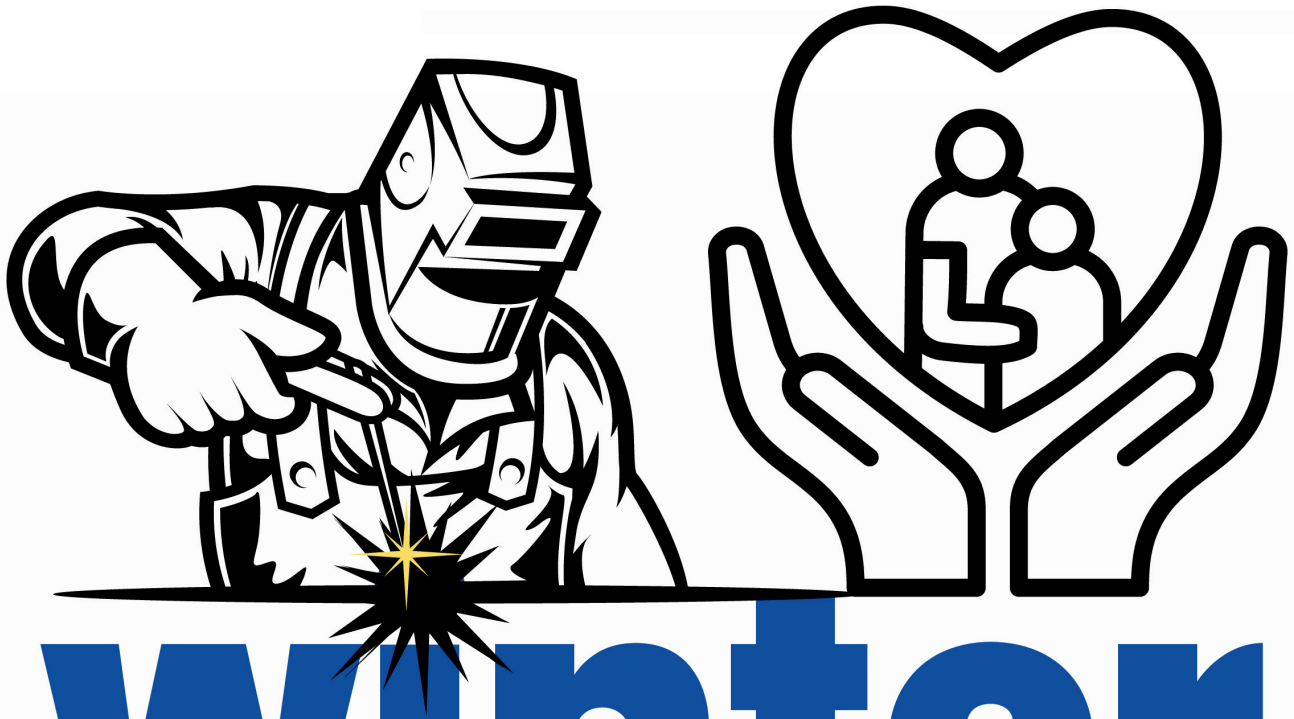




**MID-COAST**  
SCHOOL OF TECHNOLOGY  
ADULT EDUCATION



**winter**  
**spring**  
**2025**

**Keep catalog through August**



## WELCOME

Isn't it amazing how fast time flies? We are reminded of that every day in subtle and not-so-subtle ways! As 2024 tiptoes away, waiting to emerge is 2025 and with it comes wintry weather and opportunities to cozy up to a warm space. MCST Adult Education is here to welcome you into that warm space and provide the training you've been waiting to take!

Watch for our returning instructors with both familiar—and unfamiliar—courses in workforce, vocational, and enrichment training. In addition to these wonderful people, a few new instructors are about to begin their own journey into the adult education teaching field with us here at MCST Adult Education. So, while I'm on that subject, let me just say that if YOU have the desire to teach others, reach out to us to discuss that possibility. Your community awaits, and they are always very grateful for adult education programming and the way it enhances their lives. On a side note, have you met Craig Voligny yet? Chances are you have if you took a Fall 2024 class from us. Craig is our Evening Site Assistant, and he joined us in August 2024. Be sure to read his very interesting bio on our MCST Adult Education website.

Settle in for 2025 and find ways to connect with us here—as students, instructors, or maybe both? We are eager for your participation!

