

Boothbay Region Adult & Community Education

236 Townsend Avenue Boothbay Harbor, Maine 04538 phone: (207) 633-3224 Fax: (207) 633-7740

Email: boothbayae@gwi.net



Classes Begin October 14



website: www.boothbayae.org

Adult Learning Center

HiSET Preparation The Learning Center

Basic reading, writing, math, social studies, science and preparation for the HiSET (high school equivalency exam) are taught in small groups or one-on-one. Pre-tests are given to iassess skills. Students who want to improve their skills to prepare for continuing education in college or at a vocational school are also welcome to attend. The Learning Center is available twice a week with open enrollment. Call us at 633-3224 for more info and registration.

FREE

Tues & Thurs H.S. Library Start: Sept 23 6:15-8:15 pm



English as a Second Language

Adult Ed works in conjunction with Literacy Volunteers to provide E.S.L. services to learn English or improve English speaking, reading & writing skills. Citizenship topics will be included. .FREE

Call Adult Ed 633-3224 for more info

HiSET

(high school equivalency exam)

The High School Equivalency Test (HiSET) replaced the General Education Development (GED) Diploma as Maine's High School Equivalency in January 2014. The paper-based version will continue through 2014 with transitioning computer-based version in 2015.

The HiSET consists of the following five subtests: Language Arts Reading, Language Arts Writing, Science, Social Studies, and Mathematics. All tests are multiple choice except the essay portion of the Language Arts Writing Test. A passing score on each subject test is a scaled score of 8 out of 20, but you must achieve a total scaled score of 45 to achieve their high school equivalency diploma.

Because HiSET's subject tests are the same as the current version of the GED, Maine will be able to apply the passing scores of GED subject tests to the HiSET until December 2014. If you started GED testing, but have not finished you have until December 1 to complete testing. However, if you do not complete and pass all five GED you will have to re-take all five subject tests through HiSET.

There is **NO COST** for Maine residents to prepare for and take the HiSET. Call Boothbay Region Adult Ed 633-3224 The Learning Center is available to assist students who want to improve their skills in preparation for enrollment in college or a vocational school.

LITERACY VOLUNTEERS OF AMERICA

Reading is part of everyday life ~ newspapers, signs, instructions, labels, letters from friends, helping children with homework, and reading books. Do you know some one who would like to learn how to read? Literacy Volunteers are available to work with individuals or groups.

Call Adult Ed 633-3224

•••••••••••••••••

Healthcare Training

Healthcare training including C.N.A. and C.R.M.A. courses are offered through the following Adult Ed programs. For more information, registration, and course dates call:

Damariscotta :	
Damariscotta : CLC/Lincoln Health	563-2811
Bath	
RSU 1 Adult Ed	443-8255
Topsham Merrymeeting	729-7323

Visit the T.L.C.C. website www.CT4ME.org College Transitions for ME

The Lincoln County College Connection

If you are a high school graduate or have a G.E.D. and want to further your education to create new career or job opportunites T.L.C.C. can help! Let us connect you to college or post-secondary education. Program includes pre-college courses, testing, and workshops as well as career counseling. **Free** for those who complete the requirements. Call 633-3224 or 975-6176 for more info

Reading & Writing for College & the Workplace

For adults considering higher education or training & will help students prepare for college & the Accuplacer. Reading comprehension skills will be reviewed. Learn to express your ideas in organized paragraphs & essays.. You will be guided through the process of conducting research, writing drafts, & composing a college level term paper.

Tuesdays Sept. 23 - Dec. 16 5:30-8:30pm in Damariscotta \$60.00 / (<u>FREE</u> for College Transitions students)

Math Skills for College & Workplace

This course will help adult learners brush up on real-world math & prepare for college placement testing in a fun, activity-filled, supportive environment. Course includes computing fractions, decimals, percents; working with square root; ratio & proportion; graphs; measurement, formulas, and basic geometry

Tuesdays Sept. 23 - Dec. 16 5:30-8:30pm in Damariscotta \$60.00 / (<u>FREE</u> for College Transitions students)

College Transitions Program

Complete the <u>free</u> college transitions program in 12 weeks. This program meets two mornings a week Classes will include: Reading for Understanding & College Writing, College Success Workshops, and College Prep Math.

