

Scarborough Adult Education

**Dream it,
Wish it,
Do it.**

Winter/Spring 2024

scarborough.maineadulted.org adulted@scarboroughschools.org

Welcome to our Winter/Spring 2024 Semester

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

We are pleased to provide our Scarborough Public School community with a fresh line-up of general interest, academic, and professional development opportunities. This semester, we invite you to come learn with us, and hope a class sparks your interest to pursue lifelong learning.

Consider sharing your passion, skill, and knowledge by teaching a course for Scarborough Adult Education. We welcome your suggestions for new course ideas to serve the learning needs of our community.

Sincerely,

**Marianne Doyle, Director
Catherine Mayo, Program Assistant,
HiSet Instructor
Yvonne Wentz, Academic and MLL
Coordinator**



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Connect with Us

Scarborough Adult Education
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 am-6 pm
The office is closed on school vacations,
holidays, and snow days when
Scarborough Schools are closed.



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 730-5040.

- **A High School Equivalency diploma will help you get and keep a job.** Employers would rather hire someone who has the basic skills to pass the HiSET than someone who does not.
- **You can expect to earn more money in your lifetime with an HSE diploma.** Research shows that people with a high school-level credential make an average of \$385,000 more in their lifetime than people who don't have a diploma.
- **Passing an HSE test will make you more valuable to your employer.** You will have gained basic reading, writing, math, and thinking skills. You'll probably find it's easier to get a promotion once you have your diploma.
- **Having an HSE certificate opens up a lot of doors for advanced training.** Most specialized training programs require either a high school diploma or equivalent. And with a diploma, you'll be eligible for most workplace or on-the-job training programs, along with higher educational opportunities.
- **A high school equivalency diploma is respected as equal to graduating high school** and is accepted as an equivalent to a high school diploma by about 97% of colleges and universities in the U.S. and 95% of employers, including the military, the government, and police departments.
- **You'll feel better about yourself!**

HiSET Preparation Classes

Online: Students will be given access to HiSET Academy, an on-line learning platform to prepare for individual HiSET tests.

Math I for HiSET

This class provides Math basics: fractions, decimals, and percentages for students preparing for their HiSET test.

Instructor: Yvonne Wentz, MLL Coordinator,
Scarborough Adult Education

Date: Wednesday, January 24 through June 5, 5:30-6:30 pm

Math II

This class gives you what you need to know in Algebra, Geometry, Data Analysis, and Probability to prepare you for the HiSET Math test or in preparation for college level study. Join this small group setting which tailors instruction to your needs!

Instructor: Christopher Hayward

Date: Tuesday, January 23 through March 19, 4-6 pm

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, Adult Education Instructor

Date: Mondays and Wednesdays, January 22 through June 5, 3:30-5:30 pm

Students enrolled in Academic or MLL instruction at Scarborough Adult Education are invited to make an appointment with Marianne Doyle for assistance with career exploration, job searches, and resume writing.
Call 730-5040 to schedule.





Multilingual Learner Classes

These classes (formerly called ELL classes) are for speakers of other languages who wish to learn MLL English or improve their English language skills. Due to the demand for classes, students enrolled must be residents of Scarborough. New students may be placed into an appropriate MLL class after completing an intake meeting and a reading assessment. Please call 730-5040 for an appointment.

Conversational English

The goal of this class is to gain English conversation proficiency through an immersive experience around interesting topics in English. This will be a fun and interactive chance to practice your English speaking skills.

Instructor: Yvonne Wentz, MLL Coordinator

Date: Wednesdays, Every other Week starting January 17 through June 19, noon-1 pm

Location: Scarborough Public Library

Cost: Free

English for Beginners

Are you interested in improving your English language skills? This fun class will teach basic communication, life skills, and literacy. For example, learning English can help you communicate with your child's school, and increase your ability to read and speak English.

Instructors: Peter Hofmann and Yvonne Wentz

Date: Mondays January 22-May 13, 6-8 pm

Location: Scarborough High School

Cost: Free

English at Southgate

This class is for MLL learners of all levels. This fun class will help you refine your speaking, listening, reading, and writing skills. We will work on English topics that will help you to be more effective in your daily life.

