

WINTER  
SPRING  
**2024**



**nace**  
NOBLE ADULT & COMMUNITY EDUCATION

207-676-3223

nace@msad60.org

noble.mainedulted.org

**EDUCATE**



**EMPOWER**



**ENRICH**



**NACE**



*Connecting Community Through Education*

Flexible Academic Offerings • Sewing Classes • Multilingual Learning  
Online Music Classes • Goat Milk Soap • Card Making • Printmaking  
Family Classes • Gardening Classes • Internet Safety  
And More!



**Maine Adult Education**  
EDUCATE • EMPOWER • ENRICH

# Winter/Spring 2024

## Welcome to the NACE Winter/Spring Catalog!

The new year brings possibility. What will be possible for you this year? Sometimes, it is hard to know in the beginning. Stepping into possibility is a leap of faith; the outcome may be unclear, but the pull toward change is powerful!

Your step into the current of growth may be one of academic challenge. Perhaps it is time to complete that high school degree, prepare for or enroll in college classes, grow your English skills, or embark on a new career. Our academic programming is here to support those first steps, and walk with you for as long as you would like our support!

Perhaps your possibility lies in developing a new craft or hobby, bringing more movement into your life, or cultivating more digital skills to navigate the wild frontier of the internet! If so, our enrichment offerings can serve as a foundation for developing those skills, and will connect you to a community of people pursuing the same goals.

Whether you pursue enrichment or academic programming, our staff is ready to receive you with warmth and welcome. Our talented and knowledgeable instructors will meet you where you are, and give you the time and attention you need to achieve your goals. We look forward to seeing you in class soon!

Warmly,  
*Jeanne MacDonald-Johnson*  
NACE - Assistant Director



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# VOLUNTEER OPPORTUNITIES



## NOBLE ADULT & COMMUNITY EDUCATION

### *Kindergarten Book Bag Project*

The NACE Kindergarten Book Bag Project has been supporting incoming kindergarteners within our community for the last 20 years. Our goal is to encourage education within the community, and get future kindergarteners excited about learning! Each bag contains resources for parents and fun activities for kids.

Each year, a group of volunteers work together to stitch bags, and through a generous donation from Kennebunk Savings Bank we are able to buy supplies for the bags. In 2021, our team put together in total a whole 300 book bags, with extra to spare!

#### Volunteers help with:

- sewing bags
- sewing handles
- cutting
- ironing
- turning bags inside out

If you are interested in volunteering your time to help with the Kindergarten Book Bag Project, please contact us at:

- 207.676.3223
- nace@msad60.org

Volunteering will be held on Thursdays from 10am - 2pm  
at Noble High School

|               |                              |             |
|---------------|------------------------------|-------------|
| <b>Mar 21</b> | <b>Thur, 9:00am - 2:00pm</b> | <b>FREE</b> |
| <b>Mar 28</b> | <b>Thur, 9:00am - 2:00pm</b> | <b>FREE</b> |

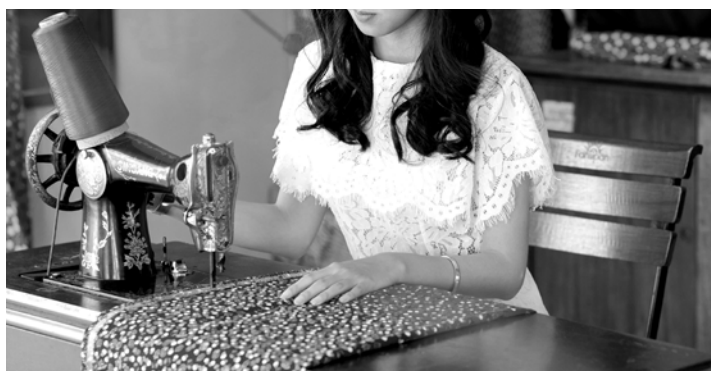
## Sew for "Dress A Girl"

Every girl deserves at least one dress. Since October 2009, "Dress A Girl Around The World" has reached over 81 countries with a recorded number of over one million dresses delivered to girls in need around the world. Jane, the Maine DAG Ambassador, welcomes your support again this semester with sewing menstrual pads and dresses for girls in need.

We will be holding 9 sewing dates for those who are interested in volunteering their time to sew. You can stay the whole time or for a few hours; any help is appreciated. If there are more requests for sewing days, we will update that information on our website and social media. Feel free to bring a lunch with you; the sewing room at NACE has a refrigerator you can keep your food/drinks in.

We do ask volunteers to please register for the days they wish to come in and sew to be sure the sewing room and supplies are all ready.

|                        |                              |             |
|------------------------|------------------------------|-------------|
| <b>Apr 30 - Jun 25</b> | <b>Tue, 10:00am - 2:00pm</b> | <b>FREE</b> |
|------------------------|------------------------------|-------------|





# NACE ACADEMICS

Rolling Admission for the Winter/Spring Semester



The following courses are available to adult learners who are seeking to fulfill requirements for the high school diploma program, to prepare for the HiSET, or to transition to employment or college. Daytime and evening classes occur in small classroom settings at Noble High School, the DA Hurd Library, the Berwick Library, and House of Hope. Remote options are also available! Classes and exam preparation are free to Maine residents!

**Contact us today to get started!**

Call: 207.676.3223 • Text: 207.331.4051 • Email: [jeanne.macdonald-johnson@msad60.org](mailto:jeanne.macdonald-johnson@msad60.org)

## High School Completion

### High School Diploma

We can request your high school records to determine how many credits you need to earn a traditional high school diploma. Our program requirements align with the standards of Noble High School.

### High School Equivalency Test

High School Equivalency Test (HiSET) diplomas are widely accepted by employers, colleges, and the military. This is a great option for people who need many credits.

## Classes

### High School / HiSET Orientation

This 24-hour course is mandatory for learners pursuing either a high school diploma or HiSET. It includes intake, assessments, course placement, career coaching and workshop sessions.

### Math For High School Completion

with Louise Burns or Bill Puffer

Brush up on math basics, learn new skills, and build confidence in math to use toward a high school credential.

### Reading and Writing for High School Completion

with Jeanne Macdonald-Johnson

Students will learn to apply various reading and writing strategies to advance skills for high school completion. This class features skill development across informational and narrative texts, vocabulary building, and essay development.

### Financial Literacy

with Jeanne Macdonald-Johnson

Develop skills in budgeting, building credit, saving for retirement, basic investing, and paying for college. This course may be used for credit towards a high school diploma, or as part of an educational plan for college or career.

### Digital Literacy Skills

with Jeanne Macdonald-Johnson

This self-paced course allows you to focus on the specific computer tools that are of interest to you. Topics are based on the Microsoft series (MS Word, MS Excel and MS Powerpoint), and the Google Suite. Learn to apply these digital skills in personal, academic, and career contexts.



We now offer Career Navigation, in conjunction with the Maine Jobs & Recovery Plan! Our Career Navigator, Kate Points, is connected with resources around the county and the state to help people get into sustainable careers and reduce barriers to employment.

When you work with Kate, you can expect personal career guidance support. Are you looking for a different work situation and aren't sure what your next steps should be? Do you want help with a resume or practicing job interviews? Are you looking for training opportunities or an apprenticeship? Do you want to get a certification? Whatever your career goals, Kate can help!

**Contact Kate today!**

Email:  
[kpoints@sanford.org](mailto:kpoints@sanford.org)

Call/Text:  
207.977.6548



**Maine's**  
Community Colleges

## FREE COLLEGE - HOW IT WORKS

### 1 Have A High School Diploma

(or equivalent) from 2020, 2021, 2022, 2023, 2024, or 2025.



### 2 Enroll

Pursue a degree or certificate program at least part time during the following timeframes:

**2020-21 grads:** No later than Fall 2023, Spring 2024, or Summer 2024

**2022 grads:** No later than Fall 2024, Spring 2025, or Summer 2025

**2023 grads:** No later than Fall 2025, Spring 2026, or Summer 2026

**2024 grads:** No later than Fall 2026, Spring 2027, or Summer 2027

**2025 grads:** No later than Fall 2027, Spring 2028, or Summer 2028



### 3 File the Fafsa

File online at [studentaid.gov/FAFSA](https://studentaid.gov/FAFSA).

*Please note: If you aren't eligible or can't complete the FAFSA, contact the colleges' Financial Aid Office. All federal and state aid is applied before the Free College Scholarship.*



### 4 Live in Maine

while enrolled



### 5 Complete Your Certificate or Degree

You can access the scholarship for up to 200% of the program completion time. (i.e. if your program completion time is 2-years, you can take up to 4-years to complete it.)

**New this year: Part time is okay!**



#### Please note:

- You cannot earn more than one associate degree under the Free College Scholarship.
- You can use the Free College Scholarship to get two stacked, one-year certificates or a certificate and an associate degree in the following scenarios:
  - If the two certificates are stackable. (Ex. Heating certificate, Plumbing certificate)
  - If the certificate leads to the associate degree. (Ex. Automotive Chassis certificate + Automotive Technology degree)
  - If the two certificates are directly related. (Ex. Construction Technology certificate and Electrician Technology certificate)

Learn More!



## Maine College & Career Access

Maine College and Career Access is a free program for students who are seeking a credential of value beyond high school completion, such as an apprenticeship, certificate training, or college degree.

Students create an individualized learning plan under the guidance of their advisor to prepare for next steps and reach educational goals.

### Math for Career and College

with Louise Burns or Bill Puffer

This class is a refresher to upgrade your skills, prepare for an **ACCUPLACER** exam, or to gain skills to further your career or go to college.

