

Scarborough Adult Learning Center

Fall 2022

*Pick a Fall
Course!*

scarborough.maineadulted.org
adulted@scarboroughschools.org
207-730-5040

Welcome to our Fall 2022 semester

From the Adult Education Program Staff

We at the Learning Center are pleased to offer a variety of courses to pick from this fall. Whether you are looking to earn your high school diploma credential, to gain work skills and certifications, or to learn a new pastime, we are here for you! Classes by the bushel full are offered onsite at Scarborough High School, via Zoom, or asynchronously. For safety's sake, please refer to Scarborough Public Schools website for the latest Covid protocols and CDC guidance when coming in person to our school buildings.

We hope that you that you will come learn with us, and that these course offerings spark your interest in lifelong learning. Also, consider sharing your passion, skill, and knowledge by teaching a course for Scarborough Adult Learning Center. We always welcome your suggestions for new course ideas that serve the learning needs of our community.

Sincerely,

Marianne Doyle, Director and Catherine Glynn, Program Assistant

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Connect with Us

Scarborough Adult Learning Center
Scarborough High School, Room A100
11 Municipal Dr., Scarborough, ME 04074

scarborough.maineadulted.org
adulted@scarboroughschools.org
Phone: 207-730-5040
Adult Ed Director: 207-730-5045

CORE OFFICE HOURS:

Monday through Thursday 12-6 pm.
The Learning Center is closed on school
vacations, holidays, and snow days when
Scarborough Schools are closed.





Get your high school diploma!

If you did not earn your high school diploma, taking the HiSET (High School Equivalency Test) earns you an equivalent diploma. You **MUST** be at least 17 years of age and no longer enrolled in high school. There are five sections to the computer-based test: Math, Reading, Writing, Social Studies and Science, and we can help you prepare and successfully pass all five tests. Students must complete official HiSET practice tests prior to being scheduled for Official HiSET testing. Please bring a MAINE government issued picture identification and social security card to your intake appointment. There is no fee for HiSET testing with a Maine ID.

If you are only a few credits away from achieving your high school diploma, one pathway to completion is to have your high school transcript evaluated to determine if a high school credit program of studies is feasible for you.

Getting started sometimes feels hard to do but we are here to assist you. The first step is to call our office at 730-5040 to arrange a time to meet with us. We will assist you to complete the initial paperwork, to schedule the reading and math screening, and help you formulate steps to reach your learning goals.

HiSET Preparation Classes

Online: Students will be given access to HiSET Academy, an online learning platform to prepare you for individual HiSET tests.

HiSET Preparation Lab

Available one night a week for students who prefer in person instruction and want a skills refresher in reading, writing an essay, or basic math before jumping into official testing.

Instructor: Catherine Glynn

Day: Thursday, Time: 4-6 pm, Starts Sept. 29

Cost: Free

Math II for HiSET

We will focus on algebra, geometry, data analysis and probability to prepare you for the HiSET math official exam.

Instructor: Christopher Hayward

Day: Tuesdays/6 weeks

Time: 4:30-6:30 pm, Sept. 27 to Nov. 15

Cost: Free

HiSET®

Contact our director for an Intake Session
before starting a diploma program.

All Official Tests are administered
in Scarborough by appointment.

Call Director Marianne Doyle at 730-5045.





English Language Learners

ELL Beginner

Are you interested in improving your English skills? Learning English can help you communicate with your child's school and increase your ability to read and speak English. This fun class will teach basic communication, life skills, and literacy. You will need access to email and a tablet or computer to study outside of class each week. New students may be placed into this class after intake and assessment. Call 730-5040 for an appointment. Peter is an advisor at USM and is currently working on his PhD. Instructor: Peter Hofmann
Date: Mondays, September 12 to December 19, 6-8 pm
Location: Scarborough High School
Cost: FREE

ELL Beginner

This fun class will help you refine your speaking, listening, reading, and writing skills. We will work on English topics that will assist you to be more effective in your daily life. You will need access to email and a tablet or computer to study outside of class each week. New students may be placed into this class after intake and assessment. Call 730-5040 for an appointment. Bethany is a speech language pathologist. Instructor: Bethany Jensen
Date: Wednesday, September 14 to December 21, 6-8 pm
Location: Southgate, Route 1, Scarborough
Cost: Free

ELL Intermediate

Zoom Are you interested in improving your English skills? Learning English can help you communicate with your child's school and increase your ability to read and speak English at home and at work. This fun class for returning students will help you advance your speaking, listening, reading and writing skills. You will need access to email, a tablet or computer for class and homework. New students may be placed into this class after intake and as-

essment. Call 730-5040 for an appointment. Rebecca is an arts educator and community organizer.

