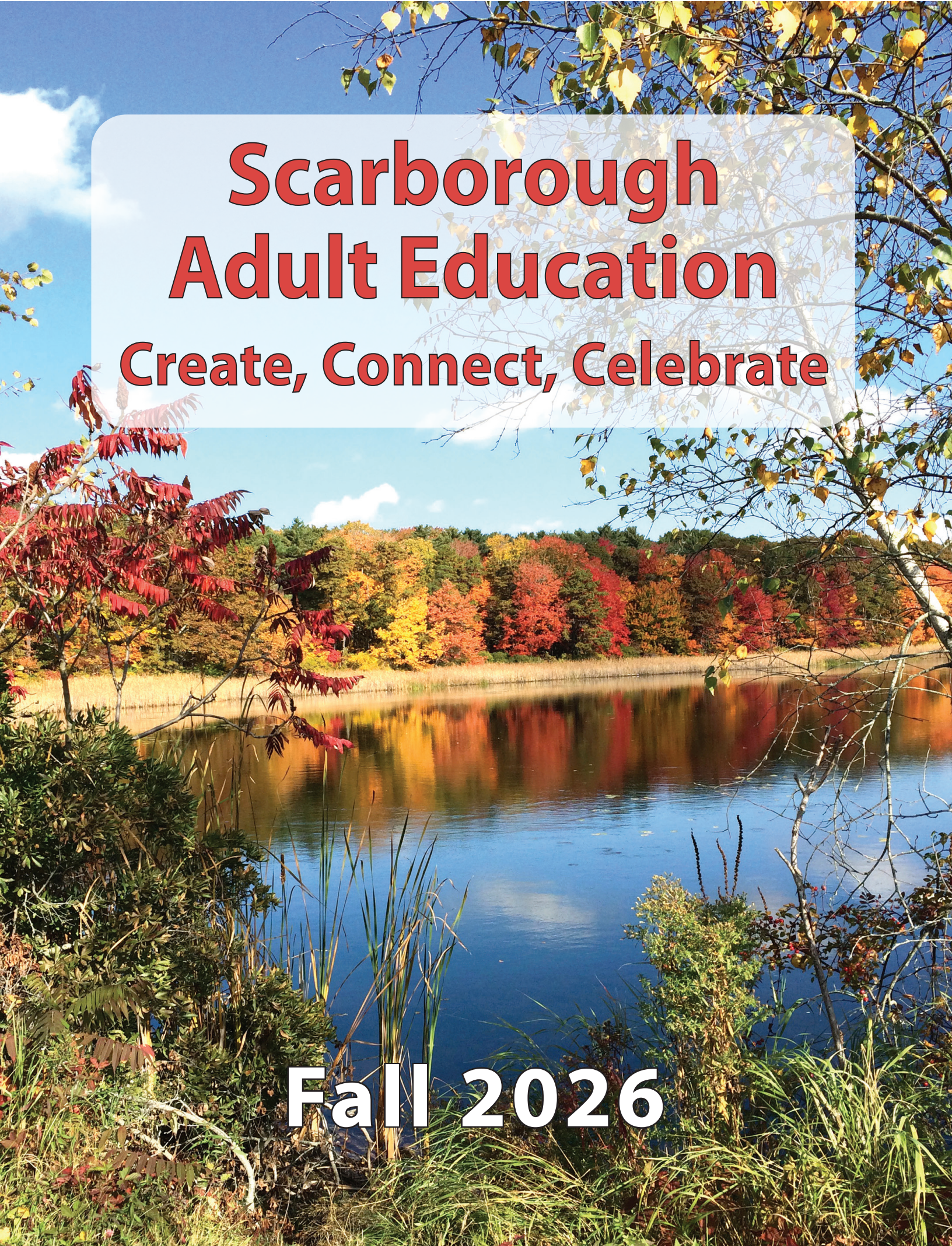




Scarborough Adult Education

Create, Connect, Celebrate

Fall 2026

Welcome to our Fall 2026 season!

Create your future, connect to your passions, celebrate the joys of learning! Whether you are returning to complete coursework towards a HiSET credential, training for a career, joining us as an English learner, or looking for a new hobby and community, we have something for everyone. Take the next steps in your learning journey by registering with us today. We can't wait to meet you!

Sincerely,

Yvonne Wentz, Director

Beth Towne, Enrichment Coordinator

Dominika Dzierzynski, MLL Coordinator



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.

Contact Us

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

maineadulted.org/location/scarborough-adult-education/
Email: adulted@scarboroughschools.org
Phone: 207-730-5040

GENERAL OFFICE HOURS:

Tuesdays, Wednesdays, and Thursdays
from 3 to 7 PM or by appointment.

The office is closed on holidays, weekends, and snow days when Scarborough Schools are closed.



Create, Connect, Celebrate

Table of Contents

Academics

HiSET (Formerly GED)3

Literacy

Multilingual Language Learners4

Workforce Training

Healthcare Occupations5

Enrichment

Creative Arts 6-8

Culinary Arts 8-9

Financial Planning 9-10

Mind & Body Wellness 10-12

Personal Enrichment 12-13

Travel & History 13-14

Program Information 14

Registration Form 15

Complete your high school credential!



