



FALL 2026



COURSE CATALOG

MDI ADULT & COMMUNITY EDUCATION

We recognize the importance of lifelong learning as it empowers individuals, strengthens families, and builds community connections. We are committed to providing classes designed to support your growth and future success. Whether you're looking to learn something new, build practical skills, or get ready for your next career move, we're here to help.

Visit us [online](#) for full class descriptions and registration.



CONTACT US

Address: 1081 Eagle Lake Road | Bar Harbor, ME 04609

Phone: 207-288-4703

Email: mdiae@mdirss.org

Online: mdi.maineadulted.com | [Facebook](#) | [Instagram](#)



FALL 2026 Course Catalog



Arts & Crafts _____ 4-6

Research has shown that arts and crafts, regardless of the medium you use, can bolster mood, improve self-confidence, and reduce stress overall. In addition, they have also shown to improve mental agility, improve both gross and fine motor movements, and decrease cognitive decline.



Photography _____ 7-9

Learning photography as an adult can be a fulfilling hobby or even a career path, offering benefits such as creative expression, stress relief, and a new perspective on the world. It allows for visual storytelling, sharing your unique perspective, and developing valuable skills. Photography can also be a great way to connect with others, whether through shared experiences or by showcasing your work.



Music _____ 10-11

Learning music as an adult offers a multitude of benefits, including cognitive enhancements, stress reduction, social connection, and personal fulfillment. It's a rewarding experience that can improve memory, focus, and problem-solving skills, while also providing a creative outlet and a sense of accomplishment.



Language & Culture _____ 12

Learning another language as an adult offers numerous cognitive, social, and professional benefits. It enhances cognitive functions, such as memory and problem-solving, and improves communication skills. It also expands cultural understanding, facilitates travel, and can boost career prospects.



Health & Wellness _____ 13-14

Health and wellness classes for adult learners are valuable because they empower individuals with knowledge and skills to improve their physical and mental well-being, fostering healthier lifestyles and promoting lifelong learning. These classes can help adults understand health risks, manage conditions, develop coping mechanisms for stress, and build social connections.



Fitness _____ 15

Fitness classes for adults offer numerous benefits, including improved physical and mental health, social interaction, and a structured approach to fitness. They provide a supportive environment, motivation, and opportunities for learning new skills, making them a valuable way for adults to stay active and engaged.



Home & Garden _____ 16-17

Learning home and garden skills helps individuals create healthier, more sustainable, and enjoyable living environments. These classes build practical knowledge, encourage environmental stewardship, and foster creativity, self-sufficiency, and lifelong learning.



Tools & Trades _____ 18-19

Learning new trade skills, safety precautions and home maintenance is important for saving money, preventing costly issues, ensuring safety, and preserving property value. It empowers people to handle routine tasks, address minor issues promptly, make informed decisions, identify potential dangers and take steps to avoid them or minimize their impact.



Business, Career & Finance __ 20-22

For adults, essential business and finance skills include financial literacy, communication, budgeting, and analytical reasoning. Career-specific skills like financial analysis, project management, and strategic planning are also crucial for career advancement. Building these skills enhances financial well-being and career prospects.



Computers & Tech _____ 23-24

Learning computer and technical skills is crucial in today's world due to their widespread application across virtually all industries and the increasing demand for digitally competent professionals. These skills enhance employability, increase earning potential, boost productivity, and enable better communication and access to information.



College Preparation _____ 25-27

Financially preparing for college is crucial to manage the significant costs and potential debt associated with higher education. Early planning allows for saving, exploring financial aid options, and making informed decisions about college choices, leading to less financial strain and a smoother transition into adulthood.



Interested in Teaching? _____ 28

Teaching adult education classes is a rewarding way to help individuals grow, develop new skills, and pursue their goals. It can be fulfilling to witness the transformation of students as they gain confidence and knowledge, potentially leading to better employment opportunities and overall life satisfaction. Furthermore, adult education plays a crucial role in societal development by promoting lifelong learning, social justice, and community engagement.



Academic Support _____ 30-31

FREE programs for Maine residents who want to open doors to career opportunities, explore continuing their education, prepare for college, or build English language skills.



ARTS & CRAFTS

Research has shown that arts and crafts, regardless of the medium you use, can bolster mood, improve self-confidence, and reduce stress overall. In addition, they have also shown to improve mental agility, improve both gross and fine motor movements, and decrease cognitive decline.

FALL ART WORKSHOP

Instructor: Mike Duffy

Celebrate the beauty of autumn through art in this fun, hands-on workshop led by lifelong artist and educator Mike Duffy. Inspired by the colors and textures of the fall season, participants will create a seasonal art project while exploring artistic techniques in a welcoming, supportive environment. Mike has spent more than 25 years teaching art to students of all ages across Mount Desert Island. While he works in a variety of artistic mediums, he is especially renowned for his expressive watercolor paintings. Whether you're picking up a paintbrush for the first time or looking to expand your artistic skills, this one-day workshop offers a wonderful opportunity to create something beautiful to take home while enjoying a morning of creativity and community. -- All experience levels are welcome.

MDI High School - 09/26/26 - 9:00AM-1:00PM - Price: \$55

CROCHET FOR BEGINNERS

Instructor: Rebecca Brugman

Beginner crochet not only provides a life skill for making garments and tools, this fiber art is proven to relieve stress and improve dexterity. Participants will gain confidence in basic stitches and procedures. Experimenting is encouraged. The goal would be to make a granny square and a doily type circle. Participants are welcome to bring their own yarn & hooks or use what is provided in class.

MDI High School - Tuesdays • 4 weeks - 09/08-09/29/26 - 4:00-6:00PM - Price: \$30.00

MAINE POTATO BASKET

Instructor: Jessica Steele, Wood Thrush Wilderness

In this full-day workshop, participants will learn to create their own potato basket using natural materials of various size reed and wood. You'll explore traditional techniques including shaping the base, setting the spokes, and weaving the sides. -- This basket measures approx. 16.5"W x 14"H (w/handle). This is a round basket using flat reed and a wooden handle. Students can use color reed to personalize their basket.

MDI High School - Sunday, 12/13/26 - 9:00AM - 5:00PM - Price: \$140





POTTERY

Instructor: Elizabeth Keenan

Get your hands in the clay and learn the fundamentals of pottery in this engaging, beginner-friendly course. Over 6 sessions, students will be introduced to a variety of foundational ceramic techniques including hand building, forming on the potter's wheel, and surface decoration and finishing treatments.

