How to Use This Brochure
This brochure contains classes for both Kittery Adult Education and Marshwood Adult and Community Education. Each course page is divided into two columns. The left columns are for classes offered by Kittery Adult Education and the right columns are for classes offered by Marshwood Adult and Community Education. Classes begin on page 6.

Important Registration Information:
On page 30 of this brochure, you will find the registration form for courses offered by Kittery Adult Education. A registration form for Marshwood Adult Education courses is found on page 31. You may also register for classes online by visiting each program’s website - www.kittery.maineadulted.org or www.marshwood.maineadulted.org. As always, you can take classes at either location with no added “out of town” fee.
You will not be able to register for Kittery classes on Marshwood’s website or vice versa.

Table of Contents

<table>
<thead>
<tr>
<th>Course</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>College Prep</td>
<td>3</td>
</tr>
<tr>
<td>Class Listings by Program</td>
<td>4-5</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>6-9</td>
</tr>
<tr>
<td>Wellness &amp; Movement</td>
<td>10-11</td>
</tr>
<tr>
<td>Enrichment</td>
<td>12-22</td>
</tr>
<tr>
<td>Technology &amp; Workplace Skills</td>
<td>23-24</td>
</tr>
<tr>
<td>GED &amp; High School Completion</td>
<td>25</td>
</tr>
<tr>
<td>School Board News</td>
<td>26-29</td>
</tr>
<tr>
<td>Kittery Registration Form</td>
<td>30</td>
</tr>
<tr>
<td>Marshwood Registration Form</td>
<td>31</td>
</tr>
</tbody>
</table>

Program Staff
Lorraine Robida, Director
Marshwood & Kittery Adult Education

Marshwood Adult Education:
Joan Wade, Adult Ed. Team Coordinator
Rebecca Williams, Evening Office Staff

Kittery Adult Education:
Cindy Furbish, Assistant Director
Jeremy Lindquist, Office Staff
Suzan Darcy, Office Staff

Trips & Tours
page 17

Boston Flower Show
Portsmouth Naval Shipyard
Ikea & Patriot Place

ConnectME
for High-Speed, Broadband Internet Technical Assistance. We are your ConnectME source for information on how you can use Maine’s expanding high-speed, broadband internet connectivity to help you meet educational goals, enrich your life, obtain health information, access governmental services and enhance economic and community development. Contact either of our offices and arrange a special presentation on the importance of high speed internet for your civic or social organization.

Look for this symbol in our catalog. It identifies courses and workshops where you’ll learn about high-speed internet connectivity. This community education program is presented in cooperation with the Maine Department of Education and ConnectME Authority. Learn more at www.maine.gov/connectme and check the speed on your internet connection.

The MARTI project is funded by the American Recovery and Reinvestment Act State Broadband Infrastructure Program Award Number 23-50-M09062

www.kittery.maineadulted.org 207-439-5896
www.marshwood.maineadulted.org 207-384-5703
COMPASS
Your Local College Transition Program

Have you always wanted to go to college but thought you couldn't afford it?

Have you always doubted your ability to make it to college?

Have you always been confused about the process of getting there?

If you answered yes to any of the above, then Maine College Transitions is the program for you!

Classes are free, the schedule is flexible, and we work around you.

You can be enrolled in college in less than one year!

Call any of the following Adult Education offices to learn more about the program.


www.compass2college.net
## Classes offered by Kittery Adult Ed.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Start Date</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conv. German</td>
<td>2/10</td>
<td>12</td>
</tr>
<tr>
<td>Let's Paint Animals</td>
<td>2/24</td>
<td>6</td>
</tr>
<tr>
<td>Jam Session</td>
<td>2/24</td>
<td>14</td>
</tr>
<tr>
<td>Climate Change</td>
<td>2/24</td>
<td>14</td>
</tr>
<tr>
<td>Geology Club</td>
<td>2/24</td>
<td>16</td>
</tr>
<tr>
<td>Vietnamese Food 1</td>
<td>2/27</td>
<td>22</td>
</tr>
<tr>
<td>Beg. German</td>
<td>2/27</td>
<td>12</td>
</tr>
<tr>
<td>Vietnamese Food 2</td>
<td>3/3</td>
<td>22</td>
</tr>
<tr>
<td>Intro to Mindfulness</td>
<td>3/3</td>
<td>21</td>
</tr>
<tr>
<td>Exploring Differences</td>
<td>3/6</td>
<td>21</td>
</tr>
<tr>
<td>Contemporary Art</td>
<td>3/10</td>
<td>6</td>
</tr>
<tr>
<td>Vietnamese Food 3</td>
<td>3/10</td>
<td>22</td>
</tr>
<tr>
<td>Mindfulness/creative</td>
<td>3/10</td>
<td>21</td>
</tr>
<tr>
<td>Illustrator</td>
<td>3/10</td>
<td>24</td>
</tr>
<tr>
<td>Fund. of Sailing</td>
<td>3/24</td>
<td>16</td>
</tr>
<tr>
<td>Vietnam</td>
<td>3/24</td>
<td>18</td>
</tr>
<tr>
<td>ServSafe</td>
<td>3/24</td>
<td>24</td>
</tr>
<tr>
<td>Value in Painting</td>
<td>4/7</td>
<td>6</td>
</tr>
<tr>
<td>Eclairs/Puffs</td>
<td>4/7</td>
<td>22</td>
</tr>
<tr>
<td>MS Office</td>
<td>4/7</td>
<td>24</td>
</tr>
<tr>
<td>Tree Identification</td>
<td>4/14</td>
<td>20</td>
</tr>
<tr>
<td>Sailboat Racing</td>
<td>4/28</td>
<td>16</td>
</tr>
<tr>
<td>Wilderness Blessings</td>
<td>4/28</td>
<td>19</td>
</tr>
<tr>
<td>Vegan-Sushi</td>
<td>5/12</td>
<td>22</td>
</tr>
<tr>
<td>Vegan –Beans</td>
<td>5/19</td>
<td>22</td>
</tr>
<tr>
<td>Soft Skills</td>
<td>5/19</td>
<td>24</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Start Date</td>
<td>Page</td>
</tr>
<tr>
<td>Int. German</td>
<td>2/4</td>
<td>12</td>
</tr>
<tr>
<td>Beg. Italian</td>
<td>2/4</td>
<td>12</td>
</tr>
<tr>
<td>Adv. Beg. Italian</td>
<td>2/4</td>
<td>12</td>
</tr>
<tr>
<td>Still Life Acrylic</td>
<td>2/25</td>
<td>6</td>
</tr>
<tr>
<td>Selfless- Self Help</td>
<td>2/25</td>
<td>10</td>
</tr>
<tr>
<td>Ready, Set, Draw</td>
<td>3/4</td>
<td>7</td>
</tr>
<tr>
<td>Calligraphy</td>
<td>3/4</td>
<td>8</td>
</tr>
<tr>
<td>US Coast Guard</td>
<td>3/4</td>
<td>15</td>
</tr>
<tr>
<td>Conv. French Level I</td>
<td>3/4</td>
<td>13</td>
</tr>
<tr>
<td>Entreprenuer</td>
<td>3/4</td>
<td>16</td>
</tr>
<tr>
<td>Self Care</td>
<td>3/11</td>
<td>10</td>
</tr>
<tr>
<td>Instant Piano</td>
<td>3/18</td>
<td>14</td>
</tr>
<tr>
<td>Terrariums</td>
<td>3/25</td>
<td>9</td>
</tr>
<tr>
<td>Italian Grammar</td>
<td>4/1</td>
<td>13</td>
</tr>
<tr>
<td>Cooking Fish 101</td>
<td>4/1</td>
<td>22</td>
</tr>
<tr>
<td>Boon Island</td>
<td>4/8</td>
<td>19</td>
</tr>
<tr>
<td>Grow Garden</td>
<td>4/8</td>
<td>20</td>
</tr>
<tr>
<td>How to Play Piano</td>
<td>4/15</td>
<td>14</td>
</tr>
<tr>
<td>Drawing/Pastels</td>
<td>4/29</td>
<td>7</td>
</tr>
<tr>
<td>Drawing/Charcoal</td>
<td>5/13</td>
<td>7</td>
</tr>
<tr>
<td>Boating Skills</td>
<td>5/13</td>
<td>15</td>
</tr>
<tr>
<td>Summer Herb Planter</td>
<td>5/20</td>
<td>9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Start Date</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Basics</td>
<td>2/26</td>
<td>23</td>
</tr>
<tr>
<td>Apple</td>
<td>3/5</td>
<td>23</td>
</tr>
<tr>
<td>Social Networking</td>
<td>3/26</td>
<td>23</td>
</tr>
<tr>
<td>Pintrest</td>
<td>4/2</td>
<td>23</td>
</tr>
<tr>
<td>Nordic Walking</td>
<td>4/9</td>
<td>10</td>
</tr>
<tr>
<td>Photos on Facebook</td>
<td>4/16</td>
<td>23</td>
</tr>
<tr>
<td>Internet Radio/Video</td>
<td>4/30</td>
<td>23</td>
</tr>
<tr>
<td>Online Books</td>
<td>5/7</td>
<td>23</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Start Date</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terrariums</td>
<td>2/27</td>
<td>9</td>
</tr>
<tr>
<td>PNSY Talk</td>
<td>2/27</td>
<td>15</td>
</tr>
<tr>
<td>Radio Theatre</td>
<td>2/27</td>
<td>14</td>
</tr>
<tr>
<td>Intro to Tango</td>
<td>2/27</td>
<td>10</td>
</tr>
<tr>
<td>Int. Tango</td>
<td>2/27</td>
<td>10</td>
</tr>
<tr>
<td>Mini Photo Book</td>
<td>3/6</td>
<td>8</td>
</tr>
<tr>
<td>Create Salves/Balsms</td>
<td>3/6</td>
<td>9</td>
</tr>
<tr>
<td>Native People</td>
<td>3/6</td>
<td>18</td>
</tr>
<tr>
<td>Conv. French Level II</td>
<td>3/6</td>
<td>13</td>
</tr>
<tr>
<td>Beg. Spanish</td>
<td>3/6</td>
<td>13</td>
</tr>
<tr>
<td>Int/Conv. Spanish</td>
<td>3/6</td>
<td>13</td>
</tr>
<tr>
<td>Colonial/Native War</td>
<td>3/13</td>
<td>18</td>
</tr>
<tr>
<td>The Good Braider</td>
<td>3/27</td>
<td>19</td>
</tr>
<tr>
<td>Food for Thought</td>
<td>3/27</td>
<td>11</td>
</tr>
<tr>
<td>Int/Adv. Italian</td>
<td>4/3</td>
<td>13</td>
</tr>
<tr>
<td>Retirement</td>
<td>4/3</td>
<td>11</td>
</tr>
<tr>
<td>ME State Photo</td>
<td>4/3</td>
<td>9</td>
</tr>
<tr>
<td>Color Theory</td>
<td>4/10</td>
<td>8</td>
</tr>
<tr>
<td>Caretakers</td>
<td>4/10</td>
<td>11</td>
</tr>
<tr>
<td>Yardscaping</td>
<td>4/10</td>
<td>16</td>
</tr>
<tr>
<td>Back Yard Chickens</td>
<td>4/17</td>
<td>20</td>
</tr>
<tr>
<td>Birding Basics</td>
<td>4/17</td>
<td>20</td>
</tr>
<tr>
<td>Alzheimers</td>
<td>4/17</td>
<td>11</td>
</tr>
<tr>
<td>Acrylic Painting</td>
<td>5/1</td>
<td>8</td>
</tr>
<tr>
<td>Tracks of Memory</td>
<td>5/1</td>
<td>18</td>
</tr>
<tr>
<td>InDesign</td>
<td>5/1</td>
<td>24</td>
</tr>
<tr>
<td>Low-Sugar Jam</td>
<td>5/8</td>
<td>22</td>
</tr>
<tr>
<td>Lace Demo</td>
<td>5/22</td>
<td>18</td>
</tr>
<tr>
<td>Bees</td>
<td>5/29</td>
<td>21</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday</th>
<th>Start Date</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>PNSY Tour</td>
<td>4/18</td>
<td>17</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturday</th>
<th>Start Date</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artistic Chaos</td>
<td>3/29</td>
<td>7</td>
</tr>
<tr>
<td>Finger-less Gloves</td>
<td>3/29</td>
<td>6</td>
</tr>
<tr>
<td>Relief Printmaking</td>
<td>4/12</td>
<td>7</td>
</tr>
<tr>
<td>Beg.Oil Painting</td>
<td>4/12</td>
<td>8</td>
</tr>
<tr>
<td>Paper Marbling</td>
<td>5/17</td>
<td>7</td>
</tr>
<tr>
<td>Book Arts</td>
<td>5/17</td>
<td>7</td>
</tr>
<tr>
<td>Confidence</td>
<td>5/17</td>
<td>21</td>
</tr>
<tr>
<td>Spring Foraging</td>
<td>6/14</td>
<td>20</td>
</tr>
</tbody>
</table>

**Kittery Adult Ed. Classes meet at Traip Academy**

Watch for updates for these two events on our website: www.kittery.maineadulted.org

**Community Supper at Robert’s Maine Grill**

Proceeds to benefit

**The Dorothy Gherson Memorial Scholarship Fund**

March 5th & 12th

Dorothy Gherson earned her high school diploma from Kittery Adult Education at the age of 71. In honor of her hard work and dedication to life long learning her family has established a scholarship to benefit an Adult Education graduate pursuing higher education. A portion of the proceeds from your dinner at Robert’s Maine Grill will support this worthy cause.