Instructor: Rebecca Cote

Date: Tuesdays, September 13 to December 20, 6-8 pm

Cost: FREE

ELL Intermediate to Advanced

In this higher-level ELL class, lessons are built around a brief news article or other reading passage related to current events. Discussion prompts are designed to guide conversations. Supplemental work and worksheets will be utilized to strengthen the grammar, usage, and mechanics of the English language. Vocabulary is highlighted and defined based on the articles read and student's submissions from their daily lives. Students need CASAS scores of 220 and above, as well as access to email, a tablet or computer for class and homework. Mary is a certified ESOL instructor with an MS degree in Literacy.

Instructor: Mary Klement

Date: Monday and Wednesday, September 12 to December 21, 6-8 pm

Location: Scarborough High School

Cost: FREE

**If you are a new student,
please call our office at 207-730-5040 to
arrange a CASAS reading assessment and to
complete registration paperwork**

Career Pathways



Start A Business Build Your Career Manage Your Money

Tuition-Free Workshops & Advising

When you want to focus on your future, New Ventures Maine is here to help you get going with tuition-free classes and individual advising.

Our graduates launch and grow successful businesses, land great jobs, and learn to budget, save, and reduce their debt.

Visit www.newventuresmaine.org
or call 800-442-2092
or 207-621-3434.

Business Success Series

Wednesdays, September 7-October 19, 12-1 pm

Online: Business Success is a series of online and dynamic workshops created to help you understand and manage the many components of starting and growing your business successfully. Each workshop is designed to provide you with concrete tools and resources to break down your next steps into manageable tasks. Register for one workshop or more within the series.

Business Basics

Thursdays, October 6-October 20, 6-7pm

Online: This class covers the basics of a business plan, marketing, cash planning and is suitable for those thinking about or in the early start-up phase of a new business. It will help you assess the feasibility, desirability, and viability of your business idea and get you started with your plan.

My Money Works

Wednesdays, September 7-October 5, 10-11 am.

Online: Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, and plan for retirement.



Solopreneur: Want to Start Your Own Company?

Learn how to answer 5 basic questions about starting a business: Who are you? What are the cost estimates? What are you offering? Who will be your customers and competition? How will you advertise? You will leave with resources to start your own business! Jill Braceland delivers seminars in organizing and writing topics to adult learners. Her seminars are interactive, practical, and friendly.

Instructor: Jill Braceland, Managing Change

Date: Wednesday, October 26, 6-8 pm

Cost: \$19

Professional Development Classes



You can earn CEUs, HRCIs, and PDUs with MindEdge.

Take individual classes to enhance your skills or pursue a certificate program in Business Analysis, Marketing, Non Profit Management and more! For a full listing of classes, visit catalog.mindedge.com/Scarborough or hover your phone camera over this QR code.



Online Courses Learners Love

Maine's Health Care Industry Needs You



Congratulations to our June 2022 CNA graduates, shown here with Instructor Brenda Faust, RN, BSN.

Scarborough Adult Learning Center partners with area healthcare facilities to provide comprehensive, hands-on instruction for healthcare career certifications. Each healthcare facility will provide specific Covid-19 safety and vaccine protocols that students will be required to follow to ensure their own health, and the health of patients.

Call us at 207-730-5040 for an application, and to schedule an interview.

Certified Nursing Assistant (CNA)

Students enrolled in this certificate program complete 130 hours of classroom, laboratory, and clinical experience, meeting all state licensing requirements. Upon successful completion of the course and passage of the State Competency Exam, the student will be eligible to enter the healthcare field under the direction a licensed nurse. Students must be 18 years of age, have a high school equivalency or diploma and have a CASAS reading score of 238 or above. Call 730-5040 for an application, interview, and reading assessment. Students must have a tablet or computer for class. Application deadline is December 15.

