

A watercolor illustration of a rocky shoreline. The foreground is filled with smooth, rounded stones in various shades of grey, tan, and yellow. Three oysters are depicted: one on the left, one in the center, and one on the right. The oyster shells are painted with soft blue and white washes, showing some texture. Dark, brownish seaweed is scattered around the oysters, particularly near the central one. The overall style is soft and artistic, typical of watercolor painting.

Five Town CSD Adult & Community Education

Spring/Summer Course Catalog 2025



What do you want to learn?

We have hundreds of classes to choose from.



Hello Everyone!

We had a great Fall and Winter here at Five Town Adult Ed. This year, we've seen a significant increase in multilingual learners in our Adult Education programs. Our Multilingual Learner (MLL) program is thriving, offering essential language skills that help individuals succeed in the workforce and fully engage in our community.

Our enrichment programs have been incredibly successful, with over 1,000 students already have taken classes so far. From cooking and art to technology and woodworking, these courses are a great opportunity for members of the community to take advantage of our fantastic teachers and learn a new skill.

The HiSET (High School Equivalency Test) program continues to support learners in earning their high school diplomas, and our College & Career Access programs are helping adults navigate the pathways to higher education and career success. These initiatives are empowering more individuals to achieve their educational goals.

As we move forward, we remain committed to expanding our offerings and supporting all adult learners in their educational and professional journeys. Thank you for your ongoing support, and we look forward to continuing to serve you!

Sincerely,



Nick Beverage, MS.Ed, Director
nicholas.beverage@fivetowns.net, 230-1667

Additional Classes Online!

fivetowns.maineadulted.org

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- 3 new felting classes! (p. 22)
- Italian is back! (p. 33)
- Learn about plant-based eating! (p. 27)
- New Beginning Photoshop! (p. 22)
- Learn to draw birds! (p. 26)
- Make a leather cuff! (p. 19)
- Daytime drawing class! (p. 20)
- Learn about Maine's 19th Century Black Liberation Movement! (p. 30)
- More online business classes! (p. 7 - 13)
- Help with college and career transitions! (p. 6)
- More grants available for those looking to enter or re-enter the workforce! (p. 4)
- Look for HOT CLASSES!



Classroom definitions you should know

F2F: this is an abbreviation for face-to-face classes. This is your normal classroom, with an instructor and student in the same room.

Online: these classes take place 100% on a computer and require Internet access.

Asynchronous: students in asynchronous classes do not communicate with each other or an instructor. Instead, they reply to assignments and prompts that are posted online.

Instructor-led: a teacher manages enrollment and the timing of assignments.

Self-paced: students typically have no specific deadlines for individual assignments.

Virtual: generally means live interaction through the use of a computer, tablet, or smartphone equipped with a camera and microphone. Examples of technologies used include Zoom, WebEx, and Google Meets.

Live: the lecture or demonstration is provided by the instructor and students view in real-time.

Please call us if you are ever unsure about the delivery model of a class. See the bottom of page 18 for icon meanings.

Academics



Adult Learning Center

Unsure of where to start? Call us. 236-7803

The Learning Center is open to all adults in need of academic instruction and guidance. Hours are flexible, and we will try to meet you on your schedule. Our staff provides individualized instruction in the areas of:

- High School Equivalency
- HiSET Prep
- Accuplacer Prep
- Math and ELA instruction to prepare you for college-level coursework
- General reading, writing, and math tutoring for anyone pursuing college or career education
- Workforce credential or certification tutoring and prep
- College and Career advising

All services through the Learning Center are FREE of charge. If you or anyone you know could use any of these services, please contact us.

*Call us at 236-7803
to schedule your first appointment.*

Day and evening hours are available.
Our Instructional and Advising Staff:

Heather Corson

heather.corson@fivetowns.net

David Doubleday

david.doubleday@fivetowns.net

Brenda Hio-Hamdan

brenda.hio-hamdan@fivetowns.net

Peg Junge

margaret.junge@fivetowns.net

High School Equivalency (HiSET)

If you are an adult without a high school diploma, The High School Equivalency Test (HiSET) is Maine's general education diploma (GED) program which is your route to improved career prospects, a college education, and increased earnings potential. Adult diploma programs are central to the mission and tradition of Maine Adult Education. Get your diploma and be one step closer to achieving your life's goals.

Join us to begin your journey. Call our office for more information and to arrange for a private consultation. 236-7803

HiSET®

HiSET Writing

Brenda Hio-Hamdan

You'll learn how to write an essay for the HiSET Writing Test. The class will focus on organizing your ideas and providing supporting details in an argumentative essay. Grammar, punctuation, and writing mechanics will also be covered. There will be opportunities for revising and editing with other students. Learn how to write your best essay for the HiSET! Schedule Individualized begin any time
Blended, In Person, or via Zoom FREE

Math for HiSET

Peg Junge

Placement testing is necessary to register for this course. Students prepare for their HiSET Math test through a structured process of refreshing prior math knowledge and learning new skills. This 12-week blended course (on Zoom or in-person) begins with a quick review of fraction, decimal, and percent usage, before continuing with topics such as ratios, statistics, probability, basic geometry, and algebra. Students are expected to practice independently between the weekly classes with provided videos, worksheets, and quizzes available online.

