



MERRYMEETING COMMUNITY & ADULT ED
FALLWINTER 2026-27
Keep Until March



Welcome to Merrymeeting Community and Adult Education!
 Greetings and welcome to our Fall/Winter programming. We introduce you to our largest and most comprehensive catalog ever produced! We hope you find some interesting and exciting classes to enjoy this year. We also want to welcome our new community partner, Richmond. They joined the Merrymeeting family over the summer. We will be offering classes in the Richmond community starting this fall, and we are very excited about this new collaboration.

In addition, Merrymeeting welcomes our new Academic Coordinator, Josh Farr. Josh is an experienced adult educator who brings new ideas and energy to our program. Welcome Josh!

We hope you enjoy the catalog. We did our best to provide as many classes and options spanning many interests. Have a wonderful semester.

Sincerely,
 Allen Lampert
 Director, Merrymeeting Community & Adult Ed



ADULT EDUCATION STAFF

Allen Lampert	Director
Elyce Reavely	Assistant Director
Jose Rodriguez, Jr.	Community Ed Admin.
Joshua Farr	Academic Coordinator
Susie MacDonald	Administrative Assistant
Catherine Scanlon	Administrative Assistant
Pauline Hanson	Administrative Assistant, Bath
Benedita Couillard	ELL Coordinator

**ADULT EDUCATION
 ADVISORY COMMITTEE**

Heidi O'Leary	Jane Scease	Jon Woodman
Phil Potenziano	Jim Moulton	Leslie Trundy
Patrick Manuel	Pat Cloutier	Allen Lampert
Shawn Chabot	Judy Connors	Elyce Reavely
Dan Burson	Vicki-Rose Porter	Elizabeth Sokoloff
Mary Hobson	Kathleen Montejo	Amanda McDaniel
Tim Gagnon	Jamie Dorr	Chad Kempton

There are NO ACADEMIC or DRIVER'S ED CLASSES on the following holidays and school vacations, unless noted otherwise.

Labor Day	September 7
Indigenous Peoples' Day	October 12
Veterans Day	November 11
Thanksgiving Break	November 25-27
Winter Break	December 23-January 3
Martin Luther King, Jr. Day	January 18
Winter Break 2	February 15-19

PRINTING AND WEBSITE ERRORS AND CHANGES:

We make every effort to print and publish the latest and most up to date information. We sometimes make changes to the location, length, number of times a course meets, instructor, and cost after the catalog goes to the printer due to circumstances beyond our control. We reserve the right to determine if a refund or credit letter will be applied.

WEATHER CANCELLATIONS

When MSAD75 or RSU 1 cancel school, adult education classes are also cancelled. If inclement weather starts during the day, adult education programs will announce at 2 pm if we will be cancelling classes for the evening. Please check our Facebook page for more information, or email Allen Lampert at lamperta@link75.org before venturing out to a class.

Cancellation Announcements:

Check TV channels 6, 8 and 13, Merrymeeting.org, Facebook or call 729-7323 BEFORE venturing out in bad weather!
 Canceled classes will resume the following week unless you are notified. Due to the size of our program, teachers and students will not be contacted individually. We do our best to reschedule make-up classes, but make-up dates are subject to room availability!

MCAE LOCATIONS

TOPSHAM CAMPUS

35 Republic Avenue • Topsham
 Phone: 207.729.7323

Email: adulted@link75.org

Monday - Thursday: 9:00am to 8:00pm

Friday: 9:00am to 2:00pm

BATH CAMPUS:

34 Wing Farm Pkwy • Suite 200 Bath

Phone: 207.443.8255

Email: hansonp@link75.org

Monday - Thursday: 9:00am to 5:00pm

Friday: 9:00am to 2:00pm

CLASS LOCATIONS

Adult Ed Center, Topsham

35 Republic Avenue, Topsham

Adult Ed Center, Bath

34 Wing Farm Pkwy, Suite 200, Bath

Mt. Ararat High School

68 Eagle's Way, Topsham

Mt. Ararat Middle School

66 Republic Avenue, Topsham

Kate Furbish Elementary School

75 Jordan Avenue, Brunswick

Williams Cone School

19 Perkins Street, Topsham

Brunswick High School

71 Dragon Drive, Brunswick

Region 10 Technical High School

68 Church Road, Brunswick

Morse High School

826 Shipbuilder Drive, Bath

Bath Tech

826 Shipbuilder Drive, Bath

Wiscasset Middle High School

272 Gardiner Rd, Wiscasset

Richmond Middle High School

132 Main Street, Richmond

Bowdoinham Town Landing

Maily Waterfront Park, Bowdoinham

Smart Wellness Center

12 Industrial Parkway, Brunswick

Tony's Studio

195 Water Street, Bath

Turning Arts Studio

182 Ridge Road, Bowdoinham

Maine Pines

120 Harpswell Road, Brunswick

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Beginning Ceramics		Soapstone Carving	Cheese Tour of Maine	Map and Compass Fundamentals
Botanical Illustration		Spirit Doll	Chinese Cuisine: Fruit Skewers	Mushroom Walk
Bouquet Illustration		Spring Vision Board	Chinese Cuisine: Dumplings	Pine Needle Baskets
Candle Dipping		Stained Glass Studio	Chinese Cuisine: Fried Rice	Registered Maine Guide Training
Candle Dipping (FF)		Stained Glass for Beginners	Chinese Cuisine: Noodles Sauce	Star Party
Candle Making (Pour)		Star Books	Chinese Cuisine: Savory Crepes	Understanding Constitutional Carry
Canvas to Gallery		Start a Nature Journal	Chinese Cuisine: Mooncakes	Using Your Compass Outdoors
Capturing Layered Landscapes		State Park Sketchbook	Chinese Cuisine: Zongzi Rice Cakes	When Your Office Is Someone's Home
Card-Making		Tapestry Weaving	Cooking and Carving Adventure!	Woven Bird Feeders (Window-Style)
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Color Workshop		Ultimate Beginner Watercolor	A Giardiniera Workshop	AI Event: Understanding AI
Colored Pencils		Unboxed: A Tween Art Camp	Fundamentals of Home Canning	AI For Retirees and Seniors
Colorful & Expressive Pastel		Vintage Paper Journal	Hands-On Herb-Infused Pasta	Adult/Pediatric First Aid/CPR/AED
Sketching		Watercolor + Mixed Media	Intuitive Cooking with Tarot	Babysitter Training
Create Eye-Catching Flyers in Canva		Watercolor Studio: Building Layers	Raclette: The Perfect Winter Dinner	Basic Life Support
Cultivate Your Creative Practice		Watercolor Studio: Foundations	ServSafe Food Handler	Best Clothing & Makeup Colors
Drawing Fundamental		Watercolor Studio: Let It Bloom	ServSafe Food Manager	Best Hairstyles, Glasses & Necklines
Drawing with Colored Pencils		Weaving an Amulet	The Art of Spanakopita	Book Talk: Daughters of Witching Hill
Elements of Composition		Window Star Workshop	TIPS 360 Safe Alcohol Service	Children's Book Publishing
FLOW Watercolor Series Intro		Wire Wrapping Jewelry	Yiayia's Table: Greek Entrées	Chinese Culture & Conversation
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Holiday Zentangle®		Botanical Dyeing	Community Book Club	How to Use Google Gemini AI
How to Photograph Snowflakes		Cardio Fit	Invest for Success	Introduction to Astrology
Illustrate a Layered Landscape		Explorations in Chair Yoga Live	Investing Basics	Life Skills for Working w/Difficult Person
Illustrating Autumn Leaves		Fit to Salsa	Investing at Retirement	Life Story Writing
Illustrating Birds		Fitness Kickboxing for Beginners	Social Security Optimization	Mahjong for Beginners
Illustrating Flora and Fauna		Flow and Gentle Yoga Live - Online	The Hidden Cost of Time	Memoir Writing
Illustration with Pen and Ink		Foundations of Personal Safety	The Red Folder Project	Message Circle with Jeannie Sullivan
Intro Art Class Series		Gentle Yoga w/ Heather	Understanding Medicare	Mini Astrology Reading: Individual
Introduction to Zentangle®		How to Make Your Own Lotions	Understanding Social Security	Oracle vs Tarot: Two Decks
Introductory Stained Glass		Improv for the Heart	Young At Heart Fiesta	Retiree Side Hustle
Lidded Boxes		Intro to Chair Yoga Live - Online	MUSIC + DANCE	Spanish for Beginners
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Mixed Media Painting		Masterclass: The Art & Science of	Country Western Dance	Thrive from Your Strengths
Mosaic Pet Portraits		Healing from Within	Cuban Salsa	Understanding Senior Care
Museum Sketchbook		Meditation And Stress Management	Five-String Banjo	When You Have 5 Days
Nature and Bird Photography		Men's Stretch and Strengthen	Instant Guitar for Busy People	Writing Your Own Obituary
Needle-felted Tapestry Workshop		Pilates All Levels	Instant Piano for Busy People	RICHMOND PROGRAMS...
Next Step Zentangle®		Qigong For Renewal & Healing	Intro to Ukulele	14
Oil Painting Series		Tai Chi Easy™ with Robin	Irish Social Folk Dancing	How Money Works
Open Studio Ceramics		Tai Chi for Balance, Flexibility & Strength	Latin-Fusion Dance	Investing Basics
Paint Night with Shirley Anderson		Tai Chi with Robin for Continuing	MidCoast Ukes: Next Steps	Medicare 101
Paint Night: Pet Portrait		Taiji Qigong Shibashi System for	Middle Eastern Belly Dance	Mosaic Amaryllis
Paint Night: The Barn Quilt		Body, Breath and Mind Connection	Play the Ukulele	Mosaic Pumpkin
Painting the Landscape		Tea Making	Social Event Dance	Oil Painting for Ultra Beginners
Paper Bag Journal		Tennis Elbow Education	GET OUTSIDE	Paint Night: Pet Portrait
Paper Holiday Ornaments		Thriving after Divorce	43	Pine Needle Baskets
Perfume Making		Tired of Starting Over?	America's Boating Course	Social Security Optimization
Pet Photography		Understanding Cortisol	Become A Registered Maine Guide	Tumbled Seaglass & Broken Pottery
Pet Portraits Level 2		Understanding Perimenopause	Beekeeping: An Introductory	Ultimate Beginner Watercolor
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MERRYMEETING

COMMUNITY & ADULT EDUCATION



Looking to **complete** your high school diploma?

Starting the next part of your journey is easy.

We're here to help!

Merrymeeting offers two pathways to help you achieve your high school diploma:

- Credit recovery for a high school diploma
- HiSET for a high school equivalency diploma

Each one opens doors to better employment opportunities, and either can be completed at any age, it's never too late to start again!

FREE instruction, books, and HiSET testing for Maine residents!

What about after high school?

We can help you with your career goals. Reach out to us today so we can help you get the certificate/degree you'll need to get your dream job!

- Academic Success Seminar: get ready for college! (FREE for Maine residents!)
- Goal Setting
- Career Planning
- Workforce Development Programs
- Academy of Medical Professions
- Medical Certificates for: CNA, CRMA and PSS Certificates

For college and career readiness, contact Josh Farr
at farrj@link75.org, or 729-7323, ext. 2.

For all medical programming, contact Pauline Hanson
at hansonp@link75.org, or 443-8255.

Please visit our website for more details, or call the office for inquiries 729-7323.

Get started today! It's easy! Call our office to get started!

Topsham/Brunswick: 729-7323 • RSU 1: 443-8255

GET STARTED TODAY!

Call our office to set up an appointment.

For the Brunswick and MSAD 75 (Bowdoin, Bowdoinham, Harpswell, Topsham and Richmond) areas, contact **Joshua Farr** at farrj@link75.org, or 729-7323, ext. 2.

For the RSU 1 (Bath, Phippsburg, Woolwich) areas, contact **Pauline Hanson** at hansonp@link75.org, or 443-8255.



SAVE THE DATE FOR GRADUATION

MCAE Graduation is Wednesday,

June 9, 2027 at 4:00pm at

The Orion Performing Arts Center at

Mt. Ararat Middle School

Reception to follow

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Thanksgiving Break	November 25-27
Winter Break	December 23-January 3
Martin Luther King, Jr. Day	January 18
Winter Break 2	February 15-19

ACADEMIC CLASSES

For students enrolling in high school completion, HiSET Preparation, College and Adult Transitions. Free for Maine residents. Call our office to get started! Topsham/Brunswick: 729-7323 • RSU 1: 443-8255

ALGEBRA/ARITHMETIC

This class is designed to help students who need or want math review for various situations. Individual programming helps students progress at their own pace to earn a math credit in Arithmetic, Algebra, or Life Skills. The class is also helpful for students who need a refresher before taking a college math class or who feel they want to sharpen their skills for everyday use.

BIOLOGY W/ LAB

This activity oriented course deals with the study of life. Biology with a lab is a fast paced offering that will satisfy requirements for most post-secondary schools including those in the medical field. Lab fee and books included.

CHEMISTRY W/ LAB

This is a laboratory practice class and will satisfy entrance requirements for post-secondary schools and CNA or nursing preparation.

CRITICAL READING & WRITING

Critical Reading and Writing is a 1-credit English course for adult students seeking to finish their high school diploma, prepare to take the HiSET reading and writing exams, get ready for college placement tests, or for high school students in jeopardy of not graduating who need to recover English credit.

U.S. HISTORY

This course in U.S. History will cover selected thematic topics from Colonization to the Cold War Era. Unit work and tests are designed to be done in class. There will be some homework.

HiSET PREP LAB

Prepare to take the High School Equivalency Test in the five required areas of Reading, Writing, Mathematics, Science, and Social Studies. Instructors work one-on-one or in small groups with students to prepare for each test. Classes meet weekly at our Topsham and Bath offices.

HiSET REMOTE PREP

If your schedule doesn't allow for traditional face-to-face classes then this could be the class for you. Students work independently at their own pace and meet with an instructor via zoom weekly. Students must have a minimal comfort level with technology and have reliable internet access. Class space is limited to 6 students per session.

ACADEMIC SUCCESS SEMINAR

Are you interested in going to college? Do you want to take an online course that will prepare you to be successful AND award you three college credits? Merrymeeting's Academic Success Seminar is free to adults interested in preparing to attend college. Students must have their own computer and reliable internet access.



ENGLISH LANGUAGE LEARNING

Our English Language Learning program offers students the chance to build a strong foundation in English through engaging classes that cover essential conversation skills, grammar, sentence structure, spelling, reading comprehension, and writing. Additionally, we focus on life skills such as time management, critical thinking, and teamwork, helping students achieve their academic and career goals through effective communication and problem-solving. We provide a supportive learning environment with both in-person and online classes to accommodate all students' needs and goals.

We offer the following classes for our English Language Learning students:

- Introduction to English: Focus on fundamental language skills, including basic vocabulary, essential grammar, and simple conversational phrases to help students gain confidence in using English in everyday situations.
- Beginner ELL (I & II): Emphasizes building foundational language skills through interactive activities, which include listening, speaking, reading, and writing, with a focus on everyday vocabulary and basic sentence structures to facilitate effective communication.
- Intermediate ELL (I & II): Expands vocabulary, introduces more complex sentence structures, and focuses on conversational skills.
- Advanced ELL: Emphasizes fluency, academic language, and preparation for higher education or workplace communication.
- Classes held in Brunswick at SMCC and at 34 Wing Farm Pkwy. Bath
- Online classes available, a computer is required.

**For more information, please contact
Benedita Couillard, ELL Coordinator at
729-7323 ext. 1302 • kakhubab@link75.org
35 Republic Avenue • Topsham, ME 04086**



At our ELL program, learning English is just the beginning. We strive to build a classroom community where students feel supported, confident, and inspired. Alongside language instruction, we offer a welcoming space for presentations, collaboration, and personal growth. Seasonal supplementary classes help students navigate real-life situations such as job interviews, healthcare visits, and day-to-day communication needs. We also offer citizenship prep, digital literacy workshops, and career exploration sessions, often in partnership with local organizations. Our students are the heart of the program—bringing energy, dedication, and diversity into every class. Their willingness to support one another and rise to new challenges is what makes our learning environment so exceptional.



Learning extends far beyond the classroom through our program's community-based experiences. Our students regularly participate in field trips to local cultural, historical, and environmental landmarks, where they apply their English skills in real-world settings. Whether reading interpretive signs at nature preserves or engaging with museum educators, these trips reinforce vocabulary, spark curiosity, and foster a sense of connection to the wider community. Exploring together strengthens classroom bonds and helps students better understand the world around them—turning each outing into a meaningful and memorable part of their language journey.

DRIVER'S EDUCATION

Maine law states any student enrolling in Driver's Education **MUST** be 15 years of age **ON** or **BEFORE** the class start date and must bring their birth certificate or passport to the first class.

Are you between 15 and 19 years of age and want your State of Maine permit to prepare for your driving exam? We offer driver education courses to help build strong, safe, and confident drivers. Students receive an instructional permit after successful completion of the course with a grade of 80 percent or better. Total hours of instruction is 40; 30 classroom and 10 driving. Only employee discounts for this class. If you are employed by MSAD 75, RSU 1, Brunswick or Wiscasset school departments, please call Merrymeeting to register by phone. Student **MUST** bring birth certificate or passport to the first class and a pen to every class.

Various Locations..... \$575

BRUNSWICK HIGH SCHOOL

Meets Monday, Tuesday, Wednesday

Instructor: Pierre Martin

September 8 - 30 • 4:45-7:45pm

November 2 - 24 • 4:45-7:45pm

January 11 - February 2, 2027 • 4:45-7:45pm

Instructor: Chris Brilliant

April 12 - May 11, 2027 • 4:45-7:45pm

TOPSHAM ADULT ED OFFICE

Meets Monday, Tuesday, Thursday

Instructor: Pierre Martin

October 5 - 30, 2026 • 4:45-7:45pm

May 24 - June 18, 2027 • 4:45-7:45pm

Instructor: Chris Brilliant

August 2 - 24, 2027 • 4:45-7:45pm

MORSE HIGH SCHOOL

Meets Monday, Thursday, Friday

Instructor: Lionel Brilliant

September 14 - October 5 • 2:30 - 5:30 pm

July 12 - August 2, 2027 • 9am - 12pm

Instructor: Chris Brilliant

November 9 - December 8 • 4:15 - 7:15 pm

January 11 - February 2, 2027 / 4:15 - 7:15 pm

May 17 - June 8, 2026 • 4:15 - 7:15

WISCASSET HIGH SCHOOL

Meets Monday, Thursday, Friday

Instructor: Lionel Brilliant

April 26 - May 17, 2027 • 2:30 - 5:30



Our mission is to unlock the inherent potential of every young person, while empowering them to thrive. We are a community hub that ensures social emotional health for all young people so they can reach their fullest potential and become compassionate leaders of tomorrow. MYC is a steadfast resource for area teens and adults. We never waver and we are always here.

- Workforce Development Programs for 16-24 y/o
- Youth Mental Health First Aid Training
- Step Up Transitional Youth Housing
- Youth Sobriety Support Groups

Call us at **207-443-8750** for more info about our organization and programs. www.myc.org



ACADEMY of MEDICAL PROFESSIONS

Become **NATIONALLY CERTIFIED** to work in the medical field in as little as 16 to 20 weeks. Choose from the following certificate courses:

Medical Coding w/CPC Certification, Medical Office Specialist w/Medical Billing Certificate, Clinical Medical Assistant, Dental Assisting Pharmacy Technician Certification with PTCB National Certification, Phlebotomy with CPT Certification, Medical Transcription Certificate

AMP is certified by the **Maine State Department of Education** and is established in the **Adult Education Systems** in Maine. Register for the **Academy of Medical Professions** certificate programs listed on this page. For more information on Academy of Medical Professions certificate programs, please contact Jose Rodriguez Jr at rodriguezj@link75.org



FREE + LOW COST PROGRAMS

Instructors for FREE Programs volunteer their time to teach their classes at Merrymeeting Community and Adult Education. If you register but are not able to attend, please call or email to let us know you will not be attending.

UNDERSTANDING MEDICARE

Have you ever felt like Medicare regulations are a black box? There's an alphabet soup of plans, a book of fine print and a calendar full of dates to remember. The whole thing seems like a mystery with too few clues to solve. Aaron Manning, a Licensed Insurance Agent with HealthMarkets, can answer many of the questions you may have about Medicare, from the beginning of the process on.

Monday, 9/21, 6:30-7:30PM, 1 Night

Adult Ed Center, Topsham

FREE

COLLETTE TOURS INFO NIGHT

Interested in a travel experience with Collette Tours? Come join Andrew for more specific details about how these inclusive travel packages are backed by a century of experience. Collette (a family-owned and award winning leader in travel) is proud to show you the world. Their passionate tour design team travels the globe, creating new experiences and staying ahead of the latest travel trends. ***SPECIAL NOTE:** This Info Night is specifically focused on the current Collette Tours being offered through Merrymeeting: Switzerland-Austria-Bavaria Tour & Spotlight on Tuscany.

Wednesday, 10/28, 6-7:30PM, 1 Night

Online

FREE

BECOMING A FOSTER PARENT IN MAINE!

Did you know that YOU could be the life-changing person for a child/family here in Maine? Yes, YOU can become a foster or adoptive parent! Come learn about the licensing process and the different ways you can help Maine children. There is a special need for people who can care for infants, sibling groups, and adolescents, while also supporting the reunification process. Join us for this informational meeting and take that very first step to becoming a resource family.

Tuesday, 9/22, 6-7PM, 1 Night

Tuesday, 11/3, 6-7PM, 1 Night

Tuesday, 2/9, 6-7PM, 1 Night

Online

FREE

THE HIDDEN COST OF TIME

Most people know the cost of their rent or mortgage, car payment, or streaming services, but few know the true cost of investing and retirement planning. This seminar reveals the hidden fees that can reduce long-term wealth and could potentially save you \$100,000 or more. This is an educational seminar — not a sales presentation. This workshop is led by Paul Giggey, a retired teacher of personal finance.

Tuesday, 11/10, 6-7:30PM, 1 Night

Adult Ed Center, Topsham

FREE

BECOMING A BIG: VOLUNTEERING AND BETTERING YOUR COMMUNITY

Discover how you can make a lasting difference in a youth's life mentoring through Big Brothers Big Sisters (BBBS)! This presentation introduces BBBS's mission and explores the different avenues for volunteerism. Learn the importance of mentoring, the positive impact of strong relationships, and how BBBS supports everyone throughout the process.

Thursday, 10/8, 5:30-7:30PM, 1 Night

Wednesday, 12/2, 5:30-7:30PM, 1 Night

Adult Ed Center, Topsham

FREE

THE RED FOLDER PROJECT

Designed for caregivers of individuals with dementia, developmental disabilities, or anyone needing daily support. What if you suddenly couldn't provide care? Build peace of mind with a simple plan. Learn to organize key information, identify backup supports, explore helpful local resources, and prepare for emergencies so care continues smoothly. Presented by Ashley Butterfield of Bath-Brunswick Respite Care.

Wednesday, 10/14, 2-3PM, 1 Day

Thursday, 12/10, 2-3PM, 1 Day

Thursday, 2/25, 2-3PM, 1 Day

Adult Ed Center, Topsham

\$5 ea.

CAREGIVING FOR DEMENTIA 101

Gain confidence in your caregiving journey. Learn what dementia is, how it affects the brain, common behaviors and how to manage them. Explore practical strategies, supportive tools, and real-world approaches to make daily care more manageable and meaningful. Presented by Ashley Butterfield of Bath-Brunswick Respite Care.

Thursday, 9/17, 2-3PM, 1 Day

Thursday, 11/19, 2-3PM, 1 Day

Thursday, 1/21, 2-3PM, 1 Day

Adult Ed Center, Topsham

FREE

COMMUNITY BOOK CLUB

Our community book club is back! Come join us for our first meeting in October! Come and have a lively discussion as we share our thoughts on each book of the month. All books have been pre-selected. Check the online listing for the book selections and summaries.

Thursday, 10/1, 6-7:30PM, 1 Night

Thursday, 11/5, 6-7:30PM, 1 Night

Thursday, 12/3, 6-7:30PM, 1 Night

Thursday, 1/28, 6-7:30PM, 1 Night

Thursday, 2/25, 6-7:30PM, 1 Night

Thursday, 3/25, 6-7:30PM, 1 Night

Adult Ed Center, Topsham

\$10 ea.



YOUNG AT HEART FIESTA

Loneliness and social isolation in older adults is a serious public health risk that affects a significant number of people in the US, putting them at risk for dementia and other serious conditions. For this reason, Tony Dancer, under his TDF program, has created the "Young at Heart Fiesta" Latin Fusion dance class program with low impact, low-volume music to protect hearing, easy steps to follow and lots of laughter. *This program is for individuals 70+ only.