Instructor: Brenda Faust, RN, BSN

Starts: January 3

Classes held Mon/Thurs 3-7 pm and Sat 8am to 12 pm

Cost: \$1,110

Personal Support Specialist (PSS)

This 50 hour course prepares participants to work in home health care or residential settings. Personal care, communication skills, observing, reporting and documentation are taught. How to provide care safely and deal with emergencies, consumer rights, aging and illness are additional topics covered in the class. English Language Learners enrolling should have CASAS Reading scores of 220 or above. Please contact our office at 730-5040 for an application and to arrange a CASAS reading test.

Instructor: Brenda Faust, RN, BSN

Starts October 17

Classes held Mon/Thurs 4-7 pm and Sat 8 am to 12 pm

Cost: \$275

Reasons to become a Certified Nursing Assistant

- **Affordability** - a CNA certificate is less expensive than a college degree, but starts you on the healthcare path
- **Job Security** - There is an overwhelming demand for CNAs at this time.
- **Variety** - CNA work provides day-to-day variety and includes interaction with various professionals.

and most importantly: The Opportunity to Make a Difference!

BOOMERTECH ADVENTURES



Self-paced, Virtual, Enrichment Courses

Fee: \$35 per course

Complete course descriptions online at scarborough.maineadulted.org or call us at 730-5040 for more information.

Taking Awesome Pictures With Your iPhone/iPad Camera

This is a step-by-step guide to taking beautiful photos, for anyone who wants to significantly upgrade their photography skills.

Fantastic Photo Finishes

Organize and Edit Images with Your iPhone/iPad Photos App. Includes using app tabs, creating, using, and sharing albums, and the very useful search function.

Introduction to Mac Basics

Learn everything you need to know to make your Mac computer (laptop or desktop) hum!

Introduction to iPhone Basics

Learn to use your iPhone to the best possible advantage.

Take Fabulous Photos of the Flora and Fauna in your World

Four easy-to-follow videos demonstrate with examples.

Introduction to Zoom Basics

Includes: Muting audio and video; using chat; screen sharing; recording; trouble-shooting; scheduling meetings; break-out rooms; and more.

Hidden Gems Lurking on Your iPhone & iPad

Our iPhones/iPads have many time-saving features that allow you to be creative, efficient, and have fun. Learn advanced features of your iPhone and iPad.

Create & Deliver Online Zoom Courses

Step-by-step videos on how to use Zoom and appropriate instructional tips to build an engaging online course.

Cooking with BoomerTECH Adventures

BoomerTECH Adventures guides Chris, Jill, and Ed share their love of cooking and enjoyment for many types of foods.

Digital Tools for the Beginner Memoir Writer

This course looks at a variety of digital tools, available through any digital device, that make the process of memoir writing more fun and a little less daunting.

Maximize Your iPad's Potential

Learn to increase your capabilities to communicate, create, and connect by mastering your iPad's features.

Who is BoomerTECH Adventures?

BoomerTECH Adventures began in 2014 by three friends and colleagues, all Maine Educators who have worked with adults and technology for more than 100 years (collectively)! We provide expert guidance and personalized resources for adults to develop competence and confidence using Apple Devices.

About our courses:

All of our courses contain multiple videos which are self-paced. Students complete courses on their own time and at their own speed. Each course is a PDF booklet with information about the class, instructions for taking the class, and the content of the class (videos and articles accessible from direct links). The three instructors (Jill, Chris, and Ed) provide personalized support for the class via email, phone, and Zoom.

Enrichment

Arts & Crafts

Still Life Drawing for Beginners

Experience the exciting art of looking! When you draw, you learn to see things for the first time. Line, light and shadow, space, and perspective all come together to create an image. In this class you will discover how each of these elements work to create a great piece of art! We will also use different tools including blending sticks, erasers, and mediums including pencil and charcoal. Please bring at least two graphite pencils-a 2B and 6B, and vine or willow charcoal. Paper provided by instructor.

Instructor: Kyle Durkin, an Adult Education Instructor for multiple programs, who enjoys helping new artists develop their skills. He holds a BA in Studio Art with a concentration in Painting from the University of Southern Maine.