Schedule Individualized begin any time
Blended, In Person, or via Zoom FREE



Multi-Lingual Learners (MLL)

Heather Corson

We welcome all new English speakers. Are you interested in improving your English skills? Learning English can help you:

- Prepare for a new career
- Obtain a driver's license
- Communicate with your child's school
- Improve your living situation
- Expand your job prospects
- Prepare for citizenship exam

Tutoring, conversation classes, and Citizenship classes are available. Call for more information. FREE



Tutoring for College Math

Prepare before attending college or gain help during college. Enter at your own level and progress from there. Topics include operations with whole numbers, decimals, fractions and percents. This course is recommended for beginning math students who need to rebuild the foundational skills and concepts needed for more advanced math studies. Accuplacer Arithmetic testing is provided at no cost.

Continue on with Quantitative Reasoning, Algebra and Statistics (QRAS). Topics include proportions, exponents, algebraic expressions, linear equations, statistics, probability and geometric concepts. Students entering at this level should be fluent in basic math operations (add, subtract, multiply, and divide) and have confidence working with fractions. Accuplacer QRAS testing is provided at no cost.

Schedule Individualized
Blended, In Person, or via Zoom

begin any time
FREE

We're looking for a few good employers and employees . . .

Bridge To Employment in the Midcoast

The programs of MidCoast Adult Education 7 have been awarded a competitive Strengthening Maine's Workforce grant to deliver services under the project title, Bridge to Employment in the Midcoast. Grant funding is available to employers who need support systems to access employees; and to potential employees who show a training need and are defined as:

- People or communities of color,
- Low-income,
- Immigrants,
- People with low levels of literacy,
- Women,
- The underemployed and unemployed.

Eligible business sectors include healthcare, manufacturing, transportation, hospitality, and retail. Other sectors may be possible if trainees themselves are eligible.

Need help to move forward?

Wondering about your eligibility?

Contact Bridge Coordinator, Joe Catalano at
joseph.catalano@fivetowns.net

College & Career

SET YOURSELF UP FOR SUCCESS

COLLEGE AND CAREER ADVISING

Not sure what you want to do? We offer continuing college and career advising after you've left high school. We also offer Accuplacer testing. Not sure what math and English classes to enroll in? Find out your math and reading level to help you choose the best courses for your freshman year.

HEADING OFF TO COLLEGE?

Services we offer:

- Math. Brush up on those skills before heading out.
- Writing. Learn best ways to build your skills.
- Chemistry with lab. Need this as a prerequisite for your major? Take it during the summer for free.
- Study habits. Having trouble keeping track of all those notes? Or don't know how to take notes for your classes? We can help!

ATTENDING COLLEGE REMOTELY?

- Services we offer right here in Camden:
- Math. Get help with homework any time you need assistance. We are a satellite tutoring site for the Maine Community College System.
- Writing. Continue to gain help and learn best ways to build your writing skills.
- Study habits. Having trouble keeping track of all those notes? Or don't know how to take notes for your classes? We can help!

CERTIFICATE TRAINING

- Not attending college but want to pursue workforce training? Many possibilities exist right here in your backyard and may offer externship or apprenticeship opportunities leading to a job in an in-demand career.

Clinical Medical Assistant, Dental Assistant, Certified Nursing Assistant, CDL Class B, CNC Machining, Welding and more.

YEAR-ROUND ACADEMICS

The Adult Learning Center is open 12 months a year for academic support. Adult Education is your path to college and career success.



College Admissions 101

Michelle McAnaney

College admissions have changed drastically since the late 80s and early 90s. In this course, you will gain the knowledge and confidence to guide your student through the college admissions process. Throughout the four sessions, we will examine the following topics closely:

- How to build a college list that best fit the student
- How to research colleges to fully understand what they have to offer
- How to choose between the SAT, ACT and Test Optional
- The college application timeline
- College applications strategies for success
- Overview of financial aid

4 weeks

Mondays

Virtual live via Zoom

7:00 - 8:15 p.m.

begins 5/5/25

\$75

Free Tuition & Fees Extended

Maine's Free College Scholarship opportunity at all Maine Community Colleges has been extended to high school graduates for the 2024 and 2025 classes, including graduates from Adult Education.

Reach out to our Academic Coordinator to learn more.

Math for Allied Health Careers

Thinking about entering the healthcare field as a CNA, Medical Assistant, or other health related career pathway? Has it been a while since you've taken or used technical math skills? Learn proportions, conversions, reading graphs and charts, and get ready for your next career move. This class can be taken before or along with certification training.

Schedule Individualized

Blended, In Person, or via Zoom

begin any time

FREE

CONTACT ADULT EDUCATION

236-7803

adulthood@fivetowns.net

www.fivetowns.maineadulted.org

The adult ed office is located in Camden Hills Regional High School. The Adult Learning Center is located in Rose Hall, Room 107
22 Knowlton Street, Camden

Data Analysis Certificate

John Rutledge, Mary Dereshiwsky, Jeff Kritzer

Data analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data but need people with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio and make a big difference in the success of your organization by acquiring data analysis skills.

Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. Finally you will find out how to perform inquiries. This certificate will take you to the next level where important decision-making is concerned.

3 one-month courses Online instructor-led
 Introduction to Data Analysis
 Intermediate Data Analysis
 Advanced Data Analysis \$495

Certificate in Accounting and Finance for Non-Financial Managers

Sharon deFonteny, Jodie Trana

Every successful person in the workplace utilizes financial information to aid effective decision-making. The financial concepts and accounting processes used in most businesses provide practical techniques that will increase your effectiveness and career. Understand the seven steps in the accounting cycle and use financial information in decision-making. Find out what you need to know about cash. Acquire advanced financial information that drives your organization and see how business reports are assessed and analyzed. Come away with the knowledge to help you make smart decisions when it comes to budgeting, setting goals, and assessing performance.

