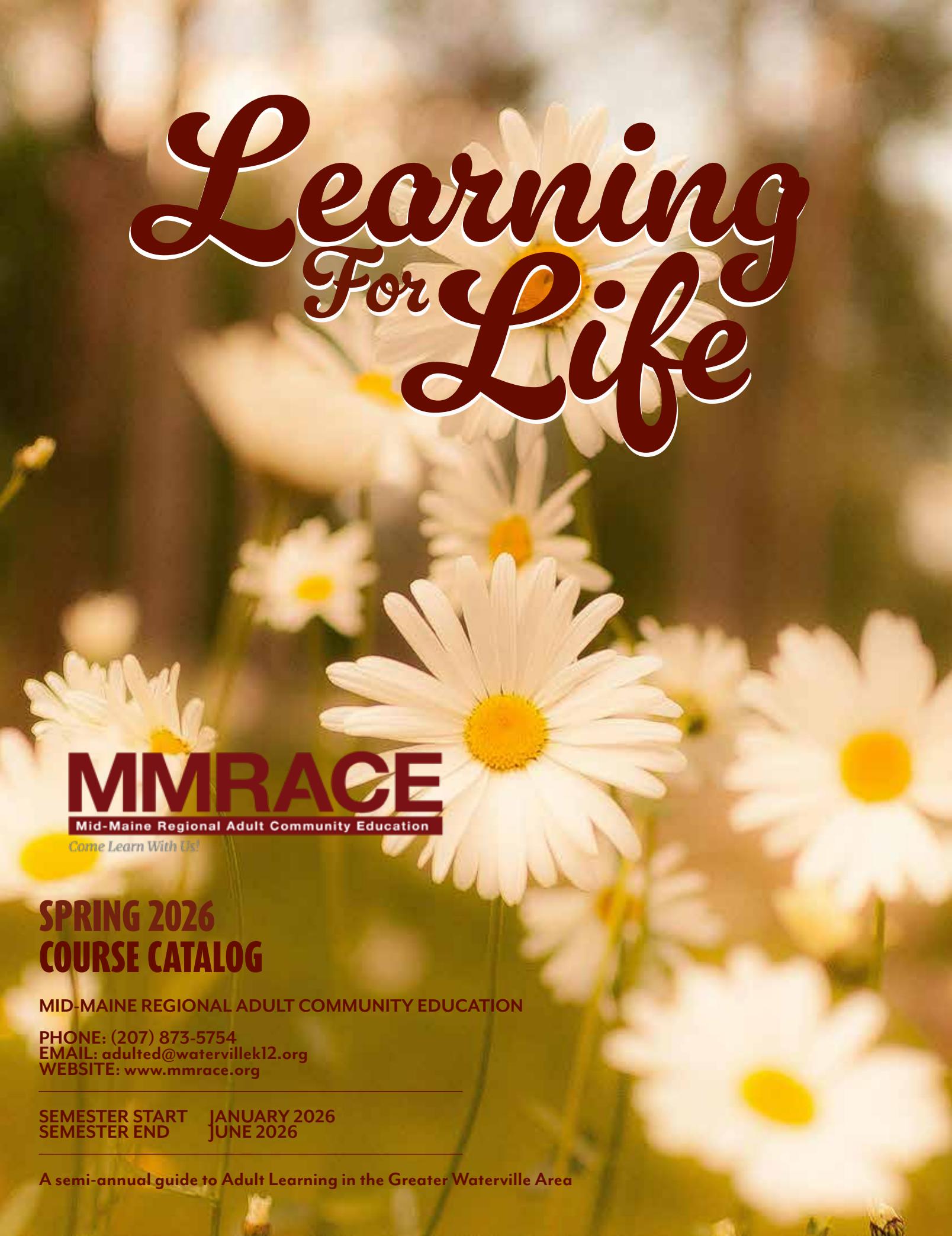


# Learning For Life



## MMRACE

Mid-Maine Regional Adult Community Education

Come Learn With Us!

### SPRING 2026 COURSE CATALOG

MID-MAINE REGIONAL ADULT COMMUNITY EDUCATION

PHONE: (207) 873-5754

EMAIL: [adulted@watervillek12.org](mailto:adulted@watervillek12.org)

WEBSITE: [www.mmrace.org](http://www.mmrace.org)

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SEMESTER START    JANUARY 2026  
SEMESTER END    JUNE 2026

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A semi-annual guide to Adult Learning in the Greater Waterville Area

# WELCOME

## A Message from Our Director

Welcome to Mid-Maine Regional Adult Community Education — where things happen, your world gets bigger, you learn new skills, and have fun!

Our staff have curated a diverse array of classes for you this spring. From college planning and workforce preparation to technology, music, language and beyond, our course offerings reflect the diversity of interests and skills within our community. What makes our program truly special is that our classes are not just for our community; they are taught by our community.

We believe in the profound impact that a sense of belonging can have on individuals, fostering not only personal growth but also a stronger, more resilient community. At Mid-Maine Regional Adult Community Education, we strive to be catalysts for bringing people together.

As you peruse our course catalog, we hope you'll discover a class that beckons you to sign up and try something new!

*Hannah Bard*

**Hannah Bard, MS Adult Education**  
Director, Mid-Maine Regional Adult Community Education



## GET CONNECTED

For general inquiries, email  
[adulted@watervillek12.org](mailto:adulted@watervillek12.org)

### MMRACE WATERVILLE OFFICE Academics and Enrichment

**Phone:** (207) 873-5754  
**Office Hours:**  
Mon.-Thu. 8:00 AM-7:30 PM  
Fri. Closed to public; by appointment only  
**Location:** 1 Brooklyn Ave.  
Waterville, ME 04901

### MMRACE MESSALONKEE OFFICE Enrichment Only

**Phone:** (207) 465-9134  
**Office Hours (Evening Only):**  
Mon-Thu, 5:00 PM-9:00 PM  
**Location:** 131 Messalonskee High Dr.  
Oakland, ME 04963

Cover Photo by:  
Xuan Hoa Le, 2016

## ABOUT MMRACE

Mid-Maine Regional Adult Community Education (MMRACE) is a public adult education program serving the Waterville, Oakland, Belgrade, China, Rome and Sidney communities for over 50 years. We have office sites in Waterville and Oakland. Annually, we serve over **300 individuals** through our academic and workforce programs, **enroll 1,400 community members** for enrichment classes, and partner with over 20 community organizations.

MMRACE is the go-to resource for adult learners in our vibrant Mid-Maine communities. As part of Maine's Adult Education network, we've been a cornerstone for education for decades. Our commitment is to provide accessible and enriching learning opportunities for those seeking to grow personally and professionally, further their education, and develop new skills.

At MMRACE, we celebrate diversity in learning. Our extensive course selection, ranging from foundational literacy to advanced vocational training, caters to individual needs. Our experienced instructors are dedicated to guiding and supporting you on your educational journey. Come learn with us!

### **MMRACE MISSION**

Our mission is to offer a wide range of programs and courses that cater to the diverse interests and goals of our learners, encompassing academic, vocational, personal enrichment and life skills development.

### **MMRACE VISION**

We envision a community where individuals can thrive personally and professionally by engaging in meaningful educational experiences that expand their knowledge, skills, and perspectives.

# WHO WE ARE

## MMRACE DAY STAFF

Hannah Bard, Director of Adult Education  
Jen Brown, Programs Coordinator  
Sam Jamison, Administrative Secretary/CEC  
Linda Davis, Academic Student Coordinator  
Aqeel Mohialdeen, Multilingual Coordinator

## MMRACE EVENING STAFF

Veronica Pomerleau, Evening Secretary  
Joyce Anderson, Messalonskee Site Secretary  
Our Community Enrichment Instructors

## MMRACE ADVISORY BOARD

Since July 23, 1984, the Mid-Maine Regional Adult Community Education (MMRACE) Advisory Board has played a crucial role in supporting the educational needs of Belgrade, China, Oakland, Rome, Sidney, and Waterville.

## BOARD MEMBERS

Board Chair: Hannah Bard, Director of Adult Education, MMRACE

Jennifer Allen | Representing Waterville Public Schools, WPS Assistant Superintendent  
Joyce Anderson | Representing Messalonskee, Messalonskee Site Secretary  
Cheryl Godfrey | Representing Messalonskee, Community Member  
Peter Hallen | Representing Waterville Public Schools, WPS Superintendent  
Sara Languet | Representing Messalonskee, RSU18 School Board  
Kimberly Lindlof | Representing Waterville, Mid-Maine Chamber of Commerce  
Denise Murray | Representing Waterville, Waterville General Assistance  
Tammy Rabideau | Representing Waterville, Waterville Public Library  
Aimee Morris | Representing Kennebec Valley Community Action Program (KVCAP)

# WHAT PROGRAMS WE OFFER

**ADULT HIGH SCHOOL COMPLETION**

**ENGLISH FOR SPEAKERS OF OTHER LANGUAGES**

**ADULT BASIC/ FOUNDATIONAL EDUCATION**

**COLLEGE AND CAREER ACCESS**

**WORKFORCE TRAINING AND PREPARATION**

**COMMUNITY ENRICHMENT PROGRAMS**

## PRINTING AND WEBSITE ERRORS AND CHANGES:

We strive to provide the most accurate and up-to-date information in our brochure and on our website. However, due to unforeseen circumstances, changes may occur after the brochure is printed, including adjustments to course location, duration, frequency, instructor, or cost. We reserve the right to determine whether a refund will be issued in such cases.

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# GENERAL INFORMATION

## CALENDAR

### JANUARY

Jan. 5 | Academic Registration Opens  
 Jan. 20 | Enrichment Registration Opens  
 Jan. 26 | In-Service Day - CLOSED  
 Jan. 27 | Academic Classes Begin

### FEBRUARY

Feb. 16-20 | February Break - CLOSED  
 Feb. 23 | Enrichment Classes Begin

### MARCH

N/A

### APRIL

Apr. 20-24 | April Break - CLOSED

### MAY

May 25 | Memorial Day - CLOSED  
 May 26 | Graduation Rehearsal  
 May 28 | Graduation  
 May 29 | Semester Ends



### STAY CONNECTED!

Follow us on social media to get the latest updates.



[facebook.com/mmrace](https://facebook.com/mmrace)  
[instagram.com/mmraceae](https://instagram.com/mmraceae)

### LET'S PARTNER!

At Mid-Maine Regional Adult Community Education, we love our community partners! Each partner has helped us to serve our community more.

- Are you a service provider who wants to help your community?
- Would your clients benefit from our academic and/or enrichment programs?
- Do you want to build a work-force training program (ie. apprenticeship)?

### Email us at:

[adulted@watervillek12.org](mailto:adulted@watervillek12.org)  
 to learn how we can make a difference while serving our community together.

Current Partners: Elm City Music, MaineGeneral Health, Waterville Public Library, Waterville Creates



## NAEHS | NATIONAL ADULT ED HONOR SOCIETY

On November 22, 2021, Mid-Maine Regional Adult Community Education started a chapter of the National Adult Education Honor Society. This membership allows adults enrolled in programming at Mid-Maine Regional Adult Community Education to be eligible to become members of the National Adult Education Honor Society.

This mission of the NAEHS is to provide meaningful recognition to deserving adult education learners, to improve learner employment opportunities, develop learner ambassadors for local adult education programs, and to create adult education awareness with school administrators and state legislators.

Unlike traditional honor societies, the NAEHS's membership eligibility excludes academic achievements and focuses on dependable attendance, a cooperative attitude, and a good work ethic. All adult education learners are eligible for nomination to the NAEHS.

Each NAEHS learner member shall receive a signed NAEHS Certificate of Membership, an NAEHS letter of recommendation for employment, an NAEHS letter of recommendation for scholarships or grants to help with future higher education endeavors and an NAEHS pin. Mid-Maine Regional Adult Community Education holds an induction ceremony each spring. Our Chapter has proudly inducted over 20 learners into the NAEHS.

## FREQUENTLY ASKED QUESTIONS

### REGISTRATION DETAILS

#### Online Registration:

Visit our website at [mmrace.org](https://mmrace.org) to access our enrichment course offerings and to register with a debit card or major credit card. You may also call our Waterville office at (207) 873-5754 to register over phone.

#### Mail-in Registration:

For Messalonskee courses make checks payable to RSU #18 and mail to: Adult Education (RSU #18), 131 Messalonskee High Drive, Oakland, Maine 04963.

