

Winter/Spring 2023

**dream it, wish it, do it**

**Scarborough Adult Learning Center**

[scarborough.maineadulted.org](http://scarborough.maineadulted.org) [adulted@scarboroughschools.org](mailto:adulted@scarboroughschools.org)

# Welcome to our Winter/Spring 2023 semester

## From the Adult Education Program Staff

***Come learn with us. Together we can help you to fulfill wishes and dreams to be able to say, "I did it!"***

We hope you find something in our course offerings that makes you want to fulfill a goal you have always wanted to achieve. It's fun to meet new people and to try something new; why not take the first step and register for a class in your community?

We are excited to share that any student who earns their HiSET (High School Equivalency) in 2023 is eligible to attend any Maine Community College for free. Our regional adult education programs in Cumberland County share a College Success coordinator who is on campus at Southern Maine Community College. She mentors our academic students to be supported in their initial college studies. Take that step today toward earning a credential and moving on to new pathways!

We invite your suggestions for new course ideas. Please consider sharing your passion, skill, and knowledge by teaching a course for Scarborough Adult Learning Center.

*Sincerely,*  
**Marianne Doyle, Director**  
**Catherine Mayo, 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 Wednesday 11-6 pm  
The Learning Center is closed on school vacations, holidays, and snow days when Scarborough Schools are closed.





## Get your high school diploma!

High school equivalency (HSE) indicates that an individual has the same level of academic knowledge and skills as a person who graduated high school. Attaining a HSE credential allows you to enter postsecondary education or training, or to apply for positions that require high school equivalency. This can make a meaningful difference in your career path and earnings!

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. 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.

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.

### Math II for HiSET

This class gives you what you need to know in Algebra, Geometry, Data Analysis, and Probability to prepare you for the HiSET Math test. Join this small group setting which tailors instruction to your needs! This class is suitable for those who need a math refresher for work and college readiness.

Instructor: Christopher Hayward

Date & Time: Tuesday/8 weeks, 4:30-6:30 pm.

January 24-March 21

Cost: Free

### HiSET Preparation Lab

This class offers in-person instruction and support in HiSET subjects so that you can prepare for the official HiSET tests. We use the HiSET Academy online program to brush up on those skills targeted to the HiSET tests.

Instructor: Catherine Mayo

Date & Time: Thursday, 3:30-5:30 pm

Starts January 26-March 23

Cost: Free

# HiSET<sup>®</sup>

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, January 23 to May 22 , 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: Wednesdays, January 4 to June 14, 6-8 pm  
 Location: Southgate Apartments, Route 1, Scarborough  
 Cost: Free

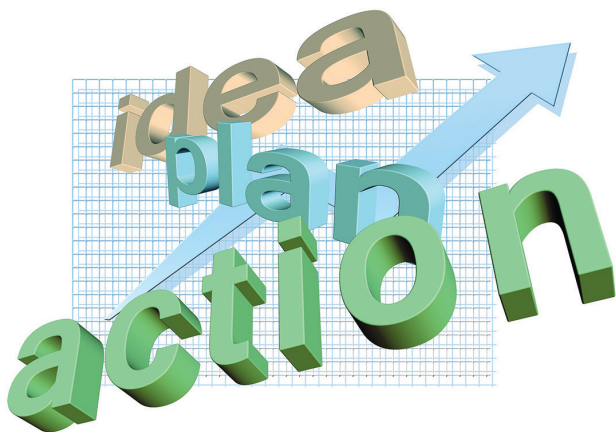
### ELL Intermediate

This interactive class is for students who are advancing from beginner level and have CASAS scores at or above 220. We will work on increasing our understanding of the English language to engage in conversations and written exchanges about familiar topics. Students will need access to a tablet or computer for class and homework. Jennie Robinson is an English Language Arts teacher at Scarborough Middle School.  
 Instructor: Jennie Robinson  
 Date: Tuesdays, January 10 to June 13, 6-8 pm  
 Location: Scarborough High School  
 Cost: Free

### ELL Daytime

In response to a request to have daytime ELL instruction, Scarborough Adult Learning Center staff will host a learning lab at Scarborough Public Library for ELL students. Instruction will focus on improving skills in English as well as achieving personal language goals.  
 Instructor: TBD  
 Date: Wednesdays, January 11 to April 31, 9 am-12 pm  
 Location: Scarborough Public Library  
 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**



### **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 of Managing Change

Date: Tuesday, January 31, 6-8 pm

Cost: \$19



## **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.**

### **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 BoomerTECH courses contain multiple self-paced videos. Complete courses on your own time and at your speed at home. Each course is a PDF booklet with instructions on how to take the class, along with video links to class content. Personalized support is available from BoomerTECH instructors by email, phone, or Zoom!