3 one-month courses Online instructor led
 Introduction to Project Management
 Project Management Processes
 Project Management Knowledge Areas \$495

Social Media for Business Certificate

Bookkeeping Certificate

Sharon deFonteny

How do you manage the finances of a business?

Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure and manage the financial health of your business. This program focuses on cash basis accounting.

No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business.

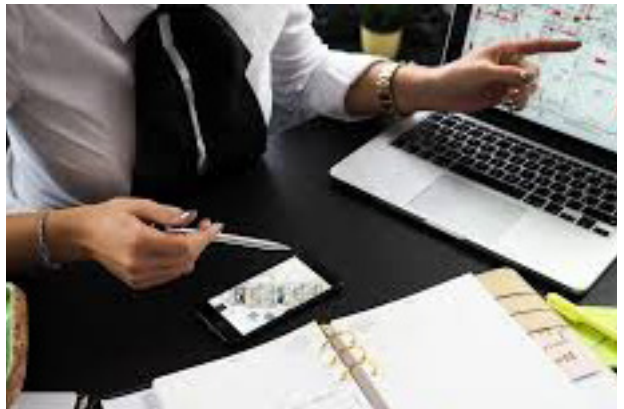
3 one-month courses Online instructor-led
 Understanding Debits and Credits
 General Ledger and Month-End Procedures
 Closing Procedures and Financial Statements \$495

Project Management Certificate

Andy Stanhope, Christina Martinez

Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. First, gain the skills, tools, and templates to confidently develop and maintain a project. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. Finally, learn the ten Project Management Knowledge Areas and their supporting roles and relationships to the five Project Management Processes.

3 one-month courses Online instructor led
 Introduction to Project Management
 Project Management Processes
 Project Management Knowledge Areas \$495



Jo-Carolyn Goode Melissa Torres Travette Webster

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.

Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks.

3 one-month courses Online instructor-led
 Intro to Social Media
 Integrating Social Media Into Your Organization
 Marketing Using Social Media \$495

Business & Workforce



Power BI Certificate

Marion Williams



Gain insight into your data using business intelligence software – Power Business Intelligence. Power BI is a widely used business analytics service offered by Microsoft. Power BI Desktop is a complete data analysis and report creation tool that you install for free.

Discover the process of creating interactive reports. Integrate financial, marketing, or any other source data in your accounting system, Excel, or on the Web. Streamline the data to what is needed using Power Query. Create charts, maps, and other visuals to see your data in real time. Delve into Power Query to ETL (Extract, Transform and Load) your data. Build the Data Model using relationships and DAX (Data Analysis Expressions). Utilize Time Intelligence functions. This certificate will enhance your skills in data analysis, giving you greater insight into your organization's performance and allowing you to make more informed decisions.

3 one-month courses	Online instructor-led
Introduction to Power BI	
Intermediate BI	
Advanced BI	\$495

Each of the programs on pages 7 and 8 start quarterly. Some require courses to be completed in sequence, while others offer the flexibility of taking courses individually and over multiple semesters. Call us to find out more about schedules. 207-236-7803

Certificate in Mastering Excel

Amy Klous, Betsy Flanagan, John Rutledge



A must-have skill to succeed in business, for entrepreneurs and valued employees, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most-used spreadsheet tool in the world.

Once you master using the tools in Excel, this Certificate will help you discover how to attractively present your data into meaningful information with confidence.

Students must have access to Microsoft Excel to complete this certificate.

3 one-month courses	Online instructor-led
Mastering Microsoft Excel	
Intermediate Excel	
Advanced Excel	\$495

SQL Certificate

Cecelia Allison



Structured Query Language (SQL) is the industry-standard database programming language. It is one of the most in demand skills in occupations that require interaction with data and analyzing data.

Through your knowledge of Structured Query Language, you will become more marketable in computer-related career fields that pertain to database administration. Learning SQL can also lead to a job that is specific to analyzing data such as a data analyst, a quality assurance analyst, or a business analyst.

3 one-month courses	Online instructor-led
Introduction to SQL	
Intermediate SQL	
Advanced SQL	\$595

Leadership Development Certificate

Tawanda McLaurin



Especially geared for future leaders in the Gen Y generation (born 1980-1999), this certificate training provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society.

Find out what it takes to become an effective leader. Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals.

Then learn the unspoken secrets that leaders know and the strategies they employ/exhibit in for influencing others. Leadership skills are acquired and learned. You can become a leader if you know the do's and don'ts; what to say, what not to say; what to do, what not to do.

At the end of completing the three course certificate, you will come away with a new understanding, a new toolbox of leadership skills, and the information to move your leadership development into high gear.

3 one-month courses	Online instructor-led
Developing Your Leadership Skills	
Developing Your Professional Career	
Leadership Principles	\$395

Graphic Design Software Essentials

Andy Helmi



The Adobe suite of software tools is the industry standard for graphic design. Adobe Illustrator is the industry standard computer illustration software.

Use Adobe Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. Use Adobe Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch and enhance existing images or create your own composite digital art work. Adobe InDesign, the industry-standard page-layout program works with Adobe Illustrator and Photoshop seamlessly. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Access to the Adobe software tools is required.

3 one-month courses	Online instructor-led
Adobe Illustrator Essentials	
Adobe Photoshop Essentials	
Adobe InDesign Essentials	\$545

Real Estate Sales Agent

Kim Coit, Center for Real Estate Studies

The Center for Real Estate Studies is offering the opportunity to participate in their online Sales Agent's course. Students who pass the course with a grade of 75% or better are eligible to take the Maine Real Estate Licensing Exam. Students who pass the state exam may join a licensed Maine Real Estate Agency and obtain a Maine Real Estate Sales Agent license. The course is also useful for students considering buying or selling real estate to understand the process. And, because the course covers real property valuation and real estate finance, it helps investor students understand the forces that create value and why ownership of real estate is key to wealth accumulation.