For Waterville courses make checks payable to MMRACE and mail to: Mid-Maine Regional Adult Community Education, 1 Brooklyn Avenue, Waterville, Maine 04901.

#### Walk-in Registration:

Walk-ins are welcome during our office hours.

#### Waterville Office Hours:

Monday - Thursday  
 8:00 AM - 7:00 PM.  
 Friday by appointment only

#### Messalonskee Office Hours:

Mon-Thu, 5:00 PM-9:00 PM.

### COMMUNICATION DETAILS

#### Course Communication:

All course communication will happen through email. This includes confirmation of registration, class cancellation, and class details.

Please provide an active up-to-date email during registration.

#### Weather Communication:

If Waterville Schools/RSU #18 Schools are canceled or have an early release due to inclement weather, our classes are canceled. If a storm develops during the afternoon, please check our website at [www.mmrace.org](https://www.mmrace.org), our Facebook page, or call our offices at (207) 873-5754 (Waterville) or (207) 465-9134 (Messalonskee) for cancelation information. When Adult Education classes are canceled because of the weather (or instructor illness), the instructor will reach out to the learners for a make-up class.

#### Wait List:

If a class is full you may choose to be placed on a waitlist. Please do not come to class unless you have been contacted to do so. All wait lists are handled on a "first come - first serve" basis and each class is filled in the order people were placed on the waitlist. You will receive an email when a space becomes available, if you do not accept within 24 hours, the spot will be offered to the next person on the waitlist.



# ADULT HIGH SCHOOL COMPLETION PROGRAMS

Attain your secondary school credential.

Whether you're aiming for personal growth, expanded career opportunities, or a confidence boost, our program is tailored for you. Benefit from flexible schedules, a supportive learning environment with experienced educators, and a comprehensive curriculum that requires you with essential knowledge and the skills that matter. Join a vibrant community of achievers, connect with like-minded individuals, and let our dedicated team guide you towards success. Placement into the program is done after pre-assessment (CASAS®) and registration. Our Academic Student Coordinator will work with you to determine the best schedule and credits. Independent Studies are available. Don't postpone your dreams; take the first step towards a brighter future. It's your diploma, your time, and your future — seize it today!

Our Adult High School Completion programs are free to all Maine residents, 17 and older, who are no longer enrolled in school. Call our office at (207) 873-5754 or email [adulted@watervillek12.org](mailto:adulted@watervillek12.org) to schedule an intake meeting. Our team will guide you through the process and answer any questions you may have. For current high school students seeking credit recovery, please contact your guidance department for a referral.

## REGISTRATION INFORMATION

Registration **opens** for both \*hiset and Adult Secondary Diploma on **January 5, 2026**.

Registration will **close** for Adult Secondary Diploma on **February 4th, 2026**, but \*hiset has rolling open enrollment through the entire semester.

## COURSES OFFERED IN SPRING 2026

Digital Literacy - Traditional Class  
Digital Literacy - Proficiency-Based  
\*hiset® Morning Lab  
\*hiset® Evening Lab  
English Language Arts, Levels 1-3  
English Language Arts, Levels 4-6: Online  
HSC Mathematics, Levels 1-3  
HSC Mathematics, Levels 4 +  
United States History  
Science  
Typing Lab

## Post-Secondary Advising Appointments

Academic Student Coordinator, Linda Davis, will work with learners to help guide you towards college or the workforce. Get support today with your goals!

Contact our office at (207) 873-5754 or [adulted@watervillek12.org](mailto:adulted@watervillek12.org) to schedule a registration appointment and get started today!

## \*HISET® | HIGH SCHOOL EQUIVALENCY

# \*hiset®

MMRACE offers a flexible \*hiset® program to meet your busy life. Our \*hiset® program provides individualized academic assistance to help you prepare to take the \*hiset®. Our instructors work at your pace to develop a personal learning plan that works for you. Classes meet Mondays and Wednesdays during the mornings and evenings to provide a range of options for learners to attend. All \*hiset® learners have access to goal-planning, college applications/enrollment assistance, resume help, job search navigation, and more. Contact our office to learn more and schedule a registration appointment.

**\*hiset® Details:** To pass and earn your \*hiset® credential, all subject tests must be passed individually. The \*hiset® consists of five(5) subject tests: Reading, Writing, Social Studies, Science, and Mathematics. Additionally, all five subject test scores must add up to a required composite score to meet full completion requirements.

All tests are multiple-choice with the exception of the Writing test, which also includes an essay prompt. Testing accommodations may be available for individuals with documented disabilities.

## MMRACE ADULT SECONDARY DIPLOMA



MMRACE offers a 22 credit Adult Secondary Diploma. These credits are in specified subject areas. Our staff and instructors work with you to develop a personal learning plan that works for you. We consider previous credits earned when creating your customized learning plan.

Classes offer small-group sizes and meet during a variety of times throughout the week — day and evening. We offer a variety of academic courses for adult learners to earn credits towards their High School Diploma.

### Adult Secondary Diploma Details:

Core Requirements:  
English Language Arts (4 Credits)  
Mathematics (3 Credits)  
Science (2 Credits)  
Digital Literacy (1 Credit)  
United States History (1 Credit)  
Civics/Government (1 Credit)  
Social Studies (1 Credit)  
Electives (8 Credits).

# HEAR FROM OUR GRADUATES



Noah Vieta  
MMRACE Graduate

Noah chose to attend MMRACE to work on earning his HiSET diploma. He hadn't enjoyed traditional high school and felt this path would be a better and more manageable option for him. One of the things he appreciated most about Adult Education was the increased one-on-one time with tutors. He also found the quieter environment much more conducive to focusing on his work. Noah is grateful for the support he received from his mom, Nancy, Becca, and Linda during his time in the program. Looking ahead, he plans to attend one of the community colleges to study Physical Therapy. He understands that earning a college degree will help him land a job he's truly interested in. Reflecting on his journey, Noah laughs at the minor mishaps he experienced when he first began testing—technical issues with the computers and even arriving too early for one of his exams. In fact, after all those early challenges, Tekia gave him a bottle of maple syrup as a lighthearted gift.

Noah's favorite quote, which reflects his own experience, is from Frederick Douglass: "Without struggle there is no progress."

“



Grace Irigo-Arondo  
MMRACE Graduate

Grace dreamed of becoming a nurse and knew she needed a diploma to attend college. Although she already had a diploma from Gabon, Africa, she lacked the necessary documentation to enroll in a U.S. college. Determined to move forward, Grace set a personal goal and deadline to earn her diploma. She faced challenges—especially with the English portions of the HiSET—but she persevered with the support of her mother and sisters, and the patience and encouragement of Nancy and Becca. Now that she has earned her diploma, Grace is ready to take the next step: attending KVCC for a year before continuing her education at the Maine College of Health Professions.

Grace is deeply grateful to Nancy for her help, support, and encouragement. As she reflects on her journey, Grace says, "Regardless of how old you are, it is never too late to start over and reach your goal."

”

## MMRACE

I WORK AS A MECHANIC AND TODAY I'M NOT JUST HERE AS SOMEONE WHO FIXES CARS, BUT AS SOMEONE WHO HAS REBUILT HIS OWN FUTURE ONE PART AT A TIME

## MMRACE

BEFORE I ENROLLED IN ADULT EDUCATION, I WAS A STAY AT HOME MOM RAISING MY THREE KIDS. NOW THAT MY KIDS ARE OLDER, I MADE THE DECISION TO RETURN TO SCHOOL AND EARN MY HIGH SCHOOL DIPLOMA. I STARTED ADULT EDUCATION IN 2021, AND THE EXPERIENCE HAS BEEN AMAZING.

## MMRACE

ALL OF A SUDDEN, I'M BALANCING SCHOOL, WORK, AND MY PERSONAL LIFE WHICH LET ME TELL YOU HAS NOT AT ANY POINT BEEN EASY. THERE WERE TIMES WHEN I WANTED TO GIVE UP OR PUT OFF MY GRADUATION DATE BUT I KNEW IF I DID THAT I WOULDN'T COME BACK. [THEY] ALL MADE A MODIFIED PLAN TO HELP ME GRADUATE ON TIME—AND WITH THE SUPPORT OF THEM AND MY LOVED ONES, I AM DOING JUST THAT.

## MMRACE

AFTER BECOMING A MOM AT 15, DROPPING OUT OF SCHOOL AT 16, BECOMING A SINGLE MOTHER AT 17, AND STRUGGLING WITH HOMELESSNESS AT 18, IT DIDN'T EVER SEEM LIKELY TO ME THAT I WOULD BE GOING BACK TO SCHOOL AT 19. I DIDN'T THINK I HAD IT IN ME. I DIDN'T THINK I'D HAVE THE OPPORTUNITY, BUT WE'VE ALL MADE IT HAPPEN AND GOTTEN OURSELVES THIS FAR AND FOR THAT I'M REALLY PROUD OF EACH OF US.

ALEXANDER JOSEPH GRADUATE

MUNA HASAN GRADUATE

KALEY PAPPAS GRADUATE

JAMIE MILELE GRADUATE

# COLLEGE, CAREER & WORKFORCE PROGRAMS

## Plan for your next step.



## REGISTRATION INFORMATION

Registration for this program begins on January 5th, 2026. Please note that enrollment periods for the workforce training programs change regularly.

## COURSES OFFERED IN SPRING 2026

\*\* Indicates this course is offered through another program as well, often our High School Diploma or Community Enrichment programs.

Digital Literacy - Traditional Class\*  
Digital Literacy - Proficiency-Based\*  
English Language Arts, Levels 4-6\*  
Mathematics, Levels 4-6\*  
First Aid, CPR, AED\*

**Post-Secondary Advising Appointments**  
Academic Student Coordinator, Linda Davis, will work with learners to help guide them towards college or the workforce. Get support today with your goals!

Contact our office at (207) 873-5754 or [adulted@watervillek12.org](mailto:adulted@watervillek12.org) to schedule a registration appointment and get started today!

## CAREER PREPARATION



Are you eager to unlock your full potential and thrive in today's dynamic workforce? We offer free post-secondary counseling to help you chart your course toward academic and career success. From crafting educational plans to exploring career opportunities, our Academic Student Coordinator is here to guide you every step of the way. Learners in this program may work on: Choosing a career, transitioning from or to a career, resume and cover letter support, application and interview support, and more!

## WORKFORCE TRAINING

There may be associated costs with specific Workforce Training programs, details are available online or by contacting our office. Our Workforce Training Programs are as follows:

### Earn-to-Learn Programs

CCMA: Certified Clinical Medical Assistant with Maine General Health  
• Visit [www.mainegegeneral.org](http://www.mainegegeneral.org) for more details.

### In-House Training Programs

Bank Teller Training with Center for Financial Training & Education Alliance  
• Visit [www.mmrace.org](http://www.mmrace.org) for more details.

## COLLEGE TRANSITIONS



We understand the importance of a seamless transition into college. That's why we work closely with local colleges, ensuring a smooth pathway for our participants. With personalized support and guidance, we empower you to navigate the complexities of higher education and realize your ambitions.

Learners in this program may receive support in financial aid (scholarships, FAFSA), admissions (application support, college tours), choosing the right college and major, navigating college expectations and systems, skill building (prep courses and tutoring).



# LITERACY AND LANGUAGE PROGRAMS

## Improve your literacy.

Ready to make a positive change in your life? Now is the perfect moment to enhance your English skills through our ESOL: English for Speakers of Other Languages or strengthen your Math and English foundations through our ABE: Adult Basic Education programs! Whether you're aiming for personal growth, expanded career opportunities, or a confidence boost, our programs are tailored to you. Benefit from flexible schedules, a supportive learning environment with experienced educators, and a comprehensive curriculum that equips you with essential knowledge and the skills that matter! Join a vibrant community of learners, connect with like-minded individuals, and let our dedicated team guide you towards success. Don't postpone your dreams; take the first step toward a brighter future. It's your education, your time, and your future — seize it today!

Our Literacy and Language programs are free to all Maine residents, 17 and older, who are no longer enrolled in school. Call our office at (207) 873-5754 or email [adulted@watervillek12.org](mailto:adulted@watervillek12.org) to schedule a registration appointment. Our team will guide you through the process and answer any questions you have.

## REGISTRATION INFORMATION

Registration for this program begins on **January 5th, 2026**. The registration period for the program ends on **February 4th, 2026**. Learners must enroll before that time to join the Spring 2026 semester.

