

Explore the Possibilities

Fall 2024

Scarborough Adult Education

scarborough.maineadulted.org adulted@scarboroughschools.org



Welcome to our Fall 2024 semester

Come learn with us.

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 explore your possibilities! Try something new and meet new people .

Please 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
Blainor McGough, Administrative Assistant
Yvonne Wentz, Academic and MLL Coordinator

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Connect with Us

Scarborough Adult Education
Scarborough High School, Room A100
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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.

- **You can expect to earn more money in your lifetime with a high school diploma or its equivalent.** 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.
- **Having your HiSET credential 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.**

Start your Journey Today!

HiSET Preparation Classes Start the week of September 16th.

All students enrolling need to make an appointment with Marianne Doyle to set goals and class placement.

Returning students need to refresh CASAS Reading and Math tests.

All Official Tests are administered in Scarborough by appointment.

Call Director Marianne Doyle at 730-5040 for an Intake Session prior to class startup.

HiSET Preparation Lab

This class helps you to prepare to take each of the five HiSET tests with extra emphasis placed on math and writing instruction. Students work at their own pace and Official HiSET testing is available on a weekly basis when you have successfully completed study and Practice testing.

Instructor: TBD

Date: Wednesday, September 18-December 18, 4-7 pm

Math for HiSET Testing

Students may opt for individualized coaching sessions to go over word problems and the language of Math to gain confidence to pass a math practice test then advance to official testing.

Instructor: Yvonne Wentz

Date: Wednesday, September 18-December 18, 5-6 pm

Math II

This 8 week 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, September 17-November 12, 4-6pm

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.

All classes are at Scarborough High School unless noted otherwise.

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 Erik Zavasnik

Date: Mondays September 16 - December 16, 6-8 pm

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: Theodora Medouris

Date: Wednesdays, September 18 - December 18, 6-8 pm

Location: Southgate Housing,
577 US Route 1, Scarborough

Cost: Free

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

Date: Tuesdays, September 17 - December 18, 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

Date: Wednesdays, Sept. 1 - December 18, 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

Date: Mondays, Sept. 16 - December 16, 9:30-11:30 am

Location: Saint Nicholas Church,
350 US Route 1, Scarborough

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.

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.

Location: Barron Center, Portland

Instructor: Orlene DeMatteo, RN

Session 1: September 24 - November 19,
Tuesdays, Thursdays, & Saturdays, 9am - 3pm

Session 2: January 14 - March 8, 2025
Tuesdays, Thursdays, & Saturdays, 9am - 3pm

Cost: \$1,200. Fee includes textbook

Please apply by August 27, 2024 and December 18, 2024 to be eligible for assistance with either sponsorship or a referral to agencies with training funding available for eligible students.

Certified Behavioral Health Professional (BHP)

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: bmcgough@scarboroughschools.org for an application

Cost: FREE

Application deadline: No cost funding ends October 31, 2024. Apply early.



ACADEMY
of MEDICAL PROFESSIONS

**Please register via
Scarborough Adult Education Center:**
Blainor McGough
bmcgough@scarboroughschools.org
207-730-5040.

AMP will contact you with next steps for the class.

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

SAE offers a variety of enrichment courses and activities including in-person, hybrid, and zoom. All in-person classes are located at Scarborough High School unless otherwise noted.

Cooking and Wellness

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 these factors 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.

Location: Scarborough High School, Room A103

Session 1: Tuesdays/2 weeks, September 17 & 24, 6-8pm

Session 2: Tuesdays/2 weeks, October 15 & 22, 6-8 pm

Both 2-night sessions offer the same information

Cost: \$25

Espresso and Lattes, Oh My!

Learn to make great tasting espresso and lattes! Identify the best beans for these specialty drinks, learn about the best machines, and create latte art like a pro. It's a great idea to attend "How to Make Great Tasting Coffee" and to have an espresso machine to practice on at home, but these are not required to take this class. Each session offers the same course information.

Instructor: Mark Peterson, owner of Black Point Coffee

Location: Scarborough High School, Room A103

Each session offers the same information.

