

WINTER/SPRING 2024 CATALOG

- High School Equivalency
- Math & Reading Foundations
- English Language Learning
- Job & Career Advising
- Workforce Training
- College Readiness
- Technology
- Enrichment...

and much more!



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CLASS LOCATION AND ICON KEY



IN-PERSON



LIVE ONLINE



HYBRID

AMHC - 710 Bucksport Road, Ellsworth

EACE - Ellsworth Adult & Community Education, 248 State Street, Box 16B, (Mill Mall), Ellsworth

Ellsworth Elks Lodge - 317 High Street, Ellsworth

EEMS - Ellsworth Elementary Middle School, 20 Forrest Avenue, Ellsworth

ESD Central Office - 66 Main Street, Suite 201 (Camden National Bank Building, Second Floor), Ellsworth

HCTC - Hancock County Tech Center, 112 Boggy Brook Road, Ellsworth

Healthy Acadia - 75 State Street, Ellsworth

Moore CC - Moore Community Center, 125 State Street, Ellsworth

Quiet Strength Yoga - 83 Main Street (Second Floor), Ellsworth

UMA Ellsworth Center - 248 State Street, Suite 1 (Mill Mall), Ellsworth



PROGRAM AND REGISTRATION INFORMATION

Registration - Register Early!

Online: We're always open! Using our secure web portal, you can register and pay for classes 24/7 using a debit or credit card: www.ellsworth.maineadulted.org.

By Mail: Send your registration form (Page 31) with a check, money order, or completed debit/credit card information to: Ellsworth Adult & Community Education, 248 State Street, Box 16B, Ellsworth, ME 04605.

By Phone: Phone registrations are accepted using VISA, MasterCard or Discover; debit and credit cards are processed through our secure web portal.

In Person: Walk-in registration is available at our Adult Education office at the Mill Mall. You may pay by cash, check or credit/debit card. Cash payments will only be accepted in person and must be for the exact amount. There is a \$30 charge for returned checks.

Where applicable, individual tuition, lab and materials fees are listed in the course description. In cases of documented hardship, payment plans may be arranged with the director *for certificate programs only*.

Registration Confirmation

Confirmations are sent only if you register online; otherwise, you may call us at 664.7110 or email us at adultedinfo@ellsworthschools.org to confirm your registration and the class status. You will be contacted about class cancelations. If there are insufficient registrations, classes will be canceled five (5) business days in advance of the class start date, so register early! registrations are accepted as long as space is available.

Refunds

A full refund will be issued if a course is canceled by Ellsworth Adult & Community Education. Students canceling their participation in a class seven (7) days or less before the start of the first class will not receive a refund. No refunds are issued after the start of a class; however, if a student is dissatisfied with a course after it begins and wishes a refund, they may submit a letter of explanation to Annie Sargent, Director. We strive for 100% satisfaction and your input is important to us!

Holidays, Vacations & Weather-Related Cancelations

Most classes will not meet on holidays or during Ellsworth public school vacations. The course schedule is reviewed on the first night of class. When Ellsworth public schools are canceled or dismissed early due to inclement weather, in-person adult education classes are canceled as well; if the weather deteriorates during the day, a decision is made by 1:00p regarding after school and evening activities. Whenever possible, our staff will contact

students, and post a message on our website and on Facebook. You will find scheduled makeup days in the course descriptions.

Age Policy

Unless otherwise noted in the course description, courses are open to individuals 17 years of age and older, who are not attending school. In some cases, permission may be granted by Director Annie Sargent, who may be reached at 664.7110.

Disability Statements

It is the policy of the Ellsworth School Committee to ensure equal employment and/or educational opportunities/affirmative action regardless of race, sex, color, national origin, marital status, religion, age or handicap in accordance with federal and state legislation. The committee will fully comply with Section 504 of the Rehabilitation Act of 1973 and intends not to discriminate on the basis of handicap in any of its employment practices or educational programs.

Individuals with a disability who may need accommodations are requested to contact us at least two (2) weeks in advance of the event so appropriate arrangements may be made.

This brochure is available in alternate formats upon request. Please contact us if you would like a large print version.

HiSET Testing accommodations are available for qualified individuals with a disability. Contact us for more information.

Disclaimer

Ellsworth School Department endeavors to provide a diverse listing of course offerings to the community. The views and ideas expressed by course instructors are not necessarily those of Ellsworth Adult & Community Education. Students are encouraged to use their best independent judgment in evaluating statements or suggestions made by instructors.

**Register online 24 hours a day
No lines...No busy signals...No driving
www.ellsworth.maineadulted.org**



ENGLISH, MATH & SCIENCE

Ellsworth Adult & Community Education is offering primarily in-person learning. We are committed to finding just the right fit for all of our learners, so the first step is to meet with one of our student advisors to make a learning plan that meets your interests, goals and learning needs.



Ellsworth Adult & Community Education welcomes people interested in learning English so they can reach their personal, family, work and community goals. The first step is to meet with a student advisor to make a plan that meets individual goals. We have small group classes in the evening for beginners, we have volunteer tutors who meet at a time that works best for learners, and more advanced learners can join others working on their reading, writing and English skills. Call or stop in today to get started!

English Language Learning English language learners can further improve their vocabulary, grammar, pronunciation, fluency, listening and speaking, and work on reading skills in real world situations. You may choose from the following topics: reading, writing, and communication skills for college or the workplace; computer skills (basic computer skills, internet, email, Word, Excel, etc.); or, resume writing, job search/applications, and citizenship test preparation. These are in-person sessions and you can join anytime during the year after an initial meeting with a student advisor. We have a small program so we are able to meet with each student and make a tutoring plan that works best to meet their goals. **Ongoing enrollment.**

EACE Team
Location: EACE



English Essentials If you or someone you know wants to practice strategies for reading and writing in a safe, friendly environment, this is the option for you. Reading and writing are complex. The teacher will share the skills necessary to understand what you read, and to build your vocabulary and your confidence with writing.

Ongoing enrollment. Emily Nash



Location: EACE

English for Life and Work Improve your reading, writing, proofreading, editing, and revising skills. We cover the basics of grammar, punctuation, sentence structure,

paragraph development, and will eventually write effective essays with clear ideas, smooth transitions, and logical support. We will practice planning, research, prewriting, and organizing our writing. Learning to proofread for punctuation, usage, content, and support will be emphasized. **Ongoing enrollment. Emily Nash**

Location: EACE



College Prep English This course is designed to help adults improve their writing, proofreading, editing, and revising to prepare for the general expectations of college English and college writing. We will cover the basics of grammar, punctuation, sentence structure, paragraph development, and will eventually write effective essays with clear ideas, smooth transitions, and logical support. We will practice planning, research, prewriting, and organizing our writing. We will learn to write different types of essays, to properly format them, to cite sources, and to avoid plagiarism. Learning to proofread for punctuation, usage, content, and support will be emphasized. **This is an in-person class with asynchronous work on Schoology, a learning management platform.**

Emily Nash

Mon 5:00p-6:30p 02/26/24-05/06/24 10 wks.

Location: EACE



Communication for the Early Childhood Professional Are you interested in feeling confident communicating with others and on a team? Teamwork and communication in the 21st century are skills that direct service employers are saying they want their employees to have. This 8-week, in-person course is designed to both introduce the components of the skills of listening actively, strengthening relationships and focusing on solutions through communication, and to provide an opportunity to practice and demonstrate these skills. There will be lots of listening, responding, teamwork, and talking about problems and solutions. This course is a component of the Early Childhood Education Micro-credential, but anyone can benefit! **Emily Nash**

Wed 9:00a-10:30a 03/06/24-05/01/24 8 wks.

Location: EACE





Math Essentials Learn basic math like addition, subtraction, multiplication, division, fractions, percentages, individually or in small groups. We'll use a hands-on approach to learning math concepts so you can confidently use it in your daily life. **Ongoing enrollment.**

Vanessa Richards

Location: EACE



Math for Life and Work If you don't use it, you lose it! This is most notably true about math. Learn math in a fun and relaxed atmosphere including direct instruction, hands-on activities and online learning. Many of us have anxiety when it comes to math. Our math teacher will start where you are and help you build skills and confidence with math. You learn how to study on your own and start habits to make you confident and successful in math. **Ongoing enrollment.**

Vanessa Richards

Location: EACE



Pre-Algebra You will brush up on fractions, decimals and percentages, ratios and proportions. If you are new to these topics and need more in-depth learning and support, we have individualized options.

Ongoing enrollment. Vanessa Richards

Location: EACE



Algebra Learn Algebra in a fun and relaxed atmosphere including direct instruction, hands-on activities and online learning. To be successful in Algebra, you should be somewhat confident in operations with arithmetic. If you need to brush up on the basics, we have courses to get you ready for this college prerequisite high school diploma level course. **This college pre-requisite course is offered for high school diploma credit. This is an in-person and live online class using ZOOM; you may join either way.** **Vanessa Richards**

Mon 6:30p-8:00p 02/26/24-06/03/24 14 wks.