Instructor Liz Keenan will guide students step by step through the creative process, offering demonstrations, individualized support, and plenty of studio time to practice and create. Whether you are completely new to pottery or looking to revisit the basics, this class offers a welcoming space to learn, experiment, and build confidence with clay. All material costs are included in the course fee.

MDI High School - Tuesdays • 6 weeks - 09/29-11/03/26 - 6:00-8:30PM - Price: \$180.00

TEXTURED CERAMIC TREE ORNAMENT WORKSHOP

Instructor: Elizabeth Keenan

Craft personalized handmade ceramic ornaments to enjoy for years to come. Your creations could be utilized in a variety of ways; holiday tree ornaments, refrigerator magnets, wind chimes, etc. This beginner-friendly holiday workshop is designed to be fun, approachable, and accessible to students of all experience levels.

Over two Saturday sessions, students will learn how to shape and texture clay to create unique ornaments. During the first class on November 21, 2026, you'll make your ornaments using a variety of tools and decorative techniques. Your pieces will then be fired in the kiln. When you return on December 5, 2026, you'll add color and finish your ornaments with glaze. The pieces will then go through a second kiln firing and be ready for your pick up in time for the holiday decorating and gift giving season. This is a wonderful opportunity to try pottery in a relaxed setting and create meaningful holiday decorations or handmade gifts. No prior pottery experience is necessary. All materials and firing are included.



MDI High School - Saturdays, 11/21 & 12/05/26 - 10:00-11:30AM - Price: \$60.00



WATERCOLOR PAINTING

Instructor: Mike Duffy

Discover the beauty and versatility of watercolor in this welcoming, hands-on class led by renowned local artist and instructor Mike Duffy. Whether you're picking up a paintbrush for the first time or looking to refine your skills, this course offers step-by-step instruction in a relaxed and encouraging environment. You'll learn the fundamentals of watercolor painting, including washes, brush techniques, color mixing, the color wheel, and how to choose the right paper, brushes, and paints. As your confidence grows, Mike will introduce more advanced techniques and expressive styles to help you develop your own artistic voice.

There is a materials fee of \$10.00 due 1st day of class.

MDI High School - 09/22-11/10/26 - 6-8:00 PM - \$89.00

AMERICAN ART: A CREATIVE JOURNEY

Instructor: Mike Duffy

Explore more than a century of creativity, innovation, & cultural change through the lens of American art. Beginning with the years following World War I, continuing to the present day, this hands-on course examines the major artistic movements that have shaped American visual culture, including Regionalism, Abstract Expressionism, Pop Art, Minimalism, Photorealism, Street Art, and many others. Each week, we will study a different period in American art history, discussing the social and historical influences that inspired these movements and the artists who defined them. The course provides an engaging overview of the evolution of American art over the last century. In addition to learning art history, students will create their own artwork inspired by the styles and techniques of the artists we study. Each class includes a studio project, allowing participants to experiment with a wide range of media, approaches, and creative ideas. This course is designed for adults of all skill levels who are interested in learning about American art while developing their own artistic practice. Whether you are a beginner or an experienced artist, you will gain a deeper appreciation for American art & leave with a portfolio of artwork inspired by some of the nation's most influential artists.

MDI High School - 10/07-11/11/26 - 6:00-8:00PM - Price: \$89.00

WINTER ART WORKSHOP

Instructor: Mike Duffy

Capture the quiet beauty of the Maine winter season in this fun, hands-on workshop. Inspired by snowy landscapes, evergreens, winter wildlife, and the cozy spirit of late autumn turning toward winter, participants will create a seasonal art project while exploring artistic techniques in a welcoming, supportive environment. Whether you're picking up a paintbrush for the first time or looking to expand your artistic skills, this one-day workshop offers a wonderful opportunity to create a beautiful winter-themed piece to display throughout the season while enjoying a morning of creativity and community. All experience levels are welcome.

MDI High School - 11/21/26 - 9:00AM-1:00PM - Price: \$55



PHOTOGRAPHY

Learning photography as an adult can be a fulfilling hobby or even a career path, offering benefits such as creative expression, stress relief, and a new perspective on the world. It allows for visual storytelling, sharing your unique perspective, and developing valuable skills. Photography can also be a great way to connect with others, whether through shared experiences or by showcasing your work.

INTRODUCTION TO PHOTOGRAPHY - HOW TO MAKE THE MOST OF YOUR CAMERA!

Instructor: Brian Aquandro

Do you feel like there's more you could be getting from your camera, but you're just not quite sure how? Let's dive in and look at the basics of photography, see how they apply to your equipment, and learn how you can leverage what you have to improve your images. Pick and choose which class is right for you or join all three!

Class 1 - Basics of Photography: Composition, using available light, and subject selection

Class 2 - Equipment Overview: Bring your camera in and we'll work through what's stumping you.

Class 3 - Image review: Students submit images in advance to the instructor with their comments on where they feel the image fell short of what they wanted it to be. The instructor will then go over the images during the class and discuss changes that could help the photographer achieve their goal.

Brian founded Aquadro Photography with his wife, Laurel, just over ten years ago, turning their longstanding love of photography as a hobby into a business that has since served over a thousand clients from New York City to Massachusetts to MDI. Brian got into landscapes as a creative outlet between deployments while in the Marines and as a way to document his travels. Working with hundreds of clients each year in dozens of locations, from the streets of NYC to the summits of Acadia, Brian specializes in natural light portraits that incorporate the natural and urban environments. While light and weather conditions may constantly change, client expectations remain the same. Knowing the capabilities of their equipment and processing workflow enables Brian to leverage the conditions at hand to deliver beautiful photos.



MDI High School - Nov 12, Nov 16, Dec 1, 2026 - 4:00-6:00PM - Price: \$100

BOOMERTECH ADVENTURES

BoomerTECH Adventures offers video courses designed specifically for adult learners who want to feel confident and capable with today's technology – and beyond.

Recommended setup: A computer, iPhone, or iPad with an up-to-date web browser (such as Safari, Chrome, Firefox, or Edge) and a reliable internet connection.

Technical Requirements -- Our courses are delivered as online video lessons with supporting PDF materials. Before enrolling, please make sure you are comfortable with the following:

- Clicking on links within a PDF document
- Watching videos hosted on YouTube
- Navigating tabs in an internet browser

EDIT STUNNING PHOTOS WITH MAC'S PHOTOS APP

Instructor: Ed Brazee, Boomertech

Discover professional editing techniques using Mac's built-in Photos application.