Starts Wednesday, 9/16, 10:30-11:30AM, 6wk

Starts Wednesday, 1/6, 10:30-11:30AM, 6wk

Adult Ed Center, Bath

FREE

INVEST FOR SUCCESS

Is your money working as hard for you as you do for it? Are you confident that your current investment strategy will help you reach your goals? Whether you're brand new to investing or a seasoned investor, join us to learn the power of compounding interest, managing risk, and strategically investing to reach your goals!

Monday, 9/14, 6-7:30PM, 1 Night

Adult Ed Center, Topsham

FREE

UNDERSTANDING SOCIAL SECURITY

Do you wish you had a better understanding regarding your social security benefits? Do you want to make sure you're getting the most out of your benefits? Join us to learn how!

Tuesday, 12/1, 6-7:30PM, 1 Night

Adult Ed Center, Topsham

FREE

INVESTING AT RETIREMENT

Nearing or entering retirement? Maybe you're just thinking about it? Join us to learn how developing a customized strategy can assist you in identifying considerable risks to mitigate them while making the most out of your benefits and assets. This can help you plan for a financially secure retirement!

Monday, 1/4, 6-7:30PM, 1 Night

Adult Ed Center, Topsham

FREE

SOCIAL SECURITY OPTIMIZATION

This course provides a strategic guide to maximizing Social Security benefits. You'll learn about optimal claiming ages, spousal and survivor benefits, and tailored strategies for single, married, divorced, and widowed individuals to make informed decisions about when and how to file. Presented by Damian Smith of Set Apart Investing.

Tuesday, 9/22, 2-3PM, 1 Day

Thursday, 11/5, 2-3PM, 1 Day

Thursday, 1/14, 2-3PM, 1 Day

Adult Ed Center, Topsham

FREE

INVESTING BASICS

Learn investment basics, discover how money grows, and build your investment portfolio to confidently reach your financial goals. Presented by Damian Smith of Set Apart Investing.

Tuesday, 10/27, 2-3PM, 1 Day

Tuesday, 1/12, 2-3PM, 1 Day

Adult Ed Center, Topsham

FREE



GIFTS • BABY • CLOTHING • JEWELRY

Visit Us At Our New Location
128 Maine Street



Located in Brunswick, discover a shop filled with style and charm. Hatch offers carefully selected clothing, sweet baby and kids items, and unique gifts perfect for any occasion! Hatch strives to be a store that offers a great selection and is also a place where you'll be met with kindness and respect.





MAINE PINES RACQUET & FITNESS

PLEASE CONTACT MAINE PINES RACQUET & FITNESS CLUB DIRECTLY TO INQUIRE ABOUT CLASSES AND EVENTS

Maine Pines Racquet & Fitness is known for being one of the Nation's Top 50 Tennis Welcome Centers and the USTA New England Club of the Year, but that is not all. Maine Pines has tennis, pickleball, and fitness programs for all ages and ability levels. The club boasts six heated indoor courts and five pickleball courts with a second floor viewing area, bar lounge with big screen TV, pro shop, weight room, large aerobics studio, yoga and spin room, cardiovascular equipment and much more!

Maine Pines has a wide array of programs in a comfortable and well taken care of facility:

- 6 Indoor Tennis Courts
- 5 Indoor Pickleball Courts
- Areas largest Aerobics Studio
- Yoga Studio
- Spinning Room
- Zumba Classes
- 2 Weight Training Rooms
- Mid Coast Physical Therapy Center
- Social Lounge with view of the courts

Memberships are available for all disciplines. Any first time visitor is allowed one free fitness facility or class use. Please call the club at 729-8433, or visit the website – www.maineprines.com for more information

TENNIS

Private and small group instruction available for all ages and levels. Contract times available – booking a court for the season at the same time each week.

JUNIORS

- Red Ball – ages 4-7: Teaches kids hand eye coordination and basic skills.
- Orange Ball – ages 8-11: Teaches kids hand eye coordination and basic skills.
- Junior Development Program (JDP) – Jr High and High School ages for all levels.
- High Performance Tennis Clinics – Ages 12-18: For serious junior players wanting to play high school tennis.

ADULTS

- Tennis 123 – Monthly program for beginner/advanced beginners and former players.
- Graduate Program – Next step after 123.
- Cardio Tennis – High Intensity Cardio workout clinic.
- Triples – Fun, High Energy Team workout (very popular)
- Skills N Drills - Fun drills clinic to reinforce skills.
- Grip N Rip - Advanced men's clinic focusing on footwork, strokes and strategies.

PICKLEBALL

Private and small group instruction available for all ages and levels. Contract times available – booking a court for the season at the same time each week.

- Beginner and Advance Beginner Clinics
- Intermediate and Above Clinics

FITNESS PROGRAMS

Personal Training available for all ages.

- Aerobics: Step Mix, Step Mix w/weights, Chisel and Burn, Classic Cardio, Straight Up Step, Retro Aerobics, Spinning classes
- Yoga Classes: Morning Flow, Slow Flow Vinyasa, Yoga for Healthy Aging
- Senior Fitness Classes
- Silver Sneakers

Please contact Maine Pines Racquet & Fitness Club directly at 207-729-8433, or visit the website, mainepines.com for more information

Smart *Wellness*

Your journey to whole-body
healing begins here.

Care that sees you *fully*.



WELLNESS SERVICES

Sauna • Salt room
Full Body Red Light Therapy
Compression Therapy



IV INFUSIONS



MASSAGE



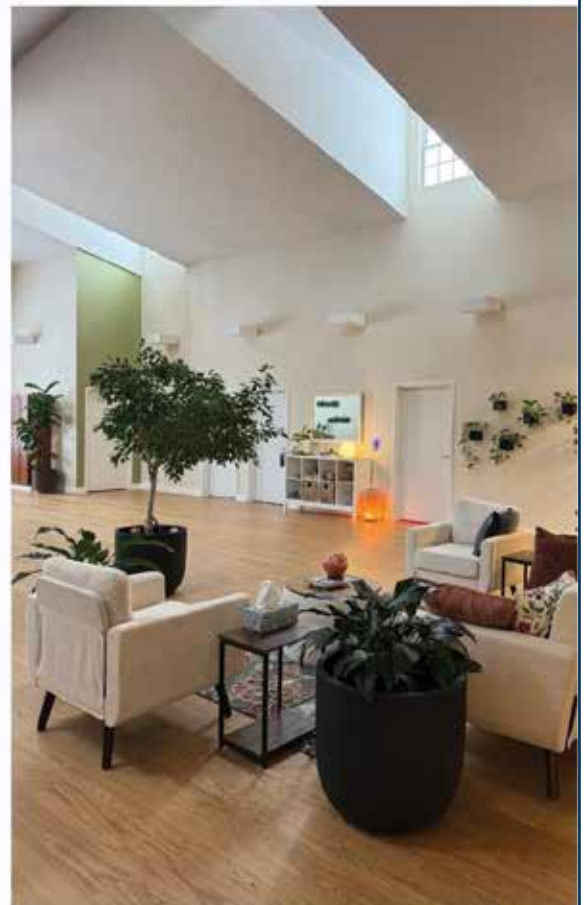
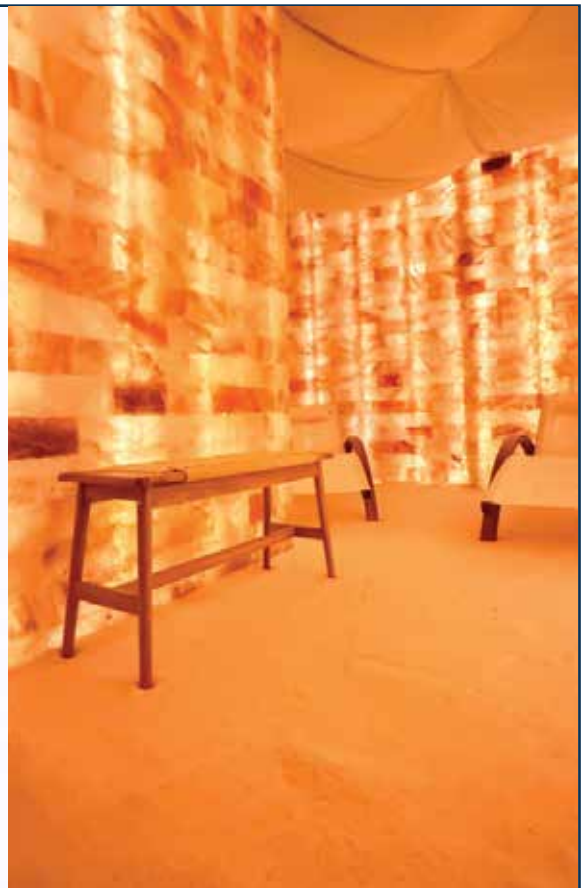
WEIGHT LOSS



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Merrymeeting Arts Center



Since opening in September 2007, Merrymeeting Arts Center has been an active member of the Bowdoinham community, providing a place where children and adults can participate in and enjoy the arts. Inspired and guided by the eclectic spirit of Bryce Muir the center encourages art, education and community celebrating the cultural heritage and natural environment of Merrymeeting Bay. Woven through its artists, programs and projects are MAC's Values: egalitarianism, whimsy, environmental consciousness and diversity.

The Merrymeeting Arts Center's mission, vision and goals were developed with input from the citizens of Bowdoinham. The "S" in Merrymeeting Arts Center is intentional. Once again the center draws on Bryce Muir for inspiration and guidance. "The arts" encompasses a broad range of arts including visual arts, literary arts and the performing arts – music, theatre, dance and film. Bryce viewed "the arts" in the broadest sense and "artists" as all those who make art in any genre. Bryce's art – drawings, sculpture, music, performing arts, literature and boat building – embodied his belief that art is life and that whatever moves a person is art. Visit MerrymeetingArtsCenter.org for program details. For more specific information, please contact programs@MerrymeetingArtsCenter.org.

LET'S PARTNER!

At Merrymeeting, we love our community and the partnerships we have fostered. Each partnership has helped us and our community.

- Are you a service provider who wants to help your community?
- Do you sometimes need a meeting room, or other space to meet with your clients or a group?
- Would your clients benefit from our academic and enrichment programs?
- Do you have a large space where you would like to host Merrymeeting classes?

Email us at rodriguezj@link75.org to learn how we can make a difference while serving our community together.

COMMUNITY HAPPENINGS



Join us on social media! Friend us on Facebook and follow us on Instagram today. It's a great way to get updates of your favorite programs and interact with fellow community members.
See you online!



ARTIST IN RESIDENCE: JESSIE LOZANSKI

A self-taught artist inspired by the landscapes she calls home, Jessie Lozanski creates work that celebrates both grand vistas and the lovely small moments found in everyday places. Her paintings invite viewers to slow down and appreciate the details often overlooked- a sunlit creek, a forgotten marsh, or a soft patch of moss.

Her artistic journey began eight years ago while studying Biology at Carleton University in Ottawa, Canada. During a natural history lecture, she was introduced to the work of Tom Thomson and quickly followed in his path to Algonquin Provincial Park with paint and brushes in hand. Since then, she has explored acrylics, oils, watercolors, block printing, and gouache, drawing inspiration from the rocky lakeshores of Ontario and now the lush Maine landscape.

A lifelong naturalist and outdoorswoman, she worked in conservation and environmental education before becoming a full-time artist in 2024.

SOLO SHOW OPENING RECEPTION:

Friday 10/2 from 5:30-7:30pm

ADDITIONAL VIEWING HOURS:

Saturday & Sunday, 10/3 & 10/4, from 10am-12pm

MERRYMEETING ARTS CENTER GALLERY

9 Main St, Bowdoinham



LET'S WELCOME RICHMOND TO THE MCAE COMMUNITY

ULTIMATE BEGINNER WATERCOLOR

In this 1-day class, you'll learn everything you need to know to get started with watercolor painting. We will have an in-depth conversation about paper and pads, paint, palettes, and brushes. After a review of color theory, we'll fill in a color wheel and paint a small illustration printed on watercolor paper. All materials provided. *A \$20 materials fee to be paid to the instructor at the start of class.

Instructor: Catherine Scanlon.

Tuesday, 10/6, 4-6PM, 1 Night

Richmond Middle High School

\$25

MOSAIC PUMPKIN

Celebrate fall in this beginner glass on glass mosaic class! Follow the provided pumpkin pattern or design your own in a 7x7" wood frame. We will learn how to score, break, and snip glass down to shape and glue to our glass substrate. On the last day of class we will finish with grout. Tools will be provided for in class use. A material fee of \$25 must be paid to the instructor on the first night of class. **Instructor:** Herenya Wilkey.

Starts Wednesday, 9/16, 5-8PM, 3wk

Richmond Middle High School

\$55

MOSAIC AMARYLLIS

Create some lovely winter color in this glass on glass mosaic class! Follow the amaryllis flower pattern provided or design your own in an 8x10" wood frame. We will learn how to score, break, and snip glass down to shape and glue to our glass substrate. On the last day of class we will finish with grout. Tools will be provided for in class use. A material fee of \$35 must be paid to the instructor on the first night of class. **Instructor:** Herenya Wilkey.

Starts Thursday, 11/5, 5-8PM, 3wk

Richmond Middle High School

\$65



OIL PAINTING FOR ULTRA BEGINNERS

Are you curious about how to do oil painting but are terrified about how to start? We can help! We can help you understand how oil painting works and the necessary tools needed to start your own art journey. Note: This class is ONLY for novices and beginners. If you have any level of experience in oil painting, this class is not for you.

*All materials included. **Instructor:** Allen Lampert.

Tuesday + Thursday, 9/15 + 9/17, 5:30PM-7PM, 2 Nights

Richmond Middle High School

\$45

PAINT NIGHT: PET PORTRAIT

Join Shirley Anderson for an engaging and beginner-friendly 'Paint your Pet' class! Budding artists will receive step-by-step guidance to create a beautiful portrait of their beloved furry or feathered companions. No prior experience is necessary; all beginners welcome! After signing up for this class, you will need to email shirl.art5050@mail.com with 5 good quality photos of your pet. Canvas and paints are supplied.

Monday, 9/21, 5-8PM, 1 Night

Richmond Middle High School

\$55

TUMBLER SEAGLASS & BROKEN POTTERY

Get creative in this whimsical class, blending tumbled glass and pottery. We have lots of glass and pottery to choose from, come join us for a fun night out and create a keepsake and simply indulge in this therapeutic artistic process. All materials provided. **Instructor:** Shirley Anderson.

Monday, 10/19, 5-8PM, 1 Night

Richmond Middle High School

\$55

PINE NEEDLE BASKETS

Learn to identify, regeneratively gather and harvest, properly store and process, and weave with pine needles. We'll cover the basics of coiled basketry, which is a global, ancient human skill, and create a wonderful pine-needle basket. *Program includes all required tools and materials. **Instructor:** Zack Rouda.

Tuesday, 10/13, 5:30-8PM, 1 Night

Richmond Middle High School

\$85

HOW MONEY WORKS

Do you want to eliminate debt? Stop living paycheck to paycheck? Take full control of your finances? Join us to learn how implementing a few simple financial concepts can transform your relationship with money! **Presented by Sarah Blondin of Primerica.**

Monday, 10/19, 6-7:30PM, 1 Night

Richmond Middle High School

FREE

INVESTING BASICS

Learn investment basics, discover how money grows, and build your investment portfolio to confidently reach your financial goals. **Presented by Damian Smith of Set Apart Investing.**

Tuesday, 11/24, 5-6PM, 1 Night

Richmond Middle High School

FREE

MEDICARE 101

This foundational course provides a clear overview of the Medicare system. Participants will learn about Medicare (Parts A, B, C, and D), avoid lifelong enrollment penalties, and confidently compare Original Medicare and Medicare Advantage to maximize coverage. **Presented by Damian Smith of Set Apart Investing.**

Wednesday, 9/9, 5-6PM, 1 Night

Wednesday, 9/23, 5-6PM, 1 Night

Tuesday, 10/13, 5-6PM, 1 Night

Wednesday, 11/4, 5-6PM, 1 Night

Richmond Middle High School

FREE

SOCIAL SECURITY OPTIMIZATION

This course provides a guide to maximizing Social Security benefits. Learn about optimal claiming ages, spousal and survivor benefits, tailored strategies for single, married, divorced, and widowed individuals to make informed decisions. **Presented by Damian Smith of Set Apart Investing.**

Thursday, 10/15, 5-6PM, 1 Night

Richmond Middle High School

FREE

COLD PROCESS GOAT MILK SOAP

This hands-on class introduces the basics of cold process goat milk soap making. Learn safety, ingredients, equipment, and the process of creating nourishing soap. Each participant will make a 2.5-pound batch (about 10 bars) to take home and cure, gaining confidence to continue soap making independently. Instructor: Melissa Hackett, Rock Bottom Farm, Richmond ME. *There is a materials fee of \$35.

One Pot Swirl: Monday, 1/4, 6-8pm, 1 Night

Drop Pour: Monday, 1/11, 6-8pm, 1 Night

Stripes/Layers: Monday, 1/25, 6-8pm, 1 Night

Landscape: Monday, 2/1, 6-8pm, 1 Night

Richmond Middle High School

\$35 ea.



Dear Merrymeeting Adult Education Community,

On behalf of the Town of Richmond and the Richmond School Department, I would like to extend a warm greeting to the Merrymeeting Adult Education community as we join this outstanding educational partnership.

The Town of Richmond, established in 1832 is home to approximately 3500 residents and has a long history of relationships with surrounding towns along the Kennebec River. From shipbuilding to the ice trade, Swan Island and the many small businesses along Main Street, Richmond has been quietly contributing to the world at large. The Richmond School Department has a student population of approximately 415 students, currently educating children in grades Pre-K through 12.

We are excited to open our doors to the Merrymeeting Adult Education community and encourage current members and new adult learners to explore and discover all that Richmond has to offer while attending classes at either our Senior Center or the Richmond Middle/High School. Richmond residents are excited to become part of Merrymeeting Adult Education and look forward to the many academic, enrichment, and workforce development opportunities that are provided for adult learners throughout the Merrymeeting region. We look forward to seeing you in Richmond!

Chad Kempton
Superintendent of Schools
Richmond School Department



FINE ARTS + CRAFTS

IMPORTANT NOTE: If materials are included in the cost of your class, any refund will be issued minus that materials fee.

This does not apply if we cancel the class.



UNBOXED: A TWEEN ART CAMP FOR SELF-EXPRESSION & EXPLORATION

"Unboxed" is a dynamic and engaging art camp designed for tweens (ages 9-12) to unlock their creative potential through exploration of drawing, painting, printmaking, and collage. This isn't about rigid instruction or perfect results; it's about fostering self-expression, encouraging experimentation, and nurturing a sense of curiosity. The camp culminates in a student exhibition, celebrating their hard work and sharing their creations with family and friends. All materials included. **Instructor: Melissa Collins, RSU1 Art Teacher.**

Wednesday, Thursday, Friday, 2/17-2/19, 9AM-12PM, 1wk
Mt. Ararat High School

\$135

CANDLE DIPPING (FF)

Come spend a relaxing afternoon making beautiful beeswax candles. Students will be hand-dipping taper candles and then coloring them in pots of colored wax. Suitable for ages 7+ (under 10 may require adult assistance). A \$10 materials fee, payable to the instructor, must be paid the day of class. *This is a family-friendly program, open only to adults with minors. **The course fee and the materials fee is per participant. ***Registrants must register themselves and their child.

Instructor: Asia Cole.

Saturday, 11/21, 3:30-5PM, 1 Day

Adult Ed Center, Topsham

\$35

IMPORTANT NOTE: For some art classes, instructors will either email you a suggested materials list after registration or they will go over suggested materials and tools during the first class.

MAKE AND TAKE FABRIC PUMPKINS

Love setting a Fall table with pumpkins? Looking for a quick DIY project or gift? Come make a hand-sewn pumpkin to keep or gift this Fall season! Make it simple or add leaves, ribbons, or berries. Skill level: beginner to intermediate. Materials you will need to bring: 1 Fat Quarter or 1/3 yards cotton fabric, thread & needle, ribbon or other embellishment as desired. A materials fee of \$5 (for polyfiber fill) is due the evening of the workshop. **Instructor: Elyce Reavely.**

Thursday, 10/1, 5-8PM, 1 Night

Adult Ed Center, Topsham

\$20

TAPESTRY WEAVING: BEGINNING & BEYOND

This is a two-day weekend workshop: Saturday & Sunday, October 17-18. In this intensive workshop you'll learn some of the fundamentals of tapestry weaving. Beginner and intermediate levels are welcome, but no previous weaving experience is necessary. Cost includes use of a loom and tapestry bobbins during class as well as all necessary yarns and extensive handouts. Please feel free to bring additional yarns for weft if you'd like. *A materials fee of \$20 is due to the instructor on the first day of the workshop. **Instructor, Barbara Burns.**

Saturday + Sunday, 10/17 + 10/18, 10AM-5PM, 2 Days

Adult Ed Center, Topsham

\$275

COLORFUL & EXPRESSIVE PASTEL SKETCHING

Designed for beginners but open to all levels, we will use our pastels in a loose, expressive way to create several quick drawings, with the goal of finding new approaches to a very traditional medium. An array of mats will be provided, with the goal of everyone leaving with something matted that they would consider worthy of display!

Instructor: Dana Bateman.

Sunday, 10/18, 10AM-2PM, 1 Day

Adult Ed Center, Topsham

\$75

SPRING VISION BOARD

Learn why this popular and powerful visual tool is so effective. This project can help you realize your goals! A variety of media (words, pictures, fabrics, shapes - or any media that you like) representing your aspirations, hopes, and dreams will be arranged on a collage board to help you clarify and concentrate on your path forward.

Materials are provided. **Instructor: Rebecca Quigg.**

Starts Monday, 3/8, 5:30-7:30PM, 3wk

Mt. Ararat Middle School, Topsham

\$55

JEWELRY MAKING BASICS: GEMSTONE AND STERLING SILVER EARRINGS

Create a unique pair of sterling silver gemstone earrings in this beginner-friendly workshop. Choose from a selection of gemstone beads while learning basic jewelry-making techniques, including wire wrapping and assembly. All materials are provided. Leave with a beautiful handmade pair of earrings and the skills to continue creating on your own. Led by Courtney Hutchings.

Thursday, 12/17, 5-7pm, 1 Night

Thursday, 1/21, 5-7pm, 1 Night

Adult Ed Center, Topsham

\$115 ea

PROGRAMS BY SHUFANG LIAO

CHINESE ART CLUB

Explore the beauty of traditional and modern Chinese art through this 3-week hands-on series. Each week focuses on a different artistic form—Chinese calligraphy, ink painting, and watercolor—allowing participants to experience the aesthetics, philosophy, and techniques behind each style. All materials included. *A \$20 materials fee is due to the instructor on the first day of class.

Starts Tuesday, 10/27, 3:30-4:30PM, 3wk

Adult Ed Center, Topsham

\$65

CHINESE KITE MAKING

Join this hands-on class to design, build, and fly your own traditional Chinese kite! Kites have a long history in China and are associated with spring, good luck, and celebration. In this class, students will create a colorful kite, learn the basics of how it flies, and enjoy the exciting experience of launching it into the sky. By the end, you'll take home your own kite and unforgettable memories! *A \$15 materials fee must be paid to the instructor on the day of the workshop.

Tuesday, 11/17, 4:30-6:30PM, 1 Night

Adult Ed Center, Topsham

\$40

WIRE WRAPPING JEWELRY

Discover the art of wire wrapping and create your own handcrafted jewelry in this beginner-friendly class. Students will learn essential techniques such as making loops, coils, decorative wraps, and securely setting stones without soldering. All materials are included, such as copper wire, jewelry pliers, natural gem stones or beads, findings, and polishing cloths. No prior experience is required—just bring your creativity! *A \$20 materials fee is due to the instructor on the first day of class.

Saturday, 11/14, 12-2PM, 1 Night

Thursday, 12/3, 4:30-6:30PM, 1 Night

Adult Ed Center, Topsham

\$65 ea.

CHINESE TOYS & SNACK EXPERIENCE

Curious about traditional Chinese toys and snacks? Join this hands-on class to explore the playful and tasty side of Chinese culture! Students will play with classic toys, learn how they work, and enjoy a variety of authentic Chinese snacks. By the end of the session, students will take home fun memories, a deeper understanding of Chinese traditions, and maybe even a new favorite treat! *A \$15 materials fee must be paid to the instructor on the day of the workshop.

Tuesday, 12/15, 4:30-6:30PM, 1 Night

Adult Ed Center, Topsham

\$50



PROGRAMS BY DAWN STEVENS

CARD-MAKING WITH DAWN

Create your own hand made greeting cards! Dawn will guide you through every step of the process. Please bring your scissors, a glue stick, and your preferred coloring medium (markers, pencils, etc). All classes at the Adult Ed Center, Topsham.

