Safety 14
Technology 14

Academic Courses

Enrolling in Adult Education

Are you interested in pursuing your High School Credential or sharpening your academic skills? Our rolling admission means it's never too late to begin. Give us a call at 207.657.9612 — we'll answer any questions you have and help you set up an appointment to get started.

HiSET Preparation Learning Lab

Our HiSET preparation learning labs are open to all learners who have completed an intake with Gray-New Gloucester Adult Education. During this flexible learning time, students work at their own pace on the HiSET's five subject areas — math, reading, writing, science, and social studies — with instructors on hand to help along the way. All HiSET students are encouraged to attend at least two learning labs each week.

Learning Lab Schedule

Mondays: 3pm-7pm

Tuesdays: 11am-3pm

Wednesdays: 3pm-7pm

Thursdays: 10am-2pm

Online HiSET Preparation

Gray-New Gloucester Adult Education offers learners the opportunity to prepare for the HiSET from home, combining our online platform, HiSET Academy, with scheduled Zoom sessions led by instructors. Learners receive instruction in all five HiSET subject areas — reading, writing, science, social studies, and math. This option is available to students working toward a high school credential and/or preparing for college. To be eligible, students must complete the enrollment process in person and commit to attending weekly Zoom meetings. (Please note: Official HiSET exams are in person only.) To learn more, call 207.657.9612.

English Language Learning

Gray-New Gloucester Adult Education is offering English Language classes to learners looking to build their reading, writing, speaking, and listening skills with a goal of increasing civic engagement, improving employability, and advancing their education and training. This class is for anyone wanting to improve their English skills, from beginners through more advanced students. Call 207.657.9612 to schedule an intake appointment.

Class schedule: Mon/Wed/Fri, 9:00–11:00 am



Citizenship Class

This free, comprehensive class provides instruction on U.S. history, government, and the naturalization interview process to help lawful permanent residents develop the civics literacy required to pass the official U.S. Citizenship and Immigration Services (USCIS) exam. Because the official USCIS exam requires applicants to independently read, write, and speak basic English, learners must be at ESOL Level 3 or Level 4 before starting Citizenship class. Learners taking the Citizenship Class, as well as those not yet ready for it, are encouraged to attend English Language class. To learn more, call 207.657.9612.

Congratulations to the Class of 2026

On Tuesday, June 16, we celebrated 12 HiSET graduates and one Maine State Diploma graduate. Three students graduated with Honors, recognized by the gold stole, signifying scoring in the College and Career Ready range on all five subject tests. (Three graduates and one honors student not pictured.)



College and Career Access



College and Career Advising

A key component of academic and career success is access to high-quality advising services. Gray-New Gloucester Adult Education's College and Career advisors meet with learners, completing a thorough intake to learn as much as possible about each individual. Through this process, learners uncover strengths, challenges, and possible barriers to success while developing college and/or career goals and a plan to achieve them. Advisors lead learners through a variety of activities to help guide the process. If you are interested in learning more or getting started, call 207.657.9612 or email gngadulthood@sad15.org.

College Prep Math – Blended Learning

Our blended learning, pre-college math class is designed for students who want to brush up on their math skills or boost their Accuplacer scores for college entry. This course will review arithmetic — including factoring, fractions, percents, and word problems — as well as some elementary algebra concepts, all in a supportive environment. Students will have time to practice skills and ask questions, and they'll also build basic time management and organization skills. Blended learning combines Zoom sessions with online coursework to offer maximum flexibility for students balancing education with other responsibilities. Instructor: Jodi Scott
Tuesdays: 9/8-12/11, 7:00-8:30pm (Mandatory Live Zoom classes)
Location: SMCC/Online via Brightspace
Fee: Free, but must pre-register

College Success

This course will focus on the essential skills of a successful college student, which will include study skills, time management, decision-making strategies, financial literacy, career pathways exploration, and building the writing skills necessary for academic readiness. This free course is offered through Cumberland County Adult Education. This class fulfills a required college graduation credit at both Central and Southern Maine Community Colleges.
Instructor: Cathy Guiffre-Renaud
Mondays, 10/5 - 11/23, 4:00-7:00pm
(10/5 & 11/23 mandatory in-person, all other classes are asynchronous)
Location: SMCC/Online via Brightspace & mandatory in-person classes
Fee: Free, but must pre-register

Reading and Writing for College

In this reading and writing course, students will strengthen their understanding of the interconnected relationship between reading and writing for academic purposes. Students will apply their comprehension of paragraph and essay structure to analyze and produce narrative, compare and contrast, cause and effect, and persuasive writing. Students will gain digital literacy skills through working with online learning technology. At the completion of this course, students' work will be analyzed to determine readiness for ENGL 080 or ENGL 100.