## COURSES OFFERED IN SPRING 2026

Digital Literacy - ESOL  
ESOL Civics  
ESOL Level 1  
ESOL Level 2  
ESOL Level 3-4  
ESOL Learning Lab  
English Language Arts, Levels 1-3

**Post-Secondary Advising Appointments**  
Academic Student Coordinators, Linda Davis & Aqeel Mohialdeen, will work with learners to help guide them towards college or the workforce. Get support today with your goals!

Contact our office at (207) 873-5754 or [adulted@watervillek12.org](mailto:adulted@watervillek12.org) to schedule a registration appointment and get started today!



## ABE: ADULT BASIC EDUCATION

Our Adult Basic Education program helps learners who are transitioning out of our ESOL program. Learners may also join our Adult Basic Education program to transition into one of our Adult Secondary Diploma pathways. We also have learners who take our Adult Basic Education courses to keep their skills sharp and connect with the community. These courses are primarily English and Math based. Our team will work with you to find the courses that are best suited for your current needs and your future goals.

## ESOL: ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

Whether you're a student preparing for academic success, a professional aiming to excel in an English-speaking workplace, or an individual eager to navigate social interactions with confidence, our ESOL program is designed for you! The ESOL program is structured into multiple levels to accommodate learners at various proficiency levels. You will engage in reading, writing, listening, and speaking skill development to empower you in every aspect of your English communication. Our approach provides opportunities to apply your language skills to real-world scenarios.

### Spanish | Español

Si usted es un estudiante que se prepara para el éxito académico, un profesional que aspira a sobresalir en un lugar de trabajo de habla inglesa o una persona ansiosa por navegar las interacciones sociales con confianza, nuestro programa ESOL está diseñado para usted!

### French | Français

Que vous soyez un étudiant se préparant à la réussite scolaire, un professionnel souhaitant exceller dans un lieu de travail anglophone ou une personne désireuse de naviguer dans les interactions sociales en toute confiance, notre programme ESOL est conçu pour vous!

### Swahili | Kiswahili

Iwe wewe ni mwanafunzi anayejiandaa kwa ajili ya kufaulu kitaaluma, mtaalamu anayetaka kufaulu katika eneo la kazi linalozungumza Kiingereza, au mtu binafsi ambaye ana hamu ya kuvinjari mwinguiano wa kijamii kwa kujiomini, mpango wetu wa ESOL umeundwa kwa ajili yako!

### Arabic | عربي

إن كنت طالباً يستعد للحصول على شهادة أكاديمية أو إن كنت مهنياً يسعى إلى تحسين لغته في محل العمل أو إن كنت تطمح إلى خوض محادثات اجتماعية باللغة الإنجليزية فإن برنامجنا لتعليم و تحسين اللغة الانكليزية مصمم لك



# COMMUNITY ENRICHMENT COURSES

By our community for community.

Community enrichment refers to classes and workshops designed to enhance the knowledge, skills, and well-being of individuals in the community. It often includes opportunities, such as music, art, fitness, outdoor education. The goal is to empower people, foster a sense of belonging for everyone in our community, and provide a space with people to gather and learn from each other.

Our community enrichment program is funded entirely by the registration fees associated with each class. The registration fee covers the instructor's wages, the website to process credit card payments and associated operational costs. If a class does not have enough registrations to pay these costs, we are forced to cancel the class and refund those who have registered. MMRACE determines one week before a class is set to start whether a class must be canceled or not due to low enrollment. It is important to sign up early to ensure they are not canceled. More registration information is available on the last two pages of this catalog.

**REGISTRATION BEGINS  
JANUARY 20TH**

## REGISTRATION INFORMATION

Registration for our enrichment program begins on January 20th.

Please note that our Community Enrichment courses are on a **first-come, first serve** basis. Sign up early to secure your spot!

### Questions about Waterville Enrichment courses?

We have two primary staff members that support the Community Enrichment program at our Waterville Site. Samantha Jamison is our Community Enrichment Coordinator and Veronica Pomerleau is our evening secretary.

For questions about the Community Enrichment courses offered through our Waterville site, email: [adulted@watervillek12.org](mailto:adulted@watervillek12.org) or call our office at (207) 873-5754.

### Questions about Messalonskee Enrichment courses?

We have one dedicated staff member that supports the Community Enrichment program at our Messalonskee Site. Joyce Anderson is our Messalonskee Site Secretary.

For questions about the Community Enrichment courses offered through our Messalonskee site, email: [janderson@rsu18.org](mailto:janderson@rsu18.org).

## DAY TRIP TO BOSTON: MUSEUM OF SCIENCE

**A one day trip to the Museum of Science in Boston, Massachusetts**

Looking for a family friendly day trip during school April Vacation?

We will provide safe and smooth journey to Boston via a Cyr Charter Bus. No need to worry about searching for parking or a safe place to store your belongings.

Join us on April 20th, 2026 to Boston Massachusetts where we'll have the opportunity to enjoy a science and fun filled day at the Museum of Science.

### Explore. Question. Imagine.

*"Here, science is a life-changing journey of discovery for everyone."*

**Current Exhibits:** Immersive Room, Art of Illusion, Exploring AI: Making the Invisible Visible, Hall of Human Life, Arctic Adventure: Exploring with Technology Engineering Design Workshop, Powered by MathWorks Colossal Fossil: Triceratops Cliff, Dinosaurs: Modeling the Mesozoic and so much more!

**Schedule:** 4/20/26 | Monday | 7:30AM - 8:30PM

**Location:** Waterville High School or West Gardiner Service Plaza

**Instructor:** Samantha Jamison

**Registration Fee:** \$104 for Adults  
\$98 for Children ages 11 and under



Use your phones camera on this QR Code to view classes & register!



# CREATIVE ARTS

## FRESH FLORAL ARRANGING AT THE ROBIN'S NEST

Join Robin and her talented design team at The Robin's Nest to style your own fresh floral creation. All materials are included in the cost of the class and you will leave with a beautiful fresh arrangement for yourself or to give as a gift. Come prepared to learn some basics of floral design and to have fun!

### Schedule:

Session 1: 3/1/26 | Wednesday | 6:00PM - 7:00PM  
 Session 2: 3/8/26 | Wednesday | 6:00PM - 7:00PM  
 Session 3: 3/25/26 | Wednesday | 6:00PM - 7:00PM

**Location:** The Robin's Nest: 173 Main St, Waterville ME 04901

**Instructor:** Robin Getchell, The Robin's Nest

**Registration Fee:** \$60 per session

## UKRAINIAN (PYSANKA) EGG DECORATING AGES 8+

The Pysanka, a decorated egg, was common among Slavic people as far back as 5,000 BC and was an important spring ritual. When decorating eggs in the Ukrainian style, designs are drawn on the egg with melted beeswax, which flows from a tool called a Kystka. The eggs are then dipped in a series of dyes and the final pattern is revealed when the wax is removed. Please bring reading glasses, if you use them. The instructor would like to encourage young people in this art form. Ages 8 to 16 are welcome to register with their participating parent or guardian. For an adult the Materials Fee is \$20 and is payable to the instructor, cash or check at the start of class. Families will be \$20 per adult plus \$5 per child. A storm make up will be scheduled for Saturday, April 11, please mark your calendar.

**Schedule:** 3/28/26 | Saturday | 10:00AM - 12:30PM

**Location:** Messalonskee High School | Room 119

**Instructor:** Lesia Sochor, Artist of Ukrainian Descent

**Registration Fee:** \$18 | **Materials Fee:** \$20 per adult / \$5 per child

# FIBER ARTS

## CHUNKY CROCHETED BASKET

If you love baskets and know how to crochet or if you recently learned this class is for you. These Chunky baskets make great gifts, storage bins, and even shopping bags. The basket is made in the round and will be about 12" tall and 14" across with two handles approximately 6" long. It also has a flat bottom, so it stands up well.

**Schedule:** 5/16/26 to 5/30/26 | Saturdays | 9:30AM - 12:30PM

**Location:** Messalonskee High School | Room 125

**Instructor:** Angel Frost

**Registration Fee:** \$42

## CROCHET FOR ALL

Crocheting is fun and easy once you know how. The best part is you can be creative almost anywhere. In this class if you are a beginner you will start by working on a small afghan using single, double, and triple crochet stitches, and you will learn how to begin and end, and the in-between will be the practice of the basic stitches. If you know how to crochet and need guidance with a UFO (Unfinished Object) or WIP (Work in Progress) bring it in and get advice on finishing, improving, or just join us and have fun. A supply list will be sent via email once we have enough students for the class. Please mark your calendar for a storm makeup on Saturday, May 9.

**Schedule:** 4/1/26 to 5/2/26 | Saturdays | 9:30AM - 12:30PM

\*\*\*NO CLASS ON APRIL 25TH

**Location:** Messalonskee High School | Room 125

**Instructor:** Angel Frost

**Registration Fee:** \$42

## KNITTING FOR ALL

This class will get you started with the basics of knitting, and you will be able to expand your skills as well. You will learn about straight, double point, and circular needles. You will learn to cast on stitches, the basic knit

and purl stitches, and how to read a pattern. You will be able to further develop your knitting skills. There will be several handouts at the beginning of class. The first thing we will make is a basic dishcloth. Then we will move on to a cowl and other projects as time allows or that you bring to class. There is a supply list that will be sent to you once we have enough students for a class. The supplies should be purchased before the first class. Storm Makeup to be decided.

**Schedule:** 2/24/26 to 3/24/26 | Tuesdays | 5:30PM - 7:30PM  
 \*\*\*NO CLASS ON 3/10

**Location:** Messalonskee High School | Room 127

**Instructor:** Audrey McGee, Resilient Embodiment Yoga

**Registration Fee:** \$45 | **Supplies Cost:** about \$20

## NEEDLE FELTING: EASTER BUNNY

This 6-inch bunny is just right for your Easter decorating. It is felted white with a touch of pink and has some hand sewing on its face. This bunny has a swivel head, and the Chenille arms and legs are covered with fiber. This course is designed for beginners, but those with some needle felting experience are welcome to join us. All materials will be provided. Storm makeup will be April 4.

**Schedule:** 3/28/26 | Saturday | 9:00AM - 12:30PM

**Location:** Messalonskee High School, Room 119

**Instructor:** Mary Sabins

**Registration Fee:** \$25 | **Materials Fee:** \$15

## RUG BRAIDING

In this class you will make a 16" by 24" rug, which will help you perfect your braiding and lacing skills. Or you are welcome to bring your UFOs (Unfinished Objects) if you would like help. If you do not have your own wool to use, the instructor will have a variety of wool fabric kits. The kit will include a minimum of three colors of wool—cost \$25. Storm makeup will be Mar. 28.

**Schedule:** 2/28/26 to 3/21/26 | Saturdays | 9:30AM - 12:00PM

**Location:** Messalonskee High School | Room 127

**Instructor:** Joan Bryson

**Registration Fee:** \$50 | **Materials Kit Fee:** \$25

# GLASS ARTS

## DICHROIC OR FUSED GLASS

In this class you choose--Dichroic Glass or Fused Glass Jewelry: The Dichroic Glass students will make a unique beautiful jewelry set that reflects light by stacking metal oxides together. For the Fused Glass students, you will place pieces of glass together to create two sets of pendants, pins, and earrings. The Adult Ed office will notify you when you may come to the office to pick up your finished artwork—about 3 weeks. Materials Fee to the instructor, check or cash, at the start of class. Please reserve March 7 for a storm makeup if needed.

**Schedule:** 2/28/26 | Saturday | 9:00AM - 12:00PM

**Location:** Messalonskee High School | Room 127

**Instructor:** Carmela Patriotti

**Registration Fee:** \$10 | **Materials Fee:** Dichroic is \$95 / Fused is \$50

## STAINED GLASS

If you have been thinking about learning Stained Glass or improving your skill this is your chance! In this class the beginner students will learn the step-by-step process of Tiffany's copper foil stained glass design. You will complete a beautiful panel and participate in a field trip on March 12 to the Stained Glass shop 966 Western Ave., Manchester. By the end of the class, you will have gained the fundamental skills to continue a new and beautiful hobby. The kit is \$120, and there will be other materials that you will need to purchase, such as glass, which costs about \$40-50. Intermediate students will work independently and under the teacher's watchful eye as you advance your techniques. Lab fee for Intermediate students is \$10 payable to the instructor at the start of the first class. Inclement weather makeup will be April 30.