This entire course is offered online and is asynchronous which means students may start and finish at any time; there are no set class hours. Students have a live instructor whom they may contact with questions and who holds office hours monthly. Participation is optional. The Maine Real Estate Commission requires that the course be completed within one calendar year from the date of registration. Access to this course requires the student have a computer and Internet connection. Students must register with Adult Education which will forward your registration to the Center's website. The registration fee includes all materials and fees. A hard copy of the text is available for an additional \$25. **CALL TO REGISTER. Payment for this class is by cash or check only.**

12 months

Online instructor-led

\$370



Airbnb: How to Open and Run One Well

Debra Arter



Did you know that Airbnb hosts earn an average of \$13,000 annually? Airbnb listings in Maine reached 20,000 in 2022. Many property owners use short-term rentals as a strategy to supplement their income and afford their own home. If you have entertained the idea of opening up your guest bedroom or summer camp for short-term rental, this is a class not to miss. The instructor, herself an Airbnb owner since 2017, has interviewed many other Airbnb or VRBO owners and put together a packet of good information, tips, and actual stories of events in the life of a short-term landlord. The course will address issues dealing with ordinances, insurance, expectations, fees, safety, guests, communication, neighbors, and more.

1 night

5:30 - 8:00 p.m.

Tuesday

5/6/25

Virtual live, Zoom

\$45

"The instructor clearly knows her content well and willingly shares all the tips she knows from her experiences."



Popular Online Courses

COURSE or SERIES TITLE	BRIEF DESCRIPTION	PRICE
A to Z Grant Writing	This course provides students with the hands-on experience and knowledge they need to successfully begin writing grant proposals, including real-world scenarios, and the opportunity to improve their work by reviewing previous grant proposals completed by peers.	\$125
A to Z Grant Writing Series	Learn all there is to know about writing grants, fundraising, and organizing a grant writing campaign. This group of online classes is ideal for those wanting to learn more about managing fundraising and grant writing fundamentals.	\$225
Accounting Fundamentals	Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.	\$129
Accounting Fundamentals Series	If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you. You will learn the basics of double-entry bookkeeping, while also learning how to analyze and record financial transactions, as well as prepare various financial reports at the end of the fiscal period.	\$230
Accounting with QuickBooks Online Suite	This suite of courses will teach you the fundamentals of accounting with QuickBooks Online. You'll learn the essentials of double-entry bookkeeping and managing the financial aspects of your small business quickly and efficiently using QuickBooks.	\$480
Administrative Assistant Fundamentals	This course will help you discover and master the essentials of managerial and staff support, information and records management, communications technology, travel and meeting coordination, space planning, and office ergonomics.	\$129
Administrative Assistant Suite	In this discounted bundle suite, you will learn the skills you need to excel as an administrative professional or executive assistant.	\$355
Aging and Health Bundle	Gain the knowledge and skills from the latest research and emerging trends in healthy aging, brain health, and gerontology to help you effectively care for and work with aging population.	\$285
Basic Computer Skills Suite	Learn essential computer skills for the 21st century workplace, including how to troubleshoot PC issues!	\$350
Beginning Conversational French	This course will teach you the proper pronunciation of French words that you can use in your travels and cultural tips about France and other French-speaking countries.	\$115
Computer Skills for the Workplace	Gain a working knowledge of the computer skills you will need to succeed in today's job market.	\$129
Conversational Japanese	Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.	\$115
Creating WordPress Websites Series	This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques.	\$230
Creative Writing Value Suite	Spark your creativity and start writing with this online writing course bundle. You will learn the mechanics of writing and editing, and have your story workshopped by peers.	\$350
Digital Marketing Suite	Learn how to develop an Internet marketing plan, use popular social media platforms, and achieve higher positions with major search engines.	\$365
Discover Sign Language	It's truly amazing how much you can communicate just by using your hands. Add in different facial expressions, and you have a full conversation! In this course, you will discover how to use this graceful, expressive language to communicate.	\$115



Business & Workforce

Drawing for the Absolute Beginner	Gain a solid foundation in drawing and become the artist you've always dreamed you could be!	\$115
Effective Business Writing	Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.	\$135
Explore a Career in Medical Coding	Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.	\$135
Fundamentals of Supervision and Management	Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.	\$135
Grammar Refresher	Develop your English grammar skills and take your writing and speaking to the next level of excellence in this course.	\$115
Grammar Refresher Series	These online courses will help you gain confidence in your ability to produce clean, grammatically correct work.	\$205
Grant Writing Suite	Learn everything you need to know to start writing grant proposals and consult or volunteer for non-profit, public foundations.	\$355
GRE Prep Series	With GRE Preparation Part 1 and Part 2, you'll be prepared for all aspects of the computerized GRE revised General Test.	\$225
Human Resource Management Suite	These courses will teach you how to handle basic human resource functions, how to attract and retain top talent to be competitive in the global marketplace, as well as how to turn your company into a high performance workplace to increase profits, achieve a high rate of success, and become a desirable workplace.	\$365
Individual Excellence (Self-Paced Tutorial)	Master twelve career-enhancing skills including goal setting, time management, personal organization, and creativity.	\$135
Instant Italian	This dynamic course will teach you how to express yourself comfortably in Italian. You'll read, hear, and practice dialogues of everyday words which will teach you to communicate in a wide variety of settings.	\$115
Intermediate Microsoft Excel 2019	If you use Microsoft Excel, this intermediate course will bring your Excel skills to the next level. You will learn how to use a number of powerful features in the 2019 version of Microsoft's longstanding Excel software.	\$147
Introduction to Interior Design	Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.	\$129
Introduction to Microsoft Excel 2019	If you work with data of any kind, knowing how to create a spreadsheet is key to effectively managing and organizing information. This course will introduce you to Microsoft Excel 2019 and teach you how to use this powerful software.	\$147
Introduction to Python 3 Programming	Enhance your professional profile by adding Python to your programming skills.	\$129
Introduction to QuickBooks Online	Learn to use QuickBooks Online to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.	\$139