– Heidi Nolan, Lee Bross, Craig Voligny,  
and our team of Adult Education instructors

## INTRODUCING OUR NEW INSTRUCTORS

**Sue Detweiler**  
*Learning the Recorder*

**Lauren Hatch**  
*Dental Assisting*

**Monica Hawk**  
*Living Well for Diabetes*

**Jo Ann Neal**  
*Medicare 101*

**Jen Paquet**  
*Living Well for Diabetes*

## RETURNING INSTRUCTORS

**Terry Adkins, R.N.**

**Joe Corrado**

**Ralph Fink**

**John Fromer**

**Naomi Howe**

**Teresa Johnson**

**Mike Kee**

**Valerie Lovelace**

**Audrey McGlashan**

**Chris Nolan**

**Gabe Piszcz**

**Susan Reidy**

**Capt. Gene Reil**

**Ben Scott**

**Devon Sproul**

**Tom Vannah**

**Steven Watts**

**Lynn Wiese**

**Pine Tree Education**

## MCST – OFFERING CAREER TRAINING SINCE 1975



Like us on Facebook to keep up with course news:

**@MCSTadulthoodeducation**



**MAEA**

Maine Adult Education Association

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- L Living Well for Diabetes **NEW**
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Scan for a quick link  
to our Registration site

### KEY FOR COURSE SYMBOLS

- L In-Person Live Class
- Z Presented via Zoom only
- L/Z Live Class / Zoom Available  
Students may request a link from the instructor to attend this course online.

## HEALTHCARE & WELLNESS

### CNA - Certified Nursing Assistant

Terry Adkins, RN

Students enrolled in this certificate program complete a minimum of 130 hours of classroom, laboratory, and clinical training, meeting all state licensing requirements. Upon successful completion of the course and passage of the state competency exam, the student will be eligible to enter the healthcare field as a Certified Nursing Assistant under the direction of a licensed nurse. Class size is limited so applying early is advised. Funding opportunities are available through the Pen Bay Apprentice Program "Earn While You Learn", as well as several other community programs. **Prerequisite: High school diploma or equivalent.**

9 Weeks  
Tues./Wed./Thurs.  
Live Class

8:30AM – 3:00PM  
Starts: 1/7, 4/1 or 7/1  
\$1,195+

### CRMA - Certified Residential Medication Aide

Terry Adkins, RN

This 40-hour CRMA course includes classroom training, with clinical available after successful completion of classroom. All students must complete clinical, either with our instructor or arranged through your facility. Successful students will be certified to administer oral medications to residents in state-licensed assisted living facilities. **Clinical component is an additional \$125 if done with MCST instructor. There are funding opportunities available for this class.**

5 Sessions  
Fridays  
Live Class

8:30AM – 4:00PM  
Starts: 1/17, 3/21 or 8/1  
\$335+

### CRMA - Recertification

Terry Adkins, RN

This is the 6-hour recertification exam for the CRMA whose certificate is still current. It includes a brief review, presented by the instructor. Plan to study on your own to ensure successful relicensing.

1 Session  
Friday  
Live Class

8:30AM – 2:00PM  
Runs: 3/14 or 5/16  
\$95

+ Means there is an additional charge for materials, textbooks or supplies.



### American Red Cross Adult & Pediatric CPR/First Aid/AED

Pine Tree Education

Participants in Pine Tree Education's interactive class will learn to confidently provide care for Adults/Children/Infants who have experienced a sudden illness or injury until Emergency Medical Services arrive and take over care. Following national Emergency Cardiac Care guidelines, revised during the COVID pandemic, students will learn to recognize a heart attack, and each will work on their own manikin to learn CPR and use of an Automated External Defibrillator (AED). Students will learn how to recognize stroke, and care for breathing emergencies, such as asthma, and choking. First aid skills include the care for burns, bleeding, and other injuries. Instructor looks for attainment of skill level as each skill is taught without a formal testing situation. Optional written tests are available, at no additional cost, but not required for certification. **Nationally Recognized Certificate and Ready Reference Cards included.**

1 Session  
Saturday  
Live Class

9:00AM – 3:30PM  
Runs: 3/15 or 5/17, or Wed. 7/16  
\$110

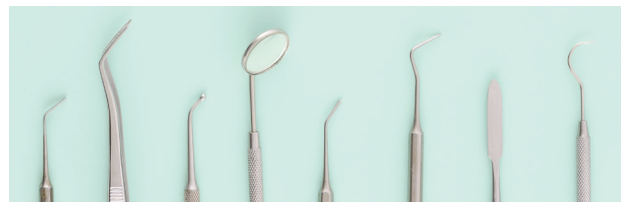
### Dental Assisting

Lauren Hatch

Join Dr. Doug Laliberte and other local dental professionals (many of which are members of the Midcoast Dental Society) for a 10-week accelerated Dental Assisting course. This all 'in-person' training includes 70+ hours of both classroom and clinical. Designed to teach you all aspects of dental assisting in multiple dental settings, this course will also provide you with the skills to market yourself in a competitive field and will open doors to employment opportunities. All textbooks and exam preparation materials fees for the DANB RHS exam are covered in the class pricing (re-tests are offered at an additional course fee, however). As part of this course, you will also receive both OSHA and CPR/First Aid certification at no extra charge. There are funding opportunities available for eligible students. **Pre-requisite: High School diploma or equivalent.**

10 Sessions  
Fridays  
Live Class

9:00AM – 4:00PM  
Starts: 2/28  
\$1,850





## Living Well for Diabetes

Jen Paquet & Monica Hawk

This six-week class, led by two facilitators, meets once a week for two hours and thirty minutes. Each class includes a new topic on how to help participants with Type 2 diabetes or Pre-diabetes manage their health. There will be a combination of presentations, discussion, and activities with others who have similar experiences to you. You can expect to learn techniques to deal with symptoms of diabetes (fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration) as well as how to adopt appropriate exercises for maintaining and improving strength and endurance. In addition, we will also focus on healthy eating habits, use of medications, and show you ways to work better with your healthcare providers.