Instructor: TBD

Date: Wednesdays, January 24-May 15, 6-8 pm

Cost: Free

Location: Southgate Housing, 577 US Route One, Scarborough

English Intermediate

This interactive MLL English 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.

Instructor: Jennie Robinson, English Language Arts Instructor, Scarborough Middle School

Date: Tuesdays, January 23-May 14, 6-8 pm

Cost: Free

Daytime English at Scarborough Library

Scarborough Adult Education staff, in partnership with Scarborough Public Library, will provide a daytime learning lab at the library for MLL students. Instruction will focus on improving skills in English as well as achieving personal language goals.

Instructor: Yvonne Wentz, MLL Coordinator

Date: Wednesdays, January 17-June 26, 9am-12 pm

Location: Scarborough Public Library

Cost: Free

Daytime English at Saint Nicholas Church

Scarborough Adult Education staff in partnership with Saint Nicholas Church will provide a daytime learning lab at the church for MLL students. Instruction will focus on improving skills in English as well as achieving personal language goals.

Instructor: Yvonne Wentz, MLL Coordinator

Date: Mondays, January 15 through June 24, 9:30-11:30 am

Cost: Free

Location: Saint Nicholas Church, 350 US Route One in Scarborough

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

Health Occupations

Certified Nursing Assistant (CNA)

Students enrolled in this certificate program complete 150 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, students 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 diploma or the equivalent, and have a CASAS Reading score of 238 or above. Call 730-5040 for an application, interview, and Reading assessment.

Instructor: Orlene DeMatteo, RN

Session 1: February 12-April 10, Mondays, Wednesdays, & Fridays, 3-9:30 pm

Session 2: April 24-June 28, Mondays, Wednesdays, & Fridays, 3-9:30 pm

Cost: \$1,100. Fee includes textbook

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

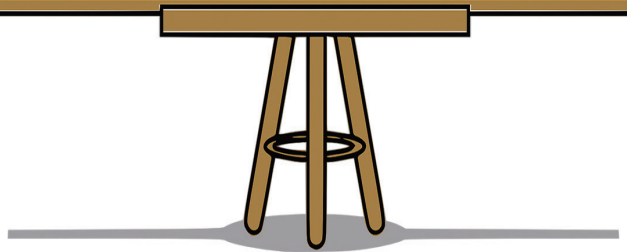
(BHP) Certified Behavioral Health Professional

The BHP training, offered through Woodfords Family Services, prepares you to support children and their families as an integral part of a child's treatment team. The training is a blended course of 12 online modules, and an 8 hour "live day" with a certified BHP instructor. This training is FREE at this time through funding provided by Maine's Department of Health and Human Services.

Contact Scarborough Adult Education:
cmayo@scarboroughschools.org.

Program registrations accepted through June 15, 2024

Cost: FREE



Register with Catherine Mayo, Scarborough Adult Learning Center: cmayo@scarboroughschools.org, 207-730-5040.

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 are available for these all-inclusive programs. Enroll anytime for our online classes or attend one of our local classes, hosted 2-3 times a year at participating locations.

Clinical Medical Assisting with CCMA Certification

Phlebotomy with CPT Certification

Medical Front Office with Billing with CMAA Certification

Medical Coding with CPC Certification

Pharmacy Technician with PTCB Certification

Dental Assisting with RHS Certificate

Medical Transcription with all reference materials and digital equipment

Enrichment

Cooking and Wellness

Savory Jellies & Jams

Herbs, sweet and hot peppers, onions, and garlic can all be preserved in jams and jellies, which make unique treats in the dark of winter. These spreads will warm up your hearty winter fare - as a glaze on meats or as an appetizer served with soft cheese. Come learn about the versatility of savory jams and jellies in this hands-on class from University of Maine Cooperative Extension staff and Master Food Preserver volunteers. Participants will receive recipes and a jar of savory jelly/jam. Please bring a potholder with you to class.

