

Fall 2011

Register Now!



Relax, renew, refresh yourself

Gray and New Gloucester Adult & Community Education

207-657-2620

Gray-New Gloucester High School • 10 Libby Hill Road, Gray • www.msad15.org



Adult Education^{MAINE}
Learning for Work and Life

Gray-New Gloucester Adult and Community Education

Joan Tremberth, MS, CAS • Director • 657-2620

Offices at GNG High School, 10 Libby Hill Road, Gray, Maine 04039

www.msad15.org • jtremberth@msad15.org

From the Director's Desk - Fall 2011

It's back to school time for the kids, but what about you? Did you know that we offer the classes you need to enter college right here in Gray-New Gloucester? If you have considered a career change or college give us a call and we'll help with the transition.

Your Adult & Community Education program exists to improve and enrich the lives of the citizens of Gray and New Gloucester through lifelong learning opportunities.

Since the program's inception in 1999 we have helped hundreds of adults in the community earn a high school credential, prepare for college, make informed career decisions, and learn new job skills in order to enter gainful employment.

We offer classes that promote a healthy lifestyle and stimulate the mind. We hope you can join us this semester!

Please give us a call; we will help you take the next step!

Joan Tremberth, MS, CAS,
Director of Adult Ed

Register online:

<http://gray.maineadulted.org/>



In a rut? Zumba your way out of it - see page 5

One-time Workshops

Intro to Ayurveda

Primus Guided Meditation

Free "Try It" Night:

Pilates, Bells, Balls, Bands,

Plyometrics, Yoga Pilates

Just Once Piano and Guitar

Color Style for the Season

Quickbooks in a Day

Couponing

Women's Guide to Money

Daytrips: Portland Stage,

Family Whale Watch, Fall

Foliage, Aging Well Living

Well Expo

SAD 15 Adult & Community Education / Advisory Council

Please call any of our council members if you have suggestions for improving your program. There is one opening for a Gray resident. If you wish to serve on the advisory council please call 657-2620.

Leona Crooker, Gray

Kerry Leone, Gray

Louise Chaplin, New Gloucester

Kathleen Potter, New Gloucester

Sheila Giancola, New Gloucester

Mary Hadlock, Gray

Official GED Testing Site

Do you need your GED? Call us at 657-2620. We will design a program that you can manage. It's never too late! Over 50 students earned their high school credential last year and you can too!

MEDICAL CAREERS

C.N.A. 180-hour Course

Starts September. 9, 2011

Classroom: 8:00 a.m. - 4:30 p.m. Fridays

Cost is \$950, Clinicals: TBA

You must be at least 18 years of age and be a high school graduate. All applicants must have an acceptable CASAS Reading Test score and provide evidence of immunizations and ability to perform the physical work required of the position. Applicants must agree to a background check and applications for the next class will be available on site. We will arrange for individual student interviews when we have your completed application.

CRMA Certification

CRMA (Certified Residential Medication Aide).

This program is scheduled to begin soon and is limited to 10 students. will begin as soon as we have the required amount of students. Cost is \$300 for the 40-hour certification. Please call the office at 657-2620 or register online ASAP!

Cost: \$300

Location: GNG High School

Instructor: Sharon Emerson, RN

Sept. 13: 5-9 p.m.

Sept. 15: 5-9 p.m.

Sept. 17: 8:30 a.m. to 3 p.m.

Sept. 20: 5-9 p.m.

Sept. 22: 5-9 p.m.

Sept. 24: 8:30 a.m. to 3 p.m.

Sept. 27: 5-9 p.m.

Sept. 29: 5-9 p.m.

**For more information about the following classes please visit
www.academyofmedicalprofessions.com**

Certified Medical Administrative Assistant/ Medical Office Specialist

Medical Terminology, Medical Front Office Skills, EHR/EMR for the Medical Office, Administrative Medical Assistant and MedTrak electronic records system. CMAA (Certified Medical Administrative Assistant) Examination and CEHRS (Certified Electronic Health Record Specialist) exams.

16 Weeks

Dates: 9/21/11-01/11/12 (no classes 11/23 & 12/28)

Day: Wednesdays

Time: 5:30-8:30 p.m.

Cost: visit www.academyofmedicalprofessions.com

Location: GNG High School

Instructor: Academy of Medical Professions

Medical Transcription Certificate Program

Strong typing, computer, and English grammar skills are essential. Includes Medical Terminology, Anatomy & physiology and transcription formats, rules and regulations, jobs, calculation of pay, confidentiality, FTP, tricks of the trade, all equipment and books. State Certified Program, Certificate of Completion and Letter of Recommendation.

20 Weeks

Dates: Starts Sept. 20

Day: Tuesday

Time: 6-7:30 p.m.

Cost: www.academyofmedicalprofessions.com

Location: GNG High School

Instructor: Amy Alexander / Dawn Johnson

Medical Billing & Coding with CPC Certification

State-Certified Certificate program. Certificate program taught by a Certified Medical Coder and includes Medical Terminology, Anatomy & Physiology, CPC exam, AAPC membership, 3 practice CPC tests and all books. Basic computer skills are required. Payment plans available.

20 Weeks

Dates: starts September 26

Day: Mondays

Time: 5:30-8:30 p.m.

Cost: visit www.academyofmedicalprofessions.com

Location: GNG High School

Essential Medical Terms - GNG class

Do you need a terminology quick course to be employed in the medical field? This is your opportunity to prepare for entry into the fast growing medical allied health field or to refresh your already learned vocabulary in a relaxed, no pressure atmosphere. If you are taking medical terminology for college credit, you will need to complete additional hours and meet the required competencies.