6 Sessions  
Thursdays  
Live Class

5:00PM – 7:30PM  
Starts: 3/13  
\$35

## Understanding the Maine Death with Dignity Act

Valerie Lovelace

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

1 Session  
Thursday  
Zoom Only

6:30PM – 8:00PM  
Runs: 1/16 or 4/17  
FREE

## MACHINING & WELDING

### Machining Part I

Ben Scott

This course is for beginner students. Included is basic machine shop safety, determining speeds and feeds, proper use of dial calipers and micrometers, theory, and basic set up and operations of a milling machine and lathe. Upon course completion, students may enroll in Machining Part II. *Bring safety glasses and wear reinforced-toe shoes to class.*

8 Sessions  
Monday/Tuesday  
Live Class

4:30PM – 7:30PM  
Starts: 2/3  
\$285

### Machining Part II

Ben Scott

This course is for students who have completed a basic machining course or have prior machining experience. This course includes safety, manual milling, part layout, drilling, and tapping. Turning will involve 4 jaw chuck set up, boring and threading. *Bring safety glasses and wear reinforced-toe shoes to class.*

7 Sessions  
Monday/Tuesday  
Live Class

4:30PM – 7:30PM  
Starts: 3/17  
\$285

“

*Ben was patient and informative.  
He was a great instructor &  
knowledgeable in his practice.  
Highly recommend this class  
to beginners.*

### MIG I Welding

Gabe Piszcz

This 36-hour (GMAW) course is for students with little or no experience in MIG welding. This course will cover shop safety, troubleshooting problems, machine settings, basic metal joints and how to weld them. Safety is covered in the first two sessions. Upon course completion, students may enroll in MIG II or TIG Welding. *Students provide their own safety glasses, welding gloves, and reinforced-toe footwear.*

12 Sessions  
Tuesday/Thursday  
Live Class

4:30PM – 7:30PM  
Starts: 1/28  
\$355



## MIG II Welding

Devon Sproul

This 36-hour course is for students with prior MIG welding experience, and students who have previously taken the MIG I course. The course will cover advanced machine setup, advanced weld joint setup, and multi-pass welding in hard wire and flux core MIG. Safety is covered in the first two sessions. Upon course completion students are eligible for employment through several area businesses.

*Students provide their own safety glasses, welding gloves, and reinforced-toe footwear.*

12 Sessions 5:00PM – 8:00PM  
 Monday/Wednesday Starts: 3/24  
 Live Class \$355

## TIG Welding

TBD

This 36-hour course is for students with some training in STICK or MIG. TIG (GTAW) is most commonly used to weld thin sections of stainless steel and light metals. It is the most difficult of all types of welding, but can give clean, strong, x-ray quality welds when mastered. Students will learn proper techniques for flat fillet welding with carbon steel using the GTAW process. Safety is covered in the first two sessions.

*Students provide their own safety glasses, welding gloves, and reinforced-toe footwear.*

12 Sessions 4:30PM – 7:30PM  
 Tuesday/Thursday Starts: 3/25  
 Live Class \$355

**Applications are required for all Machining & Welding candidates.**



**Call 596-7752 ext. 3  
 or email [adulded@mcst8.org](mailto:adulded@mcst8.org)**

## TECHNOLOGY FOR HOME & WORK

### Document and File Management

Teresa Johnson

This class is designed to aid you in saving, filing and retrieving your documents. This is recommended for all levels of user, is needed for all programs, and is not exclusive to Google Drive.

1 Session 6:00PM – 8:00PM  
 Wednesday Runs: 4/30  
 Live Class/Zoom Available \$30

### Google Drive

Teresa Johnson

This course will cover the use of Google Docs, Sharing Files, Google Sheets, and Google Slides. Students will need a (free) Gmail account to participate in this class. The first night covers Docs & Sharing Files: How to navigate the Doc toolbar, design, save and recall your documents, all geared to optimal organization and communication, plus Sharing Files: what the options are for sharing of documents as well as good protocol for sharing. We will cover how you and your team (of 2 to 100) can all work from one document. Google Sheets, the spreadsheet piece in Google Drive, and Google Slides (the feature that allows users to make slideshows for presentations) will be covered in the second class. We will cover the basics as well as copyright permissions; as time permits, other advanced features will be covered.

2 Sessions 6:00PM – 8:00PM  
 Tuesday/Thursday Runs: 1/28 & 1/30  
 Live Class/Zoom Available \$48

### Outsmart the Scammers Seminar

Chris Nolan

Incidents of fraud are on the rise, and scammers' tactics are becoming more complex. This presentation will help give you the information you need to outsmart the scammers. During the program, we'll discuss how to spot certain red flags that may indicate a fraudulent encounter, resources you can turn to in the event you or loved ones are targeted, and steps you can take to protect yourself and others.