### Reading and Writing for Career and College

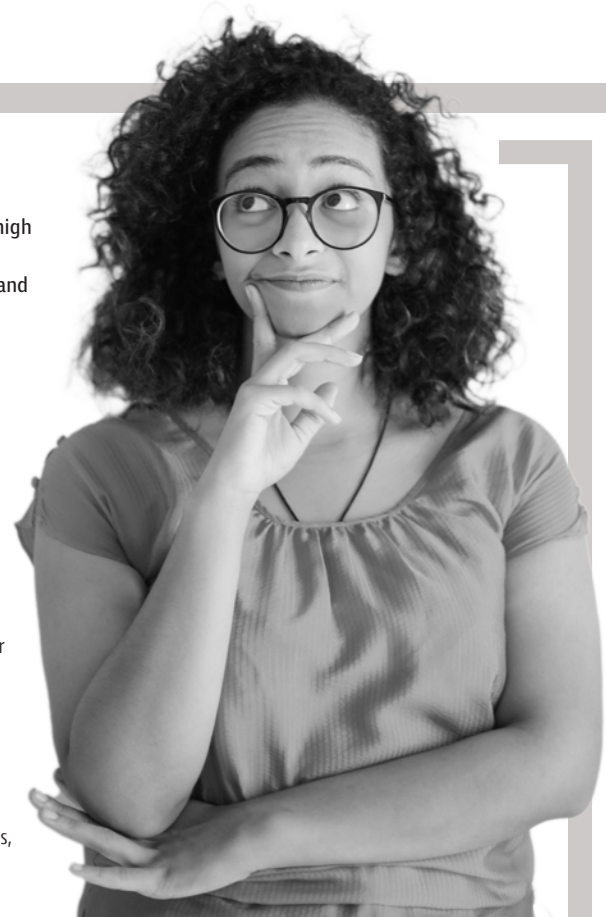
With Jeanne Macdonald-Johnson

Tailored to meet your goals, emphasis is on daily reading, expanding your vocabulary, learning to identify well-written material, working with the types of texts you are likely to encounter in college or on the job, and writing for college or work.

### College and Career Advising

With Jeanne Macdonald-Johnson

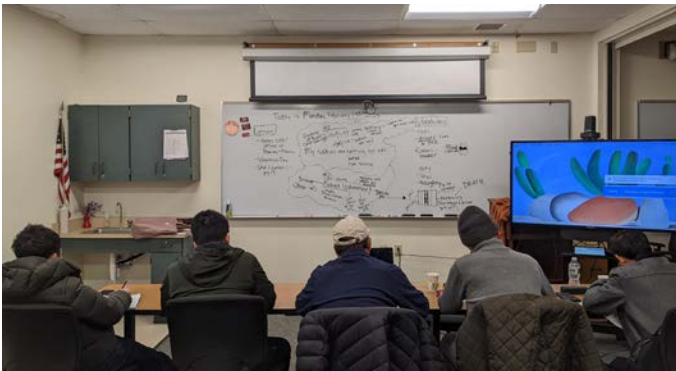
Work with your advisor to determine your next steps towards a career or college through career and college exploration, aptitude testing, job shadows, and more. Get support with the college and job application processes, financial aid, and college/workplace readiness skills.







## MULTILINGUAL LEARNING at NACE!



### English Language Classes for Multilingual Learners (MLL)

MLL students will practice speaking, writing, reading, and listening skills with a professional English language teacher. Courses offered range from basic through advanced, with placement based on individual learning needs.

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#### English as a Foreign Language Test Prep - TOEFL

This class will help you prepare for the TOEFL IBT (Test of English as a Foreign Language: Internet Based Test), used as a measure of college readiness.

#### Civics Literacy for US Citizenship

Build the literacy skills needed and knowledge required to become a US citizen in this class. Material is designed to understand the United States democratic system, and teachers will assist in practicing the civics test for citizenship.



## NACE MULTILINGUAL INSTRUCTORS

### Meet Roxanne

As an MLL instructor at NACE since 2021, Roxanne Heuschkel has taught students at all levels, from beginners to advanced, and additionally offers Citizenship study and TOEFL preparation. Beyond NACE, Roxanne plays a crucial role as the Curriculum Coordinator, advisor, and instructor for the Strengthening Maine Workforce's grant, blending her expertise with a passion for educational innovation.



Roxanne brings over a decade of experience and a global perspective to adult education, having taught for over ten years to students across continents. Her educational journey began as the director of an English language institute for adults in Cusco, Peru, and evolved through tenures in international education in Kuwait as a K-5 MLL instructor and sustainability coordinator, and in Shanghai, China as a High School MLL coach. Additionally, Roxanne has served as an MLL consultant to K-12 schools in Southern Maine.

Roxanne has three young kiddos and spends her time outside of work enjoying the natural beauty of Maine, reading, and doing art with her family.

### Meet Garrett

Hi, My name is Garrett Hodgkins and I'll be taking over teaching evening classes for the Adult Education MLL program. I was born and raised in Rumford, Maine, and I attended college at the University of Maine at Farmington, and later at the University of Southern Maine.



Outside of education I enjoy playing music, reading, and the occasional game of rugby. I couldn't be more excited to join the team and to start teaching classes!

In today's modern world, it can be difficult to find time during busy schedules to continue your education. NACE is a proud partner of LERN (Learning Resources Network), who offers a wide variety of online courses through their UGotClass program. These online courses are here to meet learners' needs.

Participants have the flexibility to take classes at a time that works for them, whether early in the morning or late at night. The UGotClass portal is open 24 hours a day, 7 days a week.



| CERTIFICATE PROGRAMS                      |       | COST | WINTER         | SPRING         |
|---|-------|------|----------------|----------------|
| <b>Business</b>                           |       |      |                |                |
| Bookkeeping                               | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Account./Finance for Non-Finance Managers | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Entrepreneurship                          | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Quickbooks                                | \$395 |      | Feb 5 - Mar 29 | Apr 1 - May 31 |
| Basics of Bookkeeping                     | \$195 |      | Mar 4 - Mar 29 | May 6 - May 31 |
| <b>Business Communication</b>             |       |      |                |                |
| Business Writing                          | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Customer Service                          | \$245 |      | Feb 5 - Mar 29 | Apr 1 - May 31 |
| Effective Grammar                         | \$295 |      | Feb 5 - Mar 29 | Apr 1 - May 31 |
| Basic Game Design                         | \$395 |      | Feb 5 - Mar 29 | Apr 1 - May 31 |
| Workplace Communication                   | \$595 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| <b>Leadership</b>                         |       |      |                |                |
| Leadership Development (for Gen Y)        | \$395 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| <b>Technology Skills</b>                  |       |      |                |                |
| Web Design                                | \$595 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Graphic Design Software Essentials        | \$545 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Computer Skills For The Workplace         | \$195 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| WordPress                                 | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Coding                                    | \$595 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| <b>Management</b>                         |       |      |                |                |
| Project Management                        | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Management                                | \$595 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Six Sigma Green Belt                      | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Supervisory & Leadership                  | \$395 |      | Feb 5 - Mar 29 | Apr 1 - May 31 |
| Managing Remote Workers                   | \$395 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Non-Profit Administration                 | \$595 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| <b>New Media Marketing</b>                |       |      |                |                |
| Digital Marketing                         | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Mastering Video Marketing                 | \$395 |      | Feb 5 - Mar 29 | Apr 1 - May 31 |
| Podcasting                                | \$245 |      | Feb 5 - Mar 1  | Apr 1 - Apr 26 |
| Integrated Marketing                      | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Social Media For Business                 | \$495 |      | Feb 5 - Apr 26 | Apr 1 - Jun 28 |

| CERTIFICATE PROGRAMS                           |       | COST | WINTER              | SPRING         |
|--|-------|------|---------------------|----------------|
| <b>Data Science</b>                            |       |      |                     |                |
| Data Analysis                                  | \$495 |      | Feb 5 - Apr 26      | Apr 1 - Jun 28 |
| Mastering Excel                                | \$495 |      | Feb 5 - Apr 26      | Apr 1 - Jun 28 |
| Power BI                                       | \$495 |      | Feb 5 - Apr 26      | Apr 1 - Jun 28 |
| SQL  | \$595 |      | Offered every month |                |
| <b>Training and Education</b>                  |       |      |                     |                |
| Online Teaching                                | \$495 |      | Feb 5 - Apr 26      | Apr 1 - Jun 28 |
| Teaching Adults                                | \$295 |      | Feb 5 - Mar 29      | -              |
| <b>Training for K12 Teachers</b>               |       |      |                     |                |
| Learning Styles                                | \$395 |      | Mar 4 - Apr 26      | -              |
| The Teen Brain                                 | \$195 |      | Feb 5 - Mar 1       | Apr 1 - Apr 26 |
| Culturally Responsive Pedagogy / Diverse Class | \$145 |      | Feb 5 - Mar 1       | Apr 1 - Apr 26 |
| <b>Personal Development</b>                    |       |      |                     |                |
| Beginning Conversational Spanish               | \$290 |      | Feb 5 - Mar 29      | Sep 5 - Oct 27 |
| Introduction to Fiction Writing                | \$195 |      | Feb 5 - Mar 1       | Apr 1 - Apr 26 |
| Spanish for Medical Professionals              | \$290 |      | Feb 5 - Mar 29      | Apr 1 - May 31 |

| NEW 2024 OFFERINGS!                             |       |                |                |
|---|-------|----------------|----------------|
| Negotiation: Get What You Want                  | \$195 | Mar 4 - Mar 29 | May 6 - May 31 |
| Statistics for Decision Making                  | \$495 | Feb 5 - Apr 26 | Apr 1 - Jun 28 |
| Intro to Strategic Planning                     | \$195 | Feb 5 - Mar 1  | Apr 1 - Apr 26 |
| Diversity Equity and Inclusion in the Workplace | \$495 | Feb 5 - Apr 26 | Apr 1 - Jun 28 |

For detailed information on these UGotClass Certificates, please visit:

[www.nobleadulthood.org/online-courses](http://www.nobleadulthood.org/online-courses)







## NACE ENRICHMENT

January 2nd - June 30th



## ARTS&CRAFTS

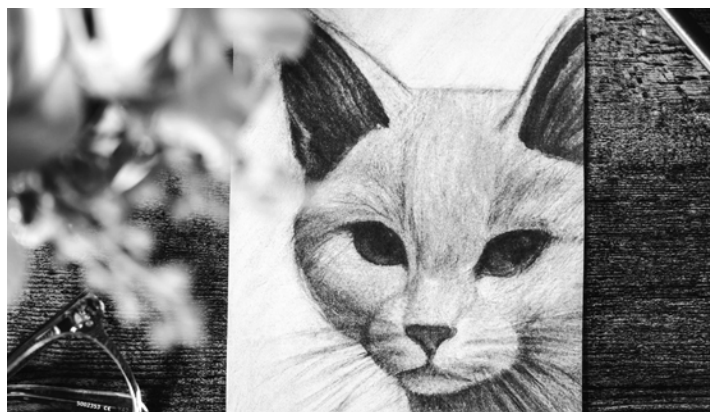
### Beginner Expressive Art Journaling

Pam Clark

Mixed media art journaling gives you the freedom to create self-expressive art without the fear of mistakes. Expressive art journaling can help to reduce stress, depression and anxiety. In this **4-week** class, learn to create a visual expression of ideas, thoughts and emotions while relaxing and having fun using a wide range of art supplies and techniques.