Date: Sept. 26 - Dec. 5, 2011

Day: Monday

Time: 6-8 p.m.

Cost: \$49

Book Fee: TBA

Location: GNG H.S.

Instructor: Gloria Coffin

PERSONAL ENRICHMENT

Health and Fitness

Bells, Balls & Bands

Looking for variety and fun in your exercise program? With dumbbells, kettle bells, exercise bands and stability balls you can enjoy the many benefits of this strengthening and toning fitness routine. You not only will increase strength and energy but will also improve your range of motion, balance and flexibility. Designed for all levels of fitness - whether you're just starting or have reached a plateau or need to make changes in your current routine. Please bring a mat and stability ball. Additional equipment will be provided.

Date: October 11 - Nov. 29

Day: Tuesday

Time: 5:30-6:30 p.m.

Cost: \$59

Location: GNG HS Adult Ed Lab

Instructor: Debi Dahms

Pilates on the Ball

Pilates is already a great exercise system, however, when you combine it with the stability exercise balls you will strengthen, lengthen, tone and stretch your body like no other form of exercise can. The main focus with Pilates is your core. A strong core means a strong body. Pilates is often recommended for individuals with "back issues." These exercises can be done by beginners, intermediates or advanced people. Modifications can be made if needed. Please bring a mat and stability ball.

Date: October 14 - Nov. 29

Day: Tuesday

Time: 6:30-7:30

Cost: \$49

Location: GNG HS Adult Ed Lab

Instructor: Debi Dahms

Primus Activation Guided Meditation Workshop

Learn the benefits of both Reiki and a new energy modality called Primus Activation Healing Technique (PAHT). Both are non-manipulative techniques. Meditation is used to relax participants in this one evening informative workshop. A quick introduction to Reiki, an introduction to the concept of energy work and a longer discussion of what Primus is.

FMI: <http://heartenergies.com>

Date: October 17, 2011

Day: Monday

Time: 6-8 p.m.

Cost: \$24.00

Instructor: Jean Sullivan, HeartFelt Energies

Daytime Tai Chi for 50+

The joy of Tai Chi designed for the over 50 crowd. Relieve stress, increase flexibility and improve balance, without exerting effort or working up a sweat. Wear comfortable clothing. No previous experience required and class can be done sitting in a chair if balance is a concern.

Date: 9/27/2011-11/1/2011

Day: Tuesday

Time: 1-2 p.m.

Cost: \$49

Location: Fiddlehead Center, Gray

Free "Try It" Night

Free 1 hour demo and try it for these interesting and fun exercise programs: Bells, Balls & Bands, Plyometrics, Pilates on the Ball and Yoga Pilates

Date: September 27

Day: Tuesday

Time: 5:30-6:30

Cost: Free but please RSVP, pre-register

Location: GNG HS Adult Ed Lab

Instructor: Debi Dahms

Intro to Ayurveda – Nature’s Guide to Health Living

Come learn about the basics of Ayurveda, the “science of life”. Ayurveda originated in India more than 5000 years ago and is the oldest continuously-practiced healthcare system in the world. Its goal is to teach people how to attain optimal health and vitality through the connection of natural cycles and seasons in the areas of daily routine, lifestyle, foods exercise and yoga. A simple questionnaire will help you find your constitution/dosha and you will receive a fall seasonal food list. Please dress comfortably and bring a mat for a yoga demonstration.

FMI: www.sanctuaryholistichealth.com

Date: September 28

Day: Wednesday

Time: 6 – 8PM

Cost: \$10

Instructor: Colleen M. Taylor,
Ayurvedic Consultant, RYT

Ayurvedic Yoga

Explore your world with the five elements: Vata (air & ether), Pitta (fire & water) and Kapha (earth & water) through yoga poses/asanas and breathing exercises. You will learn to become aware of these elements in both mind and body and how they connect with seasons, etc. No yoga experience is necessary!

Please bring your own mat and dress comfortably.

FMI: www.sanctuaryholistichealth.com Dates: 10/12 to 11/16/11

Time: 5:30-6:30 PM

Day: Wednesday

Location: TBD

Cost: \$49.00

Instructor: Colleen M. Taylor, Ayurvedic Yoga Specialist and Registered Yoga Teacher

YOGA online

Try it – it just might work for you! Learn yoga from the comfort of your home any time day or night. 8 weeks of accessible 30-minute videos introduce the postures, breathing, relaxing and nurturing that are the essence of Yoga. Each posture is complete with details and explanations so that you flow through Yoga mindfully and with breath (without having to look at your computer). Extended time devoted to integrating relaxation each practice. For computer requirements:

www.holisticpathways.com

Dates: visit website for next starting date

Day: 8 weeks of access

Cost: \$50

Instructor: Amanda Curtis Kezal, R.Y.T.

ZUMBA & Zumba Extended

Have a blast while you burn calories, tone up and improve your health! Join the party and ditch the workout. This is exercise in disguise as Dinah leads you through the workout with salsa, meringue, and cha-cha steps to hot Latin music. Wear light, comfortable workout gear and Join The Party. There are two 6 week sessions at \$35 each or join Zumba Extended for the 12 week cost of \$59. Please indicate which session you are signing up for on your registration form.

Dates: Session I, Sept. 12 - October 24

Session II: October 31 - December 5

Day: Mondays

Time: 6:30-7:30 p.m.