English 040 - Instructor: Alexandra Requena

M/W, 9/9 - 12/11, 5:30-7:00 pm

Location: In-person at SMCC

Fee: Free, but must pre-register

English 080 - Instructor: Anna Patkus

T/T, 9/8-12/11, 9:00 - 11:00 am

Location: In-person at SMCC

Fee: Free, but must pre-register



Financial Aid Workshop

The Financial Aid Workshop hosted by the TRIO Maine Educational Opportunity Center (MEOC) will provide an overview of the financial aid process and the completion of the FAFSA (Free Application for Federal Student Aid). Please bring a copy of your 2024 federal tax return (if applicable) to aid with the filing of your FAFSA if you hope to start college January 2027. Please bring a copy of your 2025 federal tax return (if applicable) to aid with the filing of your FAFSA if you hope to start college in the fall of 2027. Due to grant constraints, participants must be adults hoping to enter post-secondary education.
Instructor: Dori Leadbetter
Tuesday, 10/20, 6:00-7:30PM
Location: GNG Adult Ed
Fee: The class is FREE but pre-registration is required.

Workforce Training



Certified Clinical Medical Assistant

Certified Clinical Medical Assistant training prepares students to assist physicians by performing functions related to the clinical responsibilities of a medical office. The program includes hands-on labs and a clinical externship opportunity at a local healthcare provider. Upon successful completion of this program, students are eligible to sit for the National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination. Prerequisites: CASAS math and reading assessment, immunizations, and background check. Class location and schedules vary. Visit our website to join our interest list or call 207.657.9612 for more information about upcoming trainings.

Certified Nursing Assistant

Do you want to enter the medical field, but aren't sure where to start? CNAs provide assistance with daily care activities to patients in residential facilities and hospitals. The course follows the Maine State Board of Nursing's 130-hour CNA course curriculum. Students who successfully complete the course will sit for the Maine State Board of Nursing exam. Prerequisites: Students must have a High School Credential and pass a CASAS reading assessment. Immunizations are also required by the facility. Locations and schedules vary. Visit our website to join our interest list or call 207.657.9612 for more information about upcoming trainings.

Substitute Teacher Training

In the absence of a regular classroom teacher, substitutes help students learn subject matter and skills. There is a need for compassionate, strong, and dedicated individuals who are excited about working with children and young adults. Daily substitute teaching and long-term substitute teaching will be addressed. A certificate of completion will be granted at the conclusion of this class, which participants can use when looking for future employment.

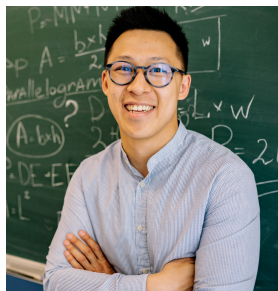
Instructor: Stephanie Haskins

Tue, 8/25, 9:00-11:00AM or

Wed, 9/23, 5:00-7:00PM

Location: GNG Adult Ed

Fee: FREE but pre-registration is required.



Sales Agent Course

This is an entirely online class that we truly believe is expansive, offering people a good amount of information about how buying and selling real estate works in the United States, along with information about working in the field of real estate. The prerequisite for taking this course is simply to have a high school education. Once completed this would allow the learner to become licensed as a real estate agent, if they wish. Instructor: Center for Real Estate Studies
Enrollment: On-going Location: Online • Fee: \$370

Behavioral Health Professional

Our community is looking for individuals who want to make a difference in a child's life. Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. The BHP Training is offered as a blended course which consists of 12 online, self-paced modules, including pre/post-tests, and an 8 hour Live Day (offered in-person and virtually) with a Certified BHP Instructor. Learners must complete all 12 online modules prior to attending a Live Day session. Individuals who will be 18 years of age or older upon completion of the course may register. (You must be at least 18 with a high school diploma or equivalent to get certified.) See Blended Learning Curriculum at Woodfords Family Service for more information. Location: Online • Fee: Free

Resume/Cover Letter Writing

Creating an effective resume, cover letter, and developing interviewing skills are crucial components in securing a job. Our advisors guide you through essential steps of creating a professional, impactful resume and cover letter. Whether you're writing your resume for the first time or looking to update or improve your current version, this advising session offers valuable insights into formatting, structuring, and presenting your experience effectively. Learn to:

- Craft a resume that highlights your skills, experience, and achievements in a concise and professional manner
- Write a compelling cover letter that complements your resume and demonstrates your enthusiasm for the role
- Tailor your resume for specific job positions to increase your chances of landing interviews
- Interview preparation

This is perfect for anyone new to resume writing, or those seeking tips and support to refine their existing materials. Individual appointments will be made with one of our advisors. Call 207.657.9612 or email gngadulthood@sad15.org to get started!

Career Exploration

Are you ready for a new career, or have you been out of the workforce for a while? Our advisors can guide you in identifying your career interests and determining how to achieve your goals. Individual appointments will be made with one of our advisors. Call 207.657.9612 or email gngadulthood@sad15.org to get started! Appointments are available in person or via Zoom.

Enrichment

ARTS & CRAFTS



Garden Fairy Light Jars

A fun class where you will transform a mason jar into a beautiful garden creation using natural and crafty elements — design it however you like! All tools and materials are provided, including fairy lights and a small shepherd's hook to hang your creation.