Session 1: Thursdays/4 weeks

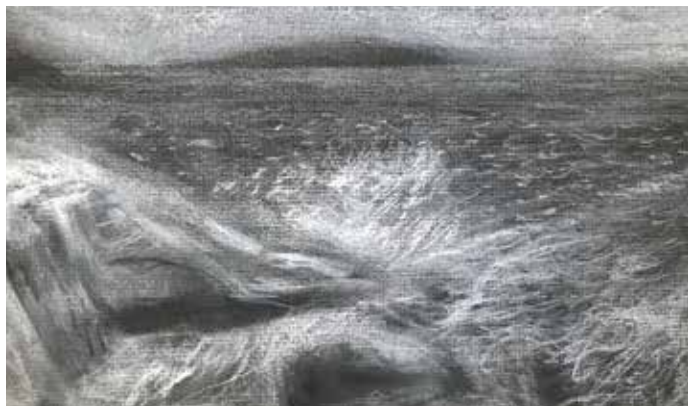
Date: October 27-November 17, 6-8 pm

Cost: \$55

Session 2: Thursdays/4 weeks

Date: December 1-December 22, 6-8 pm

Cost: \$55



Landscape Drawing

Zoom Students will learn how to capture the beauty of Maine's coastline through the practice of graphite and charcoal drawing from photos. The principles of composition and value will be emphasized while experimentation is strongly encouraged in representational and abstract styles of working. Meditative exercises will be used to minimize inhibitions and fears associated with the creative process. A supplies list will be provided.

Instructor: Christopher Reed, BA Visual Arts, Bowdoin College. Chris is a painter, exhibitor, and art instructor. www.christopherdreed.com

Session 1: Tuesdays/6 weeks

Date: September 27-November 1, 12:30-2:30.

Session 2: Tuesdays/6 weeks

Date: November 8-December 20, 12:30-2:30.

No class November 22.

Cost: \$79

Landscape Watercolor Painting

Zoom Students will learn the basic skills of landscape watercolor painting, including color mixing, wash effects, dry brush painting, and glazing techniques. A variety of landscape images will be used for exploring composition in different ways. Each class will begin with a short meditation to minimize inhibitions and fears associated with the creative process. A supplies list will be provided.

Instructor: Christopher Reed

Session 1: Thursdays/6 weeks

Date: September 22-October 27, 12:30-2:30.

Session 2: Thursdays/6 weeks

Date: November 3-December 15, 12:30-2:30.

No class November 24.

Cost: \$79



Scallop Shell Decoupage

In this workshop you will create 3 beautiful decoupage scallop shells that can be used as trinket dishes or hung as art or ornaments. Choose from a wide variety of themes and prints to make your own design. This 4 step process is fun and easy to do!

Each student will make 3 finished pieces-great for yourself, or to give as gifts.

Instructor: Lisa Young, coastalcraftworks.com

Date: Tuesday, October 18, 6:30-8 pm

Cost: \$49 includes materials

Sea Glass Window Workshop

Make a sea glass window! You will have sea glass, shells, stones, sand, and driftwood to make a wood-framed 8x10 art piece. Create your own design or use one of the provided templates. You will complete your seaside design in the workshop and will be given a kit and directions to complete and "cure" your piece at home.

Instructor: Lisa Young, coastalcraftworks.com

Date: Thursday, October 27, 5:30-7:30 pm

Cost: \$40 includes materials



Coastal Glass Trees

Make 2 beautiful Coastal Glass Trees using faux sea glass. Beachy color choices are: green, aquamarine, crystal white, turquoise, and beach blue (or mix and match). These trees can be combined as a set, or give one as a gift and keep one for yourself!

Starfish toppers are optional for holiday themed trees.