Instructor: Kate McCarty, Master Food Preserver

Date: Wednesday, March 20, 5:30-8 pm

Cost: \$25 per person materials and administrative fee

How to Make Great Tasting Coffee

This explores beans from different origins, the fundamentals of roasting and the factors that affect coffee freshness. We will cover tasting coffee, flavor profiles, and different types of brewing methods. 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 factors of grind profiles, temperature, and weight measurement to make truly great tasting coffee!

Both two night sessions offer the same information.

Instructor: Mark Peterson, owner of Black Point Coffee located on Black Point Road. He 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).

Session 1: Monday, March 11, 6-7:30 pm

Session 2: Monday, April 29, 6-7:30 pm

Cost: \$25

Maki Rolls and Miso Soup

Join cookbook author and chef Chris Toy and learn to combine sushi rice, nori seaweed, vegetables, and seafood and more to make your own Maki sushi rolls. We'll enjoy some hot miso soup with your rolls as well!

Instructor: Chris Toy

Date: Wednesday, May 29, 6-8 pm

Cost: \$40



Homemade and Handmade Pastas and Sauces

Join Chris Toy for a hands-on evening of fresh pastas and sauces! Learn how to make homemade egg and vegetable pastas in the time it takes to boil a gallon of water. Twirl your pasta in a choice of 2 rich garden tomato sauces, including a creamy vodka sauce, with a combination of Italian cheeses on top! Don't eat beforehand and bring a container for leftovers, just in case.

Instructor: Chris Toy

Date: Tuesday, April 30, 6-8 pm

Cost: \$40



Beyond the Tea Bag: An Intro to the World of Tea

This class spills the tea on the history of this hot beverage from plant to cup! Students will sample the basic tea types (white, green, oolong, and black) from various tea growing countries. There will be plenty of time for questions between fragrant sips. Marianne Russo of Nellie's Tea Company is your instructor, and is a Certified Tea Specialist through the U.S. Tea Association.

Instructor: Marianne Russo

Date/Time: Tuesday, January 16, 6-8 pm

Cost: \$25

The Healing Power of Anti-Inflammatory Foods

Inflammation is the body's natural response to injury and infection. However, when inflammation becomes chronic, it can contribute to a variety of health conditions like arthritis, cardiovascular disorders, and autoimmune disease. This class will give participants an understanding of the impact of dietary choices on inflammation, and how to bring anti-inflammatory foods into your diet. We will use evidence-based knowledge and practical tips to empower students to make informed food choices that nourish their bodies, reduce inflammation, and promote overall well-being.

Instructor: Bethany Mitchell-Legro, Certified Nutrition Coach and owner of Sustainable Nutrition. She offers a holistic approach in addressing various health and wellness issues.

Date: Wednesday, February 7, 6-8 pm

Cost: \$19



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 is an efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism. Please have a set of hand weights handy, anywhere from 5-15 lbs. Exercise via Zoom without having to travel to a gym!

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

Session 1: Tuesdays, January 16-February 20, 6:15-7 am

Session 2: Tuesdays, February 27-April 2, 6:15-7 am

Session 3: Tuesdays, April 9-May 14, 6:15-7 am

Cost: \$44

**Please register early to avoid disappointment.
Courses require a minimum number of students to run!**

Women's Health Series

ZOOM

Learn about topics critical to women's health and wellness. Each week builds upon the previous week's knowledge. Classes are recorded and available for missed classes. Carole Freeman is a Respiratory Therapist and Breathing Specialist, carolfreeman.com

Week 1: The Female Brain on Stress: Learn how brain development affects women differently. Our perception of reality and our stress responses were designed to react to physical danger.

Week 2: Women, Hormones, and Superpowers: The female brain is affected by hormones, and they can be said to shape a woman's reality.

Week 3: Pain Matters: A woman's guide to understanding and managing pain.

Week 4: Pelvic Floor Strength and Function: Learn about the anatomy and function of pelvic floor muscles and how they relate to the core and spine stability. You will also learn how to identify and treat different types of pelvic floor weakness or tightness.

Week 5: A Positive Guide to Menopause: There are reasons to feel great after menopause. We'll discuss the changes that occur, and how you can be your best self.