Session 1: Wednesday, September 25, 6-7:30 pm

Session 2: Wednesday, October 23, 6-7:30

Session 3: Wednesday, October 30, 6-7:30

Cost: \$30



Ferment This! Kombucha

Zoom or in-person. You could buy a \$4 bottle of kombucha, or you could make your own for pennies. It's simply sweetened black or green tea with a culture added. We'll make a primary ferment in class. A secondary one will be demonstrated so you can make it at home once your primary has developed. We'll discuss kombucha's fascinating history, troubleshooting, glassware and SCOBYs (provided). This hybrid class includes the microbiology and the ferment creation.

Location: Zoom link, in-person address, materials list shared upon registration.

Instructor: Emma Holder, Masters in Micro/Immuno, McGill '93.

Date: Wednesday October 2nd, 6-7:15 pm

Cost: \$24

Ferment This! Sauerkraut variations (fresh and dried herbs and spices)

Zoom or in-person. You'll learn a basic tried and true sauerkraut recipe, technique and troubleshooting. Then we'll add different flavor principles: fennel, fresh ginger, fumin, fiery peppers - it's your choice! Local delicious cabbage makes ferments that last for months, and maintains flavor and nutrient content. Learn about the marvelous microorganisms that surround us, give us "terroir" and keep us healthy by replenishing our microbiomes. This hybrid class includes both microbiology and ferment creation.

Instructor: Emma Holder, Masters in Micro/Immuno, McGill '93.

Location: Zoom link, in-person address, materials list shared upon registration.

Date: Wednesday October 9th, 6-7:15 pm

Cost: \$24

Ferment This! Twofer! Apple/Pear Chutney, and Fermented Potatoes

Zoom or in-person. I wondered about fermenting potatoes, but they are delicious! Fermented, tossed with olive oil and salt, and baked, they have almost a vinegary-french-fry flavor! Since this is a very simple vegetable ferment, we'll have time to add a more complicated one: Fermented apple and pear chutney with aromatics and spices. This tangy chutney makes a great gift or to have in the fridge to add zing to a familiar meal. (I love it on hearty bread with a sharp cheese toasted over the top). This hybrid class includes the microbiology and the ferment creation.

Instructor: Emma Holder, Masters in Micro/Immuno, McGill '93.

Date: Wednesday October 16th, 6-7:15 pm

Location: Zoom link, in-person address, materials list

Cost: \$24

Wok and Cleaver Boot Camp With Chris Toy

Participants will learn how to season, care for, and use a Chinese wok and cleaver. Each student will have the opportunity to pre-order and purchase a specially selected range of tools including a seasoned wok, wok spatula, sharpened cleaver, honing steel, and a cutting board at 1/2 the list price. Those in the know bring containers for leftovers just in case!

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

Location: Scarborough High School

Date: Tuesday, October 22, 6-8pm

Cost: \$40. (Equipment purchases payable to instructor.)

Cultures Of Tea Around The World

Tea is the second most consumed beverage in the world after water. Many do not understand that all teas (white, green, oolong, and black) come from the same plant, and that there are almost always special customs associated with the practice. We offer an introduction to various customs associated with tea in two separate sessions. It is not necessary to take both classes, though each class offers unique instruction on the cultural traditions of tea. Marianne Russo, founder of Nellie's Tea Company, has studied and traveled around the world to learn first hand the secrets of growing and making good tea, and delights in sharing her passion for this humble leaf.

Tea Cultures Of The East

In this session we will explore tea traditions in 2-3 different countries which might include China, Japan, Korea, and/or Middle Eastern Countries like Morocco or Turkey. We'll look at and taste the types of tea served, any special equipment or décor used, and perhaps sample a small bit of food that might be served. We'll discuss and view diagrams of any special requirements for the room or setting as well as any expected behavior or decorum on the part of the host or guest.

Instructor: Marianne Russo

Location: Scarborough High School, Room A103

Date/Time: Monday, November 4, 6-8 pm

Cost: \$25

Tea Cultures Of The West

In this session we will explore tea traditions of the West which might include Britain, Russia, North America, East Frisia (Germany), and perhaps France. We'll view and taste the types of tea, special equipment and décor. We'll discuss special requirements for the setting and expected social behavior at tea in the West.