### **Maximize Your iPad's Potential**

Increase your ability to communicate, create, and connect by mastering your iPad's features! This course covers: navigating your iPad, using Camera and Photos apps, tapping into Options settings, communicating through writing and video, and making phone calls. Learn all about your useful apps, like Calendar and Siri, your virtual assistant.

Instructor: BoomerTECH Adventures

Register anytime during the Winter/Spring Session.

The course download will be delivered to your inbox!

Cost: \$35

### **Taking Awesome Pictures With Your iPhone/ iPad Camera**

Use this step-by-step guide to take great photos! This course is appropriate for novice photographers as well as anyone who wants to significantly upgrade their photography skills. Learn to take photos, portraits, slo-motion, panos, and more. Students will learn about camera settings for proper focus, exposure, and composition.

Instructor: BoomerTECH Adventures

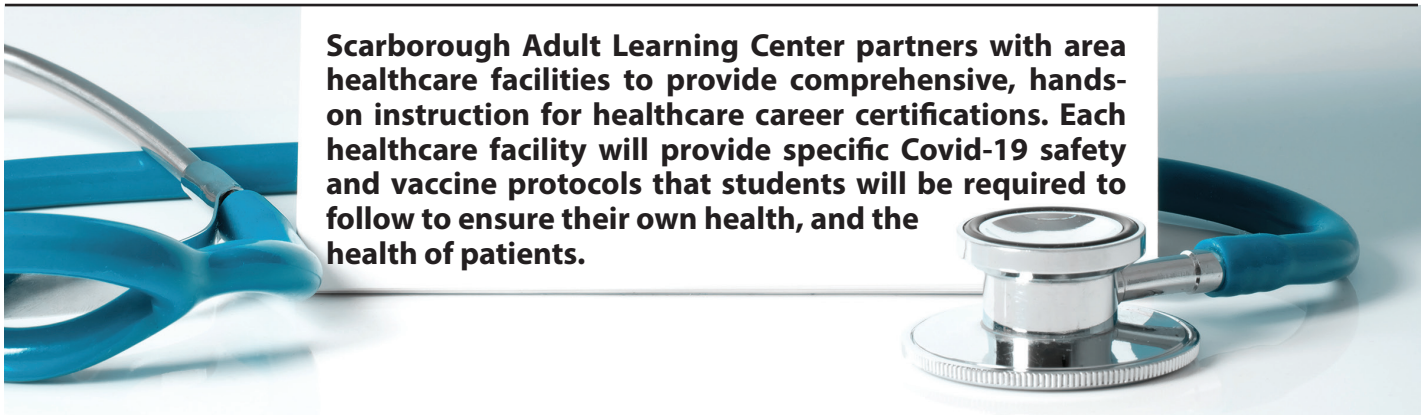
Register anytime during the Winter/Spring Session.

The course download will be delivered to your inbox!

Cost: \$35

**THERE'S MORE! SEE OUR FULL SELECTION OF BOOMERTECH COURSES ONLINE AT  
<https://scarborough.maineadulted.org/>**

## Health Care Careers



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 of 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.

Instructor: Brenda Faust, RN, BSN

Starts: January 5

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

Cost: \$1,110

Session 1: Please call our office to see if there are still available slots for the January 5 class.

Session 2: Application deadline is March 16.

Starts: April 3

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

Cost: \$1,100

### 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: February 27

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

Cost: \$275

**Please apply at least one month before the start of health care training classes so we may assist you to find available scholarships or sponsorships you might be eligible for.**

## 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!**

Register with Catherine Mayo, Scarborough Adult Learning Center's Program Assistant and Enrichment Program Coordinator: [cmayo@scarboroughschools.org](mailto:cmayo@scarboroughschools.org), 207-730-5040. Catherine will make contact with Academy of Medical Professionals, and AMP will contact you with specific registration steps for the class.