HiSET

HiSET

High School Equivalency Test is an alternative to a U.S. high school diploma for individuals who are at least 17 years of age, Maine residents, and no longer enrolled in high school. Candidates demonstrate they have the same skills and knowledge as a high school graduate by successfully completing competency based testing in Language Arts - Reading; Social Studies; Science; Mathematics; and Language Arts-Writing. Individuals 17 years of age and older are welcome to join us to finish that credential and move forward with that wish list! It's FREE and confidential.

Start your journey today!

HiSet Preparation classes
start the week of **September 24, 2026**

Call Director Yvonne Wentz at
207-730-5045 to register for an intake
session to set goals and class placement.

Returning students are encouraged
to make an appointment to discuss
academic and career goals.

Scarborough Adult Education
invites all HiSet students
who fulfill requirements along
with their friends, family, or guests
to attend the

2027 Graduation Ceremony
Thursday, June 10th
5 PM

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 a practice test.

Instructor: Adult Education Staff

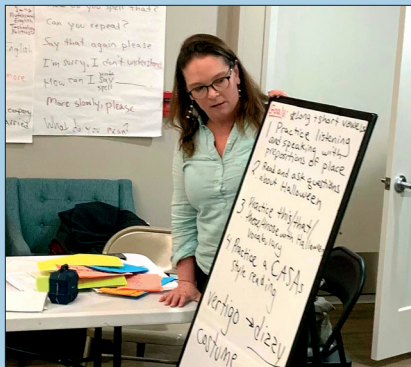
Dates: Thursdays, September 24 - December 17, 4 - 7 PM



Multilingual Learner Classes

Formerly called ELL, MLL classes are for speakers of other languages who wish to learn and improve their English language skills. Due to the demand for classes, students that live in Scarborough will be prioritized.

All students **must** complete a placement meeting, please email Scarborough Adult Education at adulted@scarboroughschools.org or call **207-730-5040** for an appointment.



TUESDAYS:

Daytime English at Saint Nicholas Church (350 Route 1) - Starts 9/22/26	10:00 - 12 NOON
English for Basic Beginners at Scarborough High School - Starts 9/22/26	6:00 - 8:00 PM
English for Beginners at Scarborough High School - Starts 9/22/26	6:00 - 8:00 PM
English Intermediate at Scarborough High School - Starts 9/22/26	6:00 - 8:00 PM

WEDNESDAYS:

Daytime English at Scarborough Public Library - Starts 9/23/26	9:30 AM - 12 NOON
Civics & Literacy for English Learners at Scarborough High School - Starts 9/23/26	6:00 - 7:30 PM
English at Southgate at Southgate Community Room (577 Route 1) - Starts 9/23/26	6:00 - 8:00 PM



MLL Program Instructors *Dominika Dzierzynski,* Coordinator and Lead Instructor

Ivette Barone
Peter Hofmann
Bryn Keating
Jennie Robinson
Eric Zavasnik



Healthcare Occupations

English for Healthcare (Part 1: Healthcare Basics & Part 2: Bridge to Healthcare)

Call 207-730-5045 to schedule a registration appointment. Students must be 18 years of age or older, eligible to work in Maine, and have a high school diploma or equivalent. CASAS reading goals score of 210 or above recommended. A certificate will be awarded after completion. **Register by 9/3/2026**

Cost: \$75, Includes both Part 1 and Part 2

Part 1: Healthcare Basics

In this EnGen online course, students will explore healthcare occupations while identifying personal career goals and work strategies to be successful in a health career. Students will be using computers to learn and study each week. We will cover topics such as key vocabulary used to communicate with professionals and patients, body systems, infection control, safety, and patient's rights.

Instructor: Kerry Rizzo

Dates: Thursdays, October 1 - December 17, 5:30 - 8 PM

Part 2: Bridge To Healthcare

This class is recommended for those wishing to become a CNA or other training but haven't met the required score of 235 or above to be enrolled. We will focus on medical vocabulary, computer and workplace skills, communication skills, reading and test taking strategies for students wishing to increase CASAS reading skills for admission to further health occupations classes. Prerequisite: Successful completion of Healthcare Basics.

Instructor: Kerry Rizzo

Dates: Thursdays, January 7 - March 11, 5:30 - 8 PM

American Red Cross First Aid/CPR/AED Certification

This 4 hour American Red Cross in person training will give you the skills to help save lives. Learn the techniques of responding to various emergency situations with a combination of guided lectures, videos, and hands on practice. All attendees will receive a certificate following successful completion of this training course.

Instructor: Jeffrey Carpenter, Granite Bay Care

Date: Wednesday, October 14, 4 - 8 PM at Scarborough Adult Education(High School)

Cost: \$100



American Red Cross

We are always accepting new class proposals and teaching inquiries.

FMI about teaching please email our

Enrichment Coordinator at

btowne@scarboroughschools.org

Paid positions can be found online at

[www.scarboroughschools.org/](http://www.scarboroughschools.org/employment-opportunities)

[employment-opportunities](http://www.scarboroughschools.org/employment-opportunities)

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, 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 730-5045 for an application, interview, and Reading assessment.**
- ***The deadline for the CNA Application submission is Thursday, September 3rd, 2026!***
- ***Applicants will receive information about the next available program dates, times, location, and requirements at the time of their intake meeting.***

Cost: \$1,200

Enrichment

**All classes are located at
Scarborough High School
unless otherwise noted.**

Students must be 18 + to participate.