Cost: \$35 or \$59

Location: GNG HS Café

Instructor: Dinah Aldrich

ZUMBA Toning

Keep your cardio going while you add simple but effective moves to sculpt and firm your body as you dance to the Latin beat! Light weights are used with the correct form to give you tone and definition quickly and safely. Weights (1.5 lb shake) may be purchased from the instructor for \$20

Dates: 9/29-1/1

Day: Thursday

Time: 5:30-6 p.m.

Cost: \$16.00 per session

Instructor: Dinah Aldrich



CPR

Gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing, cardiac emergencies, injuries and sudden illnesses, including how to use an automated external defibrillator (AED) for victims of sudden cardiac arrest, until advanced medical personnel arrive and take over.

Day: M/W

Dates: 10/17 & 10/19

Time: 6-8:30

Cost: \$50

Instructor: Dolph Holmes



Arts and Crafts

Papercraft and Interactive Mini Book

Craft a unique personalized gift for the holidays! Your dynamic handcrafted bound book will be a large 7 by 10 inches with 6 interactive double sided pages that will hold at least 48 photos, journaling tags, and space for memorabilia. Your book can be of any theme you wish to highlight: the Christmas season, a new baby, a recent vacation or your own personal interests. The possibilities are endless. Beginners are welcome, as are those with papercrafting experience. Bring a small paper trimmer, ruler and scissors to the first class. \$15 Lab fee payable to instructor at first class for Kit. When you register let us know what theme of book you would like to make.

5 weeks

Date: October 20 thru Nov. 17

Day: Tuesday

Time: 6:30-8:30

Materials Fee: \$15 payable to instructor at first class

Cost: \$35 plus \$15 materials fee

Location: GNG HS

Instructor: Jean West

Just ONCE Piano for Busy People

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of *Every Good Boy Does Fine*, you already know enough to enroll in this workshop.

Date: October 19

Day: Wednesday

Time: 6:00-8:30

Cost: \$25 plus \$29 for DVD

Location: GNG HS Music Room

Instructor: Just ONCE Classes

Just ONCE Guitar for Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? 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. Bring your acoustic guitar. Learn how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to play along with simple tunes.

Class limited to 15 students.

Date: 10/27/2011

Day: Thursday

Time: 6:00-8:00 p.m.

Materials fee: \$29 for workbook and practice CD will be collected in class by instructor

Cost: \$25

Location: GNG HS Music Room

Instructor: Don Pride

Open Studio Watercolors

Join local artist, Diana Hertz one evening a week for instruction in using watercolors. Whether you are a beginner or have some art background Diana can assist you in accessing your creativity in a medium that will help you produce a piece that you can display with pride. Relax and enjoy. We encourage you to view Diana's work online at www.dianahertz.com. A materials list will be provided at the time of registration.

Dates: October 6-Nov. 3

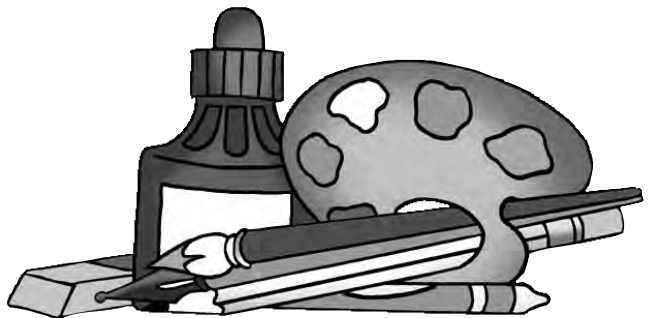
Day: Thursday

Time: 6:30 - 8:30 PM

Cost: \$75

Location: GNG HS Art Room

Instructor: Diana Hertz



Creative Writing Workshop

Come and join a writing community! Whether you've written creatively before or are just getting started, this course offers instruction and a group of readers to help advance your writing skills. Plot, character, setting, voice, metaphor, and imagery are just some topics we'll explore. In a workshop setting, we'll discuss your fiction, creative non-fiction, and or/poetry to help refine your craft. Bring a bound notebook to use as a journal and a pocket folder for portfolio. Students can expect to spend \$10-\$15 on copies of their work for the group.

Dates: Sept. 14 - Nov. 30

Day: Wednesday

Time: 6:00 - 8:30 PM

Cost: \$75

Location: GNG HS

Instructor: Amy Amoroso

Color/Style for Fall & Winter

What colors are in fashion this fall/winter? Learn how to mix colors to get the most out of your present wardrobe. Shoppe your closet for new outfits and looks for the season. What make up shades will keep you looking current for fall and enhance your overall appearance? Learn creative ways to use accessories to complete an outfit. Carie Costello has many years of teaching experience with a Masters Degree in Training/Education and 10 years experience as a Color, Style and Make-up Consultant at her business, Visibility, located in Portland.

Date: Nov. 9

Day: Wednesday

Time: 7 to 8 p.m.

Cost: \$15

Location: GNG HS

Instructor: Carie Costello

Welcome All Knitters - Workshop

Learn to knit or just spend some quality time knitting with a group and finish that project! Rachel will start off with a basic sock the first week. Students can bring your own yarn and pattern (if you prefer) but these will also be available. We will learn to choose the best yarn, ways to turn a heel and the kitchener stitch. Yarns and patterns will be available for the novice.

Dates: October 11 - Nov. 8

Day: Tuesday

Time: 6:00-8:00 PM

Cost: \$39

Location: Russell School

Instructor: Rachel Robinov

Travel

Bus trips to Portland Stage Company

Catch the bus in Cumberland for "to the door" service for some great stage shows!

