

MDI ADULT & COMMUNITY EDUCATION

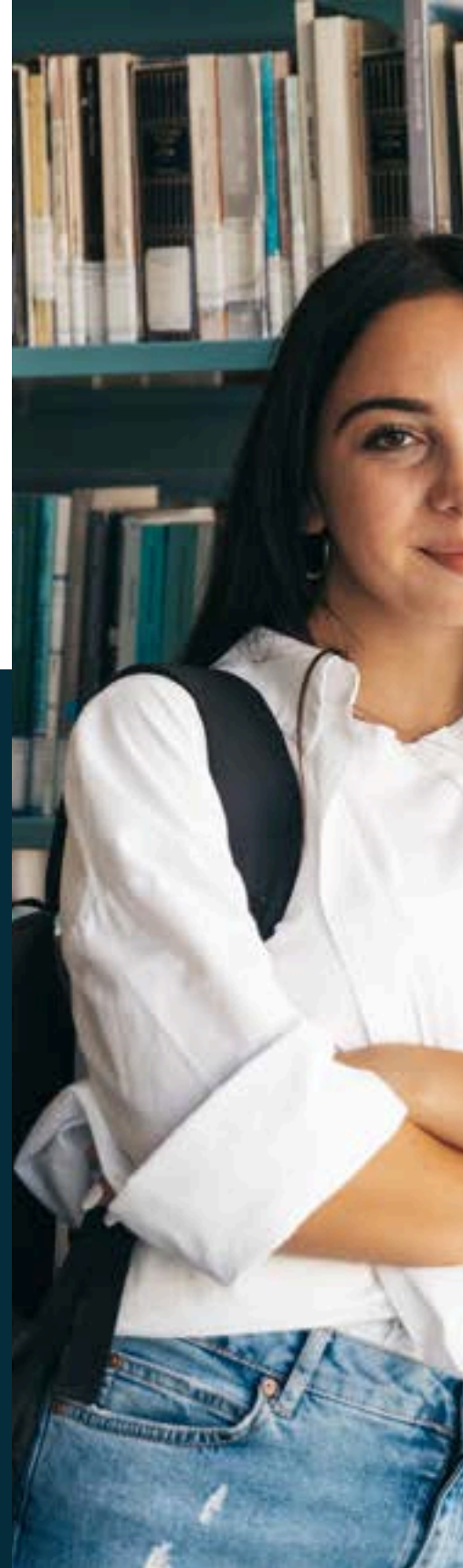


Adult education in Maine is about opening doors - whether you're pursuing personal growth, job training, college preparation, or learning just for the joy of it . We offer flexible, supportive programs designed to help you reach your goals at your own pace.

Discover, Experience, and Grow with knowledge that lasts a Lifetime!

Reach out,

We're here to help!



FALL 2025 Course Catalog

Welcome!

We recognize the importance of lifelong learning as it empowers individuals, strengthens families, and builds community connections.

There are lots of reasons to take a class with MDI Adult & Community Education!

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.

MDI Adult & Community Education



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](#)



A LETTER FROM OUR DIRECTOR

Dear Friends and Neighbors,

As we welcome the fall 2025 semester, I'm excited to share a season full of opportunities to learn, connect, and grow. Whether you're looking to build new job skills, explore creative hobbies, or work toward a personal goal, MDI Adult and Community Education is here to support your journey. From career training and academic programs to arts, wellness, and enrichment classes, there's something here for every stage of life.

I invite you to browse our offerings, choose a class that inspires you, and take that first step toward something new this season. We look forward to learning with you—and hearing from you.

As always, feel free to call or write with any questions.

Warmly,

Lauren Koncinsky

Director, Mount Desert Island Adult & Community Education

Register Now!

REGISTER ONLINE: Scan the QR code or visit www.mdi.maineadulted.com to register and find full descriptions of the courses in the catalog.



BY PHONE: Call 207-288-4703 and have your payment information ready.

IN PERSON: Come in to the office to register. Please call ahead for updated hours.

Classes do not meet during school vacations, on holidays, or on snow days unless otherwise noted during the first class.

We may add new classes to the schedule, so check the website for new listings.

Additional information and school policies can be found at mdi.maineadulted.com

FALL 2025 Course Catalog



Welcome 2

An introduction to MDI Adult & Community Education with contact information.



Letter from the Director 3

A personal letter from our Director, Lauren Koncinsky.



Enrichment Classes 8-9

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.



Arts & Crafts 10-15

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 16-21

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 ----- 22-24

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 ----- 25-26

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.



General Enrichment ----- 27-29

Enrichment classes are educational programs offering adult learners opportunities to explore new subjects, develop skills, and pursue their interests in a fun and engaging way. They aim to foster creativity, critical thinking, community connections and personal growth.



Health & Wellness ----- 30-36

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 ----- 37-42

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.



Trades, Tools & Home ----- 43-46

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 __ 47-52

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 ----- 53-60

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 ----- 61-63

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? ----- 64-65

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 ----- 66-72

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.



Our Team ----- 73

A resource for finding contact information for MDI Adult Education employees, understanding our organizational structure, and roles.



Course Index ----- 74-76

Alphabetical listing of courses with registration links.



Course Calendar ----- 77-80

List of courses organized by the day of the week with registration links.



ENRICHMENT CLASSES

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.

BROWSE

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.



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.

BROWSE

BEGINNING DRAWING

Instructor: Mike Duffy

This class will be for beginners and will focus first on the basics then expand to how to draw people and animals, as well as learning perspective, tonal value and pen and ink. To learn and understand drawing, we must start with the basics like understanding line, form, value and shading. Any drawing will have in it at least one of those elements so it is important to learn how to apply them to a drawing. Learning shading helps understand form. Learning to use lines and shapes help define a drawing.

Henri Matisse once said: "A line is simply a dot that went for a walk."

There is no material fee, however students are asked to bring at least one drawing pad no smaller than 9X12 preferably bigger, drawing pencils HB, 2B and 4B or whatever is available (an HB pencil is like your #2 pencil from school. 2B, 3B or 4B means that it is a shading pencil, the higher the number the darker the shade) and an eraser preferably a kneaded eraser and a white eraser (no pink erasers).