**Louise Whelton Art Benefit Sale and Celebration of the Arts**

May 7

Louise Whelton loved to paint in watercolor and enjoyed taking art classes at Kittery Adult Education. When Louise passed away last Spring, she entrusted all of her framed paintings to Kittery Adult Education to be auctioned/sold and all proceeds to provide a scholarship for a Traip student to continue their education in the arts.

Follow us on Facebook & Pinterest

www.kittery.maineadulted.org
207-439-5896

www.marshwood.maineadulted.org
207-384-5703
<table>
<thead>
<tr>
<th>Class</th>
<th>Start Date</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tai Chi for Health</td>
<td>24-Feb</td>
<td>11</td>
</tr>
<tr>
<td>Beginning Golf</td>
<td>5-May</td>
<td>11</td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Math Lab</td>
<td>21-Jan</td>
<td>25</td>
</tr>
<tr>
<td>Chemistry</td>
<td>21-Jan</td>
<td>25</td>
</tr>
<tr>
<td>Pottery</td>
<td>25-Feb</td>
<td>6</td>
</tr>
<tr>
<td>Landscape Painting</td>
<td>25-Feb</td>
<td>6</td>
</tr>
<tr>
<td>Latin Dance Exercise</td>
<td>25-Feb</td>
<td>11</td>
</tr>
<tr>
<td>Beginning Excel</td>
<td>25-Feb</td>
<td>23</td>
</tr>
<tr>
<td>Become a Hospice Volunteer</td>
<td>4-Mar</td>
<td>20</td>
</tr>
<tr>
<td>Intuition</td>
<td>4-Mar</td>
<td>18</td>
</tr>
<tr>
<td>Fun with Silhouettes</td>
<td>11-Mar</td>
<td>6</td>
</tr>
<tr>
<td>Dream Messages</td>
<td>11-Mar</td>
<td>18</td>
</tr>
<tr>
<td>Vegetables from the Sea</td>
<td>11-Mar</td>
<td>21</td>
</tr>
<tr>
<td>Internet Marketing/Small Bus.</td>
<td>11-Mar</td>
<td>23</td>
</tr>
<tr>
<td>Playing with Sign Language</td>
<td>18-Mar</td>
<td>12</td>
</tr>
<tr>
<td>Couponing</td>
<td>18-Mar</td>
<td>14</td>
</tr>
<tr>
<td>Crystals/Dowsing</td>
<td>18-Mar</td>
<td>18</td>
</tr>
<tr>
<td>Intermediate Excel</td>
<td>18-Mar</td>
<td>23</td>
</tr>
<tr>
<td>Afternoon Beg. Computers</td>
<td>8-Mar</td>
<td>23</td>
</tr>
<tr>
<td>Easy Tarot Reading</td>
<td>25-Mar</td>
<td>18</td>
</tr>
<tr>
<td>Yoga for Everyone</td>
<td>1-Apr</td>
<td>10</td>
</tr>
<tr>
<td>Morning Gentle Yoga</td>
<td>1-Apr</td>
<td>10</td>
</tr>
<tr>
<td>Introduction to Facebook</td>
<td>8-Apr</td>
<td>19</td>
</tr>
<tr>
<td>Scent &amp; Spirit</td>
<td>8-Apr</td>
<td>20</td>
</tr>
<tr>
<td>Word</td>
<td>8-Apr</td>
<td>23</td>
</tr>
<tr>
<td>Circuit Training</td>
<td>25-Feb</td>
<td>11</td>
</tr>
<tr>
<td>Anatomy &amp; Physiology</td>
<td>25-Feb</td>
<td>24</td>
</tr>
<tr>
<td>Calligraphy</td>
<td>19-Mar</td>
<td>9</td>
</tr>
<tr>
<td>Living in a Green Home</td>
<td>2-Apr</td>
<td>22</td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HiSet Prep</td>
<td>22-Jan</td>
<td>25</td>
</tr>
<tr>
<td>Algebra</td>
<td>22-Jan</td>
<td>25</td>
</tr>
<tr>
<td>Diploma English</td>
<td>22-Jan</td>
<td>25</td>
</tr>
<tr>
<td>Knitting &amp; Crochet-Daytime</td>
<td>12-Feb</td>
<td>7</td>
</tr>
<tr>
<td>Designing a Per. Garden</td>
<td>5-Mar</td>
<td>12</td>
</tr>
<tr>
<td>Carving for Beginners</td>
<td>5-Mar</td>
<td>8</td>
</tr>
<tr>
<td>Open Studio-Art</td>
<td>5-Mar</td>
<td>9</td>
</tr>
<tr>
<td>Songwriting</td>
<td>5-Mar</td>
<td>15</td>
</tr>
<tr>
<td>Spanish</td>
<td>5-Mar</td>
<td>12</td>
</tr>
<tr>
<td>Cake Decorating</td>
<td>5-Mar</td>
<td>21</td>
</tr>
<tr>
<td>Affordable Care Act 101</td>
<td>5-Mar</td>
<td>22</td>
</tr>
<tr>
<td>Reduce Home Energy Costs</td>
<td>5-Mar</td>
<td>22</td>
</tr>
<tr>
<td>Computer Aided Drafting</td>
<td>5-Mar</td>
<td>24</td>
</tr>
<tr>
<td>Wednesday-continued</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work Abroad</td>
<td>19-Mar</td>
<td>22</td>
</tr>
<tr>
<td>Beg. Glass Fusing - Jewelry</td>
<td>19-Mar</td>
<td>7</td>
</tr>
<tr>
<td>Advanced Glass Fusing</td>
<td>9-Apr</td>
<td>7</td>
</tr>
<tr>
<td>Carving-Face on a Stick</td>
<td>9-Apr</td>
<td>8</td>
</tr>
<tr>
<td>Candy Making</td>
<td>16-Apr</td>
<td>21</td>
</tr>
<tr>
<td>Reverse Pen &amp; Ink</td>
<td>30-Apr</td>
<td>9</td>
</tr>
<tr>
<td>Weight, Weight, Weight</td>
<td>7-May</td>
<td>14</td>
</tr>
<tr>
<td>Couponing</td>
<td>7-May</td>
<td>14</td>
</tr>
<tr>
<td>Yardscaping</td>
<td>7-May</td>
<td>16</td>
</tr>
<tr>
<td>Past Life Regression</td>
<td>14-May</td>
<td>14</td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biology w/Lab</td>
<td>23-Jan</td>
<td>25</td>
</tr>
<tr>
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<td>Substitute Teacher Training</td>
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<td>Preserving the Harvest</td>
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<td>21</td>
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<td>Work Abroad</td>
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<td>Winter Camping &amp; Survival</td>
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<td>Boston Flower Show</td>
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<td>Design/Build Woodworking</td>
<td>5-Apr</td>
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<td>Ikea/Patriots Place</td>
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<td>17</td>
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<td>Chair Seating</td>
<td>12-Apr</td>
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<td>Bentwood Trellis/Arbor</td>
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<td>Adult Tennis Lessons</td>
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**Brush Strokes – Social Painting**

Get your friends together for an evening of painting fun and frivolity. During ‘paint night’ our artist will lead you and your friends through the steps required to create a personal ‘masterpiece’ on canvas. No experience necessary. All supplies are provided. Refreshments are available for purchase. Class meets at the Regatta Room, Eliot Commons, Eliot, ME. Participants must be 21 or older. **Thursday, March 6, 6:30-8:30 p.m. $45 per participant**
6 Arts & Crafts

Offered by Kittery

Let's Paint Animals!
Doris Rice
Learn texture and color, size/background and all elements in an animal/bird/fish painting. It can be a fun painting or series of paintings! Doris received her formal training at Moore College of Art. Visit her website at www.dorisrice.com Materials list supplied at registration.

Monday, Feb. 24-March 10, 6:15-8:45 p.m., 3 sessions
Fee: $45, plus materials

Value in Painting
Doris Rice
In painting value refers to the lightness or darkness of color. As you complete three (3) paintings you will learn to capture value and achieve strong focal points. Materials list provided at registration.

Monday, April 7-April 28, 6:15-8:45 p.m., 3 sessions
Fee: $45, plus materials

Still Life Acrylics: Realistic and Abstract
Ashley Baron
Build on your previous knowledge of painting/drawing as you learn more about the proportions, perspectives, and compositions of realistic and abstract painting. Each week will bring a new still life setup for you to paint in acrylics. Materials list provided at registration.

Tues., Feb. 25-March 18, 7-9 p.m., 4 sessions
Fee: $55, plus materials

Contemporary Art Practice
Joanna House
Get updated on what's been happening in the world of art! Through class discussions, slide-presentations and an opportunity to create contemporary artwork, students will acquire the tools to critically view, critique, and appreciate contemporary art and work on individual art projects throughout the class. Joanna received a Fine Arts Degree from Maine College of Art. Her work has been shown galleries throughout Maine, The Portland Museum of Art and has also been mentioned in The New York Times. Materials list will be provided at registration.

Mon., March 10-April 14, 6-7:30 p.m., 6 sessions
Fee: $55, plus materials

Knit Finger-less Gloves
Laurilee Hurley
This two-part workshop is for experienced knitters who want to learn how to knit in the round, increase their skill level, and gain experience knitting with 4 needles. A free pattern will be provided and a list of recommended materials to purchase will be emailed to participants upon registration. The second session provides a chance to work independently and then return with any questions.

Sat., March 29 & April 12, 10 a.m. - 12 p.m., 2 sessions
Fee: $35

Offered by Marshwood

Design/Build Woodworking for Plain Folks
Clif Guy and Shane Chick
Release your inner woodworker! Clif Guy, woodworking instructor at Portsmouth Middle School, and Shane Chick, local artist, are at your disposal. Clif has a list of tried and true projects for all skill levels. Learn tool safety and operation, wood working lingo, and how to make and follow a plan. This class will help you become comfortable and proficient making small projects for the home. We will focus on designing and building a small project like a DVD shelf or some variation of it. A sense of humor and a willingness to try something new is required. Participants are encouraged to bring their lunch.

Saturday, April 5, 9am - 3pm, 1 session
$70

Pottery
Roger Galuska
Get your hands dirty in this self-paced pottery class. Create finished clay pieces by “throwing” pottery on the wheel and/or experiment with basic hand building techniques. All experience levels welcome. Material and lab fees (minimum of $40) will depend on the scope of your project(s). Material fee paid directly to Roger at the first class. Roger has been an instructor with our program for over 10 years. His pots have been featured in Country Living Magazine. Class size limited to 8.

Tuesday, February 25, 6-9 p.m., 8 sessions
$95

Landscape Painting in Oils - An Introduction
Dennis Poirier
Dennis returns to teach the principles and basics of painting in oils with a focus on landscapes. He will share tips learned painting on location throughout New England. Materials list will be sent upon registration, please include e-mail address on registration form. All levels welcome. Visit Dennis’ website at dennispotierstudio.com to see samples of his work.

Tuesday, February 25, 6-9 p.m., 6 sessions
$95

Fun with Silhouettes
Leona Hosack
Leave this class with a new understanding of silhouettes; a silhouette of yourself done by the instructor; and your own creations. Learn to cut a silhouette without tracing, lights or pre-drawing. Leona has done portraiture her whole life. She has a background in illustration and the arts. She has been cutting silhouettes for four years and drawing faces and doing potrature her whole life. Material fee of $10 paid to instructor at first class.

Tuesday, March 11, 6:30-8:30 p.m., 2 sessions
$15
Classes offered by local artist Gayle Fitzpatrick: Materials lists will be provided at registration.

Ready, Set, Draw!
Develop skills to draw what you see. Start with the basics: contour, perspective, value shading, composition, and gesture. Then move on to observational drawing using line, gesture, shape, value and texture to record and interpret reality.
Tues., March 4-April 8, 6:30-8 p.m., 6 sessions
Fee: $60, plus materials

Artistic Chaos – Collage
Collage is the ultimate playground of materials and mediums. Create spirited, innovative collages while learning about paper, technique, color, composition, texture, shape and execution.
Saturday, March 29, 10a.m. -1 p.m., 1 session
Fee: $22, plus materials

Relief Printmaking
Create striking images through this simple but powerful printing process. After designing and carving your own print on a linoleum block, you will use your block to learn to ‘ink up’, relief print, single/multiple block print, number (edition), and sign prints.
Sat., April 12, 9:30 a.m.-12:30 p.m., 1 Session
Fee: $18, plus $7 material fee

Drawing with Pastels
Focus on essential skills as you explore drawing landscapes, portraits, still life and interiors with pastels: pastel application, blending colors, color relationships, and describing form through dark and light. Specific techniques include layering, blending, hatching and stippling.
Tuesday, April 29-May 6, 6-8 p.m., 2 sessions
Fee: $27, plus materials

Drawing from light to dark
Develop the techniques and skills to see values, shade, control tones, create forms and highlight your drawings. Charcoal, white chalk and soft erasers will be used to draw still life, portraits and landscapes.
Tuesday, May 13-20, 6-8 p.m., 2 sessions
Fee: $27, plus materials

Paper Marbling
Create decorative papers through the centuries old method of paper marbling. Your papers can be used in scrapbooks, homemade books, cards, boxes, picture frames, etc.
Sat., May 17, 9:30 a.m.-12:00 p.m., 1 session
Fee: $15, plus $7 material fee

Book Arts
Learn the techniques, structures, tools, materials and processes to make your own Japanese Stab bound book, simple pamphlet, and soft cover book with signatures sew on tapes.
Sat., May 17, 12:30- 3:30 p.m., 1 session
Fee: $18, plus material fee

Knit & Crochet - Daytime
Cindy Sauve

Finally a daytime knitting and crocheting class! Pick your own project or let Cindy introduce you to something new. The choices are endless and you can get started for less than $10. Create a sampler scarf, granny squares and/or tote bags from grocery bag ‘plarn’. Learn to crochet in filet or freeform. Forget the needles and try the Knifty Knitter (a simple loom). Bring scissors and whatever yarn, fleece, crochet hooks, and knitting needles you have. There will be some materials to borrow, trade or purchase from the instructor.
Wednesday, February 12, 1-3:30 p.m.,
This class meets every other week and has a drop-in rate of $12 per session.