The Morini Strad

Inspired by a true story that rocked the classical music world, concert violinist Erica Morini hires and unassuming violin maker to restore her legendary Stradivarius. Though the aging diva proves to be a prickly client, the two develop an unexpected friendship over the priceless instrument in this imaginative new drama about the sacrifices one makes for artistry.

Thursday, Oct. 20, Depart CT at 1:15pm / Return after the show, Fee: \$30

God of Carnage

After their sons get into a playground fight, two couples plan a polite meeting to resolve the matter. Their cordial conversation, however, soon devolves into petty squabbling and chaos as the rum flows and the gloves come off. Charged with savagely funny dialogue, this Tony award-winning comedy leaves the badly behaved parents with more than their liberal principals in tatters.

Thursday, Nov. 17, Depart CT at 1:15pm / Return after the show, Fee: \$30

The Snow Queen

Join us for the enchanting new holiday production of the Snow Queen, the beloved fairy tale of devotion, bravery and the triumph of love! When Gerda's best friend Kai is bewitched and imprisoned by the mysterious Snow Queen, the young girl embarks on a journey to the land of winter to save him. With magical characters from crows to rosebushes to reindeer, Andersen's story has warmed the hearts of children and adults around the world for almost 200 years!

Thursday, Dec. 22, Depart CT at 1:15pm / Return after the show, Fee: \$35

For directions to CT parking lot or more information call 657-2620.

Travel

Ireland - The Emerald Isle

Trip: April 14 - 22, 2012

Info Night: Wed., Sept. 28, 6:30-7:30 pm,

Windham High School Rm. 126

This Education First (EF) trip to the Emerald Isle will be held during April Vacation 2012 and is open to anyone. Register on-line at www.ef-tours.com/enroll and use Tour # 1065628. Educators can earn Professional Development Credit with this trip.

\$2751 includes: Airfare, motor coach transportation, lodging (double occupancy) in hotels with private bathrooms, all inclusive travel insurance (optional), departure fees, European breakfast and dinner each day, six guided sightseeing tours, one walking tour and a full-time tour director. For more info call Tom Nash at 892-1819



Designers' Show House!

The Portland Symphony Orchestra proudly presents the 13th Designers' Show House. More than a dozen area designers will participate in renovating 149 Western Promenade, Portland, Maine. Each designer is charged with bringing their own color, style and flair to this Portland landmark to transform the home into a showcase highlighting the designers' talents. We will stop for lunch (not included) at a local restaurant after the tour.

Thursday, Sept. 22

Depart CTC at 9:45am / Return approx. 2pm

Fee: \$24, includes house tour & transportation

Lunch is on your own

Fall Foliage Trip - Lake Winnepesaukee

A leisurely cruise aboard the MS Mt. Washington on Lake Winnepesaukee, the largest and most beautiful lake in New Hampshire and enjoy Hart's Turkey Farm famous turkey dinner with all the fixings. This trip is cosponsored with the communities of Falmouth, Freeport, Gorham, Old Orchard and Yarmouth. Fee includes coach bus, cruise and lunch. No refunds after Sept. 23, unless a replacement can be found.

Tuesday, Oct. 4. Depart CTC at 9am / Return approx. 6:30 p.m., Fee: \$72, includes coach bus, boat trip and turkey dinner

**Register Now:
Fills Fast!**



Scrooge Trolley Overnight!

Historical Salem, Massachusetts

Join us for an overnight trip to historical Salem, MA for a trolley ride sure to entertain. 25th season. Ride along with Scrooge on the Salem Trolley as the classic tale is brought to life in a completely unexpected way. We travel to Salem, and enjoy an early dinner and after the trolley ride, relax at the historic Hawthorne Hotel for the night. Following breakfast we make a shopping stop to finish up our last minute holiday shopping.

Co-sponsored with Falmouth, Yarmouth, Freeport and Gorham. Includes coach transportation, trolley tickets, dinner, overnight accommodations and breakfast. Indicate roommate on registration form. \$100 non-refundable deposit by Oct. 29. Full payment by Nov. 12. No refunds after this date unless a replacement can be found. All discounts included in fee.

Wednesday - Thursday, Dec. 7-8

Departure information TBA

Fee: \$179/ppdo



Family Whale Watch Trip

We search for and track Humpbacks, Finbacks, Minkes, North Atlantic White-Sided Dolphins, Basking Sharks, Ocean Sunfish, Sea Turtles, as well as countless seabirds who often accompany us. Here is your chance to act like a tourist in your own "backyard" and

at a discounted rate. Don't forget to bring an extra layer or two as the weather can change as we venture out to sea. This trip is co-sponsored with Gorham, Falmouth, Yarmouth, Old Orchard and Freeport. All discounts are included in the fee.

Saturday, Sept. 24

Time: Arrive in time for 2pm boat departure from 170 Commercial St. Portland (Odyssey Whale Watch)

Fee: \$29 per person

Aging Well, Living Well Expo at Sunday River

September 30th

GNG Adult Ed will provide transportation, but individual attendees must REGISTER and remit \$20 fee directly through Senior Plus or pick up a registration at the Adult Education office at GNG High School.



Computer

Intro to Microsoft Office Suite

If you have some computer experience but need a more extensive introduction to Word, Excel, Powerpoint, Access and Outlook software programs this class can give you the overview of the computer software programs you need for success in an office environment or as a college student. You may earn three credits at the community college when you enroll as a student in specific programs.