Location: MDI High School

Date: Wednesdays, 09/24-11/12/25

Time: 6:00-8:00PM

Price: \$89

[Register](#)



BEGINNING PEN & INK DRAWING

Instructor: Mike Duffy

In this class we'll learn how to draw with ink. We'll learn techniques of pen & ink including various styles, shading methods and line techniques. These will include contour line drawing, cross hatching and ink washes to create different effects and textures. Using ink gives a drawing more contrast than you can get with a pencil. Together we will explore how to use line weight, density, and ink washes to create depth, form, and tonal variations in drawings. The same principles of pencil drawing are used with pen and ink. You will learn how to use a pen with ink as well as a brush with ink.

There is a materials fee of \$8.00 to cover supplies.

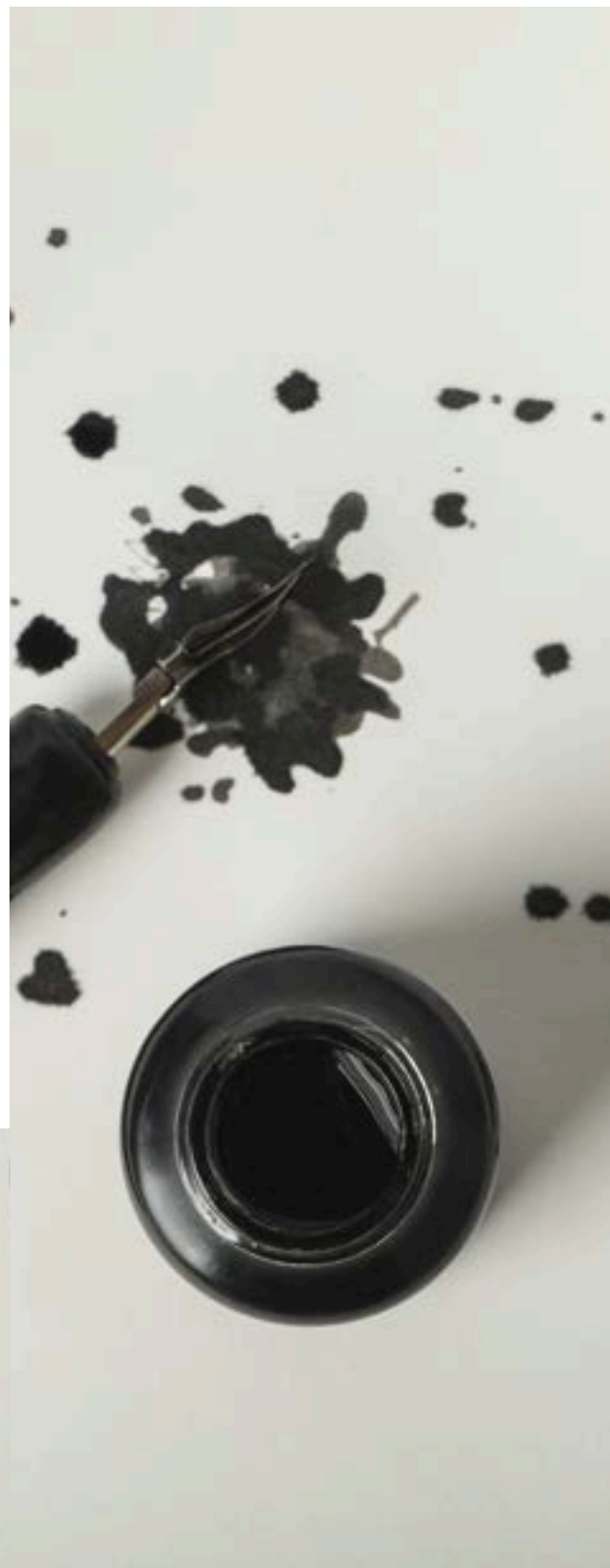
Location: MDI High School

Date: Mondays, 09/22-11/10/25

Time: 6:00-8:00PM

Price: \$89.00

[Register](#)



BIRCH BARK & GOURD BASKETS

Instructor: Jessica Steele, Wood Thrush Wilderness

Join instructor Jessica Steele of Wood Thrush Wilderness for TWO fabulous classes! First you'll learn how to make your own birch bark basket. We will head into the woods to identify trees, learn how to collect the bark from down trees, how to process the bark, and finally how to make a basket. After lunch, Jessica will show you how to make a gourd basket. Perfect for a gift or to keep for yourself. Gourds will be pre-cut. Students will need to clean gourds, sand, and drill holes. Then we will sew white pine needles to the rim. We will be able to pick from a number of stains to finish the gourds. Gourds are around 4-5" in diameter. During this class, we will also go over the basics of making pine needle baskets. This is another great class to learn a skill for life.

Location: MDI High School

Date: 11/02/2025

Time: 9:00AM-5:00PM

Price: \$120.00

[Register](#)





GUIDE PACK BASKET WORKSHOP

Instructor: Jessica Steele, Wood Thrush
Wilderness

8-hour class. In this course, we will weave a 17" tall basket with premium reed. We will go over the history of pack baskets and what materials have been used. The instructor will go through the process of making the basket step-by-step ensuring all will walk away with a finished basket. The baskets will have a base and feet along with pack straps. We will bring a variety of color straps and even color reeds to add a little color to your basket.

Location: MDI High School

Date: Sunday, 11/30/2025

Time: 9:00AM - 5:00PM

Price: \$110.00

[Register](#)





POTTERY

Instructor: Elizabeth Keenan

Have you ever wanted to 'throw a pot' - that is, use a potter's wheel? This extremely popular beginner's class will cover hand building techniques, forming on the potter's wheel, surface decoration and treatments. Make functional handcrafted products to use and enjoy or give as holiday gifts! Material costs are included in the fee.

Location: MDI High School

Tuesdays, 09/30-11/04/25, 6-8:30PM

Price: \$180.00

[Register](#)



INTRODUCTION TO WATERCOLOR PAINTING

Instructor: Mike Duffy

This class will be a gentle guide into watercolor painting. We'll cover how to do a wash, what kind of brush, what kind of paper and what kind of paints to use. We'll also cover more advanced and stylized skills. Drawing skills are not needed. Learn how to mix colors and how to understand the color wheel. Each week we'll create a masterpiece suitable for framing.

There is a materials fee of \$10.00 to cover the paint, paper and brushes.

