



Boothbay Region

Adult & Community Education

SPRING 2025



Serving Boothbay, Boothbay Harbor,
Wiscasset, and surrounding communities

boothbayae.maineadulted.org

**CELEBRATING
OUR**



ANNIVERSARY



"It is truly life-changing, what this program does for all who are involved."

**WONDERING HOW TO GIVE BACK TO THE BOOTHBAY REGION?
You can help support the educational growth of our community.**

Since 1964, BRSAF has been helping Boothbay Region High. In the past five years, over two million dollars has been invested through awards to help alumni pursue their dreams of higher education. For the 2022-2023 academic year, BRSAF gave grants (not loans) totaling over \$400,000 to students who met eligibility based on financial need.



**The average grant
for 2022-2023
was \$7,800**



**Grants can be for
up to six
academic years**



**Alumni returning
to higher education
are eligible!**



For more information, please contact:
BRSAF | PO Box 239 | Boothbay Harbor, ME 04538
or email brsaf.org@gmail.com
To learn more, visit www.brsaf.org



**Boothbay Region
Student Aid Fund**

New Teachers & Locations for Spring!

Welcome to the spring semester of Boothbay Region Adult & Community Education, serving Boothbay, Boothbay Harbor, Wiscasset, and surrounding communities.

We are excited to offer many new programs this spring, and for the first time include Wiscasset Middle High School as an enrichment class location. Offerings will include (but are not limited to): **Wooden Spoons**, an introduction to whittling with Jes Steele (page 8), **Stitching with Carolann Rines** (page 9), and **Sculpted Paper Flowers** with Joelle Webber (page 10).

We welcome new teachers along with new classes in Boothbay Harbor, including: **Introduction to Woodcarving** with Wayne Robbins (page 9), **Tunisian Crochet** with Trina Havey (page 9), **Hand Rolled NY Bagels** with Jeff Mao (page 11). What better way to ensure a great bagel than to make it yourself?

You will find these classes and more in our spring brochure. We look forward to seeing you in class in Boothbay and/or Wiscasset!

Warmly,
Raye



Adult & Community Education

Helping adults achieve their educational and career goals and build a foundation for lifelong learning in Boothbay Harbor, Boothbay, and Wiscasset.

Boothbay Adult & Community Education
236 Townsend Ave. | Boothbay Harbor, ME 04538
boothbayae.maineadulted.org | 207-633-3224

Please leave a message, or for a faster response email Director Raye Leonard at rleonard@aos98schools.org.

Office hours: By appointment Monday through Thursday. The office is closed on Friday. To schedule an appointment to enroll in high school completion, multilingual language learning, or college transitions, email Raye Leonard at rleonard@aos98schools.org.

To register for an enrichment class or for more information, see page 19.

BOOTHBAY REGION ADULT & COMMUNITY EDUCATION HIGH SCHOOL COMPLETION

What can you do with a high school equivalency diploma? ANYTHING!

If you left high school before you graduated, you are eligible to earn a high school equivalency diploma by completing the High School Equivalency Tests (HiSET). These tests replaced the GED in Maine in 2014, and include reading, writing, social studies, math, and science. You do not have to take all tests at once. Instead, learning labs prepare you to take each test as you are ready. A passing score is 8 out of a maximum of 20. To receive an official high school equivalency diploma, you need a combined score of 45.

GET STARTED

Set up an appointment with adult education staff for intake, assessment, and advising. Once we get to know you and your goals, you will take the CASAS reading and math tests, which are ungraded.

After intake/assessment, you can begin preparing for the HiSET at learning labs with a qualified instructor.

Email Director Raye Leonard at rleonard@aos98schools.org to learn more or schedule an appointment.

Academic Programs

Adult Basic Education: If you are interested in literacy and numeracy support, please contact Director Raye Leonard to talk about your specific needs in these areas. As the program grows, we plan to build classes for ABE students based on their goals. Please email rleonard@aos98schools.org.

High School Completion: Boothbay Region Adult & Community Education's spring high school completion program, based on preparation for the High School Equivalency Tests (HiSET, formerly GED), begins the week of January 6, 2025 and continues until the end of May. Spring enrollment is ongoing and continues throughout the semester. Students can sign up anytime. To set up an intake and advising appointment, and CASAS assessment, please contact Director Raye Leonard at rleonard@aos98schools.org.

HiSET Learning Lab, All Subjects

Students may drop in for support in any subject areas with individualized instruction that focuses on the areas they need specific help in mastering. Devices are available to borrow during class, but please bring a laptop, if you have one, HiSET Academy login information, and questions. This is a low-pressure learning experience designed to meet students where they are. No appointment is necessary, but students must be enrolled in the program prior to attending. To set up an intake and advising appointment and CASAS assessment, please contact Raye Leonard at rleonard@aos98schools.org.

Instructors: Margit Ahlin and Tanya Thibault
all subjects

4 - 6 p.m. | Tuesday and Wednesday, and Thursday, by appointment, beginning January 6
Boothbay Regional High School

Instructor: Ingrid Merrill, all subjects
4 - 6 p.m. | Wednesday and/or Thursday
Wiscasset Middle High School

Multilingual Language Learning

This all-levels class is for students who are learning English as a second language. Instruction is individualized based on a student's native language and designed to help students improve speech, grammar, vocabulary, and writing. Students should enroll in this class in advance. To set up an intake and advising appointment and CASAS assessment, please contact Raye Leonard at rleonard@aos98schools.org.

Instructor: Ingrid Merrill
4 - 6 p.m. | Tuesdays, beginning January 6

Maine College & Career Access

Coordinator: Margit Ahlin

If you have been thinking about furthering your education or exploring a new career path, the Maine College and Career Access Program could be right for you. The MCCA program covers college prep reading, writing and mathematics, in addition to college success skills and individualized career guidance sessions. Preparation for the Accuplacer college placement tests is emphasized in a relaxed and supportive environment. This program is FREE to participants who commit to completing the program requirements. Day and time TBD according to student needs.