**No art skills required! Supplies for use in class are provided.**

|                       |                               |             |
|-----------------------|-------------------------------|-------------|
| <b>Mar 7 - Mar 28</b> | <b>Thur, 11:00 - 12:30 pm</b> | <b>\$50</b> |
| <b>May 2 - May 23</b> | <b>Thur, 11:00 - 12:30 pm</b> | <b>\$50</b> |



### Beginner Drawing

Gayle Fitzpatrick

This class is for beginners as well as those who have had some drawing experience. Develop the skills to draw what you see. You will begin with the basics: countour, perspective, value, shading, composition, and gesture. Moving on, you will do observational drawing using line, gesture, shape, value and texture to record and interpret reality.

#### Supply list:

- Sketchbook
- Kneaded eraser
- Various pencils (2B - 6B)

|                       |                          |             |
|-----------------------|--------------------------|-------------|
| <b>Mar 1 - Mar 29</b> | <b>Fri, 6:00-7:30 pm</b> | <b>\$50</b> |
|-----------------------|--------------------------|-------------|



### Knitting

Vicky Vaughn

**Now offering back-to-back daytime and evening classes!** Join us for a fun, no pressure knitting experience. This **7-week** knitting class is great for not only beginners, but for anyone who may be a little rusty. You'll learn how to cast on, master the basic knit and purl stitches, learn some tips and tricks on repairing mistakes, and learn how to read a pattern! Vicky is a passionate knitter and always makes classes fun for her students.

**Can't make a full session? Student drop-ins are welcome! Drop-In fee is \$12 per class.**

|           |                       |  |             |
|-----------|-----------------------|--|-------------|
| <b>S3</b> | <b>Jan 2 - Feb 13</b> | <b>Tue, 4:00 - 6:00 or 6:00 - 8:00pm</b> | <b>\$77</b> |
| <b>S4</b> | <b>Feb 27 - Apr 9</b> | <b>Tue, 4:00 - 6:00 or 6:00 - 8:00pm</b> | <b>\$77</b> |
| <b>S5</b> | <b>Apr 23 - Jun 4</b> | <b>Tue, 4:00 - 6:00 or 6:00 - 8:00pm</b> | <b>\$77</b> |





## Card Making with Katie!

Katie Nickerson

Why buy a card from the store when you can make your own? NACE is excited to have Katie back to do some more "Stampin' Up" demonstrations to create beautiful cards that are great for special occasions. This Winter/Spring semester, Katie will show you how to create two different card designs in class from kits, each dedicated to a different theme. The cost of the class includes card kits for four total cards, two of which we will go over in class. Please bring glue and a pair of scissors with you. What are you waiting for? Lets get stampin'!

min. 4 / max. of 6 students per session

You may purchase additional kits from katie for \$5 if desired.

|                            |               |                            |             |
|----------------------------|---------------|----------------------------|-------------|
| <b>Valentines Day</b>      | <b>Jan 13</b> | <b>Sat, 1:00 - 4:00 pm</b> | <b>\$15</b> |
| <b>Mystery Card</b>        | <b>Feb 21</b> | <b>Wed, 1:00 - 4:00 pm</b> | <b>\$15</b> |
| <b>Spring</b>              | <b>Mar 23</b> | <b>Sat, 1:00 - 4:00 pm</b> | <b>\$15</b> |
| <b>Mothers/Fathers Day</b> | <b>Apr 27</b> | <b>Sat, 1:00 - 4:00 pm</b> | <b>\$15</b> |
| <b>Graduation</b>          | <b>May 4</b>  | <b>Sat, 1:00 - 4:00 pm</b> | <b>\$15</b> |

## Ceramics Open Studio

Cynthia Plaisted

Come join us as we explore the wonders of clay! You will develop and use it to create unique pieces of your own design through a variety of techniques. You will be encouraged to try the manual and electric wheels, roller, carving tools, and beautiful glazes to bring the pieces you imagine to life. Beginners to experts welcome.

Materials fee:

\$40 and payable to the instructor first night of class.

No Class Feb 12, Feb 19, Apr 15

|                            |                            |             |
|----------------------------|----------------------------|-------------|
| <b>\$4 Jan 29 - Mar 18</b> | <b>Mon, 5:00 - 8:00 pm</b> | <b>\$75</b> |
| <b>\$5 Mar 25 - May 6</b>  | <b>Mon, 5:00 - 8:00 pm</b> | <b>\$75</b> |



## Printmaking

Gayle Fitzpatrick

Students will develop a basic understanding of single and multiple block processes as they learn to design and develop a relief print by carving a linoleum block.

Technique for carving, inking up and printing the block, as well as learning how to edition and sign prints are skills that will be taught.

**Instructor will provide materials, for a cost of \$8 per person which will be payable to the instructor the first night of class.**

|                      |                            |             |
|----------------------|----------------------------|-------------|
| <b>Apr 5 - May 3</b> | <b>Fri, 6:00 - 7:30 pm</b> | <b>\$30</b> |
|----------------------|----------------------------|-------------|

## Rug Braiding For Beginners

Pam Rowan

Have you ever wanted to learn how to do rug braiding? This Fall, NACE welcomed longtime rug braider, Pam, to share how fun and easy rug braiding can be! In this beginner rug braiding class you will learn how to make a mug rug. You will learn how to begin a circular rug that is a continuous mat. When you have completed this small mat, a larger chair pad or rug can be made with these skills.

**Class is limited to 4 students per session**

**Kit fee is \$12 and payable to the instructor on the first night of class.**

|                          |             |
|--------------------------|-------------|
| <b>Date and Time TBD</b> | <b>\$15</b> |
|--------------------------|-------------|

*Throughout the semester, we may have "pop-up" classes not advertised in our brochure. Be sure to follow us on Facebook and visit our website for class updates!*





### Wire Wrap Jewelry Series

Beth Goody

Explore the fun and versatile world of wire wrapping jewelry. As one of the oldest forms of jewelry-making, there are many different techniques to learn to create beautiful one-of-a-kind pieces. Beth brings her years of experience and creativity to show you the different techniques to learn and/or expand your knowledge. Each week there will be a different project, and you can sign up for single classes or save and sign up for the full 4 weeks. No matter your skill level, all are welcome. Feel free to bring your own stone and if you have a pair of round-nose jewelry pliers, please bring them to class. Let's get wrapping!

**Material Fee:**

\$10 per class payable to the instructor at the start of class.

|                       |               |                          |                        |
|-----------------------|---------------|--------------------------|------------------------|
| <b>Project 1</b>      | <b>Feb 28</b> | <b>Wed, 6:00-8:30 pm</b> | <b>\$18</b>            |
| <b>Project 2</b>      | <b>Mar 6</b>  | <b>Wed, 6:00-8:30 pm</b> | <b>\$18</b>            |
| <b>Project 3</b>      | <b>Mar 13</b> | <b>Wed, 6:00-8:30 pm</b> | <b>\$18</b>            |
| <b>Project 4</b>      | <b>Mar 20</b> | <b>Wed, 6:00-8:30 pm</b> | <b>\$18</b>            |
| <b>All 4 Projects</b> |               |                          | <b>\$66 (Save \$6)</b> |

### Wire Wrapping - Master Series

This class is for wire wrappers who already know some basics and want to hone their craft and create their own designs using new techniques.

**Material Fee:**

\$10 per class payable to the instructor at the start of class.

Bring round nose-jewelry pliers if you have a pair.

|                      |               |                            |                        |
|----------------------|---------------|----------------------------|------------------------|
| <b>Project 1</b>     | <b>Apr 24</b> | <b>Wed, 6:00 - 8:30 pm</b> | <b>\$18</b>            |
| <b>Project 2</b>     | <b>May 1</b>  | <b>Wed, 6:00 - 8:30 pm</b> | <b>\$18</b>            |
| <b>Both Projects</b> |               |                            | <b>\$30 (Save \$6)</b> |

### Zentangle

Patty Weeks

Let out your inner artist and explore the amazing art of Zentangle! The meditative art of Zentangle is an easy-to-learn method. It is relaxing and fun! Gain inspiration and release your creative endeavors as Patty shows you different Zentangle patterns that you can learn to build into beautiful abstract pieces of art. There are no good or bad drawings. Just enjoy the process and find relaxation from the busy world around us. This class is for beginners and experienced "tangles" alike!

**Materials for this class include:**

- Pencil
- Micron pens (Sizes 01, 08 and probably 005)
- Small notebook
- Pencil sharpener
- Holder for supplies
- Possibly a folder for projects

|              |                           |                           |
|--------------|---------------------------|---------------------------|
| <b>Jan 4</b> | <b>Thur, 5:00-7:00 pm</b> | <b>\$15 (Senior \$10)</b> |
| <b>Feb 1</b> | <b>Thur, 5:00-7:00 pm</b> | <b>\$15 (Senior \$10)</b> |
| <b>Mar 7</b> | <b>Thur, 5:00-7:00 pm</b> | <b>\$15 (Senior \$10)</b> |
| <b>Apr 4</b> | <b>Thur, 5:00-7:00 pm</b> | <b>\$15 (Senior \$10)</b> |



## SEWING FUN

### Anita's Arrowhead Quilt

Judy Boardman

Hanson School, Lebanon

Come join us and learn how to make an Anita's Arrowhead Quilt Square. Only 2 fabrics are needed per square. They are easy to make and can be made in any size. Finished squares can be arranged into many different designs to make a beautiful, unique quilt.