1 Session 6:30PM – 8:00PM  
 Monday Runs: 1/27  
 Live Class \$20

*\*Zoom available means students may request a link from the instructor to attend this course online.*



## QuickBooks Online - Basics & Intermediate

Teresa Johnson

This in person, instructor-led Intuit-approved course, using Windows OS is geared for beginning/intermediate users. Students will learn to navigate one of the most widely used accounting software applications for small businesses. QuickBooks is an enormous aid in paying bills, invoicing, tracking expenses, paying sales tax and creating reports to better manage a small business or company. This course provides the MOS certification pathway (no expiration) for interested students, and they may elect to take the official exam when ready.

*Call the Adult Ed office for separate purchase details of the required printed textbook/eBook which accompanies this course. Please note: In class, students will use MCST provided laptops, but all students will need Windows OS operating computers at home in order to do homework assignments.*

6 Sessions 6:00PM – 8:00PM  
 Thursdays Starts: 2/6  
 Live Class \$98 + Cost of eBook or Textbook

## QuickBooks Online - Advanced Applications

Teresa Johnson

This Intuit-approved course is an in person, instructor-led advanced course using Windows OS and is suitable for experienced QuickBooks Online users.

**Prerequisite:** QuickBooks Online Basics/Intermediate course or instructor's permission. This course provides the MOS certification pathway (no expiration) for interested students, and students may elect to take the official exam when ready. *Call the Adult Ed office for separate purchase details of the required printed textbook/eBook which accompanies this course (same materials from QuickBooks Online Basics & Intermediate course.) Please note: In class, students will use MCST provided laptops, but all students will need Windows OS operating computers at home in order to do homework assignments.*

3 Sessions 6:00PM – 8:00PM  
 Thursdays Starts: 4/3  
 Live Class \$58 + Cost of eBook or Textbook

## SketchUp for Woodworking

Ralph Fink

Using the free version of SketchUp 3D modeling software, you are invited to learn how to reverse engineer a finished project to create a 3D model. Review and inspect the model's parts and components, then change and evaluate your designs, determine material needs, minimize waste, and create and update the project's drawings. Class is open to all woodworking levels. Instructions on how to create your SketchUp account are emailed to you after registration. *A material fee of \$15 is due to the instructor at the start of class.*

5 Sessions 5:30PM – 8:00PM  
 Tuesdays Starts: 2/25  
 Live Class \$98 + \$15 Material Fee

## TRADES & D.I.Y.

### Basic Automotive - Theory/Maintenance 101

Tom Vannah

This 6-week, hands on course will give you a basic understanding of how your vehicle works, aligned to ASE (Automotive Service Excellence) standards. We will cover Foundation and Safety, Basic Engine and Auto Transmission Fundamentals/Service, Steering System and Suspension, and Brakes. When you finish this course, you will have a solid understanding of lubrication, fluids, tires, vehicle maintenance, and how systems work. *There are safety modules that must be completed online before the first class. The instructor will provide a website and details. This is not a bring-your-own-vehicle repair class. Applied learning will occur in the shop on a demo vehicle. Students must bring safety glasses and reinforced toe footwear.*

6 Sessions 5:30PM – 8:00PM  
 Tuesdays Starts: 4/29  
 Live Class \$125

“

*Tom was extremely thorough in everything we learned about. I feel so much more competent as a car owner now.*



## Plumbing Basics

Mike Kee

Master Plumber Mike Kee demonstrates how plumbing works in a home, discusses preventative maintenance, and shows you how to tackle common problems and make simple repairs. He will teach you how to install or fix faucets, repair a toilet, clear drain clogs, sweat a pipe, determine what type of piping and fittings to use for specific projects, and when to call a professional. The class will also cover student questions and topics.

5 Sessions  
Tuesdays  
Live Class

6:00PM – 8:00PM  
Starts: 3/4  
\$98

“

*It's rare to be able to say that every minute of a class was engaging and informative, but this class was. Mike is clearly passionate about his trade and he gives great effort and intention to making sure that his students understand what is being covered and that each of our specific plumbing queries were addressed. This class is a public service. I'm grateful to have taken part!*

## Wooden Sailors Chest

Ralph Fink

In this fun woodworking class, students construct a traditional 14”L x 10”H x 11”W six-board chest out of a single board. You learn to use hand tools, power tools, and templates to make rip, cross, and curve cuts. For example, a Japanese saw, rasp, coping saw, and random orbital sander are used. Learn to plan, assemble, and glue up the components of the chest, and then prepare your chest for finishing with hand and power sanding. Take it home and paint, stain, decoupage or wood burn to create a one of a kind gift that will last for years to come. **A material fee of \$80 can be paid to the instructor at the start of class.**