Sep 24 - Dec 17th 12 weeks (twice weekly - Wed & Thurs) 8:45 am - 12:30 pm C.L.C. - Damariscotta Call CLC Adult Ed 563-2811 for more information and registration

Substitute Workshop

Mark Tess

BRES

Have you thought about becoming a substitute teacher? It's an opportunity to earn extra money and work during school hours with holidays and vacations off! This one evening training workshop is for anyone who may be considering substitute teaching, or wants to learn more about it. We'll cover the role of a substitute teacher, classroom management, expectations, implementing lesson plans, health, safety, and general procedures

October 23	6:00-8:00 pm
Thursday	FREE

Notary Public

Sherry Tibbetts Damariscotta

An excellent course for anyone considering becoming a notary public or for a notary who has not had formal training. The material to be covered will include the application as well as requirements for notaries, the duties and tasks performed by the notary and rules governing notaries. A workbook will be provided. This class is at the CLC Adult Education Office, Damariscotta. Call 563-2811 for registration information or go online to clc.maineadulted.org.

October 4	8:30 am-1:00 pm
Saturday	Fee: \$44.00

Take an Online Course at Home!

Boothbay Region Adult Ed offers Ed2Go online courses you can take from your home or office at any time of the day or night. Courses run for six weeks and taught by expert instructors 300+ courses are offered including computer, math, writing skills, test prep, web design, and much more. Online credit card payments are accepted.

Visit our website boothbayae.org and click the online course button to find a course that interests you!

Feldenkrais

(awareness through movement)

Dianne Daniels

Room 209

HEALTH & WELLNESS

Dianne Daniels

The Feldenkrais Method is neuromuscular re-education. Too often in life we move our bodies in ways that are counter-productive. These become habitual movement patterns that cause discomfort or pain, such as in your back, shoulders knees, , and necks. Learn safe, gentle movements for improved balance, better posture, & greater flexibility. You'll be lying on the floor, on your stomach, back or side, while following verbal instructions. Please bring a mat & two towels with you to class.

 October 23
 6:00-7:00 pm

 Thursday
 Fee: 14.00

Pilates Sampler

Room 209

Are you interested in learning about Pilates, but not sure you want to commit to a class? Join Dianne for a one night sampler to see what Pilates is all about. Learn some basic principles and standard movements to tone, strengthen and stretch your muscles. This is a great way to find out if Pilates is for you! Please bring a mat and towel to class.

November 6	6:00-7:00 pm	
Thursday	Fee: 14.00	

We're looking for new class ideas & people to teach classes. If you have a suggestion for a class, or want to teach a class...let us know!Call 633-3224 or email: boothbayae@gwi.net

Room 209

Comfort Touch

Patti Corscaden, LMT

Developed in the late 80s by massage therapist Mary Kathleen Rose. Comfort Touch provides comfort through techniques that promote deep relaxation and relief from pain. In this class we will discuss the need for Comfort Touch for all ages and health conditions. Students will have the opportunity to learn specific hand positions that provide comfort and healing for anyone dealing with stress or a health challenge. Anyone can learn these simple techniques

October 21 (Tuesday)

6:00-8:00 pm

Fee: \$14.00

OUTDOOR/RECREATION

Hunter Safety

Inland Fisheries Wildlife Rm 104

Proper gun and rifle handling as well as other procedures will be included in this certified course. This course is recommended for all first time hunters (over 10 yrs of age) if they are going to be applying for a hunting license. A certificate will be issued upon satisfactory completion.

Note: This course is 3 mandatory class days combined home study.

Sept 30, Oct 2 & Oct 9 6:00-9:00 pm Fee: \$10.00 **Snowmobile Safety**

IF& W Room 104

Safety, knowing how to handle these recreational machines, and understanding Maine laws governing their use, helps reduce the risk of injury and accident. State Law requires operators under the age of 16 complete a safety course. Parents are held legally responsible for violators. Play it safe. Learn the right way to ride.