Chemistry with Lab This course provides students with an introduction to the major theories and concepts in chemistry. This science will be explored through lectures, lab activities, projects and research. Math skills needed to perform necessary calculations will also be reviewed. By the end of this course, students will have gained a true understanding of the composition of matter, how matter is categorized, how matter interacts, the Atomic Theory throughout history, the signs and causes of chemical reactions, and the properties and structure of matter. **This college pre-requisite course is offered for high school diploma credit.** **Vanessa Richards**

Thu 6:00p-8:30p 02/29/24-06/13/24 15 wks.



Human Biology with Lab This online course presents the major human biological principles including biochemistry, cell biology, DNA and genetics, human anatomy and physiology, including directional terms and orientation, and more. Students will experience the process of science through the conduction of virtual dissections, microscopy and other laboratory experiments and research. Whenever possible, equipment and supplies will be available for loan for lab sessions. **This college pre-requisite course is offered for high school diploma credit.**

Vanessa Richards

Wed 6:30p-8:30p 02/28/24-06/13/24 15 wks.

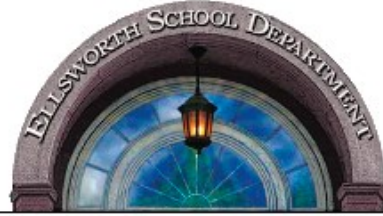


Find schedules, course details and instructor bios in our online catalog

HIGH SCHOOL COMPLETION

HiSET®

FREE



ENGAGING AND CHALLENGING ALL STUDENTS

HiSET (High School Equivalency Test)

Adult Diploma

The first step in determining the right option for you is to meet with our student advisor. She will review both options with you, and together you'll explore the option that is best. To learn more, stop by our Learning Center in the Mill Mall, give us a call at 207.664.7110, or e-mail us at adulthoodinfo@ellsworthschools.org.

Earn a High School Equivalency Diploma! The HiSET is designed as a test of the knowledge and skills developed in high school. There are five individual tests, covering material on a range of subjects including English, Writing, Math, Social Studies and Science.

Reach out to us for an informal meeting with our student advisor to find out what to expect on the HiSET, how to interpret questions, options for studying to pass the tests, and essential strategies, including test taking skills. After meeting with the advisor, when you are ready, perhaps even the same day, you can start taking the practice tests. Then your advisor will help you make a plan to pass the HiSET test and earn a diploma that will open doors for you. We also offer career advising to all our HiSET students.

People often ask how long it will take and it's impossible to predict until we meet with you and you take some assessments. It takes courage for most people to make the connection with us, but our staff is respectful, patient, kind and competent. They have a lot of experience assisting people to prepare for the HiSET and/or developing a plan that best meets learner goals.

HiSET practice and official testing are available daytime and evening hours weekly throughout the year. A schedule of test dates is available at our learning center and on our website: www.ellsworth.maineadulted.org.

FREE

The Adult Diploma option gives you the chance to take up where you left off in school. Past student experience and data show that this option is realistic if you need a couple of credits. It requires significant self-motivation and a commitment of at least 45 hours per credit. Ellsworth Adult & Community Education requires 20 credits. Most adults who have started with the diploma program have transitioned to the HiSET when they realize the value of the HiSET and the fact that they may be able to reach their goals more quickly.

FREE

Benefits of Either Option:

- Valuable high school credential accepted by employers and post secondary schools
- No cost to Maine residents
- Qualified, caring, respectful teachers
- Proven teaching approaches
- Tailored to meet individual needs and interests
- Cap and gown graduation ceremony
- Career and educational advising available for all high school completion students whether going on to further education or seeking meaningful employment

JOB, CAREER, TRAINING & COLLEGE PREP

Throughout this catalog, you will find a menu of opportunities available from which you can tailor a plan that will meet your needs. Some people are looking for a comprehensive program and a long-term career plan, while others are interested in exploring short-term training that will allow them to get started on a career path right away. Whatever you may be looking for, we'll help you find it!

Job and Career Readiness - Check!

- ✓ Assess your skills and career interests
- ✓ 21st Century technology skills to continue your Education
- ✓ Find a job that's the right fit for you
- ✓ Identify training and college programs for a rewarding career
- ✓ Learn tips for completing job applications
- ✓ Assess technology skills and learn what you need for your next step
- ✓ Create a winning resume and take charge of your job interviews



Technology Readiness - Check!

- ✓ Assess your computer skills and make an individualized plan to prepare for the next step in your career
- ✓ Build skills, knowledge and confidence in word processing (Google docs or MS Word), spread sheets (Google sheets or Excel), file management, working on the cloud, online calendars and more

Continuing Education Readiness - Check!

- ✓ Assess your reading, writing and math skills
- ✓ Identify resources for financial aid
- ✓ Explore study and time management tips that will ensure you succeed in college
- ✓ Complete college and training program applications



**So many pathways to a new career!
We can help you find yours!**

- On-the-Job Training
- Community College Certificates
- College Degrees
- Industry Training
- Micro-credentials
- Career & Technical Education

Career Pathways If you are ready to make a change in your life - finding the right job or career - this offering will provide you with the resources, skills, knowledge and support to seek your fortune! You'll have the opportunity to take career assessments, explore job opportunities, identify the training or education required (and apply for those programs), prepare to apply for jobs by writing resumes and participating in informational and mock interviews, complete paper and online job applications, and strengthen communication and other foundation skills to reach your goals. You will work with a veteran instructor to design your own individualized program.

Ongoing enrollment.

Mon 11:00a-12:00p

Wed 4:15p-5:15p

Location: EACE



Technology for the Workforce If you need to up your game in the technology department to improve work options, these sessions are just for you! Many are skilled at some aspects of technology (email, social media, texting, apps) but not always the tools needed in the world of work - word processing, spreadsheets, business communications, time management tools, internet research, and more. We will get you on the road to building your skills and confidence for success. You will work with a veteran instructor to design your own individualized program.

Vanessa Richards

Mon 10:00a-11:00a

Wed 5:15p-6:15p

Location: EACE



Essentials of College Planning EACE encourages adult learners to explore college options with Maine Education Opportunity Center (MEOC) Advisor Suzanne Graves-Hall for individual advising in the four steps in the college process: admissions, financial aid, career planning, and study skills. Suzanne is available two days a week by appointment at the UMA Ellsworth Center. **Please email Suzanne at suzanne.graveshall@maine.edu or call 1.800.281.3703 for an appointment.**

Tuesdays & Thursdays

Location: UMA Ellsworth Center



JOB, CAREER, TRAINING & COLLEGE PREP

How Money Smart are You? Join with others for FDIC Money Smart sessions. Learn how to make money decisions in a fun, no pressure, confidential environment. You'll find a treasure trove of resources while playing games and taking part in activities that will get you on the road to taking charge of your financial future. If you're looking for a low-key and supportive environment, this offering is just for you!

Vanessa Richards



Adulting 101-Money Smarts Adulting is tough and finances can be one of the trickiest parts of adulthood. Whether you've been adulting for decades or are just getting started, banking basics, spending plans, credit scores and useful tools and apps are available to make the whole adulting thing a little bit easier. We will dive into some adulting money basics together.

Steve Kautz, FAME

Wed 6:30p-7:30p 04/03/24

One Day

Adulting 102-Money Grows You're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing and, if you are ready to invest, how to get started. Other topics will include protecting your assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life. Take the next step into adulting!



Steve Kautz, FAME

Wed 6:30p-7:30p 04/10/24

FREE

Getting a Jump-Start on Planning for Your Child's Higher Education Is higher education in your family's future? Join a college savings specialist to talk about planning and saving for higher education. Come learn about the aspirational and financial impacts of savings for students of all ages, as well as the program highlights of Maine's Section 529 plan, a tool many families use to prepare for higher education expenses. Also, take home some tips and tricks for getting a jump-start on the

scholarship search while your child is in middle school/early high school. Get started with saving for your child or grandchild's higher education.

Marie Pelletier, FAME

Tue 6:00p-7:00p 04/23/24

One Day

FREE

Planning and Paying for College Do you have children who will be looking at college in the next few years or might you be thinking of going to college yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid.

Jessica Whittier, FAME

Wed 7:00p-8:00p 05/15/24

One Day

Successful Scholarship Searches & Applications

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. Learn to build and work on your own scholarship application plan, learn about and explore different scholarship websites, how to best use a scholarship information tracker, and how to avoid some of the challenges of the scholarship process.

Jessica Whittier, FAME

Mon 7:00p-8:00p 02/12/24

One Day



FREE

Student Loan Repayment - Know Your Options!

Federal Student Loans have gone back into repayment. How's it going? If you are struggling with your payments, did you know:

- there are several income-based repayment plans, as well as deferment or forbearance?
- you could get .25% off your interest rate if you sign up for auto-debit on your federal loans?
- you can work towards loan forgiveness now if you work for a non-profit, government or tribal agency?