Instructor: Tammy Mullen

Wed, 9/16, 6:00-8:00PM

Location: GNG Adult Ed

Cost: \$29 plus \$15 material fee payable to instructor

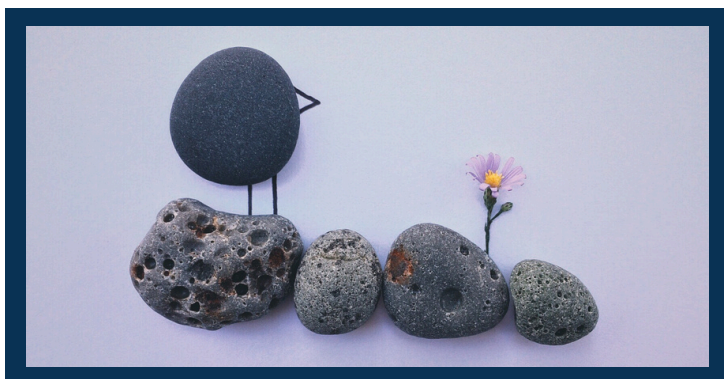
Learn to Knit

In this three-session class, we'll start at the very beginning and get you comfortable with the needles, with the ultimate goal of creating a usable washcloth by the last class. Needles and yarn will be provided, but you should bring a bag or basket to carry your project. Let's get started on your knitting journey together! Instructor: Julia Walters

Tues, 11/3-11/17, 3 weeks, 5:00PM - 6:00PM

Location: GNG Adult Ed

Cost: \$99 plus \$8 material fee payable to instructor



Pebble Art

This class is less hands-on instruction and more fun guidance. I supply several example pictures for inspiration and bring a variety of beach stones and other natural elements to work with. We build the first easy picture together, and then you are free to create what you want. I will be circling around to answer questions and offer advice. Feel free to search "pebble art" online beforehand and come prepared with ideas for what you'd like to make. Instructor: Tammy Mullen

Wed, 11/4, 6:00PM - 8:00PM

Location: GNG Adult Ed

Cost: \$29 plus \$15 material fee payable to instructor

Wood Sign Painting

Gabrielle offers a huge variety of stencil designs to choose from. Pick your stencil and background paint or stain color in advance — then leave the rest to us! When you arrive, the real fun begins. Choose from a wide range of paint colors to make your project uniquely yours, all under the guidance of instructor Gabrielle. Learn insider tips to avoid those pesky paint bleeds and stencil with confidence. Walk out with a beautiful, one-of-a-kind project you made yourself!

Instructor: Gabrielle Lovi

Tues, 12/1, 6:00-8:00PM

Location: GNG Adult Ed

Cost: \$39 plus \$15 material fee in cash payable to instructor



Watercolor for Beginners

Have you ever wanted to try watercolor painting but never seemed to get to a class? This is your chance. We will begin with learning all the basics that you need to know to get started. Learn easy techniques that may have been a mystery to you. Our time together will be fun and stress-free. Guaranteed! Kathleen Gerdes is an artist, living in Yarmouth. She has taught painting for over 10 years and looks forward to doing her first session for GNG!

Instructor: Kathleen Gerdes

Session 1: Wed, 9/16-10/21, 6 weeks, 5:30-8:00PM

Session 2: Wed, 10/28-12/16, 6 weeks, 5:30-8:00PM

(no class 11/11 & 11/25)

Location: GNG Adult Ed

Cost: \$85

Make Your Own Lip Balm

Who doesn't need a bit of soothing lip balm in the dry winter months, am I right? In this class we'll make a couple different flavors using all natural ingredients, including beeswax from the homestead bees. You'll get to take a few home with you, and be able to make your own stocking stuffers this year!

Instructor: Julia Walters

Tues, 12/8, 5:00-6:00PM

Location: GNG Adult Ed

Cost: \$35 plus \$5 material

fee payable to instructor



Perfume Making Workshop

Create your own signature perfume in this hands-on workshop. Explore the art of scent blending, learn how fragrance notes work together, and design a custom fragrance that reflects your personal style. Enjoy a fun, elevated experience and leave with a beautifully bottled scent that's uniquely yours. Instructor: Shannan Heacock

Mon, 9/28, 6:00-7:30PM

Location: GNG Adult Ed

Cost: \$55



Candle Making Workshop

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. Enjoy a fun, relaxed experience and leave with a beautifully crafted candle that's uniquely yours. Instructor: Shannan Heacock

Mon, 10/5, 6:00-8:00PM

Location: GNG Adult Ed

Cost: \$49



Balsam Fir Wreath Workshop

Get into the holiday spirit by making your own fresh 22" balsam fir wreath decorated with a red bow. Beginners will become instant wreath makers; no experience necessary. All materials can be recycled. Materials provided: Fresh Balsam Fir locally and sustainably harvested, wreath ring, and red ribbon.

Additional supplies available for take home. Please bring gloves and small hand pruners.

Instructor: Woodlot Management & Products

Mon, 11/30, 6:30-8:30PM

Location: GNG High School Aux Gym

Cost: \$15 plus \$18 material fee (cash) payable to instructor



You Too Can Paint!