**Materials list will be available on our website.**

|                        |                               |             |
|------------------------|-------------------------------|-------------|
| <b>Apr 24 - May 29</b> | <b>Wed, 6:00 pm - 9:00 pm</b> | <b>\$50</b> |
|------------------------|-------------------------------|-------------|

**Don't delay. REGISTER TODAY!**

Classes fill quickly,  
so be sure to register  
early!



# Sewing & Quilt Weekends

With Elle Hickey & Kelly Monroe

Finish those UFOs (aka unfinished objects) or start a new one. Pick up helpful tips from fellow stitchers and make new friends! Escape those constant interruptions at home with over five hours of sewing and camaraderie. Show and tell is encouraged, and no one is too new to join in the fun! Bring handwork or your sewing machine and supplies. Iron, ironing board, cutting mats and rulers supplied.

Space is limited to **14 people** so be sure to register early!

|                |  |                           |
|----------------|--|---------------------------|
| <b>Jan 5+6</b> | <b>Fri, 5 - 8:30 pm   Sat, 9 am - 3 pm</b> | <b>\$18 (Senior \$10)</b> |
| <b>Feb 2+3</b> | <b>Fri, 5 - 8:30 pm   Sat, 9 am - 3 pm</b> | <b>\$18 (Senior \$10)</b> |
| <b>Mar 1+2</b> | <b>Fri, 5 - 8:30 pm   Sat, 9 am - 3 pm</b> | <b>\$18 (Senior \$10)</b> |
| <b>Apr 5+6</b> | <b>Fri, 5 - 8:30 pm   Sat, 9 am - 3 pm</b> | <b>\$18 (Senior \$10)</b> |
| <b>May 3+4</b> | <b>Fri, 5 - 8:30 pm   Sat, 9 am - 3 pm</b> | <b>\$18 (Senior \$10)</b> |



## Bargello Quilt

Dale McKibben

Hanson School, Lebanon

Bargello Quilts appear to be a complicated quilt with a number of small squares sewn together (ugh). Join Dale for this fun class and learn the easy steps to making this quilt! In this class we will go over how the pieces are cut and how they can create different wave patterns.

### Class supplies:

- Sewing machine
- Basic sewing supplies

### Materials:

- 2 Jelly rolls or the equivalent in fabric
- Solids, small prints, batiks work well for this project (**No large prints**)
- 5 1/3 yards of backing fabric

|                        |                            |             |
|------------------------|----------------------------|-------------|
| <b>Feb 28 - Apr 10</b> | <b>Wed, 6:00 - 9:00 pm</b> | <b>\$50</b> |
|------------------------|----------------------------|-------------|

## Do Your Own Quilt Thing

Kelly Monroe

Hanson School, Lebanon

Do you need time to finish a project or are you stuck on a piece you have not touched in years? Kelly is well-versed in working with flannels, minky, and machine quilts. Join the group to laugh, chat, and sew. Show and tell is strongly encouraged.

Class is limited to **10 people** -- be sure to register early!

|                       |                            |                           |
|-----------------------|----------------------------|---------------------------|
| <b>Jan 10 - Feb 7</b> | <b>Wed, 6:00 - 9:00 pm</b> | <b>\$34 (Senior \$17)</b> |
|-----------------------|----------------------------|---------------------------|

## Log Cabin Quilt

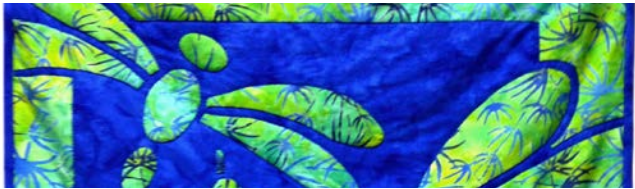
Jane Parsons

The Log Cabin Quilt block is a block you will want to make over and over again! This quilt is great for newer quilters as the pattern can be infinitely changeable in order to create a variety of designs. With this design you're only limited by your imagination and that means the possibilities are endless. Jane will show you the key techniques to keep your block square and the "logs" straight.

Materials list will be available on our website.

|                        |                                |             |
|------------------------|--------------------------------|-------------|
| <b>May 16 - Jun 27</b> | <b>Thur, 5:30 pm - 8:30 pm</b> | <b>\$50</b> |
|------------------------|--------------------------------|-------------|





Needle Turn Appliqué  
Jane Parsons

Learn how to appliqué using the needle turn technique – a technique in which you cut a piece of fabric and sew it to a background fabric. You then hand stitch the design by using your needle to turn a small seam allowance under the fabric.

Materials list will be available on our website.

Apr 25 - May 9      Thur, 6:00 pm - 8:30 pm      \$30

Open Sewing Studio  
Nancy LeClair / Jane Parsons

Every sewist knows what it's like to cut their fabric on the floor and then sew at the kitchen table. We also know it's a bit lonely and sometimes frustrating to find help when we are stuck on a particularly baffling pattern instruction. NACE is excited to announce that as of winter/spring 2024 we will be offering evening AND daytime sewing studio classes! Whether you're trying to complete unfinished projects or start new ones, Nancy or Jane will be on hand to guide you through the difficult spots. Bring your sewing machine and supplies, or do hand work.

NACE has irons, ironing boards, cutting mats, and rulers available to use during class time.

No class Feb 19, Feb 22, May 30

Jan 22 - Apr 1      Mon, 5:00 - 8:00 pm      \$70 (Senior \$45)  
Jan 4 - Mar 14      Thur, 10:00 - 2:00 pm      \$70 (Senior \$45)

Scrap Crazy Quilt  
Jane Parsons

Got leftover fabric scraps from past quilting projects? Try making a scrap crazy quilt! This is a fun and easy way to use those old scraps and create a beautiful, one-of-a-kind quilt. Bring your scraps to class and mix them with your fellow quilters to create a fun assortment of random scraps to choose from for your quilt. Jane will show you the best way to sew pieces together and to whip up some fun blocks. Have fun with a great group of sewers and let your creativity soar!

A variety of scraps will be available for class use, all you need to bring is your sewing machine!

Mar 21 - Apr 11      Thur, 5:30 pm - 8:30 pm      \$30



TEACHatNACE

Photography • Stained Glass • Ballroom Dance  
Pickleball • Cake Decorating • Water Coloring  
Computer Classes • Acting • Caregiver Support

Want to see a class in our next brochure? Or do you have a hobby or interest that you would like to share with our community members?

NACE is always looking for new and exciting classes to share with our community and would love to hear your ideas on what you would like to see/teach!

If a class is unable to be featured in our upcoming brochure, that's okay! We would still be more than happy to advertise the class on our website and social media pages.

IMPORTANT:  
Instructors must pass a background check and submit fingerprinting prior to teaching a class.

Share your class ideas with us by visiting [www.nobleadulted.org/cpf](http://www.nobleadulted.org/cpf) and fill out a course proposal form!



## Music Classes for Hopelessly Busy People

With Craig Coffmen



### Instant Piano on Zoom

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online on ZOOM, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands-on instruction.

#### Topics include:

- How chords work in a song
- How to get more out of sheet music by reading less of it
- How to form the three main types of chords
- How to handle different keys and time signatures
- How to avoid “counting”
- How to simplify over 12,000 complex chords

|               |                            |             |
|---------------|----------------------------|-------------|
| <b>Apr 15</b> | <b>Mon, 6:30 - 9:30 pm</b> | <b>\$69</b> |
|---------------|----------------------------|-------------|

### Instant Guitar on Zoom

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online on ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+.

#### Topics include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

|               |                            |             |
|---------------|----------------------------|-------------|
| <b>Apr 16</b> | <b>Tue, 6:30 - 9:00 pm</b> | <b>\$69</b> |
|---------------|----------------------------|-------------|



## PLAY THE UKULELE, YOUR JOURNEY BEGINS HERE!

With Duncan Perry

Learn to play the ukulele! It 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, and country tunes old and new -- even classical music.

Join instructor Duncan Perry on ZOOM, who has taught more than 700 students of all ages, and who will introduce you to essential chords and playing techniques using commonly known songs. Oh, and there are lots of laughs along the way. And, learning to play an instrument is good for your brain! You will need a playable ukulele and an electronic tuner or a tuner app. And when folks hear you play this happy instrument, well, they just have to smile!

If you don't own a ukulele, please contact us for information. What are you waiting for? Grab a uke and get ready for a musical adventure, then spread the joy!

|           |                        |                            |             |
|-----------|------------------------|----------------------------|-------------|
| <b>S4</b> | <b>Jan 31 - Feb 21</b> | <b>Wed, 6:00 - 7:30 pm</b> | <b>\$79</b> |
| <b>S5</b> | <b>Feb 27 - Mar 19</b> | <b>Tue, 6:00 - 7:30 pm</b> | <b>\$79</b> |
| <b>S6</b> | <b>Mar 27 - Apr 17</b> | <b>Wed, 6:00 - 7:30 pm</b> | <b>\$79</b> |



# HOME



## 7 Secrets to Mindful Organization

Roz Applebaum

Are you experiencing challenges in prioritizing and planning? Do you routinely lose important items? Do you find yourself always rushing and pressed for time? Are you neglecting your purpose, your interests, your family, self care, or something else you truly value? Do you have piles of clutter? Are you overwhelmed?

Roz challenges you to move out of your comfort zone and gain a new awareness that empowers you to transform chaos and disorder into mindful organization. Uncover behavior patterns and routines that contribute to disorganization. Replace old habits with proven techniques that give you the freedom to be more productive, effective, peaceful, and joyful.

|               |                            |             |
|---------------|----------------------------|-------------|
| <b>May 15</b> | <b>Wed, 6:00 - 8:00 pm</b> | <b>\$20</b> |
|---------------|----------------------------|-------------|

## Indoor Herb Garden 101

Beth Goody

Hanson School, Lebanon

Have you always dreamed of having an herb garden but you're not sure how to get started? Have no fear! Growing herbs is an easy and delicious way to start gardening. In this class, you will learn to plant and maintain your very own herb garden. From preparing the soil to planting a variety of herb seeds and keeping those fresh herbs healthy, you will learn to harvest and use your herbs to enhance any meal for just pennies! The materials fee for this class covers starter containers, soil, and a variety of herb seeds.