Instructor: Marianne Russo

Location: Scarborough High School, Room A103

Date/Time: Monday, November 18, 6-8pm

Cost: \$25

Health and Fitness

Barre Bootcamp

Zoom. Barre Bootcamp is a low impact workout that will produce a big burn! Barre combines elements of strength training, Pilates/Yoga and dance. Small movements and many reps will help sculpt and tone muscles you didn't even know you had! Equipment that will be used in the class includes a chair or countertop or something to hold onto, light hand weights (3lbs - 5lbs), resistance bands, gliding disks (for hardwood floors - or socks or face cloth for carpet floors or use paper plate), and a bender ball/pilates balls (or equivalent). Instructor Jenna Chase was a ballet dancer from a young age and when she went to college she fell in love with group fitness classes. She loves how Barre Bootcamp can combine elements of ballet with strength training to give a powerful low impact, total body workout!

Instructor: Jenna Chase

Location: Online via download or Zoom

Date/Time: Mondays, 6:15-7am

Session 1: September 9 - October 14

Session 2: October 21 - November 25

Cost: \$44

Human Reformer Pilates

Zoom. A brand new fitness class format that Jenna recently became certified in! Human Reformer Pilates is a way to harness the potential of your own body, using it as the ultimate reformer. With just 1 resistance band, you can capture all the postural, core, and alignment challenges that reformer work is famous for— courtesy of Pilates mat programming that mirrors traditional reformer exercises. Equipment that will be used in class include:

A yoga mat and a Flex Cord or 48" resistance band or something equivalent

Instructor: Jenna Chase

Location: Online via download or Zoom

Date/Time: Wednesdays, 6:15-7am

Session 1: September 11 - October 16

Session 2: October 23 - December 4 (no class Nov. 27)

Cost: \$44



PUMPED UP STRENGTH®

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 5-15lbs. This is one of Jenna's favorite formats to teach as she loves to empower people to feel strong and confident when finishing a workout!

Instructor: Jenna Chase

Location: Online via download or Zoom

Date/Time: Fridays, 6:15-7am

Session 1: September 13 - October 18

Session 2: October 25 - December 6 (no class Nov. 29)

Cost: \$44

A Female Advantage

Zoom. A comprehensive guide to women's fitness and wellness teaches you how to use knowledge about your female body to exercise smarter, breathe deeper, boost your metabolism, strengthen your core and pelvic floor, and improve your endurance and performance. You will learn how to optimize your breathing pattern to increase oxygen delivery to your muscles and brain, how to adjust your exercise intensity and duration to match your hormonal cycle, how to prevent common injuries and imbalances that affect women, and how to burn more fat and build more muscle with effective workouts.

Instructor: Carole Freeman

Location: Zoom link will be provided prior to class

Date: Mondays, January 6, 13, 20, 27 and Feb 3, 2025, 6-7:30 pm via Zoom

Cost: \$85

Please register early to avoid disappointment.

Courses require a minimum number of students to run.



Home and Family

Every Picture Tells A Story: Organizing Photographs

Learn techniques on how to work through that box of photographs we all have. Integrating the stories behind the pictures will also be explored. Please bring some of your photographs to get started.



Instructor: Jill Braceland of Managing Change

Location: Scarborough High School, Room 101

Date: Monday, November 18, 6-8 pm

Cost: \$21

Taming the "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

Location: Scarborough High School

Date: Monday, November 25, 6-8 pm

Cost: \$21

Start Writing: A Quick Intro to Creative Writing

Start writing that great American novel that rests within each of us. Learn about a writers notebook, pre-writing process, poetry, and publication issues. Enjoy two sessions of exploring creative writing in a friendly environment. *Two sessions of two hours.*

Instructor: Jill Braceland of Managing Change

Location: Scarborough High School, Room 101

Date: Tuesdays, November 19 and 26, 6-8 pm

Cost: \$42

Medicare 101

Zoom. 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.

Instructor: Renata Lahner

Location: Online via download or Zoom

Session 1: Wednesday, September 4, 6-8 pm

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

Cost: Free



Home Buying 101

Zoom. In this course you will...

Learn how lenders qualify buyers using the Three C's, understand how to best position yourself to buy a house, and receive basic understanding of different loan programs and their benefits.

Instructor: Casey Hamlin,

Loan Officer with Integrity Mortgage

Location: Zoom link will be provided prior to the course

Date: Wednesday, October 23, 6-7 pm via Zoom

Cost: \$15

Do's and Don'ts of Home Financing

Zoom. In this course you will learn the 4 Do's or Actions you should take leading up to and during the finance process of buying a home, and understand 4 Don'ts or things you should not do which could negatively impact your loan application.