Date/Location: Self-paced learning with high-quality instructional videos

Price: \$30.00

IPHONE & IPAD PHOTOGRAPHY: CAPTURE LIKE A PRO

Instructor: Ed Brazee, Boomertech

Transform everyday shots into impressive photographs using mobile photography techniques.

Date/Location: Self-paced learning with high-quality instructional videos

Price: \$30.00

TAKE FABULOUS PHOTOS OF THE FLORA & FAUNA IN YOUR WORLD

Instructor: Ed Brazee, Boomertech

Learn to photograph flowers, plants, and wildlife with expert tips on focus, exposure, composition, and editing. Whether you are picking up a camera for the first time or looking to seriously upgrade your skills, this course will transform the way you see and shoot the natural world around you

Date/Location: Self-paced learning with high-quality instructional videos

Price: \$30.00

MASTER YOUR MAC PHOTOS APP: ORGANIZE LIKE A PRO

Instructor: Ed Brazee, Boomertech

Learn efficient methods to sort, categorize, and manage your digital photo collection.

Date/Location: Self-paced learning with high-quality instructional videos

Price: \$30.00



STEVE MCGRATH: PHOTOGRAPHY CLASSES

HOW TO PHOTOGRAPH SNOWFLAKES!

In this Class we are going to use our Macro/Close Up settings, Lenses, Filters and Lighting to take some awesome Images of Snowflakes! And go over the Controls to capture them! Like our Aperture, ISO Exposure Compensation. And Composition which is important with the Snowflakes!

Zoom - \$59.00 - Tuesdays • 3 weeks, 02/16-03/02/2027 - 7:30-9:00PM

LIGHTHOUSE & PUFFIN PHOTO WORKSHOP

Join us for an exciting hands-on photography adventure along the Maine coast! In this Lighthouse and Puffin Photography Cruise Workshop, we'll explore how to capture the beauty of both iconic lighthouses and the charming Atlantic puffins. Throughout the course, you'll learn essential camera settings – including shutter speed, ISO, and aperture – and how to use them creatively to achieve stunning shots in different lighting conditions. We'll also cover composition techniques that bring balance and storytelling to your images. During the cruise, you'll practice photographing these incredible coastal subjects up close, gaining confidence in your technical and artistic skills. In our third class, we'll come together to share and discuss your images, offering feedback and inspiration to help you grow as a photographer.

Class Schedule:

Tuesday, July 13 Online 6-7:30

Saturday, July 17 On the Cruise 9:00am

Tuesday, July 20 Online Critique Class 6-7:30

Please note: Students will need to purchase their own cruise tickets.

Zoom + Field trip - \$120.00 - 07/13-07/20/2027, Refer to class schedule for times

NATURE, BIRD PHOTOGRAPHY

In this Nature & Bird Photography online class, we will go over camera settings, compositions and how to get great images of Nature's best like moose, birds, seals and other subjects! We will also learn how to set up a blind to get great images, the best lenses for this type of photography and tripods to get the best stability for your images!

Session 1 - Zoom - \$59.00 - Tuesdays • 4 weeks, 12/01-12/22/26, 5:30-7:00 PM

Session 2 - Zoom - \$59.00 - Tuesdays • 4 weeks, 03/16-04/06/27, 5:30-7:00 PM

PET PHOTOGRAPHY

This Pet photography course is designed to teach you everything you need to know to take professional-quality Portraits. You will learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work!

Zoom - \$59.00 - Tuesdays • 2 weeks, 11/17-11/24/26, 7:30-9PM



MUSIC

Learning music as an adult offers a multitude of benefits, including cognitive enhancements, stress reduction, social connection, and personal fulfillment. It's a rewarding experience that can improve memory, focus, and problem-solving skills, while also providing a creative outlet and a sense of accomplishment.

FIVE-STRING BANJO FOR ABSOLUTE BEGINNERS

Instructor: Duncan Perry

Playing the five-string banjo is a blast! Our program is an introduction to the five-string banjo for absolute beginners (be aware - a four-string banjo won't do for this course). You'll cover banjo setup, tuning, and care, then focus on learning the folk style playing popularized by Pete Seeger, and explore the clawhammer style used by country and old-time enthusiasts like Grandpa Jones, Riley Baugus, and Rhiannon Giddens. The goal is to set you on a path to developing your own style of banjo playing. After all, every day should be a banjo day!

You will need a playable 5-string banjo and an electronic tuner or a tuner app. If you don't own a banjo, please contact Duncan Perry (uketime24@gmail.com) for information.

Zoom - Wednesdays • 4 weeks, 01/06-01/27/2027, 6:00-7:30PM - \$79.00

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Instructor: Craig Coffman

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. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration.

Zoom - 10/24/26, 9:00AM-12:00PM - \$59.00

PIANO BY EAR

Instructor: Craig Coffman

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

Zoom - Saturday, 11/21, 10AM-12:30PM. - \$59.00



INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Instructor: Craig Coffman

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. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration.

Zoom - Saturday, 10/24/26, 1:00-3:30PM - \$59.00

INSTANT UKULELE FOR HOPELESSLY BUSY PEOPLE

Instructor: Craig Coffman

In just a few hours you can learn enough about playing the ukulele to give you years of musical enjoyment and you won't have to take private lessons to do this. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online recorded follow up lessons, a recording of the class and also access to optional live periodic question and answer sessions at no additional cost. Class is online using zoom and is partly hands on and partly lecture/demonstration.

Zoom - Thursday, 10/29/26, 6:30-9PM - \$59.00

UKULELE FOR BEGINNERS

Instructor: Duncan Perry

Learn to play the ukulele! It has never been more popular and you don't even need to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new - even classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing skills using familiar songs. There are lots of laughs along the way and learning to play an instrument is good for your brain!

You will need a playable ukulele and an electronic tuner or a tuner app. If you don't own a ukulele, please contact us (uketime24@gmail.com) for information. What are you waiting for? Grab a uke and get ready for a musical adventure, then spread the joy!