Instructor: Carole Freeman

Date: Mondays, February 5- March 4, 6-8 pm via Zoom

Cost: \$85

Intro to Voice-Over Careers ZOOM

Our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. In this introductory class, you will learn an



unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor. You will receive a link 24 hours prior to class. Will Kamp combines his skills as a comedy improv performer, actor, musician, and voice-over artist to deliver a class that you won't forget. He has been an on-air and on-camera talent for nationally recognized radio and TV stations.

Instructor: Will Kamp, Such A Voice, www.suchavoices.com

Date: Monday, March 11, 6-8 pm via Zoom

Cost: \$30

Acadian Arts Asian Fusion Cooking Retreat at Harbor View House in Prospect Harbor, Maine with Chris Toy • April 4-9, 2024

\$495 (lodging paid separately)



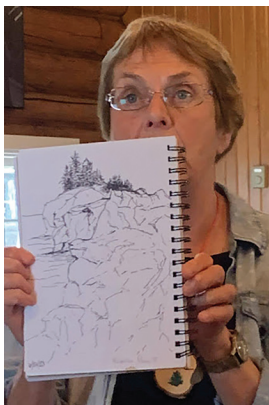
Your instructor, Chris Toy is the author of 6 popular cookbooks, a private chef, and has taught Asian-fusion cooking for several Maine community education programs.

Cooking students will learn how to prepare a variety of recipes from Asia, Europe, and the Americas incorporating traditional and local ingredients.

Each meal will actively engage cooks with the tools, techniques, and stories behind the dishes being created.

Escape to a Victorian Inn, the Harbor View House in Prospect Harbor on the coast of Maine, with an intimate group of artist, cooks and creatives! All meals are included in the workshop fee plus special activities to extend your learning from the day's workshops, including a private house concert by Grammy balloted singer-songwriter, storyteller, and author Gordan Ward.

To book your stay at the inn call 207-963-9122 or visit <https://harborview-housellc.com/>.



Feedback from recent participants:

"I learned so much from Chris that I can use immediately at home in my own kitchen."

"Great kitchen hints!"

Home and Family

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 of Managing Change

Date: Wednesday, February 7, 6-8 pm

Cost: \$24, includes printing fee for take-home materials

Downsizing?

This seminar offers organizing strategies for your downsizing efforts to right-size your life! Set your project priorities and goals, make a list of supplies you'll need, and set a timeline. Leave with your action plan.

Instructor: Jill Braceland, see bio above.

Date: Tuesday, March 5, 6-8 pm

Cost: \$19

5 Financial Ways to Best Position Yourself to Buy a Home ZOOM

Learn the five best ways to prepare yourself to buy a home in today's real estate market. Gain insider information from loan officer, Casey Hamlin, on how mortgage lenders and banks make decisions on applicants and determine their qualifications for a mortgage. This course prepares you to determine whether it's best to pay off debt or increase your savings in preparation for buying.

Instructor: Casey Hamlin, Loan Officer with Integrity Mortgage

Date: Wednesday, March 20, 6-7 pm via Zoom

Cost: \$15

Best Clothing & Makeup Colors For Your Coloring

Is your closet full of black-colored clothing? Would you like to learn what other colors look good on you? In this fun interactive class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive recommendations for eye shadows, blush and lipsticks for your coloring so you can put the two together to create a more vibrant you!

Instructor: Candace Sanborn, owner of Radiant Image

Date: Wednesday, March 20, 5:30-8 pm

Cost: \$25



Rooting Out Invasive Plants Field Workshop

Invasive species are organisms that are non-native to a particular area and cause harm to the environment where they are introduced. Under the guidance of Scarborough Land Trust Stewardship Director, learn how to identify and combat invasive plant species using non-chemical treatments. Be prepared to walk a short distance, potentially off the maintained trail. We recommend wearing long pants, comfortable footwear, and applying bug spray. Remain tick and insect aware. Maximum of 10 participants at the Pleasant Hill Preserve, 270 Pleasant Hill Road. SLT and holds a M. Sc. in Conservation from Trinity College Dublin and completed the ME Forest Service's Invasive Plant Academy management planning course.