For more information, email Raye Leonard at rleonard@aos98schools.org.





Finance Authority of Maine's (FAME) College Access and Financial Education team has put together a series of virtual workshops specifically for adults. All sessions are free, but you must register in advance. An email with a link to the online session will be sent in advance of the class.

All classes are FREE and online; please pre-register at boothbayae.maineadulted.org. Students must have an audio-and video-enabled laptop, desktop, or tablet with reliable internet to participate in classes. We do not recommend using a smartphone.

Successful Scholarship Searches & Applications

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. In this session you'll learn to build and work on your own scholarship application plan. You'll also learn about and try out different scholarship websites, learn how to best use a scholarship information tracker, and learn to avoid some of the challenges of the scholarship process.

Instructor: Jessica Whittier, college access counselor
7 p.m. | Wednesday, February 26

Student Loan Repayment Strategies and Pro Tips

There are many different facets to the student loan program that can be powerful in helping you achieve your financial goals but also can be confusing. If you are struggling with your payments, did you know there are several income-based repayment plans as well as deferment or forbearance? Did you know you could get .25% off your interest rate if you sign up for auto-debit on your federal loans? Do you know you can work towards loan forgiveness now if you work for a non-profit, government or tribal agency? Whether you have recently graduated from college or have been repaying your student loans for a long time, join us to learn how to best manage your student loan repayment.

Instructor: Nikki Vachon, college access counselor
6 p.m. | Friday, March 7

Adulting 101: For the Love of Money

Adulting is tough. Finances can be one of the trickiest parts of adulthood. Whether you've been Adulting for decades or are just getting started, banking basics, spending plans, credit scores and budgeting tools are available to make things a little bit easier.

Instructor: Steve Kautz, financial education programs specialist
6:30 p.m. | Wednesday, February 12

Adulting 102: Money Grows

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing, and if you are ready to invest, how to get started. Other topics will include protecting your assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life.

Instructor: Steve Kautz, financial education programs specialist
6:30 p.m. | Wednesday, March 19

NEW Spring Into College Savings: The Alford Grant and Maine's College Savings Program

Maine families have access to two valuable programs to assist with saving and paying for education after high school: The \$500 Alford Grant and Maine's College Savings program. While these initiatives offer great benefits, understanding each of their features can sometimes be challenging. Whether you're a parent, guardian, or student, this session will provide you with information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future!

Instructor: Steve Kautz, financial education programs specialist
7:00 p.m. | Wednesday, April 2

Planning & Paying for College

Do you have children who will be looking at college in the next few years or are you considering returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid.

Instructor: Michelle Radley, college access counselor
6 p.m. | Wednesday, March 5



New Ventures Maine creates an empowering environment for Maine people to define and achieve their career, financial, and small business goals. Through tuition-free classes and individual coaching, we help people find good jobs, start or return to college, launch small businesses, manage their money and build their assets.

**All classes are FREE and online; please register at boothbayae.maineadulted.org
We do not recommend using a smartphone. Learn more at newventuresmaine.org.**

Tax Readiness for the Self Employed

Are you self-employed and want to understand more about taxes for your business? In this class, you will learn about what is needed to prepare federal taxes and organize your financial records. We will also review different types of expenses, tax forms, and types of taxes for the self employed. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructor: Oyebanjo "Banjo" Ogunlela
Session I: 12 - 1:30 p.m. | Tuesday, February 4
Session II: 6 - 7:30 p.m. | Tuesday, February 25
Session III: 10 - 11:30 a.m. | Wednesday, March 12



Exploring Self-employment

This one-session workshop will help you decide if self-employment is the right choice for you. The class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed. Offered by New Ventures Maine. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructors: Destin DeCambre and Gina Platt
Session I: 2 - 3 p.m. | Thursday, February 6
Session II: 11 a.m. - 12 p.m. | Tuesday, March 4



Business Basics

This three-session class with our professional staff covers the basics of writing a business plan, marketing, recordkeeping, and cash planning. The class is for those thinking about or in the early start-up phase of a new business. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructors: Gina Platt & Destin DeCambe
Session I: 6 - 7:30 p.m.
Thursdays, beginning February 13 for 3 weeks
Session II: 1 - 2:30 p.m.
Thursdays, beginning March 13 for 3 weeks

Interview Strategies

Join this one-hour workshop and prepare to interview with confidence. Our professional staff will guide you in exploring different types of interviews, tips for answering difficult questions, and what steps to take after the interview. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructors: Lisa Archer & Lisa Sweet
Session I: 10 - 11 a.m. | Wednesday, January 29
Session II: 6 - 7 p.m. | Wednesday, March 19

Making Career Choices

Ready for a career change but don't know where to start? This one-hour workshop will point you in the right direction. Our professional staff will cover what to consider when making a career choice and the resources available to help you succeed. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructor: Lisa Archer
Session I: 12 - 1 p.m. | Wednesday, February 5
Session II: 6 - 7 p.m. | Tuesday, May 6



All classes are FREE and online; please pre-register at mace.maineadulted.org

Changing Jobs - Finding Work that 'Works'

Are you considering a job change? In three one-hour class sessions designed for women*, our professional staff will guide you in identifying work options and benefits that fit with your interests, skills, and values. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. *people who identify as women or gender-expansive.

Instructor: Chris Morin

6 - 7:30 p.m.

Wednesdays, beginning February 12 for 3 weeks

My Next Career Move

In four weekly Zoom sessions of lively activities and discussion, you will assess your own skills, interests, and experiences to figure out what career options might be best. You will then be guided to create an action plan that will help you achieve success. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructor: Chris Morin

12 - 1:30 p.m.