Dec 2 & 4	6:00-9:00 pm
Tues & Thurs	Fee: \$10.00

COOKING ~ CRAFTS ~ PHOTOGRAPHY

Eventide Classes



Focaccia Made Easy

Come learn to make this popular flat oven baked Italian bread the authentic way. It's all about the dough. Seasoned with olive oil, salt, and herbs, this traditional Italian bread can be topped with a variety of ingredients including cheese, meats, and vegetables. This delicious bread makes an excellent accompaniment to any meal or can be a served with salad as a light supper.

October 21	6:30-8:00 pm
Tuesday	Fee: \$18.00

Let's Do Breakfast

Wake up your breakfast and make it special! Skip the scrambled eggs and learn to make a delicious frittata. Change it up and serve a hearty bread pudding or a scrumptious baked french toast. Surprise your family and friends with something different. These recipes are perfect for a weekend family breakfast or a brunch for guests.

November 10	6:30-8:00 pm
Monday	Fee: \$18.00

Appetizers for the Holidays

The holiday season will soon be here with family gatherings, events, and parties. Join Kim to to make finger foods with a flair! Get new ideas, ingredients, and flavors for elegant bite-size treats your guests will rave about. Celebrate & enjoy the season with easy to prepare delicious hot and cold appetizers including some that you can make ahead!

December 3	6:30-8:00 pm
Wednesday	Fee: \$18.00

These classes meet at Eventide



French Bistro Cooking

Nathalie Gorey BRES Home Sciences

Transport yourself to France! Join Nathalie in creating traditionalBistro recipes. Learn how to make a delectable 3 course French dinner from start to finish! We will prepare a traditional warm goat cheese salad with mixed greens & lardons in a Dijon mustard vinaigrette, Poulet a la Normande (*Normandy chicken*). potatoes Gratin Dauphinoise, and for dessert, Profiteroles drizzled with hazelnut chocolate sauce. The best part of this evening is that we will share and taste what we prepare. Bon appetit!

December 8	6:00-8:30 pm
Monday	Fee: \$14.00 *

* \$9.00 supply fee paid to instructor on night of class

Shimmery Ruffled Knit Scarf

Alice Minto

Room 210

Looking for a quick gift, a fun, flirty accessory for the holidays or other special occasion? Come to this one evening class to learn how to make this interesting, ruffled metallic scarf. This easy project uses just one skein of yarn. You must have basic knitting skills. Please bring a pair of #9 straight needles (10" long, plasitc, wood, or acrylic).

 November 3
 5:30-7:30 pm

 Monday
 Fee: \$14.00 *

* \$7.00 materials fee paid to instructor on class night



Get to Know Your Digital Camera



Leisha MacDougall

Room 209

Learn to take great photos with your digital camera! This class will help you build an understanding of your camera's features. Bring your digital camera (w/ fresh batteries) and manual to this hands-on class & learn to access different settings and functions. We'll discuss general camera basics, automatic settings, exposure modes, flash, and how to customize settings to get the pictures you want. So, get ready, set & let's go

Nov 18 & 20	6:00-8:00 pm
Tues & Thurs	Fee: \$ 28.00

Beaded Snowflake Ornament



Manon Lewis Art Rm

Learn to make beaded snowflakes that will sparkle hanging from your Christmas tree. Use your creativity working with silver wire & a variety of colored and clear crystal beads. Once you learn create snowflakes for window decorations, or to emblellish Christmas packages. Add sparkle by suspending 2 or 3 snowflakes with fishline over a holiday buffet table!

November 19	6:00-8:00 pm
Wednesday	Fee: \$15.00 *

* \$8.00 supply fee paid to instructor on class night



Holiday Cardmaking

Tracy Dunton

BRHS Art Rm

Get creative to design and make unique holiday cards using cardstock and a variety of other craft papers, and stamps. You'll make three cards to take home. Once you learn how easy it is you can make cards for other special occasions! An easy, fun one evening class - no special talent required! Please bring scissors and glue stick to class, & a paper cutter if you have one.

November 12	(Wednesday)	6:00-8:30 pm	Fee: \$14.00 *
* \$10.00 supply paid to instructor on class night.			

Tide Mills of Midcoast Maine Bud Warren, Historian Rm 209

What is a tide mill, & what role did they play in our economic history? Two centuries ago Midcoast Maine was a hub of industrial activity. Between Portland & Wiscasset over 50 sawmills, gristmills & other machines were powered by the tides. All that is left are remnants of tidal dams & posts in the mud at low tide. Silent for more than half a century, sounds of grinding millstones & rasping saws told how Mainers used the tides. Early settlers took advantage topography, damming coves & setting wheels to harness power from the waters. Bud will also talk about current efforts to re-harness the ocean's power for the 21st century.