Whether you have recently graduated from college or have been repaying your student loans for a long time, join us to learn how to best manage your student loan repayment.

Nikki Vachon, FAME

Wed 6:00p-7:00p 02/21/24

JOB, CAREER, TRAINING & COLLEGE PREP

Putting the Literacy in Financial Literacy:

Book Club with FAME Join FAME's College Savings Counselor, Marie Pelletier in dissecting Erin Lowery's *Broke Millennial Takes on Investing*. This book club is great for someone looking for an introduction to different investment-related topics. **Marie Pelletier, FAME**

Students will need to purchase the book to participate. Class will meet on four Tuesdays, 02/06/24, 02/20/24, 03/05/24 and 03/19/24.



Writing Federal Resumes Applying for federal jobs is different from applying for jobs in almost any other business or industry. Join representatives from Acadia National Park to learn about employment opportunities at Acadia, how to write a federal resume, and the application process. **All sessions are offered in-person or live online using ZOOM. National Park Service Team**

Sat 10:00a-12:00p 02/03/24



Home Business Networking Session Thinking about exploring the possibility of expanding your hobby or avocation to a money-making enterprise? Join us for an informal networking session to share tips, resources and ideas around product development, marketing and more!

Vanessa Richards

Sat 2:00p-3:30p 02/03/24

Location: EACE



Medical Terminology-The Dean Vaughn Total Retention System

The fastest and most effective method to learn medical terminology! You will learn how to remember the anatomical names and locations of all the major parts in each principal system of the body, including all 206 bones of the skeletal system, and structures of the eye and ear. This skill will provide you with a powerful knowledge of human anatomy and medical terminology. This is a self-paced

(asynchronous) online course which can be completed in as little as 14 hours, but is available to you for one year. You will receive phone or email support as needed, and a workbook is included in the course. You will receive a Certificate of Completion upon successful completion, but this course is not a certificate program; however, medical terminology knowledge is preferred for many administrative healthcare positions in the field. Having this knowledge not only improves patient experience and safety, but also provides more effective care. **Kandy Siahaya, \$159**



Consider a Job with the Ellsworth School Department

The ESD needs ed techs, bus drivers, cooks, and maintenance staff. This workshop gives you information about open positions and helps you navigate the application process. If you want a dependable job with good benefits, explore joining our team! Call or go to our website for dates for these sessions. **Annie Sargent**

Location: EACE



Ellsworth School Department Substitute Teacher Workshop

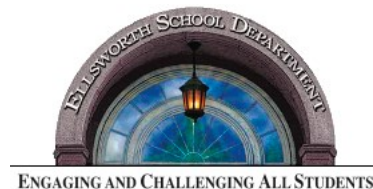
ESD is looking for substitutes in all departments - teachers, ed techs, secretaries, bus drivers, and custodians. This workshop addresses the application process, tools and tips for classroom management, policies and procedures, and instructional practices for substitute teachers. The workshop will be followed-up by a meeting with school administrators at relevant schools. **Annie Sargent**

Feb: Wed 1:30p-3:30p 02/14/24

Mar: Wed 1:30p-3:30p 03/13/24

Apr: Wed 1:30p-3:30p 04/10/24

Location: EACE



Visit the ESD website for more information on employment opportunities: www.ellsworthschools.org

CERTIFICATES

Certified Nursing Assistant (CNA) PLUS Ellsworth Adult & Community Education is working with MDI Hospital and Birch Bay Village to offer a Certified Nursing Assistant course. CNA Plus also offers BLS, CPR & First Aid, Digital Literacy Certification and a WorkReady credential. Interested students can begin on the Northstar Digital Literacy and WorkReady Credentials anytime. Go to our online catalog for the application packet, schedule, syllabus and more. You can also call or stop by to request a packet of materials.

M/T/W 01/22/24-05/13/24 17 wks.



FREE

Certified Residential Medication Aide (CRMA)

This course teaches you how to give medications safely for assisted living and group homes. It is a curriculum standardized by the state. You will learn how to give medications safely, medication side effects, how medications impact the body, and the scope of the CRMA certification.

Pam Nelson, \$375

Mon 9:00a-5:00p 02/05/24-03/04/24 5 wks.

Location: TBA



Personal Support Specialist (PSS) Personal support specialists (PSS) provide personalized assistance to individuals with disabilities or illnesses, who require help with personal care and activities of daily living. Work is performed in various settings such as homes, places in the community, or day programs. This course meets the requirements for Maine State Certification.

Pam Nelson, \$350

Mon 9:00a-5:00p 03/18/24-04/15/24 5 wks.

Location: EACE



NEW!

American Heart Association®



American Heart Association Courses available thanks to Sonia Groesbeck. Ellsworth Adult & Community Education is committed to providing courses to meet community needs, and these lifesaving courses are a great example. Classes are held in person at EACE.

Basic Life Support (BLS) Healthcare Provider

This professional certification course certifies the student in cardiopulmonary resuscitation and choking protocols for all age groups, as well as other advanced skills including ventilation with an advanced airway or bag mask device. **Sonia Groesbeck, \$60**

Wed 5:00p-9:00p 02/28/24



Heartsaver Basic First Aid This course certifies the student in several critical topics/skills needed to provide immediate lifesaving care for individuals who are dealing with a medical or injury emergency. It also covers environmental emergencies for the lay rescuer. This course may be paired with the Heartsaver CPR course for a discounted price. **Sonia Groesbeck, \$60**
***(bundled with Heartsaver CPR for \$85)**



Mar: Fri 9:00a-12:30p 03/01/24

May: Fri 9:00a-12:30p 05/03/24

Heartsaver CPR Adult/Child/Infant This course certifies the student in cardiopulmonary resuscitation skills for adults, infants, and children, as well as choking protocols. It also teaches competency in both Automated External Defibrillator use and Narcan. This course may be paired with a First Aid course for a discounted price.

Sonia Groesbeck, \$60

***(bundled with a Basic First Aid course for \$85)**



Mar: Fri 1:00p-4:00p 03/01/24

May: Fri 1:00p-4:00p 05/03/24



***Heartsaver CPR Adult/Child/Infant and Basic First Aid Bundles** Register for the full day and receive a \$35 discount. There will be a break for lunch between classes. **Sonia Groesbeck, \$85**



Mar: Fri 9:00a-4:00p 03/01/24

May: Fri 9:00a-4:00p 05/03/24





Ellsworth Adult & Community Education is pleased to partner with the Academy of Medical Professions to offer a wide variety of online medical certification classes. Details and registration information are available on our website. **Classes start mostly in March and June 2024.**

Clinical Medical Assisting, \$3500 (hybrid)

Starts 03/05/24 or 06/18/24

Thu 5:30p-5:30p 16 wks.

Dental Assisting, \$3200

Starts 02/05/24 or 06/10/24 or online anytime

Mon 6:00p-8:00p (live online class)

Medical Coding, \$3950 (\$5150 with Practicode)

Starts 03/14/24 or online anytime

Tue/Thu 5:30p-8:30p 16 wks. (live online class)

Medical Office Specialist-Administrative Medical Assistant, \$3200

Starts 03/06/24 or online anytime

Wed 5:30p-7:30p 16 wks. (live online class)

Medical Transcription, \$3200

Online anytime

Pharmacy Technician, \$2850

Starts 01/25/24 or 05/30/24

Thu 7:00p-9:00p 14 wks. or online anytime

Phlebotomy, \$3200 (hybrid)

Tue/Thu 5:30p-8:30p 10 wks.

Starts 03/05/24 or 06/18/24

Behavioral Health Professional Certification

Children's Behavioral Health Services are vital to Maine's children with intellectual disabilities, autism and mental health disorders and their families! A Certified Behavioral Health Professional (BHP) has the opportunity to make an immediate impact while helping a child grow and develop to their full potential. In just 40 hours, our free remote training program can get you certified and on your way to a life-changing profession.

Woodfords Family Services



Early Childhood Micro-Credential Do you want to work with young children? This micro-credential gives you the skills, knowledge, confidence and credentials for an entry level position in childcare. You will earn certificates and gain experience in local childcare centers in this combination in-person and online program. College credits may be available for participation.

Micro-credentials are made up of three badges that build on each other. Badge 1 is foundational skills, Badge 2 is industry related, and Badge 3 is the hands-on application.



To earn Badge 1, you will:

- Successfully earn the following certificates: Pediatric First Aid & CPR, WorkReady, NorthStar Digital Literacy & Maine Child Abuse Reporting, as well as become familiar with key child care licensing laws.



To earn Badge 2, you will:

- Successfully complete Early Childhood Education Professional Communications Course (in-person).
- Successfully complete online courses addressing early childhood development, parent communication, conflict resolution in early childhood, creating a multi-cultural environment, important of play, early childhood education curriculum, health and safety, and active supervision (online).



To earn Badge 3, you will:

- Participate in a 60-hour internship at a local early childhood program.