Stamped Cards: Diorama, Mon, 9/28, 5:30-7:30PM, 1 Night \$20

Stamped Cards: Halloween, Mon, 10/19, 5:30-7:30PM, 1 Night \$20

Stamped Cards: Christmas: Mon, 11/16, 5:30-7:30PM, 1 Night \$30

Stamped Cards: Birthday: Mon, 1/25, 5:30-7:30PM, 1 Night \$20

Stamped Cards: Valentine's Day: Mon, 2/8, 5:30-7:30PM, 1 Night \$20

HOLIDAY BOWS & TAGS

Come join me while I teach you to make beautiful bows perfect for decorating presents or a wreath! A selection of wired ribbon will be available for each person to leave with two completed bows. Feel free to bring your own wired ribbon if you would like to make more! We will also use rubber stamps and dies to hand make gift tags with many options to explore your creative side! Pre-made kits will be provided. Please bring your scissors, a glue stick, and your preferred coloring medium (markers, pencils, etc).

Monday, 12/7, 5:30-7:30PM, 1 Night

Adult Ed Center, Topsham

\$25



PROGRAMS BY JESSIE LOZANSKI

LEARNING THE ELEMENTS OF COMPOSITION THROUGH LANDSCAPES

In this class, open to all levels, we will explore the fundamentals of art composition that you can bring to any medium. From form to color, each week will focus on a different element of composition.

Starts Wednesday, 9/9, 5-7PM, 7wk

Morse High School

\$225

PAINTING THE LANDSCAPE: TREES

In this class, open to all levels, students will learn to paint trees with strong form, texture, and movement. We'll study values, color, and tree forms to capture depth and character. Open to all paint mediums.

Thursday, 9/17, 5-7PM, 1 Night

Adult Ed Center, Topsham

\$50

PAINTING THE LANDSCAPE: FALL FORESTS

In this class, open to all levels, students will learn the fundamentals of color so they can paint their favorite New England fall scenes! Open to all paint mediums.

Thursday, 10/8, 5-7PM, 1 Night

Morse High School

\$50

PAINTING THE LANDSCAPE: WATER

In this class, open to all levels, students will learn to paint water from placid ponds to splashing waves. We'll study wave structure, reflections, transparency, and color. Open to all paint mediums.

Thursday, 11/12, 5-7PM, 1 Night

Morse High School

\$50

PAINTING THE LANDSCAPE: WINTER SCENES

In this class, open to all levels, students will learn how to bring pale winter scenes to life through focusing on form and light. We'll study the colors of snow, the shapes of winter plants, and learn to notice the interesting moments that make this time of year unique. Open to all paint mediums.

Wednesday, 12/2, 5-7PM, 1 Night

Morse High School, \$50



SPECIAL NOTE: Merrymeeting strives to provide high quality programming. Our course prices are critical for our continued success. We are a fully self-supporting program for our community enrichment classes. All fees we charge are used to pay for instruction and all other costs affiliated with our program. Without these course fees, Merrymeeting would not be able to offer the classes we do. We do not receive any support from local taxpayers to support our community education programming. Taxpayer support goes exclusively towards academic classes.

We appreciate your understanding and support!

CERAMIC PROGRAMS W/HEATHER O'NEIL

BEGINNING CERAMICS

Ever wanted to take some time for yourself and play with clay? Learn the basics of hand building and wheel throwing in this 6 week class. This class is geared toward the beginner. The first 10 people to sign up have priority on the wheel. Please let admins know if you prefer to hand build or wheel throw so we can keep an accurate account. Glazing will also be covered so that you can leave with finished pieces. *There will be class on 10/12 & 1/18.

Starts Monday, 9/14, 5-7PM, 6wk

Starts Monday, 11/2, 5-7PM, 6wk. **No Class: 11/23.

Starts Monday, 1/4, 5-7PM, 6wk

Morse High School

\$145 ea.

OPEN STUDIO CERAMICS (MONDAY SESSIONS)

Are you comfortable with your clay abilities and just looking for a place to work and improve your skills? Join us in the Morse High School Ceramics Studio and start making all those things you have been dreaming up! This is not an instructor lead class, but the instructor will be on site working in case you need something. *There will be class on 10/12 & 1/18.

Starts Monday, 9/14, 3-5PM, 6wk

Starts Monday, 11/2, 3-5PM, 6wk. *No Class: 11/23.

Starts Monday, 1/4, 3-5PM, 6wk

Morse High School

\$135 ea.

OPEN STUDIO CERAMICS (THURSDAY SESSIONS)

Starts Thursday, 9/17, 3-5PM, 6wk

Starts Thursday, 9/17, 5-7PM, 6wk

Starts Thursday, 11/5, 3-5PM, 6wk

Starts Thursday, 11/5, 5-7PM, 6wk. *No Class: 11/26.

Starts Thursday, 1/7, 3-5PM, 6wk

Starts Thursday, 1/7, 5-7PM, 6wk

Morse High School

\$135 ea.

CERAMIC STUDIO POLICIES

- There is a \$75 materials fee for open studio and beginner ceramics classes and is due to the instructor on the first night of class.
- If you want to purchase additional clay, the fee is an additional \$75 to cover the firing, glazes and other consumables used during class.
- **PLEASE NOTE:** If you miss a class, you cannot make-up the class at another time. The ceramics schedule is very tight and these classes are usually full. Thank you for understanding!
- **IMPORTANT NOTE:** No outside clays or glazes are allowed in Beginning Ceramics or Open Studio Ceramics. If outside materials are used, and there is any damage to the kiln, classroom or school; the cost OF ANY repairs will be the responsibility of the person using unauthorized materials.



PROGRAMS BY SHANNON HEACOCK

CANDLE MAKING (POUR)

Create your own custom candle in this hands-on workshop. Learn the basics of scent blending, choose from a curated selection of fragrances, and pour your own candle from start to finish. Enjoy a fun, relaxed experience and leave with a beautifully crafted candle that's uniquely yours. What's Included: All materials and supplies (vessels, fragrance oils, tools, etc.), guided step-by-step instruction, and a unique and memorable experience for participants. Led by Shannan Heacock of Northista Scent Bar in Saco.

Friday, 9/18, 6-8PM, 1 Night

Adult Ed Center, Topsham

\$55

PERFUME MAKING

Create your own signature perfume in this hands-on workshop. Explore the art of scent blending, learn how fragrance notes work together, and design a custom fragrance that reflects your personal style. Enjoy a fun, elevated experience and leave with a beautifully bottled scent that's uniquely yours. What's Included: All materials and supplies (vessels, fragrance oils, tools, etc.), guided step-by-step instruction, and a unique and memorable experience for participants. Led by Shannan Heacock of Northista Scent Bar in Saco.

Friday, 9/25, 6-8PM, 1 Night

Adult Ed Center, Topsham

\$60

PROGRAMS BY CATHERINE SCANLON

CREATE EYE-CATCHING FLYERS IN CANVA

Need a flyer for an event, class, fundraiser, small business, or community group but not sure where to start? In this beginner-friendly workshop, create polished, attention-grabbing flyers using Canva. Explore easy design tips, work with Canva templates, add photos and text, and leave with a completed flyer ready to print or share online. No graphic design experience needed. Perfect for ANYONE wanting to create better looking promotional materials quickly and confidently. *See online description for more details.

Wednesday, 9/9, 5-7:30PM, 1 Night

Adult Ed Center, Topsham

\$15

WATERCOLOR STUDIO: FOUNDATIONS FOR BEGINNERS (LEVEL 1)

Discover the joy of watercolor in this welcoming three-week series designed for true beginners. Learn essential skills like brush control, color mixing, layering, and simple composition through guided practice and relaxed, supportive instruction. Each class builds confidence while allowing space to experiment and play. Leave with the skills to keep painting on your own. Meets 5-7:30pm for three weeks. \$25 materials fee; all supplies provided.

Starts Monday, 9/14, 5-7:30PM, 3wk

Adult Ed Center, Topsham

\$65

WATERCOLOR STUDIO: LET IT BLOOM (LEVEL 2)

Continue your watercolor journey with a soft, confidence-building approach that expands on foundational skills. This Level 2 class invites you to loosen control and explore expressive techniques like intentional blooms, layered washes, and intuitive composition. Ideal for those who have completed a beginner course and are ready to grow with watercolor. \$20 materials fee; all supplies provided.

Starts Wednesday, 10/21, 5-7:30PM, 2wk

Adult Ed Center, Topsham

\$55

WATERCOLOR STUDIO: BUILDING INTENTIONAL LAYERS

Join us for a lively one night workshop devoted to the magic of transparency and glow. From 4:30 to 8:00pm, we will dive into the art of glazing, showing you how to build luminous layers that shimmer with depth and richness. You will explore negative painting techniques that carve light out of color, turning simple shapes into striking compositions. Materials fee: \$20

Wednesday, 11/4, 4:30-8PM, 1 Night

Adult Ed Center, Topsham

\$35

HANDBOUND LAY-FLAT JOURNAL

Discover the magic of bookbinding as you create a beautiful 6" x 9" (closed) lay-flat journal using the elegant Drum Leaf binding technique. In this fun evening workshop, students will assemble folded pages into a finished book with no sewing required. Please bring 1/2 yard of cotton quilting fabric, fabric scissors, and a ruler. A portable bookbinding press will be available to use during class or may be purchased for \$10. A \$25 materials fee covers all other supplies needed to complete your journal.

Tuesday, 12/1, 5:30-8PM, 1 Night

Adult Ed Center, Topsham

\$25

WATERCOLOR + MIXED MEDIA FOUNDATIONS

Keep the creativity flowing with Catherine in this laid-back, paint-night-style watercolor workshop! This class brings a fresh mix of color experiments, playful techniques, and mixed media magic — think watercolor with a twist of ink, pencil, or other fun materials. All materials included — just show up ready to paint and play! Materials fee: \$20 and materials fee covers everything you'll need.

Tuesday, 12/15, 3:30-7:30PM, 1 Night

Adult Ed Center, Topsham

\$35

ULTIMATE BEGINNER WATERCOLOR

In this 1 day class, you'll learn everything you need to know to get started with watercolor painting. We will have an in-depth conversation about paper and pads, paint, palettes, and brushes. After the materials lecture, we'll jump right in and make a color chart, practice mixing paint and our brush strokes. After a quick review on the second day, you'll have the opportunity to paint an illustration on watercolor paper. All materials provided. Materials fee: \$20.

Wednesday, 1/13, 5:30-7:30PM, 1 Night

Adult Ed Center, Topsham

\$25



CULTIVATE YOUR CREATIVE PRACTICE SERIES

Return to creativity in this beginner-friendly series designed to help you enjoy the process of making art. We'll explore a variety of guided classes focused on collage, mark-making, and mixed media. Each session focuses on experimentation over perfection, letting you fill your journal at your own pace. Please purchase a Wirebound Pentelic Watercolor Field Book - 12" x 9", with 24 Sheets from the Mix. Each session has a materials fee of \$10.00. *All sessions are 1-night workshops.

Creative Sketchbooking: Wednesday, 1/27, 5:30-7:30PM

Texture & Mark-Making Lab: Wednesday, 2/3, 5:30-7:30PM

Mixed Media Basics: Tuesday, 2/9, 5:30-7:30PM

Ink & Line (Drawing Without Fear): Tuesday, 2/23, 5:30-7:30PM

Collage & Composition (Paper as Paint): Tuesday, 3/2, 5:30-7:30PM

Adult Ed Center, Topsham

\$25 ea.



PROGRAMS BY ASIA COLE

FELT A PUMPKIN

Learn the meditative art of needle-felting and make your own whimsical pumpkin. This class is perfect for beginners. There is a \$10 materials fee, payable to the instructor.

Saturday, 10/17, 10AM-12PM, 1 Day

Adult Ed Center, Topsham

\$40

CANDLE DIPPING

Come spend a relaxing afternoon making beautiful beeswax candles. We will be hand-dipping taper candles of your chosen shape and color design. Join us for this slow yet oh-so-rewarding traditional craft! There is a \$10 materials fee, payable to the instructor.

Saturday, 9/19, 3:30PM-5PM, 1 Day

Saturday, 1/16, 3:30PM-5PM, 1 Day

Adult Ed Center, Topsham

\$30 ea.

WINDOW STAR WORKSHOP

Welcome to the holiday season with colorful window stars. Made from folded kite paper, these magical decorations are perfect to illuminate your home or give away as gifts. All students will receive their own kite paper booklet so they can continue making stars at home. A \$20 materials fee is due at the start of class.

Saturday, 12/5, 10-11:30AM, 1 Day

Adult Ed Center, Topsham

\$30

MACRAME PLANT HANGER

Come learn the basics of macrame and add some boho flair to your winter home with a hand-made plant hanger. All students will receive enough Bobbiny cotton cord and beads for one 4' plant hanger to fit a 6-8" pot. Please bring a ruler and your pot as well if you'd like a precise fit. A \$10 materials fee, is due at the start of class.

Saturday, 2/13, 2-5PM, 1 Day

Adult Ed Center, Topsham

\$50

PROGRAMS BY DIANE DOIRON

RECEIVING BOWL

Join me for a two-part hands-on class that blends meditation and creative weaving to create your Receiving Bowl with the intention of transforming a painful message from your past into a new message of healing, strength, and possibility. Participants will have the use of a loom throughout the two-part workshop. The loom must be returned at the end of the second class. Additional weaving at home will be necessary before attending the second class. There is a \$25 material fee which includes the loom rental, payable to the instructor. Led by Diane Doiron of Wise Women Sacred Art. *Second class is 1-330pm.

Starts Thursday, 11/12, 1-4PM, 2wk

Adult Ed Center, Topsham

\$65

SPIRIT DOLL

This two-part workshop blends meditation and creative weaving as you bring your own Spirit Doll to life. We'll begin by connecting with your older, wiser self to explore a matter of personal importance, allowing insight and intuition to gently guide your process. From this place of inner wisdom, you will weave a Spirit Doll that is uniquely yours. Participants will have the use of a loom throughout the two-part workshop. There is a \$25 material fee which includes the loom rental, payable to the instructor. Led by Diane Doiron of Wise Women Sacred Art.

Thursday, 1/21, 1-5PM, 2wk

Adult Ed Center, Topsham

\$80



Due to limited space, we are unable to publish full course descriptions here. There may be pertinent details in the full descriptions that you need to be aware of for participation in your class. For more complete information about all of the programs in this catalog, visit the registration page online at our website: www.merrymeeting.org

PROGRAMS BY STEVE MCGRATH

SMARTPHONE PHOTOGRAPHY: BEGINNER

This class is dedicated to helping you understand smartphone photography by teaching you how to take and create great images on your phone, what editing apps to use, and how to share and print your images. Join Steve as we go over how to use essential controls on your phone along with the best free and low-cost tools for editing and image management. *This class is for beginners.

Starts Tuesday, 9/15, 7:30-9PM, 4wk

Online

\$79

SMARTPHONE PHOTOGRAPHY: ADVANCED

This class will help you understand smartphone photography by teaching you how to take and create great images on your phone, what editing apps to use, and how to share and print your images. Join Steve as we go over how to use essential controls on your phone along with the best free and low-cost tools for editing and image management. *This is an advanced class.

Starts Tuesday, 10/20, 7:30-9PM, 4wk

Online

\$79

PET PHOTOGRAPHY

This course is designed to teach you everything you need to know to take professional-quality portraits. Learn how to work with different types of subjects, from individuals and groups to children and pets. Learn the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work! This course is for a digital camera or a smartphone!

Starts Tuesday, 11/17, 7:30-9PM, 2wk

Online

\$59

NATURE AND BIRD PHOTOGRAPHY

In this online nature and bird photography class, we will go over camera settings and compositions and how to get great images of Nature's best like moose, birds, seals and other subjects! We will also learn how to set up a blind to get great images, the best lenses for this type of photography and tripods to get the best stability for your images! This is for a digital camera or a smartphone!

Starts Tuesday, 12/1, 5:30-7PM, 4wk

Online

\$69

HOW TO PHOTOGRAPH SNOWFLAKES

In this class we are going to use our macro/close up settings, lenses, filters and lighting to take awesome images of Snowflakes and review the controls to capture them: aperture, ISO, exposure compensation and composition, which is important with snowflakes! This class is for a digital camera or a smartphone!

Starts Tuesday, 2/16, 7:30-9PM, 3wk

Online

\$59

PROGRAMS BY ELIZABETH SOKOLOFF



CHUNKY BLANKETS

Create a beautiful chunky blanket like you see in the expensive shops. Using soft jumbo yarn in the color of your choice, you will learn a simple weaving technique. No experience is necessary! A \$55 materials fee is due immediately following registration and is non-refundable after yarn orders are placed.

Saturday, 1/23, 10AM-2PM, 1 Day

Adult Ed Center, Topsham

\$58

DRAWING WITH COLORED PENCILS FOR ABSOLUTE BEGINNERS

Create a full-color drawing in this workshop! Learn about color theory, value, and how to use the magic layering capabilities of colored pencils to produce a vibrant and realistic drawing, ready to frame. We will follow a simple, step-by-step process designed just for beginners, so absolutely no drawing experience is necessary!

Saturday, 10/24, 10AM-2PM, 1 Day

Adult Ed Center, Topsham

\$75

IMPORTANT NOTE: For some art classes, instructors will email you a suggested materials list or they will go over suggested materials and tools during the first class. *If you receive a suggested materials list, please keep in mind that the class may or may not run depending on enrollment.

PROGRAMS BY SUSAN STACEY

VINTAGE PAPER JOURNAL

In this class, you'll learn how to use a variety of paper items, from patterned paper to old book pages, to make a one-of-a-kind vintage themed journal perfect for writing, art journaling, memory keeping, or gifting. We'll cover basic binding, layout, and creative embellishing techniques. All materials are provided, but feel free to bring your own scraps, photos, or keepsakes to make it truly unique!

Tuesday, 9/22, 5:30-8PM, 1 Night

Adult Ed Center, Topsham

\$45

PAPER BAG JOURNAL

In this class, you'll learn how to create a unique, pocket-filled journal using an ordinary paper lunch bag. Through folding, binding, and decorating, you'll design a one-of-a-kind keepsake perfect for writing, art journaling, memory keeping, or gifting. We'll explore a variety of ideas using patterned papers, ribbons, tags, and more—to make each page unique. All materials are included.

Tuesday, 9/29, 5:30-8PM, 1 Night

Adult Ed Center, Topsham

\$35

PROGRAMS BY CATHI BELCHER

WEAVING AN AMULET

The amulet is a whimsical and creative woven pouch that can be worn like a necklace to hold our personal magic, innermost thoughts and small objects that hold particular meaning for us, allowing us to call in a particular intention in our lives. Amulet weaving may well be one of the most fun and creative weavings done on the 7-stick journey loom. Materials Fee: \$25, includes the use of a Loom and tool kit during class time, warp threads, weft yarn, beads and other embellishments, as well as all written materials and handouts. Tea and snacks provided.

Monday, 10/5, 5-8:30PM, 1 Night

Monday, 1/4, 5-8:30PM, 1 Night

Adult Ed Center, Topsham

\$65 ea.





RADICAL SELF CARE FOR MAKERS

All too often we have been conditioned to put others and their needs ahead of our own — from work, to community responsibilities, as well as friends and family. In this fun, informative hands-on workshop, you will be pampered and experience a veritable toolbox of artistic, practical and relaxing practices for a healthy, balanced and creative life. This is NOT a lecture; you'll be participating in a patchwork sampler of hands-on self-care practices to stop destructive patterns in their tracks before our bodies get the chance to rebel! Tea and snacks provided.

Starts Monday, 11/2, 6-8PM, 2wk

Starts Monday, 2/1, 6-8PM, 2wk

Adult Ed Center, Topsham

\$80 ea.

WORDS HAVE POWER

Words have power ... the power to hurt, help or heal, depending on how we use them. What are some words that have power for you? In this 3-hour workshop, we will explore the process of creating a word collage using paper and glue of your power-word to create a unique piece of word art that will AMAZE you! What you need to bring: A word that has meaning for you. No prior experience is necessary. Tea and snacks provided. The Materials fee of \$20 covers the paper, glue, fabric and all other supplies and tools.

Monday, 10/26, 6-8:30PM, 1 Night

Monday, 3/1, 6-8:30PM, 1 Night

Adult Ed Center, Topsham

\$65 ea.

THE ARTIST'S WAY: A BOOK AND PROGRAM THAT WILL CHANGE YOUR LIFE

The Artist's Way is a popular international bestselling book and program by author/artist Julia Cameron, designed to help people recover their creativity through a series of exercises and daily practices. It aims to overcome limiting beliefs and creative blocks like fear and self-sabotage, connecting creativity to spirituality and helping individuals in any field unlock their inner artist. Tea and snacks provided.

Monday, 11/30, 6-8:30PM, 1 Night

Monday, 2/22, 6-8:30PM, 1 Night

Adult Ed Center, Topsham

\$65 ea.

PROGRAMS BY HERENYA WILKEY

MOSAIC PET PORTRAITS

Furred, feathered, scaled and even bald pets are beautiful! Please bring two printed copies of an 8x8inch or slightly smaller portrait photo of your pet to class. A close up head shot is best! We will learn how to score, break, and snip glass and ceramics down to shape and glue to our substrate. On the last day of class we will finish with grout. Tools will be provided for in class use. A material fee of \$25 must be paid to the instructor on the first night of class. Beginners welcome!

Starts Monday, 11/30, 5-8PM, 3wk

Starts Tuesday, 1/5, 12-3PM, 3wk

Adult Ed Center, Topsham

\$65 ea.

GLASS ON GLASS LANDSCAPE MOSAICS

Please bring a photo of a natural landscape special to you to class. We will use the photos to create 8x12" mosaics by simplifying the landscape and highlighting its most prominent features. We will learn how to score, break, and snip glass down to shape and glue to our glass substrate. On the last day of class we will finish with grout. Tools will be provided for in class use. A material fee of \$35 must be paid to the instructor on the first night of class. All mosaic experience levels welcome!

Starts Thursday, 12/3, 5-8PM, 3wk

Starts Thursday, 1/7, 12-3PM, 3wk

Adult Ed Center, Topsham

\$65 ea.

FOUND MATERIAL MOSAICS

Using broken pottery, recycled glass and other found object materials we will make truly one of a kind mosaic creations. Bring a nature photo for inspiration or take the abstract path. The first two classes will be for breaking plates, designing and gluing mosaics. The third class will be finishing with grout. Tools provided for in class use. A material fee of \$20 must be paid to the instructor on the first night of class. Material fee includes substrate, glue and grout. Please bring in any chipped or thrifted plates, pots, shells, rocks etc to use in your mosaic. If it's waterproof it can be used in a mosaic! Great for beginners or those with mosaic experience!

Starts Friday, 9/18/2026, 5-8PM, 3wk

Starts Tuesday, 1/26/2027, 12-3PM, 3wk

Adult Ed Center, Topsham

\$65 ea.



PROGRAMS BY ED HIGGINS

If you have any questions about programs with Ed, please contact him directly: ed_higgins@icloud.com.



FALL COLORS PLEIN AIR

Don't miss this opportunity to get outside with your fellow artists and enjoy fall colors as we work en plein air across midcoast Maine. You may work in any media you prefer. There will be a mix of oil, acrylic, and pastel painters; watercolor, gouache and ink sketchbook artists, and more. Register for one or both sessions. Artists of all experience and confidence levels are welcome. Meet up locations will be emailed to everyone prior to each class.

Starts Monday, 9/14, 10AM-2PM, 5wk

Starts Monday, 10/19, 10AM-2PM, 5wk

Adult Ed Center, Topsham

\$95 ea.

LIFE DRAWING SERIES

You will work from a live (clothed) model, starting with shorter gesture poses to loosen up, followed by longer poses. There is no better way to learn to draw the human form than to work with a live model. This is not a media dependent class. You may work with any media you prefer. The instructor will supply paper and pencils, conté crayons or charcoal, or you can bring your own. The instructor recommends an easel, but only has 3 or 4 for use.

Starts Friday, 9/18, 1-4PM, 5wk

Starts Friday, 10/23, 1-4PM, 5wk

Starts Friday, 1/8, 1-4PM, 5wk

Starts Friday, 2/12, 1-4PM, 5wk

Adult Ed Center, Topsham

\$95 ea.

CANVAS TO GALLERY

This workshop will help you with the technical skills you will need as an artist to go from preparing your painting surfaces through matting and framing and hanging your artwork. Part open studio and part studiocraft, this course will help participants learn about the process of preparing for, developing & curating a group exhibition. This course will culminate in a small group show at Merrymeeting Arts Center Gallery in Bowdoinham. Participants are expected to bring artwork already in progress but not yet finished as the first few class sessions will be about finishing/preparing the work for the show.