Online learning is a fun, enjoyable and a very productive way to learn.
 You will engage with the instructor and other participants.
 You will get to know your instructor and other participants.
 You may make friends. It's easy. It's fun.

Introduction to SQL	Learn the key concepts of SQL (Structured Query Language) the powerful and standard database management query language for relational databases.	\$129
Keyboarding	Learn how to touch-type or improve your existing typing skills using Keyboarding Pro 5.	\$125
Mastering Public Speaking	Learn the secrets of effective public speaking and small group communication.	\$129
Medical Spanish Series	Communicate more effectively with Spanish-speaking patients after taking this discounted series of courses that teach Spanish for medical professionals.	\$245
Medical Terminology: A Word Association Approach	Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.	\$135
Microsoft Excel 2016 Series	Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.	\$390
Microsoft Excel 2019 Series	This course bundle will introduce you to Microsoft Office Excel 2019 and teach you its intermediate and advanced features. Whether you're new to Excel or need a refresher, the Microsoft Excel 2019 Series bundle will help you master this longstanding spreadsheet software.	\$390
Microsoft Office 2019 Value Suite	Some of the world's most widely used software programs are part of the Microsoft Office suite. This course bundle will teach you how to use Word 2019, Excel 2019, and PowerPoint 2019, Office's top business productivity programs. You will learn the basic features of each program and gain skills applicable to most professional settings.	\$390
Nonprofit Management and Grant Writing Suite	Learn everything you need to know to enter the world of non-profits and writing grant proposals.	\$480
Nutrition and Health Bundle	Students interested in advancing within their healthcare professional career or newly pursuing the field of nutrition and healthy lifestyle coaching	\$215
Photography Suite	Learn everything from photography fundamentals to advanced portrait techniques to advance your photography hobby or turn it into a business.	\$335
Project Management Fundamentals	Gain the skills you'll need to succeed in the fast-growing field of project management.	\$135
Project Management Fundamentals Series	In this group of project management online classes, you'll be introduced to the fundamentals of project management, tools for success, and high speed management tactics.	\$235
Project Management Suite	In this suite, learn the essentials of project management as you learn to plan, implement, control, and close any type of project along with essential quantitative and qualitative project management applications.	\$365
QuickBooks Online Series	Learn to use QuickBooks Online to record income and expenses; enter checks and credit card payments; track your payables, inventory, and receivables; and much more.	\$250



Business & Workforce

Real Estate Suite	These courses will help you understand what it takes to build wealth, how to invest in real estate, and legalities surrounding real estate.	\$340
Drawing for the Absolute Beginner	Gain a solid foundation in drawing and become the artist you've always dreamed you could be!	\$115
Effective Business Writing	Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.	\$135
Explore a Career in Medical Coding	Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.	\$135
Fundamentals of Supervision and Management	Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.	\$135
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Intermediate Microsoft Excel 2019	If you use Microsoft Excel, this intermediate course will bring your Excel skills to the next level. You will learn how to use a number of powerful features in the 2019 version of Microsoft's longstanding Excel software.	\$147
Introduction to Interior Design	Explore a career in interior design as you learn how to transform any room into a beautiful and functional space.	\$129
Introduction to Microsoft Excel 2019	If you work with data of any kind, knowing how to create a spreadsheet is key to effectively managing and organizing information. This course will introduce you to Microsoft Excel 2019 and teach you how to use this powerful software.	\$147
Introduction to Python 3 Programming	Enhance your professional profile by adding Python to your programming skills.	\$129

Computers & Technology

BoomerTECH Adventures

BoomerTECH Adventures helps Boomers and Seniors create, connect, and contribute using today's technology. Ed Brazee, Jill Spencer, Chris Toy, instructors

Developed by experienced Maine educators, the courses below are fully asynchronous, online courses that students complete on their own time and at their own speed. Each course is a PDF booklet with information about the class, instructions for using the class, and the content of the class (videos and articles). The three instructors provide personal-ized support for the class via email and/or online chat.

Each course will take you approximately 6 hours +/- over a month's time to complete the tasks depending upon how much time you want to commit. And once you gain access to the class content, you have it to keep and refer to for as long as you need. **TECH REQUIRED:** A strong Internet connection (or access to one), and a Mac computer, iPad, or iPhone to access videos and articles. *See our website for complete course descriptions.*

Start anytime

All classes are Online and Self-paced



BOOMERTECH ADVENTURES

Class Name

Conquer Your Photos App Chaos: Tame Your Mac Images - NEW!
Conquer Your Mac Photos App: Edit Your Images - NEW
Cooking with BoomerTech Adventures
Create & Deliver Online Zoom Courses
Digital Tools for the Beginning Memoir Writer
Fantastic Photo Finishes - Organize and Edit Images
Hidden Gems Lurking on Your iPhone & iPad
Introduction to iPhone Basics
iPad - Maximize Your iPad's Potential
iPhone/iPad Vision Accessibility Features
More Hidden Gems on Your iPhone & iPad
Photos, Take Fabulous Photos of the Flora and Fauna in Your World
Pictures: Taking Awesome Ones with iPhone/iPad
Safari - Unlock Safari's Secrets on Your iPad In Just 5 Lessons
Safari - Unlock Safari's Secrets on Your iPhone In Just 5 Lessons
Safari - Unlock Safari's Secrets on Your Mac In Just 5 Lessons

Fee

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Quick & Simple Virtual Computer Classes for New & Recent Learners.