Please contact us for more information.



TECHNOLOGY



Digital Literacy Critical for Employment and Life

Ellsworth Adult & Community Education is working behind the scenes to offer a menu of opportunities that meet the needs of most adults. The first step is to meet with one of our student advisors to assess your needs and consult about the best workshops to attend. **Call today to schedule an appointment!**

Location: EACE



Northstar Digital Literacy Certification Program

If you want a chance to build your digital literacy skills, this program is for you. It starts with an online assessment, recommendations for instruction, and then finally certificates. **Call us at 664.7110 to schedule an initial appointment to learn more about the program.**

Vanessa Richards

Location: EACE



Get Ready to ZOOM! If you need ZOOM support, please contact us! We can assist you with resources (guides and videos) and in-person or online practice sessions.

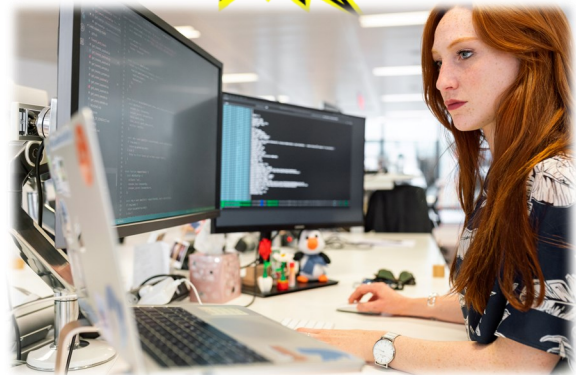
Location: EACE



Technology Certifications If you want to earn a certification to document your technology skills and knowledge, there is no time like the present. No matter where you start and what your career goals are, we can assist you in finding the best path forward.

Vanessa Richards

Location: EACE



Find schedules, course details and instructor bios in our online catalog

Introduction to Computers Did you get a new computer for the holidays and not sure you know what to do with it? Are you terrified about cybersecurity hype? Did you think phishing was a misspelling for Maine's best hobby? Learn the basics, including how to email, attach files and protect your data. This class is suitable for students who have no or limited prior computer experience. **Diana Merenda, \$49**

Fri 10:30a-12:00p 02/02/24-03/01/24 4 wks.

Location: EACE



TECHNOLOGY CONTINUED



You need a web-based Gmail account for these Google workshops, and will need to know your account username and password. We can help!

Gmail 101 This workshop is for someone who already has a Gmail account, but may not know how to access it on the website so other Google suites can be used. This workshop will introduce you to composing and replying to emails, adding and downloading attachments, inserting links, using labels to organize emails, managing settings, saving contacts; more as time permits.

Vanessa Richards, \$10

Tue 4:00p-5:00p 02/06/24

Location: EACE



Google Docs Basics Google Docs is an invaluable and easy to use online tool similar to Microsoft Word. It's free, accessible from all devices and is super easy to share. Learn how to create documents, master useful formatting functions, share documents with others, and more as time permits. This workshop will introduce you to these features and share resources for further learning.

Vanessa Richards, \$20

Tue 4:00p-5:00p 02/27/24 & 03/05/24 2 wks.

Location: EACE



Google Sheets: Keep Track of It Google Sheets are spreadsheet files. Spreadsheets were traditionally ledgers for financial recordkeeping, but now are used for organizing, tracking and retrieving all kinds of information. Google Sheets is a user friendly, online tool similar to Microsoft Excel. It's free, accessible from all devices and is easy to share. Learn how to create a basic spreadsheet, format and reorganize information, and use simple formulas and filters.

Vanessa Richards, \$20

Tue 4:00p-5:00p 03/19/24 & 03/26/24 2 wks.

Location: EACE



Google Drive: Get it Organized Google Drive is an example of a cloud-based place where you can create and save files of all kinds - word documents, spreadsheets, presentations, surveys and more. You can access the files from most devices and more than one person can work on them at the same time. If you're using it for personal use, Drive applications are free. It's a practical way to learn programs without investing in software. This workshop will introduce you to these features.

Vanessa Richards, \$20

Tue 4:00p-5:00p 04/09/24 & 04/23/24 2 wks.

Location: EACE



Google Calendar Google Calendar is a versatile and shareable calendar that is used by many public and private employers. It's also very useful for busy families who are juggling lots of activities.

Annie Sargent, \$10

Thu 4:00p-5:00p 02/08/24

Location: EACE



Google Tasks: Get it Done! Google Tasks is a little known feature of Google Suites. The tasks can be linked with calendar events, emails and other Google features to assist you with efficiently working through your to-do list, and help you keep track of what you need to get done.

Annie Sargent, \$10

Thu 3:00p-4:00p 02/29/24 1 day

Location: EACE



Google Forms: Gather Information Forms is the Google Suite App that allows you to create surveys, proposals and so much more. The surveys are easy to create and can automatically be formatted to download to a google sheet which makes reviewing the results quick and easy.

Annie Sargent, \$10

Thu 3:00p-4:00p 03/14/24

Location: EACE



TECHNOLOGY CONTINUED



Excel Series

check your math, create and format tables, incorporate charts into your letters or presentations, and organize your output for easy retrieval. A working knowledge of Microsoft Excel will save you time, help you to be organized for yearly tax preparation and best of all, help you prepare your own personal budget.

Prerequisite-basic computer skills.

Diana Merenda, \$49

Fri 10:30a-12:00p 03/15/24-04/05/24 4 wks.

Location: EACE



Microsoft Excel Basics: Becoming a Worksheet

Warrior This course is designed for beginning Excel users, demonstrating the basic layout and functionality of the program. In this course, students will learn to create new files, insert and manipulate data, and learn some useful and common functions. The goals of this course are to impart a basic mastery of Excel and to provide a solid foundation from which students can continue to develop their spreadsheet skills.

John Hessler, \$89

Mon 5:30a-7:30p 02/05/24-02/26/24 4 wks.

Location: EACE



Microsoft Excel Basics Learn how to navigate a simple excel worksheet, enter data in a worksheet, use basic math functions, do basic formatting, how to replicate data, use built-in functions and work with columns and rows.

Val Landry, \$59

Thu 8:30a-11:30a 03/07/24 & 03/14/24 2 wks.



Microsoft Excel - Intermediate

Learn how to navigate multiple worksheets, save your workbook, create formulas, use functions, change the layout of your worksheet, and how to create practical worksheets.

Val Landry, \$59

Thu 8:30a-11:30a 03/28/24 & 04/04/24 2 wks.



Microsoft Excel - Advanced

Learn how to hide data, split and freeze a window, create ranges, understand the name manager, learn additional functions, copy and paste, sort data, and learn the power of filters. Some examples of using Microsoft Excel as a practical tool include the amortization table, 20 top functions companies want their employees to know, and pivot tables.

Val Landry, \$59

Thu 8:30a-11:30a 04/25/24 & 05/02/24 2 wks.



EXCEL

FOR BEGINNERS



Microsoft Excel for Beginners This beginner's course explains the basic features of Microsoft Excel. Class exercises illustrate the skills required to create spreadsheets of varying complexity. Learn how to use formulas,



We are working behind the scenes to offer an in-person intermediate and advanced Excel class. Sign-up online or call our office to be added to the interest list.



Microsoft Word for Beginners A working knowledge of Microsoft Word is easy to learn and will save you time! This beginner's course explains the basic features of Microsoft Word. Class exercises will illustrate the skills required to create letters and other documents, including resumes. You will learn how to use spell check and other tools, format and align text, create tables within your documents, and organize your output for easy retrieval. **Diana Merenda, \$49**

Fri 1:00p-2:30p 02/02/24-03/01/24 4 wks.

Location: EACE



Microsoft PowerPoint for Beginners This beginner's course explains the basic features of Microsoft PowerPoint. Class exercises illustrate the skills required to master the art of impactful presentations from basic slide creation to such complex documents as agendas, menus for that special occasion, and award certificates. This course provides hands-on training to elevate your communication skills and captivate any audience, and organize your output for easy retrieval. A working knowledge of Microsoft PowerPoint will help you turn any get-together into an "occasion"! Join the fun!

Prerequisite- basic computer skills.

Diana Merenda, \$49

Fri 1:00p-2:30p 03/15/24-04/05/24 4 wks.

Location: EACE



PowerPoint



Find schedules, course details and instructor bios in our online catalog



QuickBooks - Desktop Version Learn how to create a new company, set up preferences, explore and customize the dashboard, record transactions, customize lists, create recurring transactions, prepare estimates and reports, and create/edit lists. This course is for people who have access to QuickBooks Desktop. There is also an option to rent it for \$30 a month. The instructor will contact you with information about the rental arrangement.