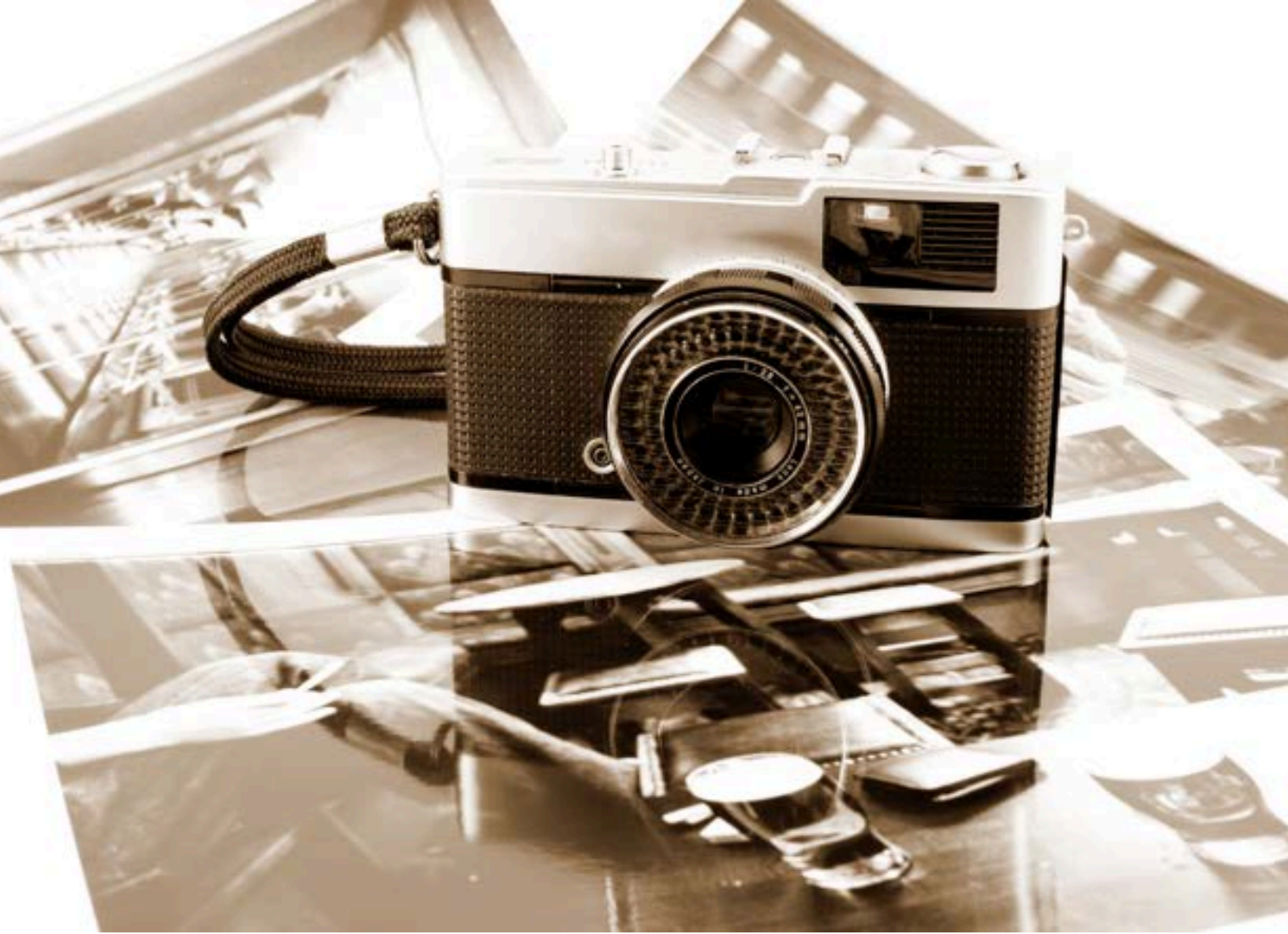
Location: MDI High School

Date: Tuesdays, 09/23-11/18/25

Time: 6:00-8:00 PM

Price: \$89.00

[Register](#)



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.

BROWSE



CREATIVE PHOTOGRAPHY

Instructor: Brianna Hill, [Breezy Photography](#)

This 4 week course will cover topics such as focal lengths and what they are used for, aperture, ISO, light, composition, exposure, and posing vs prompting clients. It will also include navigation and use of adobe programs Lightroom and Photoshop. These programs together cost \$10/mo which is a requirement as well as a well-working laptop and DSLR or mirrorless camera.

Location: MDI High School

Date: Mondays, 09/15-10/06/25

Time: 6-7:30PM

Price: \$75.00

[Register](#)



© [Breezy Photography](#)

© [Breezy Photography](#)

DIGITAL PHOTO 2: INTERMEDIATE

Instructor: Steve McGrath

You are comfortable with your camera & you want more! In this class we will explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. We will take an in-depth look at manual focus and its use, fill flash & flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques.

Location: Zoom

Tuesdays, 10/28-11/25/25, 5:30-7PM

Price: \$89.00



[Register](#)



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

[Register](#)



HOW TO PHOTOGRAPH SNOWFLAKES!

Instructor: Steve McGrath

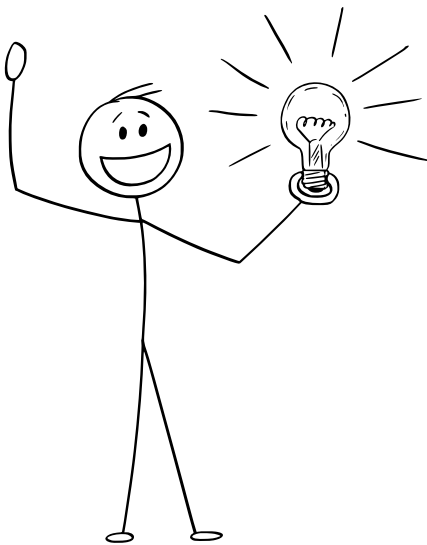
In this class we are going to use our Macro/Close Up settings, Lenses, Filters and Lighting to take some awesome images of snowflakes and go over the controls to capture them! Aperture, ISO Exposure Compensation. & Composition are all important with snowflakes! And this is for a Digital Camera or a Smartphone!

Location: Zoom

Tuesdays, 11/18-12/02, 7:30-9PM

Price: \$59.00

[Register](#)



DO YOU HAVE A
GREAT IDEA FOR A
CLASS?