Wednesdays, beginning March 5 for 4 weeks

Job Search Strategies

Could you use a boost in your job search? This one-hour workshop is for job seekers of all backgrounds who are unemployed, underemployed, or looking for a new job. Our professional staff will guide you to create your own job search plan and review resources available to help you, including online job searching and networking. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class..

Instructor: Lisa Sweet

6 - 7 p.m. | Wednesday, March 5

Connecting Women to Construction Careers

Maine needs construction workers. In this one-hour Zoom session, women* and underrepresented workers can explore high-wage careers in the construction trades as well as low-cost or no-cost training programs and job opportunities. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. * People who identify as women or gender-expansive.

Instructor: Suzanne Senechal-Jandreau

4 - 5 p.m. | Monday, March 10

Connecting Women to Forestry Careers

Maine needs forestry workers. Take advantage of this one-hour Zoom session designed for women* and underrepresented workers who are interested in exploring careers within the forestry trades. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. * People who identify as women or gender-expansive.

Instructor: Suzanne Senechal-Jandreau

4 - 5 p.m. | Tuesday, March 11

Resume Strategies

Could you use a boost in your job search? This one-hour workshop is for job seekers of all backgrounds who are unemployed, underemployed, or looking for a new job. Our professional staff will guide you to create your own job search plan and review resources available to help you, including online job searching and networking. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone. For more information, visit newventuresmaine.org

Instructor: Lisa Sweet

6 - 7 p.m. | Wednesday, March 12

**Build Your Career
Start A Business
Manage Your Money**

Free Workshops & Individual Advising

When you want to focus on your future, New Ventures Maine is here to help you get going with free classes and individual advising. Our graduates launch and grow successful businesses, land great jobs, and learn to budget, save, and reduce their debt.

Visit newventuresmaine.org/class-schedules or call 207-621-3440

Acadian Arts Spring Retreats



JOIN MARY LAURY, WATERCOLOR INSTRUCTOR, AND CHRIS TOY, COOKING INSTRUCTOR FOR FOUR DAYS OF INDULGING YOUR CHOICE OF WATERCOLOR PAINTING OR ASIAN FUSION COOKING IN AN IDYLIC COASTAL SETTING. EXTEND YOUR LEARNING IN THE EVENING WITH THEMED MOVIES AND LIVE MUSIC. **\$595** INCLUDES WORKSHOPS AND MEALS. LODGING BOOKED SEPARATELY. FOR COMPLETE WORKSHOP DESCRIPTIONS AND TO REGISTER, PLEASE VISIT BOOTHBAYAE.MAINEADULTED.ORG. FOR MORE INFORMATION ABOUT RETREATS, PLEASE CALL MARY LAURY AT 207-632-2251.



PROSPECT HARBOR,
MAINE
4/11 TO 4/14

ROOSEVELT CAMPOBELLO
INTERNATIONAL PARK,
NEW BRUNSWICK, CANADA
6/20 TO 6/23
8/15 TO 8/18

REGISTER AT BOOTHBAYAE.MAINEADULTED.ORG

arts & crafts

Gourd Bowl with Pine Needle Rim

Make a beautiful gourd basket. Perfect for a gift or to keep for yourself. Gourds will be pre-cut. Students will need to clean gourds, sand, and drill holes. Then we will sew white pine needles to the rim. We will be able to pick from a number of stains to finish the gourds. Gourds are around 4-5" in diameter. During this class, we will also go over the basics of making pine needle baskets. This is a great class to learn a skill for life.

Instructor: Jessica Steele

5 - 8 p.m. | Tuesday, March 4

Wiscasset

\$75

Wooden Spoons: Introduction to Whittling

Spoon carving is a wonderful craft that allows you to create functional and beautiful wooden spoons using traditional hand tools. These spoons will be the size of a serving spoon with a handle of 6-8 inches.

Instructor: Jessica Steele

5 - 8 p.m. | Wednesday, April 30

Wiscasset

\$65

NEW Introduction to Woodcarving

The basic skills of carving and finishing a wooden duck, songbird, or small whale will be covered, along with an introduction to safety and equipment in this 6-week series in woodcarving. Supplies, including a sharp knife and a cut-proof glove will be provided by the instructor and will go home with the students. If the first project is completed, there will be options for another. Wayne Robbins has been carving since Boy Scouts, and has taught carving for nearly as long. His work is represented in several galleries along the coast and he has sculptures in most every state and several countries. Birds and sea creatures are his favorite topic.

Instructor: Wayne Robbins

6 - 8 p.m. | Tuesdays, beginning January 28 for 6 weeks (no class week of 2/17)

Boothbay Region High School - Art Room

\$125

NEW Stitching with Carolann

In this beginner's stitching class, you will learn how to create the disappearing 9 patch quilting pattern. The instructor will provide fabric, but participants are welcome to bring their own. Students must bring their own: sewing machine (in good working condition), thread, pins, scissors, and other sewing/quilting notions.

Instructor: Carolann Rines

5:30 - 7:30 p.m. 6 weeks, Tuesdays, Feb 25 - Apr 1

Wiscasset

\$100

NEW Tunisian Crochet

Learn the very basics of Tunisian Crochet. We will make a mini dishcloth using the Tunisian simple stitch and finish it up with a single crochet edge. All students will go home with a hook and yarn to practice their new skill.

Instructor: Trina Havey

5 - 7 p.m. | Tuesday, March 11

Boothbay

\$15

Button Hole Stitched Book

Create a bound book that has a lot of scope to include all your favorite colors and decorative papers. This book is a great beginner binding, with a paper cover and no glue needed. Join us to make your new journal, poetry or guest book. Tools and materials provided.