Starts Wednesday, 2/17, 9AM-12PM, 5wk

Adult Ed Center, Topsham

\$95

OIL PAINTING SERIES

Oils are a very forgiving medium, great for learning because it's easy to revise, repaint, wipe out and start over. Keeping an oil painting mobile and active throughout the process means that at any moment or any stage, your painting can surprise you and move you forward in a new direction. Ed has helped many artists power through their fear of starting, and gain confidence as oil painters. If you've never painted in oils before, don't be afraid.

Alla Prima Techniques: Starts Wednesday, 9/23, 1-4PM, 5wk

Underpainting and Glazing: Wed, 11/4, 1-4PM, 5wk, No Class: 11/25.

Color Mixing Strategies: Starts Wednesday, 1/13, 1-4PM, 5wk

Expressive Brushwork: Starts Wednesday, 2/24, 1-4PM, 5wk

Adult Ed Center, Topsham

\$95 ea.

PRINTMAKING SERIES

Whether you are new to the world of printmaking, or an experienced printmaker, you will benefit from working alongside others in an experimental, supportive and convivial studio environment. You will have access to a small roller press and will explore various other printmaking tools and styles. The first 5wk session focuses on relief printmaking techniques including block, linocut, and collagraph printmaking. The second session focuses on intaglio printmaking techniques including engraving and drypoint printmaking.

Relief Printmaking: Wed, 9/23, 9AM-12PM, 5wk

Intaglio Printmaking: Wed, 11/4, 9AM-12PM, 5wk, No Class: 11/25.

Adult Ed Center, Topsham

\$95 ea.

TROIS CRAYONS

This course is designed to help artists begin to use color more effectively in their portraits. The venerable trois crayons technique, using sanguine, black and white chalks (and pencils) was favored by masters as a way to create preparatory studies for portrait painting, but are beautiful in their own right. Students of any experience level are welcome.

Starts Friday, 9/25, 9AM-12PM, 5wk

Adult Ed Center, Topsham

\$95

COLORED PENCILS

If you're not satisfied with adult coloring books, and want to really explore colored pencils as a fine art medium, learn colored pencils with a recovering production artist. We'll begin with basic layering techniques and soon you'll be painting with colored pencils instead of just coloring. It's an easy and powerful way to gain understanding of color theory and color mixing. Students of any experience level are welcome.

Starts Friday, 11/6, 9am-12pm, 5wk. No class: 11/27

Adult Ed Center, Topsham

\$95

SOAPSTONE CARVING

Soapstone is a beautiful material, very forgiving, easy and satisfying to carve and polish, and gets artists thinking about subtractive process sculpture. You will start with small forms (which make wonderful gifts, by the way) and by the end of the course, you may be able to move toward larger work. Soapstone will be available to students and some carving tools will be available for use, but you may want to assemble some of your own tools.

Starts Monday, 1/11, 9AM-12PM, 5wk

Adult Ed Center, Topsham

\$95

INTRO ART CLASS SERIES

These one-day workshops were designed to introduce students to the corresponding course. Though these workshops are not a prerequisite for the course, it is an opportunity to meet the instructor and preview lesson plans before committing to the full course. *All sessions are 1-day workshops.

Intro to Relief Printmaking: Wednesday, 9/16, 9AM-12PM

Intro to Intaglio Printmaking: Wednesday, 10/28, 9AM-12PM

Intro to Oil Painting (Alla Prima): Wednesday, 9/16, 1-4PM

Intro to Oil Painting (Underpainting/Glazing): Wed, 10/28, 1-4PM

Intro to Trois Crayons: Friday, 9/18, 9-12PM

Intro to Colored Pencils: Friday, 10/30, 9-12PM

Intro to Soapstone Carving: Monday, 1/4, 9AM-12PM

Intro to Working with Pastels: Monday, 2/15, 9AM-12PM

Intro to Abstract Art: Monday, 1/4, 1-4PM

Intro to Mixed Media Painting: Monday, 2/15, 1-4PM

Intro to Your Gouache Journal: Wednesday, 1/6, 9AM-12PM

Intro to Oil Painting (Color Mixing Strategies): Wed, 1/6, 1-4PM

Intro to Oil Painting (Expressive Brushwork): Wed, 2/17, 1-4PM

Intro to Animal Studies (Cats & Dogs): Friday, 1/8, 9AM-12PM

Intro to Animal Studies (Birds): Friday, 2/19, 9AM-12PM

Adult Ed Center, Topsham

\$25 ea.

WORKING WITH PASTELS

All levels welcome! Traditional techniques of application and blending will be emphasized. You will be surprised how easy it is to get impressive results right away, with a few simple pro tips and tricks. Express yourself with pastels in a relaxing, supportive, positive setting and unleash your inner pastel artist!

Starts Monday, 2/22, 9AM-12PM, 5wk

Adult Ed Center, Topsham

\$95

ABSTRACT ART

This class combines an introductory studio course with an art appreciation talk. Every studio class will end with a short presentation spotlighting some of the great abstract painters of the modern era. There is no set materials list for this class. The instructor will be able to supply enough materials to get you started, but eventually you will develop your own projects and media preferences.

Starts Monday, 1/11, 1-4PM, 5wk

Adult Ed Center, Topsham

\$95

MIXED MEDIA PAINTING

If you're the kind of artist who doesn't want to limit your work to one medium, this is the class for you! Many people don't realize how many conventional painting media play nice with each other. For example, pastel (or oil sticks) and oil paints, acrylic and pastel, watercolor and ink, and on and on. This class will emphasize experimentation and expressive mark making. Mixed Media Painting allows artists to build rich, three-dimensional textures and layers that traditional paintings cannot achieve.

Starts Monday, 2/22, 1-4PM, 5wk

Adult Ed Center, Topsham

\$95

YOUR GOUACHE JOURNAL

Working with gouache is a fast, easy way to do studies for larger paintings, helping you with color relationships and composition, but you'll also find that adding your notes and thoughts turns your gouache journal itself into a work of art. Gouache paint is similar to watercolor, but it is modified to make it opaque. Gouache can be rewetted and dried to a matte finish, and the paint can become infused into its paper support, like watercolor.

Starts Wednesday, 1/13, 9AM-12PM, 5wk

Adult Ed Center, Topsham

\$95



ANIMAL STUDIES: CATS, DOGS AND BIRDS

This winter we'll be taking a deep dive into studying domestic pets, particularly cats and dogs for the first 5 wk session and then birds for the second 5 wk session. To really learn about any subject, you have to draw it. We'll begin every class with speed sketching warm up drills, followed by working from reference images and videos that will focus us on constructive anatomy and capturing the moods, aspects, and expressions of our subjects. You may work in any media you prefer. There is no set materials list, but a hardbound sketchbook or mixed media journal is recommended for your studies.

Cats & Dogs: Starts Friday, 1/15, 9AM-12PM, 5wk

Birds: Starts Friday, 2/26, 9AM-12PM, 5wk

Adult Ed Center, Topsham

\$95 ea.

PROGRAMS BY MIKE BRANCA



DRAWING FUNDAMENTALS 1

Whether you are a complete beginner or looking to brush up on previous skills, this is the drawing class for you. Working in a variety of media, we will cover all of the basics: line, shape, value, proportion, composition, perspective and markmaking. Particular focus is placed on observational skills, learning how to translate the 3-dimensional world onto a 2-dimensional surface. A materials list will be provided after registration. *This session is 6 weeks. **No Class: 11/26.

Starts Thursday, 10/29, 5:30-7:30PM, 6wk

Adult Ed Center, Topsham

\$130

DRAWING FUNDAMENTALS 2

This class is intended for those who have taken Drawing Fundamentals 1, or others who have an already established foundation in Drawing. Focus will be on further developing observational drawing skills (line, shape, value, proportion, composition, perspective and markmaking) through still life, portrait and other assignments. A materials list will be provided after registration. *This session is 6 weeks.

Starts Thursday, 9/10/2026, 5:30-7:30PM, 6wk

Adult Ed Center, Topsham

\$130

MUSEUM SKETCHBOOK

Bring a sketchbook and pencil and join us for an afternoon of drawing in one of Maine's fabulous museums. Forge an intimate connection with museum collections, while improving your own work by studying the techniques of the masters. Guidance and critical feedback are provided as needed. At the end of our visit, we will meet up to share our results with the group. Museum admission is included in the fee. Participants will meet at the museum.

Maine Historical Society (Portland): Friday, 10/9, 10AM-1PM

Maine State Museum (Augusta): Friday, 11/13, 10AM-1PM

Bowdoin College Museum of Art: Friday, 12/11, 10AM-1PM

Colby College Museum of Art: Friday, 2/12, 10AM-1PM

Various Locations

\$25 ea.

STATE PARK SKETCHBOOK: FORT POPHAM STATE HISTORIC SITE

Bring your favorite art supplies and join us to draw or paint the view at one of Maine's fabulous state parks. Pack a lunch, bring your sunblock and bug spray, and spend a day communing with nature and fellow artists. All experience levels encouraged. Guidance and feedback are provided as needed. At the end of our visit we meet up to share results with the group. Participants meet at the park (admission is NOT included in fee).

Friday, 9/11/2026, 10AM-2PM, 1 Day

Fort Popham State Historic Site

\$35

PROGRAMS BY IRENE BURGESS



INTRODUCTION TO ZENTANGLE®

Learn the Zentangle method for mindful drawing and create your own art even if you don't think you are an artist. Using the Zentangle motto of "anything is possible one stroke at a time," you'll learn simple pen strokes that will open up doors to creative pattern-making for relaxation, creativity, and focus. In this introduction, Irene Burgess, certified Zentangle teacher, will provide you the basics of the method in a stress-reducing atmosphere designed to make you appreciate your own creativity. All supplies needed will be provided.

Wednesday, 9/23, 5:30-8PM, 1 Night

Adult Ed Center, Topsham

\$35

HOLIDAY ZENTANGLE®

Use your Zentangle skills to relax, make gifts, and craft ornaments for the upcoming holiday. In Holiday Zentangle, you will learn to make Triskele hanging ornaments, Christmas Trees, hand-done placecards, and decorative picture frames over the course of two sessions. All supplies needed will be provided. While any skill level will be accepted, those who have taken Introduction to Zentangle will have a head start.

Saturday, 11/14, 10AM-2PM, 1 Day

Adult Ed Center, Topsham

\$75

NEXT STEP ZENTANGLE®

Have you taken the Introduction to Zentangle class and are wondering where to go next? In this class, we'll play with different tangles, different materials and different approaches using the base of your initial Zentangle experience. All supplies needed will be provided.

Wednesday, 1/6, 5:30-8PM, 1 Night

Adult Ed Center, Topsham

\$45

PROGRAMS BY PENNY HARTWELL



INTRODUCTORY STAINED GLASS WORKSHOP

In this one night workshop, you will learn about the different kinds of glass, how to cut and grind glass. We will be making acid etched hearts. You will be able to take them home that night. Lab fee \$10.00 to be paid to instructor at the beginning of workshop.

Tuesday, 9/8, 5:30-8:30PM, 1 Night

Wednesday, 9/9, 5:30-8:30PM, 1 Night

Monday, 1/4, 5:30-8:30PM, 1 Night

Tuesday, 1/5, 5:30-8:30PM, 1 Night

Mt. Ararat Middle School

\$35 ea.

STAINED GLASS FOR BEGINNERS

Beautiful objects are created in this class every semester by beginners. You can create a stained glass window or lampshade using the copper-foil technique, learn acid etching and drilling. A complete list of materials will be discussed on the first night of class. The cost of materials is not included in the course fee and can vary depending on choice of glass and what your imagination will create. Note: You will also need to purchase your own tools, which can run between \$45-\$95. *No Class: 10/12, 1/18, 2/15.

Starts Monday, 9/14, 5:30-8:30PM, 8wk

Starts Monday, 1/11, 5:30-8:30PM, 8wk

Mt. Ararat Middle School

\$145 ea.

STAINED GLASS STUDIO

Have you already taken Stained Glass for Beginners with Penny? Are you looking to continue working on your stain glass project or start a new one? Then this studio class is for you! Come join Penny to freshen up your skills, learn new advanced skills, build in 3D, and explore other possibilities. Bring your own tools and glass.

Starts Tuesday, 9/15, 5:30-8:30PM, 8wk

Starts Tuesday, 1/12, 5:30-8:30PM, 8wk, No Class: 2/16.

Mt. Ararat Middle School

\$125 ea.

When registering, PLEASE be sure to give us your current email address. We communicate ALL course changes, materials lists, reminders and other details via email. Your privacy is important to us, we DO NOT SELL or SHARE your personal information.

PROGRAMS BY JOELLE WEBBER

LIDDED BOXES

Learn the basics of box making in this 3 week course. In class we will gain experience with box making materials & techniques, which also apply to making hardbound books. Ending the class with a hand bound box that you can collage and decorate in your own style. Tools & materials provided. A material fee of \$20 should be paid to the instructor on the first night.

Starts Thursday, 9/10, 5:30-7:30PM, 3wk

Adult Ed Center, Topsham

\$75

ACCORDION ARTIST BOOKS

We will explore three variations of the accordion artist book, the Simple, Window & Pamphlet Accordions. These books include three different text & cover techniques. We will also touch on the basics of book binding vocabulary & where the accordion book structures came from historically. Tools & materials provided. A materials fee of \$20 payable to the instructor is due on the first night.

Starts Thursday, 10/15, 5:30-7:30PM, 3wk

Adult Ed Center, Topsham

\$75

PAPER HOLIDAY ORNAMENTS

Join us for three weeks of making several styles of paper ornaments for the holidays. We will start with making festive paste papers. Then see how many different ornaments we can make in the rest of our time. Tools & materials provided. A material fee of \$20 should be paid to the instructor on the first night. Extra \$10 kits will also be available for purchase, to share the handmade fun at home!

Starts Thursday, 11/5, 5:30-7:30PM, 3wk

Adult Ed Center, Topsham

\$75

SIMPLE CASE BINDINGS

A three-week series of book arts classes that will include making our own book cloth & decorative paste papers. Covering book boards with our fabrics, binding our books and casing them into the covers. All while we learn the basics of book binding tools & vocabulary. Tools & materials provided. A material fee of \$20 should be paid to the instructor on the first night.

Starts Tuesday, 1/7, 5:30-7:30PM, 3wk

Adult Ed Center, Topsham

\$75



STAR BOOKS

Learn to make this complex layered accordion book, also called a carousel book. In this three week class, we will design the background, middle ground & foreground of our star books. Finishing the book by stitching the three layers together & adding decorative covers with ribbon ties. Tools & materials provided. A material fee of \$20 should be paid to the instructor on the first night.

Starts Tuesday, 3/4, 5:30-7:30PM, 3wk

Adult Ed Center, Topsham

\$75

PROGRAMS BY TURNING ARTS STUDIO

SIP & SGRAFFITO

Enjoy a relaxing evening sipping hot chocolate or tea while carving thoughtful designs into pre-made pottery by Janna and Zachary. Learn the sgraffito technique—scratching through colored slip to reveal the clay beneath—and leave your piece for firing. Finished work ready for pickup two weeks later. All tools and materials provided. \$20 materials fee payable to the instructor. No experience needed.

Friday, 10/2, 7-9PM, 1 Night

Friday, 12/4/2026, 7-9PM, 1 Night

Friday, 2/5/2027, 7-9PM, 1 Night

Turning Arts Studio

\$50 ea.

RAKU FIRING

In this two-part workshop, you'll explore the dramatic and hands-on process of raku firing. In Part 1, you'll sculpt a piece in clay and watch a live raku firing demo. Three weeks later in Part 2, you'll glaze and fire your own work using the raku method—removing red-hot pieces from the kiln and placing them into combustibles for stunning, unpredictable results. No experience necessary. All tools and materials provided. \$20 materials fee payable to the instructor. Finished pieces will go home after the second session. *Rain Date for the 2nd Session will be 10/31.

Starts Saturday, 10/10, 1-4PM, 2wk

Turning Arts Studio

\$150



PROGRAMS BY DEENA BALL



FLOW WATERCOLOR SERIES INTRO CLASSES

These one-night workshops are designed to introduce students to the corresponding courses, FLOW 1 and FLOW 2 (Intermediate + Advanced Watercolor). Though these workshops are not prerequisites for the courses, it is an opportunity to meet the instructor and preview lesson plans before committing to the full course.

FLOW 1: Monday, 10/5, 5:30-7:30PM, 1 Night

FLOW 2: Monday, 1/11, 5:30-7:30PM, 1 Night

Adult Ed Center, Topsham

\$30 ea.

FLOW 1: INTERMEDIATE + ADVANCED WATERCOLOR

Create luminous watercolors with vitality, atmosphere, and presence. In this course, we focus on the expressive power of water, layering, and transparency so you can build paintings that feel alive. What we'll explore: Using water intentionally to create light, clarity, and glow; Layering and timing for clean, luminous passages; Value and edge control for atmosphere and depth; Color decisions that support mood and structure. We will study master watercolorists such as Sargent, Ruskin, and Turner, alongside contemporary painters including Alvaro Castagnet, Herman Pikel, Andy Evansen and others. **No Class 11/12**

Starts Monday, 10/19, 5:30-7:30PM, 5wk.

Adult Ed Center, Topsham

\$165

FLOW 2 : INTERMEDIATE + ADVANCED WATERCOLOR

This class will build on the same topics covered in the first session however we will delve further into all topics, expand our technical skills and knowledge of painters working today. Create luminous watercolors with vitality, atmosphere, and presence. In this course, we focus on the expressive power of water, layering, and transparency so you can build paintings that feel alive. We will study master watercolorists such as Sargent, Ruskin, and Turner, alongside contemporary painters including Alvaro Castagnet, Herman Pikel, Andy Evansen and others. **PLEASE NOTE:** If there are weather cancellations, we will shift to a Zoom presentation and it will be a demo class. *No Class: 2/15.

Starts Monday, 1/25, 5:30-7:30PM, 6wk

Adult Ed Center, Topsham

\$200

PROGRAMS BY SHIRLEY ANDERSON

PAINT NIGHT: PET PORTRAIT

Join Shirley Anderson for a beginner-friendly 'Paint your Pet' class! In this workshop artists will receive step-by-step guidance to create a beautiful portrait of their beloved furry or feathered companions. No prior experience is necessary; Shirley welcomes beginners with open arms. Whether you're a seasoned artist or picking up a brush for the first time, this class is a fun and rewarding experience as you immortalize your pet on canvas. After signing up for this class, email shirl.art5050@mail.com with 5 good quality photos of your pet. Canvas and paints are supplied.

Wednesday, 9/16, 5-8PM, 1 Night

Wednesday, 12/2, 5-8PM, 1 Night

Wednesday, 3/3, 5-8PM, 1 Night

Adult Ed Center, Topsham

\$55 ea.

PET PORTRAITS LEVEL 2

Are you ready to take your pet portrait skills to the next level? This class begins with a pre-sketched pencil drawing, which you will then enhance with appropriate shading techniques, create your own custom color palette to ensure a precise match for your pet's unique characteristics. We will focus on capturing the subtleties of real fur texture and expressive eyes, with the goal of producing a remarkably detailed portrait of your pet. Five clear photos of your pet must be emailed before class to Shirl.art5050@gmail.com. Canvas and paints are supplied.

Starts Friday, 10/30, 5-8PM, 4wk

Adult Ed Center, Topsham

\$155

PAINT NIGHT: THE BARN QUILT

Join us and unleash your creativity with these beautiful Barn Quilts. Pick out a design and colors and you're ready to create your masterpiece. These will be painted on 24 x 24 inch birch plywood panels primed with white Kiltz ahead of time. No prior experience necessary, just be ready to paint a visually stunning piece of art that's rich in history and cultural significance. This class has a fee for supplies of \$15, payable to the instructor.

Sunflower Pattern: Wednesday, 9/30, 5-8:30PM, 1 Night

Birds Pattern: Wednesday, 2/10, 5-8:30PM, 1 Night

Adult Ed Center, Topsham

\$55 ea.



PAINT NIGHT WITH SHIRLEY ANDERSON

Unlock your creative potential and discover the joy of paint nights with Shirley Anderson! Shirley's step-by-step guidance will empower you to create your own masterpiece. No experience necessary! All skill levels welcome. Canvas and paints are supplied. Each session is one night.

The Pumpkin: Wednesday, 9/23, 5-8PM, 1 Night

Autumn Landscape: Wednesday, 10/7, 5-8PM, 1 Night

The Cow: Wednesday, 10/14, 5-8PM, 1 Night

The Chipmunk: Monday, 11/2, 5-8PM, 1 Night

Adult Ed Center, Topsham

Aurora Borealis: Wednesday, 11/18, 5-8PM, 1 Night

Aurora Borealis: Wednesday, 1/6, 5-8PM, 1 Night

The Water Lily: Wednesday, 1/20, 5-8PM, 1 Night

Lupine Flower: Wednesday, 2/24, 5-8PM, 1 Night

\$55 ea.

PROGRAMS BY MEGAN FRANASIAK



NEEDLE-FELTED TAPESTRY WORKSHOP

Explore two-dimensional needle-felting techniques to create fiber tapestries in this workshop. Students will learn how to build images with wool while focusing on color usage and basic drawing techniques. Students may also incorporate other media, such as embroidery, if desired. No experience is required! Tools and materials are included in the price of the course.

Starts Tuesday, 9/15, 6-8PM, 2wk

Adult Ed Center, Topsham

\$100

COLOR WORKSHOP

Color can be quite baffling to new artists and experts alike. We will explore color mixing and color relationships to demystify color and apply it effectively in our art practices. No experience is required! Please bring your own brushes and painting tools. The instructor will provide liquid watercolors and paper for experimentation.

Starts Tuesday, 9/29, 6-8PM, 2wk

Adult Ed Center, Topsham

\$100

PROGRAMS BY CLAIRE BALDWIN

To review the materials needed for Claire Baldwin's classes, please see the online description for links to materials kits.



ILLUSTRATE FLORA & FAUNA WITH WATERCOLOR & INK
This all-levels class explores botanical illustration with watercolor, pen and ink. Students will learn principles of scientific illustration through painting subjects ranging from wildflowers to fish, focusing on observational drawing and precision watercolor painting techniques.
Starts Wednesday, 9/16, 5-7:15PM, 4wk
Adult Ed Center, Topsham **\$130**

ILLUSTRATE A LAYERED LANDSCAPE W/WATERCOLOR: TECHNIQUES FOR MASKING FLUID & MORE
Learn how to create a layered watercolor landscape by using different tools for 'masking', such as wax crayons and masking fluid. This all-levels workshop demystifies landscapes through a series of exercises to build observational drawing skills. We'll learn techniques for using dip pens with ink with watercolor, and combine that with additional masking tools to effectively build layers.
Saturday, 9/26, 10AM-4PM, 1 Day
Adult Ed Center, Topsham **\$120**

CAPTURE LAYERED LANDSCAPES W/WATERCOLOR & INK
Learn strategies for demystifying landscapes, and capture them with watercolor and ink. This all-levels class welcomes students of all experience levels, and builds skills through a series of exercises. Students will learn to use dip pens with ink and build layers with watercolor, utilizing additional tools such as wax crayons to effectively build layers.
Starts Tuesday, 10/20, 5-7:30PM, 5wk
Adult Ed Center, Topsham **\$160**

ILLUSTRATE AUTUMN LEAVES W/WATERCOLOR & INK: TECHNIQUES FOR PRECISION AND ABSTRACTION
Illustrate the abstract beauty of Maine's beautiful fall foliage with dip pens, ink, and watercolor. This all-levels class begins with a nature walk to gather specimens and soak up inspiration. Then, back at the studio, we'll learn techniques for drawing with pen and ink, and create exciting watercolor textures with salt, soap, ink, and more. Everyone will leave with their own unique study of autumn leaves.
Saturday, 10/17, 10AM-3PM, 1 Day
Adult Ed Center, Topsham **\$105**

BOUQUET ILLUSTRATION WITH WATERCOLOR AND INK
Capture your own bouquet with watercolor and ink! This all-levels class will explore techniques for illustrative ink drawing with 'dip pens', and layering and mixing vibrant and organic hues with watercolor. Students will leave with their own unique composition of a bouquet, with matting and packaging provided for easy gifting.
Saturday, 12/5, 10AM-3PM, 1 Day
Adult Ed Center, Topsham **\$100**

ILLUSTRATION WITH PEN AND INK
Learn the secrets of pen and ink illustration! This all-levels class takes a deep dive into techniques for drawing with 'dip pens' and ink, and explores techniques for developing forms, shadows, topography, and texture. We'll build skills through a series of exercises for capturing subjects ranging from spheres to ocean waves, and finish with a longer study.
Saturday, 11/14, 10AM-2PM, 1 Day
Adult Ed Center, Topsham **\$130**

START A NATURE JOURNAL: SKETCHBOOK TECHNIQUES
Learn skills for capturing nature in your sketchbook with watercolor pencils, paint, and ink. We'll start with exercises on capturing landscapes with both accuracy and efficiency, then work on techniques for illustrating natural specimens. Along the way, we'll explore approaches for building a powerful composition.
**Snow Date: 1/23.
Saturday, 1/16, 10AM-3PM, 1 Day
Adult Ed Center, Topsham **\$95**

ILLUSTRATING BIRDS WITH WATERCOLOR AND INK
This all-levels class will explore techniques for capturing birds with pen and ink and watercolor. Students will learn techniques for capturing texture and shine, and leave with their own unique composition of the bird of their choice. **Snow Date: 2/20.
Saturday, 2/13, 10AM-3PM, 1 Day
Adult Ed Center, Topsham **\$95**

BOTANICAL ILLUSTRATION WITH WATERCOLOR AND INK
This all-levels class explores botanical illustration with watercolor, pen and ink. Students will learn principles of scientific illustration through painting subjects ranging from mushrooms to wildflowers, focusing on observational drawing and precision watercolor painting techniques.
Starts Tuesday, 1/5, 5-7:30PM, 4wk
Adult Ed Center, Topsham **\$150**

TRAVELER'S SKETCHBOOKS WITH WATERCOLOR AND INK
Learn techniques for capturing your travels in a sketchbook! This is the perfect opportunity to delve back into old photos and savor your adventures again through art. We'll learn techniques for capturing landscapes and cityscapes both accurately and expressively, and experiment with ways to build unique compositions. *No Class: 2/17.
**Snow Date: 3/17.
Starts Wednesday, 2/10, 5-7:30PM, 4wk
Adult Ed Center, Topsham **\$150**

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To review the materials needed for Claire Baldwin's classes, please see the online description for links to materials kits.