Session 1: Zoom - Tuesdays • 4 weeks, 09/29-10/20/26 - 6:00-7:30 PM - \$79.00

Session 2: Zoom - Tuesdays • 4 weeks, 02/02-02/23/27 - 6:00-7:30 PM - \$79.00



LANGUAGE & CULTURE

Learning another language as an adult offers numerous cognitive, social, and professional benefits. It enhances cognitive functions, such as memory and problem-solving, and improves communication skills. It also expands cultural understanding, facilitates travel, and can boost career prospects.

AMERICAN SIGN LANGUAGE (ASL) 1

Instructor: SarahJoy Chaples

This 8 week, highly interactive course will introduce you to American Sign Language. You will learn vocabulary related to greetings, colors, family, ABC's, numbers and money, asking questions, things around the house, hobbies, and occupations. You will be introduced to Deaf culture and basic grammar. Come prepared to have fun learning a language!

MDI High School - Tuesdays • 8 weeks, 09/08-10/27/26, 6:00-7:30PM - \$130.00

AMERICAN SIGN LANGUAGE (ASL) 2

Instructor: SarahJoy Chaples

This 8 week, highly interactive course will expand on concepts and vocabulary introduced in ASL 1. Topics will include a review of and expansion of ASL 1 vocabulary, new vocabulary of animals and "around the workplace", an introduction to classifiers, use of space during storytelling, and visit with a Deaf community member. Come prepared to have fun learning a language!

Prerequisite: ASL 1 or equivalent experience

MDI High School - Tuesdays • 8 weeks, 11/03-12/22/26, 6:00-7:30PM - \$130.00



HEALTH & WELLNESS

Health and wellness classes for adult learners are valuable because they empower individuals with knowledge and skills to improve their physical and mental well-being, fostering healthier lifestyles and promoting lifelong learning. These classes can help adults understand health risks, manage conditions, develop coping mechanisms for stress, and build social connections.

TEEN DATING VIOLENCE: WHAT CAN WE DO AS PARENTS?

Instructor: Carrie Clark, [Next Step Domestic Violence Project](#)

We will discuss what Power and Control looks like in teen relationships, some of the signs something might be wrong, how we as parents can navigate these experiences with our young people, and what resources are available both for parents and young people.

MDI High School - Monday, 10/05/2026, 6:00-7:00PM - FREE

REJUVENATION

Instructor: Rebecca Brugman

Explore ideas and practices for soothing harsh edges. Develop routines for grounding and channeling daily stresses. Invite a connection to an intuitive approach of wellness.

MDI High School - Thursday • 2 weeks, 10/15-10/22/26, 4:00-6:00PM - \$59.00

NAVIGATING RESOURCES THROUGH SERIOUS ILLNESS

Instructor: Kathy Baillargeon, Executive Director, Hospice Volunteers of Hancock County

Facing a serious illness, whether personally or with a loved one, can leave you feeling alone and confused about where to even begin. There are numerous resources available to support you and your loved ones on this journey. By understanding the available services, having important conversations, and making your wishes known, you can navigate this challenging time with clarity and peace of mind. This program will review care options, from palliative care to medical hospice, as well as volunteer support. We will explore how to communicate your wishes and debunk common myths about hospice and end-of-life care. You do not need to walk this journey alone. There will be plenty of time for sharing with one another.

MDI High School - Thursday, 11/05/2026, 5:30-7:30PM - FREE



AMERICAN HEART ASSOCIATION, HEARTSAVER CPR

The American Heart Association's (AHA) Heartsaver® course is designed for people with little to no medical training who want to learn how to provide CPR, use an AED (Automated External Defibrillator), and administer basic first aid. The curriculum includes training on recognizing emergencies, performing CPR, and using an AED for adults, children, and infants, along with skills for relieving choking. Successful completion results in a two-year course completion card.

Who is it for?

- *Anyone with limited or no medical training who needs CPR, AED, or first aid skills.*
- *Community members, school staff, corporate teams, and parents.*
- *Those who have a duty to respond to an emergency, like childcare workers, teachers, or babysitters.*

Bar Harbor Fire Department - 5:00-7:00PM - \$40 (for book)

Instructor: TBD Paramedic/Firefighter, Bar Harbor Fire Department

Session 1 - Wednesday, September 23, 2026

Session 2 - Thursday, October 28, 2026

NARCAN

Instructor: John Lennon

Narcan training will teach students how to recognize signs of an opioid overdose, and how to administer the opioid reversal drug Narcan/Naloxone..

MDI High School - \$5.00

Session 1: Monday, 10/05/26, 6:00-7:00PM

Session 2: Thursday, 10/22/26, 6:00-7:00PM

STOP THE BLEED

Instructor: John Lennon

In this class we will learn how to control bleeding. Participants gain the ability to recognize life-threatening bleeding and act quickly and effectively control it with three quick techniques. The #1 cause of preventable death after injury is bleeding. Stop the Bleed classes are public presentations that empower citizens to make a difference in a life or death situation.

MDI High School - \$5.00

Session 1: Monday, 10/05/26, 5:00-6:00PM

Session 2: Thursday, 10/22/26, 5:00-6:00PM



FITNESS

Fitness classes for adults offer numerous benefits, including improved physical and mental health, social interaction, and a structured approach to fitness. They provide a supportive environment, motivation, and opportunities for learning new skills, making them a valuable way for adults to stay active and engaged.

HUMAN REFORMER PILATES

Instructor: Jenna Chase

Human Reformer Pilates is a way to harness the potential of your own body, using it as the ultimate reformer. With just 1 resistance band, you can capture all the postural, core, and alignment challenges that reformer work is famous for—courtesy of Pilates mat programming that mirrors traditional reformer exercises.

Students will need a yoga mat and a 48" flex cord or resistance band



Session 1: Zoom - Wednesdays • 6 weeks, 09/16-10/21/26, 6:15-7AM - \$59.00

Session 2: Zoom - Wednesdays • 6 weeks, 10/28-12/02/26, 6:15-7AM - \$59.00

PUMPED UP STRENGTH

Instructor: Jenna Chase

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism.

In this class you will need a yoga mat and a set of hand weights anywhere from 5-15lbs.

Session 1: Zoom - Fridays • 6 weeks, 09/18-10/23/26, 6:15-7AM - \$59.00

Session 2: Zoom - Fridays • 6 weeks, 10/30-12/04/26, 6:15-7AM - \$59.00



HOME & GARDEN

Learning home and garden skills helps individuals create healthier, more sustainable, and enjoyable living environments. These classes build practical knowledge, encourage environmental stewardship, and foster creativity, self-sufficiency, and lifelong learning.