Beginner Glass Fusing - Jewelry Making Class
Tammy Jones, Doodlebugz, Rollinsford, NH
Glass fusing is one of those techniques where you will be blown away by the results. Create a pair of earrings or a pendant. Perfect for beginners, you will learn how to use the tools, get design suggestions and enjoy plenty of hands-on time as you create one of a kind glass items worthy of gift giving. Materials fees will range between $10 - $20 depending on scope of project. Materials fee paid directly to instructor at class and projects will be ready for pick up the following week.
Wednesday, March 19, 6:30-8:00 p.m., 1 session  
$5

Advanced Glass Fusing
Tammy Jones, Doodlebugz, Rollinsford, NH
Expand on knowledge learned in the beginner class to create one of a kind pieces. Options range from sun catchers, plates or bowls, night lights and much more. Materials fees begin at $10 depending on the scope of your project. Materials fee paid directly to instructor at class and projects will be ready for pick up the following week. This is a fun, hands-on class that makes a great girls night out.
Wednesday, April 9,  6:30-8:00 p.m., 1 session  
$5

Chair Seating
Carolyn Brooks
Reclaim treasures from your attic! Learn to cane your own chairs. You have the option of learning how to do a traditional caning, pressed cane, fiber rush or reed split seat. Bring a chair, pail, hammer, and strong scissors to class. Materials are available at a cost of $15 per seat and paid directly to instructor.
Limited to first 8 paid registrations.
Saturday, April 12, 9 a.m.-3 p.m., 1 session  
$35
Offered by Kittery

Color Theory Norman West
We live in a world full of color, but few of us really see the color around us. Norman West, painter/colorist, will guide you through an experiential process designed to train the eye to “see color”. Using clip material from magazines you will set up the dialog of complementary colors. Bring glue sticks, scissors and several magazines to cut up and share. Norman holds a BFA from Portland School of Art and is the Co-Curator of the Ogunquit Arts Collaborative and a board member of the Ogunquit Art Association. His work can be seen at numerous galleries in the area.
Thursday, April 10 & 17, 6-9 p.m., 2 sessions
Fee: $45, plus materials

Acrylic Painting Norman West
If you love color, and like to paint using acrylic paints, this class is for you! Working from a still life, the focus will be on mixing paints to find the right colors and creating a small work of art.
Thursday, May 1-15, 6-8 p.m., 3 sessions
Fee: $45, plus materials

Mini Photo Book Betsy Wish
Use online tools to edit and organize your photos. These photos will be used to create both online and pocket-sized photo books. Bring your digital camera, a scan disk with the photos you wish to use, or photos that are already uploaded to your computer. Betsy, a former elementary school art teacher and Resident Artist at the Brush Art Gallery, has her own studio in Kittery, ME., where she works on her mixed media art and photography.
Thursday, March 6-13, 7-8:30 p.m., 2 sessions
Fee: $25

Calligraphy Dianne Couture
Calligraphy, a decorative style of handwriting, uses pen strokes to stylize letters. Practice these strokes as you learn about lettering styles, pen & paper choices, and techniques. Use your new skills to make your own greeting cards, invitations, or note cards in class. You will receive a materials list at registration.
Class size limited to 8.
Tuesday, March 4-April 29, 6-8 p.m., 8 sessions
Fee: $80, plus materials

Beginning Oil Painting Annie Stone
Complete a still life painting, focusing on value and color relationships. Students should bring an 8x10 canvas, a basic oil paint starter kit, and paper towels. Annie has taught art and painting for over 20 years and holds a BA in Art Education.
Saturday, April 12, 10 a.m. - 12 p.m., 1 session
Fee: $30, plus materials

Offered by Marshwood

Bentwood Trellis, Arbor or Wreath Shane Chick
Build a basic garden structure or wreath using natural materials. Climbers, arches and trellises are all functional for the garden; they can support plants and/or create sections in a garden. Participants will gather materials that are readily available in the area. Bring your garden pruners, a pair of gloves, a small hammer and a roll of twine. Dress for the weather as you will be working outside.
Saturday, April 12, 9 a.m. - 12 noon, 1 session
$20

Carving - for Beginners “Carver Wayne” Preston
Join, self-professed carving addict, Wayne Preston as he shares his love of carving in this class for beginners. You will make two projects to develop your skills and a third project just for fun. Topics covered include basic cuts and tool sharpening. Material fee of $7 will be paid to instructor at the first class and carving knives will be available to purchase for approximately $22 or bring your own. Bring an old glove for your non-dominant hand.
Wednesday, March 5, 6-8 p.m., 4 sessions
$40

Carving - Face on Stick “Carver Wayne” Preston
Create a one-of-a-kind wood spirit face on a walking stick. Be the envy of fellow walkers or make a gift for the walker in your life. Material fee of $7 will be paid to instructor at the first class and carving knives will be available to purchase for approx. $22 or bring your own. Bring an old glove for your non-dominant hand.
Wednesday, April 9, 6-8 p.m., 4 sessions
$40

Knit a Lace Scarf Ellen Minnehan
You’ve seen these gorgeous scarves everywhere and now it is your chance to knit one using your knit and purl skills. You will need to bring sock yarn, 10” size 4 needles, a tapestry needle and post-it notes.
Saturday, March 8, 10 a.m. - 1 p.m., 1 session
$15

Basic Sewing Cathy Locke
Using a simple pattern for drawstring pajama pants, learn to read and cut out a pattern, sew simple seams, hem and create a drawstring waist. The skills learned in this class will set the foundation for sewing projects you may want to try on your own in the future. Bring to class a simple pajama pant pattern, appropriate amount of fabric and matching thread. Machines will be available. This class meets at Marshwood Middle School.
Thursday, April 3, 6:30-8:30 p.m., 3 sessions
$25
**Offered by Kittery**

**Create Salves & Balms-Body Care**  
**Trish Taylor**  
Are you interested in making your own body products? Start here! In this hands-on class, you will discover and experience the basic ingredients used to create Hand Salves and Lip Balms. Learn the entire process of how to; including measuring, making, preparing containers, pouring and labeling. 100% natural ingredients are incredibly nourishing and regenerating to the skin. Recipes and sources will be offered. Trish lives on a small farm with her family and created Mama T’s Salves & Balms.  
**Thursday, March 6, 6-8 p.m., 1 session**  
**Fee:** $15, plus $8 material fee

**The following classes are being offered by Felicia Motherway:**

**Terrarium Workshop**  
Bring spring indoors early by learning how to make a terrarium. A terrarium is a miniature garden under glass that is fun to make and easy to grow. You can bring in your own container or pick one from Felicia’s collection for a small fee.  
**Thursday, Feb. 27, 6:30-8:30 p.m., 1 session**  
**OR**  
**Tuesday, March 25, 6:30-8:30 p.m., 1 session**  
**Fee:** $15, plus $15 material fee for each class

**Summer Herb Planter**  
Learn some basic gardening skills by planting a delightful, fragrant planter of herbs. Plant your favorite culinary herbs in a 20 inch terracotta window box planter perfect for growing outside your kitchen, deck or patio. Includes perennial herbs that can be planted in your garden for years to enjoy.  
**Tuesday, May 20, 6:30-8:30 p.m., 1 session**  
**Fee:** $15, plus $15 material fee

**Maine State Photo Project**  
**Tom Hibschman**  
Create photography to be presented in the Maine Photography Project Exhibition. Students will explore ideas and create work for the statewide photography themed show in 2015. You will explore themes in your own photography and may create a unique exhibition for yourself. Emphasis on photo tips and techniques for improving your own work. Bring to the first class examples of your best work to show and pick your favorite photographer. Project focus: “Community and Communication - Maine’s Relationship to Photography”. Tom is a former public school art teacher, adjunct faculty member at UNH, DCE, USNH & NSCC, art director at NHPTV, UNH Publications and GedRad, Inc. and an award winning photographer. He is also a representative for the Barn Gallery in the Maine Curator’s Group. Students should bring digital camera device.  
**Thursday, April 3-May 22, 6:30-8:30 p.m., 7 sessions**  
**Fee:** $80

**Offered by Marshwood**

**Knitting for a Cause**  
**Laurilee Hurley**  
This is a workshop for any knitter who wants to make a difference! Beginners and experienced knitters will all work together to make baby hats and chemo caps that will then be donated to local hospital wards for those in need of some warmth this winter. A free pattern will be provided, and a list of suggested materials will be emailed to participants prior to the session. Create some wonderful hats and enjoy the added bonus of conversation with fellow knitters, while learning more about the craft of knitting from the heart.  
**Saturday, March 8, 10 a.m. - 1 p.m., 1 session**  
**Fee:** $15

**Reverse Pen & Ink**  
**Cindy Sauve**  
If you can trace you can do this! Working with a fine point black artist pen, we will do a reverse pen and ink framed drawing. Children’s books work really well to start with and there will be lots of fun and interesting choices but feel free to bring your own favorite characters. This is a very enjoyable and creative art form and you will be surprised at the results you can get with limited artistic ability. Bring your creativity to class. Material fee of $10 includes pen, ink and frame of your choice and is paid to instructor at class.  
**Wednesday, April 30, 6-9 p.m., 1 session**  
**Fee:** $18

**Calligraphy**  
**Cindy Sauve**  
Introduce yourself to the art of fine handwriting for cards, invitations or scrapbooking. Bring a pad of regular lined writing paper to class and a calligraphy pen if you have one. We will be focusing on a good basic lettering technique and then progress toward developing our own unique styles of calligraphy. A felt tip calligraphy pen is available for purchase from the instructor for $3, or bring your own.  
**Wednesday, March 5, 6-7:30, 6 sessions**  
**Fee:** $40

**Knit a Hat in a Day**  
**Ellen Minnehan**  
Do you find yourself wishing you had time to do something creative but need help settling aside the time and space? If this sounds like you, join this class for “art night”! This class was developed to help those who need a set time and place for creating. You may ask to learn a specific technique, just come to work on an all-ready-in-progress art/craft, or ask for directions from the instructor. Students have said that the class is just the right mix of guidance and freedom. This class will meet in Rhonda’s classroom at the Great Works School on Academy Street.  
**Wednesday, March 5, 6-7:30, 6 sessions**  
**Fee:** $18

**Open Studio “Art”**  
**Rhonda Mann**  
Are you interested in making your own body products? Start here! In this hands-on class, you will discover and experience the basic ingredients used to create Hand Salves and Lip Balms. Learn the entire process of how to; including measuring, making, preparing containers, pouring and labeling. 100% natural ingredients are incredibly nourishing and regenerating to the skin. Recipes and sources will be offered. Trish lives on a small farm with her family and created Mama T’s Salves & Balms.  
**Thursday, March 6, 6-8 p.m., 1 session**  
**Fee:** $15, plus $8 material fee for each class

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**Wednesday, March 5, 6-7:30, 6 sessions**  
**Fee:** $40

**Knit a Hat in a Day**  
**Ellen Minnehan**  
Create a knit hat on circular needles using an easy pattern. Knowledge of casting on and the knit stitch is helpful. This class is open to kids ages 8 and up who are accompanied by an adult. Materials needed are: chunky or bulky yarn, 16” circular needles #15, double pointed needles #15, stitch marker, tapestry needle, 1 large button of your choice.  
**Saturday, February 8, 10 a.m.-1 p.m, 1 session**  
**Fee:** $18
Tango with Elmira Cancelada
Elmira produces a radio show and podcast dedicated to Argentine Tango on Portsmouth Community Radio.

Intermediate Argentine Tango
For those with a little more experience, in this class you will work on leading and following the graceful turns in open/close embrace and pausing and woman’s footwork. Dance shoes/sneakers with sliding soles are a must.
**Thursday, Feb. 27-April 17, 6:30-7:15 p.m., 8 sessions**
**Fee: $80**

Introduction to Argentine Tango
Dance one of the oldest and most romantic social dances - the Argentine Tango. This active class introduces participants to the basic step patterns; partner communication; rules for navigating the dance floor; and the dance’s unique music. No partner necessary, but you must be moderately fit physically, dress in comfortable clothing, and wear low-heeled, broken-in shoes with sliding soles (dance sneakers are ideal).
**Thursday, Feb. 27-April 17, 7:15-8 p.m., 8 sessions**
**Fee: $80**

Self-Less Self Help
Jake Karlins
Use meditation and discussion to deepen your understanding of the spiritual path. We will focus on working with habits, compassion, and developing a personal meditation practice. The techniques are based on the Buddhist tradition. Jake is a writer, artist and experienced meditator.
**Tuesday, Feb. 25 - April 29, 6-7 p.m., 9 sessions**
**Fee: $50**

Self Care Experiential Workshop
Marilynn Carter
Explore ways to nurture your body, mind, and spirit through meditation and playful art. Marilynn will share simple, non-invasive self care techniques to support your organs, energy centers of your body, and emotions. You will receive a mini healing session as this workshop is all about giving yourself the gift of ME time. Marilynn Carter is a Health and Wellness Practitioner, and author of the cookbook *No Fret Cooking*.
**Tuesday, March 11 & 18, 6-8:30 p.m., 2 sessions**
**Fee: $40, plus $2-$3 material fee**

Nordic Fitness Walking: Burn more calories in less time
Lauren DeLong, Certified Walking Instructor
This Nordic Walking is a fitness walking class for active walkers without limitations. Using poles, designed and manufactured by Lauren, participants will burn up to 40% more calories, increase upper body strength, improve balance and reduce stress on the hips, knees and spine. Classes will meet outside the gate at Fort Foster in Kittery, ME.
**Wednesday, April 9-30, 8:30-9:30 a.m., 4 sessions**
**Fee: $40, includes use of poles**
Offered by Kittery

Workshops on Aging:
Anne Romney is a human resource/management training consultant with 30 yrs of experience in corporate, nonprofit and academic settings. She focuses on issues of aging. She has an M.Ed. in Counseling, a Certificate in Gerontology and is a trained educator/support group facilitator for the Alzheimer’s Association.