Join us for a relaxing and creative Paint Night! Whether you're a seasoned artist or have never picked up a brush, you'll leave with your own original painting of a beautiful fall or winter scene. We provide all the supplies—all you need to bring is a smile, a creative spirit, and the belief that 'You too can paint!' No experience is required. Just come ready to have fun. Instructor: Tom Nash

Tues, 12/8, 6:00-8:00PM

Location: GNG Adult Ed

Cost: \$29, Materials fee \$10 paid to instructor

Driftwood Tree Workshop

Come join us for this fun workshop building a driftwood tree. We will have lots of driftwood to choose from to build your tree and other treasures from nature to decorate it, along with fairy lights to light up your creation.

Instructor: Tammy Mullen

Wed, 10/21, 6:00-8:00PM

Location: GNG Adult Ed

Cost: \$29 plus \$10 material fee payable to instructor



COOKING

Canning Workshop: Strawberry Rhubarb Jam

In this in-depth workshop we will make a batch of strawberry rhubarb jam from start to finish.

We'll walk you through the process of hot water bath canning, including materials and safety. You'll take home a jar of fresh jam and the confidence to create your own jams at home! Instructor: Julia Walters

Tue, 9/15, 4:00-6:00PM

Location: GNG Adult Ed

Cost: \$79 plus \$8 (cash) materials fee payable to instructor



GENERAL INTEREST

Get Paid To Talk/Introduction to Voice Over- Live Webinar

From audio books to advertisements and beyond, we encounter recorded voices everywhere! Your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. Additionally, there will be a chance for a one on one script read. Learn more at VoiceCoaches.com

Instructor: John Gallogly

Mon, 10/26 or 12/7, 6:30-8:00pm

Location: Online via Zoom

Cost: \$25



Thrive From Your Strengths

Discover and explore your natural talents. Learn to use what comes naturally to you as a tool for greater confidence, success, and well-being. Includes: The Gallup CliftonStrengths assessment and personalized results; insight into your talents; practical strategies for using your strengths; hands on activities, reflection, and practical application. Materials cost: \$25 for the CliftonStrengths assessment. Participants will need to purchase and complete the assessment before the session. Instructor: Shawn Tuttle

Tue, 11/17, 6:00-7:30pm

Location: Online via Zoom

Cost: \$35

Focus On What Matters Most

Discover time management strategies that bring more clarity and control to your life. Grounded in FranklinCovey® principles, explore how to focus on what matters most through simple habits that keep you organized and reduce stress. Includes: A framework for prioritizing; practical weekly and daily habits; practical exercises and guided application. Instructor: Shawn Tuttle

Tue, 9/22, 6:00-7:30pm

Location: Online via Zoom

Cost: \$35



Downsizing and Decluttering

Join us to learn how to declutter and downsize your “treasures” and move on towards a more peaceful and organized chapter of your life. Real estate, organizing and aging professionals will share practical tips, resources and answer your questions to help you get started! This workshop is appropriate for all ages and stages of life regardless of your season in life. Bring pen and paper for notes.

Instructors: Beth Humphrey, Sherry Boothby, Mary Gallant, Daniela Bandoni

Tues, 9/29, 5:30-7:00pm

Location: GNG Adult Ed

Cost: Free but pre-registration REQUIRED



Maine's Death with Dignity Law

Maine's compassionate end-of-life care option is the subject of a great deal of confusion and false information, as most patients and medical personnel are unaware of it. Learn how to talk with your doctor, comply with the law, or help a loved one who might qualify.

Instructor: Casimir Bemski

Tues, 10/6, 6:00-7:30pm

Location: Online via Zoom

Cost: Free but pre-registration REQUIRED

HEALTH/FITNESS/WELLNESS

Food Addicts in Recovery Anonymous Information Session

FA offers a solution for people who are overweight, underweight, and/or obsessed with food, weight or dieting. At the session you will hear more about FA and from people who have found a solution through the FA program. For access information call 207-250-7373 or email fa.newcastle.maine@gmail.com

Course Date: 8/31 or 10/20, 6:30-7:30PM

Location: Online via Zoom and by phone



Hustle and Muscle

Get ready to turn up the energy and push your limits. This HIIT circuit class blends strength and cardio in fast paced intervals designed to incinerate calories, build muscle, and boost endurance. You'll move through a series of dynamic stations - think powerful lifts, explosive cardio bursts and full body challenges! Expect encouragement, good vibes and a great playlist! All fitness levels welcome! Bring yoga mat & water. Instructor: Tracy Libby

Session 1: Mon and Wed, 9/14-10/7, 5:30-6:30pm

Session 2: Mon and Wed, 10/19 - 11/16, (no class 11/11), 5:30-6:30pm

Location: GNG Adult Ed

Cost: \$99



ZUMBA!