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

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

[Register](#)



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

[Register](#)



PET PHOTOGRAPHY

Instructor: Steve McGrath

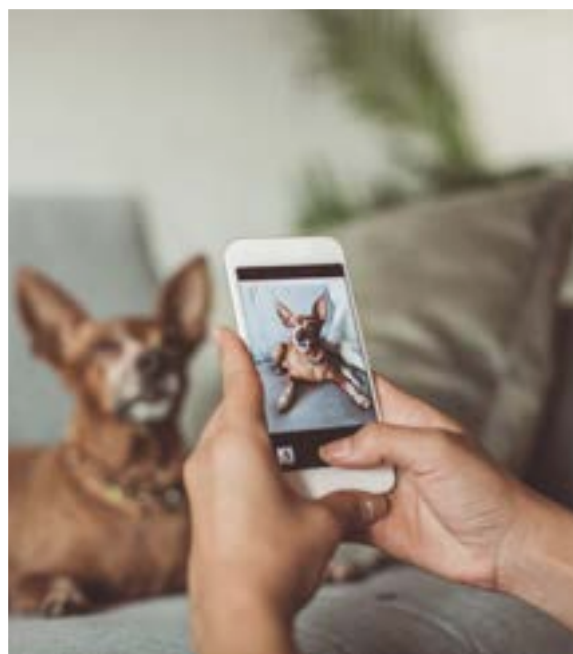
This online class is dedicated to helping you with understanding how to use your smartphone photography, how to take and create great images on your phone, what editing apps to use, and how to share and print your images. Join Steve as we go over how to find out how to use essential controls on your phone along with the best free and low-cost tools for editing & image management.

Location: Zoom

Session 1: Tues, 10/07-10/21, 7:30-9PM

Session 2: Tues, 2/24-3/10, 7:30-9PM

Price: \$59.00



[Register](#)



[Register](#)

SMARTPHONE PHOTOGRAPHY

Instructor: Steve McGrath

This Class is dedicated to helping you with understanding how to use your smartphone photography, how to take a create great Images on your phone, what editing apps to use, how to share and print your images. Join Steve as we go over how to find out how to use essential controls on your phone along with the best free and low-cost tools for editing and image management.

Location: Zoom

Session 1: Tues, 10/07-10/21, 7:30-9PM

Session 2: Tues, 2/24-3/10, 7:30-9PM

Price: \$59.00



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.

BROWSE

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.

Location: Zoom

Tuesdays, 10/28-11/25/25, 5:30-7PM

Price: \$69.00



[Register](#)

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.

Location: Zoom

Tuesdays, 11/18-12/02, 7:30-9PM

Price: \$69.00

[Register](#)



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. And when folks hear you play this happy instrument, well, they just have to smile! If you don't own a ukulele, please contact us (uketime24@gmail.com) for information. What are you waiting for? Grab a uke and get ready for a musical adventure, then spread the joy!

Location: Zoom

Session 1: Tues, 09/16-10/07, 6-7:30PM

Session 2: Weds, 10/15-11/05, 6-7:30PM

Session 3: Tues, 11/11-12/09, 6-7:30PM

Session 4: Weds, 02/04-02/25, 6-7:30PM

Session 5: Tues, 03/03-03/24, 6-7:30PM

Session 6: Weds, 04/01-04/22, 6-7:30PM

Session 7: Tues, 04/28-05/18, 6-7:30PM

Price: \$79.00

Use Session Links to Register



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.

BROWSE

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!

Location: MDI High School
Tuesdays, 9/23-11/11/25, 6-7:30PM
Price: \$130.00

[Register](#)



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

Location: MDI High School
Wednesdays, 9/24-11/12, 6-7:30PM
Price: \$130.00

[Register](#)





GENERAL ENRICHMENT

Enrichment classes are educational programs offering adult learners opportunities to explore new subjects, develop skills, and pursue their interests in a fun and engaging way. They aim to foster creativity, critical thinking, community connections and personal growth.

BROWSE



BIRDING ACROSS FOUR SEASONS

Instructor: Craig Kesselheim

A class for beginning birders, Birding Across Four Seasons will focus on one season in each of four class sessions. Birding is richer when you begin to consider what each season of the year means for the birds in your area.

Are they passing through en route to somewhere else? Are they establishing territories and raising young? Are they eating differently or choosing different habitats according to the time of year? What about their plumages and their songs?

All of these factors inform how and where we go out to observe our year-round residents and our seasonal "guests." And as birders, we get to expand our experience from simply naming what we see to appreciating birds' life cycles and their connections to seasonal change.

This online class is open to participants from anywhere in the country. Local participants are welcomed to join a single field trip, date and location TBA.

Location: Zoom

Date: Wednesdays, 10/29-12/03/25

Time: 6:30-7:30PM

Price: \$60.00

[Register](#)



WRITING THE WILD: A NATURE WRITING WORKSHOP

Instructor: Nina Barufaldi St Germain

Discover the power of place through nature writing. In this four-week generative workshop, we'll explore how to write with and about the natural world—whether that means a backyard garden, a thunderstorm, or a memory of climbing Cadillac Mountain. Each session will include short readings from classic and contemporary nature writers, guided writing prompts, and supportive group discussion. All experience levels welcome.