Dates: 9/28 - 12/14/11

Day: Wednesdays

Time: 6 - 8:30PM

Cost: \$59.00 plus cost of the text

14 weeks

Instructor: TBD

Excel /Using Spreadsheets

Join us in our computer Lab and become familiar with commands, formulas, functions and how to use a spreadsheet. You must be used to a windows environment. After you master the basics you may move into Excel for the Workplace which follows this class.

Dates: 9/27, 9/29, 10/4, 10/6

Day: TU/TH

Time: 6:00-8:00PM

Cost: \$35

Instructor: Natalie Blake

Excel for the Workplace:

You've learned the basics, but want to become more efficient in some of the finer points of Excel. We'll explore using formulas, calculating dates and times, working with texts, charts, pivot tables, short-cuts and mail merge.

Dates: 10/13 - 11/17/11

Day: TH

Time: 6 - 8:30PM

Cost: \$35

Instructor: Natalie Blake



Photoshop Elements (V7)

Students will work individually learning to select, color-correct and re-touch their own photos. You will learn lighting techniques, how to work with filters to recreate special effects and enhance your photos. Make flyers, invitations or make your own photo collage. Please bring a USB drive or other portable hard drive for transferring your individualized projects along with 10-15 photographs.

Dates: 10/17-11/7

Day: Mondays

Time: 6:30-8:30 PM

Cost: \$49.00

Location: Adult Ed Computer Lab at GNGHS

Instructor: Andre Cormier

Welcome to Social Networking

Have you learned to Tweet yet? Are you on Facebook? Do you blog? What other forms of social media are out there and how can you use this knowledge to market yourself? It's how your family and friends are communicating and what everyone is talking about! Join Jim in our computer lab and learn to set up and manage your social network accounts in a comfortable non-threatening atmosphere. Don't let this networking opportunity pass you by!

Dates: Nov. 15 and Nov. 17

Day: TU/TH

Time: 6 - 8:00 PM

Cost: \$30

Location: GNG HS Adult Ed Lab, Rm 165

Instructor: James O'Brien

QuickBooks In A Day Workshop

A great opportunity to learn what you need to make this program more functional for you! Specific questions can be answered. If you are already using this program come and bring your questions to Kirk so that you can use this powerful software to your best advantage!

Date: October 1

Day: Saturday

Time: 9 a.m. to 3 p.m.

Cost: \$49

Location: GNG HS Adult Computer Lab

Instructor: Kirk Allen

Community Life

Driver Education at GNG HS

Classes take place on Mondays, Wednesdays & Fridays from 2:30 – 5:30 PM at the school. In order to participate, students MUST be 15 years old before the 1st class. Please bring a certified copy of your birth certificate, social security number and pen & paper to the first class. Register by calling the Driving School at 892-8851 or the adult ed office at 657-2620. Cost is \$420. Next class Sept. 12-October 5



Couponing 101

You will learn everything you need to start couponing. Where to find them, how to match up store advertisements with current coupons, why to keep a price book and how to organize your coupons. Carie Dowling is a fulltime working mom. Last year she saved \$18,000 by using coupons and sales.

Date: 9/22
Day: Thursday
Time: 6 p.m. - 8 p.m.
Cost: \$20
Instructor: Carin Dowling
Rm: GNG High School

The Drugstore Game

This class focuses only on drugstores and deals and steals that you get. You will learn how to save at Rite Aid, Walgreens and CVS and to never pay for toothpaste again!

Date: 10/6
Day: Thursday
Time: 6 p.m. - 8 p.m.
Cost: \$20
Instructor: Carin Dowling
Rm. GNG High School

Maine Driving Dynamics

This course offers drivers the opportunity to improve their defensive driving abilities. The course includes discussion of collision avoidance techniques, safety issues and driver habits. A certified instructor teaches the course for the State of Maine.

Date: December 10, 2011
Day: Saturday
Time: 8:00 AM - 1:30 PM
Cost: \$40 / Seniors \$10
Instructor: Fred Thompson

AARP Driver Safety Course

The AARP Driver Safety Program is the nation's first and largest classroom refresher course designed for experienced and mature drivers aged 50 years and older. It helps drivers learn about defensive driving, new traffic laws and rules of the road and it helps older drivers learn how to adjust to age-related changes in vision, hearing and reaction time. Insurance companies in Maine give discounts to drivers 55 years of age and older for three years after completing this course.

More information may be found at:
www.home.earthlink.net/~drivesafe-me

Date: September 21, 2011
Day: Wednesday
Time: 9 a.m. to 1:30 p.m.
Cost \$12 for AARP members, \$14 others
Location: GNG High School
Instructor: John Hammon

***Insurance companies
in Maine give discounts
to drivers 55 years of
age and older for three
years after completing
this course.***



Finance and Business

Planning and Paying for College: Students of all ages

Take a walk around a typical college campus and you'll find students of all ages! Are you thinking of joining them? Going to college and earning a degree is one of the best financial and personal investments you can make. But are you unsure what to do next or how to pay for college? We'll discuss the student financial aid process: career, college, and scholarship searches and even money management skills in a fun and relaxed environment. You'll leave with numerous practical tools and resources that will help you prepare. This workshop will include plenty of Q & A and finish up with an opportunity for participants to complete the Free Application for Federal Student Aid (FAFSA) online with one-on-one help.

Date: October 25

Day: Tuesday

Time: 6 to 8 p.m.

Adult Ed Computer Lab

Cost: **FREE**, but must pre-register.

Location: GNG High School

Instructor: Pamela Crate, FAME College Access Counselor

QuickBooks In A Day Workshop

A great opportunity to learn what you need to make this program more functional for you! Specific questions can be answered. If you are already using this program come and bring your questions to Kirk so that you can use this powerful software to your best advantage!