Embracing and Empowering Your Retirement
Come share your hopes, concerns and dreams about your retirement. Start identifying what will make your next chapter fulfilling, rewarding and productive. This is a look at the non-financial aspects of retirement including: work and career, leisure and social, health and wellness, personal development, and family relationships.
Thursday, April 3, 6-8 p.m., 1 session
Fee: $10

Getting the Conversation Started... and Caring for the Caretaker
This workshop is designed to help individuals begin the all-important conversation with aging loved ones regarding their safety and future planning. We will consider the unique emotional and logistical challenges that face adult caretakers. We will look at critical issues such as: Driving, Home Safety, Living Options, and Legal Concerns. Participants may share some of their challenges, to gain greater understanding of elder care issues, and to leave with information, resources and an “action plan” for next steps.
Thursday, April 10, 6-8 p.m., 1 session
Fee: $10

Living with Alzheimer's/Dementia and Caring for the Caretaker
This interactive workshop is designed to help individuals who are caring for a person with Alzheimer's/dementia by providing information about the disease, identifying the emotional challenges that impact the caretaker and looking at care concerns and options. Specifically we will look at: diagnosis & Disease Progression, Caretaker Options, Home Safety, Legal/Financial areas. Participants may share some of their unique challenges to gain greater understanding of this bewildering disease and to leave with information, resources and an “action plan”.
Thursday, April 17, 6-8 p.m., 1 session
Fee: $10

Thoughts on Food (and Food for Thought)
Paul Burlingame
Using David Hawkins' book, Healing and Recovery as a guide, Paul Burlingame, owner of The Rising Tide Health Food store, will give a series of four lectures. The focus of each lecture will incorporate Paul's understanding of Hawkins' book and importance of understanding the body as a system. Topics include: How to lose weight using David Hawkins, Glutathione - the master anti-oxidant!, Golden Seal, Cayenne and the attack on kava, and Supplement fads, germ theory, sunlight and dew. Paul Burlingame is an Ivy League renegade, opinionated, but open as well. He started Rising Tide Health Food store 40 years ago when 'organic' was considered a "cult".
Thursday, March 27 - April 17, 6:30-8 p.m., 4 sessions
Fee: $30

Offered by Marshwood

The following classes meet in the Cafeteria at Marshwood Great Works School on Academy Street in South Berwick.

Latin Dance Exercise
Tia Pike
Join Tia for the most fun you can have exercising. Participants have raved about this class with its Latin based routine. No matter what your fitness level you can enjoy this class and get a great cardio workout. (Think Zumba!)
Tuesday, February 25, 6:30-7:30 p.m., 6 sessions
Fee $50

Let Your Yoga Dance
Paula Foster
This class encourages dance and movement in a creative space that promotes joy, fun, and healing. No experience with yoga or dance is necessary. Yoga Dance is a simple and fun way to get moving, combining basic yoga postures and simple dance moves with music from around the globe. Each class will start slowly, and then increase in activity level as we move through the energy centers (chakras), and ending with relaxation. The Yoga Dance experience is a fun and safe way to dance your way to health and joy! Please bring a yoga mat/beach towel/blanket to class. Workout shoes and attire suggested.
Thursday, March 6, 6:30-7:30 p.m., 6 sessions
Fee $50

Tai Chi for Health & Relaxation
Dianne Mros
Learn to manage stress and lower tension through gentle stretching and slow motion movements. Develop breathing techniques to promote calmness and beneficial energy levels.
Monday, February 24, 6-7 p.m., 6 sessions
Fee $50

Circuit Training
Tia Pike
Circuit training is an intensive form of fitness training in which a group of exercises are completed one after the other. You will move through 8 to 10 stations using Kettle bells, BOSU Balance Training and Resistance Bands. Please wear comfortable clothing, bring a mat or a towel and water. Must have 6 students to run class.
Tues. and Thurs, February 25, 5:30-6:30 p.m., 12 sessions
Fee $100

Beginning Golf at Links at Outlook
Shawn Welock
Get out in the sun and have some fun at the Links at Outlook in South Berwick during this 4 session class. Take in the breathtaking views as you learn the techniques of a sport that you can play for years to come. Clubs may be borrowed from the instructor. This course meets at The Links at Outlook.
Monday, May 5, 5-6 p.m., 4 sessions
Fee $90

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Deutsch fur Anfanger – German for Beginners
Rachel Kelley
Form a strong base in conversational German as all aspects of the language, its dialect and culture are explored through books, music and group discussions. Pronunciation and grammar will be emphasized and practiced with writing, speaking, reading, and listening. Bring a notebook and writing implement to class.

Monday, Jan. 27 - March 31, 5:30-7 p.m.,
9 sessions
Fee: $95

Intermediate German
This class is for those experienced with German or who have previously taken Beginner German. Improve your vocabulary, grammar, idioms and conversation for casual use and travel.

Session I: Tuesday, Feb. 4, 11, 25, April 1, 8, 15, 6-8 p.m., 6 sessions
Session II: Tuesday, April 29-June 3, 6-8 p.m., 6 sessions
Fee: $70 per session

German Conversation/Reading Group
Intermediate and advanced students will discuss and practice their conversational skills following German Language readings. Chrissy will explain vocabulary and grammar as needed.

Monday, Feb. 10, 24, April 14, 28, May 12, June 2, 6-7:30 p.m., 6 sessions
Fee: $65, plus purchase of text TBA

Italian language classes are offered by
Julia Russell, former student at the
Michelangelo Institute in Florence and the Center for Italian Studies in Naples.

Beginning Italian
Develop a solid foundation through basic grammar and simple conversation. Students are required to purchase the book: Avanti Con L’Italiano (ISBN#978-0-87720-093-2).

Tuesday, Feb. 4-April 1, 7:30-9 p.m., 10 sessions
Fee: $89

Advanced Beginner Italian
Students who have completed Beginning Italian or have studied the language previously, will continue to practice conversation, pronunciation, and grammar beyond the present tense. Students are required to purchase: Italian Two and Three Years, 3rd Edition (ISBN #978-156765442-4).

Tuesday, Feb. 4-April 1, 5:30-7 p.m., 10 sessions
Fee: $89

Offered by Marshwood

Playing with Sign Language
Cindy Sauve
Using flashcards, games, storybooks and role playing, we will work toward bridging the gap between those that rely on sign language and those that rely on a spoken language. Knowledge of the alphabet and some basic signs is necessary and there will be lots of review. Please leave your voice at home! Any hearing impaired who live in our community are welcome to join us at no cost.

Tuesday, March 18, 6-8p.m., 2 sessions
$25

Spanish for Everyone
Michael Lentine
Spoken natively by over 400 million people, learning Spanish opens the door to new friends, new destinations, and new experiences in over twenty countries. This course will guide you through the basics of Spanish in a fun and student-centered atmosphere where we will study essential vocabulary and conversation skills needed to travel the Hispanosphere stress-free. An English-Spanish/English dictionary is recommended. Michael has a BA in Spanish and an MA in Foreign Language; is fluent in Spanish and proficient in Mandarin, Brazilian Portuguese, Russian and American Sign Language.

Wednesday, March 5, 6-8:30 p.m., 6 sessions
$90

The ABC’s of Chinese
Michael Lentine-see bio above
Many people see Mandarin as an impenetrable, incomprehensible mass of strokes and lines, tones and characters. This course will help put your mind at ease by breaking this megalithic language down into discrete, digestible portions of manageable size. We will study basic vocabulary and expressions in a relaxed and enjoyable environment. No prior study of Mandarin required.

Thursday, March 13, 6-8:30 p.m., 6 sessions
$90

An Introduction to Zen Meditation
Paul Serrano
Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. This is a seated meditation class with an emphasis on proper posture and refined breathing that leads to awareness.

Tuesday, March 4, 7-8 p.m., 4 sessions
$40

What’s All The Buzz About Bees?
George H. Muller
This class will provide general insight into beekeeping and its sweet rewards. Topics will include the benefits of beekeeping, the life cycle of a bee and the equipment needed to manage a hive. You will learn where to buy bees, some of the Maine State Regulations, the initial start up costs and the benefits of joining the Maine State Beekeepers Association and York County Chapter.

Thursday, February 6, 6:30-8:30 p.m., 1 session
$5

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Intermediate Advanced Italian
Darby Tench
Ciao a Tutti! Expand your knowledge of Italians, their language and culture as you improve your language skills and proficiency through grammar reviews, intensive reading, composition and conversation. As “Professoressa Darby,” she lectured on Italian at UNH, authored numerous articles on Italian opera and literature. She has a Ph.D. (Italian) from Yale University.
Thursday, April 3-May 29, 7-8:30 p.m., 8 sessions
Fee: $95, plus text purchase

Italian Grammar
Darby Tench
Expand your grammar and conversational skills in a fun, relaxed atmosphere.
Tuesday, April 1, 15 & 29, May 13 & 27, 7-8:30 p.m., 5 sessions
Fee: $60

French classes offered by Jean-Christophe Barre. Jean-Christophe is a native French speaker from Normandy, France and holds a Masters degree in French Literature and Linguistics.

Conversational French - Level I
Students who can hold a simple conversation and tell a story in the past tense will focus on strengthening grammar, vocabulary, expression, oral skills and comprehension in this fun interactive class.
Tuesday, March 4-April 29, 6-8 p.m., 8 sessions
Fee: $135

Conversational French - Level II
Students who already have a good command of French will strengthen oral and comprehension skills, develop vocabulary expression, and reinforce grammar skills through interaction and discussion.
Thursday, March 6-May 1, 6-8 p.m., 8 sessions
Fee: $135

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Beginner Spanish
Joanna House
Learn or review the basic skills needed to converse in Spanish. Bring a Spanish/English dictionary to class.
Thursday, March 6-May 15, 6-7 p.m., 10 sessions
Fee: $89

Intermediate/Conversational Spanish
Joanna House
Students, who have completed Beginner Spanish or have previously studied the language, will take their knowledge to the next level in this conversation-based class. Learn to use complicated verb tenses to tell stories and express feelings. Bring a Spanish/English dictionary to class.
Thursday, March 5-May 15, 7-8 p.m., 10 sessions
Fee: $89

Offered by Marshwood

Winter Camping & Survival Skills
John Rafferty
If you are looking for the skills it would take to survive and be comfortable in the wilds of winter in New England, then this course is for YOU! Proper gear, clothing, food, winter travel techniques, survival skills and the secrets of warmth. For teens and up (under 18 must be accompanied by an adult). Class meets at Hamilton House parking lot. John grew up on the seacoast of NH and has a BA in Physical Education. In addition, John has completed two instructor courses through the National Outdoor Leadership School.
Saturday, February 8, 10-12 noon, 3 sessions
$35

American Heart Association
HeartSaver CPR & First Aid
South Berwick Rescue
American Heart Association HeartSaver CPR includes Adult, Child and Infant CPR as well as AED (Automated External Defibrillator) training. The First Aid portion will give you the basic training needed to act in an emergency situation. Both CPR and First Aid certifications are valid for two years. Tuition includes book and all materials needed for the course.
Thursday, March 27, 6-8 p.m., 3 sessions
Students must attend all three classes to obtain certification.
$50

Snowriders 101
John Rafferty
Learn the skills necessary to travel and have fun once the white stuff hits the ground. Backcountry ski techniques which include XC, alpine and telemark skiing. Ever try mountain biking in the winter? Can’t leave out a classic, sledding.
Class meets at the Hamilton House, South Berwick, ME.
Saturday, February 8, 1:30 p.m., 5 sessions
$30pp, $50 per family

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14 Enrichment

Offered by Kittery

Bluegrass/Traditional/Old Timey Jam Session
Charlie Nickell
Interested in being part of a fun and collaborative jam session? Bring your instrument and some tunes Monday nights at Traip Academy. Email Charlie for more information: charlienickell@gmail.com
Monday, Feb. 24-May 19, 6-9 p.m., 12 sessions
Drop in fee: $3 per session

Piano classes are offered by Valerie Lyons, who is certified to teach the New American School of Music’s Instant Piano Workshop.