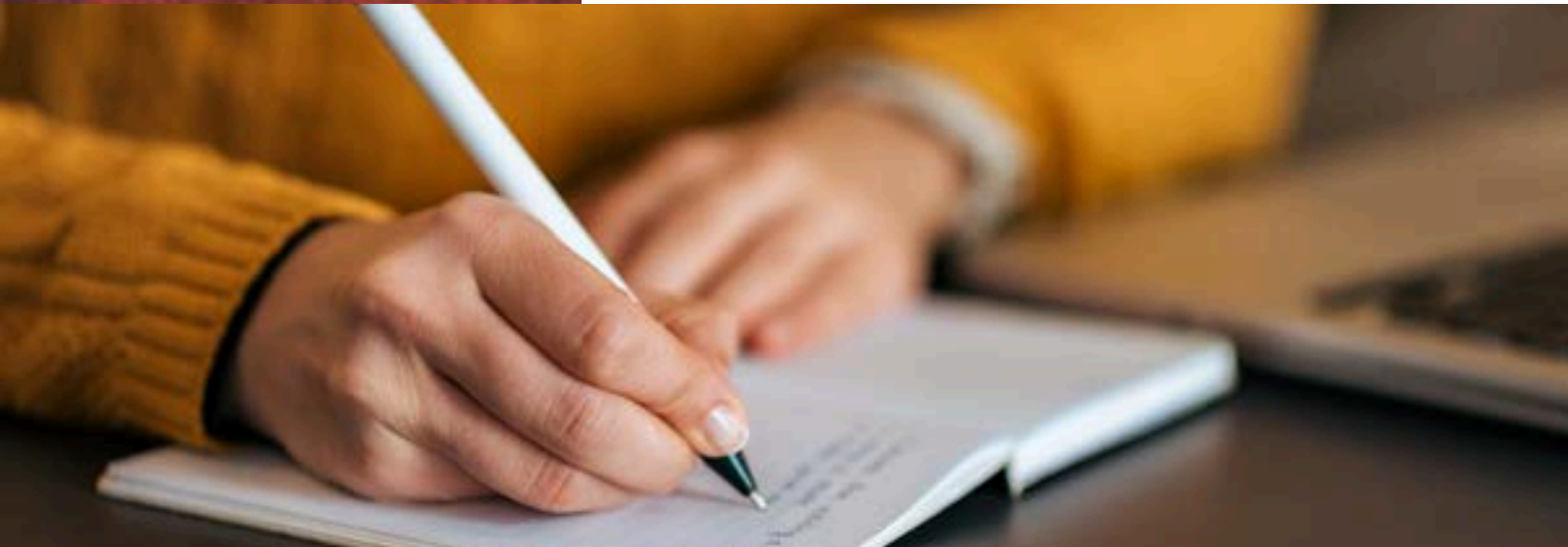
Location: Zoom

Date: Mondays, 10/06-10/27/25

Time: 6:30-8:00PM

Price: \$100.00

[Register](#)





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.

BROWSE



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.*

Use Session Links to Register

Location: MDI High School

Price: \$25.00

Session 1: Friday, October 10, 2025, 5-7:00PM

Instructor: Brandon Eugley, Advanced EMT/
Firefighter, Bar Harbor Fire Department

Session 2: Monday, November 10, 2025, 5-7:00PM

Instructor: Samantha Dixon, Paramedic/
Firefighter, Bar Harbor Fire Department



**American
Heart
Association.**



CAREGIVER SELF-CARE

Instructor: Kathy Baillargeon

As a caregiver, you play a vital role in the life of your loved one. However, it is important to remember that taking care of yourself is important too. Your physical and emotional well-being directly impacts your ability to provide care. Prioritizing self-care prevents burnout and improves overall health.

This presentation will include tips for good self-care, finding time for yourself and potential resources. This is designed for current caregivers and will include an open discussion segment. Share your experiences, challenges, and solutions. Learning from each other is a valuable part of the journey. Remember, taking time for yourself is taking time for someone very important – you. By prioritizing self-care, you are better equipped to care for your loved one and support yourself in the process.



Location: MDI High School
Date: Thursday, 10/2/2025
Time: 5:30-7:30PM
Price: FREE

[Register](#)

INTRODUCTION TO MINDFULNESS AND SELF-COMPASSION

Instructor: Sonya Connelly & Ursula Hanson, [Healthy Acadia](#)

In our fast-paced world, feelings of rush, unpredictability, and unkindness can overwhelm us. Daily stress and self-criticism often leave us depleted and anxious. Fortunately, mindfulness and self-compassion offer strategies to help us live more calmly, clearly, and connectedly. Mindfulness and self-compassion are essential tools that enable us to soothe and regulate ourselves during times of distress. Research shows that individuals who practice mindfulness and self-compassion experience greater happiness, life satisfaction, and motivation.

This class is offered in partnership with Healthy Acadia.

Location: MDI High School
Thursday, 10/02/25, 4:00-6:00PM
Price: FREE

[Register](#)

MINDFULNESS & SELF-COMPASSION

Instructor: Sonya Connelly & Ursula Hanson, [Healthy Acadia](#)

Life can often feel rushed, unpredictable, and overwhelming. Many of us face daily stress, self-criticism, and moments when we feel anxious or drained. This 4-week class invites you to slow down and explore practical ways to bring more calm, clarity, and connection into your daily life. - Together, we'll learn simple mindfulness and self-compassion practices that can help soothe and steady us during challenging moments. Research shows these skills can increase our sense of well-being, boost motivation, and help us navigate life with greater ease and kindness—toward ourselves and others.

This class is offered in partnership with Healthy Acadia.

Location: MDI High School
Date: Thursdays, 10/23-11/13/25, 4-5:30PM
Price: FREE

[Register](#)

MINDFULNESS, INTENTION SETTING, AND VISION BOARDS

Instructor: Sonya Connelly & Ursula Hanson, [Healthy Acadia](#)

Come join us for a welcoming and creative workshop designed for anyone looking to pause, reflect, and look ahead with purpose. We'll begin with a simple mindfulness practice to help us feel centered, then explore what truly matters through a guided reflection. From there, we'll create vision boards—using images, words, and imagination to bring your goals, dreams, or hopes into focus. - This is a wonderful opportunity to express yourself, connect with others, and leave with a meaningful visual reminder of what inspires you. - All materials are provided. No artistic experience needed—just come as you are!

This class is offered in partnership with Healthy Acadia.

Location: MDI High School
Available for Academic Students only.



[Use Session Links to Register](#)

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..

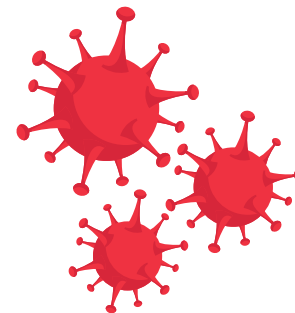
Location: MDI High School

Session 1: Tuesday, 9/16/25, 5:30-6:30PM

Session 2: Friday, 10/24/25, 5:30-6:30PM

Price: FREE

NAVIGATING RESOURCES THROUGH SERIOUS ILLNESS



Instructor: Kathy Baillargeon

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. Taught by Kathy Baillargeon, Executive Director, Hospice Volunteers of Hancock County.

Location: MDI High School
Thursday, 1/29/2026, 5:30-7:30PM
Price: FREE

[Register](#)



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.