Date: October 1

Day: Saturday

Time: 9 a.m. to 3 p.m.

Cost: \$49

Location: GNG HS Adult Computer Lab

Instructor: Kirk Allen

Getting Paid to Talk Class

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the Internet in your area. We will cover the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun and a great first step for anyone interested in voice acting professionally. Space is limited, and registration closes one week prior to class, so register early.

Please call the adult education office at 657-2620 for more information.

Women's Guide to Money Matters

FREE

Bring your mother, sister, daughter and friends to discuss preparing for and living in retirement and paying for a child's education expenses from a woman's point of view. Together, we'll learn what you can do now to help address your financial goals and create a strategy for the future.

Date: Sept. 27

Day: Tuesday

Time: 6:30-8 p.m.

Cost: FREE

Location: GNG High School

Instructor: Karen Fuller

Smart Choices in Retirement

When you retire, you probably want to maintain your current standard of living - or maybe even improve it. At this seminar, you'll learn 10 principles to help you work toward achieving a stable, steady income and help make your money last throughout retirement.

Date: October 20

Day: Thursday

Time: 6 to 7:45 p.m.

Cost: FREE

Location: GNG High School

Instructor: Karen Fuller



Academics & Literacy

Math for College /Accuplacer Preparation/Math Lab

This class is an elementary algebra class and can be used for high school diploma, college prep, or Accuplacer testing.

Starts: 10/4/2011

Ends: 11/29/2011

Day: Tuesdays

Time: 5:30-8:00 p.m.

Cost: \$50 plus the book fee

Basic Physics & Chemistry

All colleges require a HS lab science prior to entering any of the allied health professions courses. Please check your college for their entry requirements – this course can be used for adult HS credit or to fulfill the sciences requirement for Maine community colleges. This is a blended classroom and online class.

Starts: Sept. 13

Ends: Nov. 29

Day: Tuesday

Time: 5:30-8:30 p.m.

Instructor: Stephanie Haskins

Cost: \$50 plus lab fee

GED Preparation Classes

Get ready to earn your high school credential in a short period of time – you must be 18 years old or out of high school for one year.

Start: September 6

Days: Tuesday/Thursday

Time: 5:30-8:30 p.m.

Location: GNGHS Room 164

Instructor: Janet Clemons

Credit Recovery for High School Diploma

There are various options available. Please call 657-2620.

Plato Learning Lab

College preparation and high school diploma classes can be scheduled to meet your schedule. Please call 657-2620 for an introductory session and to meet your instructor personally. This is a web-based learning option.

Adult Learning Lab

Math and Science: Tuesdays 9 a.m. to noon

English: Wednesdays, 9 a.m. to noon

Independent Study Courses:

Social Sciences: U.S. Government, Psychology, Economics, U.S. History and Geography

Sciences: Biology, Chemistry, Physics, Earth & Space Science

Mathematics: Basic, Algebra I & II, Geometry

English 1, 2, 3, & 4

Fine Arts and Health: individualized programs

Please call 657-2620 for specifics.

Classes can be arranged for on-line and are monitored by an instructor.

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- **Citizenship & ESOL class offered “on demand”**
 - **Tutoring for literacy & college preparation**

Career Exploration 101

You may have interests in many areas and struggle with narrowing down the many career choices you have. This workshop will have participants take a simple career instrument, the Self-Directed Search, that will help you understand the major areas in which your interests fall. Types of careers for these areas will be discussed as well as the next steps for taking your

career exploration to a deeper level. This workshop is appropriate for anyone who is confused about their career direction.

Date: October 12, 2011

Day: Wednesday

Time: 6:30-8 p.m.

Cost: \$14

Location: GNG HS Adult Ed Lab

Instructor: Dale Stair, M.Ed.,

Coastal Career Consulting



College Transitions



Maine College Transition Programs are comprehensive programs of study leading to enrollment in a post secondary institution. It includes career planning, academic preparation, financial aid assistance, college planning and Accuplacer testing. In partnership with community colleges and the university system, we offer high-quality, cost-effective and accessible pathways to post-secondary education for adults, delivered through local adult education programs.

Math for College Math Lab – Accuplacer Preparation

This course covers the standard topics of basic algebra: real numbers and algebraic expressions, using formulas, solving linear equations and inequalities, graphs of linear equations in Cartesian coordinates, direct and inverse variation, operations and factoring of polynomials, solving quadratic equations, radical expressions and equations and systems of linear equations. Prerequisite: Basic knowledge of mathematical skills necessary for Algebra and Accuplacer Test.

Starts: October 4

Ends: Nov. 29

Day: Tuesdays

Time: 5:30-8:00 p.m.

Instructor: Ian Hebert

Cost: \$50 plus the book fee

Career Counseling

Available by appointment - call 657-2620 for more information

College Preparation

You must schedule an appointment with our College Transitions Coordinator prior to enrollment. Please contact Glenda Waterman at gwaterman@MSAD15.org

AccuPlacer Testing

by appointment – please schedule with the CT Coordinator, call 657-2620 or email gwaterman@msad15.org

Basic Sciences for the Prospective College Student

This is a blended classroom and online class.

Starts: Sept. 13

Ends: Nov. 29

Day: Tuesday

Time: 5:30-8:30 p.m.

Instructor: Stephanie Haskins

Cost: \$50 plus lab fee

SMCC Courses

FMI www.smcc.me.edu or call
657-2620.

