

A person's legs in blue jeans are sitting on a tall stack of books. The background is a solid green color.

Spring 2023 Course Guide

# BANGOR ADULT COMMUNITY EDUCATION

941-6316

[www.bangoradulthood.org](http://www.bangoradulthood.org)

We offer a variety of courses  
including:

Cooking  
Financial  
Certificate Programs

Yoga

Dance

Visual Art

Piano

Computer Classes

Spanish

Online Classes

Ukulele

Smartphone

Photography

Gardening

College Readiness

High School Completion

French

ASL

Artist/Cooking Retreats

AND MUCH MORE!

Bangor Adult & Community Education and United Technologies Center Adult Education are working together to provide more learning opportunities for adults in the greater Bangor area, especially in the area of Career Pathways. In addition to our current offerings, we are working on providing some new learning opportunities for the spring semester. If you have a suggestion for a class, please contact Bangor Adult & Community Education (941-6316)

# Bangor Adult & Community Education

Gregory Leavitt, Director

High School Completion  
Enrichment Courses

Career Pathways  
College Transition Courses  
ESL Classes

College Prep Courses  
Adult Basic Education

## Adult Education and The Learning Center

121 York Street

Bangor, Maine 04401

941-6316

[www.bangoradulthood.org](http://www.bangoradulthood.org)

Office Hours

Monday - Thursday 8:30 am - 4:30 pm

### ACADEMIC CLASSES

HiSet™ Equivalency Diploma .....	3
High School Diploma Program .....	3
College Transitions Classes .....	4

### CAREER PATHWAYS

Healthcare.....	5
Comptia Certification .....	5

### ENRICHMENT COURSES

Art/Music Classes .....	6
Cooking Classes.....	8
Dance Classes .....	9
Fitness Classes .....	9
Creative Writing Classes.....	9
Gardening Classes .....	10
Financial Classes .....	11
Language Classes .....	11
Computers and Technology .....	12
Registration Page .....	15



ALL CLASSES LISTED AT

[WWW.BANGORADULTED.ORG](http://WWW.BANGORADULTED.ORG)

**NON-DISCRIMINATION & EQUAL OPPORTUNITY :** The Bangor School Department shall not discriminate and shall comply with applicable laws prohibiting discrimination on the grounds of race, color, religion, sex, sexual orientation, national origin or citizenship status, age, disability, or veteran status in employment, education, and all other areas of the Department. Questions and complaints should be directed to the Superintendent of Schools, Bangor School Department, 73 Harlow Street, Bangor ME 04401, 992-4150.

**THE LEARNING CENTER**

121 York Street 941-6316

**HIGH SCHOOL COMPLETION****There are two ways to complete your high school education through Bangor Adult & Community Education:****BANGOR ADULT & COMMUNITY EDUCATION HIGH SCHOOL DIPLOMA**

Adults may earn a Bangor Adult & Community Education High School Diploma by taking our credit courses to supplement previous high school courses. We will analyze your most recent high school transcript and develop a learning plan to help you earn your diploma.

**Please call 207.941.6316 for a registration appointment.****HISET EXAM**

The HiSet™ is a series of five subject tests; Science, Social Studies, Reading, Writing, and Math. The HiSet has replaced the GED in Maine.

Students are enrolled in HiSet Academy to help them prepare for the exam. Students are expected to attend an in person class at least two hours per week and also complete at least two hours of study online per week. HiSet Academy and the HiSet exam are free for Maine residents. Participants must be at least 17 years old and not enrolled in high school.

**Please call 207.941.6316 for a registration appointment for either the High School Diploma program or the HiSet.****ENGLISH FOR SPEAKERS OF OTHER LANGUAGES**

Bangor Adult & Community Education offers classes for people interested in improving speaking, listening, reading and writing in English. We will work on vocabulary, pronunciation, comprehension, and conversation.

Beginner and Advanced classes are available.

**Please call 207.941.6316 for a registration appointment.****Instructor: Barb Miller****Beginners: Tuesday 9:00 a.m. -10:30 a.m. at The Learning Center****Advanced Beginners: Thursday 10:00 a.m. – 12:00 p.m. at The Learning Center****Advanced: Thursday 3:00 p.m. – 5:00 p.m. at The Learning Center****Advanced: Wednesday 10:00 a.m. – 12:00 p.m. Online****DIGITAL LITERACY**

Proficiency with computer skills is important regardless of career choice. We can assess your skills in Computing Fundamentals, Key Applications, and Living Online. We have an online curriculum that you can utilize to improve your skills. You can even earn the IC3 Digital Literacy Certification by completing this program. The assessment and program are free.

**Please call 207.941.6316 to schedule an appointment.**

**Bangor Adult & Community Education has partnered with the Learning Resource Network to offer asynchronous online classes.**

**These include:**

Web Design  
Conflict Management  
Designing Online Instruction  
Developing Your Leadership Skills  
Developing Your Professional Career  
Extraordinary Customer Service  
HTML Fundamentals  
Improving Email Promotions  
Grammar Refresher Certificate  
Introduction to Game Design  
Intermediate Excel

Introduction to Social Media  
Leadership Principles  
Negotiation: Get What You Want  
Online Advertising  
Podcasting  
Refining Your Writing  
The Basics of Bookkeeping  
Video Marketing  
Word-Level Grammar  
Writing News and Press Releases  
YouTube for Business

Advanced Google Analytics  
Advanced Teaching Online  
Business Writing  
Cash is King  
Collaborative Management  
CSS Fundamentals  
Adobe Illustrator Essentials  
Adobe Photoshop Essentials  
Adobe InDesign Essentials  
Certificate Programs  
... and many more!

**FOR MORE INFORMATION, PLEASE VISIT [WWW.BANGORADULTED.ORG](http://WWW.BANGORADULTED.ORG)**

## COLLEGE ACCESS FOR EVERYONE (CAFE)

Did you ever wonder if you were college material? Bangor Adult & Community Education invites you to take the next step by easing into a complete college preparation program.

The CAFE program helps adults who are studying to earn a high school completion credential to transition to college. It provides support to adults who have a high school credential but may need academic preparation for college courses.

Our classes prepare students for college courses by teaching study skills, time management, test taking strategies and advocacy skills. The classes also prepare students for the Accuplacer placement exams.