Instructor: Joelle Webber

5 - 8 p.m. | Tuesday, May 13

Wiscasset

\$75

NEW Paper Lanterns

Join Joelle in creating magical paper lanterns. We will explore different ways to cut, poke and shape our designs with light while also learning different ways to attach our hanging ribbons. Tools and hand decorated papers will be provided, but feel free to bring your favorite translucent papers.

Instructor: Joelle Webber

5 - 8 p.m. | Tuesday, February 11

Wiscasset

\$75

arts & crafts

French Sewn Handbound Book

Join Joelle in learning how to bind a French sewn book on tabs that will be laced into a folded paper cover. This will be a multi-gathering book, which can be used as a journal, to jot notes, collect favorite recipes or poems and more! Learn the tools and techniques of hand bookbinding with this beginner book structures class. Tools and materials provided.

Instructor: Joelle Webber

5 - 8 p.m. | Tuesday, March 11

Wiscasset

\$75

NEW Sculpted Paper Flowers

Let's gather and make sculpted paper flowers for Spring. Using techniques like cupping, curling, scoring, spiraling, crimping, and fringing, we will create a paper bouquet. Materials and tools will be provided, but feel free to bring your favorite papers.

Instructor: Joelle Webber

5 - 8 p.m. | Tuesday, April 15

Wiscasset

\$75

cooking

Wok & Cleaver Boot Camp

Participants will learn how to season, care for, and use a Chinese wok and cleaver. The recipes for the class will include stir-frying, oven roasting, and preparing steamed rice. Those in the know bring containers just in case there are leftovers. Each student will take home a specially selected kit including a lightweight cast iron wok, wok spatula, carbon steel cleaver, honing steel, a heavy-duty cutting board, and one of Chris Toy's six cookbooks. The retail value of the kit is \$230.

Instructor: Chris Toy

5 - 8 pm | Tuesday, March 11

Boothbay Region Elementary School

\$195

cooking

E - Z Sweets Night

In this one night class we will learn the basic concepts of candy making. Each student will take home samples of the quick and easy treats we will make. Grab a friend and treat yourself to a sweet night out learning new recipes. These include Quick Butter Toffee Bark, No Bake Coconut Candy, and Last Minute Fudge. Bring covered containers to take home samples.

Instructor: Deb Arter

5:30 - 8:30 p.m. | Thursday, Feb 6

Boothbay Region Elementary School

\$55

Chocolate Extravaganza

Chocolate is good for you!! It's full of antioxidants - not to mention flavor that can't be beat. Deb will fill you in on the history of this important ingredient, then guide you through making decadent easy fudge sauce (a perfect gift idea!), white chocolate macadamia nut cookies, and molten lava cakes. Recipes and generous samples guaranteed. We will be able to eat these items warm from the oven with ice cream. Sign up early so you guarantee a spot in this yummy, fun class. Bring bags or containers to take home what we bake.

Instructor: Deb Arter

5:50 - 8:30 p.m. | Wednesday, February 12

Boothbay Region Elementary School

\$55

13 Types of Rolls in 3 Hours!

Who can resist the smell of fresh bread baking? In this one night class we will learn how to mix, knead, proof, and shape yeast dough into both savory and sweet treats. Participants will learn how to create cloverleaf rolls, butter crescents, cinnamon swirls, tea rings, caramel pecan rolls and whole-wheat buns, as well as an economical savory braid that comes together quickly. You will learn what gluten is really about! Various yeast bread tricks will be shared and discussed. Each student will go home with a basket of yummy warm samples, as well as dough to bake at home. All baking levels are welcome for this

cooking

hands-on class. Bring an apron, and some plastic tubs/large bags to fill and take home with you.

Instructor: Deb Arter

5:30 - 8:30 p.m. | Wednesday, March 19

Boothbay Region Elementary School

\$55

NEW From Flour to Flavor: Crafting Authentic Potstickers

Learn the fundamentals of making Chinese dumplings at home. In this class, you will learn how to make fresh scratch-made dough and roll your own wrappers, then how to fold and pleat them after stuffing with pork filling. We will then water-fry/steam them to create a restaurant favorite - pot sticker dumplings! Additionally, you will learn to make your own ginger-scallion oil and the instructor will talk about other common Chinese condiments used for dipping sauces. All ingredients, materials, equipment and recipes will be provided. Plant-based ground meat can be substituted for pork upon request. Dumpling wrappers include gluten.

Instructor: Jeff Mao

5:30 - 7:30 p.m. | Wednesday, April 2

Boothbay Region Elementary School

\$72

NEW Hand Rolled NY Bagels

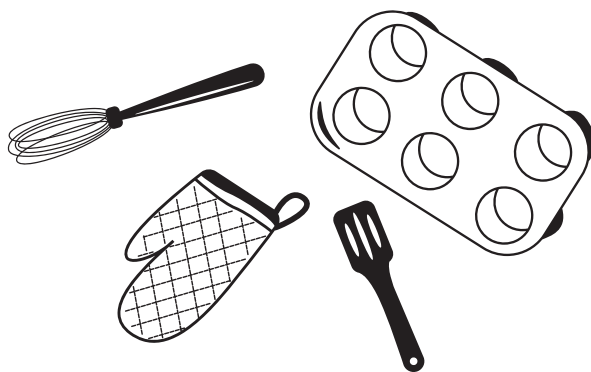
Join our immersive cooking class where you'll learn the time-honored secrets behind New York's iconic bagels. In this hands-on experience, you'll craft your own bagel dough from scratch, knead it to perfection, and master the art of hand-rolling. As the dough transforms into those chewy, golden rings, we'll guide you through the traditional boiling and baking process - the very same steps that make Brooklyn bagels legendary. Whether you're a seasoned baker or a curious food enthusiast, this class promises a delightful journey into bagel bliss. All ingredients, materials, equipment and recipes will be provided.