**Online registration is encouraged
to secure your seat.**

Creative Arts

Wild About Watercolor Painting

Designed for artists to explore, experiment, and develop their own unique, creative style while painting a variety of subjects. We will typically focus on a mix of technical skill-building, creative exploration, and specific subject matter. The atmosphere is fun and relaxing.

Instructor: Kathleen Gerdes

Session 1: Tuesdays, September 15 - October 20,
5:30 - 8 PM

Session 2: Tuesdays, October 27 - December 8,
5:30 - 8 PM

Cost: \$88 per Session



Chenille Stem Flower Bouquet **NEW** (Lavender, Roses, Daisies)

In this two-hour workshop you will be guided step by step to create a delightful 5-stem bouquet including 3 flower and 2 foliage stems. We will create lavender, rose and a daisy as well as a spiral and eucalyptus greenery. You will have a large assortment of colored chenille stems to choose from. Glue guns will be used.

Instructor: Lisa Young, Coastal Craft Workshop

Date: Wednesday, September 23, 6 - 8 PM

Cost: \$40, includes supplies

Intro to Landscape Drawing

In this class, you will learn the basic principles of value and composition based on various photos. Graphite, charcoal, and ink will be used in class, but adding color will be encouraged. You will have the opportunity to explore the following techniques including cross-hatching, shading and blending, blind contour drawing and gesture drawing. Meditative exercises will help minimize inhibitions and fears associated with the creative process.

When the class is determined to run, a supply list will be provided via email.

Instructor: Chris Reed

Dates: Wednesdays, September 30 - October 21, 6 - 8 PM

Cost: \$86

Chenille Stem Flower Bouquet **NEW** (Lilies, Roses, Tulips)

In this two-hour workshop you will be guided step by step to create a delightful 5-stem bouquet including 3 flower and 2 foliage stems. We will create a lily, rose and tulip as well as a spiral and eucalyptus greenery. You will have a large assortment of colored chenille stems to choose from. Glue guns will be used.

Instructor: Lisa Young, Coastal Craft Workshop

Date: Thursday, October 15, 6 - 8 PM

Cost: \$40, includes supplies

Fall Decoupage Shell Trinket Dishes

In this workshop you will create 3 beautiful decoupage scallop shells that can be used as trinket dishes or hang as art. Choose from a wide variety of themes and prints to make your design. This is a simple four step process using scallop shells, which make great keepsakes or gifts. Heat guns will be used to speed up the drying process.

Instructor: Lisa Young, Coastal Craft Workshop

Date: Wednesday, October 21, 6 - 8 PM

Cost: \$40, includes supplies

Upcycled Glass Painting

Using recycled, vintage or thrifted glass, crystal, and white dishes, students will create one of a kind art pieces with glass friendly paint markers. Plates, glasses, mugs and bowls will be transformed into colorful decor that you can display or gift! Choose from a selection or bring your own pieces to decorate.

Instructor: Jeffrey Carpenter, Sagittarius Studios

Date: Tuesday, October 27, 6 - 8 PM

Cost: \$35, includes supplies

Decoupage Decor & Drink Coasters

In this 2 hour workshop we will use tiles, napkins, decoupage glue, markers, UV resin and cork to create a set of 4 functional and beautiful coasters. Choose from floral, animal, coastal, geometric, holiday and other fun designs. This is an easy and enjoyable process. You will leave with a set you can use yourself, give as a gift, or split them up to make 2 for you and 2 for someone else.

Instructor: Lisa Young, Coastal Craft Workshop

Date: Thursday, November 5, 6 - 8 PM

Cost: \$45, includes supplies

Abstract Painting

Using a wide variety of acrylic paint colors, create an abstract dimensional painting referred to as icing painting. We do not use brushes, instead we will be using spoons, knives, spatulas, and physical pressure to create amazing, colorful, expressionistic, abstract paintings. Paintings are fast drying, but it is suggested to have flat surfaces or way to transport them in your vehicle.

Instructor: Jeffrey Carpenter, Sagittarius Studios

Date: Tuesday, November 10, 6 - 8 PM

Cost: \$35, includes supplies

Tile Painting Collage

Using white ceramic tiles, stencils, and acrylic paint markers, we will be creating a collage of thematic tile images to use as wall hangings or decor pieces.

Instructor: Jeffrey Carpenter, Sagittarius Studios

Date: Tuesday, November 17, 6 - 8 PM

Cost: \$35, includes supplies

Intro to Oil Painting **NEW**

This class will provide students with the basic principles of solvent-free oil painting that include composition, color, and value. Landscape and still life images will be used as inspiration in finding your own unique way of expressing yourself. Gestural painting, impasto, and staining are a few of the techniques that will be explored. Open to those with previous painting experience in addition to beginners. A brief meditation will help in letting go and trusting the creative process. **When the class is determined to run, a supply list will be provided via email.**

Instructor: Chris Reed

Dates: Wednesdays, November 18 - December 16, 6 - 8 PM

Cost: \$86

Fall Sea Glass Windows

You will use nature and nautical themed materials to make a wood framed 8" x 10" sea glass window art piece. Create your own design or use one of the provided templates. Due to curing time you will complete your design in the workshop and be given a kit and instructions to complete at home.