**ACADEMY**  
of MEDICAL PROFESSIONS

Call: 207-721-0714 • Toll Free 866-516-8274  
Fax: 207-449-1242

## PAYMENT PLANS AVAILABLE FOR OUR ALL-INCLUSIVE PROGRAMS

Enroll anytime for our online classes or attend one of our local classes, hosted 2-3 times a year

### EXCLUSIVELY AT ON-SITE PARTICIPATING LOCATIONS:

#### CLINICAL MEDICAL ASSISTING

with *CCMA Certification*

A 16-week program with externship opportunities. Our program provides virtual reality style classroom work as well as traditional style teaching for a blended learning experience. Practicals are performed during the program to ensure that the student has proper techniques and will be ready to pass the National Certification.

Tues/Thurs 5:30-8:30 PM; 16 weeks  
February 28, 2023; June 20, 2023.  
Cost: \$3,200

#### PHLEBOTOMY

with *CPT Certification*

Become Nationally Certified in 10 weeks as a Phlebotomy Technician by professionals in the industry. Our course is all-inclusive, and in-depth, you will be able to perform: Basic Phlebotomy procedures, evaluate patients for ability to withstand venipuncture procedure, explain the venipuncture procedure and answer patient questions, perform basic point of care testing, such as blood glucose levels on patients, prepare blood, urine, and other body fluid specimens for testing according to established standards. Course includes national certification, books, resume and job assistance.

Tues/Thurs; 5:30-8:30 PM; 10 weeks;  
February 28, 2023, June 20, 2023  
Cost: \$2,500

#### MEDICAL FRONT OFFICE WITH BILLING

with *CMAA Certification*

A 16-week certification program. You will learn health information in the medical office, billing and coding procedures, financial and practice management and administrative duties. You will perform actual administrative duties like managing patient scheduling in a multi-doctor practice, complete actual medical office forms, practice taking phone messages, and transcribing doctor's notes. You will learn HIPAA compliance and hands-on practical use of this program from both the administrative and clinical perspective.

Wednesdays 5:30-8:00 PM, 16 weeks;  
March 1, 2023;  
Cost: \$3,200

#### MEDICAL CODING

with *CPC Certification*

This is a 20-week, in-depth medical coding program with CPC Certification. This program is designed to teach all aspects of medical coding and provide you the skills needed to become nationally certified, and get into the job market as a certified coder. This is taught by a certified medical coder and includes Medical Terminology/Anatomy & Physiology for ICD-10 coding, CPC exam, three practice CPC tests, and all books and online resources. Basic computer skills are required.

Thursdays 5:30-8:30 PM, 20 weeks;  
March 2, 2023  
Cost: \$3,750

#### PHARMACY TECHNICIAN

with *PTCB National Certification*

This 14-week online program will prepare you to pass the Pharmacy Technician Certification Board exam. As a pharmacy technician, you will be doing everything from preparing medications to answering phones, receiving and verifying prescriptions, counting tablets, taking requests for refilling of medications, and much more.

Cost: \$2,050

#### DENTAL ASSISTING

with *RHS Certificate*

A 10-week certificate program in dental assisting, one of the most high-demand careers. This program is designed to teach all aspects of dental assisting and provide you with the skills needed in order to work in this field and pass the national certificate exam.

Mondays 6-8 PM, 10 weeks, with a 1-day lab at a dental office once a semester  
February 6th, 2023; June 19, 2023

Cost: \$2,900

#### MEDICAL TRANSCRIPTION

with *all reference materials and digital equipment*

This 16-week all-inclusive program prepares you to work from home in a lucrative career. As a medical transcriptionist, you are responsible for receiving verbal information and typing that information into a word processing program, such as Microsoft Word. Learn how to transcribe all types of medical reports accurately and quickly.

Cost: \$2,650

**A New Year  
A New Career**

## Enrichment

### Nutrition & Cooking



#### Fresh Ramen

It's not just for take-out anymore! Learn to make delicious, fresh ramen noodles in a tasty broth with Chris Toy. The traditional flavors and wholesome ingredients will become a family favorite.

Instructor: Chris Toy, author of "Easy Chinese Cookbook: Restaurant Favorites Made Simple"

Date: Wednesday March 15, 6-8 pm

Cost: \$40

#### Chinese Appetizers

Learn to make a sampling of recipes traditionally eaten at the beginning of Chinese meals! Chris Toy shares his family's culture and recipes in this hands-on class, where you will make dumplings and other appetizers.