The class that started the dance-fitness revolution and changed the way we look at a “workout” forever. It's fun, effective and best of all it's made for everyone! Modifications for every fitness level. Bring water, sneakers and maybe a towel. For one hour we get to let loose, laugh, move and have fun! Song requests welcome! The playlist is a mix of Zumba rhythms and popular music. Erin has over 10 years of Zumba teaching experience and is a GNG alum! Instructor: Erin Hamlin

Session 1: Wed, 9/9 - 10/7, 5 weeks, 6:00-7:00pm

Session 2: Wed, 10/14 - 12/2, 5 weeks (no class 10/28, 11/11 & 11/25), 6:00-7:00pm

Location: GNG High School

Cost: \$45

Human Reformer Pilates

Human Reformer Pilates is a way to harness the potential of your own body, using it as the ultimate reformer. With just 1 resistance band, you can capture all the postural, core, and alignment challenges that reformer work is famous for— courtesy of Pilates mat programming that mirrors traditional reformer exercises. Equipment that will be used in class includes: A yoga mat and a Flex Cord or 48" resistance band or something equivalent.

Instructor: Jenna Chase

Session 1: 9/16-10/21, 6:15-7:00AM

Session 2: 10/28-12/2, 6:15-7:00AM

Location: via Zoom

Cost: \$59



Pumped Up Strength

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism. In this class you will want a set of hand weights anywhere from 5lbs - 15lbs.

Instructor: Jenna Chase

Session 1: Fri, 9/18-10/23, 6:15-7:00AM

Session 2: Fri, 10/30-12/4, 6:15-7:00AM

Location: via Zoom

Cost: \$59



Tai Yoga

This class combines Tai Chi, Qigong and Traditional Standing Yoga Postures that improve energy, balance, flexibility and clarity of the mind. Instructor: Michelle Mansur, Holistic Practitioner

Session 1: Tues, 9/15-10/20, 6 weeks, 8:30-9:30am

Session 2: Tues, 10/27-12/8, 6 weeks, 8:30-9:30am (no class 11/24)

Location: Online via Zoom

Cost: \$69

Beginner Yoga/Pilates

This course will introduce and build upon the basics of yoga and Pilates and how to combine the disciplines to increase strength, flexibility and balance. Yoga mat, water, yoga blocks recommended.

Instructor: Theresa Labrecque

Session 1: Wed, 9/16-10/7, 4 weeks, 5:45-6:45pm

Session 2: Wed, 10/14-11/4, 4 weeks, 5:45-6:45pm

Session 3: Wed, 11/18-12/16, 4 weeks, (no class 11/25), 5:45-6:45pm

Location: Online via Zoom

Cost: \$35



Yoga/Pilates Combination

This class blends the principles of vinyasa yoga with the core and functional strength of Pilates into a full body workout with flexibility, balance and recovery. Yoga mat, water, yoga blocks recommended.

Instructor: Theresa Labrecque

Session 1: Mon and Wed: 9/14-10/7, 7:00-8:00pm; Cost: \$69

Session 2: Mon and Wed: 10/14-11/9, 7:00-8:00pm; Cost: \$69

Session 3: Mon and Wed: 11/16-12/16 (no class 11/25), 7:00-8:00pm;

Cost: \$79

Location: Online via Zoom



Strength & Balance for Senior Fitness

Join us for a class focused on strengthening and stretching the muscles, improving balance to help prevent falls, and boosting cardiovascular and bone density health. This class is progressive and increases your overall well-being throughout the 6-week session.

Instructor: Michelle Mansur, Holistic Practitioner

Session 1: 9/14-10/19, 6 weeks, 8:30-9:30am

Session 2: 10/26-12/7, 6 weeks, (no class 11/23), 8:30-9:30am

Location: Online via Zoom

Cost: \$39

Stress Reduction & Relaxation with Therapeutic Yoga

This therapeutic yoga class helps reduce stress and calms the nervous system, allowing your mind and muscles to fully relax. You'll learn techniques to release stagnant energy and support healthy lymphatic flow. The practice closes with self-compassion and positive affirmations, settling into a meditative Yoga Nidra/Savasana to leave you feeling restored.

Instructor: Michelle Mansur, Holistic Practitioner

Session 1: Tues, 9/15-10/20, 6 weeks, 5:30-6:30pm

Session 2: Tues, 10/27-12/8, 6 weeks, 5:30-6:30pm, (no class 11/24)

Location: Online via Zoom

Cost: \$69

Core Connection

A low-impact class that strengthens the deep abdominals and improves posture, breathing, and pelvic floor function — using functional exercises to build strength and alignment throughout the spine, hips, and core.

Instructor: Michelle Mansur, Holistic Practitioner

Session 1: Tues, 9/15-10/20, 6 weeks, 6:30-7:30am

Session 2: Tues, 10/27-12/8, 6 weeks, 6:30-7:30am (no class 11/24)

Location: Online via Zoom

Cost: \$69



Cardio Fit (Wednesdays or Fridays)

A moderate-intensity cardio class with bursts of High Intensity Interval Training (HIIT) to strengthen your heart and lungs while maximizing fat burn.