Instructor: Lisa Young, Coastal Craft Workshop

Date: Thursday, November 19, 6 - 8 PM

Cost: \$55, includes supplies

Tile Painting Collage

Design Holiday Cards and learn to make handmade envelopes with a set of templates you get to take home.

Instructor: Jeffrey Carpenter, Sagittarius Studios

Date: Wednesday, December 2, 6 - 8 PM

Cost: \$35, includes supplies

Holiday Sea Glass Trees

Create two beautiful Sea Glass Trees. Begin with bases that are 4 and 7 inches tall. With embellishments they can be up to 9 inches tall. Keep as a set or split them up. Choose from a variety of colors. Leave as is and use as year-round decor or embellish them and use as holiday treasures. Great for yourself, or to give as gifts. Embellishments to include star fish, pearls and shells. Bring your own items to add if you like. All materials to make two trees are included. See photos at Coastalcraftworkshop.com

Instructor: Lisa Young, Coastal Craft Workshop

Date: Tuesday, December 8, 6 - 8 PM

Cost: \$60, includes supplies

Creative Arts: Photography

Beginning Photoshop Elements **NEW** For Aspiring Photographers (ZOOM/ONLINE)

This workshop will help participants learn Photoshop® techniques and skills, and apply them immediately to their personal photography. Using lecture and interactive student participation, the course will cover workflow, file types, optimizing images, layers, tools, panoramics, color balance, black and white, and archiving. Extensive handouts will lead students step-by-step so that skills can be practiced at home. **We use Adobe Photoshop Elements for our Online instructional class.**

Instructor: Steve McGrath

Dates: Fridays, October 2 - 23, 7:30 - 9 PM

Cost: \$79

Advanced Smartphone Photography (ZOOM/ONLINE)

This Class is dedicated to helping you advance your understanding of how to use your smartphone photography and Manual controls. Like ISO, Shutter Speed, Aperture, and how to take a create great Images on your phone! What editing apps to use to give you more control if your Smartphone doesn't them! And Equipment that you can use to help your Images, like Telephoto Lenses, Tripods, Filters. Join Steve as we go over how to use the essential controls on your phone along with the best free and low-cost tools for editing and image management. And updated Handouts!

Instructor: Steve McGrath

Dates: Tuesdays, October 20 - November 10, 7:30 - 9 PM

Cost: \$79

Digital Photo 2 Intermediate (ZOOM/ONLINE)

You are comfortable with your camera, and you want more! In this class we will explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. We will take an in-depth look at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques.

Instructor: Steve McGrath

Dates: Tuesdays, October 27 - November 24, 5:30 - 7 PM

Cost: \$95

Culinary Arts

Muffin Tin Meals

Learn how to repurpose your muffin tins and create healthy snacks, breakfasts, lunches and dinners. Cookbook comes with the class.

Instructor: Jeffrey Carpenter, Granite Bay Care

Date: Tuesday, September 15, 6 - 8 PM

Cost: \$50, Includes in class ingredients and equipment

ServSafe Food Manager, CFPM

Stay ahead of regulatory changes, learn what you need to do to prevent risk in 2026. More than a food safety course. Gain peace of mind by training with the best. Learn more. Nationally Accepted. ANSI Accredited. Training encompasses foodborne microorganisms (such as FAT TOM principles), personal hygiene, time and temperature control, proper thawing/cooking/cooling, cross-contamination prevention, facility sanitation, and HACCP compliance.

Instructor: Mark Shinnors, NE Food Safety

Dates: Wednesday, September 16 - September 30, 6 - 8 PM

Cost: \$175, Includes in class materials

TiPS Safe Alcohol Service Certification

TIPS (Training for Intervention ProcedureS), owned by 360training, is the industry standard for responsible alcohol server certification. It trains bartenders, servers, and retailers on how to prevent intoxication, drunk driving, and sales to minors. Certification is typically required by bars or insurance companies and is generally valid for 3 years. The curriculum focuses on three core areas: Information, Skills Training, and Practice/Rehearsal. This class will use the TiPS method and all attendees will take the exam to become TiPS certified! For a more in depth description, see registration website.

NOTE: *This class will not involve any mixology, demonstration, beverages or consumption, it is informational only!*

Instructor: Mark Shinnors, NE Food Safety

Dates: Wednesday, September 16 - September 30, 6 - 8 PM

Cost: \$175, Includes in class materials

Quick and Easy Food Preservation **NEW**

Interested in preserving all those great garden vegetables but short on time or energy? This 1-1/2 hour hands-on workshop from UMaine Extension food preservation experts will teach you several quick and easy preserving methods for the late summer bounty. We will discuss ways to freeze, dehydrate, pickle, and save your harvest, even when you're short on time. Take home a food preservation packet of fact sheets and recipes and a few samples of preserved foods.