Instant Piano for Hopelessly Busy People
While regular piano teachers teach note reading, piano professionals use chords. Use this trade secret to learn all the chords you need to play any song on the piano in just a few hours.
Tuesday, March 18, 6-9 p.m., 1 session
Fee: $65, includes cost of workbook/CD

How to Play Piano by Ear
This follow-up to the “Instant Piano” class shares one of music’s best secrets - how to play music without sheet music. The class offers a presentation of music theory that includes predicting chord progressions, learning from recordings and transposing.
Tuesday, April 15, 6-9 p.m., 1 session
Fee: $65, includes cost of workbook/CD

Radio Theater
Jean Proulx
Be a part of the revival that is Radio Theater! Using real radio drama scripts, participants will learn all the skills required to record and perform a LIVE radio show (with audience) for WSCA 106.1 FM. Portsmouth Community Radio DJ, Jean Proulx, will teach voice and sound effects; microphone technique; acting for radio (ex. emotion, diction, accents, attitude); casting; and understanding radio direction. Special guest speaker and host of WSCA’s Audio Theater, John Lovering, will join the class occasionally to share his knowledge, talents and studio space. Classes will be held at the Portsmouth Community Radio station on Islington Street in Portsmouth, NH. Limit 6 students.
Thursday, Feb. 27-May 5, 6:30-8:30 p.m., 9 sessions
Fee: $155

Climate Change, What Everyone Needs to Know and Do
Dave Oakes
We will look at both the “science” and “social science” of climate change, and explore actions that each of us can take to mitigate the effects of climate change. We will end with individual action plans for personal and civic engagement. Dave Oakes is a co-director of the Center for Ecological Living and Learning (CELL), a non-profit sustainability education organization located in Hope, Maine. Dave participated in a Climate Reality training program with former Vice President Al Gore this summer.
Monday, February 24, 6-8 p.m., 1 session
Fee: $5, (and a canned good donation for the food pantry would be appreciated).

Offered by Marshwood

Past Life Regression
Anita Findlen
Curious about the fascinating notion of past lives? Hypnosis offers the chance to reach a deep level of relating, to enter the subconscious mind, and explore the possibility of one’s past lives. It’s an exciting journey within that could change your life by bringing the wisdom and understanding of other lifetimes into your current life. Bring a pillow or a reclining beach or camp chair for added comfort. Anita has studied with nationally-reowned leaders in the field, has served as an adult education director and now retired, has her own successful hypnosis practice in Biddeford, ME.
Wednesday, May 14, 6:30-8:30 p.m. 1 session
$35

Weight, Weight, Weight
Anita Findlen
Are you always battling with diets and extra pounds? We know that losing weight is a major challenge. If you are really determined to look and feel better about yourself, let hypnosis help you. During this session you will be given some suggestions that will seal themselves in our subconscious and become a permanent part of your life. You will be given new methods of action, positive thoughts and an effective pattern to help you become successful in reaching your goal weight. Bring your favorite folding chair so that you can be comfortable.
Wednesday, May 7, 6:30-8:00 p.m., 1 session
$40

Couponing - Two Opportunities
Nancy-Joy Lemire
Couponing has become a sport and the subject of more than one Reality TV show. Nancy-Joy will share her tips on how she only pays about 50% for her groceries every week. Discover how to use coupon websites and blogs along with tricks and tips to make saving fun.
Tuesday, March 18 or Wednesday, May 7, 7-8:30 p.m., 1 session each
$5

Maine Driving Dynamics
State of Maine
Maine’s “Driving Dynamics Course” offers all drivers the opportunity to improve their defensive driving abilities. This course includes a discussion of collision avoidance techniques, “safety issues”, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine’s highways. Those completing the course will receive a three-point credit on their driving record. 12 students are needed to run this class so register early! ($12 for 65 and over)
Saturday, April 12, 8:30-2:00 p.m., 1 session
$45

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Can’t make the Shipyard Tour during the day (see page 17)? Come hear the talk at Traip!

Portsmouth Naval Shipyard from the Periscope
Gary Hildreth

Portsmouth Naval Shipyard has a venerable heritage and rich tradition. Learn about its role and achievements in times of war and peace from a submariner’s perspective. Gary, a retired submariner, will share his knowledge, enthusiasm, and a few sea stories not in print that make the “Yard’s” history and folklore come alive.
Thursday, February 27, 6-7:30 p.m., 1 session
Fee: $5

US Coast Guard Auxiliary Boating Education

Boating Skills and Seamanship is Coast Guard’s flagship boater education course. This comprehensive course is designed for the experienced and novice boater. Earning this nationally-recognized boater education certificate allows the holder to operate a boat in any state. An additional benefit is that many insurance companies offer discounts on boat insurance to individuals who successfully complete this course.
Lesson 1 -- Which Boat is for You, Lesson 2 -- Equipment for Your Boat, Lesson 3 -- Trailering Your Boat, Lesson 4 -- Handling Your Boat, Lesson 5 -- Your Highway Signs, Lesson 6 -- The Rules You Must Follow, Lesson 7 -- Inland Boating, Lesson 8 -- Boating Safety and State Specific Boating Regulations.
Tuesday, March 4-May 6, 6:30-8:30 p.m., 9 Sessions
Fee: $65 for Lessons 2-8, with certificate examination during week 9.

Boating Skills & Seamanship continued

If there is sufficient interest the following classes will be offered:
Tuesday, May 13-June 10, 6:30-8:30 p.m., 5 sessions

Offered by Marshwood

Songwriting
Curt Bessette

Got a song in your heart or in your head? Spend 5 weeks exploring the art and craft of songwriting with an award-winning songwriter. Some of the topics covered are:
• Creating and improving your lyrics
• Song structure
• Some simple theories of chord progressions
• How to prevent Writer’s block
• Performance tips
While useful in this class, a basic knowledge of guitar or keyboard is not required. Curt teaches more in the style of the singer-songwriters (i.e. James Taylor, Jim Croce, John Gorka, Mary Chapin Carpenter, Gordon Lightfoot) but lessons learned in this class can certainly help you Rock & Rollers.
Curt was a songwriting finalist twice at the Kerrville Folk Festival (Texas), twice at the Falcon Ridge Folk Festival (New York) and once at the Napa Valley Folk Festival (California). He’s recorded 4 CD’s of original songs and performs throughout New England with his wife, Jenn Kurtz. (no class 3/16 & 4/2)
Wednesday, March 5, 6:30-8:30 p.m., 5 weeks
Fee: $75

Juggling with Jeremy
Jeremy Walker

Think you know what juggling is? Think again. Come learn about the many facets of juggling: the philosophy, history and mathematical formulas of juggling. This class is appropriate for all skill levels, from beginner to expert. Jeremy has been juggling for over ten years and was the President of the University of West Florida Juggling Club. Jeremy has taught hundreds of people to juggle and has performed at weddings, children’s hospitals and professional conferences. He currently teaches juggling at Henry Wilson Memorial School in Farmington and this is his second semester teaching for our program. Please bring 3-6 used tennis balls to the first class. The first class will be 1.5 hours long, subsequent classes will meet for 1 hour each week.
Thursday, March 13, 7-8 p.m., 6 sessions
Fee: $75

Did You Know?...

For many Mainers who cannot pursue studies on a campus, success starts at University College. University College, UMaine’s distance education organization, offers access to courses and programs from seven universities at more than 75 locations and online. More than three thousand Mainers take courses and work toward degrees at University College outreach centers and sites each semester.

At both University College Centers and sites, students can work toward one of the 39 degree or certificate programs choosing from more than 250 courses taught by faculty on-site, via interactive television, and through online instruction.

Marshwood Adult Education serves as a support center for online and delayed viewing students. Students can access our program for exam proctoring, assignment processing and study space. For more information contact University College at Saco at 1-800-696-3391.
Offered by Kittery

**Fundamentals of Sailing**
Tom Brown
This four evening course will cover the basics of sailing. Topics include types and parts of sailboats, safety, regulations, electronics and chart work, and marlinspike seamanship. Tom Brown has over 40 years of sailing experience and has been a delivery and charter boat captain. He is currently in management at Great Bay Marine.

**Monday, March 24-April 14, 6:30-8:30 p.m.**, 4 sessions
Fee: $45

**Sellboat Racing**
Tom Brown
This course will cover the basics of yacht racing including the New 2013-2016 Racing Rules and their application on the race course. Topics include tactics, RC, and boat handling. Basic tactics, starting and sail handling are covered as well as the Racing Rules of Sailing. Geared to sailors new to the sport, though the battle-scarred will also enjoy the discussion.

**Monday, April 28-May 19, 6:30-8:30 p.m.**, 4 sessions
Fee: $45

**Geology Club**
Tracy Dorgan
During the first session you will learn about the three major rock types, rock cycles, and tools/techniques used to identify fundamental rock types. Participant interest will dictate the topics to be discussed during the second session. Tracy is willing to create additional classes; a geology, rock and mineral club; and/or activities based on your interests. Tracy is a professional geologist with more than 20 years experience.

**Monday, February 24 & March 31, 7:30-9 p.m.**, 2 sessions
Fee: $15, plus $15 material fee

**So you want to be an entrepreneur?**
Peg Grimes
This workshop is designed for people who are considering starting their own business. Discussion topics will include generating business ideas, discussion pros and cons of starting your business, developing a basic business plan, and presenting your business ideas to others. Class size limited to 8 participants. Workshop leader Peg Grimes founded CompuWorks, a computer training and support company that was rated one of the top 100 women-owned businesses in Massachusetts.

**Tuesday, March 4-25, 6-7:30 p.m.**, 4 sessions
Fee: $40

Offered by Marshwood

**Home Staging**
Patrice Sweet
Thinking about selling your home in the next year or two and not sure where to start? Patrice has been guiding homeowners in the Seacoast area for almost 9 years and she will help you focus on doing the right things for maximum results. Topics to be covered in this 2 hour session include:
- The one activity that will bring you the most results
- Where to spend $$ for the best return
- The influence of color on a successful sale
- The magic of lighting
- 2 types of curb appeal that cannot be ignored

You will walk away feeling empowered to begin assessing your own situation as well as knowing where to get any additional help you may need. Patrice has worked with countless realtors and home sellers in Maine, NH, MA, NJ, FL and MI. She is well known for getting even challenging properties sold using solid staging principles and creative ideas to enhance properties in all price ranges.

**Thursday, April 17, 7-8:30 p.m., 1 session**
$25

**Designing a Perennial Garden**
Sandy O’Neil
There are many things to consider when designing a perennial garden including the amount of sun, plant preferences, soil type, commitment to maintenance, and personal style. Create a plan for your vision of your future perennial garden. Participants should have an idea of what size garden they wish to design and are encouraged to bring pencils and a notebook to start design work in class.

**Thursday, March 5, 7-8:30 p.m., 1 session**
$15

**YardScaping**
Allan Amioka, Master Gardener
How? By learning the six easy steps to YardScaping! The six easy steps will help green up your lawn without the use of fertilizers or pesticides - all for the health of people, pets, and our local waters. Topics include pest control, soil testing, plant and grass seed selection, composting, and much more. This workshop is sponsored by the York County MS4s and the Maine Board of Pesticide Control’s “YardScaping” program.

**www.yardscaping.com**

2 Sessions offered, Cost: $10.00 each session

**Session 1: Thursday April 24, 2014**
6:30 pm – 7:30 pm at Traip Academy in Kittery, register with Kittery Adult Education

**Session 2: Wednesday May 7, 2014**
6:30 pm – 7:30 pm at Counting House Museum, register with Marshwood Adult Education

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Ikea/ Patriots Place—Offered by Marshwood Ad. Ed.
Saturday, April 5
8:00 a.m. - 7:00 p.m.
$40 per person

Experience two unique shopping experiences when you travel to Ikea and Patriots Place. Get lost in the designs and ideas of each room layout at Ikea and then travel to Patriots Place. Adjacent to Gillette Stadium, Patriot Place features more than 1.3 million square feet of shopping, dining, and entertainment. You will find major fashion retailers, eateries, live and interactive entertainment, a four-star hotel, state of the art theatre, ice rink and much, much more. There is something for everyone at Patriot Place...a once in a lifetime experience, every day! Walk the nature trail, visit The Hall at Patriot Place, an interactive museum, and the CBS Scene. Fun for the whole family.

Depart Marshwood High School at 8:00 a.m. and travel to Ikea for a couple of hours and then board the bus and travel to Patriots Place for the afternoon. Reboard the bus at 5pm and return to South Berwick around 7pm. Includes Custom Coach transportation.

Pick up @ Marshwood High School at 8am,
Pick up at Traip Academy @ 8:20 am.
Offered by Kittery

Dana Benner, of Penobscot/Micmac/Piqwache descent, teaches the following classes. She holds a BA in US History and Native American Culture and M.Ed in Heritage Studies.

Native People of the Kittery Area
Discuss the lifestyles and social rules of Southern Maine’s Native people, an often overlooked population.
Thursday, March 6, 6-9 p.m., 1 session
Fee: $25

Colonial/Native Warfare
Native people had a profound effect on Maine and New England’s warfare. Look at the Native involvement in early colonial wars.
Thursday, March 13, 6-9 p.m., 1 session
Fee: $25

Revisiting Vietnam
Felix “Skip” Devito
Join Skip as he compares a recent service trip to Vietnam to wartime experience. Skip served in the Army in Vietnam and Germany. He is a registered architect and holds a masters degree in engineering.
Monday, March 24, 6:30-8 p.m., 1 session
Fee: $8

Tracks of Memory:
The legacy of Trains & Trolleys on the Local Landscape
Deane Rykerson & Ralph Littlefield
One hundred years ago, the landscape of the Seacoast looked much different without paved roads, highways and parking lots. ‘Tracks of Memory’ looks at old photographs and maps of trains and trolleys in familiar places and also their disappearing remnants in the present landscape. New photos recently added to the presentation. Deane and Ralph look forward to sharing their knowledge and passion of the local landscape.
Thursday, May 1, 7-8 p.m., 1 session
Fee: $10

Lace Demonstration
Angela Pollino
Angiolina (Angelina) Pollino grew up in the small mountain village of Isernia, Italy where she learned to hand-tat lace as a child. Her tombolo lace is unique, and has won numerous recognitions in craft and art shows nationwide. Tombolo lace is made on a cylindrical pillow, using fine thread and bobbins to weave and tat intricate designs that can be used on delicate textiles. This style of lace has been used on wedding dresses, veils, table cloths, and other decorative pieces. Angela will demonstrate this unique art form and discuss the history of hand-tat lace.
Thursday, May 22, 6:30-7:30 p.m., 1 session
Fee: $10

Offered by Marshwood

Personal Psychic Development Series
Paula Clark, LMT, RM
Connect with your own psychic abilities to improve and enrich your life and the lives of those you love. Guided meditations will be used to help you unlock your skills.
$15 per session or $50 for all 4. All sessions meet 6-8 p.m.