October 28	6:00-7:30 pm
Tuesday	Fee: \$14.00

Baby Signs

Jenn Hyson

Rm 210

Do you wonder what your baby is thinking? Or why your baby is crying? Baby Signs® are simple, easyto-do gestures for parents & caregivers. These gestures or "signs" represent an item or concept, like "more," or "eat". Using signs gives babies a way to "talk" with their parents. Babies can communicate even before they have mastered speaking skills! This workshop is for parents (or grandparents) of children, birth to age 2, to teach you to begin using Baby Signs® at home.

October 27 6:00-8:00 pm Monday Fee: \$14.00

Adult & Pediatric CPR/AED & First Aid

Andrew Eckman

Taught by a certified instructor & shows participants how to perform CPR(chest compressions & rescue breaths), recognize signs of and how to care for breathing emergencies and choking. What defibrillation is and how it works, identifies precautions to take when using an AED (Automated External Defibrillator) for all age groups - adult, children and infants. The first aid component includes identifying the signals of common sudden illnesses and how to care for them, caring for seizures, heat and cold related injuries, musculoskeletal & soft tissue injuries, control external bleeding and care for head, neck & spinal injuries. The Emergency Care & Safety Institute (ECSL) replacing Red Cross classes. A 2 year certificate awarded upon successful completion.

Nov 4 & 6 **Tues-Thurs**

Ukulele for Beginners

Bob Dumais

BRHS

Ukuleles have recently experienced a surge in popularity! You don't have to read music to have fun playing the ukulele. No matter your age learning to play the ukulele is easier to learn than just about any other instrument. This class will introduce you to the instrument: holding, fingering, and teach you how to play basic chords & strumming. Bring your uke & play some songs. (new & used ukuleles are available in Brunswick, Portland, Camden & Newcastle) (5 sessions)

Nov 3-17	6:00-8:00 pm
Mon-Wed	Fee: \$55.00

Room 210

Fee: \$10.00

The Basics - Memory Loss, Dementia and Alzheimer's Disease

Bill Kirkpatrick. LICSW, Maine Alzheimers Association

This talk & presentation provides basic information everyone needs to know about memory loss issues & what they mean for all of us. You'll see video clips of people whose lives have been affected by Alzheimer's disease in its early stages & hear from leading medical experts about memory loss & aging.

November 13 (Thursday)	6:00-8:00 pm
------------------------	--------------

Bryan Frydrych

Demystify the new smart phones (iPhone, Samsung, others). If you are thinking of buying a smart phone, or are a new user and want to learn more this class is for you! Topics include: using your email, camera, video, networking, GPS, the internet, WiFi, and downloadable apps. Discover the benefits of syncing your emails, contacts and computer to your phone. There will be time for questions Brvan is a US Cellular Wireless Consultant.

October 16	6:30-8:30 pm
Thursday	Fee: \$14.00

iPad Working w/ Photos

Lisa Smith

BRHS library

A one-session class about photos on the iPad that covers the essentials of working with photos. Learn how to get photos from your camera to your iPad, how to organize and do minor photo editing. Lisa will show you how to transfer photos to and from your computer & iCloud. She will also talk about the built in camera features, & some photo editing apps. Please bring your iPad to class.

October 20 Monday

MAC iPhoto

Teresa Tess

BRES computer lab

6:00-8:00 pm

Fee: \$15.00

Unleash the power of MAC iPhoto to import, organize, manipulate and save your digital photographs. Learn to work with albums, slideshows, & advanced editing. Teresa will share tips and answer your questions. Please bring a MAC laptop if you have one & thumb drive for saving your photos or use one of our MACs (bring your photos on a thumb drive) This is a beginner level class.