Instructor: Kate McCarty, UMaine Extension

Date: Tuesday, September 22, 6 - 7:30 PM

Cost: \$30, Includes in class materials

Depression Era Recipes

Discover great recipes inspired by the instructors grandmothers who all survived the Great Depression. Pennies on the dollar meals. Cookbook included with the class.

Instructor: Jeffrey Carpenter, Granite Bay Care

Date: Tuesday, September 29, 6 - 8 PM

Cost: \$50, Includes in class ingredients and equipment

Winner, Winner Rotisserie Dinner

Learn how to take a premade rotisserie chicken and turn it into a healthy meal. Cookbook comes with the class.

Instructor: Jeffrey Carpenter, Granite Bay Care

Date: Tuesday, October 6, 6 - 8 PM

Cost: \$50, Includes in class ingredients and equipment

Mocktail Hour! NEW

Fun evening for creating exotic mocktails in this day of the modern temperance movement. Colorful cookbook comes with the class.

Instructor: Jeffrey Carpenter, Granite Bay Care

Date: Tuesday, October 13, 6 - 8 PM

Cost: \$50, Includes in class ingredients and equipment

Ferment This! Kombucha (ZOOM/PORTLAND)

You could buy a \$4 bottle of kombucha, or you could make your own for pennies. This hybrid-option class will include a science overview and a primary ferment creation to take with you. A secondary ferment will be demonstrated so you can do it at home. We'll discuss kombucha's microbiology, troubleshooting, glassware and SCOBYs (they're provided). **Materials, instructions and a zoom link will be emailed by instructor following your registration.**

Instructor: Emma Holder, emmaholder.com/fermentation

Date: Wednesday, October 28, 7 - 8:15 PM

Cost: \$25

Ferment This! Crisp, Tangy Slaw (ZOOM/PORTLAND)

Fermented vegetable salads and condiments add flair, probiotics and nutrition to any meal. This recipe is a tangy (not creamy) coleslaw featuring cabbage, onion, green pepper, celeriac, and carrot, with a dressing added after the fermentation. You'll learn a bit of microbiology and a basic sauerkraut-style technique. Part 1: We'll create a mixture of the vegetables which you'll take home to ferment. Part 2 will be demonstrated in class so you can easily complete the recipe at home in 7-10 days. **Materials, instructions and a zoom link will be emailed by instructor following your registration.**

Instructor: Emma Holder, emmaholder.com/fermentation

Date: Wednesday, November 4, 7 - 8:15 PM

Cost: \$25

Ferment This! Lactofermented Onions (Better than pickled) (ZOOM/PORTLAND)

Do you like pickled onions? This is the probiotic version. You can use small pearl-like onions, rounds or lengths of red or yellow onions, even green onions or leeks. Great on sandwiches, in soups or for snacking. Fermenting results in delicious tangy onions that are easier to digest than raw. The class starts with a bit of microbiology and microbiome discussion, and then we get down to the fermenting business. **Materials, instructions and a zoom link will be emailed by instructor following your registration.**

Instructor: Emma Holder, emmaholder.com/fermentation

Date: Tuesday, November 10, 7 - 8:15 PM

Cost: \$25

Seasonal Side Dishes NEW

Master the art of balancing flavors and textures in our hands-on Seasonal Side Dishes Workshop. In this 2 hour class, you'll learn to elevate everyday meals by preparing three dynamic, vegetable-forward sides.

Instructor: Jeffrey Carpenter, Granite Bay Care

Date: Thursday, November 19, 6 - 8 PM

Cost: \$50, Includes in class ingredients and equipment

Financial Planning

Reimagining Retirement: Finding Your Purpose and Fulfillment

During this seminar, we'll explore the many different stages of retirement, as well as practical methods you can take to create a retirement that feels truly meaningful and fulfilling.

Presented by: Lisa Brislin, CFP®, AAMS™, Private Wealth Advisor with Hughes Wealth Advisors, a private wealth advisory practice of Ameriprise Financial Services, LLC

Date: Tuesday, October 6, 6 – 7 PM

Cost: FREE

Knowledge Is Power: Financial Strategies for Women

During this seminar, we'll discuss four areas that can impact women's financial lives and offer some strategies to help. We'll discuss the income gap women often face and how to plan for a longer lifespan, manage multiple roles and responsibilities at home, work and in the community, and finally how to approach life changes and unexpected events.

Presented by: Lisa Brislin, CFP®, AAMS™, Private Wealth Advisor with Hughes Wealth Advisors, a private wealth advisory practice of Ameriprise Financial Services, LLC

Date: Wednesday, October 21, 6 – 7 PM

Cost: FREE

Thriving In The Sandwich Generation

Members of the sandwich generation are faced with a distinct set of financial and emotional challenges while also balancing the needs of aging parents and younger children. In this seminar, we'll talk through these hurdles and share actionable steps to help you prioritize your financial future while also supporting your family.