Instructor: Lisa Young, coastalcraftworks.com

Date: Tuesday, December 6

5:30-8 pm

Cost: \$69 includes materials

Punch Needle Techniques

In this class we will use basic punch needle techniques to create colorful, modern flowers on an 8x10 inch frame. Learn new ways to create textured stitches, cut pile, and more. Perfect for anyone looking to expand their punch skills, as well as beginners! Cost includes all materials-punch needle, frame, yarn snips, printed instructions, and yarn.
Instructor: Sarah deGrandis, BFA. Instagram: sjanecraft
Date: Wednesday, October 19, 6-8:30 pm
Cost: \$50



Seasonal Felt Floral Wreath

Looking to add some seasonal color to your home? Make simple flowers and foliage from felt and attach them to modern metal hoops for a unique and colorful floral wreath. Cost includes all material needed!
Instructor: Sarah deGrandis, BFA
Date: Wednesday, December 7, 6-8:30 pm
Cost: \$40



Rope Rainbow

Learn to make a colorful rainbow using rope and yarn to brighten up your home or share as a gift! Cost includes all materials needed.
Instructor:
Sarah deGrandis, BFA
Date: Wednesday,
November 16, 6-8:30 pm
Cost: \$30



Music

Beyond Beginner Guitar

Further develop your guitar playing skills and improve your understanding of the guitar fret board, including the CAGED system. We'll also play blues progressions and rhythms, touch on simple music theory, and begin to improvise and express your unique creativity. Acoustic guitar, capo, and pick required. An electronic tuner is highly recommended.

Instructor: Ian Weidner

Date: Wednesdays, Nov. 2-Nov. 30, 6:30-8:00 pm.

No class November 23

Cost: \$60



Musicians Circle

Learn and enjoy with a circle of musicians. Bring your favorite music and acoustic instrument to share. Sheri and Ron are your hosts at the Learning Center for this opportunity to learn from each other. Suitable for all levels of musicianship. Let's learn from each other in a musical community! Minimum of 6 and maximum of 12 participants.

Date: Wednesdays, November 2-December 2, 4:30-6 pm.

No class November 23.

Cost: \$15 to cover administrative fee

Teach with us!

The Adult Learning Center welcomes qualified instructors for enrichment and vocational courses. Share your passion, skill, and knowledge with adult learners in our community.

Please contact Catherine Glynn, Enrichment Coordinator
cglynn@scarboroughschools.org

207-730-5040



Nutrition and Cooking



Preserve the Harvest: Apples and More

Ever wonder how to preserve all those great fall apples?

Come learn from University of Maine Cooperative Extension on the many ways to preserve those gorgeous fall apples! Get hands-on experience making apple chutney, a flavorful condiment for many dishes. Learn recommended methods for food preservation and canning, including properly sealing jars. Take home fact sheets, recipes, and a finished jar of preserves, too. Please bring a potholder with you to class!

Instructor: Kate McCarty, University of Maine Cooperative Extension, Food Systems Professional
Date: Tuesday, October 18, 6-8:30 pm
Cost: \$25



Meal Planning Made Easy

Zoom What's for dinner?! Need some help with mastering meal planning? Join Scarborough Hannaford's Registered Dietitian Hillary Pride for this informative virtual class full of ideas for planning, shopping, cooking. We will help you decide what's for dinner with simple, interesting meal ideas.

Instructor: Hillary Pride RDN, LD, NASM-CPT, Scarborough Hannaford Dietitian
Date: Thursday, October 6, 6-7 pm
Cost: FREE

Why not take a class with someone you care about?

Learning together is an opportunity to reconnect, deepen your relationship and discover something new about your partner or friend as well as yourself!



Sign up for a course now: www.scarborough.maineadulted.org

Healthy Gut, Healthy Mind!

Back by Popular Demand!

Learn about what is going on in your gut, and how your food and mood are affecting your gut health. Weight gain, joint pain, allergies, thyroid problems and more can relate directly to the health of your gut. This 4 part series builds your knowledge of the digestive tract and helps you to optimize your gut health.

Week 1: The Whats of the Guts: anatomy of the digestive tract and the microbiome.

Week 2: Eat Your Greens and Gasoline: discover the hidden toxins in our food supply, and why gut health is can protect you from these.

Week 3: Fatigue, Fogginess, Fear, & Food: gut health is key to brain health! Learn about the gut-brain connection and what foods and supplements can support health.

Week 4: Don't Worry, I've Gut This!: Learn key lifestyle steps to support your digestive tract, improve your gut health, and live a happier and healthier life!