Classes start Aug. 29, 2011

Success in College

Offered in Windham and Cumberland

Math for College

Offered in Gray and Windham

Planning and Paying for College: Students of all ages

Are you unsure what to do next or how to pay for college? We'll discuss the student financial aid process: career, college, and scholarship searches and even money management skills in a fun and relaxed environment. You'll leave with numerous practical tools and resources that will help you prepare. This workshop will include plenty of Q & A and finish up with an opportunity to complete the Free Application for Federal Student Aid (FAFSA) online with one-on-one help. College is within your reach! Finance Authority of Maine, FAME, is a state agency committed to helping Maine residents achieve their career and financial goals by providing programs and activities that promote college access, success, and financial education.

Date: October 25

Day: Tuesday

Time: 6 to 8 p.m.

Adult Ed Computer Lab

Cost: FREE, but must pre-register.

Location: GNG High School

Instructor: Pamela Crate, FAME College Access
Counselor



- Learn in-demand skills recognized by employers
- Start anytime - work at your own pace - complete in 3 to 6 months
- Textbooks and learning materials are included
- Support offered via phone, email or live chat 7 days a week
- Expert instructor assistance provided
- Most programs focused on industry credentials
- Certificate of Completion awarded with passing score
- Tailored programs for Workforce Development and Military students
- GNG Computer Lab available for daytime use

www.ed2go/gngadulsted

Gray-New Gloucester Adult and Community Education Program Services

Call us at 657-2620. We want to help you achieve and succeed!

New Payment Option!!

You can pay & register online at

www.maineadulted.org

Business Training/Planning

We help businesses set up customized training programs for employees.

Career Advising

A career advisor is available to assist you with career planning, job skills assessment, and job search resources, or exploring the process of transitioning to college.

College Options

Call us at 657-2620 when you are ready to move in this direction. Please call to schedule Accuplacer testing.

English for Speakers of Other Languages

Tutoring is available as well as preparation for the citizenship test.

Scholarships Available

Limited funds for training/courses.

Testing Services

Accuplacer, Myers-Briggs, GED, Strong Interest Inventory, Choices, ParaPro

LITERACY PROGRAMS:

Learn to Read Program

If someone you know would like to improve their

reading, we will teach that person FREE with no embarrassment.

GED Program

(High School Equivalency Diploma)

You can earn a GED by successfully completing a series of five tests. Day and evening hours are available. There is no cost for this program. Test accommodations are available.

High School Diploma

Take classes and earn credits toward your high school diploma. Schedule an appointment with the director before classes start. Call 657-9611.

Individual Tutoring

Individual tutoring is private and free. If you know someone who needs assistance please call. If you are interested in becoming a Literacy Volunteer please let us know.

Tutors Needed

If you are interested in becoming a volunteer tutor for GNG Adult Education, please call Joan Tremberth at 657-2620.

Employment Assistance:

Please call the office at 657-2620. Help with resumes, online applications, job counseling.

Official GED Testing Site

Community Resources

GNG Adult Education:

Libby Hill Road, Gray, 657-9610, www.msad15.org

Gray Recreation:

Main Street, Gray, www.graymaine.org

Gray Public Library:

Hancock Street Gray, 657-4110, www.graylib.me.us

New Gloucester Public Library:

79 Intervale Road, New Gloucester, 926-4840,
www.newgloucesterlibrary.org

Patriot Soccer Club:

Jay Andrews, president@patriotsoccerclub.org,
207.428.4036

Patriot Football:

Rich Peterson, richpeterson@maine.rr.com

GNG Athletic Dept:

207-657-9311, msad15.org/Athletics/athletics.html

GNG Youth Basketball Association

Joe Bedard - President • Joebedard@gmail.com • 207-
831-0373

www.gngyba.org

Libby Hill Forest Trails:

Gray, www.libbyhill.org

Pineland Farms:

New Gloucester, www.pinelandfarms.org

Maine Wildlife Park:

Gray, www.maine.gov/ifw/education/wildlifepark.index.html

YMCA:

New Gloucester,
www.cumberlandcountyyymca.org/pineland-ymca, (
207) 688-2255

GNG Coalition for Prevention of Substance Use/Abuse:

Carol Swicker, cswicker@mcd.org

Meet Our Instructors

Dinah Aldrich is a dancer turned Zumba fanatic. She has been teaching and dancing for many years and is a founder of ZumbaMe.com. She has a passion for Zumba and it is evident in her classes. Come and join the party! www.zumbame.com

Amy Amoroso has taught fiction and literature at the University of Southern Maine and George Mason University. She's published short fiction in magazines, including "Upstreet", and is working on her first novel.

Rev. Natalie Blake has taught adult education computer classes for GNG and the community colleges for many years. She has a graduate degree in Adult Education as well as divinity studies and loves helping people of all ages understand computer technology.

Janet Clemons teaches in the GNGHS Alternative Education program and her unique teaching style and empathy for our GED students has helped to make our program a huge success in the area of high school completion.

Carie Costello has over 10 years teaching experience with a Masters degree in Training/Education. She is trained as a Color and Style Consultant and as a counselor in Integrative Nutrition. She is an owner of Visibility at Morrill's Corner in Portland. www.visibility-center.com

Debi Dahms is a University Certified Fitness Instructor and Personal Trainer. She is also certified in Pilates, Zumba and Reiki and practices in her studio in Gorham.

Carin Dowling is a fulltime working mom with two young children who teaches couponing. She is the author of the book "Conserving Your Assets".