Instructor: Jeff Mao

5 - 8 p.m. | Wednesday, March 5

Boothbay Region Elementary School

\$89



NEW Prosperity & Good Fortune: Chinese Wonton Dumplings

We will be making Chinese dumplings with pork filling made from scratch in this class. You will learn the multiple styles of folding dumplings using wonton wrappers, then we boil the wonton to make classic wonton soup or chili oil wonton. Additionally, we'll learn to make our own Sichuan-style chili oil and learn about other common Chinese condiments used for dipping sauces. All ingredients, materials, equipment and recipes will be provided. Plant-based ground meat can be substituted for pork upon request. Dumpling wrappers include gluten.

Instructor: Jeff Mao

5:30 - 7:30 p.m. | Tuesday, January 21

Boothbay Region Elementary School

\$72

NEW Dandelion Food & Tea Workshop

Did you ever know all the amazing things you can make from dandelions? Join us in this class to learn how to collect and process these amazing plants. Learn recipes with dandelion greens. Use the flowers to make jams, teas and wines. Go over the beneficial properties of dandelion roots. We will create and taste some delicious dishes!

Instructor: Jes Steele

5 - 9 p.m. | Wednesday, May 14

Boothbay Region Elementary School

\$80

health & wellness

NEW So Over Overeating

Learn the difference between urges and cravings to eat versus true hunger in this three-week series. Participants will learn how to use the hunger scale to prevent overeating. Participants will also learn how to manage food cravings to reach health or weight loss goals; how to have a future-focus; and how to enjoy treats and special foods while still making progress toward goals. Session 1 will focus on the two main challenges of overeating; Session 2 addresses the hunger scale and managing urges. Session 3 features transforming “learning moments.” Registration includes replay access. Attend one session or sign up for all to get the greatest benefit. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Katie K. Jones

Session 1: 7 - 8 p.m. | Monday, February 3

Session 2: 7 - 8 p.m. | Monday, February 10

Session 3: 7 - 8 p.m. | Monday, February 17

Online

\$30 total (or \$10 per session)

NEW Tai Chi Beginner Class

Begin your Tai Chi journey with this 4-week introductory class on Thursdays, crafted to improve balance, flexibility and mental clarity. In this session, you'll learn the first few movements of the form, giving you a feel for Tai Chi's gentle flow and pace. Led by Nick Pagon, a Tai Chi practitioner with over 20 years of experience, this class is ideal for beginners. Experience the benefits of slow, flowing movements that enhance body awareness, reduce stress and support overall health.

Instructor: Rose Bodmer/Nick Pagon

5 - 6 p.m. | Thursday, February 6,

for 4 weeks

Lulu's Barn,

Westport Island

\$60



Natural Meditation

This meditation class is suitable for everyone, from beginners to advanced practitioners. We will come together once a week to sit in meditation. Natural meditation is a form of meditation in which we let go of the need to do something and learn to just sit and observe what arises - our thoughts, feelings, mental perceptions, and emotions. Through this process, we slowly reduce our reactivity to events, develop calm abiding, and gain insight into the nature of our intrinsic mind, the non-dualistic mind beyond all thoughts and concepts. A simple yet profound way to work towards developing equanimity in the face of life's many challenges. We will sit in chairs, but please bring a meditation cushion if you prefer.

Instructor: Al D'Andrea

6 - 7 p.m. | Tuesday, April 29, for 5 weeks

Boothbay Region High School

\$80

Maine Death with Dignity

There is still a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. Many providers and patients in Maine are still not familiar with Maine's Death with Dignity Act. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Know the facts and, if qualified, the right to access medical aid in dying if they choose. Join this class to get fact-based information and all the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify for the law or support your loved one who may qualify. No materials/supplies required. You will receive a link to login online for this class. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Valerie Lovelace

6:30 - 8:00 p.m. | Thursday, March 27

Online

Free, please pre-register

health & wellness

Dog & Cat First Aid

This training is geared to teach participants how to be prepared for emergencies that involve a cat or dog. It will combine videos, lectures, interactive discussions and hands-on practicals. By the end of training, students will understand: 1) what goes into a pet first aid kit; 2) how to identify the normal physical condition, behavior and habits of your pet; 3) how to identify a normal heart rate, breathing rate and temperature; 4) how to safely approach an ill or injured cat or dog; 5) how to care for an animal with heat/cold related injuries; 6) how to check for breathing and cardiac emergencies and how to give rescue breathing and perform CPR on a dog or a cat.

Instructor: Jess Steele
5 - 8 p.m. | Tuesday, April 15
Wiscasset
\$75

NEW Building Better Caregivers

This six-week class meets once a week for two and a half hours. Each class includes a new topic designed for family caregivers. The class is a combination of presentations, discussion, and activities with others who have similar experiences. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their plan.

Instructor: Monica Hawk
5 - 7:30 p.m. | Wednesday, April 2, for six weeks
Online
\$30

Medicare 101

Questions about Medicare? Join Jo-Ann Neal for this informational seminar outlining the basics of Medicare. Jo-Ann will answer your questions including what Medicare does and does NOT cover when to enroll, the difference between Medicare Advantage and Medicare Supplement Plans, and which plan is best for you. Following the presentation, Jo-Ann will be available for a question and answer session. Jo-Ann Neal of Allen Insurance and Financial is a licensed insurance agent specializing

in Medicare. Jo-Ann joined Allen Insurance and Financial in May 2013, bringing with her 10+ years of human resources and benefits administration experience. In 2016, she earned a Benefits Account Manager certification from the National Association of Health Insurance Underwriters and became appointed to work with customers on Medicare plans.