**For more information on how to enroll in the CAFE program, please call 941-6316.**

### COLLEGE AND CAREER READINESS

Are you considering attending college and are not sure where to begin? We can help you with your journey! We offer college advising services to assist you in developing a learning plan and to assist you in the application process. Additionally, we have writing, math, science, and digital literacy courses available. **Please call 207.941.6316 for an appointment today.**

### CAREER EXPLORATION

Are you unsure of your career path or wonder what careers best fit your strengths and interests? The World of Work Inventory (WOWI) will assess your skills, interests, and work style and assist you in finding a rewarding career pathway. The assessment is free and we will review the results with you and create a Learning Plan.

**Please call 207.941.6316 to schedule an appointment.**

#### ALGEBRA I

This class is designed for students who have a strong math background. This course prepares the student for a college or advanced training program that requires skill in algebra. Please call 207.941.6316 for a registration appointment.

**Location: The Learning Center**  
**Instructor: Lynn Alexander**

#### BASIC COLLEGE MATH

Are you looking to improve your basic math skills? This class provides individualized instruction targeted toward your learning needs. This class covers the basic arithmetic of whole numbers, fractions, decimals, percents, ratio and proportion, and measurement. Please call 207.941.6316 for a registration appointment.

**Location: The Learning Center**  
**Instructor: Lynn Alexander**

#### ESSENTIALS OF COLLEGE PLANNING

This free workshop introduces people to educational opportunities in general and Maine Educational Opportunities Center services in particular. This interactive workshop touches on the four steps in the college process: admissions, financial aid, career options, and study skills. The admissions section reviews college options, the college search process and the application structure. The fundamentals of financial aid, including the filing process and the applications, are covered in detail. Career options in our geographic area and counseling are introduced. Effective transitions into college, college readiness and study skills are discussed. This workshop is scheduled on an individual basis.

**To register or for more information, call: 1-800-281-3703 or visit us on the web at <http://meoc.maine.edu>.**

#### BASIC READING

This class assists students in improving their vocabulary and reading comprehension skills. Students will learn about reading strategies that will improve their success in life and the workplace. Students are required to attend in person at least two hours per week and also work online for two hours per week. **Please call 207.941.6316 for a registration appointment.**

#### HUMAN BIOLOGY ONLINE

This asynchronous online course will provide an introduction to: cells (the building blocks of life) and how they function; human organ systems – their structure and function; and heredity – how traits are passed down from generation to generation.

**Dates: 1/30/23 - 5/26/23**  
**Instructor: Pam Proulx-Curry**  
**Cost: \$95**

#### CHEMISTRY ONLINE

This is an asynchronous online high school level Chemistry class. It can also be taken as a prerequisite for post-secondary education. Please call 207.941.6316 for a registration appointment.

**Dates: 1/30/23 - 5/26/23**  
**Instructor: Pam Proulx-Curry**  
**Cost: \$95**

#### WRITING SKILLS FOR COLLEGE

Writing Skills for College will cover conventions of standard English usage with their applications in writing sentences, paragraphs, and simple essays. The course also includes College Readiness instruction on topics such as learning styles, study skills, time management, financial aid planning, and assistance with the college application process.

**Wednesdays 2/1/23 - 5/10/23**  
**3:15 p.m. – 5:45 p.m.**  
**Instructor: Bill Ames**  
**Please call 207.941.6316 for a registration appointment.**



**CAREER PATHWAYS/CERTIFICATION COURSES/HEALTHCARE**

**Bangor Adult & Community Education has partnered with the Learning Resource Network to offer asynchronous online certificate programs. These include:**

- Bookkeeping
- Entrepreneurship
- Basic Game Design
- Customer Service
- Workplace Communication
- Mastering Excel
- Social Media for Business
- Web Design
- Coding
- Graphic Design
- Accounting and Finance
- ...plus many more.

**For more information, please visit [www.bangoradulthood.org](http://www.bangoradulthood.org)**

**COMPTIA A+ ACADEMY**

Comptia A+ Academy prepares students to earn two industry recognized certifications in technology, the IC3 and Comptia A+. These certifications are helpful when trying to obtain entry level employment in Information Technology. In this course, you will acquire the essential skills and information you will need to install, configure, optimize, troubleshoot, repair, upgrade, and perform preventive maintenance on PCs, digital devices, and operating systems. The cost includes exam vouchers. Participants may be eligible for financial assistance through the Career Center.

**Cost: \$1,230**  
**The class is held via Zoom.**  
**Dates: TBA 5:00 p.m. – 8:00 p.m.**  
**Instructor: Alex Bridges**

**MEDICARE 101**

Medicare is not one size fits all. New to Medicare? This session will review a wide variety of information to help you navigate the waters. We will review how to obtain Medicare, when you are eligible and many other important topics including supplemental insurance to complement original Medicare. If you are currently enrolled in Medicare come get a refresher on the basics and better understand the choices available to you and when you can make changes. There are many different products and carriers available as well as various enrollment periods which give you the opportunity to change your policy if appropriate. Anyone with questions about Medicare will find this class helpful.

**Cost: \$5**  
**Session 1: Tuesday, 3/21 6:00 p.m. – 7:30 p.m.**  
**Session 2: Thursday, 5/11 6:00 p.m. - 7:30 p.m.**  
**Class will be held at UTC**  
**Instructor: Courtney Cowan**

**CERTIFIED NURSES ASSISTANT**

This is a great class for entry level employment in the medical field. Bangor Adult & Community Education holds C.N.A. classes at various times throughout the year. Call 207- 941-6316 for information about upcoming classes.

**Bangor Adult & Community Education is partnering with ProTrain, a leader in continuing education.**

This partnership brings quality training to our students that meets national, regional, and local requirements leading to careers in high demand fields. View all courses and course outlines at <https://bangoradulthood.theknowledgebase.org/>.