Mike Wilson

The classes below are **LIVE** with instructor and author Mike Wilson. You will receive a Zoom link to join the class at the appointed date and time, from backoncourse.net. All you need is a computer, the ability to access your email, point, and click. That's it! During each class session you can interact with Mike via a chat box to get your questions answered. *See our website for full course descriptions. NOTE: Except for the iPhone class, these classes are for students with a PC, not MAC.*

All of Mike Wilson's classes are held remotely and LIVE

Class Name	Fee	Start Date	End Date	Start Time	End Time	Day
AI (Ai) for Older Adults - So Easy and Practical!	\$20	3/16/25	3/16/25	4:00 PM	5:00 PM	SUN
Computer Class for Older Adults	\$20	3/15/25	3/15/25	11:00 AM	12:00 PM	SAT
Excel for the Absolute Beginner	\$20	3/16/25	3/16/25	4:00 PM	5:00 PM	SUN
Design Business Cards, Flyers, invitations, and More!	\$20	4/7/25	4/7/25	2:00 PM	3:00 PM	MON
Creating Envelopes and Labels in Microsoft Word	\$20	3/27/25	3/27/25	4:00 PM	5:00 PM	THUR
Getting to Know your iPhone	\$55	2/26/25	2/26/25	11:00 AM	12:00 PM	W,Th,F

Wills and Trusts Explained

Jesse Bifulco, Esq.

This course shows the difference between a Will and a Trust and how each is used as a tool in an estate plan. It covers the basics of a Will, Power of Attorney, and Advanced Directive, as well as more complex topics such as trust use in Medicaid/MaineCare asset preservation, estate plans for blended families, and how to protect the inheritance of an adult child. Attendees will learn how estate planning techniques can be used to preserve assets and prevent family conflict. Taught with stories, this class shows attendees potential areas of loss in their own families.

1 night, 3 options

6:00 - 7:30 p.m.

Wednesday

4/9 OR 5/7 OR 6/4

CHRRS Rm 210

FREE

A special thank you to our instructors who volunteer to provide FREE classes that are of special interest to our communities.

Stocks, Bonds, and Investing: Oh, My!

Matt Crabtree, CFP



Looking for a good solid class in the basics of stocks, bonds, finance, and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Do you wish you could do it all without having to pay a broker or a financial advisor? Well, look no further. The class you need is right here. Take a walk through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but it will also address personal financial issues that are often ignored but absolutely essential to your success as an investor.

6 weeks

Online Instructor-led

Starts monthly

Register at <https://www.ed2go/fivetowns>

\$125

Personal Finance

Matt Crabtree, CFP



Do you have clear financial goals? Are you confident you will be able to retire someday? How can you be sure you are making the right investments? Do you know how to change your credit report to reduce your expenses and increase your financial security? Do you know how to keep good financial records?

This course will prepare you for a lifetime of worthwhile personal financial planning. The tools you will learn are useful, realistic, and easy to work into your regular routine. They will help you gain control over the financial impact of the choices you make. You will learn to create and use a budget, borrow and invest wisely, make intelligent decisions about insurance, and plan for your financial future. You will develop a retirement savings plan, and you will be better prepared to make large purchases and plan for taxes. You will learn the essentials of household bookkeeping, record-keeping requirements, and much, much more.

6 weeks

Online Instructor-led

Starts monthly

Register at <https://www.ed2go/fivetowns>

\$129

Medicare 101

Anna Moorman



Anna Moorman of Allen Insurance & Financial is a licensed insurance agent with a decade of experience helping individuals find the right Medicare coverage based on their personal needs, budget, and risk tolerance. During this class she will help answer questions including: What does Medicare cover? What does Medicare NOT cover? When can I enroll in Medicare? What is a Medicare Advantage plan? What is a Medicare Supplement plan?

1 night

5:30 - 7:00 p.m.

Thursday

4/9/25 OR 5/14/25

CHRRS Rm 222

FREE

Are you looking for part-time or full-time work?

Come join our staff at Five Town CSD and Camden Rockport Schools!

Openings for Custodians,
Bus Drivers, and Substitute Teachers.

Contact monica.gallagher@fivetowns.net for more details, or visit

www.applitrack.com/fivetowns/onlineapp/

"I learned a lot from your course and I now feel that I have the knowledge to start working toward saving for my future. Thank you!"

Healthcare Training

CPR, AED, Standard First Aid

Andrew Eckman

Course will emphasize life-threatening conditions and a focus on critical life-saving skills using decision tables that provide a concise summary of what signs to look for and what treatment steps to take during an emergency. New and updated content on CPR, AED, first aid, epinephrine injectors (Epi-Pen®), hemorrhage control, opioid overdose response (Naloxone/Narcan®), compression-only CPR, and COVID-19 is provided. Accepted by most Federal and state regulatory and licensing agencies. **MUST ATTEND ALL CLASS SESSIONS.**

5 weeks
Tuesday
CHRHS Rm 218
6:00 - 9:00 p.m.
Begins 4/8/25
\$100

Basic Life Support for Healthcare Providers Recertification

Andrew Eckman

This is a refresher/recertification course for the Basic Life Support program. Prior to class, participants **MUST** present a valid certification from one of the following entities: American Heart Association (AHA), American Red Cross (ARC), Canadian Red Cross, Health and Safety Institute (ASHI, EMSS, 24-7 Medic), Emergency Care and Safety Institute (ECSI), or National Safety Council (NSC).