**Schedule:** 3/5/26 to 4/9/26 | Thursdays | 6:00PM - 8:30PM

**Location:** Messalonskee High School | Room 115

**Instructor:** Carmela Patriotti

**Registration Fee:** \$65 | **Kit:** \$120 | **Other Materials:** \$40-\$50

**Intermediates Lab Fee:** \$10

# PAINTING

## ART IN THE MORNING

Enjoy a relaxing morning creating ART! This series offers three (3) separate one-week art classes where you will create paintings inspired by the months of Spring. Each class meets for one 3-hour session and will help you further develop your painting skills. Choose from a Valentine themed painting, a Spring Animal Babies painting, or a Spring Flowers painting—or sign up for all three dates! You will leave each class with a smile and a wonderful painting for that room you have just redecorated, to give as a gift, or hang and enjoy. Young people in the between 8 and 17 years old, are welcome to sign up with a registering adult.

### Schedule:

**Valentines for You:** 2/14/26 | Saturday | 9:30AM - 12:30PM  
**Spring Animal Babies:** 3/21/26 | Saturday | 9:30AM - 12:30PM

**Spring Flowers:** 4/18/26 | Saturday | 9:30 AM - 12:30PM

**Location:** Messalonskee High School | Room 121

**Instructor:** Katrina Billings

**Registration Fee:** \$7 per session | **Materials Fee:** \$25

## PAINT NIGHT: BARN QUILT

Come join us and unleash your creativity with these beautiful Barn Quilts. Pick out a design and colors and you're ready to create your masterpiece. These will be painted on 24 x 24 inch birch plywood panels primed with white Kiltz ahead of time. No prior experience necessary, just be ready to paint a visually stunning piece of art that's rich in history and cultural significance.

### Schedule:

4/7/26 | Tuesday | 5:00PM - 8:00PM

**Location:** Waterville High School | Room 124

**Instructor:** Shirley Anderson, Muddy Cove Painting

**Registration Fee:** \$55 | **Materials Fee:** \$15

## PAINT NIGHT: MUSHROOM FOREST

Come join us and Paint Mushrooms In this class students will be painting a close up view of mushrooms on the forest floor. You'll learn how to paint leaf litter, decaying wood, with a little moss thrown in here and there. This should be an excellent class for those who love mushrooms! No Prior experience is necessary. Shirley welcomes beginners with open arms. Whether you're a seasoned artist or picking up a brush for the first time you'll find this to be a fun and engaging class.

### Schedule:

4/14/26 | Tuesday | 5:00PM - 8:00PM

**Location:** Waterville High School | Room 124

**Instructor:** Shirley Anderson, Muddy Cove Painting

**Registration Fee:** \$55

## PAINT NIGHT: ROOSTER

Join us for an evening of creative expression with Paint a Rooster Night hosted by the talented artist Shirley Anderson! In this engaging class, participants will unleash their inner artists as they learn to paint a vibrant rooster masterpiece. Whether you're a seasoned painter or a complete novice, this event promises fun, relaxation, and the opportunity to create something truly unique. Grab your friends and join us for a memorable night filled with laughter, creativity, and maybe a few surprise clucks!

### Schedule:

5/9/26 | Tuesday | 5:00PM - 8:00PM

**Location:** Waterville High School | Room 124

**Instructor:** Shirley Anderson, Muddy Cove Painting

**Registration Fee:** \$55

## PAINT NIGHT: WOLF

Get ready to unleash your creativity as you bring a magnificent wolf scene to life on canvas, guided step-by-step by Shirley's expert instruction. Discover the joy of painting while gaining a deeper appreciation for these majestic creatures. Join us for an unforgettable evening of artistry, inspiration, and connection with nature at the Wolf Paint Night.

### Schedule:

5/12/26 | Tuesday | 5:00PM - 8:00PM

**Location:** Waterville High School | Room 124

**Instructor:** Shirley Anderson, Muddy Cove Painting

**Registration Fee:** \$55

## PAINT YOUR PET

Come join Shirley Anderson for an engaging and beginner-friendly 'Paint your Pet' class! In this workshop budding artists will receive step-by-step guidance to create a beautiful portrait of their beloved furry or feathered

companions. No Prior experience is necessary; Shirley welcomes beginners with open arms. Whether you're a seasoned artist or picking up a brush for the first time, this class is a fun and rewarding experience as you immortalize your pet on canvas. After signing up for this class you will need to email shirl.art5050@mail.com 5 good quality photos of your pet.

**Schedule:** 3/24/26 | Tuesday | 5:00PM - 8:00PM

**Location:** Waterville High School | Room 124

**Instructor:** Shirley Anderson, Muddy Cove Painting

**Registration Fee:** \$55

# CULINARY ARTS-- KNEAD & NOSH

## BAO DOWN TO FLAVOR: MASTERING CHAR SIU BAO

In this hands-on cooking class, you will dive deep into the art of making Chinese Steamed Char Siu Bao, the beloved fluffy buns filled with savory Chinese BBQ pork. Learn the secrets of creating the perfect bao dough from scratch. Jeff will guide you through each step, from mixing and kneading to proofing, ensuring you achieve that perfect pillow-like texture. Master the rich and flavorful char siu filling. Discover the blend of spices and techniques that make this BBQ pork so irresistible. Take a culinary journey through history as we explore the legend of how the bao was first invented. You will hear captivating stories that add a cultural dimension to your cooking experience. By the end of the class, you will not only have a batch of delicious Char Siu Bao to enjoy but also the skills and knowledge to create this traditional treat at home. Whether you are a seasoned cook or a beginner, this class promises to be a fun educational adventure. Please also mark your calendar for Tuesday, Mar 31 in case of a storm.

### Schedule:

3/30/26 | Monday | 5:30PM - 8:00PM

**Location:** Messalonskee High School | Room 125

**Instructor:** Jeff Mao, Knead and Nosh

**Registration Fee:** \$84

## DUMPLING ARTISTRY: MASTERING FANCY FOLDING TECHNIQUES

Are you ready to elevate your dumpling skills from delicious to dazzling? Join this unique, hands-on cooking class focused specifically on creating stunning, fancy Chinese dumpling folds! Go beyond the basics and learn techniques that will transform your homemade dumplings into edible art. We will master several intricate designs: learn the secrets to shaping delicate Har Gow (crystal shrimp dumplings). Into charming goldfish and practice the elegant, flowery plum blossom fold. We will also make vibrant pork dumplings using different colored doughs incorporating natural ingredients like spinach or beet as the coloring agent for eye-catching hues. While focusing on folding artistry, we will cover making the necessary doughs and a classic pork filling to bring our creations to life. You will leave this class with impressive new folding skills, recipes, and a batch of your own edible art to wow friends and family. Perfect for those with some dumpling experience or adventurous beginners eager for a creative challenge! Just in case we need a make-up date, please mark your calendar for Monday, May 18.

### Schedule:

5/11/26 | Monday | 5:30PM - 8:00PM

**Location:** Messalonskee High School | Room 125

**Instructor:** Jeff Mao, Knead and Nosh

**Registration Fee:** \$84

## ESSENTIAL HOT POT: CLASS AND DINNER WITH AUTHOR JEFF MAO

Dive into the delicious, communal world of Chinese Hot Pot with an exclusive class and dinner hosted by Jeff Mao, author of the Essential Chinese Hot Pot Cookbook. Learn the secrets behind creating an authentic and impressive hot pot experience directly from the expert! In class, students will learn the key components of this beloved meal. Jeff will teach you how to prepare flavorful broths, mix essential dipping sauces, and guide you through preparing the myriad of ingredients traditionally served. Jeff will also share the history of hot pot and tips on the best ways to eat and enjoy this interactive



It also should be of interest to those under 55 as well. The 15-minute presentation will help you answer these questions. How does Social Security fits into your retirement income plan? When should you start taking benefits? What about taxes? There will be a question and answer session at the end of the presentation. A Zoom option is available by request please email [janderson@rsul18.org](mailto:janderson@rsul18.org) after you have registered. Storm makeup will be April 28.

**Schedule:** 4/14/26 | Tuesday | 6:30PM - 7:30PM

**Location:** Messalonskee High School | Room 208

**Instructor:** Rob Smith, Edward Jones

**Registration Fee:** \$7

## PERSONAL FINANCE

### BUILDING A BETTER BUDGET

Tired of watching your paycheck vanish? In this one-day online workshop, learn simple, stress-free tools to track spending, plan ahead, and make your money work for you. Explore free budgeting apps, quick digital systems, and small habits that add up to real savings—no guilt or math degree required. You'll leave with a ready-to-use toolkit and one clear step to start building financial confidence. This class is a sneak peek at Becca's upcoming Financial Self-Care for Real People series (Meal Prepping, Smart Grocery Game, Community Resourcing, Developing Budgeting Systems, Debt Detox, Emotional Spending, Microsaving) launching in the fall.

**Schedule:** 4/22/26 | Tuesday | 6:00PM - 7:30PM

**Location:** Online via ZOOM

**Instructor:** Becca Nolon

**Registration Fee:** \$10

### FIRST TIME HOMEBUYERS EDUCATION

Buying your first house is truly a big deal! In this 8-hour, in person class we will cover everything you need to know about the buying process and owning a home afterwards. You will learn the steps involved in buying, how to set goals, prepare for homeownership, explore loan products and credit, how to protect and grow your investment, and how to avoid being ripped off. A Homebuyers Education Certificate can help you access down payment assistance or mortgage products that require a HUD-certified homebuyers education course—for most organizations it's good for two years. Register at [mmrace.org](http://mmrace.org) and the computer program will take you to the KV-CAP registration site to finish the registration process—that cost will be \$45.

\*\*\*\*MUST REGISTER VIA

March Session: <http://reg.planetreg.com/E1141111742470>

OR

May Session: <http://reg.planetreg.com/E11411155942696>

#### Schedule:

**Session 1:** 3/24/26-3/26/26 | Tuesday, Wednesday & Thursday | 6:00PM - 9:00PM

**Session 2:** 5/5/26-5/7/26 | Tuesday, Wednesday & Thursday | 6:00PM - 9:00PM

**Location:** Messalonskee High School | Room 305

**Instructor:** Kimberlee Petrey, Kennebec Valley Community Action Program

**Registration Fee:** Free | \$45 to KV-CAP Registration

### FOUNDATIONS OF INVESTING

This class is for those who are new to investing or would like a strategy refresher. We will discuss basic rules of investing--how to develop a plan, how to choose quality investments, how to diversify your portfolio, and most importantly how to invest for the long term, and focus on the things that YOU can control. A Zoom option is available by request please email [janderson@rsul18.org](mailto:janderson@rsul18.org) after you have registered. Storm makeup will be March 3.

**Schedule:** 2/24/26 | Tuesday | 6:30PM - 7:30PM

**Location:** Messalonskee High School | Room 208

**Instructor:** Rob Smith, Edward Jones

**Registration Fee:** \$7

### HOW TO USE VENMO SAFELY

Stay relevant and up to date by learning all about Venmo, the popular mobile payment service. In this class, you'll discover how to securely pay friends and businesses, as well as receive money without the need for cash or checks. You'll gain a confident understanding of setting up Venmo safely, avoiding unnecessary fees, and applying it in real-world scenarios for you and your family. You'll be able to discuss the topic among family, friends and have an understanding of the key terms used when you hear about VENMO in the news! Join us to master Venmo and handle mobile payments with ease and security.

**Schedule:** 2/26/26 | Thursday | 1:00PM - 2:00PM

**Location:** Online via Zoom

**Instructor:** Nickie Welsh, Social Club Simple

**Registration Fee:** \$29

## LEARN A LANGUAGE

### AMERICAN SIGN LANGUAGE

#### BEGINNER ASL

If you're starting and don't have much experience, let's kick things off by building some solid communication skills in ASL. We'll cover both what you hear (receptive signing) and what you say (expressive signing), plus grammar and vocabulary. Let's not forget to dive into Deaf culture, its history, and all the awesome resources available to the Deaf community. We'll really focus on how we communicate visually and through gestures, and don't forget to include non-manual signals like facial expressions!