CompTIA IT Fundamentals	\$1318	2/6/23-3/15/23	7:00 pm - 10:00 pm
CompTIA Network +	\$1345	5/22/23-6/26/23	7:00 pm - 10:00 pm
CompTIA Security +	\$1379	7/10/23-8/9/23	7:00 pm - 10:00 pm
Medical Billing and Coding	\$3534	3/20/23-7/12/23	7:00 pm - 10:00 pm
Medical Admin. Assistant	\$2435	2/20/23-5/8/23	7:00 pm - 10:00 pm

**BEHAVIORAL HEALTH PROFESSIONAL CERTIFICATION TRAINING**

Our community is looking for individuals who want to make a difference in a child’s life. Children’s Behavioral Health Services are vital to Maine’s children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. And the need in our area is great! As an integral part of the child’s treatment team, a Certified Behavioral Health Professional (BHP) has the opportunity to make an immediate impact while helping a child grow and develop to their full potential. We are excited to connect our community with this wonderful ONLINE training and certificate program. This training will prepare you for employment through local social services agencies and equip you to work with children who qualify for services. The program can be started at any time and finished at your own pace. You will complete 12 online modules then three 4-hour live (in-person or virtual) sessions. Once the modules are completed, you will receive free online blood borne pathogen training and Child and Adult First Aid & CPR certification. In just 40 hours, our free remote training program can get you certified and on your way to a life-changing profession. Must be a Maine resident, and at least 18 years old with a high school diploma (or equivalent) to become certified. **Cost: Free For more info contact Jeffrey Carpenter, Workforce Recruitment Specialist. 207-653-0907. [jcarpenter@woodfords.org](mailto:jcarpenter@woodfords.org)**

## ENRICHMENT COURSES

### ART/MUSIC CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

#### UKULELE FOR BEGINNERS

The ukulele has captured hearts and minds in Maine and around the world! Come join our beginners' class and share in the joy. The ukulele is versatile and easy to play (if you regularly practice!). You will learn essentials including basic chord positions, strumming techniques and picking styles. This class will give you the tools to play with groups or solo and you don't have to know how to read music! You must have a playable ukulele and an electronic tuner or ukulele tuning app. If you don't have a uke, let us know when you register and Duncan will be glad to provide information about how and where to buy one to fit your budget. Learn to play the ukulele! Stimulate your mind and light up your world!

Please choose a session when registering

**Cost: \$79 each session**

**Session 1 Tuesdays 1/31 - 2/21**                      **6:00 p.m. – 7:30 p.m.**

**Session 2 Wednesdays 2/1 - 2/22**                      **6:00 p.m. – 7:30 p.m.**

**Session 3 Tuesdays 3/7 - 3/28**                      **6:00 p.m. – 7:30 p.m.**

**Session 4 Wednesdays 3/8 - 3/29**                      **6:00 p.m. – 7:30 p.m.**

**Session 5 Tuesdays 4/4 - 4/25**                      **6:00 p.m. – 7:30 p.m.**

**Session 6 Wednesdays 4/5 - 4/26**                      **6:00 p.m. – 7:30 p.m.**

**Classes are held via Zoom**

**Instructor: Duncan Perry** a multi-instrumentalist, has been playing ukulele for 14 years and has so far taught ukulele to over 700 adults up and down the coast of Maine and inland too. His mission is to spread the joy of the ukulele across Maine!

#### INSTANT PIANO FOR BUSY PEOPLE

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 with 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, and how to simplify over 12,000 complex chords.

**Cost: \$59      Tuesday 3/7      6:30 p.m. – 9:30 p.m.**

**Classes are held via Zoom      Instructor: Craig Coffman**

#### INSTANT GUITAR FOR BUSY PEOPLE

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 with 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.

**Cost: \$59      Wednesday 3/8      6:30 p.m. – 9:30 p.m.**

**Classes are held via Zoom      Instructor: Craig Coffman**

#### ACADIAN ARTS WATERCOLOR RETREATS

Acadian Arts Retreats are safe and creative spaces set on the scenic Maine coast. Participants explore creative, visual, and culinary arts in small groups guided by skilled instructors. Join artist Mary Laury and Chris Toy at various locations along the Maine coast. For full descriptions of each retreat, please visit [www.bangoradulthood.org](http://www.bangoradulthood.org).

**Cost of each covers workshops and meals. Lodging is not included**

**Old River House in Kennebunkport, Maine**

**March 24 - 27                      \$495**

**The Willows in York Beach, Maine**

**April 17 - 20                      \$495**

**Harbor View House in Prospect Harbor, Maine**

**May 26 - 29                      \$495**

## THE BASICS OF COMIC CREATIONS

Visit any big bookstore and you'll find tons of how-to-draw books on the shelves aimed at comic artists. Flip through them and you'll see step-by-step instructions on drawing like your favorite artists. But that's not really what comics are about. Here, you can finally learn how to tell your stories through the medium of comics. This class will go over everything you need to know about visual storytelling. Match words and pictures like a pro, master the powers of framing and moment to moment narrative, and create unique, unforgettable characters. With a focus on fundamentals, this class is built for artists of any skill level as well as traditional and digital artists.

**Cost: \$64      Thursdays 2/2 - 3/23      6:00 p.m. – 8:00 p.m.**

**Classes are held at UTC**

**Instructor: Dane Kelly** is an award-winning artist, published comic artist, commercial artist, and a graphic artist major at Penn State University.

## IMPASTO OIL PAINTING EN PLEIN AIR

Have you ever wanted to paint a thick oil painting that revealed textural expressive strokes that lays down like frosting on a cake? This fun-filled oil painting class takes you beyond the guilty pleasure of painting thick to a place where you will get quality results technically and compositionally. Using the oil painting methods of the Venetian and Italian painters, Michael will show you how to use mediums to make the paint brighter, adding a luster appearance. To the paint; and how to improve its viscosity to spread on the substrate like butter. For the beginner or experienced artist, alike, participants will learn how to use different size and types of palette knives and brushes and how to load them with paint. Michael will demonstrate and put you at ease with his approachable teaching style as he reveals the painters in history who painted using the impasto oil painting method. This course inspires students to participate through in-class painting assignments that are meant to innovate, demystify and clarify the impasto oil process. Artists will also be encouraged to participate in out-of-class assignments as well, to give opportunities to reinterpret what was learned in class and apply those skills to personal painting ideas at home. Group critiques will be featured to offer constructive suggestions each week. This will provide the artist with a supportive opportunity to develop their powers to represent their work. Participants may choose instructor resources or their own subjects from drawings, experiences from memory, photographs or from direct observation to develop their own painting themes. The course gives technical insight through visual aid presentations of oil painting movements and artist trends that define modern impasto oil painting today. This course will give the artist a solid base from which to build plein air impasto oil painting experiences upon and will include at least one plein air (paint outside) field trip near the end of the course in the Spring. Come and experience a new course that develops in you a new appreciation for this amazing and versatile medium, while participating in the largest movement of plein painting

**Cost: \$89 For the materials list and a complete description, please visit [www.bangoradulthood.org](http://www.bangoradulthood.org).**

**Wednesdays 2/1 - 4/12**

**6:00 p.m. – 8:30 p.m.**

**Classes are held at UTC**

**Instructor: Michael E. Vermette** has been an oil painter for over 50 years. He graduated from Maine College of Art with a BFA degree in painting in 1980 and is a Maine certified K-12 art teacher with over 36 years experience. He has won numerous Best-in-shows awards in Maine open juried competitions and is the recent winner of the Castine Plein Air Festival 2018.