Intuition: Tuesday, March 4
Everyone has intuition, but not everyone can bypass the thinking mind to learn the language of intuition. You'll be lead through exercises that will teach you to hear and decipher the messages of your intuition.

Dream Messages: Tuesday, March 11
Ever wonder what those crazy dreams of yours really mean? Dreams can have many levels of meaning, and their messages are unique to you. Learn how to become a better dream catcher, identify possible meanings and better interpret your own dream symbols. Feel free to bring a dream journal if you have one, or just yourself and an open mind.

Crystals/Dowsing: Tuesday, March 18
Pendulum dowsing is an ancient art used to communicate. Crystals are powerful energizers. Together these two are believed to have power to heal, protect, offer insight, and provide access to the unconscious self. Participants will learn more about these tools and have opportunities to use them. Optional: bring to class any favorite crystals, and/or any pendulum type item on a string at least 6 inches long. Instructor will have extra pendulums.

A Doctor’s Dilema
Dr. David Gagnon
A Doctor’s Dilema is part memoir and social commentary. It is about the life and medical practice of a family doctor in Maine over twenty-five years. This fascinating saga will entertain both health professionals and lay people alike. Please bring to class: Any Rider-Waite tarot deck with pictures on all cards (avoid printed meanings on the cards or pictures too tiny to see details). This is a hands-on class, not an individual Tarot reading session.

Wednesday, April 30, 7-8:30 p.m.
1 Session
Suggested donation - $5
Offered by Kittery

“The Good Braider” Book Signing and Lecture

Terry Farish

The poet Naomi Shihab Nye wrote about the book: “You will never again encounter a refugee from anywhere without remembering Viola, the heroine, and her family.” Set in South Sudan and Portland, Maine, the story follows a teenage girl’s experience of war, dreams, survival, and the African art of braiding hair. Terry will talk about her work collecting oral histories with young teens from Sudan who resettled in Portland and how these oral histories informed Viola’s story. The Good Braider won the Maine Library Association’s Lupine Award.

Thursday, March 27, 7-8:30 p.m., 1 session
Fee: $10

“Boon Island: A True Story of Mutiny, Shipwreck and Cannibalism” Book Signing and Lecture

Stephen Erickson

Come hear local author and historian Stephen Erickson discuss his research for the book he co-authored, Boon Island, described by the Kennebec Journal as “a maritime mystery of dishonor, death, suspicious motives, mutiny and cannibalism...fascinating.”

Tuesday, April 8, 7-8p.m., 1 session
Fee: $10

“Wilderness Blessings: How Down Syndrome Reconstructed Our Life and Faith”

Jeffrey Gallagher

Join Jeffrey as he discusses his book, Wilderness Blessings: How Down Syndrome Reconstructed Our Life and Faith and shares a bit of his journey and talks about the process behind the book. The evening will largely be spent in conversation about the questions the book raises about God, why bad things happen in the world, and those who are differently abled. It would be helpful, but not required, for students to have read at least part of the book. Jeffrey is an ordained minister at the First Congregational Church of Kittery Point.

Monday, April 28, 6:30-8 p.m., 1 session
Fee: $5, (canned good donations for the food pantry would be appreciated).

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Offered by Marshwood

Introduction to Facebook

Courtney Grogan

Want to keep in touch with friends, share photos and follow your favorite interests? Walk through the basics of Facebook with Courtney as she explains how to post photos and videos, find friends, and follow interests from groups and pages. For parents, this class will provide you with a basic understanding of your youngster’s usage of Facebook and how to protect them. Feel free to bring your own laptop or tablet to class.

Prerequisites: If you don’t already have a Facebook account, please create one prior to class.

Tuesday, April 8, 6:30-8:30 p.m., 1 session
$15

iPad Basics

Shane Chick

You have an Apple iPad...now what? Learn the basics of using your iPad: Parts of an iPad, getting around with gestures, basic settings, using and downloading apps, email and the Internet, photos, and more! Bring your iPad already set up and working and make sure you know your iTunes username and password.

Saturday, April 12, 12 noon - 2:30 p.m., 1 session
$15

Internet Marketing for Small Business

Bill Cutrer

If you are a small business owner with or without a website this course is for you! Topics include SEO (Search Engine Optimization), SEM (Search Engine Marketing), PPC (Pay Per Clicks), local search, as well as an introduction to social media as tools to promote your business. Bill Cutrer, owner of Seapoint Digital LLC is a Google Adwords Certified Professional.

Tuesday, March 11, 6-8:30 p.m., 1 session
$15

Old Bottle Sea Glass of Maine

Rick Carney

As a treasure diver for over 30 years, Rick has been under water almost as much as he’s roamed around on land. Having been a glass collector even longer than a diver, he has an extensive knowledge of bottles, pottery and crockery and knows the time period most items come from and their general worth in today’s market. Have you accumulated a few treasures over the years and wondered about their origins and value? Bring a couple of pieces, when you come to hear about Rick’s adventures, and he will try to tell you their history.

Thursday, April 10, 6:30-8 p.m., 1 session
$15
20 Enrichment

Offered by Kittery

**Grow Your Own Organic Garden**
Marilyn & Rick Stanley (MOFGA)
Use the basics of soil science to enrich your soil to produce healthy, high-yielding plants. This course addresses the basics of composting, crop rotation, green manures, managing nutrients in the garden, and weed/insect control. All are welcome, from first-timers to experienced gardeners who want to experiment with new techniques.
**Tuesday, April 8, 6-9 p.m., 1 session**
**Fee:** $8, plus $5 material fee payable to MOFGA at time of registration.

**Backyard Chickens**
Marilyn & Rick Stanley
Backyard chicken flocks are gaining popularity and it’s easy to see why. Besides providing fresh eggs for your family and fertilizer for your garden, chickens are also a lot of fun. This class will cover all the basics of caring for your flock, including feed, housing, breed selection, brooding chicks, health care and predator protection. 
**Rick & Marilyn run Chick Farm in Wells, where they raise certified organic chicken, eggs, vegetables, and berries.**
**Thursday, April 17, 6-9 p.m., 1 session**
**Fee:** $15

**Tree Identification and Stewardship**
Sponsored by the Kittery Land Trust
Please join Gary Mitchell, steward for the Kittery Land Trust, for a two-part class. The first class will focus on identifying trees from twigs, branches, and bark and why tree identification is important to his role as a Land Trust Steward. The second class will take place at the Norton Preserve where you will walk the trails and use your new knowledge to survey and identify trees. Class size limited to 10.
**Monday, April 14, 6-8 p.m., 1 session**
**Meets at Traip Academy**

**Birding Basics**
Dave Tucker
Did you know there are at least 300 types of birds in the Seacoast area? Join Dave as he shares the basic skills of birding during two classes and one field trip. Dave bids constantly by ear and by eye. He is past president of the Seacoast Chapter of N.H. Audubon. Please bring a field guide and binoculars on the field trip.
**Thursday, April 17 & May 1, 6:30 - 8 p.m., 2 sessions**
**Meets at Traip Academy**

**Spring Foraging**
Jenna Rozelle
Spend a few hours with Jenna as she shares her knowledge on finding & preparing wild food and medicine in Southern Maine. You will spend most of the time walking outdoors seeking plants. Jenna is a self-employed forager who provides chefs, herbalists and breweries with the wild edible & medicinal plants she has collected. Meet at the Traip Academy parking lot to decide on location for walk.
**Saturday, June 14, 10 a.m. - 1 p.m., 1 session**
**Fee:** $20

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Offered by Marshwood

**Classes offered by Amanda Komisarek CRMT. Amanda is a Health and Wellness Practitioner at Lion’s Tooth Wellness in Dover. All classes include supplies, handouts, recipes and samples to bring home and enjoy.**

**Beating the Winter Blues**
Learn new ways to support your health and well being this winter. Join Amanda as she explains how nourishing foods, herbs, and aromatherapy can benefit you and your loved ones. All participants will create their own hand/room sanitizer or herbal tea blend to take home.
**Thursday, February 27, 6-8:30 p.m., 1 session**
**$45**

**Natural Skin Care from the Inside Out**
Our skin is the largest organ of our bodies! It absorbs and excretes; it eliminates toxins and wastes; it regulates our temperature and it’s our first line of immune defense from the outside world. Discover whole foods & herbs for skin health, essential oils, food based supplements for skin and how to “read” what your skin says about your health. Create your own natural skin care products and get ready for Spring!
**Thursday, March 20, 6-8:30 p.m., 1 session**
**$45**

**Scent & Spirit**
Your sense of smell is 10,000 times more sensitive than any other sensory organ in the human body. Inhaled scents affect us before our brains have even sent the message out that we have smelled anything at all. Scent brings us back to places, people and events from our past - it knows no time and affects our emotional and physical well being and memory in ways we are still only beginning to understand. Learn the difference between pure essential oils and fragrances, discuss how they affect your health, take part in a blind “smell” test, and experience a “scent guided” meditation. Learn the difference between “high”, “mid” and “base” note essential oils and create your own original scent blend (as a spray or roll on) to take home with you!
**Tuesday, April 8, 6-8:30 p.m., 1 session**
**$45**

**Become a Hospice Volunteer**
Wentworth Homecare & Hospice
Every year, millions of Americans die from illnesses such as heart disease, cancer, stroke and diabetes. And every year, roughly 400,000 hospice volunteers help many of these people through their last few months of life. The hospice team, including hospice volunteers, tries to keep patients as pain free and comfortable as possible while providing support for them and their families during the dying process. Hospice volunteers provide varied support for patients and their families, including visiting, reading, watching T.V., taking walks, playing music or bringing over pets. Volunteers also help with shopping, errands, household chores, babysitting and transportation. **Five dedicated students are needed to run this class.**
**Tuesday, March 4, 5-7 p.m., 5 sessions**
**Free**
Offered by Kittery

Exploring “Difference” Differently
Deb Barry
Through media, literature, and other activities, we will explore the idea of ‘othering.’ What does it mean? How do we react to people who are ‘others’? How does ‘othering’ contribute to bullying, prejudice, and discrimination? How can we understand and react to difference differently? Deb founded the NH non-profit, Awareness Unlimited, in 2008 and is a Fellow at the Cohen Center for Holocaust and Genocide Studies.
Thursday, March 6 - April 10, 6:30-8 p.m., 6 sessions
Fee: $50

Courses offered by Liz Korabek: Liz has been practicing Mindfulness for many years and will share her experience with you!

Introduction to Mindfulness
Mindfulness has almost become a buzz word, but, what is it really? What does it mean to be Mindful and Why be Mindful? What is the history and ‘practice’ of Mindfulness and what can you hope to gain from it?
Monday, March 3, 6-8:30 p.m., 1 session
Fee: $15

Mindfulness and Creativity
Oscar Wilde said “Be yourself, everyone else is taken.” Liz will show you how Mindfulness can be used to unlock and expand the conditions of your creativity and understand the habits of the mind that block you.
Monday, March 10-24, 6-8:30 p.m., 3 sessions
Fee: $50

Confident Presentations
Do your knees knock, palms sweat, voice tremble at the thought of giving presentations? Liz will show you how to use Mindfulness to uncover negative thought patterns, relieve your fears and accomplish your goals!
Sat., May 17, 10 a.m. - 12:30 p.m., 1 session
Fee: $15

Offered by Marshwood

Cake Decorating
Cindy Sauve
Turn simple cakes into personalized creations for your family and friends. Cindy will share basic cake-decorating techniques that offer big results. Bring an iced round or square cake (homemade or store bought). Materials fee of $12 includes some basic cake decorating tools which are yours to keep and icing for class decorating. Material fee is paid directly to Cindy at class.
Wednesday, March 5, 6-9 p.m., 1 session
$18

Vegetables from the Sea
Sarah Redmond
A versatile resource, seaweeds are used for food, extracts, beauty, and health products, providing a valuable source of essential minerals, vitamins, and unique marine-bio-active ingredients for human health. Maine is a leader in sea vegetable production. Review sea vegetable biology, ecology, and ways to use these healthy, delicious vegetables in everyday dishes like salad, stir fry, and dessert. Join us to prepare and enjoy these delicious vegetables of the sea. Class fee includes food costs.
Sarah Redmond is a seaweed-lover working in her home state of Maine as a Sea Grant Marine Extension Agent. Visit www.seagrant.umaine.edu for more information
Tuesday, March 11, 6-8 p.m., 1 session
$25

Candy Making
Cindy Sauve
Come join us for candy making fun using chocolate candy melts. We’ll do some dipping, work with molds, caramels, peanut butter cups, mints, drop clusters and more. If you bring your own container, you can take home a box of candy you made yourself, to impress your family and friends. Materials fee of $10 covers all ingredients and use of candy molds. Material fee is paid directly to Cindy at class.
Wednesday, April 16, 6-9 p.m., 1 session
$18

Preserving the Harvest - Mystery Jam/Relish
Kevin Dawson, Univ. of Maine Coop. Extension
University of Maine Cooperative Extension’s hands-on food preservation workshop will teach you the basics of canning and freezing, including how to use pressure and water bath canners to preserve fruits and vegetables. Learn from the experts. Bring a potholder and your own pressure canner dial gauge to class (for a free accuracy test). A material fee of $15 will be collected at the class to cover the cost of ingredients and canning supplies. Everyone will leave with a jar of mystery jam/jelly that Kevin is sure you’ll love.
Thursday, April 17, 6-9 p.m., 1 session
$5

“More Than Honey”
If you are concerned about what is happening to the bees in your backyard and around the world, come join us to watch “More Than Honey”, directed by Markus Imhoof, the photography is extraordinary and inspirational and the message, thought provoking. Discussion, led by local beekeepers, follows the movie.
Thursday, May 29, 6-9 p.m., 1 session
Fee: $5 suggested donation

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207-439-5896

www.marshwood.maineadulted.org
207-384-5703
22 Enrichment

Offered by Kittery

Vietnamese Cooking Series

Rose Van

Learn how to cook authentic Vietnamese food with Rose. Each week you will introduce a new food in what are sure to become your favorite dishes. Rose was born and raised in Da Nang, Vietnam. She started cooking when she was 13 and teaching over 3 years ago. Class size limited to 6.