Val Landry, \$69

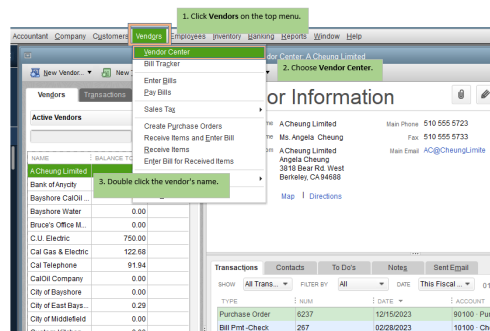
Tue 8:30a-11:30a 03/05/24-03/19/24 3 wks.



Basic Accounting Principles & QuickBooks

Online During these sessions, you will learn basic accounting principles and how to apply them to setting up QuickBooks Online for a small business or organization. For this workshop, you will have the option to sign up for a year of QuickBooks Online for free. The instructor will contact you about how to do this. **Val Landry, \$69**

Tue 8:30a-11:30a 01/30/24-02/27/24 4 wks.



**Register online 24 hours a day
No lines...No busy signals...No driving
www.ellsworth.maineadulted.org**



The [National Digital Equity Center](#) Now Offers **FREE** Classes in Ellsworth

Ellsworth Adult & Community Education is a new partner of the NDEC. Classes are available this semester at the adult education center in Ellsworth. There is a volunteer that supports adult learners in the classroom and the instructor Zooms into the class.



Applying for the Affordable Connectivity Program

The Affordable Connectivity Program is an FCC program that was put in place to help low-income families pay for the cost of connecting to broadband internet access. In this class, we will look at qualifying for and applying for the benefit and what you can expect from internet service providers. No devices are required, just bring yourself.

Marci Galione, NDEC, FREE

Wed 10:00a-11:00a 02/07/24

Location: EACE



Telehealth-Connecting with Your Healthcare Provider from Home

In this class, we will look at how you can connect with your healthcare provider from the comfort of your own home. Telehealth is the new Home Visit, allowing healthcare providers to evaluate, diagnose, and treat patients, whether it's for check ups, consultations, or a follow-up appointment. We will discuss the process - from setting up your initial appointment, what to expect, insurance and patient portals, to community resources. No devices are required; just bring yourself.

Nicole Moran, NDEC, FREE

Fri 2:00p-3:00p 02/09/24

Location: EACE



Identifying Frauds and Scams Learn about the different types of internet fraud and scams, the dos and don'ts of protecting yourself online, and what to do if you have experienced online fraud or abuse. No devices are required; just bring yourself.

Nicole Moran, NDEC, FREE

Tue 1:00p-2:00p 02/13/24

Location: EACE



Safely Creating Online Accounts This class walks you through the process of creating an online account. We also discuss how to recover your password should you forget it, what the potential issues are for privacy and safety, and how to best navigate those issues. No devices are required; just bring yourself.

Vanessa Olson, NDEC, FREE

Thu 10:00a-11:00a 02/15/24

Location: EACE



"Cutting the Cord" - Getting TV & Phone Services Over the Internet

What does it mean to "Cut the Cord"? It's about canceling cable or satellite services and being able to watch television shows online, as well as options that would allow you to get rid of your landline. This class will not only show you the wide variety of options out there, but also teach you some tools to decide if cutting the cord is right for you. No devices are required; just bring yourself.

Nicole Moran, NDEC, FREE

Mon 2:00p-3:00p 03/18/24

Location: EACE



ENRICHMENT



Drawing: Anyone Can Draw Learn how to draw what you see. This class will give you a jump start to drawing accurately, and give you confidence to draw for pleasure or as a base for your painting. Get ready for a whole world of seeing details that you have never noticed before! **Mary Laury, \$119**

Location: Moore CC



Feb: Tue 9:00a-12:00p 02/06/24-02/27/24 4 wks.

Mar: Tue 1:00p-4:00p 03/12/24-04/02/24 4 wks.



Watercolor Basics Watercolor is an exciting medium; it flows and moves and does beautiful things. Designed for beginners, this workshop will cover landscapes and seascapes. If you have painted before, you may pick up some new tips and tricks as well. We all learn together! **Mary Laury**

Feb: Tue 6:00p-8:30p 02/06/24-02/27/24 4 wks.
Live online using ZOOM, \$89



Mar: Tue 9:00a-12:00p 03/12/24-04/02/24 4 wks.
In-person at Moore CC, \$119



Supply Lists for Mary Laury's Watercolor and Drawing Classes

Supply lists are available on our website, at our office, or give us a call to request that a list be mailed/emailed to you.

Explore Your World Through Drawing You are probably good at taking pictures with your phone, but if you want to capture moments of your life in a more unique way, this class is for you. An experienced artist-teacher will guide you through the basics of drawing and painting, help you visually re-create whatever matters to you most - from people and place, to things that live only in your imagination. Bring your curiosity and your own special way of seeing the world around you.

France Hilbert, \$119

Tue 6:00p-8:00p 03/05/24-04/23/24 8 wks.



Supply List for France Hilbert's Drawing Classes

Large drawing pads, pencils, pens and charcoal. Draw Your Life also requires a travel set of watercolors.

EACE is seeking Arts & Crafts instructors!
If you or someone you know has passion, skills and knowledge in arts and crafts that they would like to share with the community, please reach out to us. We offer competitive compensation, support, a free adult education class, along with the knowledge that you're making a difference!



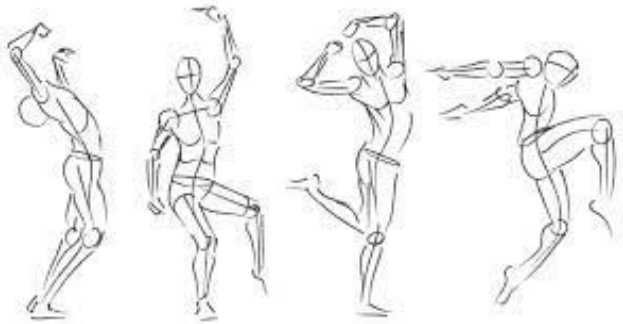




Figure Drawing Learn the techniques and methods of the depiction of the human figure through direct observational drawing. Work from models online to investigate movement, volume, and anatomy of the human form. We will learn perspective to draw the figure in space. You will practice with a variety of subjects. Expect weekly handouts and assignments.

France Hilbert, \$119

Jan: Fri 9:00a-12:00p 01/26/24-03/15/24 8 wks.  **In-person at EACE**


Apr: Mon 6:00p-8:00p 04/01/24-05/20/24 8 wks.  **Live online using ZOOM**


Find schedules, course details and instructor bios in our online catalog



Portrait Drawing Learn the fundamentals of portrait drawing. Study individual features, learn proportions, and anatomical structure. You'll be challenged to make decisions as you work to express your perspective and personal interpretation, culminating in a life-size portrait.


France Hilbert, \$119

Jan: Mon 6:00p-8:00p 01/29/24-03/25/24 8 wks.  **Live online using ZOOM**

Mar: Fri 9:00a-12:00p 03/29/24-05/17/24 8 wks.  **In-person at EACE**



Social Ballroom Dance Learn different dances each week - Partner Hustle, Salsa, Mambo, Rhumba, East Coast Swing, ChaCha, NightClub Two-Step, Waltz, Tango, Foxtrot, and Charleston. Learn the basics or improve on what you already know, have fun, and build confidence to get out on the dance floor! No dance experience necessary. Dance shoes strongly suggested. In these times, this dance class does require partners. **Sheri Kean, \$69**

Wed 6:00p-8:00p 02/07/24-03/27/24 8 wks. 

Location: Ellsworth Elks Lodge

The Ellsworth Elks Lodge provides a space for our dance classes at no cost. They appreciate any donations for the use of their space and pass them on to a local charity.

Acadian Arts Cooking & Watercolor Retreats

Veteran artist Mary Laury and accomplished Chef Chris Toy have teamed up to offer retreats. Take Asian Fusion Cooking or Watercolor Painting, and come together to enjoy the meals. Relax in a beautiful coastal location, learn new hobbies and enjoy the camaraderie of a community of learners. **Please see our online catalog for specific information, including dates and locations.**





Music for Hopelessly Busy People!

Instant Music for Hopelessly Busy People In just a few hours, you can learn enough about playing guitar or piano to give you years of musical enjoyment. You'll learn basic chords so you can play your favorite songs right away. The accompanying online book and video lesson will allow you to practice on your own. The session is recorded for review, and periodic Q&A sessions are available. Course details are available on our website.

Craig Coffman, \$79

Instant Piano

Mon 6:30p-9:30p 02/19/24



Instant Guitar

Tue 6:30p-9:00p 02/20/24

How to Play Piano By Ear

Sat 9:00a-11:30a 01/20/24



Play the Ukulele, Your Journey Begins Here!

Playing the uke has never been more popular and you don't even have to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new - even classical music! In a fun-filled atmosphere, you'll learn essential chords and playing techniques using commonly known songs. You'll need a playable ukulele and an electronic tuner or a tuner app. **Duncan Perry, \$79**



Jan: Wed 6:00p-7:30p 01/31/24-02/21/24 4 wks.