FOOD + COOKING

CARIBBEAN CUISINE: ROPA VIEJA

Join Tony Gareton for this special one-night cooking workshop! Ropa vieja is a classic Caribbean dish of shredded beef stewed in a flavorful tomato-based sauce with peppers, onions, and spices, traditionally made with flank steak or chuck roast that is slow-cooked until tender. It's typically served with white rice, black beans, and other vegetables. Special Note: The instructor will provide the shredded beef already cooked, while students will prepare the side dishes together in class. The instructor will go over how students can make the shredded beef at home. Please bring containers to take food home with you! *There is a \$25 ingredients fee, payable to the instructor at class.

Monday, 9/14, 5-8PM, 1 Night

Monday, 9/28, 5-8PM, 1 Night

Mt. Ararat High School

\$65 ea.

FUNDAMENTALS OF HOME CANNING

Have you ever wanted to try canning, but were unsure how to get started? Or perhaps you are concerned about food safety, and wondering how to ensure that your canned food is both delicious and safe. Well, this is the class for you! Join Allison Carroll Duffy, Master Food Preserver and cookbook author, for this hands-on workshop covering all that you need to know to get started canning your own food. At the end of the class, there will be plenty of jam to taste, and each participant will go home with a jar of jam to enjoy...as well as all the know-how you need to start canning confidently at home! *There is a \$10 materials fee, payable to the instructor at class.

Tuesday, 9/22, 5:30-8:30PM, 1 Night

Tuesday, 3/2, 5:30-8:30PM, 1 Night

Mt. Ararat High School

\$65 ea.

PROGRAMS BY TIFFANY HARRINGTON

RACLETTE: THE PERFECT WINTER DINNER PARTY

This workshop will teach you all about the Swiss winter tradition of raclette, a meal that is all about cheese. Learn about creating a fun, memorable night for family and friends by throwing a raclette dinner party to get through the dark, cold winter. We'll go over the traditional components of the meal and how it can be adapted to any diet or preference. The workshop will include a demonstration and tasting.

Monday, 12/7, 6-7PM, 1 Night

Monday, 1/11, 5:30-6:30PM, 1 Night

Adult Ed Center, Topsham

\$35 ea.

INTUITIVE COOKING WITH TAROT

Let's play around with cooking intuitively guided by what comes up in a Tarot card pull. We'll go over the basics of a Tarot deck and connect it to cooking, decision making, and intuition. We'll follow the cooking journey where it unfolds inspired by the season. Be ready to share and participate as a group to have fun together. No prior knowledge of Tarot is needed.

Monday, 9/21, 6-8PM, 1 Night

Monday, 2/1, 5:30-7:30PM, 1 Night

Mt. Ararat High School

\$50 ea.



PROGRAMS BY SHUFANG LIAO

CHINESE CUISINE: NOODLES WITH ZHAJIANG SAUCE

Learn to prepare Beijing-style handmade noodles topped with flavorful Zhajiang (soybean paste) sauce. Want to master the art of hand-pulled noodles? Join this immersive class and learn traditional noodle-making techniques that symbolize longevity and prosperity. *A \$20 materials fee is due to the instructor at the start of class.

Thursday, 9/17, 4:30-6:30PM, 1 Night

Mt. Ararat High School

\$65

CHINESE CUISINE: SPRING ROLLS

Discover how to make traditional Chinese spring rolls from scratch in this fun, hands-on class! Learn how to prepare fillings (bamboo shoots, pork, tofu, cabbage, carrots), wrap rolls tightly, and fry them to golden perfection. Spring rolls are popular during Chinese New Year, symbolizing wealth and prosperity because of their color. We will have enough materials to make and bring some finished products home. *A \$20 ingredients fee due to the instructor at the start of class.

Thursday, 10/1, 4:30-6:30PM, 1 Night

Mt. Ararat High School

\$65

CHINESE CUISINE: SNOW SKIN MOONCAKES

Celebrate the Mid-Autumn Festival in style! In this no-bake class, craft delicate Snow Skin Mooncakes, modern variations of a centuries-old symbol of reunion and gratitude. Using glutinous rice flour (gluten-free), you'll make the smooth, chewy "snow skin" and fill it with sweet lotus paste, red bean, or fruit flavors before molding them into beautiful designs. Learn the cultural stories behind the mooncake. *An \$18 materials fee is due to the instructor at the start of class.

Thursday, 10/15, 4:30-6:30PM, 1 Night

Mt. Ararat High School

\$65

CHINESE CUISINE: CANDIED FRUIT SKEWERS

Experience a classic Chinese street snack through Tanghulu, a delightful treat of fruit coated in a crisp sugar shell. In this hands-on class, learn how to select fruits like strawberries, hawthorn, or grapes, skewer them, and create the perfect glossy sugar coating. Discover how this snack dates to ancient times and is a favorite for winter festivals and street fairs. *A \$15 materials fee is due to the instructor at the start of class.

Thursday, 10/29, 4:30-6:30PM, 1 Night

Mt. Ararat High School

\$50

CHINESE CUISINE: ZONGZI RICE CAKES

Experience the tradition of the Dragon Boat Festival through Zongzi, a beloved sticky rice dumpling wrapped in bamboo leaves. In this hands-on cultural cooking class, you'll learn to prepare sticky rice, choose fillings like pork, red bean, or dates, and wrap the signature pyramid shape or other shapes. Discover the legend of poet Qu Yuan and the deep symbolism behind this ancient dish as you cook your Zongzi to perfection. *A \$20 materials fee is due to the instructor at the beginning of the workshop.

Thursday, 11/12, 4:30-6:30PM, 1 Night

Mt. Ararat High School

\$65

CHINESE CUISINE: FRIED RICE

Love fried rice? Discover the secrets to wok-tossed perfection in this lively cooking class! You'll learn how to transform simple ingredients into golden, fragrant fried rice—balancing textures and flavors while mastering wok control. This dish represents creativity and resourcefulness in Chinese home cooking, making the most of leftovers with skill and flair. Perfect for beginners or seasoned cooks, you'll leave with techniques to make restaurant-quality fried rice at home. *A \$15 materials fee is due to the instructor at the beginning of the workshop.

Thursday, 1/14, 4:30-6:30PM, 1 Night

Mt. Ararat High School

\$50

CHINESE CUISINE: DUMPLINGS

Love dumplings? Learn the secrets behind China's most iconic comfort food in this hands-on class! You'll make dumplings from scratch—creating soft dough, preparing flavorful fillings, and mastering various wrapping styles like crescent and pouch shapes. Explore the cultural meaning of dumplings as symbols of reunion and wealth, traditionally enjoyed during Chinese New Year. By the end, you'll be able to boil, steam, or pan-fry your own perfect dumplings and take home the authentic techniques and recipes to recreate this festive dish anytime.

Thursday, 1/28, 4:30-6:30PM, 1 Night

Mt. Ararat High School

\$65

Due to limited space in this publication, we are unable to publish full course descriptions here. For more complete information about any of the programs in this catalog, please visit the program's registration page online at our website: merrymeeting.org

PROGRAMS BY DEAN ZOULAMIS



THE ART OF SPANAKOPITA

In this hands-on class, you'll learn to make homemade phyllo dough from scratch, a cherished tradition passed down through generations in my family. Together, we'll create authentic spanakopita while mastering techniques that bring this iconic Greek dish into your own kitchen. All materials/ingredients provided.

Starts Wednesday, 9/16, 5:30-8PM, 3wk

Mt. Ararat High School

\$175

A TASTE OF GREECE: APPETIZERS & SIDES

In this hands-on class, you'll learn to prepare classic Greek appetizers like tzatziki, stuffed grape leaves, and giant beans. We'll also create hearty, comforting soups, including lentil, great northern bean, and the traditional avgolemono, featuring both chicken and meatball variations. All materials/ingredients provided.

Starts Wednesday, 12/2, 5:30-8PM, 2wk

Mt. Ararat High School

\$115

YIAYIA'S TABLE: GREEK ENTRÉES

In this hands-on class, you'll prepare traditional Greek entrées including pastitsio, stuffed peppers and cabbage, and briami. We'll focus on layering flavors and time-honored techniques that define Greek home cooking, bringing warmth, depth, and authenticity to every dish you create. All materials/ingredients provided.

Starts Wednesday, 1/13, 5:30-8PM, 3wk

Mt. Ararat High School

\$175

PROGRAMS BY DEB ARTER

FEELING PHYLLO

If you have not discovered what a time saver phyllo dough can be, this is the class for you! We will learn to make Spinach Feta triangles, Quick Sausage Cheese appetizers and Apple Sheet Pan Baklava. All recipes employ phyllo dough. Be sure and bring a container or two to take home what you don't eat on the spot! All ingredients and recipes provided. No experience required!

Tuesday, 10/27, 6-9PM, 1 Night

Mt. Ararat High School

\$65

COLD WEATHER SCONES

Time to get out the sweaters and have some tea! Scones are the perfect accompaniment! In this 3-hour class, we will make: Harvest Pumpkin Scones, Double Ginger Scones, Savoy Hotel Classic Scones, Maple Bacon Scones, and Cranberry Orange Scones. All ingredients provided. No experience needed. Be sure and bring a container to take home samples.

Thursday, 11/5, 6-9PM, 1 Night

Mt. Ararat High School

\$65

FOOD SAFETY PROGRAMS

SERVSAFE FOOD MANAGER

This class is presented by NE Food Safety. Learn what you need to stay safe, keep customers safe and pass the CFPM exam. All key points are covered, from cleaning and sanitization to cooking temperatures, purchasing, supervision, HACCP and more! Price includes unlimited practice questions, book, class, and proctored exam. The instructor will use the ServSafe method for instruction of the FDA code.

Starts Wednesday, 10/7, 6-8PM, 3wk

Mt. Ararat High School

\$200

SERVSAFE FOOD HANDLER

This class is presented by NE Food Safety. Learn what you need to stay safe, keep customers safe and pass the CFPM exam. All key points are covered, from cleaning and sanitization to cooking temperatures, purchasing, and proper methods of food preparation and delivery. Price includes unlimited practice questions, book, class, and proctored exam. Upon completion of this course participants will receive a certificate of completion. *Certification program runs concurrently with the food manager class. Students may opt to take the food manager exam during the last night if they desire.

Starts Wednesday, 10/7, 6-8PM, 3wk

Mt. Ararat High School

\$60

TIPS 360 SAFE ALCOHOL SERVICE

This class is presented by NE Food Safety. Learn what you need to stay safe, keep customers safe and pass the CFPM exam. All key points are covered, from cleaning and sanitization to cooking temperatures, purchasing, and proper methods of food preparation and delivery. Price includes unlimited practice questions, book, class, and proctored exam. Get your team trained before the busy season!

*There will be no alcohol on premise.

Starts Wednesday, 10/28, 6-8PM, 2wk

Mt. Ararat High School

\$60

PROGRAMS BY CHRIS TOY

HANDS-ON HERB-INFUSED PASTA

Join Chef Chris Toy for a hands-on class to master fresh pasta making! We'll infuse the dough with intense, farm-fresh flavors—creating a colorful medley of mushroom, basil, and tomato pasta. You'll finish your creations with a choice of a rich tomato-red wine or a creamy vodka sauce. Get ready to roll, knead, and eat!

Monday, 9/28, 5-7:50PM, 1 Night

Bath Regional Career and Technical Center

\$65

CHRIS & KEN'S AWESOME COOKING & CARVING ADVENTURE!

Join carver Ken Wise and cooking instructor Chris Toy for a fantastic weekend of hands on Carving and Cooking. Learn how to carve cooking utensils such as chopsticks, spatulas, and spoons. Then learn how to use them to prepare, cook, and eat some tasty Asian fusion recipes! The retreat happens on the shores of Merrymeeting Bay in the Butler Head Nature Preserve. FMI contact Chris at christoy.net@gmail.com. Stay On-Site or Drive In.

*There is a \$25.00 non-refundable fee for cancellations.

Friday, Saturday, Sunday, 10/23-10/25

\$250



MAINE TASTING CENTER PROGRAMS

CHEESE TOUR OF MAINE

Did you know Maine has over 80 licensed cheesemakers? Join us for an inside look at the past, present, and future of Maine's cheese industry, and taste your way through a diverse, carefully curated selection of local cheeses - from rare small-batch treasures to beloved favorites that are easy to find at your local market. Presented by Sara Gross of Maine Tasting Center.

Wednesday, 9/16, 5:30-6:30PM, 1 Night

Maine Tasting Center

\$20

FROM GARDEN TO JAR: A GIARDINIERA WORKSHOP

Learn to make Italian giardiniera from scratch - the colorful, tangy, herb-and-spice-packed pickled vegetable condiment that makes everything taste better. In this hands-on class, you'll chop, season, and pack your own jar to take home, plus learn the basics of small-batch pickling along the way. No experience necessary!

Wednesday, 9/9, 4-7PM, 1 Night

Maine Tasting Center

\$40

ENTERTAINING WITH MAINE INGREDIENTS: MOCKTAIL MIXOLOGY

Explore Maine-made syrups, shrubs, infusions, and more while learning to craft beautiful, non-alcoholic mocktails. This hands-on class introduces local ingredients, creative techniques, and mixology tips, then gives you a chance to get hands-on with a few special recipes. Recipes and materials provided. Presented by Sara Gross of Maine Tasting Center.

Wednesday, 12/16, 5-7PM, 1 Night

Adult Ed Center, Topsham

\$35

FITNESS + WELLNESS

BODYWEIGHT + BANDS FOR HEALTHY KNEES

Build strength, stability, and confidence with this low-impact fitness class designed to support healthy knees and better movement with Maine Active, LLC. Using bodyweight exercises and resistance bands, you'll improve leg strength, balance, mobility, and joint support in a safe and supportive environment. This is a specialty program and includes: resistance bands, guided instruction, progressive weekly plan, and injury-conscious programming. Nicole is an ACE certified fitness instructor, personal trainer, and USAF veteran. The course fee is for 5 sessions with Nicole, and includes resistance bands. No experience needed; just bring comfortable clothing, supportive shoes, and a willingness to move. Bring a yoga mat for seated modifications (optional). *No Class: 10/12, 1/18.

Starts Monday, 9/21, 6-6:45PM, 5wk

Starts Monday, 11/2, 6-6:45PM, 5wk

Starts Monday, 1/4, 6-6:45PM, 5wk

Kate Furbish School

\$115 ea.

FOUNDATIONS OF PERSONAL SAFETY & SELF DEFENSE

In this energetic 90-minute workshop, you'll learn skills to enhance your personal safety: Pick up and react to cues in your environment by using your senses and intuition; set assertive boundaries using your voice and body language; practice effective strikes and kicks on padded targets, with options adapted for your own comfort level. SETpoint coaching is inclusive, trauma-informed, and survivor-centered. Lisa Nakamura is an 8th Degree Black Belt and certified as an Empowerment Self-Defense instructor.

Wednesday, 10/21, 6-7:30PM, 1 Night

Wednesday, 12/16, 6-7:30PM, 1 Night

Thursday, 1/7, 5:30-7PM, 1 Night

Adult Ed Center, Topsham

\$35 ea.



THRIVING AFTER DIVORCE

Divorce is a devastating life event that may leave you struggling to process emotions, find your financial footing, enter a new relationship in a healthy way, or co-parent with your ex effectively. We'll cover how a painful ending can be the start of a new beginning with tools for emotional, physical, and mental health to get you on the road to re-finding your joy and thriving. Led by Tiffany Harrington, mid-life transition and divorce coach for women. *No Class: 2/16.

Starts Tuesday, 9/15, 6-8PM, 3wk

Starts Tuesday, 2/2, 5:30-7:30PM, 3wk

Mt. Ararat High School

\$75

CARDIO FIT

This 60 minute, energetic, dance fitness class features a fusion of easy to follow dance moves, resistance training, yoga and kickboxing, all choreographed to popular music! The class is designed for all fitness levels with safe and effective moves to give a total body workout! Students should bring a mat and weights. Class meets Tuesdays and Thursdays. Led by Pam Justice.

Tuesday + Thursday, Starting 9/15, 6-7PM, 4wk

Tuesday + Thursday, Starting 10/20, 6-7PM, 4wk

Kate Furbish School

\$50 ea.

QIGONG FOR RENEWAL & HEALING

Relax, recharge, and share in this uplifting 90-minute Qigong experience. Flow through energizing, tension melting movements that awaken and restore your vitality. Then explore powerful one-on-one healing techniques with others in a heart-centered space that leaves you feeling refreshed, renewed, and deeply restored. Taught by Diane Doiron of Coastal Qigong. * No Class: 11/11, 11/25, 2/17.

Starts Wednesday, 10/7, 10-11:30AM, 8wk

Starts Wednesday, 1/6, 10-11:30AM, 8wk

Adult Ed Center, Topsham

\$140 ea.

TENNIS ELBOW EDUCATION

You don't have to play tennis to get tennis elbow (also known as lateral epicondylitis) which often has no clear cause. Overuse of elbow muscles and tendons can cause pain that spreads into the forearm and wrist. Join occupational therapist Mary Woodbury, OTR/L CHT, to learn how to minimize pain and swelling and keep your work or play on track. Topics include: self-care for swelling and overuse, current treatments and stretching techniques.

Tuesday, 9/22, 3:30-5PM, 1 Night

Tuesday, 10/20, 3:30-5PM, 1 Night

Tuesday, 1/26, 3:30-5PM, 1 Night

Tuesday, 2/16, 3:30-5PM, 1 Night

Hand Therapy Treatment and Education Center

\$50 ea.

FITNESS KICKBOXING FOR BEGINNERS

Learn proper punches, kicks, and combinations with a NASM Certified Personal Trainer! This fun, high-energy series combines bag training, 1:1 mitt work, and adjustable cardio conditioning for all levels. Free glove and wrap rentals included. Sweat, learn, and crush your goals in a supportive environment! Led by Meagan Rudge of DöRü Fitness, NASM Certified Personal Trainer & Head Trainer.

Starts Friday, 10/2, 5:30-6:30PM, 3wk

Starts Friday, 1/8, 5:30-6:30PM, 3wk

DoRu Fitness

\$60 ea.

IMPROV FOR THE HEART

This six week class uses the skills and exercises of Improvisational Theater to develop a deeper sense of connection to self and others through the art of embodied play. Relaxing into the entry point of tuning into our creative selves, we will expand into collaborative performance for each other by sharing our imaginations together. Elise Voigt is an actor and theater educator with over 20 years of experience and loves sharing her skills and knowledge with adults and children as a journey of self-discovery and self-renewal. No experience necessary!

Starts Thursday, 10/8, 5:15-7PM, 6wk

Brunswick High School

\$125

MEDITATION AND STRESS MANAGEMENT

Have you wondered why people meditate or how to counter your stress patterns more effectively? This class will assist you in establishing a meditation and mindfulness practice and introduce you to restorative Qigong movements that help reduce stress and anxiety. Please bring along a cushion or small blanket. Led by Anne Kimmage. *No Class: 2/16.

Starts Tuesday, 1/12, 3:15-4:15PM, 6wk

Adult Ed Center, Topsham

\$75

PROGRAMS BY TONY GARRETON

LET IT GO! FIESTA

This is a unique dance therapy program, led by Tony Dancer, that offers physical and mental health benefits. Not only does it help you stay physically fit and burn calories, but it also serves as a form of therapy to combat depression and anxiety. Let It Go Fiesta features a mix of Latin and multicultural music, making it enjoyable for people of all ages, genders, and body types. You can move at your own pace and have a great time.

Starts Tuesday, 9/15, 5:30-6:30PM, 6wk

Starts Tuesday, 1/5, 5:30-6:30PM, 6wk

Tony's Bath Studio

\$70 ea.

FIT TO SALSA

In this unique dance fitness class, led by Tony Dancer, you will experience more high impact teaching using salsa music. This is a full body cardio workout modified from salsa steps into fitness. This program is appropriate for people of all ages, genders, and body types. You can move at your own pace and have a great time. So why not join the fun with "Fit to Salsa" and experience the joy and freedom of dance? If you hate to workout but love to dance, this is for you! Course fee is for 6 sessions with Tony.

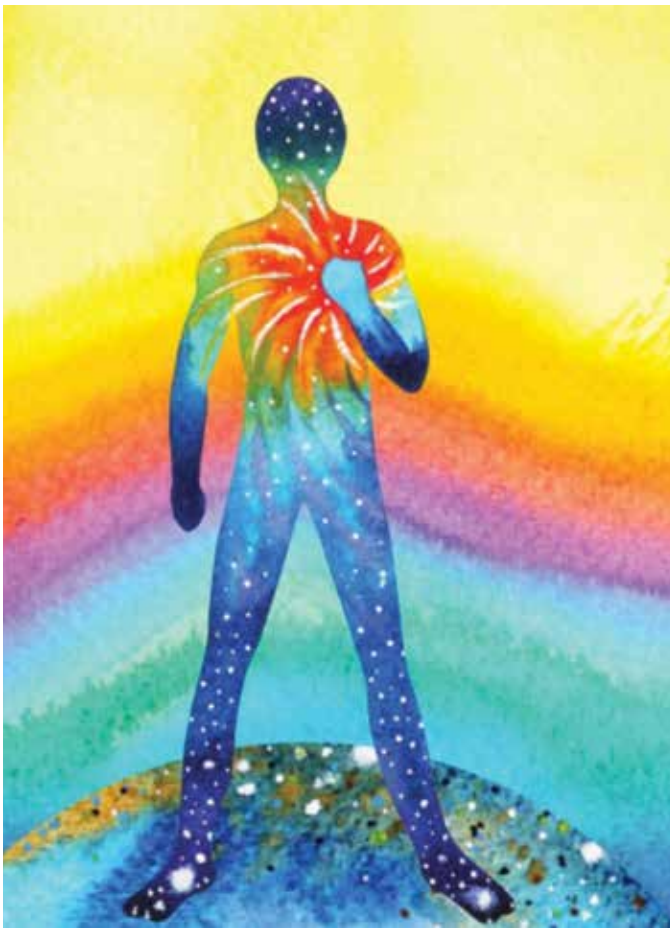
Starts Thursday, 9/17, 5:30-6:30PM, 6wk

Starts Thursday, 1/7, 5:30-6:30PM, 6wk

Tony's Bath Studio

\$70 ea.

SPECIAL NOTE: Please wear comfortable clothing, and bring a mat, strap and other supports you rely on when you are practicing yoga, pilates or other forms of exercise that may require them. If you have questions, please contact the office so we can put you in touch with the instructor before the start of class.



PROGRAMS BY JACEY GODDARD

YOUR MIND-BODY CONNECTION IN DAILY LIFE

Our body's perfect human design is just waiting for us to connect to it to support our health and wellbeing on many levels. You'll learn Dr. Goddard's 3 favorite wholeness-based and science-backed methods that you can immediately put into practice in your daily life anytime and anywhere. In this simple and profoundly powerful experience-based class, you'll empower yourself to: Calm your nervous system to stop stress and anxiety, Breathe optimally for better health and sleep, Center yourself to get into the present moment. Come back to your body--it's right there waiting for you!