Instructor: Casey Hamlin,

Loan Officer with Integrity Mortgage

Location: Zoom link will be provided prior to the course

Date: Wednesday, November 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

Location: Scarborough High School

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

Cost: \$25

Music and Dance



Meyer Bilmers photo

Scottish Country Dancing

Beginners/Experienced

Get ready to Jig and Reel your way into the world of Scottish Country Dancing (SCD). Maybe you have already experienced some traditional Scottish dances at a wedding or a ceilidh...if you have, you'll know the feeling of exhilaration when dancing to upbeat, traditional Scottish music. If you are completely new to SCD don't be afraid! You don't have to wear tartan or a kilt (though you can if you like); you don't need special footwear (comfortable flat shoes are fine); and you don't have to bring a partner (Scottish Country Dance involves dancing with different partners). So, why not give it a try? Whatever your age or ability, you will soon feel part of the Scottish Country Dancing community. Anne Johnson brings 18+ years dancing as a member of the Royal Scottish Country Dance Society and is a certified Instructor of SCD through the RSCDS.

Instructor: Anne Johnson

Location: Scarborough High School

Date: Wednesdays, Sept 18-October 23, 6-8pm

Cost: \$66 **Min. 8**

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

Location: Foley's Gym, 33 Haigis Parkway, Scarborough

Date: Thursdays, Sept. 12-October 17 - 6 weeks, 7-8pm

Cost: \$80 **Min 10**



Beginner Guitar

Absolute beginners and those with a little experience will learn the chords, skills, and techniques for starting their guitar-playing journey. Learn how to strum simple tunes and make the most of your practice time. An acoustic guitar and picks required, and an electric tuner and capo are recommended.

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

Location: Scarborough High School

Date: Tuesdays, 6 weeks, Oct. 15 - Nov. 26
(no class Nov. 5), 6-7:30 pm

Cost: \$65

Songwriting

A songwriting class for beginner to intermediate songwriters that can help you develop skills, technique, and confidence to grow as a musician. Learn songwriting with an emphasis on the joy of making music. Students should bring a notebook. A guitar or small portable keyboard is encouraged but not required.

Instructor: Brian Arlet has a degree in music education from USM and decades of writing and performing music.

Location: Scarborough High School

Date: Mondays, 6 weeks, Oct. 21-Dec. 2
(no class Nov. 11), 6-8pm

Cost: \$65

Arts and Crafts



Still Life by Kyle Durkin

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 media including pencil and charcoal. Please bring at least 2 graphite pencils and 2B and 6P, and vine or willow charcoal. Paper provided by instructor.

Instructor: Kyle Durkin is 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.

Location: Scarborough High School

Date: Mondays, 4 weeks, Sept.16-Oct. 17, 6-8 pm

Cost: \$60

Watercolors - Intermediate

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



Still Life by Kathleen Gerdes

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

Location: Scarborough High School

Date: Tuesdays, September 10-October 15, 6-8:30pm

Cost: \$88

Landscape Drawing Workshop

Zoom. In this landscape drawing workshop, you will learn the basic principles of composition and value by working from a landscape photo. There will also be the opportunity to explore cross-hatching, shading and blending, blind contour drawing, and gesture drawing in charcoal.

We will meditate for a few minutes before drawing to help minimize inhibitions and fears associated with the creative process. A supply list will be provided when the class is determined to run. Open to beginners and those with previous drawing experience. Max: 10 students/Min: 4 students

Location: A Zoom link will be sent to all students before the class starts.

Instructor: Chris Reed

Date: September 16th, 6-8:30 pm

Cost: \$30

Abstract Pastel Painting

Zoom. In this abstract pastel painting workshop, students will learn the following techniques based on a photo: layering, blending, scumbling, stippling, and gestural painting. A brief meditation will help in letting go and trusting the creative process. A supply list will be provided when the class is determined to run. Open to beginners and those with previous experience. Max: 10 students

Min: 4 students

Instructor: Chris Reed

Location: A Zoom link will be sent to students before the class starts.