Instructor: Samantha Wolf, Stewardship Director, Scarborough Land Trust

Date: Saturday, April 27, 12-2 pm

Cost: \$5

Landscaping 101-A Mini-Course for Beginners

Pollinators, our bees and butterflies among them, have suffered greatly from habitat loss, pesticides, and invasive plant species. Planting a pollinator garden is more important now than ever to help our pollinator friends! Even a small garden can make a huge difference. Learn how to create a landscape that supports pollinators including butterflies, moths, and hummingbirds with plants that will provide nectar and pollen throughout the growing season. Your instructor, Amy, is passionate about nature, plants, and all things connected to Mother Earth. She is a Naturalist, Horticulturist, and the Director of Earth Walkers, www.earthwalkers.me

Instructor: Amy Witt

Date: Wednesdays, April 24-May 8, 6:30-8:30 pm

Cost: \$79

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.

FULL SELECTION OF COURSES:
www.scarborough.maineadulted.org

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!

iPhone/iPad Vision Accessibility Features

Many people have vision issues. A variety of iPhone/iPad settings allow you to use your device more easily. Learn where to find these options and how to use them. Jump in and see how your device can be more accessible!

Instructor: BoomerTECH Adventures

The course download will be delivered to your inbox!

Cost: \$35

Arts and Crafts



Beginner Guitar 2

This class is for people who know some basic chords and have some experience playing simple songs. Students will identify three songs that they would like to learn. We will work as a group on this collection of music. Each student will progress at their own pace and toward their own goals. Be prepared to have fun!

Instructor: Mike Shannon has played guitar for decades and enjoys teaching music to adults.

Date: Tuesdays, 6 weeks, January 23 - March 5, 6-7:30 pm

Cost: \$60

Continuing Ukulele

This class is for anyone who has a basic understanding of their ukulele, and can hold, tune and strum a few basic chords. The group session will be performance intensive with students playing songs each week. Students should practice 15-20 minutes each day outside of class. Come to class with a tuned ukulele and *The Daily Ukulele* book. Jim Doyle has been playing stringed instruments for decades and started playing ukulele 10 years ago.

Instructor: James Doyle

Date: Wednesday, 4 weeks, January 24-February 7, 6-7:30 pm

Cost: \$30

Ukulele for Beginners

This course will teach you how to hold and tune your ukulele, learn and strum chords to play simple songs. We will learn one or two chords each class and students should plan to practice 15-20 minutes each day outside of class. Come to class with your ukulele and *The Daily Ukulele: 365 Songs for Better Living*.

Instructor: James Doyle

Date: Wednesday, 6 weeks, March 20-May 1, 6-7:30 pm

Cost: \$60

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, May 14, 6-8 pm

Cost: \$40, 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: Tuesday, May 21, 6-8 pm

Cost: \$49, includes materials

Felting for Beginners

Come and explore the world of needle felting, where there are no limits to your imagination and what you can create. We will cover the basics of making foundational and core shapes, as well as where to buy wool and supplies. You will leave class with a small felted gnome that you have created, along with the tools to continue at home.

Join us and see why most people become instantly hooked on sculpting with wool! Instructor Anne Tripp is an avid crafter and has experience with embroidery, jewelry-making, fiber arts, and more. She sells her felted creations locally.

Instructor: Anne Tripp

Date: Wednesday, March 27, 6-8 pm

Cost: \$45, fee includes materials.



Teach with Us!

Love to teach and have a special skill or talent?

Contact us to begin your teaching journey!

email: cmayo@scarboroughschools.org

call 730-5040



Intermediate Watercolors, Level 1

If you have some watercolor experience, love learning new techniques and enjoy being with other painters, then this watercolor class is for you! As you continue your journey into the world of painting, we will focus on self development with hands-on guidance from the instructor. Each week there will be a new project that will help you to brush up on the skills that you already have.

Instructor: Kathleen Gerdes

Date: Tuesdays, March 26-May 7, 6-8 pm

Cost: \$80



Springtime Floral Felt Wreath

Looking to add some seasonal color to your home? Make simple flowers and foliage from felt and attach them to modern metal hoop to make a unique and colorful floral wreath. Cost includes all materials needed! Sarah is a formally trained artist with a BFA from Maine College of Art, and longtime crafter. She is passionate about learning different crafts and using modern, fun takes on traditional techniques.