Friday, 9/25, 9-11AM, 1 Day

Friday, 11/13, 9-11AM, 1 Day

Friday, 1/8, 9-11AM, 1 Day

Adult Ed Center, Topsham

\$30 ea.

LIVING IN A BODY

Learn Dr. Goddard's simple and powerful method to use your own Mind-Body connection to: Instantly Calm Your Own Nervous System to stop Stress, Anxiety, and Overthinking, Meditate more easily, Sleep Better, and Feel Like Yourself Again. *This class is ongoing, online, and self-paced. Students start as soon as they register. Immediate 30 Day Access upon registration includes twice monthly online group sessions Fridays 12-1 with Dr. Goddard.

Online

\$47

MASTERCLASS: THE ART & SCIENCE OF HEALING FROM WITHIN

Connect to what's within to make all of the work you've done really work: Calm Your Nervous System, Breath Fully and Easily, Access Inner Wisdom, Rewire Trauma, Activate Profound Healing, Deepen Your Relationship with Spirit. *This class is self-paced, students can start as soon as they register. Includes monthly online group sessions with Dr. Goddard. Self-paced 30 minute Modules, Daily Practice Exercises, and online Group Sessions with Dr. Goddard every other Friday 12-1pm over 20 weeks. **There is a \$40 fee for cancellations.

Online

\$397

PROGRAMS BY AMY BURTT

WHAT'S HAPPENING TO MY BODY? UNDERSTANDING PERIMENOPAUSE

Noticing changes in your energy, sleep, mood, or weight? You're not alone. This workshop explains what's happening during perimenopause and offers simple, supportive ways to work with your body and feel more balanced. Presented by Amy Burtt, Certified Health & Life Coach. Class is lecture and Q&A.

Tuesday, 10/13, 6:15-7:15PM, 1 Night

Brunswick High School

\$20

TIRED OF STARTING OVER? A DIFFERENT APPROACH TO WEIGHT LOSS

If diets keep leading you back to where you started, you're not doing anything wrong. Learn why restriction backfires and how to take a more supportive, sustainable path forward. Presented by Amy Burtt, Certified Health & Life Coach. Class is lecture and Q&A.

Tuesday, 11/10, 6:15-7:15PM, 1 Night

Morse High School

\$20

UNDERSTANDING HOW CORTISOL AFFECTS YOUR BODY AND OVERALL HEALTH

Learn how stress and cortisol impact your energy, cravings, sleep, and weight. Discover simple, supportive ways to reduce stress and feel more balanced and in control. Presented by Amy Burtt, Certified Health & Life Coach. Class is lecture and Q&A.

Tuesday, 12/8, 6:15-7:15PM, 1 Night

Adult Ed Center, Topsham

\$20



PROGRAMS BY HEATHER LAFFELY



YIN YOGA W/ HEATHER (DEMO)

Join us for this special Yin Yoga demo session! This is a 1-day session to try out the practice and see if the class is a right fit for you. Yin yoga is a style of yoga where passive yoga posture(poses) are held for extended periods of time (typically 3-5 min., sometimes longer). This class is for those new to yoga, as well as seasoned yogis looking for a deep stretch.

Monday, 9/28, 10-11:30AM, 1 Day

Adult Ed Center, Topsham

\$25

YIN YOGA W/ HEATHER

Yin yoga is a style of yoga where passive yoga posture(poses) are held for extended periods of time. Typically 3-5 min., sometimes longer. In these passive postures, muscle activity is minimized, with a focus on stretching connective tissues, such as fascia, ligaments and tendons. This class is for those new to yoga, as well as seasoned yogis looking for a deep stretch. Yoga blocks/bolster are encouraged if you have them, otherwise the teacher has props to use during class. *No Class: 11/23, 1/18 & 2/15.

Starts Monday, 10/19, 10-11:30AM, 8wk

\$130

Starts Monday, 1/4, 10-11:30AM, 6wk

\$98

Adult Ed Center, Topsham

GENTLE YOGA W/ HEATHER (TUESDAY SESSIONS)

This gentle class is for those looking to stretch, connect to the breath and practice traditional yoga postures, at a slow pace. We gently and safely encourage our muscle tissues to deeply lengthen and stretch, increasing range of motion and flexibility. Conscious intention and awareness are given to the breath, strengthening the nervous system and deepening the connection to mind and body. This class is designed for new, as well as, seasoned yogis looking for a mindful, gentle practice. *No Class: 10/6, 11/4, & 2/16.

Starts Tuesday, 9/15, 5:30-6:30PM, 6wk

\$98

Starts Tuesday, 11/3, 5:30-6:30PM, 6wk

\$98

Starts Tuesday, 1/5, 5:30-6:30PM, 7wk

\$114

Smart Wellness Center, Brunswick

GENTLE YOGA W/ HEATHER (WEDNESDAY SESSIONS)

This gentle class is for those looking to stretch, connect to the breath and practice traditional yoga postures, at a slow pace. We gently and safely encourage our muscle tissues to deeply lengthen and stretch, increasing range of motion and flexibility. Conscious intention and awareness are given to the breath, strengthening the nervous system and deepening the connection to mind and body. *No Class: 10/7, 11/25, & 2/17.

Starts Wednesday, 9/16, 5:30-6:30PM, 6wk

\$98

Starts Wednesday, 11/4, 5:30-6:30PM, 6wk

\$98

Starts Wednesday, 1/6, 5:30-6:30PM, 7wk

\$114

Smart Wellness Center, Brunswick

YOGA NIDRA

Yoga Nidra is a meditative yoga practice, also known as "yogic sleep", that encourages a consciousness residing between sleep and awake. It is a guided meditation that focuses on relaxation and/or conscious dreaming. The class is practiced laying down, comfortable and supported with props, where the mind, body and senses are guided by the instructor into a physiological state of rest.

Thursday, 12/10, 6-7PM, 1 Night

Thursday, 1/14, 6-7PM, 1 Night

Thursday, 2/25, 6-7PM, 1 Night

Adult Ed Center, Topsham

\$20 ea.

PROGRAMS BY NICOLA EDEN

FLOW AND GENTLE YOGA LIVE - ONLINE

Meet yourself exactly where you are with curiosity and compassion through traditional poses and flowing movement reaching for the sky and back down to earth. This engaging yoga practice allows for familiarity with the movement and opportunities to make it uniquely your own. Participate in this live-online class from the convenience of your home and create balance in your life with this gentle practice of mindfulness, breath, movement, and relaxation. Guided by Nicola Eden - Yoga Alliance Registered Teacher.

Starts Saturday, 9/19, 8-9AM, 5wk

Starts Saturday, 10/24, 8-9AM, 5wk

Starts Saturday, 11/28, 8-9AM, 5wk

Starts Saturday, 1/9, 8-9AM, 5wk

Starts Saturday, 2/13, 8-9AM, 5wk

Online

\$75 ea.

EXPLORATIONS IN CHAIR YOGA LIVE - ONLINE

Move and breathe mindfully in this yoga practice, with fluid and functional movement and more traditional holds. The chair can allow participants to access individually appropriate yoga postures and support physical alignment on a stable foundation. Participants move in and out of a chair in this engaging and sustainable 60-minute live-online class. Connect with registered yoga teacher Nicola Eden and meet yourself exactly where you are.

Starts Saturday, 9/19, 9:30-10:30AM, 5wk

Starts Saturday, 10/24, 9:30-10:30AM, 5wk

Starts Saturday, 11/28, 9:30-10:30AM, 5wk

Starts Saturday, 1/9, 9:30-10:30AM, 5wk

Starts Saturday, 2/13, 9:30-10:30AM, 5wk

Online

\$75 ea.

INTRO TO CHAIR YOGA LIVE - ONLINE

Registered yoga teacher Nicola Eden invites you to this gentle movement, breath, and mindfulness practice designed to enhance your well being. Participants remain seated and supported by a stable chair the whole time with a focus on mobility with a flowing, active range of motion, and stability by holding postures steady, all on a foundation of self-compassion. This 30-minute yoga class is offered to you live-online in the comfort of your home.

Starts Sat, 9/19, 11-11:30am, 5wk

Starts Sat, 1/9, 11-11:30AM, 5wk

Starts Sat, 10/24, 11-11:30am, 5wk

Starts Sat, 2/13, 11-11:30AM, 5wk

Starts Sat, 11/28, 11-11:30AM, 5wk

Online

\$45 ea.

PROGRAMS BY ROBIN BROOKS

TAI CHI EASY™ WITH ROBIN

Join Robin to learn about the incredible health benefits of practicing tai chi. Tai Chi Easy™ is a health-enhancement system that includes a gentle qigong (chee-gong) warm-up, breathing practices, self-massage, and a modified Yang-style tai chi form. We will discover how to nurture our Qi, or vital life force, while engaging in the practices. This class is for everyone. *No Class: 11/24 & 2/16.

Starts Tuesday, 9/22, 1:30-2:45PM, 10wk

Starts Tuesday, 1/5, 1:30-2:45PM, 10wk

Adult Ed Center, Topsham

\$155 ea.

TAI CHI WITH ROBIN FOR CONTINUING STUDENTS

Join Robin to continue with tai chi on Thursday afternoons. In this ten-week session, we will continue to refine and play with our vital energy, or Qi. This fall we will begin learning the 24-movement Yang-style taiji form. *Enrollment in this class is suggested for students who have prior experience. *No Class: 11/26 & 2/18.

Starts Thursday, 9/24, 1:30-2:45PM, 10wk

Starts Thursday, 1/7, 1:30-2:45PM, 10wk

Adult Ed Center, Topsham

\$155 ea.



CANCELLATION + REFUND POLICIES

- We send all reminders and course correspondence through our registration system for all classes and workshops. Please check your email before the start of your class for updated time, location, and other course details that may be important to your attendance.
- If you cannot start a course, **NOTIFY US SEVEN** business days before the start of the first class in order to be eligible for a refund. Card processing fees are not refundable. We are more than happy to transfer you to another class.
- If you miss a class or workshop, we are **NOT** able to issue a refund, process a credit or transfer you to another class.
- We **DO NOT** issue refunds **AFTER** a class or workshop has started. We reserve the right to cancel a class for any reason. If we cancel a class, all fees are refunded.

WHY WE HAVE A CANCELLATION POLICY

All of our instructors require advance notice on their class enrollment numbers before they decide to run it. From experience, we realized a one week notice (7 days) from the start date of the class was the most appropriate time frame to allow both instructors and students to decide if they can run/participate in the class. While we understand that life happens, once an instructor makes the decision to run their class, there's not much we can do to accommodate registration cancellations after the 7-day deadline. Please understand that registering for a class is a commitment to participate in that class. If you cancel after the 7-day deadline, we still have to pay the instructor for your spot. This is why we cannot issue refunds for late cancellations.

For art programs, this deadline is even more vital. Our instructors purchase materials for their art classes weeks in advance of the start date, and most have their materials shipped so they arrive on-time. We tell them 7 days in advance how many students to prepare for, which in turn allows them to prepare class kits and other materials for registrants. AND remember that they have already purchased materials for you that they are not being reimbursed for.

Thank you for understanding. We appreciate your patronage!

PROGRAMS BY CARLOS COLLADO



TAI CHI FOR BALANCE, FLEXIBILITY AND STRENGTH: BEGINNING LEVEL

This 22 week course is designed as an entry level course. Easy, safe and effective to learn. It enhances the body's energetic system thus practicing the form improves almost all aspects of health. Almost anyone of any physical condition can begin and continue to progress regardless of age. Practicing this form will help to improve your balance, flexibility, serenity and enhance your mind-body connection.

Starts Tuesday, 9/15, 8:30-9:30AM, 22wk

Adult Ed Center, Bath

\$220

TAI CHI FOR BALANCE, FLEXIBILITY AND STRENGTH: INTERMEDIATE LEVEL

This 22 week course is designed as an intermediate level course. Participants should have completed set 1 course or have prior Tai Chi experience. This class will pick up on extending set 1 course to include more advanced challenging movements which comprise this second set. Easy, safe and effective to learn. Practicing this form will help to improve your balance, flexibility, serenity and enhance your mind-body connection.

Starts Tuesday, 9/15, 9:45-10:45AM, 22wk

Adult Ed Center, Bath

\$220

TAIJI QIGONG SHIBASHI SYSTEM FOR BODY, BREATH AND MIND CONNECTION

This 22 week course will explore Shibashi's second Set/Connecting to Earth. Easy and safe to learn, Taiji Qigong Shibashi is an effective exercise system blending the gentle and fluid art of Taiji with the strength of Qigong producing potent health benefits. We will explore how anatomical alignment facilitates deeper breathing and a meditative mindset. Practicing Shibashi will balance your Qi, improve your wellbeing and the quality of your life. No prior experience required.

Starts Tuesday, 9/15, 11AM-12PM, 22wk

Adult Ed Center, Bath

\$220

MEN'S STRETCH AND STRENGTHEN

Using a combination of soft flowing and strengthening exercises, gentle stretching and balance postures focusing on postural alignment, focused breathing and a meditative mindset. Free the mind of distracting thoughts, expectations, and anxiety in order to experience centering, balance, reduce stress, develop strength, flexibility and gain personal control. Bring a yoga mat, a water bottle and wear loose comfortable clothing. *No Class: 11/24, & 2/16.

Starts Tuesday, 10/6, 6:30-7:30PM, 8wk

Starts Tuesday, 1/5, 6:30-7:30PM, 8wk

Adult Ed Center, Topsham

\$110

PROGRAMS BY KATIE MUNN

BOTANICAL DYEING

This class will offer hands-on experience learning how to dye fabric using the plants around us! In the first part of the class we will learn the history around using plants as a dye for clothing and then learn how to prepare the fabric we are using to create a natural dye that will last. We will then dye a kitchen towel using plants as our natural dye. *There is a \$5 material fee payable to the instructor on the night of the workshop.

Tuesday, 10/13, 6-8PM, 1 Night

Adult Ed Center, Topsham

\$35

HOW TO MAKE YOUR OWN LOTIONS

The dryness of fall and winter can often affect our skin. In this class we will learn how to make our very own healing lotion. We will discuss the healing power of common herbs for the skin and how to incorporate them into your creation. We will explore different recipes on how to make lotion for the body and face. *There is a \$5 material fee payable to the instructor on the night of the workshop.

Thursday, 11/12, 6-8PM, 1 Night

Adult Ed Center, Topsham

\$35

TEA MAKING

As we enter into the winter months having a nice cup of tea can be so supportive to the body. If you are curious about medicinal herbs come join Clinical herbalist Katie Munn for this fun informative tea making class. We will discuss common herbs used for stress, immunity & digestion and learn how to make a tea blend. We will then use the knowledge you learned to create your very own tea to take home!

Thursday, 1/14, 6-8PM, 1 Night

Adult Ed Center, Topsham

\$35



PROGRAMS BY BARBARA MCGRANAHAN

For all classes with Barbara, please bring a yoga mat, yoga bolster or personal cushion. A blanket and yoga blocks will be provided.

INTRO TO MAT PILATES

Beginner mat classes are for people who have never tried Pilates before, those who've had a substantial break from the practice, and for many of us whose bodies might have their fair share of quirks yet don't require individual postural correction. With a focus on the breath and flow, Pilates exercises relieve stress and soothe aches and pains. With all the hunching, sitting, and planning we tend to do, the cues and corrections of each class will increase your postural and muscular awareness.

Starts Monday, 9/14, 6:30-7:30PM, 6wk

Starts Monday, 1/4, 6:30-7:30PM, 6wk

Maine Pines

\$78 ea.

YOGALATES

This class blends the core-strengthening and flexibility-enhancing benefits of Pilates with the mindful movement and breathwork of yoga. Expect plank variations, core-focused movements, and exercises using a small ball or resistance band. Standing poses, floor sequences, and mindful breathing practices. Modifications offered to accommodate different experience levels and abilities.

Starts Monday, 10/26, 6:30-7:30PM, 6wk

Maine Pines

\$78 ea.

YOGA 3-IN-1

This class blends Hatha, Yin, and Restorative practices, offering a gentle yet comprehensive introduction to mindful movement, deep stretching, and profound relaxation. We will begin each session by focusing on breathwork and foundational postures to warm the body and cultivate a sense of presence. We will conclude with a restorative sequence.

Starts Monday, 10/26, 7:30-8:30PM, 6wk

Maine Pines

\$78 ea.

YOGA ALL LEVELS

Through the practice of yoga postures and breath work, you can connect with your body and mind and discover your spirit. Hatha yoga postures linked with the breath have a powerful effect on all systems of the body providing the energy to age gracefully, stay fit, improve circulation and posture, loosen and lengthen knotty muscles, reduce stress, increase bone density, and promote relaxation at the end of the day. Please bring a yoga mat.

Starts Wednesday, 9/9, 6-7PM, 6wk

Starts Wednesday, 1/6, 6-7PM, 6wk

Kate Furbish School

\$78 ea.

PILATES ALL LEVELS

If you are familiar with the principles of Pilates and/or have completed the Intro to Mat Pilates w/ Barbara offering you are ready to get down to some practical work. A brief review of basic techniques that underpin all Pilates exercises and then on to foundation exercises and progressive exercises.

Starts Wednesday, 9/9, 7-8PM, 6wk

Starts Wednesday, 1/6, 7-8PM, 6wk

Kate Furbish School

\$78 ea.



MUSIC + DANCE

IRISH SOCIAL FOLK DANCING

This class is designed for anyone who enjoys Irish music and is interested in trying a new form of dance. Irish Social Folk Dancing is similar to square dancing but danced to lively Irish music. It involves groups of eight people forming a square and dancing figures that make up a set. Please wear comfortable shoes and bring a water bottle. No experience or partner necessary. Led by Kathy Hassett, Casco Bay Irish Set Dancers.

Starts Thursday, 10/29, 6-7PM, 4wk

Brunswick High School

\$45

SOCIAL EVENT DANCE

Do you go to weddings, family and school reunions or planning a cruise and would like to participate when dancing is offered? Maybe you participated in the past and feel a bit rusty with certain dance moves? How about learning basic foxtrot, waltz, and swing (jitterbug) moves and enjoy getting your groove back. Come with a dance partner or solo. Led by Barbara McGranahan.

Starts Monday, 9/14, 7:30-8:30PM, 6wk

Starts Monday, 1/4, 7:30-8:30PM, 6wk

Maine Pines

\$100

CONTEMPORARY LINE DANCING FOR BEGINNERS

Learn all the basics of contemporary line dancing: basic steps and sequences (grapevines, shuffles, pivots, etc.), dances in 4/4 and 3/4 time, and basic rhythms with syncopations. All styles of music are used, including country-western, salsa, tango, hip-hop, waltz. By the end of the class, you will have learned up to 10 line dances of various styles. A special Halloween-themed evening is included. Weekly emails will review each previous class and preview the next one, and provide links to demo videos. Led by George Oliver. *No Class: 10/12.

Starts Monday, 9/14, 6-7PM, 8wk

Kate Furbish School

\$75

BEGINNER LINE DANCING TO ROCK/POP SONGS

This is a beginner/slightly intermediate class that does not increase in difficulty. It focuses on everyone meeting for community and having fun. I choreograph light and easy, short dances to 80's through current rock/pop songs. We break them down, then rehearse them 3-4 times before doing it to music. We usually get through 4 or 5 dances in one hour. The goal is to experience the basics of line dancing with confidence, relaxation, and joy. Led by Dorothy Anne Sirois. *This program runs for 3 weeks per session.

Starts Tuesday, 9/15, 6-7PM, 3wk

Starts Tuesday, 10/13, 6-7PM, 3wk

Starts Tuesday, 11/10, 6-7PM, 3wk

Starts Tuesday, 12/8, 6-7PM, 3wk

Mt. Ararat High School

\$42 ea.

PROGRAMS BY DUNCAN PERRY

PLAY THE UKULELE: YOUR JOURNEY BEGINS HERE

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. If you don't own a ukulele, please contact Duncan at uketime24@gmail.com for information.

Starts Tuesday, 9/29, 6-7:30PM, 4wk

Starts Tuesday, 10/27, 6-7:30PM, 4wk

Starts Tuesday, 2/2, 6-7:30PM, 4wk

Starts Wednesday, 3/3, 6-7:30PM, 4wk

Online

\$79 ea.

FIVE-STRING BANJO FOR THE ABSOLUTE BEGINNER

The five-string banjo is a blast to play! Learn the basics of chording, strumming, and finger picking and play some tunes! We'll focus on playing clawhammer ("old-time") and folk-style (think Pete Seeger) playing. Wouldn't you like every day to be a banjo day! If you don't own a banjo, please contact Duncan at uketime24@gmail.com for information. What are you waiting for? Grab a banjo and get ready for a musical adventure, then spread the joy!

Starts Wednesday, 1/6, 6-7:30PM, 4wk

Online

\$79

PROGRAMS BY JOSEPHINA GASCA

MIDDLE EASTERN BELLY DANCE MIXED LEVEL DRILLS & THRILLS: PART 1

Authentic Belly Dance, or raks sharqi, is an ancient form of dance. Raks sharqi means "dance of the east" in Arabic. Belly dance celebrates every body type and every stage of life. It's the Pilates of dance. Please wear comfortable clothing, similar to what you might wear to a yoga class that will allow for free movement and the ability to see your movement. You can dance barefoot or in a pair of comfortable dance shoes in the studio. *This class meets on the following Thursdays: 9/3, 9/17, 10/1, 10/15, 10/29, 11/12, 12/3, 12/17 (8 sessions total).

Starts Thursday, 9/3, 6-7:15PM, 8wk

People Plus

\$125

MIDDLE EASTERN BELLY DANCE MIXED LEVEL DRILLS & THRILLS: PART 2

This five-week insert of classes will be for those who've taken at least one session of belly dance. The emphasis will be to create a group choreography. There will be an opportunity to perform the piece in the 15th Annual It Takes a Village Studio show in mid-May, provided the Spring Part 3 session is also taken. Performance is optional. Class Dates: 1/13, 1/27, 2/10, 2/24, 3/10.

Starts Wednesday, 1/13, 6-7:15PM, 5wk

People Plus

\$80

PROGRAMS BY SERGEI SLUSSKY

COUNTRY WESTERN DANCE

Country Western dancing is contagious: once you start, you might never want to stop. Dance develops balance and coordination, physical, mental, emotional, and social abilities. Come to exercise & meet new friends. In this class, we will go over: country western style Progressive 2-Step, Waltz, and East Coast Swing. This class is open to all skill levels.

Starts Wednesday, 9/9, 6-7PM, 6wk

Starts Wednesday, 1/6, 6-7PM, 6wk

Kate Furbish School

\$100 ea.

LATIN-FUSION DANCE

Latin dancing is contagious: once you start, you might never want to stop. Dance develops balance and coordination, physical, mental, emotional, and social abilities. Come to exercise & meet new friends. In this class, we will go over: Bolero, Mambo, and Samba dance styles. This class is open to all skill levels.

Starts Wednesday, 9/9, 7-8PM, 6wk

Starts Wednesday, 1/6, 7-8PM, 6wk

Kate Furbish School

\$100 ea.

PROGRAMS BY ANNA GOLENDUKHINA

CUBAN SALSA: LEVEL 2

This class is a great option for students who have taken Level 1 or have prior Cuban Salsa experience. Students will continue learning Cuban Salsa moves and footwork, along with Rueda de Casino. You will learn how to connect with any partner, and build your confidence dancing to different styles and tempos of music. A partner is not required but is recommended! This is a 5 session class.

Starts Wednesday, 9/30, 5:50-6:40PM, 5wk

Williams-Cone School

\$90

CUBAN SALSA: LEVEL 1

In this class, students will learn the basics of Salsa footwork and some simple, fun moves that will get you out on the dance floor. You will learn how to connect with any partner, and build confidence dancing to different styles and tempos and music. Students will be introduced to the famous Salsa Rueda. Partner is recommended. This is a 5 session class.

Starts Wednesday, 9/30, 6:40-7:30PM, 5wk

Starts Wednesday, 1/6, 6:40-7:30PM, 5wk

Williams-Cone School

\$75 ea.

PROGRAMS BY CRAIG COFFMAN

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 the 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. *This course includes ONE live online session, and students follow up on their own with provided video lessons.

Saturday, 10/24, 9AM-12PM, 1 Day

Online

\$65

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 along with your favorite songs right away. Fee includes the 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. For ages 13+. *This course includes ONE live online session, and students follow up on their own with provided video lessons.

Saturday, 10/24, 1-3:30PM, 1 Day

Online

\$65

PROGRAMS BY NINA ANDERSON

INTRO TO UKULELE

The ukulele is one of the easiest ways to try making music for the first time or learn a new instrument. In this class we'll start with 4-5 basic chords that can be used to play lots of popular and familiar tunes and build from there. No prior musical experience required and all levels are welcome! Nina Andersen has 30 years of experience facilitating and supporting adults making music at whatever level they can. Bring your own uke or contact the instructor for details on where to purchase one. Email Nina at nina.andersen.458@gmail.com. *No Class: 10/12.