Date: October 7th, 6-8:30 pm

Cost: \$30

Sea Glass Windows

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 'cure' your piece at home.

Instructor: Lisa Young, coastalcraftworks.com

Location: Scarborough High School

Date: Wednesday, October 16, 6-8 pm

Cost: \$40, includes materials

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

Location: Scarborough High School

Date: Tuesday, October 29, 6-8 pm

Cost: \$40, includes materials

Cardmaking - Multimedia Fun

When you were a kid, did you enjoy playing with paper, scissors and glue? If you did, you'll love this class. Come and learn some fun multimedia techniques to create three greetings cards that you will take home with you. The instructor will provide lots of "ephemera" to choose from, so all that you need to bring is a pair of paper scissors and your creativity! There'll be scrapbook papers, napkins, old cards to cut up, washi tape galore and lots of other really fun stuff to make your three cards.

Instructor: Kathleen Gerdes

Location: Scarborough High School

Date: Tuesday, November 12, 6-8 pm

Cost: \$45

Hand Lettering/Calligraphy for Enjoyment

This workshop has two parts. In part one, you will learn how to do creative lettering for relaxation, enjoyment, and creativity. You will learn how to write a basic alphabet in calligraphy style with different flourishing techniques. This skill can be used for journaling, writing letters, creating banners and decorations, name tags, and cards.

In part two of this workshop, you will learn how to create cards and name tags. Each student will leave this session with 3 hand lettered cards and one name plate. All necessary materials provided, but students are encouraged to bring their own favorite colored crayola markers, colored pencils, gel pens, regular pencils, and permanent pens.

Instructor: Yvonne Wentz

Location: Scarborough High School

Dates: Tuesday, October 1, 6-8 pm and

Tuesday, October 8, 6-8 pm

Cost: \$60 includes two classes

Sea Glass Holiday Tree Workshop

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

Location: Scarborough High School

Date: Wednesday, November 6, 5:30-8 pm

Cost: \$49, includes materials



Teach with Us!

Love to teach and have a special skill or talent?

Contact us to begin your teaching journey!

email: bmcgough@scarboroughschools

call 730-5040



Holiday Paper Luminaries

In the darkest nights of the year, luminaries bring a little spark and light. In this workshop you will learn about the history and use of different types of luminaries, and learn to make a wax paper luminary and a cut paper bag luminary. Please bring a sharp pair of scissors. All other materials provided.

Instructor: Blainor McGough

Location: Scarborough High School

Date: Wednesday, December 4, 6-8pm

Cost: \$15

Evergreen Kissing Balls

While the holy bough has been around since the Middle Ages in Europe, it lost popularity several times in history because evergreen decorations were tied to pagan customs. This workshop will be a fun evening



working with fresh-cut evergreens and fragrant herbs to make your own kissing ball, a long 'lost' holiday decoration with an interesting history. Learn the ancient lore of kissing balls and make your own fragrant decoration made of all natural materials ready to hang in your home for the holidays. Bring a piece of ribbon or vintage cloth to make a bow for your kissing ball. All other materials provided.

Instructor: Blainor McGough

Location: Scarborough High School

Date: Wednesday, December 11, 6-8pm

Cost: \$30

Nature, Local History, Outdoor & Walking Tours

Maine's Fall Birds with the Scarborough Land Trust

Look for, listen to, and learn about a variety of Maine's avian species in this field experience at a Scarborough Land Trust Preserve. Andrew Mackie is the Executive Director of the Scarborough Land Trust and is a life-long birder whose desire to share his knowledge has sent him on birding trips around the world.

Instructor: Andrew Mackie

Location: Scarborough Land Trust Reserve

Date: Saturday, October 12, 12-2pm

Cost: \$10

Trees of the Solstices & Other Earth Celebrations

Did you know that Elder (Sambucus) is one of the trees of Samhain, the Celtic festival celebrating the harvest and the beginning of Winter? Samhain is a time of death and rebirth. Elder is the perfect tree to invite in for this festival because it is a tree of endings and beginnings. Meet the trees and plants associated with the eight Celtic festivals that celebrate and honor the Earth's seasons, including the summer and winter solstices. Amy is passionate about nature, plants and all things connected to Mother Earth. Officially she's a Naturalist, Garden Coach, Horticulturist, Educator, and the enthusiastic, Nature Spirit guided, Director of Earth Walkers.