Feb: Tue 6:00p-7:30p 02/27/24-03/19/24 4 wks.

Mar: Wed 6:00p-7:30p 03/27/24-04/17/24 4 wks.

Apr: Tue 6:00p-7:30p 04/23/24-05/14/24 4 wks.

Learn to Play the Ukulele Together Experience the joy of singing songs and strumming ukuleles together Ohana Style, a community-based experience with family and friends. Ohana means family in the Hawaiian language.

This is an inter-generational peer-learning approach to music making, and this class is open to all levels, from beginner to ukulele wizard. Participants register as a pair (one child 6 or older and one responsible adult - parent, grandparent, 'auntie'). The pairs will be able to practice the songs and learning materials at home and help each other learn. We will draw from a range of folk songs and popular music and participants are encouraged to offer suggestions of songs that would be good for our group to learn. Each participant must have a ukulele; all kinds of ukuleles are acceptable (soprano, concert, tenor, baritone, U-bass). If you aren't sure what you have, we can figure it out in class. Come join us for ukulele fun. Aloha!

Gary Bushee, \$49

Wed 3:00p-5:00p 03/06/24-04/10/24 6 wks.

Location: EEMS



Find us on
Facebook



PHOTOGRAPHY

Learn Photography and See the World Differently

By focusing first on what you see and then on how to capture your own vision of what's before you, you'll be well on the road to making your camera work for you. It's easier than you might think! If you're ready to explore how you see what's around you, learn and share with others, and experiment, this is the course for you. If you're intimidated by all the settings and functions on your camera and wondering if these mysteries will be solved - indeed, that will be one of the keys to capturing what you see. The class is three evening sessions, followed by an early morning Saturday field trip and a wrap-up sharing and learning session. There will be assignments, as experimenting is critical to the journey. You don't need a fancy camera for this course, whatever device you have on hand will be just right. Do you know how to share photos by email or by using a thumb drive? If not, contact our program before the course begins and we will teach you how to do this.

George Blumenschein, \$89

Location: EACE



Feb: Wed 6:00p-7:00p 02/07/24-03/20/24 5 wks.
Sat (date & time) TBD by the group

Apr: Wed 6:00p-7:00p 04/03/24-05/15/24 5 wks.
Sat (date & time) TBD by the group



Making a Difference with Photography If you're a photographer who would like to make a difference in your community, then this meeting might be right for you. Join George Blumenschein to discuss ways to make this happen. He participated in just such a program out west and would like to brainstorm with local folks to explore the possibility of doing the same in our community. Taking portraits of homeless families, and shelter animals looking placement are examples of projects done elsewhere. **George Blumenschein**

Tue 6:00p-7:00p 02/13/24

Location: EACE



Make Your Best Shot- An Introduction to Digital Photography

Learn the basics of digital photography- What you might learn reading your owner's manual but learn better in a class. Topics covered are camera settings, understanding exposure and white balance, tips for making your best shots of various subjects. It's a perfect session to attend BEFORE going on a vacation so you can take home your best shots. **Mike Leonard, \$20**

Tue 7:00p-8:30p 03/19/24



Nature Photography Courses Steve McGrath is a professional freelance photographer and photography teacher who has been creating images for 30 years! His love of the outdoors led him to focus more on his true passion - 'Nature Photography.' Below is a list of online courses he is offering this semester. Course descriptions are available on our website.

Digital Photo 2 - Intermediate Series (Online)

Steve McGrath, \$120

Tue 5:30p-7:00p 02/13/24-03/12/24 5 wks.



Find schedules, course details and instructor bios in our online catalog



Smartphone Photography (Online)

Steve McGrath, \$80

Tue 7:30p-9:00p 02/13/24-02/27/24 3 wks.



Nature Photography (Hybrid)

Steve McGrath, \$150

Tue 03/05/24-03/19/24 2 wks.

Location: Schoodic Point



Special Effects with your Digital Camera (Online)

Steve McGrath, \$80

Tue 7:30p-9:00p 04/9/24-04/23/24 3 wks.



Lighthouse Lovers Cruise at the Maine Maritime Museum (Hybrid)

Steve McGrath, \$180 (cruise ticket not included)

04/19/24-04/24/24

Location: Maine Maritime Museum, Bath



Lighthouse and Puffin Cruise (Hybrid)

Steve McGrath, \$180 (\$60 cruise ticket not included)

05/23/24-05/28/24

Location: Bar Harbor



Find schedules, course details and instructor bios in our online catalog

Photography After Dark Explore all the things you need to know to take successful images after the sun sets and before the sun rises. 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 just moonlight. We will review equipment helpful for nighttime photography, including using a cell phone.

Mike Leonard, \$20

Wed 7:00p-8:30p 03/20/24



One
Day



**Register online 24 hours a day
No lines...No busy signals...No driving
www.ellsworth.maineadulted.org**



One
Day



Dress Up Your Salads We have cookie swaps, but how about going healthy and sharing ideas about how to dress up a salad? Let's learn from each other about creating dressings that will make you and your loved ones look forward to eating healthy greens and vegetables! Whether you're new to homemade salad dressings or just love to share cooking ideas, this workshop is for you. Annie Sargent will bring some of her favorite recipes and tips and we hope if you have some favorites you will do the same. **Ann Sargent**

Mon 5:30p-7:00p 03/04/24

Location: TBA



FREE

Culinary Herbs 101: How to Grow, Dry & Use

Kitchen Herbs This class covers the basics of growing common kitchen herbs like oregano, thyme, basil, and cilantro. We will learn how to preserve herbs through drying and freezing, and how to utilize culinary herbs in various recipes. This class will be interactive with time to share ideas and ask questions! All participants receive a recipe booklet with recipes for the herbs covered in class.

Nicole Gurreri, Healthy Acadia, \$29

Thu 6:00p-7:30p 03/07/24



One
Day



NEW



Find us on
Facebook

Fermentation 101 Pickles, sauerkraut, kimchi, oh my! Fermented foods are packed with gut healthy probiotics and they're easy to make at home too. In this class, we'll sample some fermented foods and cover the basics of getting started with food fermentation. Recipes included!

Lauren Landers, \$45

Tue 6:00p-7:00p 03/05/24

Location: TBA



NEW

One
Day

Healthy Homemade Soups on a Budget

Soups made with love can be a nourishing and inexpensive way to feed your family. In this series, we will share techniques, tools, ingredients and tips learned through years of cooking for family and friends. You'll learn techniques about preparing ingredients, bringing them all together, and tips on storage and serving. A focus of the workshops will be the use of affordable and locally available ingredients, and adapting recipes to a variety of tastes and dietary requirements. Handouts, recipes and a small container of soup for your family to try will be provided. **Annie Sargent**

Blended Soups Blended soups are a great way to use a variety of vegetables you have on hand. In this workshop, we'll prepare curried butternut squash soup. We'll share lots of ideas about ingredient options to make soups creamy, and about herbs and spices that will create a rich flavor to have your family coming back for more. **Annie Sargent, \$20**

Thu 5:30p-7:00p 02/09/24

Location: TBA



NEW



One
Day



Brothy Soups When you want a lighter soup and want to feature key ingredients, this is the choice for you. We will be preparing chicken noodle soup. This workshop will feature choosing the right broth and ingredients for your family, lifestyle, budget and diet. **Annie Sargent, \$20**

Thu 5:30p-7:00p 03/14/24

Location: TBA



Bean Soups Every culture has a signature bean soup recipe! Beans are an inexpensive, healthy protein that brings a nutritional, flavorful and hearty soup to satisfy big appetites. We'll be making a Brazilian Black Bean soup and sharing lots of bean recipes from near and far. **Annie Sargent, \$20**

Thu 5:30p-7:00p 04/11/24

Location: TBA



Cooking for Beginners Series

Tricks and Tools of the Trade Learn key skills, knowledge and techniques that will get you well on your way to cooking for yourself and family. Learn keys to sanitary food preparation, knife skills (meat and veggies), cooking skills (i.e., brown, boil, simmer, sauté), and more. You'll learn the language of cooking so you can read recipes and understand them. The menu for the evening will be homemade spaghetti sauce with noodles and garlic bread. Handouts, recipes and links will be provided. **George Blumenschein, \$39**

Mon 6:00p-8:30p 02/05/24

Location: HCTC



Mouth Watering Tacos for Every Taste Learn everything taco! You'll further your knife skills, work with herbs and spices for flavoring, learn to prepare toppings and sauces, and even fire roast peppers, all while preparing one of the most mouth watering and popular meals to share with family and friends. Tacos can be prepared quickly and inexpensively or you can also prepare a taco feast. It's actually a remarkably versatile meal that accommodates many eating requirements. Handouts, recipes and links will be provided. **George Blumenschein, \$39**

Mon 6:00p-8:30p 03/04/24

Location: HCTC



Not Your Grandmother's Meatloaf Dinner

In this session, you'll learn how to prepare a tender, juicy, meatloaf full of flavor, served with mashed potatoes and broccoli. You'll learn:

- how to use onions, garlic, herbs, and spices to flavor a meatloaf to perfection
- different techniques to mash potatoes
- how to shock vegetables
- how to juggle food preparation so all your food is ready at the same time

Handouts, recipes and links will be provided.