Starts Monday, 9/14, 3-4PM, 8wk

Adult Ed Center, Topsham

\$120

MIDCOAST UKES: NEXT STEPS

This is an ongoing instructional and playing session for students that have participated in the Intro to Ukulele session offered by Nina Andersen or have some basic Ukulele playing skills and experience. Each session will build on the skills learned in the Intro class and we'll build a solid repertoire of songs to play together. *This program meets for a total of 5 class sessions on the following dates: 9/15, 9/29, 10/20, 11/10, and 12/8.

Starts Tuesday, 9/15, 3:30-4:30PM

Adult Ed Center, Topsham

\$75



Due to limited space in this publication, we are unable to publish full course descriptions here. For more more detailed course descriptions, please visit the program's registration page online at our website: www.merrymeeting.org

GET OUTSIDE



STAR PARTY

Join us for an enchanted evening of star-gazing! Hosted by members of Southern Maine Astronomers (SMA), these 'star parties' include naked eye, binocular, telescopic, or electronically-aided telescopic viewing with the support of trained volunteers, as well as brief talks or demonstrations focused on the how-to's of observing. SMA is a community of folks interested in astronomy, a few of us even do that as a job. We learn and exchange ideas at meetings that include an astronomy talk and open mic discussions of recent observing experiences or other astro-bites. The tone is light, we're in this for fun. *Rain/Cloud Date: 10/17.

Saturday, 10/3, 6-8PM, 1 Night

Adult Ed Center, Topsham

\$20

AMERICA'S BOATING COURSE

The most comprehensive in-person boating course available, America's Boating Course, gives you the skills you need to enjoy your time on the water and boat with confidence. Our class meets most states' certification requirements. Gain knowledge of navigation, rules of the road, handling emergencies and mechanical problems on the water, the basics of towing and trailering, important information for hunters, anglers, and water sports enthusiasts. Four sessions with a NASBLA approved examination. ***Class will meet on the following Tuesdays & Thursdays: 10/13, 10/15, 10/20, 10/22, & 10/27 (exam day). This program is presented by U.S. Power Squadron.

Tuesday + Thursday, Starts 10/13, 6:30-8:30PM, 3wk

Brunswick High School

\$75

FLY TYING FOR BEGINNERS

Attendees will learn the basic techniques for fly tying and progress to tying flies for catching freshwater fish in Maine's lakes and rivers. Vises, tools, hooks and all supplies needed to produce fishable flies will be provided by the instructor. Class will cover tools, hooks, fly size, fly type and construction techniques used to create flies. Student will learn to work with feathers, hair, tinsels, thread, wire, fur, beads and many other materials used in making flies. A materials fee of \$25 must be paid to the instructor on the first night of class. *No Class: 2/17.

Starts Wednesday, 1/13, 5:30-7:30PM, 8wk

Adult Ed Center, Topsham

\$10

PROGRAMS BY ALICE BEAN ANDRENYAK

MAP AND COMPASS FUNDAMENTALS (LEVEL 1)

Hike, snowshoe, geocache, hunt, and enjoy the woods and fields of Maine with confidence that you can 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 will have access to an online textbook. Students must have a DeLorme Maine Gazetteer, and a 2-degree baseplate compass. This course is offered via Zoom over two sessions. This is a LEVEL 1 program.

Starts Tuesday, 9/22, 6-8:30PM, 2wk

Online

\$50

COASTAL NAVIGATION (LEVEL 1)

Learn the basics of coastal navigation using local charts, parallel ruler, and dividers. Learn the symbols, 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 either a Casco Bay Chart or Penobscot Bay Chart, parallel ruler and dividers. This course is offered via Zoom over two sessions. This is a LEVEL 1 program.

Starts Monday, 11/2, 6-8:30PM, 2wk

Online

\$50

USING YOUR COMPASS OUTDOORS

We'll be outside practicing how to follow and set bearings and navigation tricks of the trade in the light and in the dark! A compass never runs out of batteries or fails to connect with a satellite. *Students should have taken Map & Compass Level 1 or have experience using compasses with maps. **Students must have a headlamp, a flashlight and a 2-degree baseplate compass.

Tuesday, 10/6, 5:30-8:30PM, 1 Night

Adult Ed Center, Topsham

\$40

DEVELOPING A PERSONAL AND HOME PROTECTION PLAN

This course is NOT about installing an alarm system, but 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 access your home's defense. Part of a series but can be taken separately. Class taught via Zoom.

Monday, 11/16, 6-8:30PM, 1 Night

Online

\$35

UNDERSTANDING CONSTITUTIONAL CARRY AND LEGAL USE OF FORCE

This three-hour course is for firearm owners and nonowners. 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 US and Maine, and various ways to protect yourself without using a firearm. Part of a series but can be taken separately. Class taught via Zoom.

Monday, 11/23, 6-8:30PM, 1 Night

Online

\$35



PROGRAMS BY DAVID SPAHR

MUSHROOM WALK

Join seasoned forager David Spahr on an immersive mushroom hunt, exploring habitats, structures, and safe foraging practices. Uncover surprises in each walk, shaped by season and location. Suitable for all ages (8-15 with a registered parent), this moderate-difficulty hike promises an exciting adventure. Supply List: Notebook and pen to take notes, sensible clothing and footwear, water, snack and bug repellent. A basket or bags are optional. NOTE: This class will start with an outdoor talk at the waterfront followed by the walking portion.

Sunday, 9/6, 1-3:30PM, 1 Day

Sunday, 10/4, 1-3:30PM, 1 Day

Maily Waterfront Park

\$45 ea.

FORAGING WALK

Crave the forest's bounty? Join David (65+ years of experience!) for an immersive foraging adventure. Learn to identify edible treasures, from berries to mushrooms, and uncover the secrets of plant ecology. This isn't just a walk, it's a transformative experience that fills your basket and your soul! Limited spots, register today! David is a member of the Maine Mycological Assoc. NOTE: This class will start with an outdoor talk at the waterfront followed by the walking portion.

Sunday, 9/27, 1-3:30PM, 1 Day

Maily Waterfront Park

\$45

WHEN YOUR OFFICE IS SOMEONE'S HOME

This three-hour course is for anyone that goes into someone else's home to do work, repairs, estimates, sales, nursing, or outside the home contractors. How can you be safe? Learn the basics to access the surroundings, stay safe and protect yourself without using a firearm. This class will be hosted on Zoom.

Monday, 11/30, 6-8:30PM, 1 Night

Online

\$35

BECOME A REGISTERED MAINE GUIDE: HOW TO TRAIN!

Want to be a Registered Maine Guide? Don't know the process? Trying to decide how to train to take your tests? Want to know the rules about guiding? Take this one-hour interactive Zoom. free class. Get your answers and create your future! Course will be on Zoom.

Tuesday, 11/17, 7-8:30PM, 1 Night

Monday, 12/7, 7-8:30PM, 1 Night

Thursday, 1/7, 7-8:30PM, 1 Night

Online

FREE

REGISTERED MAINE GUIDE TRAINING COURSE

Train to become a working Registered Maine Guide not just a test taker. Learn the skills that guides use daily including: map & compass, coastal navigation, shelter building, separated client searches, cooking, advanced first aid, weather predicting, trip planning, canoeing, snowshoeing, SUP'ng, id's, plus specialty skills for future guides for these specialties: Recreation, Sea kayaking, Tidewater Fishing, Inland Fishing, and Hunting. This ten-session hybrid program includes Zoom, optional all-day skill workshops, and homework assignments. This 10-wk course is taught online over Zoom. *No Class: 2/16.

Starts Tuesday, 1/19, 5:30-8:30PM, 10wk

Online

\$500

HISTORY OF MALAGA ISLAND

Learn about the eviction of a complete community living on Malaga Island in Casco Bay in 1912. Learn the prehistory of the island's use by our indigenous people and post history of the island after the eviction. Learn a bit about the mainland African American village in coastal Maine that no longer exists but predated the Malaga Island Colony. Visit the island remotely through a slide show created by Master Maine Guide, Alice. Course will be on Zoom.

Tuesday, 1/12, 7-8:30PM, 1 Night

Online

\$35

SAGADAHOC COUNTY BEEKEEPERS ASSOCIATION

BEEKEEPING: AN INTRODUCTORY WORKSHOP

This one day introduction workshop will provide an overview of beekeeping for those considering beekeeping or just wanting to learn more about honeybees. The workshop will cover equipment required, equipment sources, cost, level of effort required, basic bee biology and care, etc. The workshop is intended to provide basic background information and a general understanding of beekeeping, to help determine if beekeeping is for you. *This one-night workshop is not intended to function as a full beekeeping course; it is highly recommended that a full "Fundamentals of Beekeeping" course is completed if your goal is to become a beekeeper.

Thursday, 1/14, 6-8PM, 1 Night

Morse High School

\$35

BEEKEEPING: THE FUNDAMENTALS

This six class course of instruction is designed for those that wish to become a beekeeper. The course will cover the what, why, and how of beekeeping. Topics include but are not limited to bee biology, equipment requirements and setup, seasonal management techniques, diseases, pest management, honeybee environmental benefits, and hive products. The goal of this course is to develop a foundation for new beekeepers to be prepared to keep bees. A course textbook will be provided to each student. *NO CLASS: 2/18.

Starts Thursday, 1/14, 6-8PM, 6wk

Morse High School

\$110

REWILD MAINE PROGRAMS

HOW TO EAT ACORNS

Acorns, or oak nuts, have remained an important and nutritious food source for many animals, including humans, around the world for hundreds of thousands of years. The oak tree has sustained human civilization since its inception in countless ways. Learn to identify, harvest, process, store, and use acorns in the kitchen. We'll cover the whole process: identification, gathering, storage, processing, leaching and cooking. Homemade acorn bread, acorn muffins and other acorn-based snacks will be available as free samples.

Thursday, 9/24, 5:30-7:30PM, 1 Night

Adult Ed Center, Topsham

\$45

PINE NEEDLE BASKETS

Learn to identify, regeneratively gather and harvest, properly store and process, and weave with pine needles. We'll cover the basics of coiled basketry, which is a global, ancient human skill, and create a wonderful pine-needle basket. All tools and materials will be provided. *Program includes all required tools and materials.

Thursday, 2/11, 5:30-8PM, 1 Night

Adult Ed Center, Topsham

\$85

KNIFE AND TOOL SHARPENING

Learn how to sharpen knives, axes, pruners, scissors, and other blade tools. Bring your own dull tools that need to be touched up, or come to practice sharpening on some of our tools and stones. We'll cover the basic theory behind sharpening edge tools, and practice using a variety of sharpening stones. Whetstones will also be available for purchase. *Program includes all required tools and materials.

Tuesday, 11/17, 5:30-7:30PM, 1 Night

Adult Ed Center, Topsham

\$45

WOVEN BIRD FEEDERS (WINDOW-STYLE)

Learn to make a beautiful woven window feeder for birds! We'll cover identification of basketry materials in the wild, responsible collection, processing and storage, and weaving techniques, including the basics of stake-and-strand waling and randing weaves. *Program includes all required tools and materials.

Saturday, 12/19, 9AM-12:30PM, 1 Day

Adult Ed Center, Topsham

\$85

INVASIVE BITTERSWEET BASKETS

So-called "Oriental" or round-leaved bittersweet is a creeping vine with inedible berries that is considered invasive in North America. Using traditional harvesting techniques to tend Asian bittersweet in the wild we can harvest material for baskets while controlling and suppressing future damaging growth. We will cover identification, responsible collection, materials processing and storage, and creation, including the basics of stake-and-strand twining and weaving. We will shoot for a basket about 8-inches wide and 4-inches deep. Price includes all required tools and materials.

Saturday, 1/16, 9AM-4:30PM, 1 Day

Adult Ed Center, Topsham

\$55

SOMETHING FOR EVERYONE



BABYSITTER TRAINING

This course prepares participants ages 11-16 to safely provide care for infants and children. Learn important skills like diapering, feeding, and holding children. In addition, students will learn how to react to an emergency situation, such as choking, fire and water emergencies. Upon completion of this course, participants will receive a certificate from the American Red Cross which is valid for 10 years (this course does not include CPR/First Aid/AED certification). Presented by Jennifer Harris of First Point Training, LLC.

Monday, 10/5, 4-8PM, 1 Night

Mt. Ararat High School

\$95

ADULT/PEDIATRIC FIRST AID/CPR/AED

This class covers both adult and pediatric CPR/First Aid/AED instruction for those looking for either initial certification or renewal. Upon completion of the course, participants will receive a certificate from the American Red Cross which is valid for two years. Presented by Jennifer Harris of First Point Training, LLC.

Saturday, 10/17, 10AM-2PM, 1 Day

Adult Ed Center, Topsham

\$90



BASIC LIFE SUPPORT

Basic Life Support is for healthcare professionals who are looking to obtain or renew their certification. This class covers CPR/First Aid/AED training as well as foreign body airway obstructions, recognize signs and symptoms of stroke and how to respond in a life threatening emergency. Upon completion of the class, participants will receive a certificate from the American Red Cross which is valid for two years. Presented by Jennifer Harris of First Point Training, LLC.

Saturday, 11/14, 10AM-2PM, 1 Day

Adult Ed Center, Topsham

\$95

THE SALES AGENT ONLINE CLASS

This 55-hour remote learning real estate agent course, approved by the Maine Real Estate Commission, is a prerequisite to taking the Pearson VUE state licensing exam. Based on the book, Introduction to a Successful Career in Maine Real Estate, by Charles "Kim" Coit, its content includes material that is basic to the practice of real estate in Maine. This class is ongoing/self-paced and the student can start as soon as they register. PDF copy of book is provided, \$35 for the hard copy.

Online

\$370

SPANISH FOR BEGINNERS: CONVERSATIONAL SKILLS & EVERYDAY LIFE

Join us for this engaging 6-week introduction to Spanish, designed to build confidence and spark conversation. In weekly two-hour sessions, you'll explore topics such as introducing yourself, expressing likes and dislikes, ordering food in restaurants, and navigating places around town. With a focus on speaking and listening, each class blends vocabulary building, practical phrases, and cultural insights to bring the language to life. Whether you're planning a trip, connecting with Spanish-speaking communities, or simply curious to learn, this course offers the perfect springboard. No prior experience needed! Taught by Courtney Anderson.

Starts Wednesday, 9/16, 5:30-7:30PM, 6wk

Starts Wednesday, 1/6, 5:30-7:30PM, 6wk

Mt. Ararat High School

\$150 ea.

SPANISH FOR BEGINNERS 2: CONVERSATIONAL SKILLS & EVERYDAY LIFE

Continue building your Spanish speaking skills through engaging conversations about music, art, and culture from across the Spanish-speaking world. This course expands on concepts introduced in Conversational Spanish 1, helping students increase vocabulary, improve fluency, and gain confidence in a supportive, interactive setting. No Class 11/25. Taught by Courtney Anderson.

Starts Wednesday, 10/28, 5:30-7:30PM, 6wk

Mt. Ararat High School

\$150

"I took conversational Spanish with Courtney. She was great! She had lots of energy and enthusiasm for the class. Her presentations were clear and organized. My favorite part of the class was working with other students on dialogue. We had a lot of fun."

-Anonymous student

TAROT 101: GETTING STARTED

Have fun learning to listen to your intuition and exploring the traditional and intuitive meanings behind Tarot. We'll go over the basics of a Tarot deck, quick ways to understand card meanings without years of studying, how to read your first card, and integrating Tarot into your life for self-reflection, confidence, and guidance. You can bring a deck if you have one on hand that you'd like to connect with and explore further. Led by Tiffany Harrington, Bidly Tarot Certified Advisor.

Tuesday, 10/6, 6-8PM, 1 Night

Tuesday, 3/2, 5:30-7:30PM, 1 Night

Mt. Ararat High School

\$50 ea.

MEMOIR WRITING

Have you desired to write your memoir but don't know how to get started? Have you started but feel stuck? If you need direction and guidance for your writing, this course is for you! Instruction will focus on the craft of writing (setting a scene, dialogue, voice, showing vs. telling, character development, etc.) as well as feedback on your writing. Led by Ann Kimmage, author of two memoirs. *No Class: 2/16.

Starts Tuesday, 1/12, 1-3PM, 8wk

Adult Ed Center, Topsham

\$130

UNDERSTANDING SENIOR CARE DECISIONS: WHAT TO KNOW BEFORE IT BECOMES URGENT

Most families aren't lacking care—they're lacking orientation. This session explains how assisted living works, what to expect during a hospital or rehab discharge, and how to evaluate options before decisions become urgent. This workshop is designed to reduce confusion and help people feel more prepared. Kaitlyn Cunningham Morse, a senior care strategist, describes her work as grounded, practical, and shaped by over 10 years inside Maine's senior living industry.

Tuesday, 10/6, 6-7:30PM, 1 Night

Adult Ed Center, Topsham

\$25



RADIANT IMAGE CONSULTING

BEST HAIRSTYLES, GLASSES & NECKLINES FOR YOUR FACE SHAPE

Learn what looks good for your face shape! In this fun class, you'll learn your face shape and tips for enhancing your appearance by working with your facial features. We'll teach you hairstyle do's & don't's for your face shape, as well as glasses and necklines that harmonize with your features. Come on your own or grab a friend and learn some great tips to help you look your best! Presented by Candace Sanborn of Radiant Image consulting services.

Wednesday, 10/7, 5:30-8PM, 1 Night

Wednesday, 10/14, 5:30-8PM, 1 Night

Mt. Ararat High School

\$35 ea.

BEST CLOTHING & MAKEUP COLORS FOR YOUR COLORING

Is your closet full of black-colored clothing? Would you like to learn what other colors look good on you? In this fun interactive class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive recommendations for eye shadows, blush and lipsticks, along with sunglasses colors and jewelry metals to flatter your coloring!! Please wear a lower neckline to class. Presented by Candace Sanborn of Radiant Image consulting services.

Wednesday, 2/24/2027, 5:30-8PM, 1 Night

Wednesday, 3/3/2027, 5:30-8PM, 1 Night

Mt. Ararat High School

\$35 ea.

PLUTO'S HEART ASTROLOGY

INTRODUCTION TO ASTROLOGY

In this class, you will learn all of the essential information needed to be able to understand the components of an astrological chart. Learn the basic philosophy behind astrology and how it can be used, with Rebecca Quigg of Pluto's Heart Astrology. A personal astrological birth chart is included.

Tuesday, 9/8, 5:30-7:30PM, 1 Night

Tuesday, 1/11, 5:30-7:30PM, 1 Night

Adult Ed Center, Topsham

\$25 ea.

MINI ASTROLOGY READING: INDIVIDUAL SESSIONS

Gain self-insight with this Sun, Moon, and Ascendant Mini Astrology Reading. This bite-sized yet powerful session focuses on three influential placements in your birth chart that reveal aspects of your personality, your emotional world, and how others perceive you. This fifteen-minute reading by Rebecca Quigg of Pluto's Heart Astrology is perfect for curious astrology beginners or anyone wanting a quick yet illuminating glimpse into their chart. A birth date, exact time of birth, and place are required. *Registration limited to one session per person. Sessions are 15 min each. You will be able to choose a specific time slot at registration.

Thursday, 2/4/2027, 5-8PM, 1 Night

Adult Ed Center, Topsham

\$30 ea.

PROGRAMS BY LAURIE NOTCH

THE ART OF WRITING HORROR

Tis the spooky season and time to build a monster of a story for chills and thrills. Learn how to stitch the parts of a plot, setting, and character together into hair-raising tales of things that go bump in the night. Class takes place on Zoom. Students must have reliable internet, and an audio and video enabled computer, tablet, or smartphone to participate.

Starts Saturday, 10/3, 10AM-12PM, 5wk

Online

\$50

FRENCH: BEGINNING LEVEL

Voulez-vous apprendre le français? Learn French essentials or revive French learned from decades ago! We'll cover pronunciation, basic phrases, structure and vocabulary with the textbook Barron's E-Z French. *No Class: 11/24.

Starts Tuesday, 9/22, 4-6PM, 12wk

Brunswick High School

\$150

FRENCH: INTERMEDIATE LEVEL

This course will offer lessons in structure and grammar, reading comprehension, listening comprehension, and conversation using a variety of materials. Continuons à apprendre la langue française! *No Class: 11/25.

Starts Wednesday, 9/23, 4-6PM, 12wk

Brunswick High School

\$150

FRENCH : INTENSIVE LEVEL

Improve French comprehension and conversational skills through French media and literature where we will listen, read, and discuss in French what's going on in the world. *No Class: 11/26.

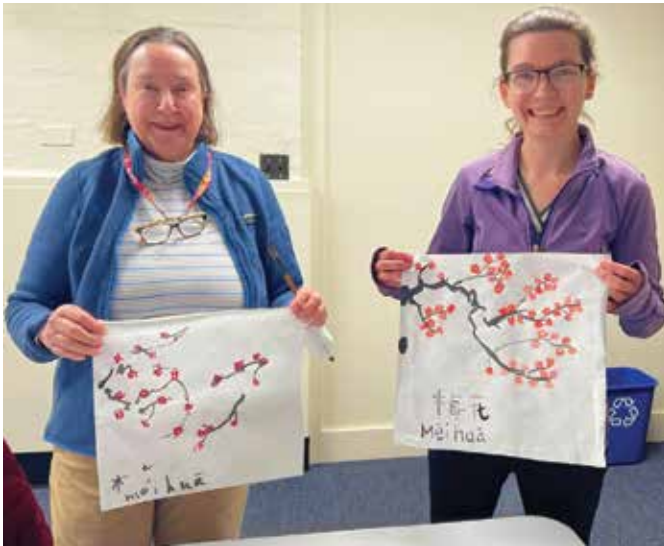
Starts Thursday, 9/24, 3:30-5:30PM, 12wk

Brunswick High School

\$150



PROGRAMS BY SHUFANG LIAO



CHINESE CULTURE & CONVERSATION

This course introduces students to basic Chinese language (Mandarin) and culture through engaging, hands-on activities. Students will learn Pinyin, tones, simple vocabulary, greetings, numbers, and expressions such as "How are you?" and "I like to...." Cultural topics include Chinese calligraphy, paper cutting, zodiac signs, traditional festivals like the Spring Festival and Mid-Autumn Festival, and creative projects such as designing Chinese names, making fans, mooncakes, and red pockets. *A \$20 materials fee is due to the instructor on the first night of class.

Starts Tuesday, 9/15, 3:30-4:30PM, 6wk

Adult Ed Center, Topsham

\$100

MAHJONG FOR BEGINNERS

Curious about one of China's most popular social games? Join this interactive Mahjong experience. Mahjong is a traditional tile-based game that combines strategy, memory, and luck, often played during family gatherings and holidays. You'll learn basic rules, gameplay, and cultural etiquette. We don't gamble. *A \$20 materials fee is due to the instructor on the first night of class.

Starts Tuesday, 12/1, 4:30-6:30PM, 2wk

Adult Ed Center, Topsham

\$60

HEARTFELT ENERGIES

CONVERSATION WITH A PSYCHIC

What happens when the Spirit world decides to make themselves known? In this fun and eye-opening class, we'll have a real, honest conversation about what it's like to be psychic. Bring your questions about mediumship, psychic abilities, and holistic energy, because nothing is off limits. And stick around for the stories — because Spirit has a serious sense of humor. Spirit also loves irony!! Led by Jeannie Sullivan, Intuitive Coach, Spiritual Teacher and Speaker.

Monday, 9/28, 5:30-7PM, 1 Night

Adult Ed Center, Topsham

\$30

BOOK TALK: DAUGHTERS OF WITCHING HILL

Join Jeannie Sullivan for a discussion about the book, Daughters of Witching Hill by Mary Sharra. This book takes place during the witch trials in England and is based on true events. You will find out how the witch trials affected Bess and her grandmother. Led by Jeannie Sullivan, Intuitive Coach, Spiritual Teacher and Speaker.

Monday, 10/19, 5:30-7:30PM, 1 Night

Mt. Ararat Middle School

\$45

ORACLE VS TAROT: TWO DECKS, TWO WORLDS

In this class you will learn the difference between the Oracle and Tarot decks, what they are and which (or both) is right for you. We will discuss how to use both decks and what each has to offer you. Led by Jeannie Sullivan, Intuitive Coach, Spiritual Teacher and Speaker.

Tuesday, 2/23, 5:30-7:30PM, 1 Night

Adult Ed Center, Topsham,

\$50

MESSAGE CIRCLE WITH JEANNIE SULLIVAN

Come hear what Spirit has to say to you. Get your questions answered and learn what your family and friends have to say in Spirit. This is a fun and interactive way to get introduced to psychic readings. You may be surprised who you hear from. Led by Jeannie Sullivan, Intuitive Coach, Spiritual Teacher and Speaker.