**\$5 materials fee payable to the instructor at the start of class. Herb plants will also be available to purchase.**

|               |                            |             |
|---------------|----------------------------|-------------|
| <b>Apr 10</b> | <b>Wed, 6:00 - 8:00 pm</b> | <b>\$18</b> |
|---------------|----------------------------|-------------|

## Tea Time!

Nancy Jusseaume

Did you know that tea has been shown to have a number of different health benefits? Join Nancy in these tea classes where she will teach you how to make a tea blend. You will learn what can be used in tea to help with winter illness, and you will learn how tea can help beat those winter blues with mood boosting ingredients.

Class will include making your own tea, as well as getting to sample some made by Nancy.

**\$8 materials fee payable to the instructor at the start of class.**

|                                       |               |                          |                         |
|---------------------------------------|---------------|--------------------------|-------------------------|
| <b>Immunity Boosting Tea</b>          | <b>Jan 16</b> | <b>Tue, 6:00-8:00 pm</b> | <b>\$20</b>             |
| <b>Mood Boosting Tea</b>              | <b>Jan 30</b> | <b>Tue, 6:00-8:00 pm</b> | <b>\$20</b>             |
| <b>Both Classes (Jan 16 + Jan 30)</b> |               |                          | <b>\$35 (Save \$5!)</b> |



## Making Goat's Milk Soap

Shana Therrien

Have you ever wanted to try making soap with goat's milk? Or do you even have your own goats and need something else to do with the excess milk? In this hands-on workshop you will be able to make your own mini-batch of goat's milk soap (six bars) that you can then take home with you.

**\$15 materials fee payable to the instructor at the start of class.**

|           |               |                          |             |
|-----------|---------------|--------------------------|-------------|
| <b>S1</b> | <b>Jan 17</b> | <b>Wed, 6:30-8:30 pm</b> | <b>\$30</b> |
| <b>S2</b> | <b>Jan 31</b> | <b>Wed, 6:30-8:30 pm</b> | <b>\$30</b> |
| <b>S3</b> | <b>Feb 28</b> | <b>Wed, 6:30-8:30 pm</b> | <b>\$30</b> |

## Estate Planning & Trusts

with Kathryn Bedell, Esq.



### *Prepare for the Uncertainties of Life and Revocable Trusts & Irrevocable Trusts – Are They Right for You?*

This class will begin with an overview of basic estate planning, including wills, powers of attorney, health care directives, etc. The class will then delve into learning how revocable trusts can help avoid probate and protect your privacy, and how irrevocable trusts can protect your assets from nursing home or Maine Care (Medicaid) liens. Discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children.

**Kathryn Bedell is a lawyer in York, Maine and has been practicing for 31 years. Her practice focuses on estate planning, asset preservation, and probate matters.**

|              |                           |             |
|--------------|---------------------------|-------------|
| <b>May 8</b> | <b>Wed, 6:30 - 8:30pm</b> | <b>\$12</b> |
|--------------|---------------------------|-------------|



## Lets Get Ready to GARDEN!

Amy Wentworth

Have you been wanting to start a garden but aren't sure how to get started? Have your prior attempts at growing turned brown? If you've gardened before or not, would you like to plan your garden with a group of fellow plant and dirt lovers?



We will savor seed catalogs and packets, discuss various options for planting and garden design for whatever your situation. We will plan for starting seeds, purchasing plants, and transplanting. The class will cover the basics of garden care through the growing season,

address individual questions/situations, and provide resources for you to continue your gardening adventures. There may even be some seedling swapping and a forum for celebrations and support outside of class.

See below for each class topic (for further information, please visit our website to see full class descriptions).

### January 18: "I Dream of Green"

Orientation to the series, participant goals, and exploration of garden plants and growing options.

### February 15: "Where Can I put my Garden?"

Exploration of growing options.

### March 14: "So....I bought these seed packets..."

Seeds and Seedlings.

### April 11: Getting Muddy! Hands on seed starting

### May 16: Seedlings! Care and Planning for Planting

### June 13: "Gonna Make This Garden Grow!"

Care of the summer garden.

There will be a \$10 material fee that will cover soil and seeds.

Amy has been growing indoors and out for 30+ years and is a member of the York County Master Gardener Volunteer Class of 2021.

You can register for a single class, or take all three classes at a discounted rate!

|                              |                      |                   |
|------------------------------|----------------------|-------------------|
| Jan 18                       | Thur, 6:00 - 7:30 pm | \$15              |
| Feb 15                       | Thur, 6:00 - 7:30 pm | \$15              |
| Mar 14                       | Thur, 6:00 - 7:30 pm | \$15              |
| Apr 11                       | Thur, 6:00 - 7:30 pm | \$15              |
| May 16                       | Thur, 6:00 - 7:30 pm | \$15              |
| Jun 13                       | Thur, 6:00 - 7:30 pm | \$15              |
| Full Series; Jan 18 - Jun 13 |                      | \$80 (Save \$10!) |

## Soap Making

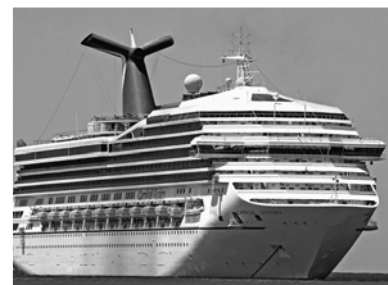
Beth Goody

Learn how to make your own soap with the melt and pour method! In this one-night class, Beth will show you how you can make your very own homemade soap using essential oils. She will show you how to mix combinations of oils to make unique fragrances that you enjoy, or make some for a loved one as a nice holiday gift! Please bring a microwavable glass measuring cup and bowl.

If you want your soap to be in a specific shape, you can bring your own silicone mold to pour the soap into! (Please note once you use these molds for soap, you should not use them for cooking).

\$7 materials fee payable to the instructor at the start of class with the option to purchase additional materials.

|        |                   |      |
|--------|-------------------|------|
| Mar 27 | Wed, 6:00-8:00 pm | \$20 |
|--------|-------------------|------|



## Plan your European Vacation

Leslie Slater

Are you planning your bucket list trip to Europe? Not sure what options are best for you? Leslie Slater of Cobbled Streets Travel is an experienced European traveler who can offer you tips, tricks, and insights to make your dream trip everything you want it to be.

|        |                     |      |
|--------|---------------------|------|
| Feb 26 | Mon, 6:00 - 8:00 pm | FREE |
| Apr 9  | Tue, 6:00 - 8:00 pm | FREE |

## Planning Your Disney Vacation

Kelly Monroe

Come to this one-night class to meet Kelly Monroe, an authorized Disney Vacation Planner, from "In The Magic Travel". She is a travel agent who specializes in all things Disney! You'll be given information on resorts, park tickets/ reservations, theme parks and dining.

Kelly is an experienced Disney traveler and can provide you with the tips and tricks you usually only hear about after your trip. She will help you with everything you need to know so you can plan your magical Disney vacation.

|        |                     |      |
|--------|---------------------|------|
| Apr 22 | Mon, 6:00 - 8:00 pm | FREE |
|--------|---------------------|------|

## Cruising with Kelly

Kelly Monroe

Are you interested in taking a cruise but not sure where to start? Come to this one-night class with Kelly Monroe, owner of "In The Magic Travel." Learn about cruise lines, itineraries and departure ports. You will learn about what to expect and how to proceed.

|       |                     |      |
|-------|---------------------|------|
| Mar 4 | Mon, 6:00 - 8:00 pm | FREE |
|-------|---------------------|------|

# HEALTH & WELLNESS

## Noble Striders



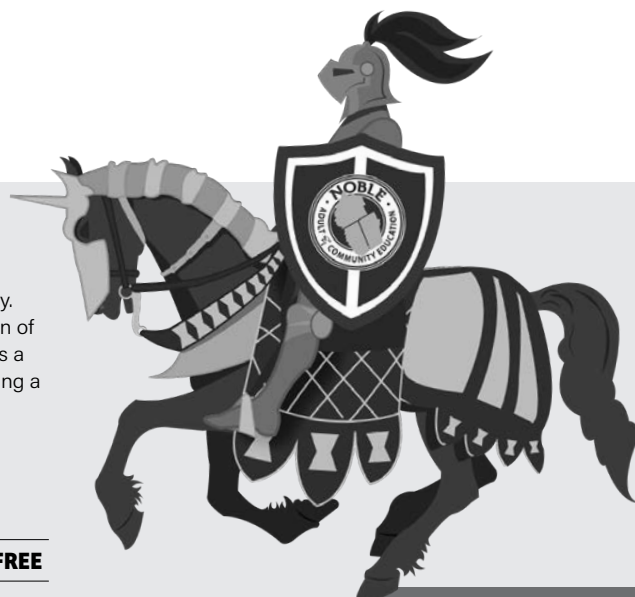
### Bringing Community Together, One Step At A Time

Since 2001, we have opened our doors to welcome community members to walk our multiple indoor and outdoor walking routes throughout the Noble High School property. Indoor routes range from 1/3 to 1/2 mile. If you're up for a challenge, you have the option of including stairs in your workout. The outdoor routes are about a mile in distance. This is a great way to get in some exercise, especially during the cold New England months. Bring a friend or come as a family. All are welcome! Not to mention, joining is FREE!

To join, just drop by the adult education office to sign in and pick up a name tag. When you're done, you just sign out and drop off your name tag.

Join the fun and become a Noble Strider!

**Jan 2 - Jun 27** **Mon-Thur 3:30-8:00pm** **FREE**



## Aromatherapy: Winter Make-and-Take

Nancy Jusseaume

With the cold winter right around the corner, what better way to take care of yourself or a loved one than creating your own aromatherapy care package! From lip balm to tea, there's something for everyone, and these make-and-takes are a great way to create your own spa experience from the comfort of your home.

### Materials for class:

Please bring a glass measuring cup (at least 2 cups) plus a spatula or spoon for stirring.