Left Image  
"Coos Canyon, Byron, Maine"  
watercolor on Twinrocker handmade paper  
19x25 inches by Michael E. Vermette.



Right Image  
"High Surf At Gull Rock From Burnt Head,  
Monhegan Island"  
oil on board 8 x 10 inches by Michael E. Vermette

## WATERCOLOR LANDSCAPES

Join Michael E. Vermette for a painting journey that explores different methods of painting the landscape on location and in a studio environment. Michael will demonstrate his method of oil painting in demonstrations and lessons that teach you how to paint from resources in the studio and culminating in an outdoor plein air painting class in the Spring. Learn how to paint in watercolor fearlessly and in a place where you can let yourself go, have fun, yet still be in control of the medium. From painting lost and found edges, to floating washes wildly to create interesting treatment, this watercolor class perfectly allows you to approachable landscapes and get award winning results. Open to the beginner or the advanced painter alike, both will benefit with Michael's friendly and open style of teaching. You will love how much this inspiring course will teach you about painting the beauty of the Maine Landscape with visually positive results.

**Cost: \$89 For the materials list and full course description, please visit [www.bangoradulthood.org](http://www.bangoradulthood.org).**

**Thursdays 2/2 - 4/13      6:00 p.m. – 8:30 p.m.**

**Classes are held at UTC**

**Michael E. Vermette** see bio above

## INTERMEDIATE AND ADVANCED PAINTING AND DRAWING

This course is designed for individuals who have been painting and drawing for two years or more and want to learn more about composition, color mixing, new techniques, and other related art issues. This class will focus on specific art interests and expand knowledge about painting and drawing. Participants will work in the medium of their choice: watercolor, acrylic, pastel or charcoal/graphite. Instruction will be individualized to meet specific needs. A group critique of art work will follow at the end of each class.

**Cost: \$64 plus materials**      **Wednesdays 2/1 - 3/22**      **6:00 p.m. – 8:30 p.m.**

**Classes are held at UTC**

**Instructor: David Haskins** teaches art at Husson University. Before moving to Maine, David was a full-time artist working and teaching in Colorado.

## COOKING CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

**Instructor: Chef Cathy Speronis** graduated in 2020 from Eastern Maine Community College with an Associate of Science degree in Culinary Arts. She is currently working to complete her BS degree in Hospitality and Tourism Management from Husson University. Cathy is well-known for her desserts, appearances on WABI morning segments, and her website ATastyAdventure.com.

### ECONOMICAL COOKING 101

Tired of paying high prices at the grocery store? Learn how to make your money go further with great tips and tricks. In this course you will learn how to break down a whole chicken and make the most out of every part. We will also be making low-cost dishes packed with nutrition and flavor.

**Cost: \$95**

**Class will be held at UTC**

**Mondays, 1/30 - 2/13**

**6:00 p.m. – 8:00 p.m.**

### GLUTEN AND DAIRY FREE COOKING

Having allergies doesn't mean that you have to sacrifice flavor and satisfaction! We will be making some fantastic dishes that you will enjoy even if you are not gluten and dairy free. Just a note – we will be using nuts in this course.

**Cost: \$95**

**Class will be held at UTC**

**Mondays, 3/6 - 3/20**

**6:00 p.m. – 8:00 p.m.**

### QUICK AND EASY DESSERTS THAT WON'T BREAK THE BANK

Did you ever have that craving for something sweet but didn't want to spend a lot of time in the kitchen? Quick Chocolate Lava Muffins, Skillet Apple Crisp, and Creamy Rice Pudding are just some of the recipes that we will be making in this course.

**Cost: \$95**

**Class will be held at UTC**

**Mondays, 4/24 - 5/8**

**6:00 p.m. – 8:00 p.m.**

## ONLINE COOKING WITH BOOMERTECH ADVENTURES

In this asynchronous online course, BoomerTECH Adventures guides Chris, Jill, and Ed share their love of cooking and enjoyment for lots of different types of foods. You will learn how to prepare several tasty stir fries using traditional Chinese flavorings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade. In addition, discover an easy way to make your own pita pockets, flat breads, and tortillas. Plus, you will see a way to combine the benefits of cooking on cast iron with your love of grilling. We haven't forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie?

**Cost: \$35**

## ACADIAN ARTS ASIAN FUSION COOKING RETREATS

Acadian Arts Retreats are safe and creative spaces set on the scenic Maine coast. Participants explore creative, visual, and culinary arts in small groups guided by skilled instructors. Join artist Mary Laury and Chris Toy at various locations along the Maine coast. For full descriptions of each retreat, please visit [www.bangoradulthood.org](http://www.bangoradulthood.org).

**Cost of each covers workshops and meals. Lodging is not included**

**Old River House in Kennebunkport, Maine**

**March 24 - 27      \$495**

**The Willows in York Beach, Maine**

**April 17 - 20      \$495**

**Harbor View House in Prospect Harbor, Maine**

**May 26 - 29      \$495**

## DANCE CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

### BALLROOM DANCE

This course will teach the basics in the ballroom dance styles of swing and waltz. These dances are partner dances, so participants must register with a partner. This course will also teach timing, leading and following skills necessary to succeed in all partner dances. Each couple will progress at an individual pace. No previous dance experience is necessary. Sneakers are the recommended foot attire.

**Cost: \$55**      **Class will be held at Fairmount School**

**Session 1: Wednesdays, 2/1 - 3/22 6:30 p.m. – 8:00 p.m.**

**Session 2: Wednesdays, 4/5 - 5/24 6:30 p.m. – 8:00 p.m.**

**Instructors: Chuck McKay and Carole Luetjen** teach dance lessons in the Bangor area.

### COUNTRY LINE DANCE

No partner required - This fun line dance class will offer a variety of line dance steps and routines--done to all your favorite country songs -- that can go from classroom to dance floor in a flash! Clear instruction, step and combination breakdowns, and plenty of time to practice makes this class perfect for dancers who are brand new to line dancing as well as for those just hoping to learn a few more routines.