George Blumenschein, \$39

Mon 6:00p-8:30p 04/01/24

Location: HCTC



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GARDENING

Indoor Composting: In these beginner friendly courses, we'll learn the basics of two simple indoor composting methods - vermicomposting & bokashi

Indoor Composting Part 1: Vermicomposting

Discover the basics of vermicomposting, or composting with worms, and learn how to create and use your own worm bin for kitchen scraps! Composting worms not included. **Lauren Landers, \$54**

Sat 11:00a-1:00p 01/27/24

Location: TBA



Indoor Composting Part 2: Bokashi Composting

First developed in Korea, bokashi ferments food scraps to create a rich additive for garden soil. In this class, we'll learn how to make and use a bokashi compost bucket.

Lauren Landers, \$54

Sat 11:00a-1:00p 02/03/24

Location: TBA



Outdoor Composting Learn about backyard composting as a method to manage kitchen food scraps and debris from your gardens and lawns, as well as how to recycle those nutrients into usable compost that can go back into your soil. We will cover the biology of the composting process and different techniques for successful composting. **C.J. Walke, \$15**

Wed 6:00p-7:30p 03/06/24



Fruit Tree Cultivation-Part 1 This three-part series focuses on organic methods to help gardeners and home-steaders establish and maintain healthy fruit trees for home fruit production. In Part 1, we will discuss variety selection and soil preparation for planting young fruit trees, as well as how to grow a young tree in its early years before flowering and fruit production.

C.J. Walke, \$15

Wed 6:00p-7:30p 03/13/24



Fruit Tree Cultivation-Part 2 In Part 2, we will discuss organic methods of insect and disease management in order to produce quality fruit, as well as how to best manage fruit trees as they get older and larger. **C.J. Walke, \$15**

Wed 6:00p-7:30p 03/20/24



Fruit Tree Cultivation Part 3: Pruning A hands-on workshop focusing on the role, priorities and techniques of pruning to maintain healthy fruit trees for home fruit production. C.J. will demonstrate at the Ball Field Preserve & Hancock Community Garden, which may be muddy, so dress accordingly. If you need to sit for some of the afternoon, please bring a chair. **C.J. Walke, \$15**

Sat 1:00p-3:00p Date: TBA

Location: Ball Field Preserve & Hancock Community Garden, Hancock



**Register online 24 hours a day
No lines...No busy signals...No driving
www.ellsworth.maineadulted.org**



Homemade Herbal Remedies: Growing, Drying & Using Medicinal Herbs

Are you curious about growing and using safe medicinal herbs? This course provides an introduction to growing, preserving, and using common medicinal herbs like calendula, lavender, lemon balm, and chamomile. Join us for a fun and interactive session with plenty of time to ask questions and share ideas! All participants receive a fact sheet on growing and using the herbs covered in class.

Nicole Gurreri, Healthy Acadia, \$29

Thu 6:00p-7:30p 03/21/24



In this series, you'll learn everything you need to know to grow a thriving pollinator garden or adapt an existing garden to better support pollinators and wildlife.

Pollinator Gardening Part 1: Pollinator Gardening 101

Learn the essential steps you need to take to create a pollinator garden from scratch and attract more bees, butterflies, hummingbirds and other wildlife.

Lauren Landers, \$29

Sat 11:00a-1:00p 03/23/24

Location: EACE



NEW!

One Day

Pollinator Gardening Part 2: Growing Native Plants for Pollinators

From choosing the right plants to cultivating native plants in your flower beds, this course will help you master the art of native plant gardening. We'll also learn how to make our own wildflower seed balls!

Lauren Landers, \$29

Sat 11:00a-12:30p 03/30/24

Location: EACE



One Day



Pollinator Gardening Part 3: Keeping a Bee-safe, Organic Garden

Skip the chemicals and discover the art of improving soil naturally and controlling garden pests without pesticides!

Lauren Landers, \$29

Sat 11:00a-1:00p 04/06/24

Location: EACE



One Day



Seed Starting 101 Uncover the basics of seed starting and grow your own vegetable and flowering plants from seeds. From choosing the right grow lights and seed starting supplies to cold stratification methods, you'll learn everything you need to grow your own plant starting indoors this winter!

Lauren Landers, \$29

Wed 6:00p-7:00p 01/31/24

Location: TBA



One Day

Small Space Gardening Hacks If you want to grow vegetables in a small space or urban garden, these space saving hacks will help! In this course, we'll cover tips on vertical gardening, square foot gardening, container gardening and more and help you to grow tons of fresh veggies in even the smallest spot!

Lauren Landers, \$29

Wed 6:00p-7:00p 03/13/24

Location: TBA



NEW



EXERCISE, HEALTH AND WELLNESS



Holistic Health & Wellness Learn the importance of movement, stress reduction, self-care (including sleep strategies, rest, self-love, self-forgiveness), healthy nutrition and mindfulness, and healthy relationships to improve your overall well-being. This course is in a lecture format with time at the end for Q & A. There will be journal prompts and handouts, as well as text, phone call or email check-ins, and a ZOOM meeting to review the course at the end. **Michelle Spencer, \$59**

Mar: Tue 9:00a-10:30a 03/05/24-04/09/24 6 wks.

Apr: Tue 9:00a-10:30a 04/23/24-05/28/24 6 wks.



Strength & Balance for Senior Fitness: Reach balanced wellness by working on strengthening and stretching the muscles, preventing falls, improving cardiovascular and bone density health. **Michelle Spencer, \$59**

Mar: Mon 9:00a-10:00a 03/11/24-04/22/24 6 wks.

Apr: Mon 9:00a-10:00a 04/29/24-06/03/24 6 wks.



Register online 24 hours a day
No lines...No busy signals...No driving
www.ellsworth.maineadulted.org

Zumba Gold is Bold! is designed for all ages - for those new to Zumba, for those who have had an injury, or those who love Zumba, but would like a modified version. Zumba Gold runs for 45 minutes, unlike Zumba that runs for an hour. There is verbal cuing as well as non-verbal cues. The music is the same great, fun, upbeat music. You will sweat and you will receive the many benefits of dancing. The only change is the movements will be less stressful on your

joints and your body. It's a class where you are exercising, but having fun doing it!! **Lisa Elliott, \$59**

Mon 5:45p-6:30p 01/29/24-03/18/24 8 wks.

Location: Ellsworth Elks Lodge



The Ellsworth Elks Lodge is providing a space for our classes at no cost. They appreciate any donations for the use of their space, and pass them on to a local charity.



Chair Yoga: A Morning Practice off the Mat

This morning class, practiced in a chair, offers mind and body benefits without having to get up and off the floor, or even change into yoga clothes. Enjoy a "pick me up" at home or at your office by using structural techniques to improve your range of motion, relax tight or overused muscles, and release tension from the mind.

Michelle Spencer, \$59



Mar: Thu 9:00a-10:00a 03/07/24-04/11/24 6 wks.

Apr: Thu 9:00a-10:00a 04/25/24-05/30/24 6 wks.





Relaxation and Stress Reduction through Hatha

Yoga This 60-minute yoga class will provide sequences that calm the nervous system, along with stretching/warming the muscles and preparing the mind to rest. Breathing techniques, short meditation and positive affirmations will end the practice. **Michelle Spencer, \$59**

Mar: Tue 5:30p-6:30p 03/05/24-04/09/24 6 wks.

Apr: Tue 5:30p-6:30p 04/23/24-05/28/24 6 wks.



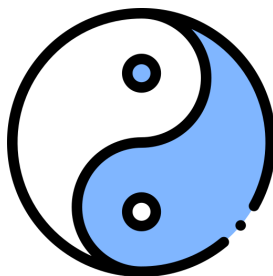
Yin & Yang Yoga Heal the body, mind & spirit with a balancing flow of both gentle and challenging postures. Get deep into the connective tissue with a restorative stretch, as well as get your heart pumping with an invigorating Vinyasa flow that links breath to movement. The goal is to create a state of peace and wellbeing. This class is suitable for all levels of experience. **Christina Krapf, \$55**

Location: Quiet Strength Yoga Studio

Feb: Mon 02/12/24-03/04/24 4 wks.

Mar: Mon 03/18/24-04/08/24 4 wks.

Apr: Mon 04/22/24-05/13/24 4 wks.



Gift Certificates are available!

Great for birthdays, holidays, a special gift or to say "Thank You" to someone special!