1 night
Tuesday
CHRHS Rm 218
6:00 - 9:00 p.m.
3/4/25
\$87

Pediatric CPR, AED, Standard First Aid

Andrew Eckman

IMPORTANT NOTE FOR CHILD CARE PROVIDERS: The Maine Department of Health and Human Services, Office of Child and Family Services, now requires licensed childcare providers complete a specialized Pediatric First Aid course. The traditional Standard First Aid course does **NOT** meet the new requirement. Persons seeking licensure as childcare providers **MUST** take the Pediatric First Aid module. **THIS MODULE MEETS OR EXCEEDS STATE REQUIREMENTS FOR CHILDCARE LICENSURE.** Updated content meets or exceeds the scientific recommendations developed by the International Liaison Committee on Resuscitation (ILCOR) and is consistent with the CPR and ECC Guidelines as established by the American Heart Association.

5 weeks
Tuesday
CHRHS Rm 218
6:00 - 9:00 p.m.
Begins 4/8/25
\$100

Babysitter Training (American Red Cross)

Andrew Eckman

The primary purpose of the Babysitter's Training course is to provide prospective youth babysitters with the knowledge and skills necessary to give care safely and responsibly for children and infants, such as diapering, bottle- and spoon-feeding, age-appropriate games, activities, and dealing with uncooperative children. This training will help participants to develop leadership skills and become better babysitters. They will learn how to build a babysitting business, keep themselves and others safe, and learn about basic childcare and basic first aid. This training is designed for youths ages 11 to 15.

3 weeks
Thursday
CHRHS Rm 218
4:00 - 7:00 p.m.
Begins 3/6/25
\$105



Firefighters Needed! Come and Learn More about how YOU can be a Firefighter!

Knox County Mutual Aid Association

Your local fire department needs YOU! Join the dedicated, everyday heroes who keep our community safer. Opportunities to serve come in different forms—firefighting, fund raising, community education, and department support—and you don't have to be available 24/7. Your contribution could be volunteering, on-call, part-time, or per diem. It could lead to a career! Get all your questions answered and more in this one-night presentation by the Knox County Mutual Aid Association. Meet area fire chiefs and firefighters and find out how your knowledge, skills, and abilities can be an asset to your community. Attendance is **FREE** but please register to let us know what numbers to expect. High school students are encouraged to attend.

1 night
Thursday
CHRHS Rm 220
6:00 - 8:00 p.m.
5/8/25
Free

Basic Life Support for Healthcare Providers

Andrew Eckman

Note: This course does **NOT** contain a First Aid component. This program ensures that individuals with a duty to respond (public safety professionals, healthcare providers, and others with a duty to respond) have the knowledge and skills necessary to respond to breathing and cardiac emergencies. Updated coverage of CPR, AED, cardiac arrest, respiratory arrest, airway adjuncts, "Team CPR," and Naloxone (Narcan®) is provided. Focus is on soft skills, with additional coverage relating to team-based resuscitation. This program is accepted for continuing education credit by CAPCE and NREMT for EMS personnel, and by most state agencies and licensing boards. **MUST ATTEND ALL CLASS SESSIONS.**

3 weeks
Tuesday
CHRHS Rm 218
6:00 - 9:00 p.m.
Begins 3/25/25
\$120



MID-COAST

SCHOOL OF TECHNOLOGY
ADULT EDUCATION

1 Main Street Rockland, ME 04841



WORKFORCE TRAINING CLASSES*

***FUNDING AVAILABLE FOR MOST WORK FORCE TRAINING COURSES**

CNA & CRMA Certificate Programs

- CNA - classes start 1/7, 4/1 or 7/19 weeks, T/W/TH 8:30am-3:00
- CRMA - classes start 1/17, 3/21 or 8/15 weeks, FRI 8:30am-4:00
- CRMA Recertification - class dates 3/14 or 5/16 1 day, FRI 8:00am-2:00

Dental Assisting NEW class starts 2/2810 Sessions, FRI 9:00am-4:00

Welding & Machining

- MIG Welding 1 - class starts 1/286 weeks, T/TH 4:30-7:30pm
- MIG Welding 2 - class starts 3/246 weeks, M/W 5:00-8:00pm
- Machining 1 - class starts 2/34 weeks, M/T 4:30-7:30pm
- Machining 2 - class starts 3/174 weeks, M/T 4:30-7:30pm

Technology for Home & Work

- Quickbooks Online-Basic & Intermediate - class starts 2/66 weeks, TH 6:00-8:00pm
- Quickbooks Online-Advanced - class starts 4/33 weeks, TH 6:00-8:00pm
- Google Drive - class dates 1/28 & 1/302 weeks, T/TH 6:00-8:00pm
- Document & File Management - class date 4/301 Session, W 6:00-8:00pm
- Outsmart the Scammers - class date 1/271 Session, M 6:30-8:00pm
- SketchUp for Woodworking - class starts 2/255 weeks, T 5:30-8:00pm

Enrichment Classes

Plumbing Basics
Basic Automotive-Theory/Maintenance 101
Power of Line 1 & 2
Watercolors Part 1 & 2
Simple & Creative Bookbinding
Marlinspike Seamanship Nautical Arts
Learning the Recorder
Intro to Photography
Drawing on the Right Side of the Brain Part 2
Intro to Portraiture

Medicare 101
Artisan Breads
Wooden Sailors Chest
Cupcakes with Buttercream Flowers
Panoramic Sugar Easter Eggs
Blooms Through the Season
Growing Cut Flowers
Designing Beds & Borders
Season Extension
Growing from Seed Indoors
.....and many more!