Instructor: Sarah DeGrandis

Date: Wednesday, March 6, 5-8 pm

Cost: \$45



Creative Cards Using Multimedia

In this workshop, you will learn how to create greeting cards using multimedia techniques. Materials, which will be provided by the instructor, include colored pencils, paint, distress inks, stamps, beads and baubles, old sheet music, and pages from old books. Each student will be provided with 3 blank cards to decorate. We'll have fun cutting, pasting, and creating cards that you'll be able to send to family and friends. Students need to bring sharp scissors, craft glue, and any related materials they might like to use.

Instructor: Kathleen Gerdes

Date: Tuesday, May 28, 6-8 pm

Cost: \$45



Driftwood Mobiles and Stables

Ever wondered how mobiles are balanced to dance with the slightest breeze? Join Chris Toy to learn the secret. We'll share an evening of crafting with driftwood, shells, wire, and other found objects. You can even use your own jewelry and keepsakes! Chris will have supplies, but if you have wire hangers, needle-nose pliers, wire cutters, and a drill with small bits, please bring them to class.

Instructor: Chris Toy, beachcomber, recycler, and maker

Date: Tuesday, March 26, 6-8 pm

Cost: \$40



Instructor Amanda Collins

Latin Ballroom Dance

Spice up your life and the dance floor with this Latin Ballroom dance class! Learn the basics and technique of the Cha Cha, Salsa, Rumba, and Jive ballroom dances. No experience or partner necessary. Please wear comfortable, moveable clothing and sneakers or Latin practice shoes. Next stop...Dancing with the Stars! Class is held at Foley's Gym in Scarborough. Amanda has over 4 years of training and partnering with professional dancers at ProDanceLA in Los Angeles. She achieved Gold level in International Latin Ballroom Dance, and has been teaching since 2021.

Instructor: Amanda Collins

Date: Thursday, January 11-February 15, 7:15-8:15 pm

Cost: \$80

Wildflower Walk at Fuller Farm Preserve

Are you curious to learn more about the wildflowers and trees that make their home in the Maine woods? Come and meet the native wildflowers and trees along the trail at Scarborough's Fuller Farm Preserve. Our walk will incorporate plant folklore, identification, and the gifts that each plant has to share. Your instructor, Amy, is passionate about nature, plants, and all things connected to Mother Earth. She is a Naturalist, Horticulturist, and the Director of Earth Walkers, www.earthwalkers.me

Instructor: Amy Witt

Date: Thursday, May 16, 5:30-7 pm

Cost: \$15



Travel to SCOTLAND!

Edinburgh and the Castles of Scotland Tour in July 2025 10 days plus a 2 day extension to Edinburgh.

Interested in traveling to Scotland? Intrigued after watching *Outlander* or just like the idea of visiting a whiskey distillery and sampling world famous single malt scotches? This tour is all inclusive and offers premier accommodation, meals, and access to cultural and historical attractions. EF GO AHEAD Tours are led by a professional tour guide and all of the details of world travel are taken care of for a very affordable and competitive price. EF GO AHEAD Tours cater directly to adult travelers, and particularly to people who may wish to travel solo! No one to travel with? No problem....this tour is designed just for you! Come to an informational class and learn more about travel to Scotland as well as Scottish history, culture, and contemporary issues with Scarborough High School teacher Steve Truncellito.

July 10 - July 21, 2025

Itinerary includes:

Edinburgh

Scottish Highlands

Glasgow

Highlights:

Glasgow Cathedral, Inverary Castle, Urquhart Castle, Loch Ness, Blair Castle, Edinburgh Castle, and Scotch whiskey distilleries.