Instructor: Amy Witt, Earth Walkers

Location: Scarborough High School

Date: Wednesday, October 30, 6-8pm

Cost: \$29

What Tree is That?

Did you know that a large Oak tree can drop thousands of acorns in one year? Or that trees are able to communicate and defend themselves against attacking insects? Get to know the names and assets of some of Maine's 66 native tree species and how to identify them. Fall is an excellent time to learn to identify native trees by their leaves and fruits, branch, and bark patterns. Enjoy a sunset walk on one of Scarborough's beautiful Land Trust trails and meet the trees.

Instructor: Amy Witt, Earth Walkers

Location: Libby River Farm Preserve, 320 Black Point Road, Scarborough.

Date: Wednesday, September 18, 5-6:30pm. Rain date Thursday, September 19.

Cost: \$15

A Walk Through Black Point Cemetery

Black Point Cemetery has roots back to Scarborough's earliest days, and the grave-markers that have survived there span a 250 year period. Black Point contains the best local collection of rare and unusual hand-carved grave-markers by the Sikes family from the late 1700s. Boston-imported gravestones join locally-made slate markers from the early 1800s. Some mid-century marble monuments and a wonderful receiving tomb make for a most interesting stroll. This one-hour tour through the old section will focus on colonial burial practices, stone types, and the symbols found on the grave-markers of some of Scarborough's founding families.. Max 20 participants.

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

Location: Black Point Cemetery, 204 Black Point Road in Scarborough

Date: Saturday, October 5

Session: 12 noon-1 pm

Cost: \$12

Tour will run unless there is extreme weather.

Parking information will be shared when the walk is confirmed.

A Walk Through Dunstan Cemetery



Dunstan Cemetery was established in the 1870s but has a surprising earlier history as a common burying ground. Many families moved graves from their farm-based private cemeteries into Dunstan, often bringing the original

early gravestones with them. Dunstan holds a fine collection of early 1800s slate markers from our region's first stonecutter, Bartlett Adams. Marble and sandstone obelisks, a zinc monument, a receiving tomb and paupers field combine to make for a compelling tour of Scarborough's history. Max 20 participants.

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

Location: Dunstan Cemetery, US Route 1, one block south of the Historical Society in Scarborough.

Date: Saturday, October 5

Session: 3-4 pm

Cost: \$12

Tour will run unless there is extreme weather.

Parking information will be shared when the walk is confirmed.



A Look Back at Early Tourism in Scarborough, Maine

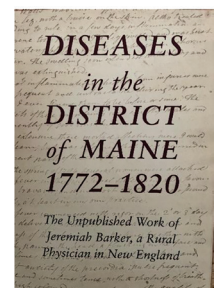
History buffs, check this out! This presentation takes a look at the early summer hotels and cottages in Scarborough that attracted tourists, the modes of transportation that brought visitors here, and the factors that caused their decline. During the Wilderness Movement in America in the late 19th century, many city dwellers in the northeast found they could escape the unclean water, dirty streets and polluted air of the nation's large cities by vacationing in Maine.

Presenter: Linda Snow McLoon, Scarborough Historical Society

Location: Scarborough High School

Date: Tuesday, November 12, 6-7 pm

Cost: \$14



Prominent Diseases in Early Scarborough

This fascinating presentation gives an overview of the diseases that our Scarborough predecessors faced, their impact on life in southern Maine, and how our forebears dealt with them. We live in a post-Covid age when much is understood about infectious diseases, and the effective treatments to many of the diseases. But in the 17th-19th centuries that was not the case. Epidemics of lethal diseases were feared, "consumption" killed many, and even more common infections could become fatal.

Presenter: Dr. Stephen Spaulding, Scarborough Historical Society

Location: Scarborough High School

Date: Tuesday, November 19, 7pm

Cost: \$14

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

Blainor McGough, Program Assistant

Phone: 207-730-5040

bmcgough@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. No classes Nov. 5th.

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.

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 canceled 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.



SCARBOROUGH HIGH SCHOOL

11 Municipal Dr. Scarborough, ME 04074

☎ (207) 730-5000

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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 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.

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 Education.		Total Fee: \$ _____



Scarborough Public Schools
P.O. Box 370
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