**Cost: \$39**      **Class will be held at Abraham Lincoln School**

**Session 1: Wednesdays, 2/1 - 3/22 6:30 p.m. – 8:00 p.m.**

**Session 2: Wednesdays, 4/5 - 5/24 6:30 p.m. – 8:00 p.m.**

**Instructor: Sue McKay** teaches dance lessons in the Bangor area.

## FITNESS CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

### BEGINNER LEVEL YOGA

Yoga has been shown to have vast health benefits for people of all body types and fitness levels. If you can stretch your muscles, you can do yoga! This six-week series will introduce basic yoga postures (along with modifications) and healthy alignment with some breath work and relaxation/meditation sprinkled in. We will play with linking postures together into a gentle 'flow' sequence that will stretch your muscles and relax your mind. As this will be in a virtual format via Zoom, verbal instructions will be replacing any hands-on adjustments. Participants should have a yoga mat or towel and wear clothes that allow for unrestricted movement. Participants should have the ability to get up and down from the floor fairly easily, and be cleared by a medical professional if there are chronic health issues such as high blood pressure.

**Cost: \$35**      **Choose one of the following sessions**

**Session 1: Wednesdays, 1/18 - 2/22 6:00 p.m. – 7:00 p.m.**

**Session 2: Wednesdays, 3/8 - 4/19 6:00 p.m. – 7:00 p.m.**

**Session 3: Wednesdays, 5/3 - 6/7 6:00 p.m. – 7:00 p.m.**

**Classes will be held via zoom**

**Wendy McLoon-Waterman** is a certified yoga instructor (RYT500) and a member of Yoga Alliance. She is also a certified Yoga Therapist working with individuals with physical and/or psycho-emotional challenges, and is a member of the International Association of Yoga Therapists.

## CREATIVE WRITING CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

### WRITING MEMOIRS

Let's bring your vivid stories together into a compelling memoir narrative for yourself, your family, and perhaps for a publisher. You can be any age and write the kind of stories people are itching to read. Let's take your memories and experiences, some imagination, and an engaging writing style to create unforgettable reading.

**Cost: \$64**      **Class will be held at UTC**      **Tuesdays, 1/31 - 3/14 6:00 p.m. – 7:30 p.m.**

**Instructor: Malcolm Herrling** is a published poet and memoirist. He studied at The Stone Coast Writers Workshop in Brunswick and received a grant from The Maine Arts Commission in 2021.

### UNDERSTANDING YOUR DREAMS

Want to understand your dreams? Try Lucid Dreaming? We'll explore dream themes, pre-sleep suggestions, pre-cognitive dreaming, and how to remember your dreams and which ones are meaningful. Understanding my dreams has helped me find new jobs, solve relationship and emotional problems and foresee changes in myself and in the world. We'll put together a lexicon of your own dream symbols and see patterns in your dreams that can transform your own life. You'll learn about the power of your subconscious mind.

**Cost: \$64**      **Class will be held at UTC**      **Tuesdays, 3/28 - 5/9 6:00 p.m. – 7:30 p.m.**

**Instructor: Malcolm Herrling** bio see above.

## GARDENING WITH IVONNE VASQUEZ

Students must be at least 18 years old and not enrolled in high school to register.

**Learn gardening tips from Master Gardener Ivonne Vasquez in a series of six workshops.**

**Each workshop is \$13 or save and register for all six for \$60.**

Ivonne is owner/manager of Bas Rouge Farm & Forge a Native Plants Nursery. She is also a Master Gardener, Licensed Registered Maine Guide/Recreation, photographer, garden writer, speaker, workshop presenter, hobby blacksmith and small acreage diversified farmer. She owns and manages Bas Rouge Farm & Forge where the primary enterprise is a Native Plants Nursery. Ivonne holds a certificate in Sustainable Landscaping & Garden Management, as well as Permaculture Design. To learn more visit [basrougefarm.com](http://basrougefarm.com).

### GARDENING: UNDERSTANDING SEED CATALOGS & SEED PACKETS

Let's learn how to decode seed catalogs and seed packages! In this class we will discuss sell by date; the # days info; symbols; watering and depth information; heirloom/hybrid; and, how to sow your seeds for an enjoyable gardening experience. Each participant will receive a seed packet and handouts to aid in understanding how to interpret a catalog and follow packet instructions for a great gardening season! Participants are encouraged to bring in seed catalogs, packets, and questions. Open to all skill levels.

**Cost: \$13      Date: Wednesday 2/8      6:30 p.m. – 8:00 p.m.**

### GARDENING: SEED STARTING & PLANT PROPAGATION

In this class you will participate in a hands-on activity: seed starting! Learn about the different types of seed starting media and the different heat and seed starting timing requirements for our Maine gardens. The instructor will also demonstrate various ways of prop. In this class you will participate in a hands-on activity: seed starting! Learn about the different types of seed starting media and the different heat and seed starting timing requirements for our Maine gardens. The instructor will also demonstrate various ways of propagating plants (division, cuttings, etc.). Bring garden gloves for the hands-on lesson. Open to all skill levels.

**Cost: \$13      Date: Wednesday 3/1      6:30 p.m. – 8:00 p.m.**

### GARDENING: LEARN TO GARDEN NO MATTER THE SPACE

You can garden whether you have 50 acres, 5 feet of space or a window box! In this class you will learn about square foot gardening, container gardening, building a raised bed and which plants, veggies, herbs and fruits do well in large or confined spaces. The instructor will demonstrate how to build a simple 4'x4' raised garden bed. Open to all skill levels.

**Cost: \$13      Date: Wednesday 3/22      6:30 p.m. – 8:00 p.m.**

### GARDENING: BUILD BETTER SOIL

Knowing the correct level of soil fertility, aeration, drainage is crucial for the variety of plants we grow in our Maine spaces. Learn about soil testing, understanding the variety of amendments, how to make your own cold compost and using compost teas at the appropriate time during the growing season. The instructor will demonstrate how to build a compost bin using a variety of materials for different spaces. Open to all skill levels.