Location: MDI High School
Session 1: Tuesday, 9/16/25, 6:30-7:30PM
Session 2: Friday, 10/24/25, 6:30-7:30PM
Price: FREE

[Use Session Links to Register](#)

UNDERSTANDING MAINE'S DEATH WITH DIGNITY ACT

Instructor: Valerie Lovelace

Get the facts you need to understand how Maine's aid-in-dying law works. Valerie Lovelace, Executive Director for Maine Death with Dignity, will discuss the legalities of the law and how to access it should you find yourself or a loved one facing a terminal illness. Learn the details about this important palliative care end-of-life option, such as:

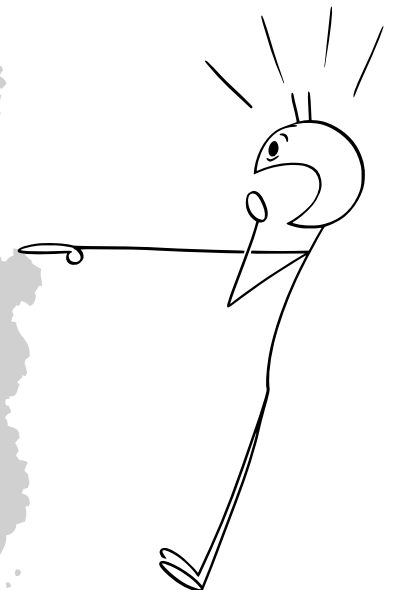
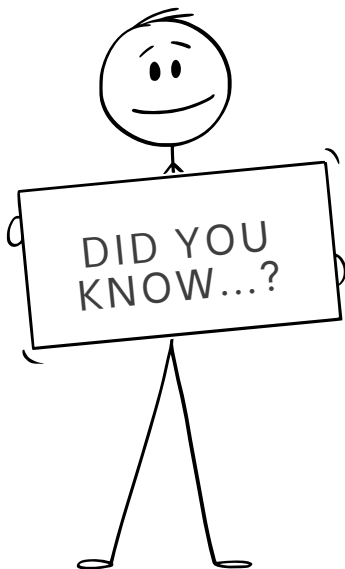
*What exactly is aid in dying?
How do I discuss this with my physicians?
Who qualifies?
How long does it take to qualify?
And much more...*

Location: Zoom
Thursday, 11/13/2025
Time: 6:30-8:30 PM
Price: FREE

[Register](#)

Participating in life enrichment programs and activities on a regular basis promotes brain health. It also helps overcome the health risks associated with isolation and loneliness such as type 2 diabetes, heart disease and depression.

Data from the Maine Adult Education Association





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.

BROWSE



CARDIO FIT

Instructor: Michelle Spencer

Zone 2 Cardio with a sprinkle of HIIT (High Intensity Interval Training). Moderate Intensity Aerobic activity to improve your cardiovascular and pulmonary system with an emphasis of Fat Burn!

Location: Zoom

Session 1: Wednesdays, 09/10 - 10/29, 10:30-11:30 AM

Session 2: Wednesdays, 11/05 - 12/10, 10:30-11:30 AM

Price: \$65.00

Use Session Links to Register



CHAIR YOGA

Instructor: Michelle Spencer

This class is a morning session for your soul. Chair Yoga is for everyone! I have taught different versions of Chair Yoga in Workplace Wellness, a school system with youth, at a senior center, both on Zoom and in-person. You will not need a Yoga Mat or change your clothes but you will feel the difference both physically and emotionally. Improve your flexibility, learn how to breath appropriately, reduce your stress learn skills for over all well-being.

Location: Zoom

Session 1: Thursdays, 09/11 - 10/30/25, 9-10:00 AM

Session 2: Thursdays, 11/06 - 12/11/25, 9-10:00 AM

Price: \$65.00

Use Session Links to Register



FOAM ROLLING 101

Instructor: Michelle Spencer

Learn how to enhance flexibility, reduce muscle tension, improve blood flow, support lymphatic drainage and aid in recovery. Foam rolling can be part of a Yoga and Pilates Practice as well as Core Stability Workout.

Location: Zoom

Session 1: Wednesdays, 09/10-10/29/25, 10:30-11:30AM

Session 2: Wednesdays, 11/05-12/10/25, 10:30-11:30AM

Price: \$65.00

[Use Session Links to Register](#)

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

Location: Zoom

Wednesdays, 10/01/25-11/19/25, 6:15-7AM

Price: \$59.00



[Register](#)

POWER SCULPT FLOW

Instructor: Michelle Spencer

Power Sculpt Flow! This is a No-nonsense class! You will want to warm up a bit before we press PLAY! This vigorous practice will use dynamic bodyweight exercises, weights, and bands. You will build strength, burn fat and learn a lot about yourself. I am hoping this new class will be of interest to people who are able to take a lunch break from work and want to break a sweat! Think Power Yoga, Pilates, Barre and Weight Training all into one class!

Location: Zoom

Session 1: Thursdays, 09/11-10/30/25, 12-1:00PM

Session 2: Thursdays, 11/06-12/11/25, 12-1:00PM

Price: \$65.00



[Use Session Links to Register](#)



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.

Location: Zoom

Fridays, 10/03/25-11/21/25, 6:15-7AM

Price: \$59.00

[Register](#)

SENIOR FITNESS

Instructor: Michelle Spencer

Strength and Balance for Senior Fitness is a full-body workout that reaches all the domains of fitness, targeting all muscle groups, improves balance, flexibility, mobility, and cognition. This class is progressive in nature and is suitable for most students. Modification can be provided to customize each student's fitness level. A class recording is sent out to use throughout the week.



Location: Zoom

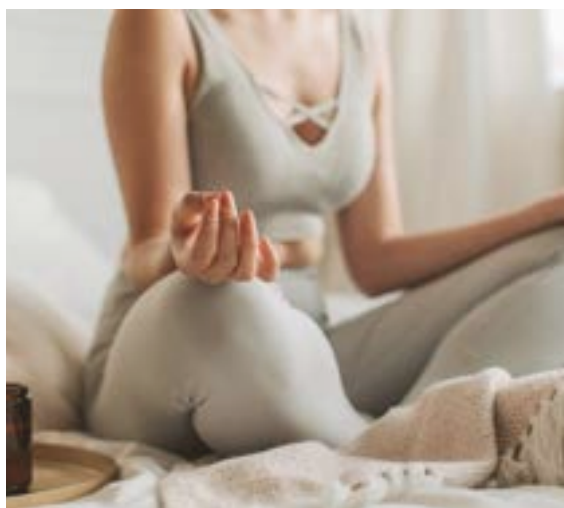
Session 1: Mondays 09/08-10/27/25, 8:30-9:30 AM

Session 2: Mondays 11/03-12/08/25, 8:30-9:30 AM

Price: \$35.00

[Use Session Links to Register](#)

STRESS REDUCTION & RELAXATION WITH THERAPEUTIC YOGA



Instructor: Michelle Spencer

This therapeutic Yoga class will help you reduce stress, support you to relax your mind and muscles while calming the nervous system. You will learn techniques to release stagnant energy from the body and improve lymphatic flow. Practicing self-compassion by using positive affirmations and coming into a meditative Yoga Nidra/Savasana will end this practice.