Instructor: Chris Toy, author of "Easy Chinese Cookbook: Restaurant Favorites Made Simple"

Date: Wednesday, April 5, 6-8 pm

Cost: \$40

#### How To Make Great Tasting Coffee

This is a hands-on interactive course that will explore beans from different origins, the fundamentals of roasting and factors that impact coffee



freshness. We will cover tasting coffee, flavor profiles, different types of brewing methods and brewing variables that affect taste.

By the end of the course, students will be able to apply a basic understanding of the flavor profiles of coffee from different origins and different roast levels, be able to brew coffee using three different methods, and apply the attributes of grind profiles, temperature and weight measurement to achieve better tasting coffee.

Black Point Coffee is a specialty coffee roaster located on Black Point Road in Scarborough Maine. The owner, Mark Peterson, has several years in the industry, including at La Bella Tica in Costa Rica and Great Falls Coffee in Lewiston Maine. Mark is associated with the Special Coffee Association (SCA) and the material for this course is based on the SCA's guidelines for understanding and brewing coffee.

Instructor: Mark Peterson

Date: Tuesday, January 24 & 31, 7-8 pm

Cost: \$25



#### 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](http://www.scarborough.maineadulted.org)



## 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

Jan. 26 -Feb. 16, 6-8 pm

Session 2: Thursdays/4 weeks

March 2-March 23, 6-8 pm

### Pastel Painting-ZOOM

Students will learn the basic skills of pastel painting, including the layering and blending of colors while developing composition and value. Still life and landscape photos will be used as references. Mindfulness exercises will accentuate the creative process and allow the inner artist to unfold naturally without judgment and fear. This class is suitable for beginners as well as those with previous experience. A supply list will be provided.

Instructor: Chris Reed, BA Visual Arts, Bowdoin College. Chris is a painter, exhibitor, and art instructor. [www.christopherreed.com](http://www.christopherreed.com). Each session has the same class content.

Session 1: Tuesdays/6 weeks

Jan. 24-March 7, (no class 2/21), 1-3 pm

Session 2: Tuesdays/6 weeks

March 14-April 25, 1-3 pm

Session 3: Tuesdays/6 weeks

May 2-June 6, 1-3 pm

Cost: \$79



### Felt Plant/Pincushion

In this class we will use felt, and simple hand sewing to make an adorable little cactus that you can use as a pincushion, or home decor. Who doesn't love a plant that can't die? Perfect for gift giving.

Instructor: Sarah deGrandis, BFA.

Instagram: [sjanecraft](https://www.instagram.com/sjanecraft)

Date: Wednesday, March 1, 6-8 pm

Cost: \$30, includes materials

### Punch Needle

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](https://www.instagram.com/sjanecraft)

Date: Monday, February 6, 6-8 pm

Cost: \$50



### Scallop Shell Decoupage

In this workshop you will create 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](http://coastalcraftworks.com)

Date: Tuesday, May 9, 6-8 pm

Cost: \$40, includes materials

## 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 Mayo, Enrichment Coordinator  
[cmayo@scarboroughschools.org](mailto:cmayo@scarboroughschools.org)

207-730-5040





### Sunday in the Cemetery

Stroll and enjoy the early craft and imagery used in grave markers at our own Dunstan Cemetery. This cemetery holds a great collection of early 1800s slate markers from our region's first stone-cutter, Bartlett Adams. Highlights on the walk include monuments in marble and zinc—plus a few surprises! 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 hour-long stroll. We will meet rain or shine, unless there is extreme weather. Class size: 15 participants. Parking information will be shared when the walk is confirmed.

Instructor: Ron Romano

Date: Sunday, May 7, 2 pm

Cost: \$10



### Sea Glass Window Workshop

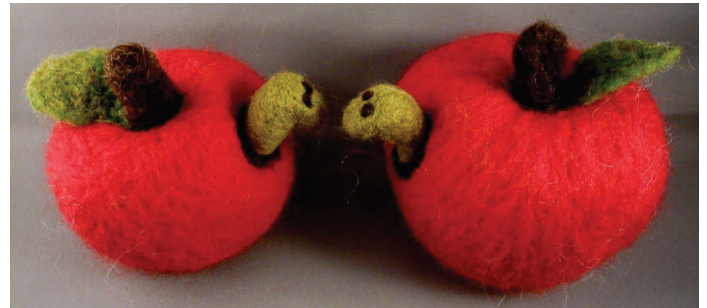
Make a sea glass window! You will have sea glass, shells, stones, sand, and driftwood to make a wood-framed 8x10 art piece. Create your own design or use one of the provided