**Cost: \$13      Date: Wednesday 4/12      6:30 p.m. – 8:00 p.m.**

### GARDENING: CREATING POLLINATOR ACTIVE GARDENS

Do you ever wonder how or what would attract more pollinators to your garden? In this class, learn about which plants are most beneficial to both native and migratory pollinators and methods of gardening where you attract, welcome, encourage and provide long term habitat for the diversity of flora and fauna in your yardscapes. We will delve into rewilding on a grand and small scale. Every little bit helps pollinators! Open to all skill levels.

**Cost: \$13      Date: Wednesday 4/26      6:30 p.m. – 8:00 p.m.**

### GARDENING: BEAUTY, VALUE & BENEFIT OF NATIVE PLANTS

Native plants, what are they, how do I incorporate these into my garden or landscape and is it worth it? Learn the answers to these questions and more about the beauty, value and benefit of our Native Plants and why these are so very important to the health of insects, birds and regional ecosystems. Open to all skill levels.

**Cost: \$13      Date: Wednesday 5/10      6:30 p.m. – 8:00 p.m.**

**SEE OUR COMPLETE LIST OF CLASSES ONLINE AT  
[www.bangoradulthood.org](http://www.bangoradulthood.org)**

## Language Classes

Students must be at least 18 years old and not enrolled in high school to register.

### FRENCH

Learn basic French by discovering the tremendous source of French words that are in our everyday English language. Begin, from your first class, to socialize in French with ease, amazement, and fun. Each of the seven classes will treat different cognate topics. **Cost: \$64 plus textbook**

**French for Beginners**

**Wednesdays, 3/1 - 4/5**

**6:00 p.m. - 8:00 p.m.**

**Classes are held at UTC**

**Instructor: Dennis Michaud** has an M.A.T. in French and is a Maine certified teacher. He has taught at the University level in addition to teaching adult education classes.

### SPANISH

This course offers an introduction to Spanish in a personalized and fun style. The class is designed to help students acquire a foundation of Spanish vocabulary while learning how to speak and listen to the language for general and practical use. Students are encouraged to speak Spanish whenever possible in the class. The book is additional. **Cost: \$64 plus textbook**

**Spanish for Beginners**

**Tuesdays, 4/4 - 5/23**

**6:00 p.m. - 8:00 p.m.**

**Spanish II (continuation of Spanish for Beginners)**

**Tuesdays, 1/31 - 3/21 6:00 p.m. - 8:00 p.m.**

**Classes are held at UTC**

**Instructor: Francisca Smith** teaches Spanish at Brewer High School. She has been teaching Spanish for 10 years. She is also an Interpreter and Translator.

### ASL

Interested in learning sign language to communicate with a family member or a member of the community? If so, you will find this class a “hands talking” experience. Learn basic ASL such as baby signs, family signs, and visual gestures. Realize why many people who previously struggled to learn a second language are perfect students for this class. **Cost: \$64 plus textbook**

**ASL I**

**Wednesdays, 2/1 - 3/22**

**6:00 p.m. - 8:00 p.m.**

**ASL II (continuation of ASL I)**

**Wednesdays, 4/5 - 5/24**

**6:00 p.m. - 8:00 p.m.**

**Classes are held at UTC**

**Instructor: Dawna Marie Thorpe** has taught ASL for several years. Dawna attended Gallaudet University in Washington, D.C. and The University of Maine. She has strong ASL skills and also has experience with SEE (Signed Exact English).

## FINANCIAL CLASSES

Students must be at least 18 years old and not enrolled in high school to register.

**All classes are held at UTC from 6:00 p.m. - 7:30 p.m.**

**Classes are free and taught by Financial Advisor John P. Byrne, AAMS**

**Advance registration is preferred so we can get the packets to the participants prior to the seminars.**

### FOUNDATIONS OF INVESTING

Foundations of Investing is an educational program for people who want an overview of investing, including key terms and types of investments. Foundations of Investing covers the basic features of bonds, stocks and packaged investments, and the importance of asset allocation.

**Wednesday 3/1**

### SCRIPT YOUR FAMILY'S FUTURE

Do you know where your assets will go when you die? If not, our Preparing Your Estate Plan presentation will help familiarize you with the basic steps of planning for your estate, including the function of a will and the different types of trusts. An estate-planning attorney, Kristy Hapworth of Rudman Winchell, will be presenting at this event.

**Tuesday 3/7**

### RETIREMENT BY DESIGN

Retirement by Design is a presentation that illustrates how you can translate your vision for retirement into tangible goals. Whether you are 10 or 40 years from retirement, you'll learn investment strategies to help design the retirement you want. We'll also discuss how you can add flexibility to your strategy to help you handle unexpected events and how you can keep your strategy on track.

**Wednesday 3/15**

### READY OR NOT? PREPARING FOR THE UNEXPECTED

Ready or Not? Preparing for the Unexpected is a protection presentation that outlines a proactive strategy to help protect your family's financial resources from life's unexpected turns.

**Wednesday 3/29**

## COMPUTERS AND TECHNOLOGY

Students must be at least 18 years old and not enrolled in high school to register.

## DIGITAL CAMERA CLASSES WITH NOEL TOPPING

Students must be at least 18 years old and not enrolled in high school to register.

**Noel Topping** is an experienced professional photographer in a variety of forms ranging from portraits, products, events, landscapes, and graphics. He has photographed over 200 weddings and is willing to share what he has learned about photography in technical detail. Classes are as entertaining as they are informative. He is classically trained yet modernized in the current digital photography world. **ALL CLASSES ARE HELD AT UTC.**

**YOU CAN TAKE INDIVIDUAL CLASSES OR ENROLL IN ALL SIX FOR \$200!**

### SMARTPHONE PHOTOGRAPHY

Unlock the full potential of the camera you have RIGHT THERE in your pocket with a “smartphone” camera. The camera you ALWAYS have with you! This class will reveal many of the universal tips of photography from professional photographer Noel Topping. We will be covering things like: choosing a phone (if you don’t already have one), why use your phone over a standard camera, accessories, apps, sharing and photography tips and tricks specifically for your smartphone photography. Make your photos look professional and have fun!

**Cost: \$35**

**Class is held at UTC**

**Thursday, 2/2**

**6:00 p.m. – 8:00 p.m.**

### POINT AND CLICK

Using your Point and Click to take photos like a DSLR Camera. Learn how to use the camera to approximate what you can do in professional photography.