WORM COMPOSTING FOR BEGINNERS

Instructor: Jock Robie

Jock Robie will demonstrate and assist as beginners set up their own worm bins. No limit to the number of registrants for the class but only the first 5 will receive a worm bin at the time of the class. Everyone else will have an opportunity at a later date to get one from Jock. After assembling worm bins, Jock will give his "Worm Talk":

- What is Vermiculture and Worm Composting and how is it different from regular composting?*
- Why do it? What are the benefits?*
- What are the main things to consider before trying?*
- What is important for worms to thrive? What are the main problems encountered and how to avoid (or remediate if necessary.)*

Please note: this is a months' long commitment to your worms! Jock will collect contact information (phone numbers and email addresses) from each household to stay in contact for a year or more until students reach a point of self-reliance. All the alumni of the November workshop gather again for their "First Harvest" when Jock returns February 25.

MDI High School - 11/12/26 & 02/25/27, 5:30-7:30PM - \$15.00



BEGINNING BIRDING

Instructor: Craig Kesselheim

Have you wished you knew more about the birds you're seeing? This course is designed as a welcoming on-ramp to bird observation. Each of our four classes will include: a helpful identification segment (water birds, birds of prey, feeder birds, warblers, for example); a broader topic like migration, or how to find birds by season and habitat; and a user's tip for eBird or Merlin – two free online tools that birders find invaluable. Classes meet four Wednesdays starting November 4 (skipping Thanksgiving week) from 6:30–7:45 p.m. Eastern, via Zoom. One optional local field trip will also be offered - date and location TBD - for those who want to put their new skills to work outdoors. Binoculars are nice to have but not required.

Zoom with optional in-person field trip. - 11/04-12/02/26, 6:30-7:30PM. - \$45.00



COOKING WITH BOOMERTECH ADVENTURES

Instructor: BoomerTECH Adventures

BoomerTECH Adventures guides Chris, Jill, and Ed share their love of cooking and great food. Learn to prepare flavorful stir fries with traditional Chinese seasonings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade. And for dessert – a decadent chocolate brownie torte and apple pie.

Date/Location: Self-paced learning with high-quality instructional videos

Price: \$30.00

NUTRITIOUS MEALS ON A BUDGET

Instructor: Paulette Bilsky-Phillips

Practical classes teaching families how to plan and cook balanced, attractive, nutritious meals on a realistic budget using ingredients available at Hannaford and local markets.

Each session features a complete sample day (Breakfast + Lunch + Dinner) so students learn daily meal planning, smart shopping, and simple techniques that make food appealing to both adults and children.

Session 1 - Comforting Foundations Session 2-Pasta Night!

Session 3-Sheet Pan and Roasted Session 4 - Pork, Beans and Rice

Dates/Location: September 7, 14, 21, 28 (Mondays). \$35 each class or \$100 for all four!

NOTE: This class is at the Neighborhood House

CANNING - CHECK BACK FOR MORE DETAILS!

Instructor:

Class Description

Class Details



TOOLS & TRADES

Learning hands-on trade and fabrication skills is important for fostering creativity, building practical knowledge, and expanding career and hobby opportunities. Understanding tools, materials, safety procedures, and manufacturing techniques empowers people to create, repair, and customize projects with confidence. Whether working with metal, fire, digital design, or modern fabrication technologies, these skills encourage problem-solving, precision, and innovation while helping individuals turn ideas into tangible results.

3-D PRINTING

Instructor: Lou Jones-Rodriguez

Get ready to dive into the exciting world of 3D printing! In this hands-on class, you'll start by uncovering the magic behind 3D printing technology, learning how it works, and exploring the cutting-edge printers that are transforming industries. Next, you'll get to roll up your sleeves and jump straight into the action – searching for, slicing, and printing your very own ready-to-go design. And finally, you'll unleash your creativity with TinkerCAD, where you'll design a one-of-a-kind object to bring to life on a 3D printer. Your custom creation will be printed and ready to take home during the final class! By the end of the course, you'll have the skills to turn your ideas into tangible, 3D masterpieces – whether you're interested in art, engineering, or simply making something cool! Get ready to bring your imagination to life in ways you never thought possible.

Included in the price of the class is a \$20 materials fee

Pemetic Elementary School, SWH - Thursdays • 4 weeks, 10/01-10/22/26, 5:30-7:30PM - \$70.00

BASICS OF METALWORKING & MIG WELDING

Instructor: Chip Taylor

This course is designed for the individual with no experience in working with metal and/or MIG (wire fed) welding. Students will be introduced to some basic cutting and metalworking equipment and terminology while also gaining a basic comprehension of MIG welding processes. Individuals in this course will learn a variety of basic skills to help them get started in metalworking processes.

MDI High School - Tuesdays • 6 weeks, 10/13-11/17/26, 5:00-7:00 PM

\$275 (includes \$200 materials fee)

What to Wear: These classes will be held outdoors. Please dress appropriately for the weather and the nature of the work. Closed-toe shoes, non-synthetic clothing, and safety glasses are required. Gloves and hearing protection are optional.

FORGED HOOK WORKSHOP

Instructor: Adriaan Gerber

Discover the art of blacksmithing as you create a functional forged coat hook from raw steel. In this hands-on introductory class, you'll learn basic forging techniques, including heating, shaping, and bending metal at the anvil. No prior experience is necessary. This class is an excellent introduction to blacksmithing and a great foundation for more advanced forging projects.

MDI High School - Tuesday 09/29/26, 5:30-7:30PM - \$60.00

FORGED SPOON WORKSHOP

Instructor: Adriaan Gerber

Transform a piece of steel into a beautiful handcrafted spoon while learning the fundamentals of blacksmithing. Students will practice drawing, shaping, and forming hot metal using traditional forging techniques. This class is suitable for beginners and offers a rewarding introduction to creating functional items by hand.

MDI High School - Wednesday 09/30/26, 5:30-7:30PM - \$60.00

FORGED FORK WORKSHOP

Instructor: Adriaan Gerber

Learn the basics of blacksmithing while creating a handcrafted forging fork. Students will explore essential techniques such as tapering, shaping, and splitting steel to form the tines of the fork. This beginner-friendly class provides a fun and practical introduction to the craft of blacksmithing.