For complete list of courses and course details and to register,
go to midcoastadulthood.com, or scan the QR code above

adulthood@mcst8.org

207-596-7752 x 3

Our Instructors & Staff

We'd again like to highlight several teachers who are NEW for the 2024-25 year. Check them out!

Nancy Albertson is a certified plant-based nutrition coach and is passionate about sharing the benefits of a plant-based diet for anyone who is interested in improving their health.

Francis Boscoe is a retired university professor living in Camden. He leads an Italian conversation group at the Rockport Library, and in the fall of 2023 attended an advanced Italian course in Torino, Italy.

James Bradney lived in New York City from 1987 to 1997, while making slews of commercials, music videos, and movies there. He started as the lowly Production Assistant, moving up in experience and responsibilities to Production Coordinator, Production Manager and eventually Producer. The work was arduous and demanding, but with wonderful moments of hilarity, satisfaction, and the respect for the real masters at their craft.

Susan Hurst is a lifetime arts-and-crafter having worked in many different media. She has done metalsmithing and jewelry-making, broom-making and leatherwork, made birdhouses, worked in clay, and most recently basket-making.

Amory Lee is in her final year of a Master's degree in Ecopsychology. She is on a mission to educate folks on the topic. In her time outside of the classroom, she is working to provide children in public school everyday access to outdoor education. You can find out more about her work through www.ecopsychology101.org

Michelle McAnaney, former School Counseling Director at CHRHS, is the founder of The College Spy. She works with families nationwide to navigate the college admissions process with confidence, from choosing classes and building a thoughtful list of colleges to creating applications that truly tell an applicant's story. With over 25 years of experience and over 300 campuses visited, Michelle shares her insider knowledge with families through individual packages, group workshops, parent courses, free webinars, and media features. Learn more at TheCollegeSpy.com.

Andy O'Brien is a writer, labor educator, and journalist. He is currently the Communications Director of the Maine AFL-CIO and a former state legislator and managing editor of *The Free Press*. He has a BA in African American History from Drew University and an MS in Education from the University of Southern Maine. His work has appeared in *The Intercept*, *Down East*, *Labor Notes*, *The Bolland*, *Amjambo Africa* and more.

Annah Sullivan graduated from Husson University in 2011 as a Doctor of Physical Therapy. She has since worked with a variety of infants and children in the pediatric setting. Annah enjoys teamwork with parents and creating a relaxed setting that is open for questions and learning.

Karen Vellekamp is a retired math teacher who has been knitting for forty years. She taught herself to knit after finishing college. Her specialty is making sweaters; and her winter wardrobe consists almost exclusively of her knitted garments and accessories. She is also quite skilled at fixing mistakes in knitting (which is handy since she makes a lot of them) and helping others with their own knitting "disasters."

Steve White has been an avid amateur photographer for decades. He has produced radio commercials and television programs, taught call center agents, trained volunteers for public television auctions, and trained teachers of the deaf to design, produce, and teach with overhead project transparencies (pre-PowerPoint).

Adult & Community Education Staff

Nick Beverage, Director

nicholas.beverage@fivetowns.net
230-1667

Nick has experience in a variety of roles, including adult education, non-profit management, research, and teaching. Nick is also an artist who shows his oil paintings locally from time to time.

Elyse Socker, Program Assistant

elyse.socker@fivetowns.net
236-7800, ext 3274

After 30 years of working in the book business, Elyse became the Program Assistant for adult ed in 2007. She loves the community connections, many opportunities to help people, and the fact there is never a dull moment!

Sarah Price, Evening Secretary

sarah.price@fivetowns.net
236-7803

A native Tennessean, Sarah moved north to study writing at the University of New Hampshire where she met her husband to be. They moved to Maine in 1990 for his wooden boatbuilding career. Sarah is delighted to bring her experience in publishing, education, and customer service to the adult ed team.

Heather Corson, Academic Instructor

heather.corson@fivetowns.net
236-3358 ext. 4319

Heather has a degree in International Affairs in Political Science and Spanish and an M.A.T in Secondary Education. She teaches Spanish at Camden Hills Regional High School, and has previous experience teaching K-12 English language learners in Ecuador and South Korea.

David Doubleday, Academic Coordinator

david.doubleday@fivetowns.net
236-7800, option 5

David was a long-time teacher in the English department at Camden Hills Regional High School. He recently retired and has joined our team to help direct students to appropriate pathways.

Brenda Hio-Hamdan, Academic Instructor

brenda.hio-hamdan@fivetowns.net
236-3358 ext. 4319

Brenda has a degree in English and writing. She has experience as a high school teacher and working with adults at RSU13.

Peg Junge, Academic Instructor

margaret.junge@fivetowns.net
236-3358 ext. 4319

Peg has a degree in business and math, with numerous years of experience working with adults at RSU13 and MCST.

Symbols & Abbreviations

CHRHS = Camden Hills Regional High School

SR = qualifies for Senior Discount. **MUST CALL TO REGISTER.**



= online class



= virtual live class



= very popular class