Instructor: Michelle Mansur, Holistic Practitioner

Wed Session 1: 9/16-10/21, 6 weeks, 8:30-9:30am

Wed Session 2: 10/28-12/9, 6 weeks, 8:30-9:30am (no class 11/25)

Fri Session 1: 9/18-10/23, 6 weeks, 8:30-9:30am

Fri Session 2: 10/30-12/11, 6 weeks, 8:30-9:30am (no class 11/27)

Location: Online via Zoom

Cost: \$69 — select your preferred day of the week

Power Sculpt

This is a no-nonsense class — come warmed up before we press PLAY! This vigorous practice combines dynamic bodyweight exercises, weights, and bands to build strength, burn fat, and challenge you in ways you didn't expect. Think Power Yoga, Pilates, Barre, and Weight Training, all rolled into one powerful class.

Instructor: Michelle Mansur, Holistic Practitioner

Session 1: Thu, 9/17-10/22, 6 weeks, 7:30-8:30am

Session 2: Thu, 10/29-12/10, 6 weeks, 7:30-8:30am (no class 11/26)

Location: Online via Zoom

Cost: \$69



Chair Yoga

A morning session for your soul — Chair Yoga is for everyone! No mat, no special clothes needed, just show up and feel the difference. Improve flexibility, learn proper breathing techniques, reduce stress, and build skills for overall well-being.

Instructor: Michelle Mansur, Holistic Practitioner

Session 1: Thu, 9/17-10/22, 6 weeks, 9:00-10:00am

Session 2: Thu, 10/29-12/10, 6 weeks, 9:00-10:00am (no class 11/26)

Location: Online via Zoom

Cost: \$69



Hiking 101

Start from ground zero or learn more about hiking. It doesn't have to be the Presidentials, it just needs to be safe, enjoyable, and can be local...and fall is a great time to hike! There are several hundred miles of trails of varying degrees of difficulty and distance in Southern Maine and nearby New Hampshire. Topics include methods, types of trails, reducing risk, tools of the trade such as packs and trekking poles, clothing, trail marking, guides, weather, getting lost, stream crossing, sections on four-footed companions, hiking with children, common emergencies, and hiking for seniors. Class is entirely indoors. Instructor: Brad Rounds

Tues, 9/15 - 9/22, (2 weeks) 6:00-8:15pm

Location: GNG Adult Ed

Cost: \$35

MUSIC AND DANCE



Beginner Line Dancing

A beginner-friendly class focused on community and fun! We learn short, easy dances set to 80s–current rock and pop hits, breaking each one down and rehearsing before dancing to music. Expect 4–5 dances an hour, and lots of confidence, relaxation, and joy along the way.

Instructor: Anne Sirois

Session 1: Wed, 9/9-9/23, 3 weeks, 6:00-7:00pm

Session 2: Wed, 9/30-10/14, 3 weeks, 6:00-7:00pm

Session 3: Wed, 10/21-11/4, 3 weeks, 6:00-7:00pm

Session 4: Wed, 12/2-12/16, 3 weeks, 6:00-7:00pm

Location: GNG Middle School Cafe

Cost: \$39

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!

Instructor: Duncan Perry

Session 1: Tue, 9/29-10/20, 4 weeks, 6:00-7:30pm

Session 2: Tue, 10/27-11/17, 4 weeks, 6:00-7:30pm

Location: Online via Zoom

Cost: \$85

Coming on January 6th!

Five-String Banjo for the Absolute Beginner

What to do when the winter winds blow? Learn to play the five-string banjo, of course! If you are interested in joining this program you will need a playable five-string banjo (four string banjos will not do), so start thinking about getting yourself one. It's best to start looking early to be sure you can find one that suits your budget. And if you have a five-string, it's good to check in with Duncan, our popular instructor, to make sure it is playable. He is always glad to help with any questions about what brands to buy, pricing and reliable places to buy banjos. Let us know if you would like to contact him and we'll put you in touch.



PERSONAL FINANCE

Secrets to Financial Success

Are you worrying about bills, debt, or your overall money situation? Financial stress affects millions of Americans but it doesn't have to be this way! Join us to transform your relationship with money by implementing the following concepts:

- Eliminate your debt efficiently and sustainably
- Implement a realistic budget that fits your lifestyle
- Protect your assets and safeguard your financial future
- Harness the power of compounding interest to grow your wealth

...and more! Don't let financial stress control your life. Come learn practical tools and strategies to take full control of your money situation and create the future you deserve. Instructor: Sarah Blondin
Wed, 9/23, 6:00-7:30pm

Location: GNG Adult Ed

Cost: Free but pre-registration required

Invest for Success

Do you work hard for your money? Does your money work hard for you? If you plan on retiring, you must learn how to put your money to work. Join us to explore the keys to building wealth and securing your financial future by understanding the power of compounding interest, the concept of money buckets, risk management, the hidden benefits of market fluctuations, and more! Building wealth and securing your financial future doesn't require luck. It happens when we intentionally make informed choices and take consistent action.