MDI High School - Thursday 10/01/26, 5:30-7:30PM - \$60.00

BLACKSMITHING KNIFE- MAKING WORKSHOP

Instructor: Adriaan Gerber

Spend a full day at the forge creating your own handcrafted knife. Students will learn the fundamentals of bladesmithing, including forging, shaping, beveling, and finishing a functional carbon steel knife. Prior blacksmithing experience is not required; however, participants may find the Hook Workshop to be excellent preparation. By the end of the day, you'll leave with a finished knife and a deeper understanding of traditional forging techniques.

MDI High School - Saturday 10/03/26, 10:00AM-3:00PM - \$150.00





BUSINESS, CAREER & FINANCE

For adults, essential business and finance skills include financial literacy, communication, budgeting, and analytical reasoning. Career-specific skills like financial analysis, project management, and strategic planning are also crucial for career advancement. Building these skills enhances financial well-being and career prospects.

SCHOOL IS IN SESSION: DIGITAL FINANCIAL WELLNESS FOR REAL LIFE

Instructor: [FAME](#)

Explore easy-to-use digital tools that help you build everyday money skills. This session introduces an online financial wellness platform with resources for budgeting, saving, credit, and planning, designed to meet you wherever you are.

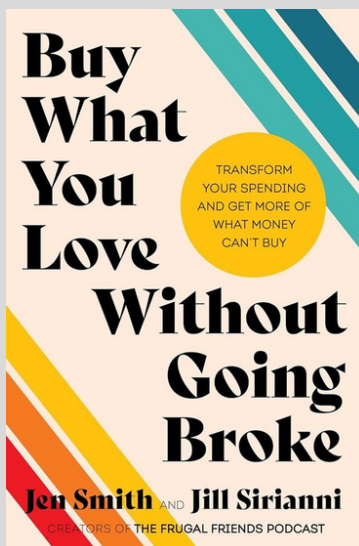
Zoom - FREE - Friday, 09/04/27, 12:00-1:00PM

THE SURPRISING WAYS THAT FAME CAN HELP

Instructor: [FAME](#)

FAME offers more than you might expect. Learn about the wide range of programs, tools, and resources available to support Maine families with education planning, college savings, financial aid, and financial wellness.

Zoom - FREE - Tuesday, 09/08/26, 6:00-7:00PM



BOOK CLUB: PUTTING THE LITERACY IN FINANCIAL LITERACY

Instructor: [FAME](#)

Join FAME's Education Affordability and Financial Wellness Counselor, Maire Pelletier, for a four-part discussion of Buy What You Love Without Going Broke by Jen Smith and Jill Sirianni. Learn practical, values-based strategies to curb impulse spending, manage debt, and focus on what matters most. Participants must attend all sessions and purchase their own copy of the book. For general education purposes only.

Zoom - FREE - Wednesdays, 09/16 - 10/07/26, 7:00-8:00PM

PERSONAL FINANCE BOOT CAMP

Instructor: FAME

Build a strong foundation for managing your money. This practical session covers budgeting, saving, credit basics, and planning tools to help you feel more confident about your finances.

Zoom - FREE - Tuesday, 12/08/26, 6:00-7:00PM

WORKPLACE READY: OFFICE & DIGITAL SKILLS TRAINING

Instructor: Lauren Konkinsky

Ready for a pathway to a new career or a fresh start in the workforce? This 6-week online program is designed to help you build the professional and digital skills needed for a variety of entry-level office careers including Administrative Assistant, Certified Medical Office Assistant, Bookkeeper and Customer Service Representative among other roles. In this hands-on course, you'll learn:

- Professional communication by email and phone
- Essential Google Workspace skills, with an introduction to QuickBooks, Microsoft Word, and Excel
- How to organize files, manage calendars, and support meetings
- Resume writing and interview preparation
- Real-world office tasks through simulations and projects
- Workplace success skills through the WorkReady program, including teamwork, professionalism, problem solving, and communication

Who Should Enroll?

- Career changers
- New graduates
- Adults returning to the workforce
- Anyone looking to build strong office and professional skills

You'll walk away with:

- A polished resume
- Real hands-on experience
- Increased confidence in workplace technology and communication
- The foundational skills needed to pursue a variety of office and administrative careers

STARTING SEPTEMBER 22, 2026, 6:00-7:30PM

Zoom - Tuesdays & Thursdays, Duration: 6 weeks - \$40.00 (Scholarships Available)



MONEY SAFE: OUTSMARTING FRAUD IN EVERYDAY LIFE

Instructor: FAME

Scams are everywhere, and getting harder to spot. Learn how to recognize common types of fraud, protect personal information, and take steps to keep your money safe.

Zoom - FREE - Friday, 03/05/27, 12:00-1:00PM

CREDIT SCORES EXPLAINED (AND WHY YOURS MATTERS)

Instructor: [FAME](#)

Your credit score plays a role in many financial decisions. This session explains what affects your credit, why it matters, and how to build and maintain healthy credit over time.

Zoom - FREE - Tuesday, 03/09/27, 6:00-7:00PM

THE PERSONAL FINANCE QUIZ SHOW WHERE EVERYONE WINS!

Instructor: [FAME](#)

Test your money knowledge in this fun, interactive session. Learn practical financial tips while playing along, with no pressure and plenty of takeaways for everyone.

Zoom - FREE - Friday, 04/02/27, 12:00-1:00PM

SUMMER READS FOR MONEY SAVVY KIDS

Instructor: [FAME](#)

Looking for ways to build financial skills at home? Discover age-appropriate books that spark conversations about money and help kids learn basic financial concepts in a fun, engaging way.

Zoom - FREE - Friday, 06/04/27, 12:00-1:00PM

FAME'S FINANCIAL WELLNESS GREATEST HITS (PANEL)

Instructor: [FAME](#)

Hear from financial wellness experts as they share top tips, common questions, and practical strategies to support education affordability and financial confidence.

Zoom - FREE - Tuesday, 06/08/27, 6:00-7:00PM





COMPUTERS & TECH

Learning computer and technical skills is crucial in today's world due to their widespread application across virtually all industries and the increasing demand for digitally competent professionals. These skills enhance employability, increase earning potential, boost productivity, and enable better communication and access to information.