4 Sessions  
Tuesdays  
Live Class

5:30PM – 8:00PM  
Starts: 4/29  
\$88 + \$80 Materials Fee

## STUDIO

### Drawing on the Right Side of the Brain Part II

Naomi Howe

A follow-up for Drawing on the Right Side of the Brain Part 1, and for those familiar with basic skills of the medium, line and value, contour drawing and viewfinder practice. This class will expand those skills to include rendering of objects, landscape, human form, as well as use of color in composition. Developing your own personal style, using the medium, and improving techniques is the goal, whether realistic or abstract. **Betty Edwards Drawing on the Right Side of the Brain book and workbook required.**

4 Sessions  
Thursdays  
Live Class

5:30PM – 7:30PM  
Starts: 3/6  
\$78 + Book & Workbook

“

*Naomi is wonderful... so non-judgemental, and helpful!*





## Intro to Photography Part I

Joe Corrado

In this course, we will start with the basics of photography, covering the settings that all cameras share, to the basics of light and composition. It doesn't matter what kind of camera you have—from a smartphone to a DSLR—the basics of photography remain unchanged. If your camera is a phone, we'll talk about some different camera apps that can give you the same controls that regular cameras have. The goal is to create great images. Understanding how your camera functions will help you make more compelling images that you can be proud of. The final class will be an editing workshop. **Bring your camera of choice to our photography classes!**

6 Sessions  
Wednesdays  
Live Class

6:00PM – 7:30PM  
Starts: 2/26  
\$98

“

*Excellent information.  
Joe is extremely knowledgeable  
and helpful. I look forward to  
taking courses from him again!*

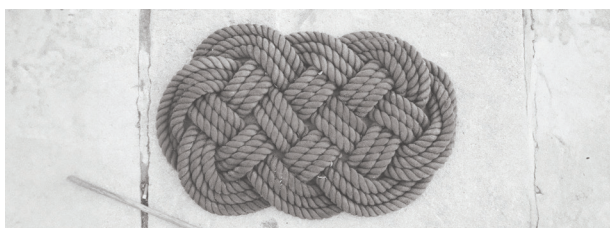
## Introduction to Portraiture

Susan Reidy

Introduction to Portraiture, offered via Zoom, is a jumping off place for students interested in drawing the human form. Students will explore various techniques for developing their skills in drawing portraits. Quick gesture drawing and painting to more methodical and procedural in-depth drawing techniques will be explored. **A short supply list is available when you register.**

4 Sessions  
Wednesdays  
Zoom Only

6:00PM – 8:00PM  
Starts: 6/4  
\$72 + Supplies



## Marlinspike Seamanship – Nautical Arts

Capt. Gene Reil

Learn to manipulate various types of rope to create key fobs, bracelets, pouches, floor mats, and more. With a few simple but necessary tools, guidance from available reading material, and an experienced mariner to consult with in class, bring your questions and get deep into the style of handwork that has aided sailors for generations. In this class, you will learn practical knot work and splicing. Students may wish to purchase *Marlinspike Sailor* by Hervey Garret Smith or Des Pawson's more recent *Knot Craft*. **A list of additional locally available supplies is available when you register.**

3 Sessions  
Mondays  
Live Class

6:00PM – 8:00PM  
Starts: 5/5  
\$78

## Power of Line Part I

Susan Reidy

This class, offered via Zoom, is for those who want to draw and/or improve their drawing skill. Increase your drawing observation, confidence, and control. In this class, a study of various drawing and shading techniques will be explored. The techniques then will be applied to basic shapes and forms, followed by a completed still life drawing utilizing techniques covered during class. **A short supply list is available when you register.**

4 Sessions  
Wednesdays  
Zoom Only

6:00PM – 8:00PM  
Starts: 3/5  
\$72 + Supplies

## Power of Line Part II

Susan Reidy

Power of Line Part II, offered via Zoom, will focus on the elements and principles of design, and feature more intensive 'drawing from life' studies. Additional drawing media and techniques will be explored and utilized in new and interesting projects during this class. **Please note that if you have not yet taken Power of Line Part I class, you may enroll in this with instructor permission. A short supply list is available when you register.**

4 Sessions  
Wednesdays  
Zoom Only

6:00PM – 8:00PM  
Starts: 4/30  
\$72 + Supplies

## Simple and Creative Bookbinding

Naomi Howe

Based on Rachel Hazell's book, *Bound*, (highly recommended), students in this class will learn basic structure and bookbinding techniques to create simple, small books with delightful and unique designs. Homemade papers, cover and text papers will be provided, as well as a list of required materials sent out before class. If desired, watercolor patterns and designs will enhance the books allure. These make memorable gifts of "art" to include poetry, journaling or memoirs for you, friends or family. One book will be completed each week, with mock-up and directions. *A materials fee of \$15 is due to the instructor at the first class. A short supply list is available when you register.*

3 Sessions  
Tuesdays  
Live Class  
5:30PM – 7:30PM  
Starts: 5/13  
\$78 + \$15 Materials Fee

## Watercolors Part I

Audrey McGlashan

Watercolors Part I, offered via Zoom, is designed for those who wish to acquire or improve their basic skills in watercolor painting. You'll be introduced to new techniques and approaches each week, with plenty of class time to work on painting and get instructor feedback. *A list of watercolor paints, brushes, paper and sundries is available under Course Info > Supply Lists at MidCoastAdultEd.com.*