Are you preparing yourself for financial security and freedom? Instructor: Sarah Blondin

Wed, 10/14, 6:00-7:30pm

Location: GNG Adult Ed

Cost: Free but pre-registration required



Understanding Social Security

Do you wish you had a better understanding regarding your social security benefits? Do you want to make sure you're getting the most out of your benefits? Join us to learn how! Instructor: Sarah Blondin
Mon, 11/30, 6:00-7:30pm

Location: GNG Adult Ed

Cost: Free but pre-registration required

Investing at Retirement

Are you nearing or entering retirement? How confident are you in your current retirement strategy? Don't leave your retirement to chance. By taking proactive steps now, you can help ensure your assets work for you and that you enjoy the lifestyle you've envisioned. Join us to learn how to identify and mitigate considerable risks, avoid common mistakes retirees make, and confidently enter this next phase of life. No matter where you are on your retirement journey, it's never too early—or too late—to start planning for a financially secure future. Instructor: Sarah Blondin

Mon, 11/2, 6:00-7:30pm

Location: GNG Adult Ed

Cost: Free but pre-registration required



PHOTOGRAPHY



Mushroom Photography and Identification

We'll begin with a brief classroom session where we'll dive into the fascinating world of mushrooms—learning about their beauty, diversity, and which ones are edible right here in Maine. Then, we'll head out onto the trails at Libby Hill for a hands-on experience. Together, we'll search for wild mushrooms, practice basic identification techniques, and learn tips for photographing these incredible fungi in their natural habitat. Please bring water, bug spray, camera and/or phone. Whether you're a curious beginner or a seasoned nature lover, this outing is a great opportunity to explore the hidden world of mushrooms! Instructor: Kevyn Fowler

Sat, 9/12, 11:00AM - 2:00PM

Location: GNG Adult Ed

Cost: \$5

Smartphone Photography

This class is dedicated to helping you understand how to take great images with your smartphone. We will cover how to create great images, what editing apps to use, and how to share and print. Join Steve as we learn how to use essential controls on your phone along with the best free and low-cost tools for editing and image management. Instructor: Steve McGrath

Session 1: Tues, 9/15-10/6, 4 weeks, 7:30-9:00PM

Session 2: Tues, 12/1-12/22, 4 weeks, 7:30-9:00PM

Location: Online via Zoom

Cost: \$79



Advanced Smartphone Photography

This Class is designed to help you advance your understanding of smartphone photography and manual controls; such as ISO, shutter speed, and aperture. We will review editing apps that provide control options and features such as telephoto, tripods, filters and more! Join Steve as we cover how to use essential controls on your phone along with the best free and low-cost tools for editing and image management. Includes updated handouts! Instructor: Steve McGrath

Tues, 10/20-11/10, 4 weeks, 7:30-9:00PM

Location: Online via Zoom

Cost: \$79

Pet Photography

This pet photography course is designed to teach you everything you need to know to take professional-quality portraits. You will learn how to work with different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting, posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work! Instructor: Steve McGrath

Tues, 11/17-11/24, 2 weeks, 7:30-9:00PM

Location: Online via Zoom

Cost: \$59

Nature and Bird Photography

In this Nature and Bird Photography class, we will cover camera settings and compositions and how to get great images of Nature's best like moose, birds, seals and other subjects! We will also learn how to set up a blind to get great images, the best lenses for this type of photography and tripods to get the best stability for your images!

Instructor: Steve McGrath

Tues, 12/1-12/22, 4 weeks, 5:30-7:00PM

Location: Online via Zoom

Cost: \$69



Digital Photos for Newbies

Are you still getting to know your digital camera and its features? Learn from an expert! Have your camera ready and we'll cover how to use features such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for varying situations, such as plants, people, macro, and landscapes. Instructor: Steve McGrath

Tues, 9/15-10/13, 5 weeks, 5:30-7:00PM

Location: Online via Zoom

Cost: \$95



Digital Photo 2 Intermediate

You are comfortable with your camera, and you want more! This class explores the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. We will look in-depth at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and other intermediate and advanced techniques.

Instructor: Steve McGrath

Tues, 10/27-11/24, 5 weeks, 5:30-7:00PM

Location: Online via Zoom

Cost: \$95

SAFETY

American Heart Association CPR

Learn adult, child, and infant CPR, AED use, choking response, and when to call emergency services. Receive American Heart Association certification upon completion. A workbook is not included with this class but can be purchased for \$10. The workbook covers CPR and First Aid. Please indicate on the registration form if you want to purchase and bring cash to class. Instructor: Charissa Kerr
Tues, 9/29 or 11/10 or 12/15, (one night only) 6:00-9:00pm
Location: GNG Adult Ed
Cost: \$75



American Heart Association First Aid

This course covers how to treat bleeding you can see and bleeding you can't, treating for shock, and how and when to call emergency services. Upon completion, you'll receive certification from the American Heart Association. A workbook is not included with this class but can be purchased for \$10. This workbook covers CPR and First Aid. Please indicate on the registration form if you want to purchase and bring cash to class. Instructor: Charissa Kerr
Tues, 12/8, 6:00-9:00pm
Location: GNG Adult Ed
Cost: \$55

TECHNOLOGY

Running Linux (Optional: On Your PC)

A small group meeting every two weeks, led by a retired IT/network engineer. Bring your own laptop or PC — even if you're not ready to install or overwrite anything yet! We'll evaluate, discuss, and get hands-on with tasks like OS installation and everything else Linux can do (game software not included, unless you bring your own Linux gaming know-how!). The class aims to adapt to the group's interests and wishes along the way.