Instructor: Stephanie Walsh, Master Nutrition Therapist at The Wholistic Health Approach

Date: Mondays, October 31-November 21, 5:30-7 pm

Cost: \$59

Home and Family

Homebuying Essentials

Where do you start when you want to buy a house, especially in these challenging times? Join us to learn the necessary steps and components on the way to becoming a homeowner! Learn about the 3 C's: credit, capacity, and collateral. The home loan process is covered, as well as the Maine State Housing First Time Homebuyer Program. Bring your questions for this informative evening!

Instructor: Casey Hamlin, NMLS#374491. Casey is a Licensed Loan Officer and Branch Manager for Northpoint Mortgage in Scarborough, Maine. He has been in the mortgage business for 19 years. He and his team specialize in purchase transactions – consistently helping Maine families buy homes through first time buyer programs or various loan options.

Date: Wednesday, November 2, 6-8 pm

Cost: \$19

My Dying to Do List

Do you know how much paperwork is involved in organizing your estate? This quick overview deals with matters involving Family, Finances, Future, & Funeral. Leave with a helpful resource list to guide you. Jill Braceland delivers seminars in organizing and writing topics to adult learners. Her seminars are interactive, practical, and friendly. This is an informational seminar only.

Instructor: Jill Braceland, Managing Change

Date: Wednesday, November 16, 6-8 pm

Cost: \$19



Houseplants 101

Houseplants purify air, regulate humidity, and even reduce stress levels! This two week session teaches you the basics that you need to make your houseplants thrive. Basic needs will be covered in the first class: light, soil, water, nutrients, and pest control. The second class will include propagation and troubleshooting any issues you are facing with your plants-bring in a photo of your plant, or bring a small plant in as needed to the second class.

Instructor: Raychell Libby, Horticulturist

Date: Thursdays, November 3 & 10, 5:30-7 pm

Cost: \$30

Efficiency Maine Residential Offerings

Join us for an informative evening exploring home energy savings with Efficiency Maine. They promote energy efficiency by offering rebates, financing, consumer tools, and an installer database to help Mainers lower the cost and environmental impacts of energy consumption. This presentation will provide an overview of Efficiency Maine's programs that support insulation, heat pumps, heat pump water heaters, electric vehicles, appliances, and LED light bulbs.

Presenter: Efficiency Maine is the administrator for programs to improve the efficiency of energy use and reduce greenhouse gases in Maine. It serves all sectors and all regions of the state, and offers nationally recognized programs that provide consumer information, discounts, rebates, loans, and investments for high-efficiency, clean energy equipment and strategies to manage energy demand.

Date: Wednesday, October 19, 6-7:30 pm

Cost: \$10 fee to cover Learning Center administrative costs



Health and Wellness

Barre Bootcamp

Zoom This low impact workout produces a big burn! Barre combines elements of strength training, Pilates/ Yoga, and dance. Small movements and many repetitions tone muscles that you didn't even know you had! Join Instructor Jenna Chase to look and feel your best.

Instructor: Jenna Chase, Associate Director of Health & Wellness Programming at St. Joseph's College

Tuesdays, 6 weeks

Session 1: September 13-October 18, 6:15-7 am.

Session 2: October 25-December 6, 6:15-7 am.

No class November 22

Cost: \$44

Pumped Up Strength

Zoom Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music.

The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism.

In this class you will want a set of hand weights anywhere from 5lbs - 15lbs.

Instructor: Jenna Chase, Associate Director of Health & Wellness Programming at St. Joseph's College

Fridays, 6 weeks

Session 1: September 16-October 21, 6:15-7 am

Session 2: October 28-December 9.

No class November 25

Cost: \$44

Surviving Stress:

Moving from Depletion to Renewal

Zoom Life can be very stressful, depleting energy and motivation. Join us as we learn to move from depletion to renewal! You will learn lots of exercises in Awareness, Breathing and Compassion so you can increase your physical energy, think more clearly, and feel more uplifted. This information-packed class includes lots of student participation, with exercises and fun activities to reduce emotional anxiety and calm the brain. You will come away knowing how to breathe optimally, increase oxygen delivery to the body and brain, which will increase overall health and mental outlook.