Instructor: JoAnn Neal
Session 1: 5 - 6:30 p.m. | Wednesday, January 8
Online
Session 2: 5 - 6:30 p.m. | Tuesday, February 4
Online
Session 3: 5 - 6:30 p.m. | Thursday, March 6
Online
Session 4: 5 - 6:30 p.m. | Wednesday, April 2
Online
Session 5: 5-6:30 p.m. | Tuesday, May 6
Edgecomb Eddy School
Free, please pre-register

Naloxone Administration Training

Keeping Naloxone (Narcan nasal spray) on hand can help save a life. Having a kit nearby could help a friend, family member, or someone in the community in the event of an emergency. This Narcan administration training will guide you through how to use Narcan, as well as helpful information on opioids and how Narcan interacts with these substances. This training is free, on behalf of Healthy Lincoln County, a tier-two distributor of Narcan in the State of Maine. Upon completion of this training, you will receive one kit, with two doses of Narcan, to add to your first aid kit or AED box. Additionally, you will receive supplemental resources to have on hand should you want to review what was discussed in the live training event.

Instructor: Will Matteson,
Healthy Lincoln County
6 - 7 p.m. | Tuesday, April 8
Wiscasset Middle High School
6 - 7 p.m. | Tuesday, May 6
Boothbay Region High School
Free, please pre-register

health & wellness

Behavioral Health Professional Certification

Children's behavioral health services are vital to Maine's children with intellectual disabilities, autism, and mental health disorders and their families. As an integral part of the child's treatment team, a Certified Behavioral Health Professional (BHP) has the opportunity to make an immediate impact while helping a child grow and develop to their full potential. This online training will equip you to successfully help children who are currently on a waitlist for services. The training will prepare you for employment through local social services agencies. The program can be started at any time and finished at your own pace. You will complete 12 online modules then two 4-hour live sessions. Once the modules are completed, you will receive free online bloodborne pathogen training and virtual first aid & CPR training if you do not already possess those certifications. The entire training requirements will take about 45 hours. Assistance with job placement is provided to anyone who completes the program. Assistance with technology may be available. Prerequisites: A high school diploma or equivalency. Proof of education is required. Must be 18 years of age or older upon completion of the course. Email rleonard@aos98schools.org for information.

Instructor: Woodfords Family Services
Self-paced and asynchronous | Online | Free

healthcare training



ACADEMY
of MEDICAL PROFESSIONS

Academy of Medical Professions takes place online via live Zoom sessions and/or they

are self-paced. Courses are all inclusive: Books, reference material, national certifications, practice exams and online resources, live instructors, and support for self-paced students are included in tuition. Tuition for Clinical Medical Assisting and Phlebotomy may be covered by a grant from Healthcare Training for ME and require in-person clinical lab experience with locations in Brunswick, Ellsworth, among others. Payment plans are available for all courses and funding may be available from WIOA/voucher approved organizations like Goodwill, MyCAAS, Maine Department of Labor, EMDC/HOPE, and others. Contact Boothbay Region Adult & Community Education for more information about funding. To register, please email: info@academyofmedicalprofessions.com.

Clinical Medical Assisting - \$3,500

This 16-week program includes in-person skills labs, and live via Zoom class meetings that prepare you to pass the national certification. Upon completion of the program, you will sit for your Certified Clinical Medical Assistant exam through NHA. Externships may be available in your area.

Live (Zoom) classes meet 5:30 - 8:30 p.m.
Tuesdays and Thursdays, beginning February 25
and a second session starts June 17

Phlebotomy - \$3,500

Become nationally certified in 10 weeks as a Phlebotomy Technician. Our course is all-inclusive and prepares you for national certification with live classes via Zoom and in-person skills labs. You will be able to perform basic phlebotomy procedures, evaluate patients for ability to withstand venipuncture procedure, explain the procedure and answer patient questions, perform basic point of care testing, such as blood specimens for testing according to established standards. Includes Certified Phlebotomy Technician (CPT) national certification through NHA, books, resume, and job assistance.

Live (Zoom) classes meet 5:30 - 8:30 p.m.
Tuesdays and Thursdays, beginning March 11
and a second session starts June 17

Medical Coding \$3,950 or \$5,150 with Practicode

5:30 - 8:30 p.m. | Thursdays, beginning March 13;
Live Zoom classes or online anytime at your own
pace for 20 weeks

Dental Assisting - \$3,200

6 - 8 p.m. | Mondays for live classes or online
anytime, self-paced, starting February 3 and a
second session starting June 2 for 12 weeks

Medical Office Specialist - Administrative Medical Assistant - \$3,200

5:30 - 7:30 p.m. | Starting February 26 for 16
weeks, or online anytime, at your own pace

Pharmacy Technician - \$2,800

Online anytime at your own pace

Medical Transcription - \$3,200

Online anytime at your own pace

home & family

Developing a Personal & Home Protection Plan

This three-hour course is NOT about installing an alarm system. It is about adjusting your awareness around you as you move through your day and your home. It is about doing mental exercises to handle the “what if’s” to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to assess your home’s defense. Part 1 of a 3-part series but can be taken separately. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG
5:30 to 8:30 p.m. | Tuesday, April 8
Online
\$35

Understanding Constitutional Carry & Legal Use of Force

This three-hour course is for firearm owners and non-owners. You’ll learn what to do when you see an attack or if you are attacked and respond with force. You’ll learn how to contact the first responders, how prosecutors might view what you did, rules about concealed carry in the U.S. and Maine, and various ways to protect yourself without using a firearm. Part 2 of a 3-part series but can be taken separately. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak
5:30 to 8:30 pm | Tuesday April 15
Online
\$35

Field Guide to Old Houses & Barns

This is a course for people who have an old house and/or an old barn, want to, or just love them! The first session is in the classroom. After that, meetings will be held in the old homes and barns of class members. There will be as many sessions as are required to visit the houses of class members who want their houses visited. The last class will be a

potluck supper at the instructor’s house, where class members can visit the historic features of Alna, see the instructor’s cabinet-making shop and barns, and delve into his reference library on early buildings. Les Fossel is one of Maine’s foremost experts on early buildings. His award-winning business has specialized in preserving our early buildings since 1975.