Tuesday, 10/13, 5:30-7:30PM, 1 Night

Tuesday, 11/10, 5:30-7:30PM, 1 Night

Monday, 12/14, 5:30-7:30PM, 1 Night

Wednesday, 1/20, 5:30-7:30PM, 1 Night

Adult Ed Center, Topsham

\$45 ea.

SHARING LEGACIES

INTRO TO LIFE STORY WRITING

This 2wk intro workshop is designed to introduce students to the corresponding course, Life Story Writing. Though this workshop is not a prerequisite for the course, it is an opportunity to meet the instructor and preview lesson plans before committing to the full course.

Starts Thursday, 9/17, 3-5PM, 2wk

Adult Ed Center, Topsham

\$50

LIFE STORY WRITING

This course is a memoir-type writing program that uses a theme-based approach to writing life stories. Classes will provide focus and motivation to write life stories. The course will help participants organize and write their life stories using the Guided Autobiography (GAB) method. Each week, students are required to write at least two pages based on a theme-of-the-week, and share their work with a dedicated group. Students will participate in discussions relating to the theme topics. It is recommended that students have a gmail account as most handouts will be shared virtually via Google Docs. The preferred device for this course is a laptop rather than a tablet.

Starts Thursday, 10/1, 3-5PM, 5wk

Adult Ed Center, Topsham

\$135



INTRO TO FOUNDATIONS OF GENEALOGY

This 2wk intro workshop is designed to introduce students to the corresponding course, Foundations of Genealogy. Though this workshop is not a prerequisite for the course, it is an opportunity to meet the instructor and preview lesson plans before committing to the full course.

Starts Thursday, 9/17, 5:30-7PM, 2wk

Adult Ed Center, Topsham

\$45

FOUNDATIONS OF GENEALOGY

This course covers basic genealogy concepts for researching and documenting one's ancestors. Topics include: general ideas to get started, where and how to find key genealogy records, paper and digital organization strategies, using online databases and resources, and where to go in the community to research family history. Although this is a course on genealogy fundamentals, it has a special focus on the research areas of Maine and French Canada. It is recommended that students have a gmail account as most handouts will be shared virtually via Google Docs.

Starts Thursday, 10/1, 5:30-7PM, 3wk

Adult Ed Center, Topsham

\$75

WRITING YOUR OWN OBITUARY

Have you ever wondered how you'd like to be remembered? This workshop offers a unique and transformative opportunity to reflect on your legacy by crafting your own obituary. Far from morbid, this session is an empowering exploration of life, values, and aspirations. No prior writing experience is necessary—just bring an open mind and a willingness to reflect. It is recommended that students have a gmail account as most handouts will be shared virtually via Google Docs.

Starts Thursday, 10/22, 5:30-7PM, 2wk

Adult Ed Center, Topsham

\$65

KELUM TRAINING

AI EVENT: UNDERSTANDING ARTIFICIAL INTELLIGENCE

Get your artificial intelligence crash course in one day, all from the comfort of your couch! Fun, easy to follow. Enjoy intro AI classes and classes that teach you how AI can bring you side income, how to find grants and scholarships for college, growing your small business with AI tools, and more. Ideal for small business owners, retirees, seniors, managers, stay at home folks, parents, and anyone who is curious about what AI can do.

Sunday, 10/4, 9AM-5PM, 1 Day

Sunday, 1/3, 10AM-6PM, 1 Day

Online

\$70 ea.

FINDING MONEY FOR COLLEGE FINANCIAL AID, SCHOLARSHIPS, AND GRANTS USING CHAT GPT + AI

Families face many hurdles during the college admissions process. Many of those hurdles are related to money and the question "can I afford it?" Don't let money block you from attending a dream school. AI such as Chat GPT and Google Gemini can burst open doors for parents, students, high school college admission counselors, during this process. Learn how to find scholarships, grants, community awards, at a fraction of the time.

Tuesday, 9/1, 12-1PM, 1 Day

Saturday, 10/3, 4-5PM, 1 Day

Saturday, 12/12, 3-4PM, 1 Day

Saturday, 1/30, 3-4PM, 1 Day

Online

\$25 ea.

AI FOR RETIREES AND SENIORS

For retirees and Seniors, the purpose of AI is a little different than someone in the workforce, running a business, or raising toddlers. Rather than using AI to compete and run the rat race, retirees use AI to improve their life, feel enriched, learn a new skill, and satisfy a curiosity. This class gives AI tools for memoir making, publishing a book, health & wellness tips, travel planning, finding a cruise for less, tracing genealogy, meal preparation ideas, etc. No technical knowledge required.

Sunday, 9/27, 5-6PM, 1 Night

Saturday, 10/17, 2-3PM, 1 Day

Tuesday, 12/29, 5-6PM, 1 Night

Saturday, 1/23, 10-11AM, 1 Day

Online

\$25 ea.

EMOTIONAL INTELLIGENCE TOOLS FOR SMALL BUSINESS OWNERS

Being calm during a conversation with an angry customer and knowing how to turn the conversation around in your favor takes emotional intelligence. A hand written thank you card can refresh a staff or customer's spirit and lead to increased traffic for your business. Word choice matters. People skills are everything, especially in hospitality, healthcare, and in any small business. Preethi Fernando is the author of "Emotional Intelligence in Business and Marketing."

Saturday, 10/10, 10-11AM, 1 Day

Friday, 12/11, 12-1PM, 1 Day

Friday, 1/22, 6-7PM, 1 Night

Online

\$25 ea.

14 AI TOOLS FOR THE SMALL BUSINESS OWNER

Artificial intelligence business tools help small businesses work smarter, not harder. Learn to automate e-mails, create pie charts for your reports with chat GPT, screen resumes, creating social media posts, AI videos, website content creation, sales forecasting, and more. Cut back costs on hiring staff, by knowing how to use AI to boost your small business. Get your health back and save yourself the unnecessary stress and headaches of office drama by replacing your toxic employee with Chat GPT (and not have to worry about a lawsuit or them talking bad behind your back).

Thursday, 9/3, 6-7PM, 1 Night

Thursday, 10/8, 7-8PM, 1 Night

Saturday, 11/14, 5-6PM, 1 Night

Saturday, 1/30, 5-6PM, 1 Night

Online

\$25 ea.

HOW TO USE GOOGLE GEMINI ARTIFICIAL INTELLIGENCE

Use Google Gemini artificial intelligence to work smarter, not harder. This class shows beginners as well as professionals what Gemini can do for you, in your work life and in your personal life. Learn how to research topics, create pie charts, summarize documents, sync google calendar, find recipes, create greeting cards, find discount groceries, recipes, upload PDFs, write resumes, and more. Great class for retirees, working professionals, seniors, small business owners, anyone curious about what Google Gemini do to enrich their lives.

Saturday, 9/26, 5-6PM, 1 Night

Saturday, 11/14, 1-2PM, 1 Day

Friday, 12/11, 9-10AM, 1 Day

Tuesday, 1/19, 1-2PM, 1 Day

Online

\$25 ea.

LIFE SKILLS FOR LIVING AND WORKING WITH A DIFFICULT, TOXIC PERSON

Toxic people play emotional hostage and mind games. The emotional, mental, financial drain caused by a toxic person is like a leaky faucet, slowly and silently getting bigger and more destructive. Bullying, narcissistic behavior, controlling, lying, manipulation, pitting one against the other, silent treatment, cunning behaviors, withholding recognition, blame, are toxic behaviors that can drag us down like a sea anchor. Stop trying to change the toxic person. Start changing yourself. Learn how to be calm when the toxic person pushes your buttons. Preethi Fernando is the author of "You Got This- How to Work with Toxic People."

Thursday, 9/3, 7-8PM, 1 Night

Saturday, 11/28, 5-6PM, 1 Night

Tuesday, 12/29, 8-9PM, 1 Night

Saturday, 1/30, 6-7PM, 1 Night

Online

\$25 ea.

"I was a participant in the book publishing workshop and just wanted to let you know how much I enjoyed the class and how informative it was. I think Preethi's presentation was excellent! Very organized and easy to follow and understand. The attendees were of varied backgrounds with varied reasons for participating yet she was able to give everyone the information they needed. I hope you will continue to offer her courses."

-Abigail Armstrong

CHILDREN'S BOOK PUBLISHING

Achieve your dream of getting your children's book published. You will learn the traditional book publishing and self book publishing routes, getting your book published on Amazon, how to get your book formatted, design your cover, upload your book to Amazon, get printed copies, and more. This class does not teach you how to write your children's book. It teaches you how to get it published- online or in printed format, and how to get your book into the market for others to access your book. Preethi Fernando is the author of fifteen books. She is the winner of Stephen King's Haven Foundation Award.

Tuesday, 9/1, 10-11AM, 1 Day

Saturday, 10/17, 12-1PM, 1 Day

Tuesday, 11/10, 8-9PM, 1 Night

Saturday, 1/30, 11AM-12PM, 1 Day

Online

\$25 ea.

RETIREE SIDE HUSTLE: EARN MONEY WORKING FROM HOME

Turn your knowledge, hobbies, education, passion, and wealth of experience into dollars from the comfort of your home. A supplement income is refreshingly welcoming for most retirees. Whether you want to discover new ways of making an income or you want to turn your years of work experience into generating income, side hustles are plenty. These flexible opportunities allow retirees to use their wealth of experience, set their own schedules, stay mentally active, plus make a side income. Wouldn't that be nice?

Saturday, 9/26, 3-4PM, 1 Day

Saturday, 10/17, 1-2PM, 1 Day

Tuesday, 12/29, 12-1PM, 1 Day

Saturday, 1/23, 1-2PM, 1 Day

Online

\$25 ea.



AUTHOR RETREAT

A full day Author retreat, all online. Great author event for anyone seeking enrichment, has an idea for a book and wants to get it published, retirees wanting to write a memoir, working professionals curious about what it takes to get a book published, Amazon publishing, how to make an income as an author, children's book publishing, Chat GPT and book publishing. You, the aspiring author, get to share a little bit about your book during this retreat.

Sunday, 11/15, 10AM-4PM, 1 Day

Online **\$70**

E.I. EVENT: UNDERSTANDING EMOTIONAL INTELLIGENCE

An entire fun, learning day on emotional intelligence and how it can transform your life. Great class for small business owners, retirees, managers, seniors, working professionals overseeing employees, people having to deal with difficult people in their personal lives. Preethi Fernando, author of "Emotional Intelligence in Business" and "You Got This," will conduct multiple classes. You can join all the classes or sit in only on the ones you like.

Thursday, 9/24, 11AM-5PM, 1 Day

Online **\$70**

PROGRAMS BY SHAWN TUTTLE

THRIVE FROM YOUR STRENGTHS

Discover and explore your natural talents. Learn to use what comes naturally to you as a tool for greater confidence, success, and well-being. Includes: The Gallup CliftonStrengths assessment and personalized results; insight into your talents; practical strategies for using your strengths; hands on activities, reflection, and practical application. *Note: Materials cost for CliftonStrengths assessment @ \$24.99, must be completed online before the session. Link provided in online listing.

Thursday, 10/15, 6-7:30PM, 1 Night

Thursday, 1/14, 6-7:30PM, 1 Night

Online **\$35 ea.**

FOCUS ON WHAT MATTERS MOST

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

Thursday, 11/5, 6-7:30PM, 1 Night

Thursday, 2/4, 6-7:30PM, 1 Night

Online **\$35 ea.**





CERTIFICATE PROGRAMS AND ONLINE TRAINING

Certificate Programs give you the flexibility to enroll in the entire course or choose from individual units within the program. Visit our website at merrymeeting.org or contact us at 729-7323 for more information!

GRAPHIC DESIGN FOUNDATION CERTIFICATE

Throughout history, from the earliest carvings in stone to today's digital designs, graphic design has been the foundation of effective visual communication. Whether you're designing a logo, building a website, or crafting a magazine layout, the right graphic design can transform your work from ordinary to exceptional. **Instructor: Andy Helmi**

Graphic Design Foundation Cert. 9/8-11/27/26	\$545	Mastering Color Theory & Application 10/5-10/30	\$225
Typography Essentials 9/8-10/2	\$225	Mastering Layouts & Grids 11/2-11/27	\$225

GRAPHIC DESIGN SOFTWARE ESSENTIALS CERTIFICATE

Adobe Creative Suite software tools are the leading industry software choice for professional graphic design. Illustrator, Photoshop and InDesign programs are the designed for illustration, page layout and photo editing and they work seamlessly together.

Instructor: Andy Helmi

Graphic Design Software Essentials Certificate	\$545	Adobe Photoshop Essentials 10/5-10/30	\$225
Adobe Indesign Essentials 9/8-10/2	\$225	Adobe Illustrator Essentials 11/2-11/27	\$225

CERTIFICATE IN QUICKBOOKS ONLINE

Save time, track money, and get important insights with Quickbooks Online. The leading online accounting platform, it is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. **Instructor: Marcus Lander**

Certificate in Quickbooks Online, 9/8-10/30/2026, 2 months, Online (Includes both sessions below)	\$395
Quickbooks Online, Level 1, 9/8-10/2	\$195
Quickbooks Online, Level 2, 10/5-10/30	\$195

BOOKKEEPING CERTIFICATE

Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure and manage the financial health of your business.

Instructor: Sharon DeFonteny

Bookkeeping Certificate, 9/8-11/27/26, Online	\$495	General Ledger/Month End Procedures: 10/5-10/30	\$195
Understanding Debits & Credits: 9/8-10/2	\$195	Closing Procedures/Financial Statements: 11/2-11/27	\$195

CYBERSECURITY CERTIFICATE

Explore the field of cybersecurity, including its history, importance, and core principles. Understand the various types of cyber threats and the fundamental concepts of information security. Come away with a familiarity of the basic types of cyber threats.

Instructor: Marcus Lander

Cybersecurity Certificate, 9/8-11/27/26, Online	\$545	Advanced Cyber Threat Analysis: 10/5-10/30	\$245
Introduction to Cyber Security: 9/8-10/2	\$245	Network Security & Defense Strategies: 11/2-11/27	\$245

AI CERTIFICATE

Give your organization a competitive advantage with Artificial Intelligence (AI). And position yourself in an emerging knowledge specialty and growth area. Explore what AI can do to reduce costs, gather more and better business data, automate time-consuming tasks, improve efficiency, lower human error, reallocate staff time for higher priority functions, and more. Walk away with the knowledge and confidence to help lead your organization into this exciting new area of business expertise.

Instructor: Elizabeth Flanagan.

AI Certificate: 9/8-11/27	\$495	Intermediate AI: 10/5-10/30	\$245
Introduction to ChatGPT: 9/8-10/2	\$195	AI Planning and Strategies: 11/2-11/27	\$245

SOCIAL MEDIA FOR BUSINESS CERTIFICATE

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Your instructors are outstanding practitioners who also speak, write, and train others on social networks. *Introduction to Social Media must be taken before Marketing Using Social Media and Integrating Social Media in Your Organization. Instructor: Melissa Baker.

Social Media for Business Certificate: 9/8-11/27	\$495
Introduction to Social Media: 9/8-10/2	\$195
Marketing Using Social Media: 10/5-10/30	\$195
Integrating Social Media in Your Organization: 11/2-11/27	\$195

DIGITAL MARKETING CERTIFICATE

Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. The Digital Marketing Certificate courses must be taken in the following order (the classes build off each other): 1. Improving Email Promotions, 2. Boosting Your Web Site Traffic, 3. Online Advertising. Instructor: Dan Belhassen.

Digital Marketing Certificate: 9/8-11/27	\$495
Improving Email Promotions: 9/8-10/2	\$195
Boosting Your Web Site Traffic: 10/5-10/30	\$195
Online Advertising: 11/2-11/27	\$195

ENTREPRENEURSHIP CERTIFICATE

Boost your chances of success for your new or small business and reduce your risks. Get the latest on planning your business, brainstorming business ideas and a checklist for going into business. Then learn how to create a business plan, including assessing business feasibility and prepare the management and financial plans. Then take home a step by step approach to attract and keep customers, with an emphasis on customer-driven marketing decisions and building a strong brand. At the end of this certificate, you will be able to identify the abilities required of successful entrepreneurs and how to acquire them, develop goals to help establish your business, develop an outline for your plan, and take home techniques to successfully manage and market your new business. Instructor: Conrad Brian Law.

Entrepreneurship Certificate: 9/8-11/27	\$495
Entrepreneur Boot Camp: 9/8-10/2	\$195
The Business Plan: 10/5-10/30	\$195
Entrepreneurial Marketing: 11/2-11/27	\$195

PODCASTING

Businesses are turning to podcasting to grow their brand and connect with customers. People with a niche hobby are turning podcasts into a business. Podcasting is experiencing a rebirth as mobile devices are everywhere. The intimate nature of the audio medium allows potential clients to get to know who you are and determine if you are the kind of company with which they want to do business. Learn how to take your business or hobby and turn it into a podcast. This step-by-step class will take you from start to finish and cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear. Instructor: Matt Honsberger.

Podcasting: 9/8-10/2	\$245
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HOW THE LERN PROGRAM WORKS

It is easy to participate in your online course. After you register, you will be given a web address to go to get into your online classroom. You will have a password and use your email address and password to gain access. Once inside the online classroom, here's what you can expect.

FOR EACH UNIT:

- Access online readings and additional content in each unit
- Listen to the audio presentation and view the slides
- Take a self-quiz to see how much you have learned
- Engage in written online discussion with your instructor and other participants

The content (readings, audio lectures, slides) and self-quizzes are accessible for the entire course, so you can work ahead, or go back and review at your convenience.

PARTICIPATE WHEN YOU WANT

- You can participate any time of day or evening. The online classroom is open 24 hours a day, 7 days a week.
- There are no live real-time requirements or meetings. You decide when you participate.
- Participants should log into the course on 2-3 different days of the week.

DISCUSSION

The Discussion for each Unit lasts one week. All comments are made in writing and can be made at any time of the day or night. Your instructor will log into the Discussion area at least once a day and answer questions, make comments, and respond to comments by you and the other participants. We encourage you to make 2-3 comments each day to maximize your learning and enjoyment of the course.

Visit our website at merrymeeting.org or contact us at 729-7323 for more information.

ART & COOKING RETREATS

Lodgings are not included in the price of the art and cooking retreats. There is a \$60 cancellation fee if you register and cancel for any reason.

ACADIAN ARTS RETREATS: WATERCOLOR PAINTING

Mary Laury, is an accomplished watercolorist and highly esteemed teacher. Encourages her students to believe they can be successful. If you have never painted in watercolors, we will start at the beginning. If you have painted before, you will pick up some new tips and tricks as well. We all learn together! All meals are included in the workshop fee plus special activities to extend your learning from the day's workshops. For more information call Mary at 207-632-2251. Retreats are Friday, Saturday & Sunday.

Prospect Harbor: 9/18-9/20 \$695

Roosevelt Campobello International Park: 10/9-10/11 \$695

MERRYMEETING BAY RETREAT: DRAWING & COOKING

Immerse yourself in an inspiring retreat along Maine's coastline. Join guided drawing lessons, hands-on culinary workshops, and curated museum visits. Strengthen your artistic skills, deepen observation, and connect with fellow creators in a thoughtful program of learning, exploration, and the quiet beauty of the sea. For more information call Chris Toy at (207) 653-3163. Retreats are Friday, Saturday & Sunday.

Merrymeeting Bay: 11/6-11/8 \$695

ACADIAN ARTS RETREATS: ASIAN FUSION COOKING

Cooking students will learn how to prepare a variety of recipes from Asia, Europe, and the Americas incorporating traditional and local ingredients. All meals are included in the workshop fee plus special activities to extend your learning from the day's workshops. For more information about the workshop, call Chris at (207) 653-3163. Retreats are Friday, Saturday & Sunday.

Prospect Harbor: 9/18-9/20 \$695

Roosevelt Campobello International Park: 10/9-10/11 \$695

TRAVEL OPPORTUNITIES



ADVENTURE MARKETPLACE

Adventure Marketplace is an independent travel agency based in Portland, Maine. It was founded in 2014 by Nancy Dorrans, to utilize her close to 40 years of experience as a travel advisor and group tour coordinator. Nancy organizes high-quality, multi-day motor-coach group tours several times a year to a variety of destinations. On an Adventure Marketplace coach tour, you can relax and enjoy beautiful destinations and the company of your fellow travelers while we handle the driving and all the details!

Annual tours depart from Portland, to New York City to kick off the holiday season with the Rockettes and from Portland and Topsham to the Quebec City Winter Carnival.

- **December 3-6th, 2026:** New York City Holiday Extravaganza featuring the Rockettes at Radio City
- **December 14-17 2026:** Second Departure NYC Holiday Adventure
- **February 4-8, 2027:** Quebec City Winter Carnival

WANT MORE INFORMATION ABOUT ADVENTURE MARKETPLACE?

For more information check out her website at www.adventure-marketplace.com or email her at nancy@adventure-marketplace.com

SPOTLIGHT ON TUSCANY

Discover the rolling hills of Tuscany, home to sprawling vineyards, medieval hill towns, and enchanting cities. Steeped in history, culture and legend, this is Tuscany as you always imagined it. Locations include: Montecatini Terme, Lucca - Borgo a Mozzano, Florence, Pisa, and San Gimignano.

*For more info: register for the Collette Tours Info Night on page 8.

Trip Dates: November 2-10, 2027

Prices Start at \$4,529

DISCOVER SWITZERLAND, AUSTRIA & BAVARIA

Journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries. The hills are alive on this enchanting journey across Switzerland, Austria and Bavaria. Locations include: Bern, Habkern, Lucerne (Switzerland) - Liechtenstein - Innsbruck, Salzburg (Austria) - Bavaria (Germany).

*For more info: register for the Collette Tours Info Night on page 8.

Trip Dates: Oct 13 - 22, 2027

Prices Start at \$5,529



MERRYMEETING HOLIDAY BAZAAR

AND HANDMADE MARKETPLACE

Sponsored by The Mix • 163 Park Row, Brunswick

MERRYMEETING COMMUNITY
& ADULT EDUCATION
35 Republic Avenue • Topsham

Saturday • November 7
• 9am – 2pm •

For More Information: Catherine Scanlon • scanlonc@link75.org

QUESTIONS? START HERE!

HOW DO I REGISTER?

We recommend registering with a credit or debit card ONLINE, or by calling the office. Payment **MUST** be made at time of registration. There is a \$50 fee for each returned check, or to place a stop payment on a lost check. Visit Merrymeeting.org, or call 729-7323, or 443-8255 to register. **Any discount or credit must be applied at time of registration, please call to receive discount.**

WHAT DISCOUNTS DO YOU OFFER?

- **DISCOUNTS DO NOT APPLY TO ALL PROGRAMS.**
- **SENIORS:** Age 60-plus \$10 off classes of more than two nights.
- **EMPLOYEES:** 20% off classes up to \$100; \$20 off classes of \$100 or more. Includes MSAD 75, Brunswick, RSU 1, and Wiscasset Schools.
- **VETERAN'S** receive a \$10 discount on classes of more than two nights.
- **NO DISCOUNT** on one or two-night classes, or where indicated. One discount per class.

WILL I RECEIVE A CONFIRMATION?

Yes, by email only. ALL course communication is done via email. Please provide a valid email address when registering in order to stay up to date on last minute class changes or cancellations. Please check your **SPAM/JUNK FOLDER** if you did not receive an expected email. We do not mail receipts or confirmations through the USPS.

MATERIALS + BOOKS POLICY

Materials for enrichment classes are not included in the registration fee, unless noted. Materials, books and other course expenses are not refundable.

CANCELLATION + REFUND POLICIES

- If you cannot start a course, **NOTIFY US SEVEN** business days before the first class to be eligible for a refund, minus 12% card processing fees.
- We **DO NOT** issue refunds or credits for any missed class or workshop.
- We **DO NOT** issue refunds after a class has started.
- We reserve the right to cancel a class for any reason. If we cancel a class, all fees are refunded. **We do not mail receipts or confirmations through the USPS.**
- We **DO NOT** create invoices for classes. Registration and payment confirmations are emailed to you after registration.

AGE + DISCRIMINATION POLICY

The minimum age to participate in adult education enrichment courses is **18 years old**. Merrymeeting does not discriminate based on race, color, national or ethnic origin, religion, gender, sexual orientation, marital or parental status, age or disability in its employment or in the administration.



163 Park Row • Brunswick
207.729.2271
www.mixartsupplies.com

The Mix is a creatively curated art supply & gift store located at 163 Park Row in Brunswick, Maine. We are proud to partner with Merrymeeting Community & Adult Education; working with instructors on materials list and offering students a discount on class supplies.

Customers appreciate the excellent service and knowledgeable staff, making The Mix a trusted resource for artists and learners alike. Come check us out!