**Cost: \$35**

**Class is held at UTC**

**Thursday, 2/16**

**6:00 p.m. – 8:00 p.m.**

### DSLR 101 (BASIC)

Topics in this two hour class include: handling and holding techniques for your camera, basic settings for portrait, landscape, and action shots and photograph handling; composition; camera terminology with what they do (ISO, Shutter, Aperture, etc.) and some “must have” accessories are explained.

**Cost: \$35**

**Class is held at UTC**

**Thursday, 3/2**

**6:00 p.m. – 8:00 p.m.**

### DSLR 102

Topics in this two hour class include: in depth settings and the mysteries of white balance, an in depth look into modern filters, understanding the use of RAW quality images and more.

**Cost: \$35**

**Class is held at UTC**

**Thursday, 3/16**

**6:00 p.m. – 8:00 p.m.**

### MACRO PHOTOGRAPHY

Come and enjoy learning about the big-little world of Macro Photography, with Tips and Tricks by Noel Topping. Be prepared to have an excuse in the future to buy the many different gadgets that will be demonstrated for use with Macro (Close-Up) photography. Different styles of Close-Up photography will be demonstrated along with the varying gear used to achieve the photos.

**Cost: \$35**

**Class is held at UTC**

**Thursday, 3/30**

**6:00 p.m. – 8:00 p.m.**

### ADOBE PHOTOSHOP

Learn the basics of using Adobe Photoshop to edit digital camera photos. The class will see each of the powerful tools within the software. While designed for beginners, this class is also appropriate for those who have used the software but would like to know more about it. You will walk away from the class with a DVD full of videos about each of the tools within Photoshop.

**Cost: \$59**

**Class is held at UTC**

**Thursdays, 4/27 & 5/4**

**6:00 p.m. – 8:00 p.m.**

**SEE OUR COMPLETE LIST OF CLASSES ONLINE AT  
[www.bangoradulthood.org](http://www.bangoradulthood.org)**

## COMPUTER CLASSES WITH HANNAH CYRUS

Students must be at least 18 years old and not enrolled in high school to register.

**Hannah Cyrus is the Digital Media Librarian for the Bangor Public Library. Classes are held at at the Bangor Public Library computer lab, 145 Harlow St.**

**For More Info and to register: 922-6055 or [www.bangorpubliclibrary.org](http://www.bangorpubliclibrary.org).**

Join Hannah Cyrus at the Bangor Public Library for free computer trainings. Register online at the links below or call Hannah at 922-6055 or email [hannah.cyrus@bangorpubliclibrary.org](mailto:hannah.cyrus@bangorpubliclibrary.org).

**Jan 25, 2-4 PM - Smartphone Basics:** A workshop about different types of phones and how they work, and how to get familiar with the basics of using yours to call and text, get online, check your email, take photos, and more! This class is appropriate for both iPhone and Android users.

**Feb 22, 2-4 PM - Intro to Computers & the Internet:** Learn about different types of computers and how they work, and get familiar with the basics of using the internet to search for and access information.

**Mar 22, 2-4 PM - Get Started with a Password Manager:** A hands-on workshop taking you through the steps to begin using Bitwarden, a free password manager.

**Apr 19, 2-4 PM - Google Drive & Google Docs:** The basics of creating online, collaborative documents, spreadsheets, and slide presentations, and storing and sharing files with Google Drive.

**May 24, 2-4 PM - Spreadsheet Basics:** Spreadsheet programs like Microsoft Excel and Google Sheets help you organize information and create documents like budgets, schedules, and lists. Learn the basics of setting up a spreadsheet and using formulas in this beginner-level class.

## BoomerTECH ADVENTURES ONLINE COURSES

All of our courses contain multiple videos which are self-paced. Students complete courses on their own time and at their own speed. Each course is a PDF booklet with information about the class, instructions for taking the class, and the content of the class (videos and articles accessible from direct links). The three instructors (Jill, Chris, and Ed) provide personalized support for the class via email, phone, and Zoom.

**Ed Brazee**, tennis player, runner, “refocused” professor and author/editor.

**Jill Spencer**, traveler, enthusiastic gardener and photographer, middle school teacher, international consultant, and author.

**Chris Toy**, chef, YouTube cooking sensation, long-distance biker, school principal, international consultant, and author.

### TAKING AWESOME PICTURES WITH YOUR iPhone/iPad CAMERA

This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to significantly upgrade their photography skills. Students will learn to take photos, portraits, slo-motion, panos, and more. Also students will learn about camera settings for proper focus and exposure, High Dynamic Range, and picture composition.

**Cost: \$35**

### FANTASTIC PHOTO FINISHES

#### ORGANIZE & EDIT IMAGES WITH YOUR IPHONE/IPAD PHOTOS APP

Most of us take hundreds of photos that languish on our iPhone/iPad or in the cloud. Knowing how to edit images and organize your photos on your iPhone and iPad is essential. Other areas of study include using the tabs in the Photos app “For You” tab (ready-made slide shows), creating, using, and sharing albums, and the very useful search function. **Cost: \$35**

#### INTRODUCTION TO MAC BASICS

In this course you will learn everything you need to know to make your Mac computer (laptop or desktop) hum! Areas of focus include: Mac Operating System, features of the Mac, choosing the best browser, using Spotlight Search, learning how to use the Finder and App Store, understanding the keyboard, and learning the icons that define a Mac computer. **Cost: \$35**

#### INTRODUCTION TO iPhone BASICS

The vast majority of iPhone users rarely access all of the available iPhone features. In this course, learn to use your iPhone to the best possible advantage. Some critical features covered include Apple ID and password; structure of the iPhone (buttons and how they work); best apps to have and how to get them; how to text, phone, FaceTime, and email; how to use the Control Center; mastering Settings; updating operating systems; using key apps; and more. An additional session will include iOS 15 updates and the unique features of the newest iPhones (iPhone 12 & 13). **Cost: \$35**

**SEE OUR COMPLETE LIST OF CLASSES ONLINE AT  
[www.bangoradulted.org](http://www.bangoradulted.org)**

## TAKE FABULOUS PHOTOS OF THE FLORA AND FAUNA IN YOUR WORLD

This course shows you how to take beautiful photos of flowers, plants, and wildlife. Four easy-to-follow videos demonstrate and give examples of each of the topics which include: Using focus, exposure and HDR features to capture the beauty of your surroundings; ways to avoid blurry images; tips for composing your images; and editing options that turn so-so images into stunning images. In addition to the instructional videos, we have several articles with useful information to build your repertoire of photographic strategies. This course is made for you if you want to learn to use your camera or significantly upgrade your skills and abilities. **Cost: \$35**