Karen H. Fuller is a Financial Advisor with Edward Jones and has her business office in Gray. She seeks to provide sound investment information for the long-term invest-

tor and speaks on a number of financial topics including personal investing, college saving plans, retirement options and more. Karen.fuller@edwardjones.com

Mary Greely, former Adult Education Director of the Kennebunks has a Master's Degree in Education and over 30 years' teaching experience. She travels and studies to find unique materials for her jewelry and to learn new designs. www.visibilitycenter.com

Stephanie Haskins is a nationally certified High School Science Teacher and co-owner of Scribbles Preschool.

Amanda Curtis-Kezal holds a B.A. in Holistic Studies and is a certified and registered Kripalu Yoga Teacher and is the owner of Holistic Pathways, LLC in Gorham.

Diana Hertz began oil painting in Chicago at age eight and her formal training began at thirteen when she was awarded a full-tuition scholarship at the Chicago Art Institute. She has also studied at The Art Students League in New York and with private teachers.

Colleen Taylor is a certified Ayurvedic lifestyle consultant & Ayurvedic yoga specialist from Sanctuary Holistic Health Center in Yarmouth. Taylor is a graduate of the Kripalu School of Ayurveda in Lenox, Mass., with earned certifications as an Ayurvedic Lifestyle Consultant and Ayurveda Yoga Specialist. Taylor has experience in using Ayurvedic skills to manage chronic pain and surgeries after an accident.

Jean West is an experienced paper crafter from North Yarmouth.



Adult Education^{MAINE}
Learning for Work and Life

Adult Education Registration Form

Name _____ Soc. Sec. # _____

Address _____

Town _____ State _____ Zip _____

Phone: Home _____ Work _____

E-mail _____

Course _____ Fee _____

Course _____ Fee _____

Total _____

NOTE: Do not send combined lab and course fee: Lab fees are payable directly to instructor at your first class or at Registration Night. Course fees must be paid with registration. Mail to GNG Adult & Community Education, P.O. Box 1079, Gray, ME 04039.

FOR OFFICE USE ONLY:

If you are beginning a High School Diploma program or GED program, you must meet with the director prior to starting classes. Call 657-2620 for information.

New Payment Option!!
You can pay online at www.maineadulted.org

Make your check payable to:

Gray-New Gloucester Adult Education

MAIL your registration to:

Gray-New Gloucester Adult Education, P.O. Box 1079, Gray, Maine 04039

WALK-IN registrations may be left at

Gray-New Gloucester Adult & Community Education office at
 Gray-New Gloucester High School.

Office Hours:

Monday-Thursday.....9 a.m to 4 p.m.

Tuesday, Wednesday, Thursday.....6 to 8 p.m.

Area Adult Education Programs

Gray-New Gloucester.....	657-2620	Portland.....	775-0432
Windham/Raymond.....	892-1819	Cumberland-North Yarmouth.....	828-2208
Westbrook.....	854-0826	Freeport.....	865-6171
Gorham.....	222-1095	Yarmouth.....	846-2406
Bonny Eagle.....	929-3840	Falmouth.....	781-5253

Adult Education Registration Form

Name _____ Soc. Sec. # _____

Address _____

Town _____ State _____ Zip _____

Phone: Home _____ Work _____

E-mail _____

Course _____ Fee _____

Course _____ Fee _____

Total _____

NOTE: Do not send combined lab and course fee: Lab fees are payable directly to instructor at your first class or at Registration Night. Course fees must be paid with registration. Mail to GNG Adult & Community Education, P.O. Box 1079, Gray, ME 04039.

FOR OFFICE USE ONLY:

Policies

Please, no smoking allowed on school premises.

No School: Adult Education will follow the Gray-New Gloucester school schedule. No programs will be held if SAD 15 public schools are cancelled due to storm conditions or during school vacations. Your instructor will schedule make-up time as needed.

Confirmation: Assume your class is running unless you hear from us. Individuals who mail in registrations may call the office at 657-2620 for verbal confirmation.

Insufficient Enrollment: Courses which fail to attract sufficient enrollment will be cancelled and registrants informed prior to the first night of class.

Refunds: 100% refund is available if the course is cancelled or the registrant withdraws prior to the first class. 50% of the fee is refunded if the participant withdraws prior to the second meeting. This does not apply to one-night classes.

Books: Required and recommended texts are usually available for purchase the first night of class. Books are only required for certain courses. Please contact the Adult Ed office at 657-2620 for details.

Age Policy: Minimum age for participants is 16 years unless otherwise noted in the course description or the Director grants special permission.

Payment Plans: In cases of documented hardship, payment plans can be arranged with the Director.

Other: Gray-New Gloucester Adult Education reserves the right to make changes in the starting and ending dates of courses when necessary and is not responsible for typographical errors. Please let the Adult Ed office know at the time of registration if there are any conditions or limitations of which we should be aware in order to accommodate your needs and ensure your safety. MSAD 15 is in compliance with ADA requirements. Any questions regarding ADA accommodations or requests should be directed to the Superintendent at 657-3335.

**Gray-New Gloucester Adult
& Community Education**

10 Libby Hill Road
SAD 15 • P.O. Box 1079 • Gray, ME 04039



Postal Patron

Have you been thinking about college
but don't know where to start?



The Maine College Transitions Program offers the guidance and support you need to go step-by-step through the career decision making, academic preparation, and college application process. Any adult who is not presently enrolled in college and needs assistance in getting started is eligible to participate.

Learn more about our College Transitions Program by calling
Glenda Waterman, College Transitions Coordinator
at 657-2620, gwaterman@msad15.org