For more information and to register for the tour and view cost options, please visit the link below:

<https://www.grouptoursite.com/tours/scotland-with-steve>

Instructor: Stephen Truncellito

Steve teaches AP US History at Scarborough High School since 2007. A former US Peace Corps Volunteer in Latin America, he taught Social Studies at Langley HS in McLean, VA from 1992 to 2007 before relocating to Maine. He has been traveling the world his whole life and for the past 12 years has brought hundreds of SHS students on 16 travel tours across Europe and Latin America with EF Tours. With EF Go Ahead, these amazing tours are designed for adult travelers and provide value for your money and more of what makes travel special.

Date: Wednesdays, February 28 & March 27, 6-7 pm

Cost: Free



A Walk Through Black Point Cemetery

Black Point Cemetery has roots back to Scarborough's earliest days. Hand-carved gravemarkers from the late 1700s and early 1800s have survived, some of which were imported from Boston but others that were created in the shop that stonecutter Bartlett Adams opened in Portland in 1800. This one-hour tour through the old section will focus on colonial burial practices, stone types, and the iconography found on the gravemarkers of some of Scarborough's founding families. Both walks take place onsite at Black Point Cemetery, at the corner of 7th Avenue and Black Point Road in Scarborough. Maximum of 15 participants per walk.

Instructor: Ron Romano, Cemetery Historian and Author of four related books.

Date: Saturday, May 11

Walk 1: noon-1 pm

Walk 2: 2-3 pm

Cost: \$12

The Roadside Cabins of Scarborough

Before automobiles provided more travel options, visitors came to Scarborough by train, ship, and even horse & carriage. Upon arrival, they usually stayed for their entire vacation at summer accommodations at Prouts Neck or Pine Point. After car ownership became widespread in the 1920s, a whole new type of lodging popped up--the roadside cabin. This talk looks at the large number of roadside cabin businesses that were built in Scarborough for vacationers.

Instructor: Linda Snow McLoon, Scarborough Historical Society

Date: Tuesday, March 19, 7-9 pm

Cost: \$12



Sunday in the Cemetery

Scarborough's Dunstan Cemetery holds a great collection of early 1800s slate grave markers from the shop of our region's first stonecutter, Bartlett Adams. Additional interesting monuments in marble and zinc, plus a few surprises, can also be found. You'll see the best that Dunstan has to offer on this guided walk with cemetery historian and author Ron Romano. This walk is on even ground, but wear comfortable shoes as we will stroll the cemetery for about an hour. Held rain or shine, unless there is extreme weather. Maximum 15 participants per tour. Parking information will be shared before the walk.

Instructor: Ron Romano, Cemetery Historian and Author of four related books.

Date: Saturday, May 18, 12 noon

Cost: \$12



Portrait of a Family Through Their 19th Century Letters

Peek into the lives of Scarborough farmers, workers, and wives who lived in the nineteenth century! The lives of various Googins family siblings are described through their letters to their brother, William. Lucy tells about her life working in one of the textile mills on Factory Island in Saco; Albion describes being a farmer in Hiram in the 19th century; Lydia passes on the details of attending school in Harpswell before leaving with her husband to begin life in the West. The youngest sibling, Charlie, shares details of serving in the Signal Corps during the Civil War.

Instructor: Linda Snow McLoon, Scarborough Historical Society Board member and author of the books *Crown Prince* and *Crown Prince Challenged*.

Date: Tuesday, February 27, 7-8 pm

Cost: \$12

Program Information

Visit Us Online

scarborough.maineadulted.org

Find Your Course and Register Online

scarborough.maineadulted.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

Mailing Address

Scarborough Adult Education
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 office 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 a \$1.99 fee per class. Or, pay by mail by sending a check or money order payable to Scarborough Adult Education. 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 Education 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

Scarborough Adult Education 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.



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Thank you to Scarborough Public Schools staff and administration for your support and help with Adult Education programs and classes in our community. A special thanks goes out to the Maintenance and Central Office Staff for always cheerfully and competently supporting us in our Enrichment classes, Multilingual Language Learning, Certified Nursing Assistant training, and HiSET (high school equivalency diploma) program needs!

Scarborough Adult Education Registration Form

Mail completed registration form to:
Scarborough Adult Education
11 Municipal Drive, Scarborough, ME 04074

Payment Options

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

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

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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 Education.**

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