Location: Zoom

Session 1: Tuesdays 09/09-10/28, 5:30-6:30 PM

Session 2: Tuesdays 11/04-12/09, 5:30-6:30 PM

Price: \$65.00

[Use Session Links to Register](#)



THAI YOGA

Instructor: Michelle Spencer

This class combines Tai Chi, Qigong and Traditional Standing Yoga Postures that improve energy, balance, flexibility and clarity of the mind.

Location: Zoom

Session 1: Tuesdays 09/09-10/28/25, 9-10:00AM

Session 2: Tuesdays 11/04-12/09, 10-11:00AM

Price: \$65.00

Use Session Links to Register

YOGA FOR OSTEOPENIA, OSTEOPOROSIS & OSTEOARTHRITIS

Instructor: Michelle Spencer

Yoga for Osteopenia, Osteoporosis and Osteoarthritis is a series of classes that offers keys to prevent fractures, science of joint care, as well as a blueprint to longevity.

Location: Zoom

Session 1: Mondays 09/08-10/27, 10-11:00AM

Session 2: Mondays 11/03-12/08, 10-11:00AM

Price: \$65.00

Use Session Links to Register





TRADES, TOOLS & HOME

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.

BROWSE

BUILDING, PLUMBING, ELECTRICAL AND OTHER PERMITS... A HOW TO

Instructor: Michael Gurtler

Thinking about adding a shed, parking, garage or an addition to your home or property? This presentation will help you understand what local and/or State permits may be required, along with how to prepare and file a permit application. This will be a hands-on workshop, so please bring your project ideas to discuss. Requirements for all MDI municipalities and any State requirements will be discussed.

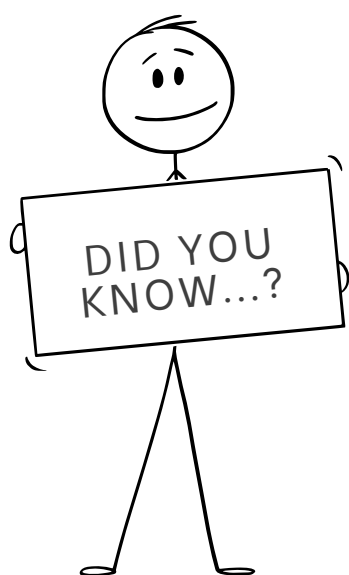
Location: MDI High School

Monday, November 17, 2025, 5:30-7:00PM

Price: FREE

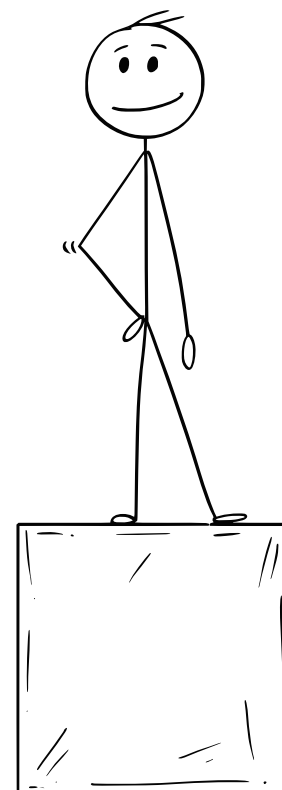


[Register](#)



Liberal arts education for adults focused on life-long learning is not just leisure. It strongly influences social and civic engagement serving as an empowering force for adult learners..."

Data from the Maine Adult Education Association



LAND USE REGULATIONS – MANDATORY SHORELAND ZONING & INCREASED HOUSING OPPORTUNITIES (LD 2003)

Instructor: Michael Gurtler

The Mandatory Shoreland Zoning Act (MSZA) was enacted by the Maine Legislature in 1971. The current law, as amended, requires municipalities to establish land use controls for all land areas within 250 feet of ponds and non-forested freshwater wetlands that are 10 acres or larger; rivers with watersheds of at least 25 square miles in drainage area; coastal wetlands and tidal waters; and all land areas within 75 feet of certain streams.

The law's intent is (1) to protect water quality, wildlife habitat, wetlands, archaeological sites and historic resources, and commercial fishing and maritime industries; and (2) to conserve shore cover, public access, natural beauty, and open space. It does this by controlling land uses, and placement of structures within the shoreland area.

A review of the MSZA will be presented, as well as MDI municipal shoreland ordinances. The presentation will provide an overview of these regulations and discuss common questions shoreland property owners often have.

"An Act to Implement the Recommendations of the Commission to Increase Housing Opportunities in Maine by Studying Zoning and Land Use Restrictions," generally referred to by its legislative tracking name of LD 2003, was signed into law by Governor Mills on April 27, 2022. This law is designed to remove unnecessary regulatory barriers to housing production in Maine, while preserving local ability to create land use plans and protect sensitive environmental resources.

A review of LD 2003 will be presented, as well as how MDI municipalities may have adopted provisions of the legislation. The presentation will provide an overview of these regulations and discuss common questions property owners often have.

Location: MDI High School

Monday, September 15, 2025, 5:30-7:00PM

Price: FREE

[Register](#)

NATIONAL FIRE SAFETY MONTH

– PREPARING FOR AND PREVENTING FIRES AND OTHER HOUSEHOLD HAZARDS

Instructor: Michael Gurtler

The presentation will provide an overview of common household hazards such as fire, radon, lead paint, carbon monoxide and lithium batteries. Attendees will learn about how to prepare for emergency situation and manage the common hazards around their home.

Location: MDI High School

Monday, October 20, 2025, 5:30-7:00PM

Price: FREE



[Register](#)





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.

BROWSE

ACCOUNTING FOUNDATIONS FOR QUICKBOOKS USERS

Instructor: Val Landry

Do you struggle with basic accounting concepts and the structure of financial statements AND want to adopt QuickBooks for your business or organization?