6 Sessions  
Tuesdays  
Zoom Only  
6:00PM – 8:00PM  
Starts: 1/21  
\$105 + Supplies

“

*Audrey was encouraging and did a great job of supporting my efforts even though some were not very good. As a result, she was able to suggest ideas and techniques that were helpful. I had not painted for some time and, because of her teaching style, I got my confidence back and am enthused to continue to paint! I truly appreciate that!*

## Watercolors Part II

Audrey McGlashan

In Watercolors Part II, offered via Zoom, students will continue with more of Audrey's basic skill building in watercolor painting with ample class time to work on painting. *A list of watercolor paints, brushes, paper and sundries is available under Course Info > Supply Lists at MidCoastAdultEd.com.*

4 Sessions  
Tuesdays  
Zoom Only  
6:00PM – 8:00PM  
Starts: 3/18  
\$78 + Supplies

## PERSONAL ENRICHMENT

### Learning the Recorder

Sue Detweiler

Did you know that the recorder is an affordable route for learning to play a wind instrument? Learn to read music while making beautiful music on the recorder. You will learn the basics of treble note and rhythm reading while playing simple folk tunes. Come ready to relax and have some fun! *If you have a recorder already, there is no need to purchase one, but if you don't, you will need to have one to participate in this class. A Yamaha YRS-401 Soprano recorder (\$28) is recommended. In addition, you will need a copy of the Trapp Family Recorder Method Book 1, Descant, which can be purchased online for \$15.*

4 Sessions  
Thursdays  
Live Class  
6:00PM – 7:30PM  
Starts: 2/6  
\$62 + \$15 Book  
+\$28 Recorder

### Medicare 101

Jo Ann Neal

Jo Ann Neal, of Allen Insurance and Financial, is a licensed insurance agent with a decade of experience helping individuals find the right Medicare coverage based on one's 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 Session  
Tuesday/Thursday  
Live Class  
5:00PM – 6:30PM  
Runs: 5/20 or 5/8  
FREE



## BAKING & PASTRY

### Artisan Breads

Steve Watts

Learn to make different types of breads including baguettes, focaccia, and dinner rolls. All baking classes with Steve Watts are hands-on and students take home their finished products. **Materials fee of \$30.00 is due by cash or check, payable to the instructor, at the start of class.**

1 Session 5:00PM – 8:00PM  
Thursday Runs: 3/6  
Live Class \$58 + \$30 Materials Fee

“

*Steve was very accommodating to assist me with Gluten Free recipes. Great personality and wonderful information.*

### Brittle Bonanza

Steve Watts

Let's make a peanut brittle, an English toffee, and a sesame candy. Class will cover topics such as caramelizing sugar, adding nuts, and spreading and cooling of candies. **Materials fee of \$30.00 is due by cash or check, payable to the instructor, at the start of class.**

1 Session 5:00PM – 8:00PM  
Thursday Runs: 1/16  
Live Class \$58 + \$30 Materials Fee

### Senior Citizen Discount

Senior Citizens (65 and older) may receive a \$5 discount on fees for Enrichment courses running longer than one night. Please inquire for exceptions. Discount may be applied during online registration by entering the code **Senior5** when the discount prompt appears in the payment screen.



### Cupcakes with Buttercream Flowers

Steve Watts

Make your own dozen cupcakes with spring buttercream flowers and shape them into a spring bouquet for yourself or someone special. **Materials fee of \$30 is due by cash or check, made out to the instructor, at the start of class.**

1 Session 5:00PM – 8:00PM  
Thursday Runs: 5/8  
Live Class \$58 + \$30 Materials Fee

### Panoramic Sugar Easter Eggs

Steve Watts

Make your own old-fashioned sugared Easter egg and create a scene to go inside. **Materials fee of \$30 is due by cash or check, payable to the instructor, at the start of class.**

1 Session 5:00PM – 8:00PM  
Thursday Runs: 4/17  
Live Class \$58 + \$30 Materials Fee

### Pâte à Choux

Steve Watts

Learn how easy it is to make your own Eclairs, profiteroles and Paris-Brest pastries with assorted fillings for each. **Materials fee of \$30 is due by cash or check, made out to the instructor, at the start of class.**

1 Session 5:00PM – 8:00PM  
Thursday Runs: 3/27  
Live Class \$58 + \$30 Materials Fee



## Quickbreads, Scones, Muffins, and Teabreads

Steve Watts

Learn just how easy it is to make your own breakfast pastries! *Materials fee of \$30.00 is due by cash or check, payable to the instructor, at the start of class.*

1 Session 5:00PM – 8:00PM  
 Thursday Runs: 1/30  
 Live Class \$58 + \$30 Materials Fee

## Valentines Chocolate Mousse Cake

Steve Watts

Make your own dark chocolate cake from scratch and while it bakes, we'll make dark chocolate mousse for filler and frosting. The final touch will involve making assorted chocolate decorations to complete the cake. *Materials fee of \$30 is due by cash or check, payable to the instructor, at the start of class.*

1 Session 5:00PM – 8:00PM  
 Thursday Runs: 2/13  
 Live Class \$58 + \$30 Materials Fee

## GARDENING

### Blooms Through The Season

John Fromer

Having a garden that blooms all season makes the most of your space and time. This class covers about 90 perennials in depth sorted by color from spring to fall. Specifics of each plant are discussed from personal experience. Many unwritten tips will be mentioned. A good class for all experience levels.