**Schedule:** 3/17/26 to 5/12/26 | Tuesdays | 6:00PM - 7:30PM

\*\*\*NO CLASS ON APRIL 21ST

**Location:** Messalonskee High School | Room 214

**Instructor:** Janet Parker

**Registration Fee:** \$99

#### ASL: EMERGENCY SIGNS PART ONE

This will be an introductory course in American Sign Language for emergencies. The focus will be on basic vocabulary, the finger alphabet and an introduction into Deaf Culture.

**Schedule:** 2/26/26 to 3/19/26 | Thursdays | 5:30PM-7:00PM

**Location:** Waterville High School | Room TBD

**Instructor:** Paula Michaud

**Registration Fee:** \$86

#### ASL: EMERGENCY SIGNS PART TWO

This session will focus on continuing to build basic vocabulary development, as well as, the basic grammar. It will continue on from where Session one ended.

**Schedule:** 4/16/26 to 5/21/26 | Thursdays | 5:30PM - 7:00PM

\*\*\*NO CLASS ON 4/23/26

**Location:** Waterville High School | Room TBD

**Instructor:** Paula Michaud

**Registration Fee:** \$86

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# ARABIC

## ARABIC FOR AMERICANS: LEVEL I, II, AND III

Discover the beauty of Arabic in our engaging "Arabic for Americans" course! Immerse yourself in this rich culture and language -- building essential communication skills. From basic greetings to everyday conversations, learn to navigate Arabic with confidence. Our instructor will guide you through pronunciation, vocabulary, and cultural nuances. For those who have already completed levels I and II, we will be offering level III! Please reserve April 6th in case of a storm.

### Schedule:

#### LEVEL 1

Session 1 - 2/23/26 to 3/30/26 | Mondays | 5:30PM - 7:30PM  
 Session 2 - 4/13/26 to 5/22/26 | Mondays | 5:30PM - 7:30PM

\*\*NO CLASS ON 4/20

LEVEL 2 - 4/8/26 to 5/20/26 | Wednesdays | 5:30PM - 7:30PM  
 \*\*NO CLASS ON 4/22

LEVEL 3 - 2/25/26 to 4/1/26 | Wednesdays | 5:30PM - 7:30PM

**Location:** Waterville High School | Room TBD

**Instructor:** Aqeel Mohialdeen

**Registration Fee:** \$39

# GENERAL ENRICHMENT & HOBBIES

## AUTOMOTIVE/DRIVING

### MAINE DRIVING DYNAMICS

The Maine Driving Dynamics course is a driver improvement course that is designed to improve a student's defensive driving awareness. This five-hour course includes discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. Our goal is to save lives, prevent injuries, and reduce vehicle-related crashes.

A student who completes the course will receive a three-point credit on their driving record and may be eligible for insurance discount. Questions regarding your license should be addressed to the Bureau of Motor Vehicles at 207-624-9000.

**Schedule:** 3/31/26 & 4/2/26 | Tuesday + Thursday | 6:00PM - 8:30PM

**Location:** Waterville High School | Media Center

**Instructor:** Instructor from the Maine Bureau of Highway Safety

**Registration Fee:** \$75

## GENERAL

### ADULT FIRST AID, CPR AND AED

Respond to an emergency with confidence! This class focuses on providing the skills necessary to respond to any emergency situation involving adults. The course is specifically geared for Certification in Adult First aid/CPR/AED for first time participants or those who wish to renew their certification. Participants who complete the course will receive a certificate from the American Red Cross which is valid for two years.

### Schedule:

Session 1: 3/21/26 | Saturday | 9:00AM - 12:00PM  
 Session 2: 4/4/26 | Saturday | 9:00AM - 12:00PM

**Location:** Waterville High School | Media Center

**Instructor:** Jennifer Harris, First Point Training LLC

**Registration Fee:** \$95

## DOG TRAINING BASICS

This is a beginner dog training class and is designed for all ages of dog owners. We work in small groups with several trainers assisting. The first night will be an Orientation and Information night held on Monday, June 1 at Messalonskee High School for the two-legged family member/s only. Your registration fee is for 1 dog and the family members who will be training the dog. You will get a helpful manual and many issues will be discussed including the commands taught such as walking on a loose leash, stay and come exercises and other techniques. On the first night, we will also discuss your behavior concerns. The four subsequent evenings with the dogs will be held at 41 Heath Street from 6:00-7:00 p.m. All dogs will need to be on a leash at all times, and NO dogs will be allowed if they are aggressive. When you register online, the Adult Ed Secretary will send you a packet that you need to print, read, sign, and bring it to class with you. Please bring proof of vaccinations, \$150 fee payable to the instructor (cash or check ONLY), and your completed packet to the orientation night on June 1. Limit 12 dogs and their people. Please bring a lawn chair for each person on June 8 - 29.

**Schedule:** 6/1/26 to 6/29/26 | Mondays | 6:00PM - 8:00PM

**Location:** 6/1/26: Messalonskee High School

6/8/26 to 6/29/26: Tapley Building at 41 Heath Street, Oakland, ME

**Instructor:** Donna Whitney, Tailwaggers Dog Training

**Registration Fee:** \$10 | **Materials Fee:** \$150

## FENG SHUI

Feng Shui is an ancient Chinese practice that helps one understand how Qi (life force energy) flows through our home. The Chinese Bagua Map of nine directions each with a color, a natural element, and special characteristics associated with it. Using the floor plan of your residence and the Bagua Map, you will learn where each of the directions are and ways to optimize the flow of Qi to help create a harmonious living space and environment for those living within. Bring a simple drawing of your residence to class. Storm Makeup will be March 26th.

**Schedule:** 3/19/26 | Thursday | 6:00PM - 8:00PM

**Location:** Messalonskee High School | Room 208

**Instructor:** Audrey McGee, Resilient Embodiment Yoga

**Registration Fee:** \$18

## UNDERSTANDING MAINE'S DEATH WITH DIGNITY ACT

There is a lot of misunderstanding and misinformation about aid-in-dying medicine. Many providers and patients in Maine are not familiar with Maine's Death with Dignity Act. In effect since September 2019, the law permits physicians to practice aid-in-dying medicine under specific circumstances. Join this class to get fact-based information and all the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify for the law or support your loved one who may be qualifying.

**Schedule:** 3/11/26 | Wednesday | 6:30PM - 8:00PM

**Location:** Online via ZOOM

**Instructor:** Valerie Lovelace, Maine Death with Dignity

**Registration Fee:** FREE

## HOBBIES

### A WRITER'S WORKSHOP: YOUR FIRST DRAFT

Are you ready to bring your long-term story idea to life? Perhaps you want to get started on that novel, memoir, screenplay, or collection of poems? In this six-week workshop you will have the opportunity to share your developing pages and receive insightful peer and instructor feedback in a workshop setting. You will also practice writing strategies that focus on big-picture story elements like plot, character development, pacing, and voice.

**Schedule:** 3/5/26 to 4/9/26 | Thursdays | 6:30PM - 8:00PM

**Location:** Online via ZOOM

**Instructor:** Kristin Leonard

**Registration Fee:** \$45

**BEEKEEPING FOR BEGINNERS**

Is keeping bees on your Bucket List? Or are you already a beekeeper who is struggling to get your bees through the winter? Whether you are new to beekeeping or have tried it before and realized there is a lot to learn, this class is for you! This five-session course will equip you with the knowledge and skills you need to be successful. We will cover honeybee biology to help you better understand "bee-havior," as well as the fundamentals of bee-keeping—including vertical and horizontal Langstroth hives, how to install a nuc, essential equipment, pest and disease management, and swarm control. There is a first-night Materials Fee to the Maine Somerset Beekeepers Association (SBA) \$55 cash or check which includes your mentor, the book, and a one-year membership to the SBA, which meets monthly in Skowhegan to discuss what to focus on in the upcoming month during the winter. We also invite guest speakers for our continuing education. We make bulk purchases to offer supplies to our members at discounted prices. We also have a club honey extractor that we rent out to our members.

**Schedule:** 2/4/26 to 3/4/26 | Wednesdays | 6:00PM - 8:30PM  
 \*\*\*One class will be on 2/26/26 Thursday instead of 2/25/26)

**Location:** Poulin-Turner Union Hall | 653 Waterville Road, Skowhegan, ME 04976

**Instructor:** Kevin McFadden, Somerset Beekeepers Association

**Registration Fee:** \$7 | **Materials Fee:** \$55

**MODEL TRAIN GROUP**

Are you interested in trains? Does your interest extend to model trains or model railroading? Find some new friends who share your enjoyment at this Model Train Group. They are building a set and would like community members to come see what they are doing, maybe join their group, or bring the kids or grandkids for a tour. You and the kids could learn skills such as carpentry, electrical, electronics, painting, art, computer skills, even research and history. Come in work clothes and bring your good spirits. Young people under 17 must be accompanied by a parent or guardian.

**Schedule:** 1/20/26 to 5/19/25 | 6:00PM - 8:00PM

\*\*ONLY the 1st and 3rd Tuesdays of each month

**Location:** Messalonskee Middle School | Room 221

**Instructor:** Bob Bennett, Tage Erickson & Team

**Registration Fee:** \$7

# HEALTH & WELLNESS

## GENERAL

**BEST CLOTHING AND MAKEUP COLORS FOR YOU**

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, along with sunglasses colors and jewelry metals to flatter your coloring!! Please wear a lower neckline to class.

**Schedule:** 4/16/26 | Thursday | 6:00PM - 8:30PM

**Location:** Messalonskee High School | Room 119

**Instructor:** Candace Sanborn, Radiant Image

**Registration Fee:** \$30

**BREATHING AS MEDICINE**

Most people breathe—but few do it well. This course reveals how intentional breathing can be one of the most effective, accessible tools for healing. You'll learn how breath influences your nervous system, immune response, energy levels, and emotional state—and how it plays a critical role in achieving deep, restorative sleep.

Whether you're managing stress, recovering from illness, or simply seeking more vitality, this course offers practical techniques rooted in science and tradition to help you breathe better, sleep deeper, and feel stronger.

**Schedule:** 1/26/26 to 5/23/26 | Self-Directed Class available anytime

**Location:** Online

**Instructor:** Carole Freeman

**Registration Fee:** \$50

**FIVE MINUTE FACELIFT**

"Boost Your Mood and Strengthen Facial Muscles

This fun and uplifting course teaches quick, effective facial muscle exercises that enhance neuromuscular connections and even lift your spirits. Discover the science behind "putting on a happy face" and how facial movement can positively impact your emotional well-being. A perfect fit for busy people of all ages looking for fast, impactful results."

**Schedule:** 1/26/26 to 5/23/26 | Self-Directed Class available anytime

**Location:** Online

**Instructor:** Carole Freeman

**Registration Fee:** \$43

**BREWED BOTANICALS: MASTERING WATER EXTRACTIONS**

Join Dr. Nate Petley, naturopathic doctor and clinical herbalist, for an immersive journey into the world of water extractions. Explore the rich traditions of herbalism and therapeutic benefits of botanicals as he shares his expertise and experience in herbal medicine.

Class 1: Discover the distinctions between infusions and decoctions, and how best to prepare leaves, flowers, roots, and seeds. Elevate your tea experience by mastering the nuances of water temperature, tea quantity, and steeping time. Whether you're a seasoned sipper or a curious newcomer, you'll gain practical insights to enhance every brew. Students are encouraged to bring their favorite cup for sampling.

Class 2: This engaging class enhances the skills of crafting decoctions by transforming them into delicious syrups. Participants will create and sample several recipes, including the ever-popular elderberry syrup. Discussions will cover herb selection, ingredients, and the nuances of each recipe, ensuring a valuable learning experience.

**Schedule:** 3/24/26 to 3/31/26 | Tuesdays | 6:00PM - 8:00PM

**Location:** Waterville High School | Room TBD

**Instructor:** Nate Petley, Maine Center of Natural Health

**Registration Fee:** \$80

**ESSENTIAL OILS FOR HEALTH AND HOME**

Have you begun using essential oils, but desire more knowledge? Come explore how to incorporate essential oils to decrease stress, increase sleep, prevent infections and clean your home. Specific essential oils, like thyme and melaleuca, are now proven to kill germs. You will learn how to create natural essential oil sprays and which carrier oil is best for your skin. We will make a product for you to take home during each class.