Class 1 - Monday, Feb. 24, 6-8 p.m., 1 session
Hot Pot. Seafood Salad. Warm and hearty for the cold winter.

Class 2 - Monday, March 3, 6-8 p.m., 1 session
Banh xeo Vietnamese crispy pancake stuffed with pork, shrimp, beef or vegetables.

Class 3 - Monday, March 10, 6-8 p.m., 1 session
Bo luc lac (Stir-fry beef with bell pepper). Bitter melon stir-fry.

Fee: Each session $28
**Discount price**
Sign up for all 3 sessions Fee: $80

Cooking Fish 101

Are you looking for new ways to prepare and enjoy fish? Mark Lechner & Amy Richards, enthusiastic “home” chefs, will discuss and demonstrate simple, healthy ways to prepare fish. Taste the cooked fish dishes and learn more about the fish supplier, Salt and Sea Community Supported Fishery (CSF). Mark & Amy moved to Kittery Point over 3 years ago and became interested in the area’s marine history as well as the CSF.

Tuesday, April 1, 6-8 p.m., 1 session
Fee: $12, plus $10 material fee

Eclairs/Puff

Chrissy Davis

Make a puff pastry from scratch. This pastry is ideal for making cream puffs, eclairs, and savory filled puffs. The only limit is your imagination. Our finished product will be eclairs; filled with pastry bakers’ cream and topped with chocolate. Chrissy enjoys cooking and sharing her recipes.

Monday, April 7, 6-8 p.m., 1 session
Fee: $12, plus $10 material fee

Making Low-Sugar Jam from Frozen Maine Fruit

University of Maine Cooperative Extension

We’ll use locally frozen fruit to preserve a low-sugar jam. Come learn the basics of hot water bath canning and freezing from UMaine Extension staff and Master Food Preserver volunteers. Participants will receive recipes and a jar of jam. Please bring a pot holder with you to class.

Thursday, May 8, 5:30-8:30 p.m., 1 session
Fee: $20

Vegan Sushi

Erika Vargus

Come and enjoy a night of vegan sushi, spring rolls and Buckwheat Noodle Salad. Learn the different ways to build your vegan rolls and a great side dish with peanut dressing. Please bring your favorite knife, cutting board and take home container. Recipes will be provided.

Monday, May 12, 6-8 p.m., 1 session
Fee: $12, plus $10 material fee

Beans

David Vargus

Beans are magical fruits that begin as dry legumes. They can be transformed into a pot of baked beans, refried or used in a variety of recipes. Please bring a take home container. Recipes will be provided.

Monday, May 19, 6-8 p.m., 1 session
Fee: $12, plus $7 material fee

Offered by Marshwood

Affordable Care Act 101

Robin Hewitt Bibber

Join Robin as she presents information about the Affordable Care Act, the Health Insurance Marketplace and subsidies available. Robin is a Certified Health Insurance Navigator with York County Community Action Corp/Nasson Healthcare and will be able to answer any questions you might have about the program.

Wednesday, March 5, 6:30-8:30 p.m., 1 Session
Free (please bring a canned good to donate to a local food pantry)

To Work Abroad or Not to Work Abroad?

Barry Fitzpatrick

Many dream of experiencing the cultures of other lands. Barry taught abroad for much of his adult life and is ready to share his insights with others. Learn where to find jobs, how to initiate inquiries, and what to expect from your employer. Barry will share his first-hand, anecdotal evidence of the ups and downs of working abroad. Each session will include a question and answer period. Barry has worked as an administrator/teacher/coach in Europe as well as the Near and Middle East.

Wednesday, March 19, 6:30-8:30 p.m. or Thursday, April 17, 6:30-8:30 p.m.
$15

Affordable Care Act 101

Robin Hewitt Bibber

Join Robin as she presents information about the Affordable Care Act, the Health Insurance Marketplace and subsidies available. Robin is a Certified Health Insurance Navigator with York County Community Action Corp/Nasson Healthcare and will be able to answer any questions you might have about the program.

Wednesday, March 5, 6:30-8:30 p.m., 1 Session
Free (please bring a canned good to donate to a local food pantry)

Reduce Your Home Energy Costs

As the price of energy climbs, we are all looking for more energy efficient ways to heat and cool our homes. Ron will tailor the discussion to your needs as he shares changes that can greatly impact your energy usage. He has many years of experience in building and remodeling with a particular emphasis on energy conservation and green building design.

Wednesday, May 5, 6-9 p.m., 1 session
$15

Living in a Green Home

Are you building, remodeling or simply want to be more ‘green’? Ron has a wealth of information to share in discussion and handout form. Learn what a ‘green’ home is and the practical steps required to create a healthier, energy efficient home.

Wednesday, April 2, 6-9 p.m., 1 session
$15

www.kittery.maineadulted.org
207-439-5896

www.marshwood.maineadulted.org
207-384-5703
The following courses are being offered by long-time computer instructor Chuck McDonald.

**Beginning Excel**
Microsoft Excel is one of the best known and used spreadsheet applications. This class is truly for the beginner who needs to learn to enter, edit, save and print spreadsheet data. Excel offers more than 200 functions, but we will concentrate on the basics of copying cell data, formulas, moving, filling, and formatting cells. Participants should have personal computing and keyboarding skills.

**Tuesday, February 25, 6-8:30 p.m., 3 sessions**
$70, includes cost of book

**Intermediate Excel**
For those students with a working knowledge of Excel, this class will build on the skills learned in Beginning Excel.

**Tuesday, March 18, 6-8:30 p.m., 3 sessions**
$70 includes cost of book

**Word**
Create letters, posters, memos using Word 2010. Basic skills include formatting, managing documents, editing functions, manipulation of data, & how to make your documents look professional. You are encouraged to bring your own laptop.

**Tuesday, April 8, 6-8:30 p.m., 3 sessions**
$70, includes cost of book

**Afternoon Computers for Beginners**
Designed for students with little or no prior computer experience. This is a comfortably paced class where you’ll learn basic computer concepts, terminology and see the practical uses. There will be time to practice, explore and ask questions in a relaxed, supportive environment.

**Tuesday, March 18, 4-5:30 p.m., 4 sessions**
$40

**Substitute Teacher Training**
Are you interested in becoming a substitute teacher for any of the Marshwood schools? This 5 week course is designed to instruct and support substitute teachers in several areas. Course includes discussions on preparing to substitute, appropriate discipline, safety issues, using office equipment, how to read teacher plan books and manuals, sample lessons and age related activities concerning children at all ages. Included are tours and presentations by administrators and teachers.

**Thursday, March 6, 6-8 p.m., 5 sessions**
$25

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**Kittery Courses**

**Join Karen Howell, Librarian of the Rice Public Library for technology workshops. Bring your own E-Reader, laptop, or use a library workstation. PRE-REGISTRATION WITH KITTERY ADULT EDUCATION IS REQUIRED. A portion of the proceeds will go to the Rice Library. Classes meet at the Rice Public Library, 8 Wentworth St., Kittery. $10 Fee for each class listed below.**

**Computer Basics: E-mail, Google, etc.**
Have a question about how to use a computer? Need help navigating the internet? Want to shop online safely? Join us to have your computer questions answered.

**Wednesday, February 26, 6-8 p.m., 1 session**

**Apple**
Are you considering switching to a Mac? Do you have an iPad or an iPhone and wish you could use it more fully? Come find out what you’re missing with Macs!

**Wednesday, March 5, 6-8 p.m., 1 session**

**Social Networking**
Have questions about how to use Facebook? Want to start tweeting? What exactly is a hashtag? Come find out about Facebook, Twitter, Instagram and more!

**Wednesday, March 26, 6-8 p.m., 1 session**

**Pinterest**
Would you like to find thousands of ideas on just about any topic? Join Pinterest, where you can find ideas on everything from what to make for dinner to building a pirate ship. We will introduce you to this website, and help you make sense of it!

**Wednesday, April 2, 6-8 p.m., 1 session**

**Photos for Facebook**
Turn your camera (or phone) pictures into better versions of themselves to share on Facebook, Instagram or your blog. Explore online photo storage methods such as Flicker and Photobucket.

**Wednesday, April 16, 6-8 p.m., 1 session**

**Internet Radio/Video**
Want to listen to a radio station customized just for you? Want to catch up on the latest episodes of a TV show? We can show you how using Pandora, Hulu and other online resources.

**Wednesday, April 30, 6-8pm, 1 session**

**Online Book Recommendations**
Wish you could remember which books you’ve read? Want reminders when your favorite authors come out with new books? Want to see what other people who like the same books as you are reading? Come explore the worlds of Goodreads and LibraryThing.

**Wednesday, May 7, 6-8 p.m., 1 session**

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**Marshwood Courses**

**Offered by Marshwood**

**SUBSTITUTE TEACHER TRAINING**
Are you interested in becoming a substitute teacher for any of the Marshallwood schools? This week course is designed to instruct and support substitute teachers in several areas. Course includes discussions on preparing to substitute, appropriate discipline, safety issues, using office equipment, how to read teacher plan books and manuals, sample lessons and age related activities concerning children at all ages. Included are tours and presentations by administrators and teachers.

**Session schedule/locations will be emailed before first session, please include email address on registration form. Must have 10 students to run class.**

**Thursday, March 6, 6-8 p.m., 5 sessions**
$25
24 Technology & Workplace Skills

Offered by Kittery

ServSafe Certification
ServSafe Manager, classroom instruction, helps students prepare for the ServSafe Food Protection Manager Certification Exam. It covers critical principles including: personal hygiene, cross contamination, time and temperature, receiving and storage, food safety, training hourly employees, and more. ServSafe classroom training is accepted in all 50 states for regulatory requirements up to 16 hours. The exam will be administered on the last day. Class size is limited.
Please try to review book prior to class.
Doris Demers has worked in school nutrition programs for over 18 years. In 2010 she became a ServSafe instructor.
Monday, March 24 & 31, 4-9 p.m., 2 sessions
Fee: $120 (this includes the book and test) or Fee: $85 (includes test only - you must provide your own book, version 6)

Getting Started in Adobe Illustrator
Cate Fitzgerald-Rice
Become familiar with the terms, tools and basic techniques of Adobe Illustrator as you learn to draw and manipulate vector art. Cate earned her Masters in Graphic Design and works as a freelance Designer/Illustrator.
Monday, March 10-31, 6-8 p.m., 4 sessions
Fee: $50

Adobe InDesign 101
Suzan Darcy
Adobe InDesign is a powerful, desktop publishing, software application that is used to create professional looking documents, newsletters, flyers and brochures. Suzan has used InDesign for more than 20 years and is ready to share her wealth of knowledge with you. Basic keyboarding and computer skills are required.
Thursday, May 1-22, 6:30-8:30 p.m., 4 sessions
Fee: $45

Offered by Marshwood

Anatomy & Physiology
Claudette Boutin
This one-semester, introductory course is ideal for those working in healthcare settings, planning to further their education in an allied health field, or wanting a basic overview of the human body and how it works. The organization of the body is studied, starting with cells, tissues, and organs and continuing to cover the integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, immune, digestive, respiratory, urinary and reproductive systems. Homeostasis and structure-function relationships are explored. This class meets twice a week for 7 1/2 weeks.
Tuesday and Thursday, Feb. 25 - April 15, 6-9 p.m., 15 sessions
$100

Computer Aided Drafting & Design (CADD)
Matt Taylor
CADD software allows the user to produce a drawing or model of a product before it is built or manufactured. Learn the commands and functions necessary to create a variety of two-dimensional drawings. The course uses a hands-on approach in the CAD lab at MHS. Students should possess proficient computer skills.
Wednesday, March 5, 6:30-8:30 p.m., 6 sessions
$60

Classes offered by Gail Condon:

Computers for the Workplace: Intro to MS Office
Delve into MS Word and Excel, two of the most widely used software programs in the workplace. Basic computer and keyboarding skills are required. If time allows, we will discuss PowerPoint & Publisher. A Certificate of Completion will be awarded.
Monday, April 7-May 22, 6-9 p.m., 5 sessions
Fee: $75