2 Sessions 6:00PM – 8:00PM  
 Tuesdays Starts: 3/11  
 Live Class/Zoom Available \$58

“

*Great info and first-hand experience guiding us!  
 Can't wait to get started!*

## Designing a Bed for Annuals

Lynn Wiese

This one night class will teach you design techniques and tips used to shape beds, select annuals, and arrange them in an appealing manner.

1 Session 6:00PM – 8:00PM  
 Thursday Runs: 5/22  
 Live Class \$38

## Designing Beds & Borders

Lynn Wiese

Designing Beds and Borders is going to give all the information you need to determine where to place garden beds, along with how to shape and size them. Then, you'll learn how to create planting groups that look great together and fit into your bed space. You don't have to know your plants to design garden beds using my method!

1 Session 6:00PM – 8:00PM  
 Tuesday Runs: 4/15  
 Live Class \$38

## Design Tips for Creating Outdoor Living Areas

Lynn Wiese

This class will teach you key components for creating an ideal outdoor space for whatever use you want - recreation, entertaining, relaxation, etc. You'll also learn some tips for integrating containers and annuals into these spaces.

1 Session 6:00PM – 8:00PM  
 Tuesday Runs: 5/6  
 Live Class \$38



*\*Zoom available means students may request a link from the instructor to attend this course online.*



## Growing Cut Flowers

John Fromer

Growing cut flowers is fun and rewarding! Which flowers make good cut flowers and how do you grow them? Designing, planting and maintaining a cut flower garden are topics covered in this class.

2 Sessions 6:00PM – 8:00PM  
Tuesdays Starts: 5/6  
Live Class/Zoom Available \$58

## Growing From Seed Indoors

John Fromer

This workshop is for people who want to start plants from seed or want more information. This is a hands on class where you will learn all about seeds. You will practice techniques to start different kinds of seeds. Learn about selection, materials, timing, transplanting and planting out in the garden. Growing from seed expands the catalog of plants you can grow dramatically. It is a fun and easy way to start plants. **Materials fee \$25.**

1 Session 6:00PM – 8:00PM  
Tuesday Runs: 4/8  
Live Class/Zoom Avail. \$38 + \$25 Materials Fee



*\*Zoom available means students may request a link from the instructor to attend this course online.*

## Plant Shapes & Sizes for the Front of Your Home

Lynn Wiese

This workshop will teach the participants how to choose plant shapes and sizes that complement and enhance the various architectural styles of a home. The basics of design will be reviewed with examples, then the participants can apply what they learn through hands-on exercises. This workshop is ideal for anyone interested in garden design.

1 Session 6:00PM – 8:00PM  
Thursday Runs: 3/27  
Live Class \$38



*Loved the interactions with students. Lynn added so much, discussions flowed!*

## Season Extension

John Fromer

Our short vegetable growing season can be expanded with the use of certain materials, methods and species/variety selections. What are these materials and how do you use them? Where do you get them? Which techniques are right for me? What tips and tricks are there for maximum effect? How much does it cost and is it worth it? Come find answers to these questions and more!

1 Session 6:00PM – 8:00PM  
Tuesday Runs: 5/27  
Live Class/Zoom Available \$38

## Veteran Approved Courses

Many of our courses are approved by the Maine State Approving Agency for Veterans Education Programs for the use of GI Bill® benefits. GI Bill® is a registered trademark of the US Department of Veterans Affairs (VA). More information about benefits offered by VA is available at the official US government website at [www.benefits.va.gov/gibill](http://www.benefits.va.gov/gibill). To inquire about approvals and the Requirements Form, call the school: 596-7752 ext. 3.

**WE'RE MOVING!**  
**MONDAY,**  
**NOVEMBER 4TH**



**VISIT THE NEW  
ADULT EDUCATION  
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On the Oceanside High School (OHS) Campus  
400 Broadway, Rockland, ME

RSU 13 Adult Education  
207-594-9764  
adulted@rsu13.org  
rsu13.maineadulted.org  
@rocklandadulteducation



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## Complete Science Prerequisites for Health Science College and Certificate Programs!

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- Chemistry with Lab: Jan 6.-Mar. 9 2025
- Biology with Lab: Feb. 24-Apr. 18 2025



## Want stronger digital skills for work or school?

We offer Northstar Digital Literacy and Comptia+Testout classes, two nationally recognized programs, for students who want to build or prove their computer skills.

Topics Include:

- Foundational Computer Skills
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Improve your English language skills in our English Language Learning (ELL) Classes--Start Today!