### January 9: Shower Steamers

Add the therapeutic benefits of essential oils to shower time with a shower steamer! Similar to bath bombs, shower steamers can help in a number of different ways including helping you relax and clearing your sinuses. Nancy will help you create the perfect blend to make your next shower time alleviate your worries.

**Materials fee is \$8, paid directly to the instructor.**

### January 16: Lip Balm

Say goodbye to cracked, chapped lips! Nancy will show you how you can make your own all natural lip balm using essential oils. Not only is it safe to use essential oils, but using more natural ingredients is safer for healing dry lips than the store-bought lip balms.

**Materials fee is \$8, paid directly to the instructor.**

### January 23: Energizing Body Scrub

Learn how to use essential oils and available items in your kitchen to create your own exfoliating scrub! With a mixture of clove, vanilla extract, sugar, and coconut oil, you will create a scrub that you can use on your hands or body.

**Materials fee is \$8, paid directly to the instructor.**

**You can register for a single class, or take all three classes at a discounted rate!**

|                                    |                            |                         |
|------------------------------------|----------------------------|-------------------------|
| <b>Jan 9</b>                       | <b>Tue, 6:00 - 8:00 pm</b> | <b>\$20</b>             |
| <b>Jan 16</b>                      | <b>Tue, 6:00 - 8:00 pm</b> | <b>\$20</b>             |
| <b>Jan 23</b>                      | <b>Tue, 6:00 - 8:00 pm</b> | <b>\$20</b>             |
| <b>Full Series; Jan 9 - Jan 23</b> |                            | <b>\$55 (Save \$5!)</b> |

## Gentle Beginner Hatha Yoga

Nancy Cotty

Join us for a class in Hatha Yoga led by certified instructor, Nancy Cotty from **Peace Within Yoga**. Yoga is a great way to relax and improve your health and wellbeing. The focus will be on stretching and breathing while building your strength and finding peace. All levels are welcome. Yoga classes are ongoing, and there will be sessions throughout the school year. Drop-ins are welcome, and new students can join anytime. All equipment will be provided for you. Information learned through yoga classes and workshops should not be considered a substitute for medical advice.

**No class Feb 20, Apr 16**

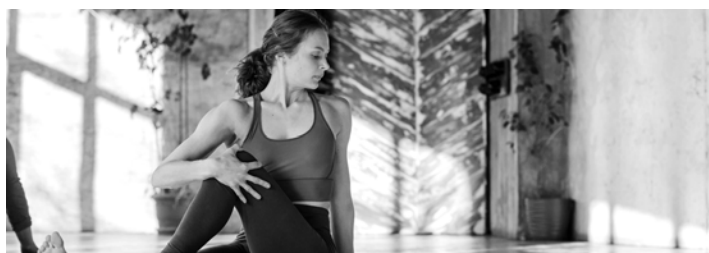
|            |                        |                           |             |
|------------|------------------------|---------------------------|-------------|
| <b>\$5</b> | <b>Feb 27 - Apr 2</b>  | <b>Tue 5:30 - 6:45 pm</b> | <b>\$60</b> |
| <b>\$6</b> | <b>Apr 9 - May 21</b>  | <b>Tue 5:30 - 6:45 pm</b> | <b>\$60</b> |
| <b>\$7</b> | <b>May 28 - Jun 11</b> | <b>Tue 5:30 - 6:45 pm</b> | <b>\$30</b> |

## Hip Opener Workshop

Nancy Cotty

This workshop is designed to loosen and stretch the hip joint so that movement in that area is easier and less tense. We will combine some restorative yoga poses with some that will increase flexibility and strengthen the body (especially the hip joints). Much of what we cover can be done at home after the workshop, so you can continue opening the hips and leg muscles on your own. All equipment will be provided for you. Information learned through yoga classes and workshops should not be considered a substitute for medical advice.

**Mar 7** **Thur, 6:00 - 7:30 pm** **\$20**







## Learn How To Play Disc Golf

Jesse Cotty and Scott Walsh

**HAMMOND FARM DISC GOLF COURSE, NORTH BERWICK**

Come check out Hammond Farm Disc Golf Course, here in North Berwick at 410 Fox Farm Hill Rd. You will get a lesson and some practice time before you head out on the course to play a round. If you are a beginner, pro player Scott Walsh will introduce you to the game and if you have some experience playing, then Scott will help you improve your disc golf skills. We will provide the discs if you need them, so all you need to bring is your sense of adventure and willingness to have fun!

**May 10 ( Rain Date May 17 )      Fri, 4:30 pm      \$15**

## Neck and Shoulders Workshop

Nancy Cotty

Have tension in your neck and shoulders? This workshop will offer you some poses, exercises, and techniques that will help to relieve some of your tension. These skills and poses can be repeated daily at home or at work. All levels are welcome. All equipment will be provided for you. Information learned through yoga classes and workshops should not be considered a substitute for medical advice.

**Mar 21      Thur, 6:00 - 7:30 pm      \$20**

## Tai Chi

Ed Birkhead and Dale McKibben

Improve your well being through the peaceful movements of Tai Chi. Tai Chi is an excellent way to improve your strength, balance, flexibility, and coordination. This slow movement exercise is great for people of all ages and skill levels. In this 10-week program, you will walk through the different series of movements of Tai Chi.

**Mar 27 - May 22      Wed 10:00 - 11:00 pm      \$60**



## Martial Arts with "Ragnarok Martial Arts"

Emma Wyatt

Have you ever thought of getting into martial arts but you're not sure where to start? Are you looking to build the skills and confidence necessary to defend yourself? Whether you are looking for an activity to get into shape and be active or whether you're just looking to do something for fun, NACE has a class for you! We are thrilled to be working with local martial arts studio, **Ragnarok Martial Arts**, to bring our community members a place to learn something new. In this six-week class, you will follow the structure of the studio's curriculum and belt system. For repeat students, each session will work through the different belt levels (starting from white and working to black) upon completion of each level.

All experience levels are welcome. Instructor Emma has been training in martial arts since the age of 4, and currently teaches with 3 other schools along with running Ragnarok Martial Arts located here in North Berwick.

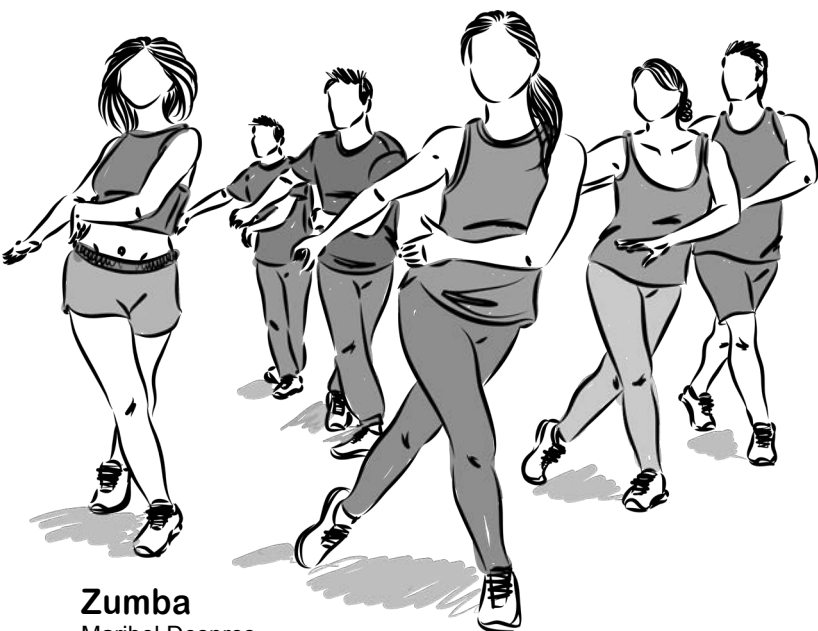
**Comfortable gym clothes are required. If you would like to purchase a Gi, belt and patch, for \$50, please speak to the instructor before or after class.**

*\* If you are interested in competition training, please reach out to the instructor for private lessons.*

**No class on Jan 21+23, Apr 17+19, Jun 7+19**

|           |                        |                                  |             |
|-----------|------------------------|----------------------------------|-------------|
| <b>S1</b> | <b>Jan 3 - Jan 24</b>  | <b>Wed + Fri, 6:00 - 7:30 pm</b> | <b>\$70</b> |
| <b>S2</b> | <b>Jan 26 - Feb 14</b> | <b>Wed + Fri, 6:00 - 7:30 pm</b> | <b>\$70</b> |
| <b>S3</b> | <b>Feb 16 - Mar 13</b> | <b>Wed + Fri, 6:00 - 7:30 pm</b> | <b>\$70</b> |
| <b>S4</b> | <b>Mar 15 - Apr 3</b>  | <b>Wed + Fri, 6:00 - 7:30 pm</b> | <b>\$70</b> |
| <b>S5</b> | <b>Apr 5 - May 1</b>   | <b>Wed + Fri, 6:00 - 7:30 pm</b> | <b>\$70</b> |
| <b>S6</b> | <b>May 3 - May 22</b>  | <b>Wed + Fri, 6:00 - 7:30 pm</b> | <b>\$70</b> |
| <b>S7</b> | <b>Jun 5 - Jun 28</b>  | <b>Wed + Fri, 6:00 - 7:30 pm</b> | <b>\$70</b> |





### Zumba

Maribel Despres

Join Maribel and take the "work" out of workout! She mixes low-intensity and high-intensity moves for a calorie-burning dance fitness party. Zumba is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility.

Wear comfortable clothes and shoes with little to no tread to reduce twisting knee joints.

No Class Feb 19, Feb 26, Apr 15, May 27

|           |                        |                           |             |
|-----------|------------------------|---------------------------|-------------|
| <b>S3</b> | <b>Jan 22 - Mar 11</b> | <b>Mon 5:30 - 6:30 pm</b> | <b>\$45</b> |
| <b>S4</b> | <b>Mar 18 - Apr 29</b> | <b>Mon 5:30 - 6:30 pm</b> | <b>\$45</b> |
| <b>S5</b> | <b>May 6 - Jun 10</b>  | <b>Mon 5:30 - 6:30 pm</b> | <b>\$37</b> |

### Spring Relief Make-and-Take

Nancy Jusseaume

Now that the winters of Maine's snow have melted, it's time to prepare for mother natures springtime offerings. From allergies kicking into gear, as well as bug bites and rashes to deal with. Join Nancy for a series on making your own shower steamers and salve to aid in spring relief.