Instructor: Doug Mildram

Tues, 9/8-11/24 (meet every 2 weeks for 6 meetings total), 6:30-8:30pm

Location: GNG Adult Ed

Cost: Free but pre-registration required



BOOMERTECH ADVENTURES

Self-paced, Virtual, Enrichment Courses

iPhone Courses

- iOS 26 Unlocked: Get the Most from Your iPhone & iPad
- iOS 18 – Essentials for iPhones
- Introduction to iPhone Basics
- Hidden Gems Lurking on Your iPhone & iPad
- More Hidden Gems in Your iPhone & iPad

iPad Courses

- iOS 26 Unlocked: Get the Most from Your iPhone & iPad
- iPadOS 18 – Essentials for iPads
- Maximize Your iPad: Communicate, Create & Connect
- Vision Accessibility on iPhone & iPad: 15 Essential Features

Mac Courses

- Same Mac, New Tricks
- Introduction to Mac Basics
- Master Your Mac Photos App: Organize Like a Pro
- Edit Stunning Photos with Mac's Photos App

Photography Courses

- iPhone & iPad Photography: Capture Like a Pro
- Photo Magic on iPhone & iPad: Edit & Organize with Ease
- Take Fabulous Photos of the Flora & Fauna in Your World (v2)

Safari Courses

- Unlock Safari's Secrets on Your Mac in Just Five Lessons
- Unlock Safari's Secrets on Your iPhone in Just Five Lessons
- Unlock Safari's Secrets on Your iPad in Just Five Lessons

Creativity Courses

- Unlock Your Memoir: Digital Tools to Spark Your Story
- Cooking With BoomerTECH Adventures

Each course is \$39. Complete course descriptions online at gray.maineadulted.org or 207.657.9612 FMI

BoomerTECH Adventures offers 20 video courses designed specifically for adult learners who want to feel confident and capable with today's technology — and beyond. Our courses span iPhone, iPad, Mac, photography, Safari, and more, with clear notes on each course to help learners choose the best fit for their device.

Each course listing includes a "Recorded on" line showing which OS version was used during filming, and a "Works with" line showing which devices and OS versions are compatible. Where the course visuals may differ from a learner's current device, a brief Learner Note is provided.

HOW TO REGISTER, CANCELLATION AND REFUND POLICY, PAYMENT INFORMATION

Policies

Please, no smoking, vaping or use of any illicit substances allowed on school premises.

Cancellations

Adult Education will follow the MSAD15 school schedule. No programs will be held if MSAD 15 public schools are closed due to weather conditions.

Confirmation

Assume your class is running unless you hear from us. Online registration will receive an email confirmation. If you have questions please contact us and we can verbally confirm.

Insufficient Enrollment

Courses which fail to attract sufficient enrollment will be canceled and registrants informed prior to the first night of class.

Refunds

Course Canceled: 100% refund

Withdrawal 3 business days prior to class start: Full refund

Withdrawal prior to second class (except for 1 night classes): 50% refund

Age Policy

Minimum age for participants is 16 years unless otherwise noted in the course description.

Payment Plans

In cases of documented hardship, payment plans can be arranged with the Director. Please call for details.

Other

Gray-New Gloucester Adult Education reserves the right to make changes in the starting and ending dates of courses when necessary and is not responsible for typographical errors.

Accommodations

Please let the Adult Ed office know at the time of registration if you need any accommodations. MSAD 15 is in compliance with ADA requirements.

Employee Discount

MSAD 15 employees receive a 10% discount on all enrichment classes.

Please call the office for a discount code. 207.657.9612

Photographs

Occasionally our staff takes photos of students to promote future programs. If you do not want your picture taken, please let us know.

2026 School Vacations and Holidays

Monday, September 7th - Labor Day

Monday, October 12th - Indigenous Peoples' Day

Wednesday, November 11th - Veterans Day

Wednesday-Friday, Nov 25th-27th - Thanksgiving Break

Monday-Friday, Dec 21st-Jan 1st - Winter Break

Monday, January 18th - Martin Luther King, Jr. Day

GRAY-NEW GLOUCESTER ADULT EDUCATION REGISTRATION FORM

Name _____

Address _____ Town _____ State _____ Zip _____

Phone: _____ Work _____ E-mail _____

Course Name	Start Date	Course Fee

Payment Details

Check # _____ Credit Card _____

Expiration: MM/YY ____/____ CVV code (3 digit number from back) _____

Course Total: _____

Discounts: _____

Total Payment Amount: _____

Course fees must be paid with registration. Do not add materials/lab fee to registration as they are paid directly to the instructor.

Mail to: GNG Adult Education, 14 Shaker Road, Gray, ME 04039

If you are interested in academic programs, please call 207.657.9612 for more information and to schedule an intake.

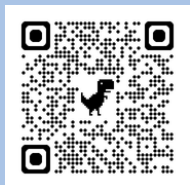


Gray-New Gloucester Adult Education

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Let's get started on your grad era! 🌞🎓



207-657-9612