Presented by: Lisa Brislin, CFP®, AAMS™, Private Wealth Advisor with Hughes Wealth Advisors, a private wealth advisory practice of Ameriprise Financial Services, LLC

Date: Wednesday, November 4, 6 – 7 PM

Cost: Free

How Money Works

Do you find yourself worrying about bills, debt, or your overall money situation? Financial stress affects millions of Americans but it doesn't have to be this way! Join us to transform your relationship with money by implementing the following concepts including Eliminating your debt efficiently and sustainably, Implementing a realistic budget that fits your lifestyle, Protecting your assets and safeguard your financial future, Harnessing the power of compounding interest to grow your wealth, and more! Don't let financial stress control your life. Join us to learn practical tools and strategies that will help you take full control of your money situation and create the future you deserve.

Instructor: Sarah Blondin, Financial Rep. - Primerica

Date: Wednesday, September 16, 6 - 7:30 PM

Cost: FREE

Invest for Success

Is your money working as hard for you as you do for it? Are you confident in your current investment strategy? Whether you're brand new to investing or a seasoned investor, join us to learn the power of compounding interest, managing risk, and strategically investing to reach financial goals! How do we know how much we need? We will talk about that too! Building wealth and securing your financial future doesn't require luck. It happens when we intentionally make informed choices and take consistent action. Are you preparing yourself for financial security and freedom?

Instructor: Sarah Blondin, Financial Rep. - Primerica

Date: Wednesday, September 30, 6 - 7:30 PM

Cost: FREE

Investing At Retirement

Are you nearing, entering, or in retirement? How confident are you in your current strategy? Whether you're ready to retire soon or just beginning to think about the possibilities, this event will provide valuable insights and actionable tips for a financially secure retirement, such as The importance of developing a customized strategy, Identifying considerable risks and steps to take to mitigate these risks, Common mistakes made during retirement and how to avoid them, and more! No matter where you are on your retirement journey, it's never too early—or too late—to start planning for a financially secure future. Let's prepare to enter this next phase of life with confidence!

Instructor: Sarah Blondin, Financial Rep. - Primerica

Date: Wednesday, October 21, 6 - 7:30 PM

Cost: FREE

Mind & Body Wellness



Akasha Yoga: A Journey to Your True Self

Come join us for a beautiful and grounding yoga experience that blends slow Vinyasa flow with other modalities for an enlightened experience. Akasha energy healing. In this class, you'll be guided through a series of gentle, intentional yoga poses—including heart openers, hip releases, and grounding postures—that are designed to help unblock your energy chakras and reconnect you with your raw, organic self. Each pose is chosen to support Energetic release through breath and movement, Restoration of balance in the body and mind, Activation of the Akasha energy field, allowing blocked energy to be released, restored, and rebalanced. This is more than just a yoga class—it's a graceful journey inward, designed for those who are new to Akasha Meditation and Slow Pose Vinyasa Yoga. Whether you're just beginning or returning to your practice, you'll leave feeling lighter, clearer and more aligned.

NOTE: No Class 9/23

Instructor: Leighann Morgan, LAM Yoga Studios

Dates: Wednesdays, September 2 - October 14, 5:30 - 6:30 PM

Location: LAM Yoga Studio, Scarborough - Directions provided following registration!

Cost: \$111

Yin Yoga NEW

This all-levels Yin Yoga class offers a slow, meditative practice designed to gently stretch and nourish the body. Poses are held for longer periods to target deep connective tissues, improve flexibility, and encourage relaxation. With a focus on breath and mindfulness, this class supports stress relief, inner calm, and overall balance. Suitable for beginners and experienced practitioners alike.

NOTE: No Class 9/24

Instructor: Leighann Morgan, LAM Yoga Studios

Dates: Thursdays, September 3 - October 15, 5:30 - 6:30 PM

Location: LAM Yoga Studio, Scarborough - **Directions provided following registration!**

Cost: \$111

**Hatha Akasha Yoga NEW**

A gentle, all-levels class that blends Hatha yoga with calming breathwork and mindful movement to build strength and relaxation. The session concludes with soothing 15-minute meditation accompanied by the resonant sounds of crystal singing bowls, helping to restore balance, reduce stress, and promote deep inner peace.

NOTE: No Class 9/26

Instructor: Leighann Morgan, LAM Yoga Studios

Dates: Saturdays, September 5 - October 17, 9 - 10 AM

Location: LAM Yoga Studio, Scarborough - **Directions provided following registration!**

Cost: \$111

Reiki Circles NEW

Begin your experience with a guided meditation designed to quiet the mind and center your energy. From there, transition into a nurturing group Reiki session, enhanced by a unique weekly theme and focused quantum healing. Two Reiki Masters will also offer individual energetic clearings, creating a deeply personalized and restorative experience. This gentle circle supports relaxation, emotional release, and energetic balance. No experience needed—simply come, relax, and receive.

Instructor: Leighann Morgan, LAM Yoga Studios

Session 1: Tuesday, September 8, 5:30 - 6:45 PM

Session 2: Tuesday, October 13, 5:30 - 6:45 PM

Session 3: Tuesday, November 10, 5:30 - 6:45 PM

Session 4: Tuesday, December 8, 5:30 - 6:45 PM

Location: LAM Yoga Studio, Scarborough - **Directions provided following registration!**

Cost: \$111

Akashic Records

Tune in to your soul and spiritual energy and emotions through meditation and journaling to bring out well-being and promote your wellness practices for a healthy and grounded mind and body. Join in a 30 minute meditation, followed by a 30 minute journaling activity. Journals will be provided for each participant to take home with them at the end of class.