**Schedule:** 2/25/26 to 3/18/26 | Wednesdays | 5:30PM - 7:00PM

**Location:** Waterville High School | Room TBD

**Instructor:** Marie Hardman, RN

**Registration Fee:** \$60

**HEALING STARTS AT HOME: REMEDIES FROM YOUR KITCHEN**

Unlock the therapeutic power of everyday ingredients with Dr. Nate Petley, a seasoned naturopathic doctor and clinical herbalist. Inspired by the timeless wisdom of Hippocrates - "Let food be thy medicine and medicine be thy food" - Dr. Petley invites you to explore the healing potential of herbs and spices hiding in plain sight in your kitchen cupboards.

In this enlightening session, he'll reveal both time-honored traditions and modern applications of culinary botanicals. From the herbs he relies on in clinical practice to his go-to recipes for soothing sore throats, calming upset stomachs, boosting brain function, and easing common colds, you'll gain practical insights into natural wellness you can start using today.

**Schedule:** 4/14/26 | Tuesday | 6:00PM - 8:00PM

**Location:** Waterville High School | Room TBD

**Instructor:** Nate Petley, Maine Center of Natural Health

**Registration Fee:** \$25

**IMPROVING YOUR SLEEP**

Trouble falling asleep? Awake in the middle of the night? Sleep less than six hours per night? You may suffer from insomnia, which increases the risk for many illnesses. Come learn the importance of a good night's sleep. Non

prescription topics will be discussed. Discover essential oils, herbs and other methods to improve your sleep.

**Schedule:**

Session 1: 2/3/26 | Tuesday | 5:30PM - 7:30PM  
Session 2: 3/30/26 | Monday | 5:30PM - 7:30PM

**Location:** Waterville High School | Room TBD

**Instructor:** Marie Hardman, RN

**Registration Fee:** \$12

**POSTURE POWER**

**Posture Power: Strengthen Your Body From the Ground Up**  
Poor posture can wreak havoc on your breathing, energy, and overall well-being. In this engaging workshop, you'll learn simple correction techniques for common postural imbalances, including Upper Cross Syndrome (tight chest, weak upper back) and Lower Cross Syndrome (hip tightness, weak lower back). By focusing on breathing and alignment, you'll feel taller, stronger, and more energized. This class is perfect for anyone looking to improve their posture and vitality.

**Schedule:** 4/15/26 to 5/6/26 | 10:00AM - 11:00AM or 5:00PM - 6:00PM

**Location:** Online via ZOOM

**Instructor:** Carole Freeman

**Registration Fee:** \$50

**THE BALANCE BLUEPRINT**

**The Balance Blueprint: Core Strength Meets Stability**

Unlock the secrets to better balance in this dynamic workshop that connects the mind and body. You'll learn about the brain's role in stability, techniques to develop better balance, and the essential connection between core strength and control. Perfect for all ages, this class is ideal for anyone seeking improved coordination, injury prevention, or confidence in movement.

**Schedule:** 3/4/26 to 3/25/36 | 10:00AM - 11:00 AM or 5:00PM - 6:00PM

**Location:** Online via ZOOM

**Instructor:** Carole Freeman

**Registration Fee:** \$50

## MENTAL HEALTH

**GROUNDED MIND: A TASTE OF EMOTIONAL INTELLIGENCE**

Feeling overstimulated, reactive, or stuck in your own head? Grounded Mind is a one-day workshop designed to help you calm your body so your mind can follow. Learn simple, science-backed techniques for emotional regulation, mindfulness, and communication under stress. You'll practice grounding tools that work anywhere—from difficult conversations to daily overwhelm—and leave with a clearer sense of balance and control. This class is a preview of Becca's upcoming fall Grounded Mind series exploring Emotional Intelligence, Self-Regulation, Mindfulness Meetings, The Art of Effective Communication, Assertiveness Without Apology, Dealing with Difficult People, Body Language & Presence, and Conflict Resolution.

**Schedule:** 4/23/26 | Wednesday | 6:00PM - 7:30PM

**Location:** Online via ZOOM

**Instructor:** Becca Nolon

**Registration Fee:** \$10

**GUIDED ART JOURNALING: HEALING HANDBOOK**

Discover the power of creativity as a tool for healing and self-discovery. In this recurring drop-in online group, you'll explore weekly guided art journaling prompts drawn from The Healing Handbook, a trauma-informed workbook by instructor Becca Nolon. Each Saturday session includes a grounding exercise, creative journaling time, and optional sharing in a supportive community. No art experience required—just an open heart and a willingness to explore. By the end, you'll have a deeply personal journal reflecting your journey of growth, resilience, and renewal. Materials needed: A blank journal or sketchbook, colored pencils or markers, and optional collage materials- glue stick, scissors, etc.

**Schedule:** 3/28/26 to 5/16/26 | Saturdays | 10:00AM - 11:30AM

**Location:** Online via ZOOM

**Instructor:** Becca Nolon

**Registration Fee:** \$10

## SPIRITUALITY

**EXPLORING CHAKRA ENERGY**

In this course, we will discuss the chakra system and how stored emotions can stay locked in the body to cause physical illnesses. Through self-assessment questions and activities, you will explore your relationship to each of your seven chakras. You will practice a chakra meditation and learn ways to open and balance your chakras for physical and emotional health.

**Schedule:** 4/8/26 to 4/29/26 | Wednesdays | 5:30 - 7:30PM

\*\*\*NO CLASS ON 4/22

**Location:** Waterville High School | Room TBD

**Instructor:** Marie Hardman, RN

**Registration Fee:** \$40

**QIGONG (CHEE-KUNG)**

This ancient Chinese exercise uses the life force energy (Qi), found all around us in the natural world, to help increase health and vitality. In ancient times people thought that illness or disease was caused by blockages in the energy pathways of the body called meridians. In this class you will learn some QiGong forms and movements that increase our Qi, clear meridians, improve health, and connect us with nature. All levels of physical ability are welcome. Wear clothing that allows you to move freely. You may pick any six dates between Feb. 11 and Mar. 25.

**Schedule:** 2/11/26 to 3/25/26 | Wednesdays | 9:00AM - 10:00AM

**Location:** School Street Yoga | 5 School St. Waterville, ME

**Instructor:** Audrey McGee, Resilient Embodiment Yoga

**Registration Fee:** \$65

**REIKI - LEVEL ONE**

Learn this effective and gentle technique for healing and relaxation. In this class you will learn the history and many uses for Reiki; receive the Reiki attunement and have plenty of time for hands-on practice time. In order to receive a certificate, it is required to attend all 4 nights.

**Schedule:**

Session 1: 3/5/26 to 3/26/26 | Thursdays | 6:00PM - 8:00PM

Session 2: 4/9/26 - 5/7/26 | Thursdays | 6:00PM - 8:00PM

**Location:** Waterville High School | Media Center

**Instructor:** Gail Smith, RN

**Registration Fee:** \$80

**TAROT AND THE ANCESTORS**

This inner journey bears little resemblance to the traditional view of Tarot. Our first steps will take us to Carl Jung's model of the mind, focusing on the Collective Unconscious, home of ancestral memories. Jung's Active Imagination will be the tool through which The Tarot's Major Arcana will give form to the archetypes, the bearers of ancestral knowledge. Next, Tarot connections will lead to our Spirit Guides, who will navigate the inner journey to the lands of the Ancestors. Through Tarot-inspired Guided Meditation and inner work, we'll meet Ancestors of Blood, of Choice and of Identity. Throughout our journey, both group Tarot work and individual Tarot Dialogue spreads will connect us with our Ancestors. Our 10-week journey will conclude with a magical ritual. The cards will both facilitate deeper Ancestral connection and provide an imaginative foundation whereby the Ancestors will join us in meditation, visualization and affirmation to increase our psychic bond.

**Schedule:** 2/24/26 to 4/28/26 | Tuesdays | 6:00PM - 8:00PM

\*\*\*NO CLASS ON 4/21

**Location:** Waterville High School | Room TBD

**Instructor:** Kathy Eckert

**Registration Fee:** \$115

# MUSIC & MOVEMENT

## DANCE

### LINE DANCING

We have been moving to music since the beginning of time. Line Dancing is a great way to keep the beat. No partner required. From beginners to intermediate line dancing steps look complicated, but they are easy to master. It is great exercise too! You will be strutting your stuff in no time at all. Join us for a night out! Storm makeup date will be May 26.

**Schedule:** 3/17/26 to 5/19/26 | Tuesdays | 6:00PM - 7:30PM

\*\*\*NO CLASS ON APRIL 21ST

**Location:** Belgrade Central School Gym | 158 Depot Road, Belgrade ME  
**Instructor:** Joanne Parker

**Registration Fee:** \$53

### ZUMBA DANCE PARTY

Zumba is a fitness program that has been merged with Latin and international music. It blends high and low dynamic moves that create fitness techniques that are FUN--like a dance party! It is a complete workout with a warm-up, cool down and lots of aerobic exercise and stretching that will have you burning calories. Join us for one or both of these six-week sessions. Limit 40 students.

**Schedule:**

Session 1: 2/2/26 to 3/16/26 | Mondays | 6:00PM - 7:00PM  
 Session 2: 4/6/26 to 5/18/26 | Mondays | 6:00PM - 7:00PM

\*\*\*NO CLASS ON 2/16/26 AND 4/20/26

**Location:** Messalonskee High School | Cafeteria

**Instructor:** Theresa Warren

**Registration Fee:** \$40

## MOVEMENT / SPORTS

### DRUMS ALIVE

Experience a full-body workout with a rhythm-driven fitness class that combines drumming, movement, and energizing music! Drums Alive® is a fun and unique workout designed for adults of all fitness levels. Using exercise balls and drumsticks, participants engage in a variety of heart-pumping, muscle-toning routines, all while enjoying the power of rhythm and sound.

No drumming experience is necessary—just bring your energy and enthusiasm! Whether you're a fitness enthusiast or looking for a creative way to stay active, Drums Alive® offers a fun, social, and highly effective workout that will leave you feeling empowered and rejuvenated.

Join us for a rhythmic journey that will get your heart pumping and your body moving in a whole new way!

**Schedule:** 3/12/26 to 5/21/26 | Thursdays | 10:30AM - 11:30AM

\*\*\*NO CLASS ON 4/23

**Location:** Elm City Music | 17 Railroad Sq. Waterville, ME

**Instructor:** Nicholas Mather

**Registration Fee:** \$100

### KARATE FOUNDATIONS: GO-JU RYU FOR ALL LEVELS

New Year, new challenge! Discover the timeless art of Go-Ju Ryu Karate—a path to self-development for all levels. Build strength, coordination, flexibility, and stamina in a relaxed and comfortable training environment. Each class includes a functional warm-up, an overview of basic techniques reinforced through partner practice and an introduction to kata (forms) explored both as movement patterns and self-defense strategies. Please wear comfortable clothing—no uniform or prior experience necessary. Participants should be ages 14 and up. View the website at [www.martial-artsinstitute.us](http://www.martial-artsinstitute.us).

**Schedule:** 3/2/26 to 3/23/26 | Mondays | 6:15PM - 7:20PM

**Location:** Martial Arts Institute | 23 Leighton Road, Augusta, ME

**Instructor:** Hollie & Kevin Webb

**Registration Fee:** \$60

### PICKLEBALL FOR BEGINNERS

Have you tried Pickleball yet? It is a social sport that is fun and great exercise. You will learn the forehand, backhand, serve, volley, and overhead strokes in a supportive environment. It's nice for friends to join together or join and make new friends. Bring a pickle ball paddle and wear proper footwear—the instructor recommends either court or tennis shoes and preferably pickle ball shoes. If the weather is poor, you will be contacted to confirm whether class will be held or not.

**Schedule:** 5/3/26 to 6/7/26 | Sundays | 4:00PM - 5:30PM

\*\*\*NO CLASS ON MAY 24TH

**Location:** Messalonskee High School, Pickleball Court

**Instructor:** Kevin Freeman

**Registration Fee:** \$70

### PICKLEBALL FOR INTERMEDIATES

This class is for 3.0 to 3.5 Pickleball players who wish to become a smarter, more skillful doubles player, and those who are gearing up for tournament play. Please wear proper footwear—the instructor recommends either court or tennis shoes and preferably pickle ball shoes. If the weather is poor, you will be contacted to confirm whether class will be held or not.