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](http://coastalcraftworks.com)

Date: Tuesday, May 23, 6-8 pm

Cost: \$49, includes materials



### Needle Felting for Beginners

This needle felting class promises to be fun and stress free. You will learn the basics of felting, various techniques and what to use for supplies and materials. It's fun to work with wool. The possibilities of what can be made with it are endless! Leave each class with a felted creation. All materials and equipment provided. Kathleen has been teaching the art of needle felting for 10 years. She has taught at Camp Wool, Portfiber, Fiber College in Searsport and at The New England Fiber Festival.

Instructor: Kathleen Gerdes

Date: Tuesdays/6 weeks. February 28-April 4, 6-8 pm

Cost: \$80

### Musicians Circle

Learn and enjoy with a circle of musicians. Bring your favorite music to share and an acoustic instrument. 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 6 and maximum 12 participants.

Leaders: Sheri and Ron Aube, local musicians

Date: Wednesdays/6 weeks, Jan. 25-March 8, 4-6 pm.

*No gathering Feb. 22*

Cost: \$10 to cover administrative fee

### Write and Share Your Life Memories

You have life stories to tell, so come join us for ideas and exercises to help you get started! Learn to write for your intended audience, and to save those memories for posterity. There will be four evenings to stir your creativity on these topics: Writing Basics; Writing to Inform, Empathize, and Compare; Writing Stories That Make You Smile; and Writing Stories Demonstrating Your Values.

Instructor: Susan Saba

Dates: Mondays, 4 weeks, March 6-27, 4-5:30 pm

Cost: \$69

## Environment



### Local Maine Birds

Are you curious about the feathered friends in your yard or at your feeder? Learn to identify birds that you may find locally! We will study the appearance and habits of a number of beautiful birds that make their habitats locally.

Instructor: Linda Woodard, Director of Scarborough Marsh Audubon Center

Date: Monday, February 27, 6-8 pm

Cost: \$19

### Bird Success Stories

Jane Goodall's book, "Reason For Hope," is the inspiration for this class about Maine birds. There are success stories in the conservation world! Attend this class and learn about Maine birds that are surviving and thriving: Puffins, Eagles, Piping Plovers and Loons, to name a few.

Instructor, Linda Woodard, Director of Scarborough Marsh Audubon Center

Date: Monday, March 27, 6-8 pm

Cost: \$19



### Wildflower Walk

*Pleasant Hill Preserve, Scarborough*

*Did you know that Jack in the Pulpits can change their sex?*

*Or that a Trout Lily has spotted leaves that resemble trout?*

*Curious to learn more about the wildflowers and trees that make their home in the Maine woods?*

Come meet the native wildflowers and trees along the Frazier Preserve trail. Our outing will incorporate plant folklore, identification, and the gifts each plant has to share. Our walk will take place at Pleasant Hill Preserve. We will meet in the parking lot, 256-280 Pleasant Hill Road.

Instructor: Amy Melissa Witt is a Naturalist, Horticulturist, Educator, and Director of Earth Walkers ([www.earthwalkers.me](http://www.earthwalkers.me)). She offers a variety of nature-based programs, garden consultations, and leads people on journeys to invigorate their heart and fully experience Nature in more spiritual ways.

Date: Thursday, May 11, 5:30-7:30

Cost: \$15

## Home & Family



### Efficiency Maine: Save Energy at Home!

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, January 18, 6-7:30 pm

Cost: \$10 to cover administrative costs

### Medicare Made Simple

Learn how medicare works! This class teaches what it covers, what it does not cover, details in differences between supplemental and advantage plans, penalties and more! Instructor: Renata Lahner is a licensed insurance agent with over 18 years experience helping individuals find the right Medicare coverage based on one's medical and financial needs.

*Each session has the same class content.*

Session 1: Wednesday, February 1, 6-8 pm

Session 2: Wednesday, March 1, 6-8 pm

Session 3: Wednesday, April 5, 6-8 pm

Cost: FREE

## Homebuying Essentials

**Zoom** 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, February 8, 6-8 pm

Cost: \$15

## 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

Date: Wednesdays, February 8 & 15, 5:30-7 pm

Cost: \$30

## Taming Your "To Do" List

Identify techniques that will help you organize your personal time. Suggestions offered include prioritizing, creating the "To Do" list, and how we underestimate time. Tips on how to stop procrastinating and being overwhelmed will also be discussed.