Instructor: Carole Freeman, BS RRT, Breathing Specialist

Date: Wednesday, October 12, 5-8 pm

Cost: \$37

Self-Care: A Holistic Approach

In this workshop we will define self-care and explore our understanding of it. We will examine what we value, being authentic, living with purpose, and finding meaning in our lives. We will also explore our beliefs that guide how we live our lives, and review some helpful tools in this process. Finally, we will examine life-balance, and how we use our precious time.

Instructor: Marie Laverriere LCSW. Marie has worked as a therapist in private practice for several years, as well as a variety of settings: high school, mental health provider, and social service agencies. She truly enjoys facilitating adult learning. Class participants will receive handouts and a variety of resources. For more information, see website: MarieLaverriere, LCSW.com

Mondays

Date: October 17-October 24, 4:30-6:30 pm

Cost: \$45



Minimalism for Well-Being: A Guide to Simplifying All Facets of Your Life

Learn about the definition of minimalism, and how everyone can define that lifestyle for themselves. Marie Laverriere shares her journey to a minimalist lifestyle, described in her first book, where she used the philosophy of minimalism to declutter her life and move into a 293 square foot cottage!

Instructor: Marie Laverriere LCSW (see bio in class above)

Date: Monday, September 26, 4:30-6:30 pm

Cost: \$19

Living the Dream: Interactive Guided Journaling

Recognize your real dreams and bring them to fruition! Join Anne Sirois in a guided journaling workshop where you will find your intuitive voice and make actionable and detailed decisions regarding what you most want from life, all within a caring community.

Instructor: Anne Sirois

www.hazelmariesgarden.com

Date: Monday, October 24, 6:30-8:30 pm

Cost: \$48

The Stress Reset: Stress-Proof Your Mind & Body Zoom

Stress-proof your mind and body with this neural retraining therapy! You'll learn how to reset your emotional response to stress and activate your natural relaxation response. This self-directed 14-day program uses modern neuroscience-based techniques to break the cycle of stress overload. This course includes a 68 page e-book, "The 14-day Stress Reset" with a daily action plan to work on at home, after an introductory lesson onsite. Free coaching support is also provided for the 14 day program. Instructor Carol Charland-Cliche specializes in Neural Retraining Therapy (NRT). She holds a diploma in Complementary-Alternative Medicine and certifications in NLP Neurolinguistics and as a Clinical Hypnotherapist.

Instructor: Carol Charland-Cliche, Author & Wellness Coach

Date: Thursday, September 29, 6-8 pm

Cost: \$49, includes e-book and coaching support



Holiday Stress Rescue

Zoom The holiday season is coming right up, and can be one of the most stressful times of year for most people. In this class, you'll learn revolutionary mind-body techniques in Neural Retraining (NRT) to activate your natural relaxation response. You may not be able to eliminate holiday stressors, but you can counter their effects. You'll use these stress-busting techniques all throughout the year to manage everyday stress, too!

Instructor: Carol Charland-Cliche, Author & Wellness Coach (see bio in class above)

Date: Wednesday, November 9, 6-8 pm

Cost: \$39, includes e-book and coaching support

Local History and Ecology



Sunday in the Cemetery

Back by popular demand

Scarborough's Dunstan Cemetery holds a great collection of early 1800s slate grave markers from our region's first stone cutter, Bartlett Adams. Other interesting monuments in marble and zinc, plus a few surprises, will also be highlighted on this cemetery walk. You'll see the best that Dunstan Cemetery has to offer with cemetery historian and author of four related books, Ron Romano. Wear comfortable footwear for this hourlong stroll. Rain or shine, unless there is extreme weather. Class size: 15 participants. Additional parking information will be shared before the walk.

Instructor: Ron Romano, Cemetery Historian and Author
Date: Sunday, October 23, 2-3 pm
Cost: \$10



The Magic of Trees

Trees are symbols of the interconnectedness of life. They give us the breath of life and provide us with food, medicine, beauty, shelter, and habitat for wildlife. In this class you will meet Beech, known as the Queen Mother of the Woods, and other trees native to our area. Join us to learn about their magic, meaning, lore, and how we are connected to them.

Instructor: Amy Melissa Witt. Amy is a Naturalist, Horticulturalist, Educator, and Director of Earth Walkers. She offers a variety of nature-based programs that lead people to fully experience Nature in more spiritual ways. www.earthwalkers.me

Date: Tuesday, October 18, 6:30-8 pm

Cost: \$35

What Tree is That?