**Schedule:** 5/3/26 to 6/7/26 | Sundays | 5:30PM - 7:00PM

\*\*\*NO CLASS MAY 24TH

**Location:** Messalonskee High School, Pickleball Court

**Instructor:** Kevin Freeman

**Registration Fee:** \$70

### STRENGTH TRAINING FOR 50+

Implement regular strength training into your week and improve your quality of life. We will progress through a 5-week expansion of strength training skills. You will be introduced to the basics of movements which will complement the demands of day-to-day life. You will leave this class knowing what to do to stay strong at home. Equipment such as dumbbells can be purchased at most Department or Sporting Goods Stores, and there may be some available in class to use as well. Sunset is nearly 8 p.m. on our first class, so there should not be any night driving. Makeup night will be June 11.

**Schedule:** 5/7/26 to 6/4/26 | Thursdays | 5:00PM - 6:00PM

**Location:** Messalonskee High School | Library

**Instructor:** Audrey McGee, Resilient Embodiment Yoga

**Registration Fee:** \$52

### YOGA FOR BEGINNERS

School Street Yoga looks forward to welcoming you to Yoga for Beginners! In this class we will share a yoga practice together, exploring foundational, accessible yoga poses and breath work. We will notice how it feels to slow down, breathe deeply, and move in and out of yoga poses. This class is taught by Kim Nashed who has enjoyed introducing yoga to beginners for over 15 years. All equipment is provided by the studio at no additional cost.

**Schedule:**

Session 1: 2/28/26 to 4/4/26 | Saturdays | 10:00AM - 11:00AM

Session 2: 3/11/26 to 4/15/26 | Wednesdays | 10:30AM - 11:30AM

**Location:** School Street Yoga | 5 School St, Waterville, ME

**Instructor:** Kim Nashed

**Registration Fee:** \$55

# OUTDOORS ☐ ☐ ☐

### EXPLORE MESSALONSEE LAKE ECOLOGY BY KAYAK

Messalonskee Lake is a wonderful natural resource of the mid-Maine region and offers numerous recreational and conservation activities. If you have al

ways wanted to learn to kayak and explore the lake's ecology, this class will offer a low cost kayak lesson and will provide all equipment needed. You will also learn about the flora and fauna of the lake followed by a kayak paddle near shore to find various specimens. Prerequisite: know the basics of how to swim, but we will be staying close to shore. Please wear water shoes; a bathing suit or shorts, sunglasses or polarized glasses, sunscreen, and hats are also helpful and appropriate. Do be prepared with extra clothes just in case you get wet. Must be 17 to register. If needed, a Rain Date will be announced.

**Schedule:**

Session 1: 7/13/26 | Monday | 10:00AM - 12:00PM  
Session 2: 8/10/26 | Monday | 10:00AM - 12:00PM

**Location:** Maine State Boat Launch on Route 27: Belgrade | Across from Loon Ridge Cottages and near Hammond Lumber in Belgrade, ME.

**Instructor:** Danielle Boutin, Friends of Messalonskee Lake

**Registration Fee:** \$7

### TOUR OF MESSALONKEE: 3 HOURS

This is a beautiful, educational, and ecological tour to the farthest reaches of Messalonskee Lake aboard the Snowdrifter II—a 25 foot Godfrey Sanpan Limited Edition luxury cruiser. Students will see first-hand the invasive milfoil as it passes alongside the boat just inches below the lake surface and Learn about statewide eradication efforts while enjoying the natural beauty of Messalonskee Lake. Search for Sandhill Cranes and endangered Least Bittern and Black Tern as we travel through the 1300-acre emergent wetland known as the Messalonskee Lake Marsh. The majestic North American Bald Eagles may make their presence known as well. You will learn about the history of the area and the lake. Captain Gary is a Registered Maine Guide and licensed commercial boat operator. A Rain Date will be scheduled if needed. The boat is accessible for standard-size wheelchairs. Students between the ages of 10 and 17 years old must be accompanied by a registered attending parent or guardian. Bathrooms will be available on shore. There will be no refunds after Sunday, June 28.

**Schedule:**

Session 1: 7/10/26 | Friday | 10:00AM - 1:00PM  
Session 2: 7/31/26 | Friday | 10:00AM - 1:00PM

**Location:** 97 Rocky Shore Lane, Oakland ME

**Instructor:** Gary Bennett

**Registration Fee:** \$39

### SPRING BIRDWATCHING

This course is designed to help you move beyond your backyard to identify the birds that surround us, particularly those that will be passing through our area in the spring. The level of experience of the participants will shape what material is covered. The first class will cover the basics of equipment and technique, unless all the students have taken a previous course with the instructor. We will practice identification by sight as well as sound, focusing on warblers, thrushes, and raptors, concentrating on expected species and moving into rarities as time allows.

**Schedule:** 3/17/26 to 3/31/26 | Tuesdays | 5:30PM - 7:30PM

**Location:** Waterville High School | Room 110

**Instructor:** Ian Lynch

**Registration Fee:** \$35

### FARMING / GARDENING

#### GROW YOUR OWN ORGANIC GARDEN

Each year Maine Organic Farmers & Gardeners Association (MOFGA) hosts an Organic Gardening class at many Adult Ed programs in Maine. If you are new to gardening or even if you have been gardening for quite a while and want to learn some new tips and techniques, this is the class for you. Topics covered include supporting soil and plant health, starting seeds indoors or outdoors, interplanting techniques, pest management, watering, and the very gratifying outcome—the harvest. We will have time for Q & A and connecting with other gardeners. By the end of class, you will feel connected to resources as well as other gardening community members. Young people 10 to 17 who are interested in gardening are encouraged to

join with a registering participating parent or guardian.

**Schedule:**

Session 1: 4/1/26 | Wednesday | 6:00PM - 7:00PM

**Location:** Waterville High School | Room TBD

Session 2: 4/18/26 | Saturday | 10:00AM - 11:30AM

**Location:** Messalonskee High School, Room 127

**Instructor:** MOFGA staff member

**Registration Fee:** \$12

### WORM COMPOSTING: WORKSHOP FOR BEGINNERS

Join Jock Robie, from Mainely Worm Bins, and learn all about creating and maintaining a worm composting bin. Your instructor will provide you with a worm bin on the night of the class. Your instructor provides all the equipment needed to start your worm bin for no additional charge. He just asks that you try your best to be successful. Jock has 17 years of experience in worm composting and has given many workshops in person since 2011. Currently, he has 50 worm bins in his worm farm. Topics to be discussed: what worm composting and vermiculture is, the benefits of worm composting, what things to consider before you start, what it takes for worms to thrive & any common problems. After the class finishes, the instructor will stay in touch by email and phone during your first year (or longer) until you are comfortable continuing on your own.

Included in your registration fee is a free Worm Harvest workshop, 3-4 months after this class. Students who attend this Workshop for Beginners are invited to attend the Harvest Workshop on Monday, May 18, 2026 from 6:00PM - 8:00PM.

If you are registering as a couple or family you will only need one bin per couple....Register EARLY as there are only 5 bins per session!

**Schedule:** 2/9/26 | Monday | 6:00PM - 8:00PM

**Location:** Waterville Senior High School

**Instructor:** Jock Robie, Mainely Worm Bins

**Registration Fee:** \$10

### WORM COMPOSTING: ALUMNI HARVESTS

This class is for folks who have already attended Jock's Worm Composting: Workshop for Beginners in Fall 2025 or February 2026. The Alumni harvest night where we will go through the steps on how to properly harvest your worm bin. The Harvest workshop is a bonus workshop, included when registering for Worm Composting: Workshop for Beginners. Limit 5 worm bins.

**Schedule:**

Session 1: 3/10/26 | Tuesday | 6:00PM - 8:00PM | Must have attended Beginner Workshop in Fall 2025

Session 2: 5/19/26 | Tuesday | 6:00PM - 8:00PM | Must have attended Beginner Workshop in Feb. 2026

**Location:** Waterville Senior High School | Room TBD

**Instructor:** Jock Robie, Mainely Worm Bins

**Registration Fee:** FREE

### TECHNOLOGY

#### CANVA FOR AWESOME BEGINNERS

Unlock a world of creative possibilities with Canva, the ideal digital tool for beginners and novices! This class will teach you how to harness the power of Canva, one of the easiest design websites available. You'll learn to create stunning designs from scratch or use templates with step-by-step guidance for any digital image you need. Whether it's online documents, business cards, email signatures, or more, you'll leave this class with the confidence and skills to use Canva effectively and creatively.

**Schedule:** 3/24/26 | Tuesday | 1:00PM - 2:00PM

**Location:** Online via Zoom

**Instructor:** Nickie Welsh, Social Club Simple

**Registration Fee:** \$29

**FAST TRACK TO SOCIAL MEDIA MARKETING FOR BUSINESS**

Take your business to new heights with our fast-paced, comprehensive session designed to equip business owners, entrepreneurs, and marketing professionals with the essential skills and strategies needed to leverage social media for business success. Learn how to effectively reach your target audience, increase brand awareness, and drive engagement across major social media platforms.

**Schedule:** 5/14/26 | Thursday | 1:00PM - 2:00PM |

**Location:** Online via ZOOM

**Instructor:** Nickie Welsh, Social Club Simple

**Registration Fee:** \$29

**PYTHON: COMPUTER PROGRAMMING BASICS**

In this nine-week class participants will learn the fundamentals of computer programming using the Python language. This course is for the complete beginner or someone with slight exposure to programming. Mr. Greer brings a wealth of experience, having worked in IT since 2004. Students will need either a PC or Mac desktop or laptop computer (no Chromebooks) and a reliable internet connection. Class will be held during school vacation, Feb. 17.

**Schedule:** 2/10/26 to 4/7/26 | Tuesdays | 5:00PM - 6:30PM

**Location:** Online via ZOOM

**Instructor:** Dean Greer

**Registration Fee:** \$70

**PYTHON: INTERMEDIATE PROGRAMMING**

Join our experienced programming instructor as he takes you beyond the basics where you will build upon the fundamentals with topics like data structures, intermediate control structures, how to practice coding effectively, and module importation. Problem solving using previously learned fundamentals will be emphasized along with new instructional material. The typical prerequisite is Programming Basics Using Python, but those with adequate experience should feel free to register as well. Students will need either a PC or Mac desktop or laptop computer (no Chromebooks) and a reliable internet connection. Class will be held during school vacation, Feb. 18. Limit 10 students.

**Schedule:** 2/1/26 to 4/8/26 | Wednesdays | 5:00PM - 6:30PM

**Location:** Online via ZOOM

**Instructor:** Dean Greer

**Registration Fee:** \$70

**PRACTICAL CHATGPT TRAINING FOR EVERYONE**

Have you been curious about what ChatGPT is exactly and how it can be used? Join our fun and engaging class to learn everything you need to know about ChatGPT powered by Artificial Intelligence. Understand how it works and why it's taking the world by storm. You'll explore practical everyday uses for ChatGPT in both the workforce and at home, ensuring you stay in the loop when ChatGPT is mentioned in conversations and on the news. Don't get left behind in today's tech-savvy world, attend this essential training today!

**Schedule:** 3/17/26 | Tuesday | 1:00PM - 2:00PM

**Location:** Online via Zoom

**Instructor:** Nickie Welsh, Social Club Simple

**Registration Fee:** \$29

**PHOTOGRAPHY****PHOTOGRAPHY AFTER DARK**

In this one-night class we will explore all the things you need to know to take successful images after sunset and before sunrise. This session reviews exposure, how to shoot images in the dark—including the Milky Way and Aurora—and how to capture your best photo under moonlight. We will review equipment helpful for nighttime photography, including using your cell phone.

**Schedule:** 4/16/26 | Thursday | 7:00PM - 8:30PM

**Location:** Online via ZOOM

**Instructor:** Mike Leonard

**Registration Fee:** \$25

**TRAVEL PHOTOGRAPHY:  
CAPTURE YOUR VACATION MOMENTS!**

In this one-night class participants will learn how to create their best vacation images. Often when people come home from a family trip, their photos fall a little short, and do not capture the essence of their experience. This session helps people with camera and/or phone settings and makes suggestions for the best times of the day to capture the perfect shot.

**Schedule:** 4/14/26 | Tuesday | 7:00PM - 8:30PM

**Location:** Online via ZOOM

**Instructor:** Mike Leonard

**Registration Fee:** \$25

**TECHNOLOGY ASSISTANCE****CELL PHONE TECH 101**

Do you get tired of asking others to help you do simple tasks on your cell phone? Do people ask you to do basic tasks on your device but end up doing it for you? Registering for this class grants you a 55-minute, in-person, no judgement, 1-on-1 lesson to help you feel more at ease with your technology! In this 55-minute private lesson, we will review your device, help you feel confident with the basics, and work on any specifics that you'd like! When registering, please choose the Tuesday session (date & time) that works best for you. The instructor will contact you via email after registration to discuss the available time slots with you.