Instructor: Les Fossel
6 - 8 p.m. | Wednesday, April 30
Alna Meetinghouse
\$86

Staying Safe with Social Media

Tips and tricks to keep your account from being hacked and spoofed. Learn about authentication options, enabling two-factor authentication, and how to know exactly what you are sharing and who you are sharing it with. We’ll cover what to do if your account has been compromised and best practices to prevent it from happening repeatedly. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Betty Cheff
6 - 7 p.m. | Tuesday, March 11
Online
Free, please pre-register

Web Browser Safety & Security

We will explore search engines that won’t track you or download your data and how to use incognito browsing when using a public device. We’ll discuss web browser and search engine options, and best practices to both keep your data safe and ensure your privacy. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Betty Cheff
6 - 7 p.m. Tuesday, March 18
Online
Free, please pre-register

outdoors

Registered Maine Guide Training

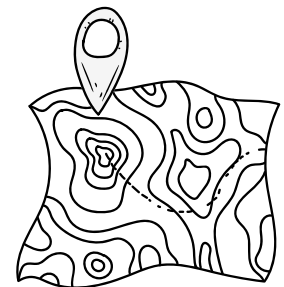
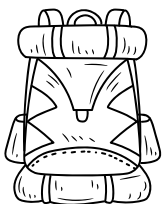
Train to become a working Registered Maine Guide. Learn the skills that guides use daily including map & compass, coastal navigation, shelter building, separated client searches, cooking, canoeing, snowshoeing, SUP'ing, plus specialty skills for recreation, sea kayaking, tide-water fishing, inland fishing, and hunting future guides. This ten-session hybrid program includes Zoom, optional all-day skill workshops, and homework assignments. Optional skills workshops are at an additional cost. This course is geared to not only training you to test for your examinations, but also to guide. Those thinking of becoming a Registered Maine Guide will need to take a first aid and CPR course, not included. No class Feb. 18.

Instructor: Alice Bean Andrenyak
5:30 - 8:30 p.m. | Tuesdays, beginning
January 21 for 10 weeks
Hybrid
\$500

NEW Winter Outdoor Survival Skills

During this one-day outside workshop, you'll be wearing snowshoes while improving your skills with compasses (taking and following bearings), fire building, cooking using various techniques, shelter building, how to search for a separated group member and handling some possible first aid issues. Designed for those with some knowledge who will be leading family members or small groups in the colder weather outdoors, or preparing to become a Registered Maine Guide.

Instructor: Alice Bean Andrenyak
8:15 am - 5:15 p.m. | Saturday, March 1
17 Webb Field Road, Brunswick
\$75



Coastal Navigation

Learn the basics of coastal navigation using local charts, parallel ruler, and dividers. Learn what the symbols mean, how to determine safe and dangerous routes, create courses, learn rules of the "road", what aids to navigation look like and do, plan for emergencies and more. For kayakers, sailors, powerboaters, and future registered Maine Guides. Students will need access to either a Casco Bay Chart or Penobscot Bay Chart, parallel ruler and dividers. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.



Instructor: Alice Bean Andrenyak
5:30 - 8:30 p.m. | Wednesdays, March 12 & 19
Online
\$60

Map & Compass Fundamentals

Hike, snowshoe, geocache, hunt, and enjoy the woods and fields of Maine with confidence that you are able to read a topographic map, understand the symbols, know which way a river flows, plot a course bearing, use online resources, and how to get to safety. Familiarization to using a compass and map outdoors included. Students must have a DeLorme Maine Gazetteer, and a 2-degree baseplate compass. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak
5:30 - 8:30 p.m. | Mondays, March 24 & 31
Online
\$60

outdoors

NEW Weather for Outdoor Enthusiasts

We're spending more time outside and that is good. Learn how to integrate weather forecasts and your own reading of the weather signs to plan ahead and to best manage your outdoor activities - walking, biking, hiking, camping, paddling, boating, playing and exercising. Learn from a Master Maine Guide & Total Weather Spotter. Course is presented on Zoom. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG

5:30 - 8:30 p.m. | Wednesday, April 9

Online

\$35

NEW Upgrade Your Canoe & SUP Skills

This is a one-day on-the-water workshop for canoeing and stand-up paddleboard (SUP) skills that everyone ought to know but don't. Learn how to transport canoes and SUPs properly, how to launch and recover, strokes for tandem and solo canoe paddling & SUP'ing. Learn rescues especially after capsizing. You will go swimming so you are required to wear a wetsuit or drysuit to participate. You will bring your own lunch, canoe, paddle, life jacket, and enthusiasm. SUPs will be provided. Limited rentals are available for canoes with advance notice.

Instructor: Alice Bean Andrenyak

8:15 a.m. - 5:15 p.m. | Saturday, April 12

Brunswick, TBD

\$75



Providing programs, resources, and referrals to neighbors on the Boothbay Peninsula

Helping our neighbors help themselves!