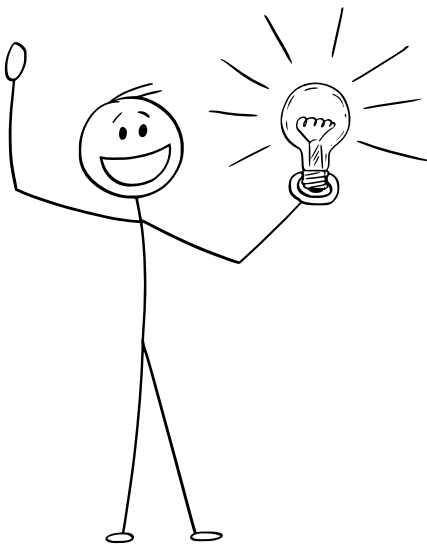
AI: WHAT IT IS AND WHAT IT ISN'T

Instructor: Lauren Koncinsky

Curious about AI but not sure where to start? This friendly, no-pressure workshop is designed for adults with little or no tech background. In 90 minutes, you'll learn what AI actually is (hint: it's not as scary or as smart as the headlines suggest), see how you're probably already using it every day, and get hands-on practice asking AI simple questions—like drafting an email, explaining a topic in plain language, or planning a trip. No prior experience needed, no jargon, and no sales pitch. You'll leave with practical skills, a handy take-home guide, and the confidence to try AI on your own terms.

No experience required. Just bring your curiosity (and your phone or laptop, if you'd like to practice).

Zoom - \$10.00 - Tuesday, 11/10/26, 6:00-7:30PM



DO YOU HAVE A
GREAT IDEA FOR A
CLASS?

REACH OUT! WE'D LOVE TO
HEAR FROM YOU.

BOOMERTECH ADVENTURES

BoomerTECH Adventures offers video courses designed specifically for adult learners who want to feel confident and capable with today's technology – and beyond.

Recommended setup: A computer, iPhone, or iPad with an up-to-date web browser (such as Safari, Chrome, Firefox, or Edge) and a reliable internet connection.

Technical Requirements -- Our courses are delivered as online video lessons with supporting PDF materials. Before enrolling, please make sure you are comfortable with the following:

- Clicking on links within a PDF document
- Watching videos hosted on YouTube
- Navigating tabs in an internet browser

EDIT STUNNING PHOTOS WITH MAC'S PHOTOS APP

Instructor: Ed Brazee, Boomertech

Discover professional editing techniques using Mac's built-in Photos application.

MASTER YOUR MAC PHOTOS APP: ORGANIZE LIKE A PRO

Instructor: Ed Brazee, Boomertech

Learn efficient methods to sort, categorize, and manage your digital photo collection.

UNLOCK YOUR MEMOIR: DIGITAL TOOLS TO SPARK YOUR STORY

Instructor: Ed Brazee, Boomertech

Explore a variety of digital tools designed to support your memoir journey. Discover apps and strategies for organizing memories, researching, illustrating, and polishing your work. Gain practical skills to enhance your writing process and confidently bring your story to life.

GETTING STARTED WITH AI: A BEGINNER'S GUIDE - CHECK BACK FOR LINK!

Instructor: Ed Brazee, Boomertech

Coming Spring 2027! - Artificial Intelligence is everywhere – but what exactly is it, and how can it work for you? This beginner-friendly course demystifies AI in plain language, with no technical background required. Explore how AI tools like ChatGPT, Siri, and Apple Intelligence can help you write, search, organize, and create. Learn how to ask good questions, evaluate AI responses, and use these powerful tools safely and confidently in your everyday life.



COLLEGE PREPARATION

Financially preparing for college is crucial to manage the significant costs and potential debt associated with higher education. Early planning allows for saving, exploring financial aid options, and making informed decisions about college choices, leading to less financial strain and a smoother transition into adulthood.

YES, YOU CAN SAVE FOR COLLEGE (AND STILL GET FINANCIAL AID)

Instructor: [FAME](#)

Explore easy-to-use digital tools that help you build everyday money skills. This session introduces an online financial wellness platform with resources for budgeting, saving, credit, and planning, designed to meet you wherever you are.

Zoom - FREE - Friday, 10/02/26 12:00-1:00 PM

FINANCIAL AID MADE SIMPLE

Instructor: [FAME](#)

Financial aid doesn't have to be complicated. This session walks through the basics, from the FAFSA to financial aid offers, so students and families understand what to expect and how to navigate the process with confidence.

Zoom - FREE - Tuesday, 10/13/26 6:00-7:00 PM

THE STUDENT LOAN REPAYMENT SURVIVAL GUIDE

Instructor: [FAME](#)

Repayment can feel daunting, but you have options. Learn about current repayment plans, forgiveness programs, and strategies to manage student loans realistically and responsibly after graduation or leaving school.

Zoom - FREE - Friday, 11/06/26 12:00-1:00 PM

SAVING FOR EDUCATION: HOW YOUR MONEY HABITS ADD UP

Instructor: [FAME](#)

Small financial choices can make a big difference over time. This session explores how everyday money habits, like budgeting and saving, can support short- and long-term education goals.

Zoom - FREE - Tuesday, 11/10/26 6:00-7:00 PM

MORE THAN JUST COLLEGE: EXPLORING EDUCATION AND TRAINING PATHWAYS

Instructor: [FAME](#)

College isn't the only path to success. Learn about alternative education and training options, including certificates, apprenticeships, and workforce programs, along with how to pay for them.

Zoom - FREE - Friday, 12/04/26 12:00-1:00 PM

DON'T LEAVE MONEY ON THE TABLE: UNDERSTANDING MAINE'S EDUCATION SAVINGS PROGRAMS

THE ALFOND GRANT & MAINE'S COLLEGE SAVINGS PROGRAM

Instructor: [FAME](#)

Maine families have access to valuable education savings benefits. Learn how education savings accounts and the \$500 Alford Grant work, and how to maximize their value for future education costs.

Zoom - FREE - Friday, 01/08/27 12:00-1:00 PM

SCHOLARSHIPS: FINDING FREE MONEY FOR SCHOOL

Instructor: [FAME](#)

Scholarships aren't just for straight-A students. This session shares tips on where to find scholarships, how to apply, and how to improve your chances of landing a scholarship.

Zoom - FREE - Tuesday, 01/12/27 6:00-7:00 PM

EDUCATION TAX BREAKS: WHAT FAMILIES SHOULD KNOW

Instructor: [FAME](#)

Education expenses may come with tax benefits. Learn about common education-related tax credits and deductions, and how families can plan ahead to take advantage of them.