#### Materials for class:

Please bring a glass measuring cup (at least 2 cups) plus a spatula or spoon for stirring.

#### April 2: Allergy Relief Shower Steamer

Shower steamers are back, with a twist! This spring, Nancy will share how to make a shower steamer blend that will help offer relief for your springtime allergies.

**Materials fee is \$8, paid directly to the instructor.**

#### April 9: Lavender Salve

Looking for something that has versatile ways to help you this spring? Nancy will show you how to make your own salve that can be used for a number of healing solutions including bug bites, rashes, burns, and so much more!

**Materials fee is \$8, paid directly to the instructor.**

|                                     |                           |                         |
|-------------------------------------|---------------------------|-------------------------|
| <b>Apr 2</b>                        | <b>Tue 5:30 - 6:45 pm</b> | <b>\$20</b>             |
| <b>Apr 9</b>                        | <b>Tue 5:30 - 6:45 pm</b> | <b>\$20</b>             |
| <b>Both Classes (Apr 2 + Apr 9)</b> |                           | <b>\$35 (Save \$5!)</b> |

## SPIRITUALITY



### Introduction to Oracle Cards

Nancy Jusseaume

Are you curious about oracle cards and their uses? Join Nancy to discover exactly what oracle cards are and how you can use them. Many find these cards give supportive energies and can help with building confidence.

**Card Decks are available for \$10 which is payable to the instructor at the start of class.**

|               |                            |             |
|---------------|----------------------------|-------------|
| <b>Feb 27</b> | <b>Tue, 6:00 - 8:00 pm</b> | <b>\$20</b> |
|---------------|----------------------------|-------------|

### Advanced Oracle Card Spreads

Nancy Jusseaume

Looking to learn more about how you can use your oracle cards? In this two-night class, Nancy will walk you through reading and understanding more advanced spreads that you can use with your oracle cards.

**Card Decks are available for \$10 and payable to the instructor at the start of class.**

|                        |                            |             |
|------------------------|----------------------------|-------------|
| <b>Mar 19 - Mar 26</b> | <b>Tue, 6:00 - 8:00 pm</b> | <b>\$25</b> |
|------------------------|----------------------------|-------------|



## Paranormal 101

Missy Lathrop - Paranormal Five



What came first, the Ouija Board or Planchette? Where did the first ghost story come from? How do they use paranormal tools on TV? Local ghost hunting group, **Paranormal Five**, shares the answers to these and more questions in the Paranormal 101 class.

**Mar 18 Mon, 6:00 - 8:00 pm \$30**

## Reiki Level I

Are you interested in energy healing and want to heal others and yourself? During the Reiki Level 1 course, you will learn how to treat yourself and others naturally and professionally. You will learn how to feel Reiki energy, and will also be taught and have practice on how to give a treatment, first to yourself, and then to other people.

This course assists the integration of the energy and gives you the tools to become a Reiki Practitioner. Upon completion of the course, you will receive the First Degree Reiki Certificate as well as ongoing support and advice.

**Class is limited to 8, so register early!**

**Book cost is \$20, payable at the start of class.**

**Jan 30 - Feb 13 Tue, 6:00 - 8:00 pm \$50**

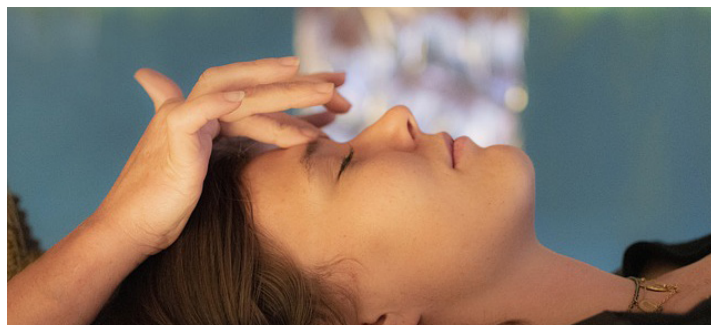
## Reiki Level II

Reiki II is about "Emotional and Distant Healing" and it is considered to be the practitioner's level. Some take this degree to become practitioners, while others just want to continue their own healing journey. Symbols are given at this level and are for emotional and distant healing (of self and others). Students are trained to use the second degree symbols and to send long distance healing.

**Reiki Level 1 is a prerequisite.**

**Class is limited to 8, so register early!**

**Apr 23 - May 7 Tue, 6:00 - 8:00 pm \$125**



## Mediumship with Rob Gutro

### April 2: Pets and the Afterlife

Learn how pets in spirit have the ability to send signals to the living, and wait for us in the afterlife. Rob Gutro, medium, paranormal investigator, scientist and author of *Pets and the Afterlife* series (books 1,2,3 and 4) will discuss how to cope with grief after losing a beloved pet. He will identify the signs they give us and the science behind why living pets can

sense entities. By the end of the talk, you'll be able to find the signs from your pets in spirit.

*Based on Rob's #1 selling and award winning series of books, "Pets and the Afterlife."*

### April 9: A Double Murder Ghost Investigation



Ghost investigator, medium and author Rob Gutro will share a chilling case from the files of Inspired Ghost Tracking of Maryland, where the team investigated a private home reporting paranormal activity. What they found was the result of a double murder with amazing confirmations of what happened, and photographic proof of the ghosts left behind.

*From Rob Gutro's book: "Case Files of Inspired Ghost Tracking" with a full report and photographs.*

### April 23: An Amazing Spirit Treasure Hunt and How Mediumship Works



A male spirit who wound up befriendng medium Rob Gutro over the course of 18 plus years of communicating, provided Rob with many disconnected signs that solved the mystery of the man's death after 15 long years. The spirit helped prove he was also with each member of his family before Rob visited them for the first time ever. This lecture will also show you how to recognize signs and explain how mediumship works.

*From the author's book: "Kindred Spirits: How a Spirit Befriended a Medium."*

### April 30: Signs from Departed Loved Ones



For anyone who ever lost someone and wants to understand what happens after death and how to recognize communications from spirits of loved ones. Learn what blocks messages and hear true encounters from others. By the end of the talk, you'll know what to look for.

*From the author's book: "Lessons Learned from Talking to the Dead."*



### Meet Author and Medium, Rob Gutro!

Rob Gutro is an author, paranormal investigator and medium with Inspired Ghost Tracking of Maryland. Since he was a teen, he could receive messages from ghosts or spirits (who have crossed over). As a scientist, he also provides some scientific explanations about how energy is the baseline for the afterlife and the medium that entities use to communicate. In 2005, Rob's late puppy passed and inspired Rob to write his first book and enabled him to communicate with pets. Rob participates in private paranormal investigations, helps ghosts cross over, and has provided countless messages from people or pets as ghosts or spirits. He lived in a haunted house, too!

### ROB'S BOOKS: All Best Sellers, Three #1 Books on Amazon and an Award Winner

All of Rob's books have achieved "Best Seller" status on Amazon, meaning they've reached the top 100 in various categories. His last 3 books were all #1 New Sellers on Amazon, and his *Pets and the Afterlife* 3 book won an International Book Award from the Book Authority as being one of the best books on grief and loss.

**Books are available on Amazon, but Rob will be bringing his books to each lecture for purchase. Each book cost is \$10.**

|               |                            |             |
|---------------|----------------------------|-------------|
| <b>Apr 2</b>  | <b>Tue, 6:30 - 7:30 pm</b> | <b>\$15</b> |
| <b>Apr 9</b>  | <b>Tue, 6:30 - 7:30 pm</b> | <b>\$15</b> |
| <b>Apr 23</b> | <b>Tue, 6:30 - 7:30 pm</b> | <b>\$15</b> |
| <b>Apr 30</b> | <b>Tue, 6:30 - 7:30 pm</b> | <b>\$15</b> |

# FAMILY FUN



NACE is offering a series of classes geared towards parents and children who want to get their crafting on together or make gifts for someone special.

**Class is limited to children ages 12 and above. All children must be accompanied by a guardian for the duration of the class.**

## Family Knitting Nights!

*Vicky Vaughn*

Learn the joys of knitting with Vicky this spring! Knitting is a great way to not only get creative and make beautiful things, but it can also be a relaxing and therapeutic time.

Join Vicky in this new 4 week class where she will guide both parent and child in learning just how fun and easy knitting can be. You'll learn how to cast on, master the basic knit and purl stitches, learn some tips and tricks on repairing mistakes, and learn how to read a pattern! Vicky is a passionate knitter and not only makes classes exciting for her students, but makes learning how to knit FUN!

### Materials for class include:

- Size 7 Knitting Needles
- 1 pair of small scissors
- Tape measure
- 1 light color Supersaver Red Heart Yarn (7 Ounces)

**This cost of the class is for a team of 2 (one parent, one child). If a parent has multiple children that would like to join, let us know!**

|                        |                           |             |
|------------------------|---------------------------|-------------|
| <b>Apr 25 - May 16</b> | <b>Thur, 6:00-8:00 pm</b> | <b>\$55</b> |
|------------------------|---------------------------|-------------|

## Mothers Day Make-And-Take!

*Nancy Jusseaume*

Help mom treat herself to her own personal spa-day at home with an aromatherapy care package! In this one-day workshop, a parent/child team will join Nancy where she will assist in showing them how to create unique blends in a number of items to gift to a loved one. In this workshop, Nancy will show you how to make:

- A shower steamer or bath bomb
- Lip balm
- Sugar scrub

At the end of the day, you will get to put everything in a little basket, to be ready to be given as a gift!

**The cost of the class is for a team of 2, if there are more that would like to join let us know! Minimum age for this class is 8.**

### Materials fee:

**\$24 payable to the instructor, with the option to purchase additional materials.**

|              |                           |             |
|--------------|---------------------------|-------------|
| <b>May 4</b> | <b>Sat, 10:00-2:00 pm</b> | <b>\$55</b> |
|--------------|---------------------------|-------------|

## Family Soap Making Night

*Beth Goody*

In this class, you will use a variety of soap bases, scents, colors and textures to make you own soaps. Beth will provide molds, but you can bring your own. Please bring a microwavable glass container (mason jar, 2-cup glass measuring cup, or a small bowl).