Dec 2-4 & 9	6:00-8:00 pm
Tues-Thurs-Tues	Fee: \$30.00

TECHNOLOGY

BRHS

Outsmart Your Smart Phone

6:00-8:30 pm Fee: \$ 55.00

BRHS

COMPUTER & TECHNOLOGY

Mail Merge

Melba Gunnison



This one night workshop could save you hours of time. Learn to use the merge function when you need to send the same document to multiple people, make labels or how to print an envelope Personalize documents, holiday newsletters, & more *Prerequisite: computer & MS Word experience*

November 13	6:00-8:00 pm
Tuesday	Fee: \$14.00

Computer for Beginners

Melba Gunnison Computer Lab

If you want to learn the basics of using a computer let us introduce you to the world of technology. This is a slow-paced class that will go step by step. We will assume nothing and explain everything about computers, the internet & email. Learn to navigate through the Windows environment , using the mouse, my documents file, and fundamental skills for home or work.

Oct 21-30	6:00-8:00 pm
Tues & Thurs	Fee: \$50.00

Computer Tablets

Bob Dumais

Smaller than a laptop & larger than a smart phone they are incredibly useful tools. Learn what to look for when buying a tablet: Screen size, Apple or Android operating system. Does it have a camera? Will a tablet do what you need it to do, or should you really buy a laptop? Join us for this informative class.

6:00-8:00 pm Fee: \$12.00	
are Windows	rs ar
	•• rs

7 operating system & Microsoft Office Pro 2010 Class limit is 10 ~ Sign up early !

Basic MS Excel

Melba Gunnison Computer Lab

A hands-on introduction to Excel 2010, a powerful, industry-leading spread- sheet application. Learn the basics of worksheets, how to use tools and functions, set-up a worksheet, move around in it, create formulas, import & export information, make it look good, print it, and more. *Prerequisite: basic computer and keyboarding skills* (3 sessions)

Nov 4, 5 & 6	6:00-8:00 pm
Tues-Wed-Thurs	Fee: \$36.00

Advanced Excel

Melba GunnisonComputer LabBuild more complex spreadsheets &
advanced formulas; connect multiple
pages; Sort, hide, & analyze data.Apply these to specific situations
and problems; work with formulas
& functions; calculate dates/times;
pivot tables, charts shortcuts; audit
spreadsheets for errors. An essential
class if you use Excel in the work-
place or job hunting Prerequisite:
Experience w/ Excel/Basic Excel class

Nov 18,19 & 20 Tues-Wed-Thurs 6:00-8:00 pm Fee: \$36.00

All computer courses are now taught in the lab next to the BRHS library

Microsoft Office Shortcuts, Tips & Tricks

Bob Dumais

Computer Lab

A great class packed with useful tips, tricks & shortcuts including cut and paste for MS Office applications: Excel, Word, and Powerpoint You'll learn new ways to strengthen and improve your efficiency when you are working with these applications. *Should have MS Office experience*

 December 8
 6:00-8:00 pm

 Monday
 Fee: \$14.00



Safe, Secure, Smooth -Maintain Your Computer



Bob Dumais Computer Lab

Keep your computer running smooth & secure. Learn simple do-it yourself troubleshooting techniques to fix common Windows 7 & 8 problems. Get tips and information about virus/ spyware detection and safe removal. Learn about software updates, firewalls, general security,& preventive maintenance.

Dec 1 & 3	6:00-8:00 pm
Mon & Wed	Fee: \$28.00

Windows 8 (laptops & tablets)

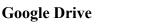
Bob Dumais Computer Lab

Microsoft Windows 8 is an entirely new interface. Become more familiar the features and changes in Windows 8, both small and large. These changes include a redesigned interface, online features, improved security, and much more. Learn the essentials of using your Windows 8 laptop or tablet, and how to use these new features with ease. *Bring your laptop or tablet to class.*

 Oct 20, 22 & 27
 6:00-8:00 pm

 Mon-Wed-Mon
 Fee: \$36.00





Melba Gunnison

Computer Lab

Learn how to use Google Drive (formerly Google Docs) to create documents, spreadsheets, forms & presentations. Google Drive is an internet based collection of programs, and the ease of sharing and collaborating with others is one of its most powerful features. You can do it all on this site! We'll also explore Google's offerings of home & office applications based upon the interest of the class *Please sign up for a Google account before the first class*

Dec 9 & 11	6:00-8:00 pm
Tues & Thurs	Fee: \$28.00



BRHS