Zoom - FREE - Friday, 02/05/27 12:00-1:00 PM

LET'S MAKE A PLAN TO PAY FOR HIGHER EDUCATION

Instructor: [FAME](#)

College costs can be stressful—but a plan helps. This session walks through the key pieces of paying for college, including savings, financial aid, and borrowing, so families can approach costs calmly and confidently.

Zoom - FREE - Tuesday, 02/09/27 6:00-7:00 PM

THE \$500 ALFOND GRANT: HOW TO CLAIM IT FOR EDUCATION

THE ALFOND GRANT & MAINE'S COLLEGE SAVINGS PROGRAM

Instructor: [FAME](#)

Many Maine students have an Alfond Grant, but they may not understand how it works. This session explains eligibility, what the grant funds can be used for, and how to access the money when the time comes.

Zoom - FREE - Tuesday, 04/06/27 6:00-7:00 PM

PAYING FOR COLLEGE WITHOUT THE PANIC

Instructor: [FAME](#)

College costs can feel overwhelming, but a plan helps. This session breaks down saving, financial aid, scholarships, and borrowing so you can understand how the pieces fit together and move forward with confidence.

Zoom - FREE - Friday, 05/07/27 12:00-1:00 PM

MAKING INFORMED CHOICES ABOUT COLLEGE LOANS

Instructor: [FAME](#)

Before borrowing, it pays to understand your options. Learn how different loan types work, how much is reasonable to borrow, and how today's decisions affect tomorrow's finances.

Zoom - FREE - Tuesday, 05/11/27 6:00-7:00 PM

MONEY TIPS FOR YOUR COLLEGE STUDENT (AND YOU)

Instructor: [FAME](#)

College brings new financial responsibilities for students and families. Learn practical tips to help your student manage money wisely.

Zoom - FREE - Tuesday, 07/13/27 6:00-7:00 PM



INTERESTED IN TEACHING?

Teaching adult education classes is a rewarding way to help individuals grow, develop new skills, and pursue their goals. It can be fulfilling to witness the transformation of students as they gain confidence and knowledge, potentially leading to better employment opportunities and overall life satisfaction. Furthermore, adult education plays a crucial role in societal development by promoting lifelong learning, social justice, and community engagement.

LEARN MORE

Are you interested in becoming an instructor for MDI Adult and Community Education?

Are you passionate about a subject?

Do you have a skill you'd like to share with your community?

We are a small but growing program, eager to expand our offerings and excited to hear about your ideas. Our program features a wide range of classes and instructors with diverse backgrounds, and our students represent various ages, cultures, and abilities.

We place a strong emphasis on the "Community" aspect of our program. While we've offered many online and asynchronous classes since the pandemic, we are now prioritizing in-person classes to foster a sense of connection. That said, we'll continue to offer Zoom options for those who prefer learning from home. Our goal is to be strategic in building a vibrant learning community.

If you are interested in joining us, please fill out our Proposal Form.

If you have questions, we are happy to help.



ACADEMIC SUPPORT

FREE programs for Maine residents who want to open doors to career opportunities, explore continuing their education, prepare for college, or build English language skills.

LEARN MORE

What Support is Provided By Adult Education College Transitions Programs?

You're not on this journey alone. Maine's adult education programs are here to support you every step of the way:

- **Career Counseling:** We'll help you figure out your goals and connect you with resources to reach them.
- **Academic Guidance:** Instructors understand that adult learners have unique challenges and will work with you to succeed.
- **Flexible Schedules:** Whether you need evening classes or hybrid options, there's a schedule that fits your life.
- **Job Placement Referral:** Once you're certified, we'll refer you to entities that are hiring.

THINKING ABOUT FINISHING YOUR HIGH SCHOOL EDUCATION?

You're in the right place.

First, the cost.

This is completely free for Maine residents. The instruction, the testing, all of it.

Second, the schedule.

These programs are designed to work with your schedule. Maine's adult education programs understand that students balance education with work, family, and other responsibilities. We will work with you to develop a learning plan that fits your needs.

Third, the support.

You won't be doing this alone. Every Maine AE program provides support – from experienced teachers and advisors to help with practical needs like computer access or childcare solutions. If there's a barrier, let's talk about it. We've probably helped someone overcome the same challenge.

Most importantly, we're going to be direct with you throughout this guide. Adult education isn't always easy, but it's absolutely achievable.

We'll explain exactly what to expect, what's required, and how we can help you succeed.

Understanding Your Options: Two Paths to Success

There are two paths to earning your high school credential in Maine:

- Completing your high school diploma or
- Earning the HiSET

Both are equally valid, both open the same doors, and both are accepted by colleges, employers, and military recruiters. The key is finding which path feels right for you.

THINKING ABOUT A COLLEGE DEGREE?

It's possible for anyone with help from
MDI Adult Education.

LEARN ENGLISH, GET JOB-READY,
AND CONNECT WITH YOUR
COMMUNITY THROUGH
ADULT EDUCATION IN MAINE

PARTICIPATING IN ENRICHMENT CLASSES IS GOOD FOR YOUR HEALTH!

Enrichment classes for adults offer numerous benefits, including improved cognitive function, enhanced emotional well-being, expanded social connections, and increased opportunities for personal growth and skill development. These classes can also foster a sense of accomplishment and confidence, contributing to overall life satisfaction.

Here's a more detailed look at the benefits:

Cognitive Enhancement: Enrichment activities like puzzles, board games, and learning new skills can help improve memory, reasoning, and overall cognitive abilities. This can help reduce the risk of cognitive decline and conditions like dementia.

Emotional Well-being: Engaging in meaningful activities and creative pursuits can be deeply fulfilling, boosting self-esteem and a renewed sense of identity. It also helps seniors cope with life's challenges more effectively.

Social Connection: Enrichment classes provide opportunities for interaction with peers, instructors, and mentors, fostering a sense of belonging and reducing the risks associated with loneliness and social isolation.

Skill Development: These classes can help individuals master new skills or improve existing ones, whether for career advancement or personal enjoyment. They also encourage a mindset of lifelong learning, which is crucial for adapting to changing circumstances.

Personal Growth and Purpose: Participating in enrichment activities can provide a sense of purpose and accomplishment, contributing to a more positive outlook on life and greater life satisfaction.

Overall Quality of Life: Enrichment classes can contribute to a higher quality of life by promoting mental and physical health, social connections, and a sense of purpose.