Soft Skills for the Workplace Environment
Learn skills to be competitive and effective in today’s workplace: Active Listening, Effective Communication, Writing Skills, Customer Service, Nonverbal Communication/Body Language, Dress for Success, Ethics/Ethical Behaviors, Conflict Management, Sexual Harassment and Workplace Legal Issues. Perfect for both employers and employees. A Certificate of Completion will be awarded.
Monday, May 19 & June 2, 6-9 p.m., 2 sessions
Fee: $35

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www.marshwood.maineadulted.org 207-384-5703
### Academic Course Schedule

**Classes do not meet on the following dates:**
February 17-21 and April 21-25

<table>
<thead>
<tr>
<th>Kittery Adult Education</th>
<th>Marshwood Adult Education</th>
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<tbody>
<tr>
<td>Traip Academy</td>
<td>Marshwood High School</td>
</tr>
<tr>
<td>12 William Avenue</td>
<td>260 Route 236</td>
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<tr>
<td>Kittery, ME 03904</td>
<td>South Berwick, ME 03908</td>
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<tr>
<td>207-439-5896</td>
<td>207-384-5703</td>
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**Classes meet from 5-8 p.m.**

**Classes meet from 6-9 p.m.**

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<thead>
<tr>
<th>Mondays</th>
<th>Closed in evening</th>
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<tbody>
<tr>
<td>HiSet Prep</td>
<td>Math Lab</td>
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<tr>
<td>US History</td>
<td>Chemistry w/Lab</td>
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<th>Tuesdays</th>
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<tr>
<td>English</td>
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<td>ESOL</td>
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<table>
<thead>
<tr>
<th>Wednesdays</th>
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<tbody>
<tr>
<td>Closed in evening</td>
<td>HiSet Prep, 9:15 a.m.-12:15 p.m.</td>
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<tr>
<td></td>
<td>Algebra</td>
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<td>English</td>
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<th>Thursdays</th>
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<tr>
<td>Consumer Math</td>
<td>Biology w/Lab</td>
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<tr>
<td>ESOL</td>
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**Kittery Academic classes start the week of January 27th.**

**Marshwood Academic classes start the week of January 21st.**

### High School Completion

The two ways to complete your high school requirements are the diploma program and the HiSet program. Depending on your situation, one program may be more appropriate for you. Call us now at 384-5703 or 439-5896 to arrange an appointment to create a personalized Education Plan. Diploma classes, HiSet prep classes and HiSet testing are FREE to Maine residents. Out of state students are charged $100 for HiSet testing (includes HiSet Prep classes), $80 for each diploma class and $125 for Chemistry and Biology (with labs).

### Need help finding your Career Pathway?

Adult community members are invited to meet with our Career Advisor, Laurilee Hurley, to create a free, individualized Career Pathway plan. Work with Laurilee as you...
- Discover your options
- Explore careers that match your skills
- Create your own career and education plan
- Set goals to achieve your dream job
- Write your Resume

Call either location to set up an appointment:
Kittery, 439-5896 or Marshwood, 384-5703

### MEDICAL OFFICE SKILLS CLASSES

The following courses are being offered by the Academy of Medical Professions, Inc. To register or for payment plan information you can call 866-516-8274 or visit [www.academyofmedicalprofessions.com](http://www.academyofmedicalprofessions.com)

- Medical Billing & Coding with CPC Certification
- ICD-10PCS Boot Camp
- Pharmacy Technician Certificate Program
- Medical Office Specialist with CMAA National Cert.
- Hospital Billing & Coding with CPC-H Cert.
- Medical Transcription Certificate Program
- Phlebotomy
- PSS

For complete course descriptions and information on registering, please visit our websites.

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ESOL

*(English for Speakers of Other Languages)*

Offered by Kittery Adult Education, Open to All!

**Frank DeSarro**

ESOL learners will strengthen their speaking, reading and writing skills. Please call 207-439-5896 to register. Frank DeSarro has taught ESL for over 22 years.

**Tues. & Thurs., starts January 28, 6-8 p.m.**

Classes are FREE.
The Kittery School Department: Office of the Superintendent of Schools

Superintendent of Schools:  Allyn W. Hutton
Location:  Town Municipal Building
200 Rogers Road
Kittery, Maine 03904
Telephone Number:  207-475-1334
Office Hours:  7:30 a.m. – 4:00 p.m.

The Kittery School Committee meets the first and third Tuesdays of each month. Meetings begin at 6:30 p.m. and are held in the Town Hall Chamber. The public is invited to attend these meetings. Your KSC members are the following:

Patti Ayer
4 Powell Lane
Kittery Point, ME 03905
602-9945
11/2012-11/2015
pattiayer@comcast.net

Kimberly Bedard
100 Martin Road
Kittery, ME 03904
439-9548
kitteryschools@comcast.net

Gavin Barbour
22 Main Street
Kittery, ME 03904
289-5015
gavinbarbour@yahoo.com

Julie Dow
1 Bartlett Road
Kittery Point, ME 03905
439-7866
julie528@comcast.net

David Batchelder, Vice Chair
8 Old Cart Path
Kittery Point, ME 03905
439-4581
dcbatchelder@gmail.com

Kenneth Lemont, Chair
154 Whipple Road
Kittery, ME 03904
439-3698
klemont@comcast.net

Robert Wiles
8 Melanie’s Court
Kittery, ME 03904
978-302-0734
11/2012-11/2015
bob.wiles@gmail.com

NOTABLE NEWS!

Coming soon:
Radio Broadcast on WSCA 106.1 FM
Kittery & Marshwood Adult Education will be hosting a monthly radio broadcast in partnership with Portsmouth Community Radio. Join us as we discuss the current events of these two Adult Education programs such as enrichment classes, collage transitions, high school credentials, career trends and much more.

Tour Portsmouth Community Radio Station
Join Jean Proux for a tour and to be part of a LIVE radio audience. Jean and John Lovering will be your guides and answer your questions. Check our website for details on dates and times of this very special event at www.kittery.maineadulted.org or visit www.wscafm.org.

Special events:
Community Supper at Robert’s Maine Grill in Kittery with proceeds to benefit the Dorothy Gherson Memorial scholarship Fund.

Louise Whelton Art Benefit Sale and Celebration of the Arts with proceeds to benefit an Art Scholarship for a Traip graduate.

NEW! You can now like us on FACEBOOK and follow us on PINTEREST. Coming in January you will also be able to follow our tweets on TWITTER!

We want to hear from you: have a great course idea, want to teach or tutor, provide feedback on brochure or course evaluations - visit our website for contact information forms.

Fundraiser for Kittery Schools
Kittery Dunkin’ Donuts is selling school mugs for $9.99 (includes coffee) and will donate proceeds to the individual schools. Estimated amount for each school $300.
7 Steps to Success

It’s easy to be successful at Traip – all you have to do is follow these 7 easy steps:

1. Believe in Yourself
2. Get Organized
3. Manage Your Time Well
4. Be Successful in the Classroom
5. Take Good Notes
6. Know How to Read a Textbook
7. Study Smart

The Faculty and Staff at Traip are passionate about their subjects and want to help you succeed…and they want to have FUN (but don’t tell anyone).


Emergency School Closing/Delay Opening

The School Committee authorizes the Superintendent to cancel or close school(s) for the day, delay opening, or dismiss school(s) early in the event of severe weather, hazardous travel conditions, or other emergencies which present threats to the safety of students and staff.

Decisions to close school for the day should be made no later than 6:00 A.M.

When school is closed for the day or dismissed early, all after-school and evening school-sponsored activities and community use of school facilities will be cancelled or postponed.

Notice of closing or cancellation shall be given to students and parents by means of media announcements or by other appropriate means. Such notice shall be given sufficiently in advance of the school session in order to avoid confusion.

When school is in session, it remains the responsibility of parents to decide whether or not their children shall attend school under the existing conditions.

Storm days lost in excess of the number provided for in the school year calendar will be made up as determined by the Superintendent and School Committee.

Parents are notified of emergency announcements by an automated calling system “School Messenger”. The Superintendent decides if the announcement needs to be sent via email, home phone or all phones listed in the student information database.

Please check the district website for information unless there is a technical difficulty. Below is a list of television stations announcing the closing or delayed opening:

Channel 6
Channel 8
Channel 13
District News and Information:
Our MSAD 35 Web Site (http://www.msad35.net) is a wonderful resource that provides information about our district schools and School Board. Resources include scheduled events for our district schools, as well as school board agendas and minutes. School closings and delays are posted there, too. Our new Facebook page: “Marshwood Schools” includes updates and photos of district events and activities.

MSAD #35 Budget Timeline
Budget Year 2013-2014
School Board Meetings are held at Marshwood High School in the Learning Center and begin at 7pm. Live Streaming and Archived Video of School Board Meetings:
available at:  http://townhallstreams.com/locations/msad-35-me

The agendas for future Board meetings are posted on the District Web Site at:
http://www.msad35.net?q=BoardAgenda

Dec. 12, 2013  Principals’ Study Group work with the Superintendent and the Business Manager to define the district’s fixed costs.

Jan. 8, 2014  Public Input for Budget Priorities

Jan. 16, 2014  Principals and Directors submit preliminary budget sheets to Superintendent.

March 5, 2014  Superintendent presents the budget to the School Board

March 19, 2014  Two hour School Board and Public Budget Workshop with the Superintendent and Administrative Staff

April 2, 2014  Two hour School Board and Public Budget Workshop with the Superintendent and Elementary School Administrators

April 16, 2014  Two hour School Board and Public Budget Workshop with the Superintendent and Middle and High School Administrators

May 7, 2014  School Board approves the FY15 Budget

May 28, 2014  District Budget Meeting: The public approves the district budget warrant articles at Marshwood High School Auditorium

June 10, 2014  Budget Validation Referendum

Emails for the Board of Directors:
Board Chair - Martha Leathe - martha.leethe@rsu35.org
Board Vice Chair - Tom Flanigan - tom.flanigan@rsu35.org
Joe Long - joe.long@rsu35.org
Laura Leber - laura.leber@rsu35.org
Fred Wildnauer - fred.wildnauer@rsu35.org
Keri Tice - keri.tice@rsu35.org

www.kittery.maineadulted.org  www.marshwood.maineadulted.org
207-439-5896                207-384-5703
Marshwood Education Foundation (MEF)

MEF is an independent, non-profit organization that is committed to supporting public education in Eliot and South Berwick through funding innovative educational opportunities that fall outside the responsibility of the school budget. MEF works with teachers and administrators to identify ideas and unique ways to support creative, mind opening projects. Eliot and South Berwick elementary schools, the Great Works and Marshwood Middle and High schools can participate in the grant process.

MEF has awarded over $80,000 to Marshwood Schools.

The Marshwood Education Foundation welcomes new members at any time. To join the organization, or for more information on how to attend meetings, please contact the MEF board at: mailboxmef@gmail.com

Did you know that in this brochure Marshwood Adult Education has over 30 course offerings for $20* or less? You can find these classes on pages 6-9, 12, 14, 16, 18-22 and 24.

*exclusive of material fees.

Saturday Classes at Marshwood Adult Education

- Design/Build Woodworking, page 6
- Trellis/Arbor, page 8
- Chair Seating, page 7
- Knit a Lace Scarf, page 8
- Knit a Hat in a Day, page 9
- Adult Tennis, page 10
- Winter Survival Skills, page 13
- Snowriders 101, page 13
- Maine Driving Dynamics, page 12
- Knitting for a Cause, page 9
- Boston Flower Show, page 17
- Ikea/Patriots Place, page 17

Marshwood Adult and Community Education

Graduation

Thursday, June 5, 2014

It’s never too late to graduate!

Spring Musical

March 28 & 29
April 4 & 5
Registration Form - Kittery Adult Education

Name: ___________________________  Email: ___________________________

Address: ____________________________

Home Phone: ___________________________  Work Phone: ___________________________

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Check No: _________  Total: __________
Cash: __________

Credit Card No. ___________________________  Type: Visa  MasterCard  Discover
Card Exp. Date: __________  CVV (3-4 digits): __________
Signature: ___________________________

Mail to: Kittery Adult Ed., c/o Kittery School Dept. 200 Rogers Rd., Kittery, ME 03904
Register In Person, by Mail, Phone or Website with a check, credit or debit card.
Course fees are due when registering. Payment must be made prior to first class. Please combine all courses on this form. You may make photocopies as needed. Material Fees are payable to the Instructor at first class. Payment must be made prior to the first class.

Payment must accompany registration. Make checks payable to M.S.A.D. #35

Registration Form - Marshwood Adult Education

Name:_____________________________________________ Email:_______________________________
Address:_____________________________________  Town:___________________State:____Zip:_______
Home Phone:______________________ Cell or Work Phone:_________________________

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Subtotal
**Sr. Discount 65+ subtract $5.00**

Office Only: Date: ___________  Cash: ______  Check:______
Credit Card Information:  ____MasterCard  ____Visa  There is a $10 minimum for credit card charges
Credit Card #:____________________________________  VCode:________  Expiration Date:_______________
Print card holder's name:________________________________ Signature:__________________________
(for credit card users only)

Mail to: Marshwood Adult Education, 260 Route 236, South Berwick, ME  03908  WS2014

Subtotal
**Sr. Discount 65+ subtract $5.00**
TOTAL

Credit Card Information:  ____MasterCard  ____Visa  There is a $10 minimum for credit card charges
Credit Card #:____________________________________  VCode:________  Expiration Date:_______________
Print card holder's name:________________________________ Signature:__________________________
(for credit card users only)

Mail to: Marshwood Adult Education, 260 Route 236, South Berwick, ME  03908  WS2014