Did you know that one large Oak tree can drop thousands of acorns in one year? Or that trees are able to communicate and defend themselves against attacking insects? Join us on this walk to get to know the names and details of some of Maine's 66 native tree species. Fall is an excellent time to identify native trees by their leaves, fruits, and branch and bark patterns! Class size: 10 participants. Meet at Fuller Farm trailhead, 309 Broadturn Road in Scarborough.

Instructor: Amy Melissa Witt-see bio above.

Date: Saturday, October 15, 9-11 am

Cost: \$15



Easy Online Registration!

<https://scarborough.maineadulted.org>

If you need assistance we are happy to help!

Call: 730-5040.

Email: cglynn@scarboroughschools.org

Program Information

Visit Us Online

scarborough.maineadulted.org

Find Your Course Online

scarborough.maineadulted.org

Questions?

Email: adulted@scarboroughschools.org

Find Your Class Location at Scarborough High

Courses are held at Scarborough High School unless otherwise indicated. Welcome signs are posted at the high school entrance, and they will guide you to your assigned classroom. Restrooms are available in the school lobby.

Contact Us

Catherine Glynn, Program Assistant

Phone: 207-730-5040

cglynn@scarboroughschools.org

Mailing Address

Scarborough Adult Learning Center
Scarborough High School, Room A100
11 Municipal Drive
Scarborough, ME 04074

Office Hours

Monday through Thursday 12-6 pm, and later as needed for evening courses. The Learning Center is closed on school vacations, holidays, and snow days when Scarborough schools are closed.

Payment Options

Online at scarborough.maineadulted.org-online registrations through Coursestorm incur \$1.99 fee per registration. Or, pay by mail by sending a check or money order payable to Scarborough Adult Learning Center. Payment must be made at the time of registration, thank you.

Insufficient Enrollment or Cancellations

Courses that do not attract the required minimum number of students are cancelled. On rare occasion, a course is cancelled or rescheduled for other essential reasons. In either circumstance, students are notified and refunded 100%.

Refunds & Withdrawals:

Classes cancelled by Scarborough Adult Learning Center will receive a full refund. Please notify our office seven calendar days before class starts in order to cancel your attendance and to request a refund. Refunds are not an option at or after the start of class. Online payments will be refunded to your credit card. Refunds for check or cash payments will be mailed, and may take up to three weeks to process.

School Closing Policy

The Scarborough Adult Learning Center is closed when Scarborough schools are closed.



The Maine Adult Education Association is a nonprofit organization representing adult education programs, professionals and volunteers in Maine since 1965. It is a professional organization that advocates for adult education locally, statewide, and nationally and supports its members in order to meet the educational needs of Maine's adults.



Thank you to our Scarborough Schools community, especially Maintenance and Central Office, for your cheerful and skillful support of Adult Education! Thanks also go out to all of our instructors and learners who share their enjoyment, learning, and growth with us here in Scarborough.



SCARBOROUGH HIGH SCHOOL

11 Municipal Dr. Scarborough, ME 04074

☎ (207) 730-5000

📠 (207) 730-5007

Scarborough Adult Learning Center

Registration Form

Mail completed registration form to:

Scarborough Adult Learning Center
11 Municipal Drive, Scarborough, ME 04074

Payment Options

Online at scarborough.maineadulted.org
Online registrations through Coursestorm incur
\$1.99 fee per registration.

Or, pay by mail by sending a check or money
order payable to Scarborough Adult Learning
Center. Payment must be made
at the time of registration, thank you.

Name _____

Address _____ City _____ Zip _____

Home Phone _____ Other Phone _____

Email Address _____

COURSE	DATE	FEE
1.		
2.		
3.		
See payment options or make check payable to Scarborough Adult Learning Center.		Total Fee: \$ _____



**Take Your Pick and
Register Today!**

Scarborough Public Schools
P.O. Box 370
Scarborough, ME 04070

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**CONTACT THE SCARBOROUGH LEARNING CENTER
FOR MORE INFORMATION!**

adulted@scarboroughschools.org 207-730-5040