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- Prepare for citizenship and/or TOEFL exam



# ADDITIONAL OPPORTUNITIES

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## COURSES AT

# Midcoast

Adult & Community Education



## SERVING RSU 40 & RSU 12

Medomak Valley High School  
320 Manktown Road | Waldoboro, Maine

207-832-5205

[mace.maineadulted.org](http://mace.maineadulted.org)

COURSES AT RSU 12 & 40 • REGISTER AT MACE.MAINEADULTED.ORG

COURSES AT RSU 12 & 40 • REGISTER AT MACE.MAINEADULTED.ORG

### From Flour to Flavor: Crafting Authentic Potstickers

Jeff Mao  
Wed May 14  
5:30 - 7:30 PM  
Medomak Middle School  
**\$72**

### Field Guild to Old Houses & Barns

Les Fossel  
Starting April 30  
for 6 weeks  
6 PM  
Alna Meeting House  
**\$86**

### I'm So Over Overeating

Katie K. Jones  
Mondays,  
Feb 3, 10, 17  
7 - 8 PM  
Online  
**\$30 per session**

### Pediatric First Aid

Andrew Eckman  
March 17  
for 2 weeks  
6 - 9 PM  
Medomak Valley High School  
**\$100**



### Still Life Painting

Heather Grotton-Emerson  
Tues Feb 18  
6 - 8 PM  
Warren Community School  
**\$60**

For complete course listings and to register, scan the code or visit [mace.maineadulted.org](http://mace.maineadulted.org)



Midcoast Adult & Community Education | Medomak Valley High School | 320 Manktown Road | Waldoboro, Maine  
207-832-5205 | [mace.maineadulted.org](http://mace.maineadulted.org)



## ADDITIONAL OPPORTUNITIES

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- Applying for College
- Navigating Financial Aid
- Transferring Credits
- Selecting a Major
- Registering for Classes

[uma.edu/rockland](http://uma.edu/rockland) | 207.596.6906 | [umarockland@maine.edu](mailto:umarockland@maine.edu)

91 Camden St, Suite 402, Rockland, ME 04841

## ADDITIONAL OPPORTUNITIES

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## MCST ADULT EDUCATION INFORMATION & LOGISTICS

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- Register and pay securely online at [MidCoastAdultEd.com](https://MidCoastAdultEd.com). Credit card transactions incur a non-refundable processing fee of \$1.99.
- Payment by cash or check is accepted. Please call 596-7752 x 3 to ensure there are class openings and to register. **We must receive cash or check payments within 7 business days or registration will be canceled.**
- General office hours are 9:30 a.m. to 5:30 p.m. Monday through Thursday. Fridays until 3 p.m.
- Senior Citizens (65 and older) may receive a \$5 discount on fees for enrichment courses longer than 1 session. Please inquire for exceptions. Discount may be applied during online registration by entering the code **Senior5** on the payment screen.
- Inclement Weather: Generally, Adult Education classes are not held when regular school is canceled due to poor weather. We will reach out by midday if otherwise. Notifications of cancellation will also be posted on our MCST Adult Education website and Social Media accounts.
- Course Changes: We reserve the right to cancel courses, change schedules, and substitute instructors.
- No classes held on: 1/20, 2/17-2/21, 4/21-4/25, 5/26, & 6/19.



Scan for a  
quick link to our  
Registration site

# REGISTRATION FORM

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Mid-Coast School of Technology  
Adult Education Enrichment Registration Form  
(To register for a Work Force Training class, please call 596-7752 x 3)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: (Best number in case of cancellation) \_\_\_\_\_

EMAIL: \_\_\_\_\_ D.O.B: / /

COURSE TITLE	START DATE	REG.FEE
1.		\$
2.		\$
3.		\$

PAY BY:  CHECK  CASH TOTAL: \$ \_\_\_\_\_

CC: # \_\_\_\_\_ EXP. DATE \_\_\_\_\_ CSV \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Please make check payable to MCST Adult Education  
Send to: Mid-Coast School of Technology, 1 Main Street, Rockland, ME 04841  
Classes are filled on a first come, first served basis.

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## MCST ADULT EDUCATION REFUND POLICY:

A full refund will be issued if we cancel a class or if the student withdraws at least 15 days before the start of the course. We will retain a 25% processing fee for withdrawals up to 48 hours before the start of the class. No refunds will be given within 48 hours of the start of a course. Material and supplies fees are not refundable.

**PLEASE NOTE THAT ANY CASH OR CHECK REGISTRATIONS MUST BE PAID WITHIN 7 BUSINESS DAYS OR WE WILL NOT HOLD A SPOT IN CLASS.**

Credit and debit card transactions include a non-refundable \$1.99 processing fee.

*Exceptions to this policy may be made at the discretion of the Director.*

**Mid-Coast School of Technology Adult Ed**  
1 Main Street  
Rockland, Maine 04841  
MidCoastAdultEd.com  
207-596-7752 ext. 3

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**Studio & Creative Arts**

**Technology for Home & Work**

**Personal Enrichment**

**Baking & Pastry**

**Gardening**

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