## INTRODUCTION TO ZOOM BASICS

Using Zoom more than ever? Here is a great way to learn everything you need to know about the Zoom Video Conferencing platform. The course videos demonstrate examples of using Zoom on different devices—smartphones, tablets, and computers. Course content includes: Muting audio and video; using chat; screen sharing; recording; trouble-shooting; scheduling meetings; break-out rooms; and more. This course is appropriate for Zoom beginners as well as those who have used Zoom and want to learn more. **Cost: \$35**

## HIDDEN GEMS LURKING ON YOUR IPHONE & IPAD

Did you know...your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? Our iPhones/iPads have many time-saving features that allow you to be creative, efficient, and have fun. These “hidden gems” will show you how to learn advanced features of your iPhone and iPad. **Cost: \$35**

## CREATE & DELIVER ONLINE ZOOM COURSES

This course is designed for those who want to develop an online course using Zoom, a video conferencing platform. This guide consists of step-by-step videos that explain and demonstrate how to use Zoom as well as appropriate instructional tips to build an engaging online course in any subject. You will learn everything you need to know about Zoom—tools, settings, security, instructional strategies, building community, Zoom tips for instructors and students, and much more. **Cost: \$35**

## COOKING WITH BOOMERTECH ADVENTURES

In this course, BoomerTECH Adventures guides Chris, Jill, and Ed share their love of cooking and enjoyment for lots of different types of foods. You will learn how to prepare several tasty stir fries using traditional Chinese flavorings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade. In addition, discover an easy way to make your own pita pockets, flat breads, and tortillas. Plus, you will see a way to combine the benefits of cooking on cast iron with your love of grilling. We haven’t forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie? **Cost: \$35**

## DIGITAL TOOLS FOR THE BEGINNING MEMOIR WRITER

Everyone has a story to tell. Writing your memoir helps you reflect on the varied experiences that impacted your life and helped shape who you are today. This course looks at a variety of digital tools, available through any digital device, that make the process of memoir writing more fun and a little less daunting. You will explore several unique approaches to research, learn strategies for gathering and storing materials in one easily accessible place, and delve into ways to illustrate your memoir even if you are not an artist. Polishing your work for publication and presenting it in a public format are other video topics. You will leave the course well equipped to begin your writing adventure. **Cost: \$35**

## MORE HIDDEN GEMS IN YOUR iPhone/iPad

In our basic course on “hidden gems,” we explored: tracking, slide to type, customizing your control center, and accessing the built-in scanner among other cool features. In this level 2 course, we delve into the additional secrets of our iPhones and iPads. Learn how to set up helpful widgets, control text size, choose an interesting Siri sidekick, access important privacy features, and more. You’ll definitely increase your understanding of the intricacies of your iPhone and/or iPad at the conclusion of this course. **Cost: \$35**

## MAXIMIZE YOUR IPAD’S POTENTIAL

Learn to increase your capabilities to communicate, create, and connect by mastering your iPad’s features. This course covers navigating your iPad, its Camera and Photos apps, the options available in Settings, ways to communicate through writing and video, plus how to answer and make phone calls. Plus, you will learn about the apps that came already loaded on your iPad like the Calendar and Siri, your virtual assistant. It is important that you have updated to iOS 15; but don’t worry—if you don’t know how, we will show you the steps. Finally, you will also learn about accessibility features that are helpful for folks with finger mobility, sight, or hearing difficulties. **Cost: \$35**

## UNLOCK SAFARI’S SECRETS ON YOUR MAC IN JUST FIVE LESSONS

Doing basic internet searches on Safari is fairly straightforward. However, within Safari there are many options most of us never explore. Join us for five lessons that will unlock the secrets of Safari: options contained in the top menu, choices provided on the opening screen, tips for more efficient searching, possibilities hidden within the share feature, and a demo of why you want to click on the AA button. After completing the five lessons you will truly know the ins and out of Safari. **Cost: \$35**



**Bangor Adult & Community Education  
Registration Form**

Mail completed registration form to:  
Bangor Adult Education, 121 York Street, Bangor, Maine 04401

You will be notified only if a course is full. If we do not contact you, then you can assume you are enrolled in the course. If you would like an email confirmation, please provide your email address below.

Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Other Phone \_\_\_\_\_  
 email address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
 Are you a senior citizen (62 or older) Yes \_\_\_\_\_ No \_\_\_\_\_

Course Title	Course Dates	Price

**BANGOR ADULT EDUCATION REGISTRATION**

To register for classes use any of the following methods:

**MAIL-IN-REGISTRATION:** To register by mail, simply complete the registration form located on this page.

**TELEPHONE REGISTRATION:** (with a credit card)  
Bangor Adult & Community Education 941-6316

**ONLINE REGISTRATION:** [www.bangoradulted.org](http://www.bangoradulted.org)

**PAYMENT OPTIONS:** Checks, vouchers, and credit cards. Please make checks payable to: Bangor Adult Education

**REFUND POLICY:** Students receive full refunds if a course is cancelled. Refunds for any other reason are granted at the discretion of the director only.

**SENIOR CITIZEN DISCOUNT:** Some discounts are available. Please call to learn more.

**AMERICANS WITH DISABILITIES ACT:** Any person with a disability requiring accommodations to fully participate in classes should contact the Adult Education office at least 72 hours before the class to allow ample planning time to meet your needs.

**ACADEMIC CLASSES:** Students enrolling in academic classes must be at least 17 years old and not enrolled in school or at least 17 years old and a senior in high school.

**ENRICHMENT CLASSES:** Participants must be at least 18 years old and not enrolled in school.

The Bangor Adult Education Program is open to individuals 17 years of age or older and to those individuals covered under section 8605, section 1 of MRSA Title 20-1, except that individuals who pose a threat to the safety of the school may be denied admission or may be removed from the program at the discretion of the Director of Adult and Community Education. Appeals may be made to the Superintendent of Schools. In accordance with the law, priority to enroll will be given first to residents of Bangor and then the municipalities of the region.



Bangor Adult Education  
121 York Street  
Bangor, Maine  
04401

Non-Profit Org.  
U.S. Postage Paid  
Permit No. 454  
Portland, Maine

Postal Customer  
ECRWSS

**NEVER STOP LEARNING**