NOTE: 4 Separate sessions, attend one or all (9/28, 10/26, 11/16, 12/14)!

Instructor: Leighann Morgan, LAM Yoga Studios

Session 1: Monday, September 28, 5:30 - 6:45 PM

Session 2: Monday, October 26, 5:30 - 6:45 PM

Session 3: Monday, November 16, 5:30 - 6:45 PM

Session 4: Monday, December 14, 5:30 - 6:45 PM

Location: LAM Yoga Studio, Scarborough - **Directions provided following registration!**

Cost: \$33 per session, journals provided

Human Reformer Pilates (ZOOM/ONLINE)

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.

NOTE: 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

Session 1: Wednesdays, September 16 - October 21, 6:15 AM - 7:00 AM

Session 2: Wednesdays, October 28 - December 2, 6:15 AM - 7:00 AM

Location: ZOOM/ONLINE - Link will be provided following registration!

Cost: \$59

Pumped Up Strength (ZOOM/ONLINE)

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.

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

Instructor: Jenna Chase

Session 1: Fridays, September 18 - October 23,
6:15 AM - 7:00 AM

Session 2: Fridays, October 30 - December 4,
6:15 AM - 7:00 AM

Location: ZOOM/ONLINE - Link will be provided following registration!

Cost: \$59

Personal Enrichment

Spanish Made Fun:

Topics in Conversation and Culture **NEW**

Immerse yourself into a Spanish language experience. Come together to learn the basics of the language including the alphabet, numbers, and common phrases, practice through conversational topics in nature and culinary based settings beyond the classroom and throughout the Scarborough community. Possible class visits may include FREE locations or events such as local trails, beaches, historic or cultural exhibits, or more. Learn Spanish in casual, unique ways and how to apply conversational skills in various environments. An optional dining experience or field trip will be held on October 14th for those who choose to attend, which is not part of the class cost.

NOTE: *All levels of Spanish learners are encouraged and invited to join to build community!*

Instructor: Sandra Monroy-Irish

Class Dates: Wednesdays, September 16 - October 7, 6 - 7:30 PM at Scarborough Adult Ed (High School)

Optional Outing: Wednesday, October 14, 6 - 8 PM, Location To Be Announced In Class

Cost: \$40 (does not include optional outing costs)



Ukulele For Beginners (ZOOM/ONLINE) **NEW**

Learn to play the ukulele, the happiest instrument around. Discover these happy, portable, affordable, versatile, brain-healthy, and fun instruments. You will learn essential chording and strumming skills using familiar songs in this relaxed class and you don't have to know how to read music. It's a musical adventure with heart, from the comfort of your own home!

Instructor: Duncan Perry

Session 1: Tuesdays, September 29 - October 20,
6 - 7:30 PM

Session 2: Tuesdays, October 27 - November 17, 6 - 7:30 PM

Cost: \$85 per Session

Guitar Basics & Beyond

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. Intermediate players will gain confidence and comfort playing in a small group. An acoustic guitar and picks required, and an electric tuner and capo are recommended. There will be opportunities for one on one questions or assistance, as well as group jam sessions through the class weeks!

Instructor: Michael Shannon

Dates: Tuesdays, September 30 - November 4, 6 - 7:30 PM

Cost: \$88

Register online today at:
maineadulted.org/location/scarborough-adult-education/



Best Clothing & Makeup Colors For Your Coloring

Is your closet full of dark and plain clothing? In this unique, 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 facial makeup and sunglasses, as well as jewelry and accessory metals to elevate and accentuate your coloring and create a more vibrant you!

NOTE: Please wear a lower neckline like a scoop or V-neck to class.

Instructor: Candace Sanborn, Radiant Image

Date: Tuesday, October 6, 5:30 - 8 PM

Cost: \$30

Travel & History

African Safari Info Session for Adults (Steve Truncellito & EF Go Ahead Tours)

Have you always wanted to go on an African wildlife safari, but not sure how to get there? Join Steve Truncellito, local history teacher and experienced travel guide, as he shares his own knowledge and experience from African and international tours. This class will be about the migration patterns of East African wildlife as well as the culture of East Africa. Explore the opportunity to enroll for an eco-adventure tour in July of 2027 to Kenya and Tanzania in partnership with Steve and EF Go Ahead Tours, the sponsor for this tour. EF Go Ahead Tours is the nation's oldest all ages travel company and a pioneer in the world of international travel for Americans.