- Addiction Outreach
- Boothbay Community Rides
- Community Fridge
- Community Navigator
- Food for Thought
- Fuel Fund
- Set for Success
- Woodchucks



Learn more and donate at

www.crcboothbay.org

(207) 633-6272

PO Box 43, Boothbay Harbor, ME 04538

personal enrichment

NEW American Sign Language - Introduction to Level 1

This class is a 4-week basic course that is a relaxed demonstration of 39 basic handshapes (alphabet Z - Z and numbers 0 - 12) used by deaf and hard of hearing people to communicate using fingerspelled or signed words in basic sentences. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Martin Samelson
9 - 10 a.m. | Tuesdays & Thursdays, beginning
February 4, for 4 weeks

Online
\$90

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do – using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes an online book, online follow-up lessons, a recording of the class, and also an optional periodic question and answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture demonstration. Ages 13-plus. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

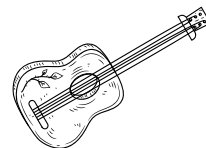
Instructor: Craig Coffman
6:30 - 9:30 p.m. | Monday, March 31
Online
\$70

Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing with your favorite songs immediately. Fees include an online book, online follow-up lessons, a recording of the class,

and an optional question and answer session. Class is held online using Zoom and is partly hands-on and partly lecture/demonstration. For ages 13-plus. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Craig Coffman
6:30 - 9:00 p.m. | Tuesday, April 1
Zoom
\$70



Ukulele for Beginners

Learn to play the ukulele! It has never been more popular and you don't even have to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new -even Classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. Oh, and there are lots of laughs along the way. And, learning to play an instrument is good for your brain! You will need a playable ukulele and an electronic tuner or a tuner app. And when folks hear you play this happy instrument, well, they just have to smile! If you don't own a ukulele, please contact us for information. Students must have an audio and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Duncan Perry
Session 4: 6 - 7:30 p.m. | Wednesdays,
February 5, 12, 19, 26

Session 5: 6 - 7:30 p.m. | Tuesdays,
March 4, 11, 18, 25

Session 6: 6 - 7:30 p.m. | Wednesdays,
April 16, 23, 30 & May 7

Session 7: 6 - 7:30 p.m. | Tuesdays,
May 13, 20, 27, & June 3

Online
\$85

Registration Form

Please register for enrichment courses online with a credit or debit card
by visiting boothbayae.maineadulted.org.

Credit or debit card payments are processed through our secure web portal system. Visa, Mastercard, Discover, and American Express are accepted.

You must pre-register and pay to reserve a spot in a class. To pay by check or cash, please fill out and mail in this registration form. Registration is first come, first served, and there may be a delay in processing mailed registrations. We encourage you to sign up online to guarantee your spot.

You will receive a confirmation by email.

REFUNDS: A full refund will be issued if Boothbay Adult & Community Education cancels a class due to low enrollment or by instructor request. A full refund will also be issued if you cancel your registration at least 5 business days prior to the first class, less the online registration fee (see below), if you paid online. No refunds will be given for one-session classes.

Non-refundable portal fee: The \$1.99 per course registration fee incurred when registering online is not refundable. To avoid this fee, please mail in your registration.



Name _____

Address _____

Phone _____ Email _____
Home (in the event of cancellation) cell/work

COURSE TITLE:	DAY/DATE	REG. FEE
1. _____		\$ _____
2. _____		\$ _____
3. _____		\$ _____
4. _____		\$ _____
TOTAL INCLUDED		\$ _____

Most material fees are included in the course registration fee, unless otherwise specified.

Method of payment: Check Cash VISA Mastercard Discover American Express

Credit Card # _____ Exp. Date _____ Security Code _____

Signature _____

Please make check payable to Boothbay Adult & Community Education
 Send to: Boothbay Region Adult & Community Education, 236 Townsend Ave., Boothbay Harbor, ME 04538
 If paying by credit card, you can call us at 207-633-3224. Classes are filled on a first come, first served basis.

Important notice: The \$1.99 credit card fee when registering for class is nonrefundable. Avoid this charge by paying check or cash.

Boothbay Adult & Community Education
236 Townsend Ave.
Boothbay Harbor, ME 04538

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BUS DRIVER TRAINING STARTING JAN 25

Are you interested in driving a school bus? Midcoast and Boothbay Region adult & community education programs in partnership with RSU 12 are offering a FREE Entry-Level Driver Training course, beginning with a kick-off event on Saturday, Jan. 25, location TBD.

Earn your Class B Commercial Driver's License, plus passenger and school bus endorsements in this 8 to 10-week class that meets Federal Motor Carrier Safety Administration and Maine Bureau of Motor Vehicles classroom requirements for Entry-Level Driver Training. Range-and-road instruction is provided by individual school district partners, and scheduled separately from the theory course.

Already have a CDL? You only need to attend P/S classroom, and range-and-road training for these endorsements.

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Passenger & School Bus ELDT:

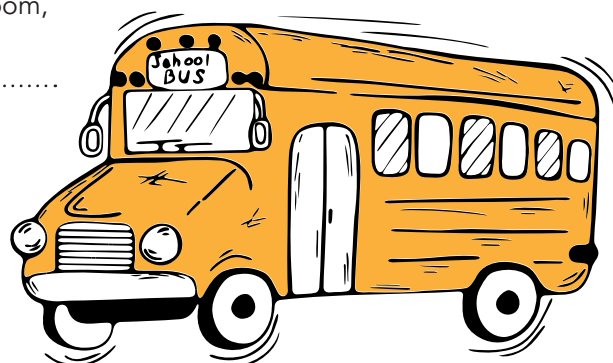
9 a.m. - 3 p.m. | Saturday, Jan. 25,
plus 5:30 - 8 p.m. Wednesdays, Feb. 5-26

CDL Class B ELDT:

5:30 - 8 p.m. | Wednesdays, March 5-26

Location TBD based on participants

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Materials provided. Class size limited to 8. Must be at least 21 years old with a violation-free driving history, able to pass a Department of Transportation bus driver physical and Department of Education background check.

For more information and to express interest in joining, please email Director Raye S. Leonard at raye_leonard@rsu40.org.