Instructor: Jill Braceland of Managing Change

Date: Wednesday, March 29, 6-8 pm

Cost: \$19

## Downsizing?

This seminar is designed to offer organizing strategies to start your downsizing efforts. Establish your project priorities, learn what supplies you might need, and set realistic time constraints. Leave with an action plan!

Instructor: Jill Braceland of Managing Change

Date: Tuesday, April 25, 6-8 pm

Cost: \$19

## 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, February 1, 6-8 pm

Cost: \$19



## Landscaping 101 - A mini course for beginners

Are you a do-it-yourselfer who wants to give your yard a simple makeover or design a new garden?

Do you need to add curb appeal to the house you are getting ready to put on the market?

Or do you simply want to enjoy enhanced beauty in your backyard?

Whatever your final goal, knowing some basic landscape design techniques will make it easier for you. Learn how to assess your needs, evaluate your site, come up with a plan, and select the right plants.

Instructor: Amy Witt

Date: Wednesdays, 3 weeks, April 5, 12, & 26, 6:30-8:30 pm

Cost: \$79



## Exercise & Wellness

### Ballroom Dance

Learn the basic steps for two ballroom dances (foxtrot and bachata). Along with the steps, you will learn how to lead or follow, improve body awareness, work on non-verbal communication, and start to understand the music choices. This class is for beginners as well as advanced beginners that want to revisit the basics. No partner needed. Masks required.

Instructor: Elizabeth Converse, "Ballroom at the Barn" owner.

Date: Tuesdays/6 weeks, January 31-March 14, 7-8 pm

No class February 21

Cost: \$90

### 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

Date: Tuesdays from 6:15-7 am

Session 1 January 17- February 21

Session 2 February 28 - April 4

Session 3 April 11 - May 16

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 from 6:15-7 am

Session 1: January 20 - February 24

Session 2: March 3 - April 7

Session 3: April 14 - May 19

Cost: \$44

### 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, April 3, 10, 24 & May 1, 5:30-7 pm

Cost: \$59

### Self-Care: A New Normal

Students will learn an empowered approach to live a healthy lifestyle. Create new self-care rituals and habits! This includes a workbook to guide you through the blueprint needed to change negative habits into positive ones by creating your own personal Wellness Vision tool, setting your Smart Goals, and making your own Components of Wellness. Get focused and inspired to let your healthy journey to self-care begin! Cathy Simpson RN is a certified Health-Wellness coach and author of, "Self-Care: A New Normal," a workbook and 30 day challenge to heal your body, mind, and spirit.

Instructor: Cathy Simpson, author of "Self-Care: A New Normal"

Date: Mondays, January 23 & 30, 6-8 pm

Cost: \$45



## Program Information

### Visit Us Online

[scarborough.maineadulted.org](http://scarborough.maineadulted.org)

### Find Your Course Online

[scarborough.maineadulted.org](http://scarborough.maineadulted.org)

Questions?

Email: [adulted@scarboroughschools.org](mailto: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 Mayo, Program Assistant

Phone: 207-730-5040

[cmayo@scarboroughschools.org](mailto:cmayo@scarboroughschools.org)

### Mailing Address

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

### Office Hours

Monday through Wednesday 11-6 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](http://scarborough.maineadulted.org). Online registrations through Coursestorm incur a \$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.



SCARBOROUGH HIGH SCHOOL

11 Municipal Dr. Scarborough, ME 04074

☎ (207) 730-5000

📠 (207) 730-5007



Our Thanks and Appreciation go out to the Scarborough teaching and learning community, and Scarborough Public Schools for their support. Scarborough High School's fantastic tech, maintenance, and central office staff help make our Adult Education program possible!

# 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](http://scarborough.maineadulted.org)  
Online registrations through Coursestorm incur a  
\$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: \$ \_\_\_\_\_



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



**HiSET**<sup>®</sup>

Contact us now about getting your High School  
Equivalency Diploma!  
[adulted@scarboroughschools.org](mailto:adulted@scarboroughschools.org)  
207-730-5040

**Scarborough Adult Education will hold a Graduation Ceremony for  
Equivalency Diploma graduates on June 15, 5:30 pm.  
Refreshments served.**