**Schedule:** 3/31/26 to 4/14/26 | Tuesdays | 5:00PM - 7:00PM

**Location:** Waterville High School

**Instructor:** Samantha Jamison

**Registration Fee:** \$25

**SATURDAY TECH TIME**

Are you spending a lot of time trying to figure out your technology such as cell phones, laptops, and tablets? Do you get tired of asking others to help you do simple tasks on your device?

Registering for this 2 hour class provides you with a working space to learn your technology with an on-site instructor to go over the basics with you! Be in a room with others who are stuck in the same boat! The goal is to help you feel confident with the basics, and work on any specifics that you'd like all while building new connections in the community! Feel free to come & go within the class time period.

Please choose the Saturday session that works best for you. The instructor will contact you via email after registration to discuss your device and what your needs are.

**Schedule:**

Session 1: 4/4/26 | Saturday | 1:00PM - 3:00PM

Session 2: 4/11/26 | Saturday | 1:00PM - 3:00PM

**Location:** Waterville Senior High School | Room TBD

**Instructor:** Samantha Jamison

**Registration Fee:** \$50

**PRINTING AND WEBSITE  
ERRORS AND CHANGES**

We strive to provide the most accurate and up-to-date information in our brochure and on our website. However, due to unforeseen circumstances, changes may occur after the brochure is printed, including adjustments to course location, duration, frequency, instructor, or cost. We reserve the right to determine whether a refund will be issued in such cases.

# MMRACE COMMUNITY ENRICHMENT POLICIES & NOTICES

## Age Policy:

The minimum age for adult education enrichment courses is 18 years unless otherwise noted in the course description. For courses marked "Family", please make sure to review the age and guardian requirements as they differ between courses.

## Class Refund Policy:

- If the course you register for is canceled, we will refund your full registration fee.
- If the course you register for is filled when we receive your registration, we will refund you your full registration fee.
- Registrants are eligible for a full refund if cancellation is made at least 7 days prior to the start of the class. Cancellations made 1 to 6 days before the class will receive a refund minus a 5% cancellation fee.
- No refunds will be issued for cancellations made within 24 hours of the class start time.

## Refunds will not be given:

Once the course begins, no refunds will be issued for that class.

Please allow 2-4 weeks for refunds to be processed.

## Trip Refund Policy:

- If the course you register for is canceled, we will refund your full registration fee.
- If the course you register for is filled when we receive your registration, we will refund you your full registration fee.
- Registrants are eligible for a full refund if cancellation is made at least 7 days prior to the start of the class. Cancellations made 1 to 6 days before the class will receive a refund minus a 5% cancellation fee.
- No refunds will be issued for cancellations made within 24 hours of the class start time.

## Refunds will not be given:

24 until the trip begins, no refunds will be issued for that class.

Please allow 2-4 weeks for refunds to be processed.

## Lab/Materials Fee Notice:

All materials fees are cash or check only due to the instructor at the beginning of the first class.

## Supply List Notice:

All supply lists will be sent out via email at least one week be-

## COMMUNICATION DETAILS

### Course Communication:

All course communication will happen over email. This includes confirmation of registration, class cancellation, and class details. Please provide a valid email that you have consistent access to during registration.

### Weather Communication:

If Waterville Public Schools/RSU #18 Schools are canceled or have an early release due to inclement weather, our classes are canceled. If a storm develops during the afternoon, please check our website at [www.mmrace.org](http://www.mmrace.org), our Facebook page, or call our offices at (207) 873-5754 (Waterville) or (207) 465-9134 (Messalonskee) for cancellation information. A decision will be made by 3:00 PM if classes will run. When Adult Education classes are canceled because of the weather (or instructor illness), the instructor will reach out to the learners for a make-up class.

### Wait List:

If a class is full you may choose to be placed on a waitlist. Please do not come to class unless you have been contacted to do so. All wait lists are handled on a "first come - first serve" basis and each class is filled in the order people were placed on the waitlist. Our office will contact you once a space becomes available.

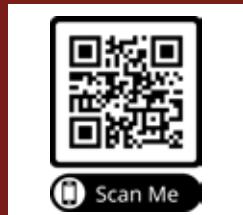
## INSTRUCTING OPPORTUNITIES FOR COMMUNITY ENRICHMENT

Do you have a hobby, a passion or a subject with in-depth knowledge?

Please email Samantha Jamison, the Community Enrichment Coordinator:  
[sjamison@aos92.org](mailto:sjamison@aos92.org)

Are you looking to instruct local community members about this topic?

Or scan this QR code with your phone ----->





# ENRICHMENT COURSE REGISTRATION WEBSITE CHANGE!

We've upgraded our registration system to **ACTIVE**—an all-in-one system that makes it easier for you to register, manage courses, make payments, and stay connected. It's the same platform trusted by thousands of organizations to connect millions of people to events and communities, and now it's here to simplify your experience with us.



(207) 873-5754



adulted@watervillek12.org

### STEP 1

#### Visit Registration Website

Use the QR code above or click "See Courses" on at [www.mmrace.org](http://www.mmrace.org).

### STEP 2

**SESSION INFORMATION**

**Yoga in the Park**

01 Registration - Registration - 09/03/14 - 10:00 AM  
02 Watercolor Class - Mid-Maine Adult Education  
03 Month 4 - Wellness

Benefit in the heat all air you move through a gentle, flowing flow to stretch and strengthen your body while connecting to nature. This class is designed for every body and all levels of experience. All ActiveNet

[Registration Fee](#) [View More](#) [\\$20.00](#) [\\$40.00](#) [ADD TO CART](#)

#### Find Your Course

Browse or search for your desired course.

Click 'Add' next to the correct tuition option.

### STEP 3

**YOUR SHOPPING CART**

**Yoga in the Park** Delete  
09/03/2025 - 10/10/2025  
Registration Fee  
Quantity: 1

[CONTINUE](#)

#### Proceed to Registration

Check the quantity. Click 'Continue' to move forward.

### STEP 4

**MMRACE** [View Details](#)

**Registration Information**

1. ENTER YOUR EMAIL ADDRESS [Email Address](#)

2. PARTICIPANT & OPTIONS [Participant](#)

3. REGISTRATION FORMS [Registration Forms](#)

#### Log In or Create an Account

Enter your email address and password to log in.

New to ActiveNet? Type your email and create a password. A new account will be created when you register.

### STEP 5

You must accept our Terms of Use and acknowledge our Privacy Policy to use our services. Please review and provide your consent.

I have read and agree to ACTIVE Network's Terms of Use  
 I have read and am aware of ACTIVE Network's Privacy Policy

[Next](#)

#### Sign the Wavers

Check the boxes to sign the ActiveNet Terms and Agreements.

Click 'Next' to continue.

### STEP 6

**Registration Information**

1. ENTER YOUR EMAIL ADDRESS

2. PAYMENT & OPTIONS

**Yoga in the Park** [View Details](#)

**Have Questions?** [Report the Post](#)

**Participant**

**Registration Form**

**Waiver**

**Signature**

#### Select Participant

Choose the person who will attend the course, or click 'Add New Person' to enter a new participant.

### STEP 7

**Continue & Complete Forms**

**Participant**

**Registration Form**

**Waiver**

**Signature**

#### Continue & Complete Forms

Click 'Continue', then:

Fill out all required registration form. Review and accept waivers. Sign any electronic signatures as prompted.

### STEP 8

**Review and Pay**

**Check out**

**Participant**

**Registration Form**

**Waiver**

**Signature**

**Payment**

**Review before**

**Review details**

**Complete**

#### Review and Pay

Click 'Continue to Cart'

Choose your payment method. Enter your payment information. Click 'Complete' to finish registration.

# WATERVILLE COURSE REGISTRATION

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## MAIL-IN REGISTRATION DETAILS

Thank you for taking the time to explore our adult education catalog. We appreciate your interest in our programs. To register, please visit our website at [www.mmrace.org](http://www.mmrace.org). If you need support or have any questions about registration, please contact our office at (207) 873-5754 or email: [adulted@watervillek12.org](mailto:adulted@watervillek12.org). You can also register through mail, by completing the form below.

\*If you decide to register by mail, please be sure that your check is written out to the correct site (see Course Index above to verify). MMRACE has a first-come, first-served policy when registering for a class. **Mailed registrations may not secure a spot in enrichment classes if the class fills up through online or in-person registration before your mailed form reaches our office.** \*\* Please familiarize yourself with our refund policy on page 18.

### FOR WATERVILLE COURSES | MAKE CHECKS PAYABLE TO: MMRACE

Mail to: Mid-Maine Regional Adult Community Education, 1 Brooklyn Avenue, Waterville, ME 04901

Email: \_\_\_\_\_

Method of Payment: (Circle One)  Check  Cash

Name: \_\_\_\_\_

DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone (Home): \_\_\_\_\_

(Cell): \_\_\_\_\_

For Credit Card payment, visit our website at [www.mmrace.org](http://www.mmrace.org) or call our Waterville Office.

**COURSE NAME**

**START DATE**

**FEE**




### Questions about Waterville Enrichment courses?

We have two staff members that support the Community Enrichment program at our Waterville Site. Sam Jamison is our Community Enrichment Coordinator and Veronica Pomerleau is our evening secretary.

For questions about the Community Enrichment courses offered through our Waterville site, email: [adulted@watervillek12.org](mailto:adulted@watervillek12.org)

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## MAIL-IN REGISTRATION DETAILS

Thank you for taking the time to explore our adult education catalog. We appreciate your interest in our programs. To register, please visit our website at [www.mmrace.org](http://www.mmrace.org). If you need support or have any questions about registration, please contact our office at (207) 465-9134 or email: [janderson@rsu18.org](mailto:janderson@rsu18.org). You can also register through mail, by completing the form below.

\*If you decide to register by mail, please be sure that your check is written out to the correct site (see Course Index above to verify). MMRACE has a first-come, first-served policy when registering for a class. **Mailed registrations may not secure a spot in enrichment classes if the class fills up through online or in-person registration before your mailed form reaches our office.** \*\* Please familiarize yourself with our refund policy on page 18.

### FOR MESSALONSKEE COURSES | MAKE CHECKS PAYABLE TO: RSU #18

Mail to: Adult Education (RSU #18, 131 Messalonskee High Drive, Oakland, ME 04963

**Email:** \_\_\_\_\_

**Method of Payment: (Circle One)**  Check  Cash

**Name:** \_\_\_\_\_

**DOB:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ **Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Telephone (Home):** \_\_\_\_\_

**(Cell):** \_\_\_\_\_

For Credit Card payment, visit our website at [www.mmrace.org](http://www.mmrace.org) or call our Messalonskee Office.

**COURSE NAME**

**START DATE**

**Fee**




### Questions about Messalonskee Enrichment courses?

We have one staff member that supports the Community Enrichment program at our Messalonskee Site. Joyce Anderson is our Messalonskee Site Secretary.

For questions about the Community Enrichment courses offered through our Messalonskee site, email: [janderson@rsu18.org](mailto:janderson@rsu18.org)

# MMRACE

Mid-Maine  
Regional Adult  
Community  
Education

A PROUD MEMBER OF MAINE ADULT EDUCATION ASSOCIATION

*Come Learn With Us!*



Scan the QR Code to Visit  
our Website & Learn More!



We saved  
this spot for  
you!

MMRACE is one of Maine's 60+ Adult Education centers. Located in Northern Kennebec County in the City of Waterville, MMRACE serves over 1,400 learners (inclusive of our Community Education Program) every year.

For general inquiries, please email [adulted@watervillek12.org](mailto:adulted@watervillek12.org).

## MMRACE WATERVILLE OFFICE

Academics and Enrichment

Phone: (207) 873-5754

Office Hours: Mon.-Thurs. 8:00 AM-7:30 PM.

Fri. by appointment only.

Location: 01 Brooklyn Ave. Waterville, ME 04901

## MMRACE MESSALONKEE OFFICE

Enrichment Only

Phone: (207) 465-9134

Office Hours (Evening Only):

Mon-Thu, 5:00 PM-9:00 PM

Location: 131 Messalonskee High Dr. Oakland, ME 04963



The award-winning Educate & Elevate public awareness campaign is a joint initiative of COABE and NASDAE