For more information, contact us by:

Email @ adulthoodinfo@ellsworthschools.org

Phone @ 207.664.7110 or text @ 207.613.6460

Trying to Quit Tobacco or Vaping? One of the hardest things to do is to quit using tobacco products. Many harmful chemicals found in tobacco and vaping liquids, including nicotine and menthol, are highly, physically addictive or serve to boost the addictiveness of tobacco. The habit of use itself can become emotionally and behaviorally addictive. As well as the stresses of addiction, other factors such as fear of withdrawal, overall life stress, living with smokers and nicotine users, social norms that minimize the harms of nicotine addiction, weight gain, and fear of failure can make it challenging to quit using tobacco products. Many times it takes more than one try. If you are ready to quit tobacco for good and you'd like to find out about local and statewide support available to you, sign up confidentially for this interest list and you'll receive information about tools and resources to assist you in taking this important step for your health. Find more information in our online catalog.

Healthy Acadia



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Bonjour

NEW

French-An Introduction: Part 2 Bienvenue! Whether you're a returning student or joining for the first time, this class is accessible to all. Building upon the foundations, this session will delve deeper into the language, focusing on expanding your vocabulary, refining grammar structures, and enhancing your conversational skills through interactive exercises, engaging discussions, and cultural insights. If you have questions about your readiness, contact us!

France Hilbert, \$89

Thu 6:00p-7:30p 01/25/24-03/14/24 8 wks.



La Classe

NEW

French-An Introduction: Part 3 Congratulations on reaching the final leg of our Introductory French journey! Whether you've completed the previous parts or are just starting with us, this class is designed to accommodate all levels, including false beginners. This concluding segment marks the culmination of your foundational learning. Over the next eight weeks, we will consolidate your language skills, emphasizing fluency in speaking, listening, reading, and writing through interactive activities, practical exercises, and cultural exploration. This will refine your command of the language, preparing you for more advanced studies or confident communication in real life situations. If you have questions about your readiness, contact us!

France Hilbert, \$89

Thu 6:00p-7:30p 03/28/24-05/16/24 8 wks.



A Writer's Workshop Do you want to improve your writing skills for work? Write a poem to your beloved or finish that family memoir? Or maybe you've considered writing a script? If so, come join us for this 6-week writer's workshop where we will explore a variety of writing genres!

Our focus will be on stories - both real and imagined. We will analyze the elements of effective storytelling, including but not limited to) plot, character, scene, point of view, voice and tone. Participants will write and/or revise their stories of choice and together we will examine successful writing strategies and tricks of the trade. Most of all, we will discover that writing can be fun! **Kristen Leonard, \$50**

Wed 6:30p-8:30p 03/06/24-04/10/24 6 wks.



Open Doors to the World Annie Sargent is gathering friends from around the globe and in her backyard, to share their firsthand experiences in other countries. If you or someone you know would like to share, please contact her at asargent@ellsworthschools.org.

Annie Sargent, \$25

Thu 6:00p-7:00p 03/07/24-03/28/24 4 wks.

Location: Ellsworth Public Library



Find schedules, more course details and instructor bios in our online catalog

Applied Suicide Intervention Skills Training (ASIST) In this intensive, two-day, in-person training, you'll learn how to skillfully intervene, assist someone in crisis, and help them stay safe. The training is highly interactive and appropriate for anyone in the community who is 16 or older. **Tara Young, Healthy Acadia**
Details: TBA



Carry Naloxone to Save a Life Naloxone, also known as Narcan, is a drug that blocks the absorption of opioids in the brain at the receptor-level. Opioids affect our respiration, which is why someone suffering from an overdose may stop breathing. By blocking opioid absorption, naloxone pauses its effects in the body. AMHC OPTIONS provided free Narcan kits and training to those who want it, and an increasing number of other public health organizations and health providers are doing the same. Join this training to receive a kit and learn more about it.
Nick St. Louis, AMHC
Generally offered the 1st Monday of the month at 5:00p
Location: AMHC



Maine Death with Dignity Act There is still a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. Many providers and patients in Maine are still not familiar with Maine's Death with Dignity Act. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Join this class to get fact-based information, 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.
Valerie Lovelace, Maine Death with Dignity
Tue 6:30p-8:00p 03/12/24



Medicare Made Simple Renata Lahner of The Lahner Group, is a licensed insurance agent with over 18 years experience helping individuals find the right Medicare coverage based on one's medical and financial needs. She will explain how Medicare works, what it covers, what it does not cover, details in differences between supplemental and advantage plans, and much more. The Lahner Group strives to assist and connect Medicare recipients to the most appropriate benefits provider in their state, and to earn and preserve the trust of their clients and partners.
Renata Lahner

Mon 6:00p-7:30p 01/29/24
Live online using ZOOM



Fri 10:00a-11:30a 03/22/24
In-person at EACE



Find schedules, course details and instructor bios in our online catalog

Getting Your Affairs in Order - Estate Planning You accumulate assets over time and may forget to look at the big picture. Estate Planning is about getting documents prepared to plan for your future AND about making sure you've got your i's dotted and your t's crossed. You don't have to be rich or old to go through this process. Learn about the documents and considerations. This workshop is for people who want to learn the basics about estate planning. If you have put off thinking about these issues because you don't know where to start or what questions to ask, this workshop is for you!



Rebecca Sargent, Esq. & Elizabeth Young, \$10
Mon 11:00p-12:30p 03/04/24-03/18/24 3 wks.
Location: TBA



America's Boating Course This basic boating class reduces your risk of accidents and injuries, saves you money on boat insurance, and qualifies you for a state boat license or operator certificate in most states (including Maine). It is the most comprehensive, single source, in-person boating course available to give you the skills you need to enjoy your time on the water and boat with confidence. The instructor will contact you about the accompanying manual, for which you'll pay him directly. **D. Scott Miller, \$15**

Sat 8:00a-5:00p 03/09/24

Location: EACE



One
Day

Maine Driving Dynamics Bureau of Highway Safety course aimed at improving a student's defensive driving awareness and abilities. This 5-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. Class meets on Tuesdays and Thursdays.

Donald Saunders, \$70

Location: EACE

Apr: Tue/Thu 6:00p-8:30p 04/02/24 & 04/04/24

May: Tue/Thu 6:00p-8:30p 05/21/24 & 05/23/24



Fly Fishing This course is designed to get you solidly grounded in the fundamentals needed to enjoy fly fishing. Topics covered include tackle selection and assembly, knots, fly casting, fish foods, artificial flies, fly fishing strategies, entomology, and wading safety. After completing this course, you should have all the

understanding and skills necessary to catch fish with a fly rod on your own. **Kevin Tracewski, \$85**

Sat 9:00a-4:00p 04/06/24

Location: Orono

One
Day



Women's Basic Chainsaw Safety & Skills

Ellsworth Adult & Community Education is collaborating with Axe Women Loggers of Maine to offer a workshop for women who want to learn how to use a chainsaw safely, for working in the woods or for timbersports competition. Learn from World Timbersports Champion Alissa Wetherbee.

Safety-toed boots or shoes are required, and please bring leather work gloves as well. Chainsaws and safety equipment are provided for the workshop, which will be a combination of presentation, demonstration and practice using the saw. The presentation/demonstration and some practical will be indoors, and small teams will rotate outdoors for chainsaw practice, so dress appropriately.

Alissa & Mike Wetherbee, Axe Women Loggers of Maine

Sat 02/24/24

Location: Ellsworth Elks Lodge

Morning Session: 9:00a-12:00p \$39

Afternoon Session: 1:00p-4:00p \$39



NEW!

The Ellsworth Elks Lodge provides a space for our classes at no cost. They appreciate any donations for the use of their space and pass them on to a local charity.





From the Director's Chair

We build our programming based on the interests of our community. We depend on you to share your ideas about courses you'd like to see offered. We have expanded our cooking and gardening classes as a result of input from people who have reached out to us.

Every semester we work to expand one component of our enrichment program. Please contact us with any ideas you have. We are thinking of expanding our outdoor exploration offerings next year and hope to do this through community partnerships and suggestions from our participants.

We would LOVE to hear from you! Sincerely,

HELP WANTED! We are looking for instructors for the following: digital literacy/computers, foreign languages, arts and crafts, music, and cooking. We offer competitive compensation, support, a free adult education class, along with the knowledge that you're making a difference!

If you or someone you know would like to learn more about teaching a workshop or course with us, please reach out to us by email at adulthoodinfo@ellsworthschools.org, or by telephone at 207.664.7110.



Complete registration and mail with a check,
or fax with credit card information, to:
Ellsworth Adult Education
248 State Street, Box 16B
Ellsworth, ME 04605
Phone 207.664.7110 Fax: 207.669.6247

Name: _____ Date: _____

Address: _____ Town: _____ Zip: _____

Email: _____ Date of Birth: _____

Home Phone: _____ Cell phone: _____ Work phone: _____

Course Name	Start Date/Session	Fee
	Total:	

☐ Cash (if registering in person) ☐ Check (Please make payable to Ellsworth Adult Education)

☐ VISA ☐ MasterCard ☐ Discover

Card # _____ CSV: _____ Exp. Date: _____

Print card holder's name: _____ Billing Zip Code _____

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