**This cost of the class is per person.**

### Materials fee:

**\$7 payable to the instructor, with the option to purchase additional materials.**

|               |                          |             |
|---------------|--------------------------|-------------|
| <b>May 22</b> | <b>Wed, 6:00-8:00 pm</b> | <b>\$18</b> |
|---------------|--------------------------|-------------|

## Wire Wrap

*Beth Goody*

*Hanson School, Lebanon*

Beth will be offering a beginner wire wrap jewelry project that will be the perfect piece for you to learn this process. You will learn about the materials needed and the process to wrap the stones to make your very own pendant.

**This cost of the class is per person.**

### Materials fee:

**\$10 per piece, payable to the instructor.**

|              |                          |             |
|--------------|--------------------------|-------------|
| <b>May 8</b> | <b>Wed, 6:00-8:30 pm</b> | <b>\$18</b> |
|--------------|--------------------------|-------------|

## Hammered Sterling Jewelry

*Beth Goody*

*Hanson School, Lebanon*

In this jewelry class, you will learn how to take wire and a hammer and make a very nice piece of jewelry!

**This cost of the class is per person.**

### Materials fee:

**\$10 per piece, payable to the instructor.**

|               |                          |             |
|---------------|--------------------------|-------------|
| <b>May 15</b> | <b>Wed, 6:00-8:30 pm</b> | <b>\$18</b> |
|---------------|--------------------------|-------------|

## LEGO Robotics

*Maine Robotics*

USM STEM Outreach LEGO Robotics workshops are a fantastic opportunity to dive into the world of robotics and programming! This session is for beginner LEGO Roboteers. Explore robotics concepts using the LEGO robotics platform. Students use "Scratch"-style block coding to guide their LEGO robots through various missions, while learning how to use sensors to help their robots navigate challenges and obstacles. Through building and modifying their robots to complete missions, students learn problem-solving skills that help them become independent STEAM-thinkers!

**This class has a maximum number of 16 family units ( one parent, one child team is 1 unit). The class cost covers the unit of 1 parent and child, if you have more children that would like to attend, please reach out to us!**

|               |                          |             |
|---------------|--------------------------|-------------|
| <b>Mar 23</b> | <b>Sat, 9:00-3:00 pm</b> | <b>\$50</b> |
|---------------|--------------------------|-------------|





## Learning 3D Printing

### Maine Robotics

The USM STEM Outreach 3D Printing & Design - Adult workshop is a fantastic way to dip your toes into the world of design and fabrication! In this workshop designed for beginners, we will talk about the basics of 3D printing, how to navigate using a printer, and what types of things we can print on it. We will go over all things 3D printing & design - including setting up and using a 3D printer, finding 3D models to print online, designing your own models in programs like SketchUp or TinkerCAD, best practices for printing, starting and finishing the print; fixing errors, and tying it all together to bring your designs to life!

3D printers will be available to use at the workshop, and any creations printed during the day will be yours to keep!

**This class has a maximum number of 12 adults, be sure to sign up early!**

|              |                            |             |
|--------------|----------------------------|-------------|
| <b>May 4</b> | <b>Sat, 9:00 - 3:00 pm</b> | <b>\$50</b> |
|--------------|----------------------------|-------------|



## Computer Confidence with NDEC

NACE is excited to continue our partnership with the National Digital Equity Center this spring! The NDEC offers a number of free digital skills classes that run between one and three sessions on ZOOM. Though the classes are on ZOOM, they will be held at Noble High School, where staff will have the ZOOM Meeting set up in our classroom. Some classes require you to bring your own device, and others are an information seminar, so you only need yourself!

**Classes are limited to 10 spots per session.**



## Identifying Frauds & 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.

### Requirements for this class:

*No devices are required; just bring yourself.*

|           |               |                             |             |
|-----------|---------------|-----------------------------|-------------|
| <b>S1</b> | <b>Jan 5</b>  | <b>Fri, 2:00 - 3:00 pm</b>  | <b>FREE</b> |
| <b>S2</b> | <b>Jan 25</b> | <b>Thur, 5:00 - 6:00 pm</b> | <b>FREE</b> |

## "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.

### Requirements for this class:

*No devices are required; just bring yourself.*

|              |                            |             |
|--------------|----------------------------|-------------|
| <b>Feb 7</b> | <b>Wed, 3:00 - 4:00 pm</b> | <b>FREE</b> |
|--------------|----------------------------|-------------|



## Internet Safety

Staying safe online is essential in today's world. This class teaches you how to keep your information and your computer/devices safe.

### Requirements for this class:

*No devices are required; just bring yourself.*

|              |                             |             |
|--------------|-----------------------------|-------------|
| <b>Feb 1</b> | <b>Thur, 3:00 - 4:00 pm</b> | <b>FREE</b> |
|--------------|-----------------------------|-------------|

## Learning About Devices

Devices connected to the internet have become a part of our everyday life. In this class, you will learn about the wide variety of devices, from the servers that receive, store and transmit our data, all the way to tablets, smartphones and wearable devices that we use everyday.

### Requirements for this class:

*No devices are required; just bring yourself.*

|              |                            |             |
|--------------|----------------------------|-------------|
| <b>Mar 4</b> | <b>Mon, 3:00 - 4:00 pm</b> | <b>FREE</b> |
|--------------|----------------------------|-------------|



# NACE

## REGISTRATION & ENROLLMENT POLICIES

### CLASS ENROLLMENT

Each class requires a minimum number of participants. Courses that do not attract appropriate student enrollment one week prior to the start date are subject to cancellation. If you are unsure if your class will run, you can call our office or email us to confirm.

**Classes are filled on a first-come, first-served basis.**

—

#### Age Policy

Participants must be 18 years of age. If a student under the age of 18 is interested in taking a class, permission must be granted in advance by the instructor and the participant must be accompanied by a parent or legal guardian who must also register for the course.

#### Senior Discount (Age 65+)

If there is a senior citizens' discount available for a class, it is listed in the class description.

**Not all classes offer a senior discount.**

### How To Register For A Class Online

To register for NACE classes online, please visit our website at **noble.maineadulted.org**. If there is a specific class you are looking for, you can search on the website under the enrichment dropdown, or if you are viewing our interactive PDF, links will take you directly to a class you select. If you are having trouble registering online, please call our office at 207-676-3223 and we can help you.

#### In Person

During office hours, you can come to the NACE office located at **Noble High School in North Berwick**, and you can pay with cash, check, or card.

#### By Mail

If you would like to mail in your registration, please fill out the form on the next page and send it to:

Noble Adult & Community Education  
100 Noble Way  
North Berwick, ME 03906

### REFUNDS

- **100% REFUND OR CREDIT:**  
if a course is cancelled.
- **100% REFUND LESS PROCESSING FEES:**  
if you withdraw at least five business days before the class.
- **NO REFUNDS:**  
if you withdraw within five days of the class start date.
- **FOR CLASSES THAT MEET MULTIPLE TIMES:**  
50% refund if you withdraw before the second class.  
**No refund or credit after the second class.**

Refunds are issued in the same method as payment. Refunds for online payments will be processed immediately. Refunds for cash or check payments may take up to three weeks.

### Weather and Holiday Closures

If the school district has cancelled school for the day, then all adult education classes will also be cancelled for that day and evening. Closures and cancellations will be announced online at [www.nobleadulted.org](http://www.nobleadulted.org), on our Facebook page, as well as on local radio and television stations.

**Whenever possible, we will leave a message on our office voicemail (207) 676-3223. We will also post on our website and social media pages when there is a cancellation.**

—

#### School Vacations

There are no adult education classes held during school vacations unless arrangements have been made in advance.

### FOLLOW US ON SOCIAL MEDIA!



facebook  
[nobleadulted](https://www.facebook.com/nobleadulted)



instagram  
[noble\\_adult\\_and\\_community\\_ed](https://www.instagram.com/noble_adult_and_community_ed)

#nobleadulted



# Winter/Spring 2024 Registration Form

**Name** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_

**ADDRESS:**

**Street** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**PHONE NUMBER(S):**

**Home** \_\_\_\_\_ **Cell** \_\_\_\_\_ **Email** \_\_\_\_\_

**COURSE NAME** ( please specify class dates )

**COURSE FEE**

|                |                 |
|----------------|-----------------|
| <b>1</b> _____ | <b>\$</b> _____ |
| <b>2</b> _____ | <b>\$</b> _____ |
| <b>3</b> _____ | <b>\$</b> _____ |
| <b>4</b> _____ | <b>\$</b> _____ |
| <b>5</b> _____ | <b>\$</b> _____ |
| <b>6</b> _____ | <b>\$</b> _____ |

**TOTAL \$** \_\_\_\_\_

**We accept:**

- cash
- checks
- money orders
- credit/debit cards.

**Please make checks payable to NACE:**

\*\* There will be a \$30 fee for any returned check.

**Mail completed form with payment to:**

Noble Adult and Community Education  
100 Noble Way  
North Berwick, ME 03906

**CREDIT CARD PAYMENT**

☐ **VISA** or ☐ **MasterCard**

\*\* Please note if you would like to pay with a credit card, there is a \$1.99 fee per registration

**Card Number** \_\_\_\_\_

**Expiration** \_\_\_\_\_ **CVV** \_\_\_\_\_

**Signature** \_\_\_\_\_

## CLASS LOCATIONS



**NOBLE HIGH SCHOOL**

100 Noble Way, North Berwick, ME 03906



**HANSON SCHOOL**

53 Upper Guinea Rd, Lebanon, ME 04027



**Expressive Art Journaling** pg. 9



**Paranormal 101** pg. 19



**Scrap Crazy Quilt** pg. 13



**Gentle Yoga** pg. 18



**Plan Your European Vacation** pg. 14



**Identifying Frauds & Scams** pg. 21



**Family Classes** pg. 20



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