NOTE: Travel Info Sessions & Trips for Adults 18 +

Instructor: Steve Truncellito, EF Go Ahead Tours

Date: Wednesday, September 30, 6 - 7:30 PM

Cost: FREE

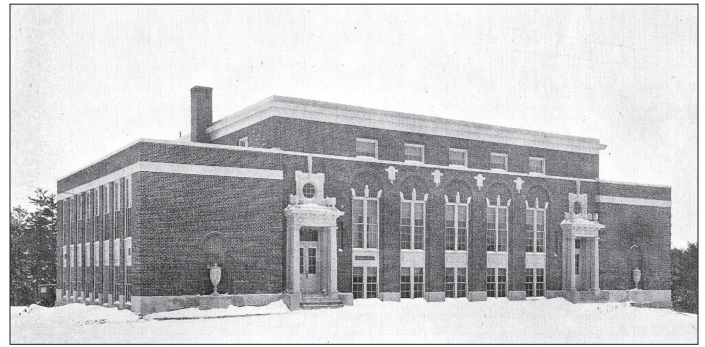
A High School Comes To Scarborough **NEW**

Dr. Steve Spaulding will discuss the development of public education in New England leading to the establishment of the first public High School in Scarborough. He'll review the development of public education in New England from the Puritans onward, through education laws in the new State of Maine, and the steps leading to the establishment of a public high school in Scarborough, drawing on town documents, many local images from the Laughton Collection, and the wonderful monograph A High School Comes to Scarborough by Linda Snow McLoon.

Instructor: Steve Spaulding, MD

Date: Thursday, October 15, 6:30 - 7:30 PM

Cost: \$12



Iceland Tour Info Session for Adults (Steve Truncellito & EF Go Ahead Tours)

Have you always wanted to go on a stunning Icelandic excursion, but not sure how to get there? Join Steve Truncellito, local history teacher and experienced travel guide, as he shares his own experience and information about an upcoming Iceland tour travel opportunity. Dive into regional and local history about Iceland! Iceland is wild in the best possible way. This is a place where glaciers carve through mountains, waterfalls thunder down cliffsides, and the ground literally steams beneath your feet. One minute you're crunching across a black-sand beach, the next you're traipsing over moss-covered lava fields that look like something from another planet. Explore the opportunity to enroll for an adventure tour in Iceland in partnership with Steve and EF Go Ahead Tours, the sponsor for this tour. EF Go Ahead Tours is the nation's oldest all ages travel company and a pioneer in the world of international travel for Americans.

NOTE: Travel Info Sessions & Trips for Adults 18 +

Instructor: Steve Truncellito, EF Go Ahead Tours

Date: Wednesday, October 21, 6 - 7:30 PM

Cost: FREE

Black Point Cemetery Guided Tour

Black Point Cemetery holds more than 300 years of history. Cemetery historian Ron Romano will guide us to the most interesting and unusual stones at this historic ground and visit the Receiving Tomb, rarely open to the public. This one-hour tour will focus on colonial burial practices, gravestone forms and materials, and the symbols and words decorating grave markers of some of Scarborough's founding families.

NOTE: Wear comfortable shoes for walking and standing on uneven ground. Parking details and other information will be provided via email a few days prior to the class.

Instructor: Ron Romano, Cemetery Historian and Author

Date: Saturday, September 19, 12 Noon - 1 PM

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

Cost: \$12

Dunstan Cemetery Guided Tour

This one-hour tour features the best of Dunstan Cemetery, which began in the 1700s as a community-managed burial patch and later became Scarborough's first public cemetery in the 1870s. Cemetery historian Ron Romano will guide us to a rare metal grave "stone" and visit the fascinating Paupers' Field, the final resting place of dozens of the town's disadvantaged people where a memorial stone was placed earlier this year.

NOTE: Wear comfortable shoes for walking and standing on uneven ground. Parking details and other information will be provided via email a few days prior to the class.

Instructor: Ron Romano, Cemetery Historian and Author

Date: Saturday, September 19, 2 - 3 PM

Location: Dunstan Cemetery, 665 US Route 1, Scarborough

Cost: \$12

Please register early to avoid disappointment.

Courses require a minimum number of students to run. Register Online

<https://maineadulted.org/location/scarborough-adult-education/>

Program Information

Register Online

<https://maineadulted.org/location/scarborough-adult-education/>

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 at classrooms.

General Office Hours

Tuesday, Wednesday, and Thursday afternoons and evenings or by appointment. All classes and appointments will be scheduled after 2:30 PM. Scarborough Adult Education is closed when Scarborough schools are closed including holidays and snow days.

Refunds & Cancellations

- Courses may be cancelled due to inclement weather, instructor illness, low enrollment, or other unexpected conflicts.
- Classes cancelled by Scarborough Adult Education will receive a full refund. Online payments will be refunded to your original credit card. Refunds for check or cash payments will be mailed, and may take time to process.
- **Please notify our office at least 1 Week (7 Days) prior to a class to cancel your attendance and request a refund. Refunds will not be issued for failure to attend class.**
- In the event of cancellations or date changes, students are notified via **EMAIL or PHONE**. Please monitor your spam or voice messages!

When registering for the first time, a pop-up box may appear asking if you wish to join "Active Advantage."

DECLINE this offer to avoid future credit card charges!
Active Advantage is NOT required for your registration with any Maine Adult Education program.

Registration Form

Payment Options

Register and pay online at
<https://maineadulted.org/location/scarborough-adult-education/>
 Online registration is encouraged due to mail and processing delays.
 All registrants must be 18 at the time of registration!

Mail completed registration form to:

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

Phone: 207-730-5040

Email: adulted@scarboroughschools.org

Name _____

Address _____ City _____ Zip _____

Phone _____

Email Address _____ DOB _____

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
Scarborough, ME 04070

Choose to learn, learn to grow!