This 3-hour course will give you the foundations of accounting so you can get the most out of QuickBooks Online. By the end of the session, you'll

- 1. Understand the full accounting cycle: from journal entries to closing entries*
- 2. Be familiar with basic accounting terminology and concepts.*
- 3. Gain hands-on experience using QuickBooks to perform key tasks.*

This would serve as a prerequisite or optional support course before students enroll in the full QuickBooks Online course.

Location: Zoom

Session 1: Tuesday, 9/30/25, 8:30-11:30AM

Session 2: Tuesday, 01/27/26, 8:30-11:30AM

Session 3: Tuesday, 03/17/26, 8:30-11:30AM

Price: \$59.00

[Register](#)





INTRODUCTION TO CANVA

Instructor: Amber Howard

Canva is often described as the “design tool for non-designers.” In this class you will learn how to create stunning visuals for social media, business touch points, print, personal use and more. Understanding how to use this software will be a game changer for anyone seeking to create compelling visual content without the complexities of professional design tools, and without the cost associated with hiring professional designers.

What you’ll learn:

- *What is Canva and why should I care?*
- *The Basics. Navigating the platform, customizing templates, using elements, and working with text and fonts.*
- *The best way to learn is to practice by creating designs and experimenting with different features. A variety of example projects will be referenced to illustrate the design possibilities of Canva and to assist students in using and understanding the platform.*
- *Projects/Examples include: Brand Style Guide, Social Media Graphics, Business Touch Points, Canva for Personal Use (Holiday Cards, Resumes, Vision Boards, Calendars Etc...)*

No experience is required. This course is intended for complete beginners and suited for a variety of learning styles. If you’d like to follow along on your own cellphone, tablet or laptop a FREE Canva account is required (sign up before attending class).

[Register](#)

Location: MDI High School
Wednesday, 10/22/25, 6-8:00PM
Price: \$25.00

MONEY STARTS: ADULTING 101

Instructor: Steve Kautz, [FAME](#)

Adulting is tough. Finances can be one of the trickiest parts of adulthood. Whether you've been Adulting for decades or are just getting started, banking basics, spending plans, credit scores and budgeting tools are available to make things a little bit easier.

Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine for this 1-hour virtual workshop as we explore fundamental money skills.

Location: Zoom

Tuesday, 10/07/25, 6:30-7:30PM

Price: FREE



[Register](#)

MONEY GROWS: ADULTING 102

Instructor: Steve Kautz, [FAME](#)

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing, and if you are ready to invest, how to get started. Other topics will include protecting your assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life.

Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine for this 1-hour virtual workshop as you take the next steps into adulting.

Location: Zoom

Tuesday, 10/21/25, 6:30-7:30PM

Price: FREE



[Register](#)



Launch Your New Career!

OFFICE ESSENTIALS

Instructor: Lauren Konkinsky

Ready to start a new career or re-enter the workforce?

In just 8 weeks, you'll learn:

- How to communicate professionally by email and phone
- Essential Google Workspace, with an intro to Quickbooks, Microsoft Word and Excel
- How to organize files, manage calendars, and support meetings
- Tips for writing a great resume and preparing for interviews
- Real-world office tasks through simulations and projects

WHO SHOULD ENROLL?

- Career changers
- New grads
- Anyone looking to build office skills

You'll walk away with:

- A polished resume
- Real hands-on practice
- The tools to get hired into an entry-level position

STARTING OCTOBER 7, 2025
6:00-8:00PM

Tuesdays & Thursdays

Duration: 8 weeks

Hours: 40 total (32 class +8 homework)

Location: MDI High School

Price: \$45.00

[Register](#)



QUICKBOOKS ONLINE

Instructor: Val Landry

During these three sessions, you will learn how to apply basic accounting principles to setting up QuickBooks online for a small business or organization.

The design of the course is that you'll attend the class and also do 2-3 hours of work between sessions which greatly enhances your learning.

For this workshop, you have the option to receive a yearlong subscription to QB online. Upon registration, the survey provided will provide information about this opportunity.

Location: Zoom

Session 1: Tuesdays, 10/14-10/28/25, 8:30-11:30AM

Session 2: Tuesdays, 2/10-3/03/26, 8:30-11:30AM

Session 3: Tuesdays, 3/31-4/14/26, 8:30-11:30AM

Price: \$99.00

Use Session Links to Register





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.

BROWSE

ACCOUNTING FOUNDATIONS FOR QUICKBOOKS USERS

Instructor: Val Landry

Do you struggle with basic accounting concepts and the structure of financial statements AND want to adopt QuickBooks for your business or organization?

This 3-hour course will give you the foundations of accounting so you can get the most out of QuickBooks Online. By the end of the session, you'll

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Session 2: Tuesday, 01/27/26, 8:30-11:30AM

Session 3: Tuesday, 03/17/26, 8:30-11:30AM

Price: \$59.00

Use Session Links to Register





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Instructor: Amber Howard

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What you’ll learn:

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- *The Basics. Navigating the platform, customizing templates, using elements, and working with text and fonts.*
- *The best way to learn is to practice by creating designs and experimenting with different features. A variety of example projects will be referenced to illustrate the design possibilities of Canva and to assist students in using and understanding the platform.*
- *Projects/Examples include: Brand Style Guide, Social Media Graphics, Business Touch Points, Canva for Personal Use (Holiday Cards, Resumes, Vision Boards, Calendars Etc...)*

No experience is required. This course is intended for complete beginners and suited for a variety of learning styles. If you’d like to follow along on your own cellphone, tablet or laptop a FREE Canva account is required (sign up before attending class).

[Register](#)

Location: MDI High School
Wednesday, 10/22/25, 6-8:00PM
Price: \$25.00



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

[Register](#)



IOS 18 - ESSENTIALS FOR IPHONES

Instructor: Ed Brazee, Boomertech

The latest features and functionality of iOS 18 on your iPhone.

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

Price: \$30.00

[Register](#)



IPAD OS 18 - ESSENTIALS FOR IPADS

Instructor: Ed Brazee, Boomertech

The powerful capabilities and newest features of iPadOS 18.

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

Price: \$30.00

[Register](#)



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

[Register](#)



WANT TO OFFER A CLASS WITH MDI ACE?

WE THRIVE ON OFFERING
OPPORTUNITIES FOR FOLKS TO LEARN,
EXERCISE, SOCIALIZE, EXPLORE &
CREATE.

ARE YOU A TALENTED GARDENER? COOK
FABULOUS FOOD? PLAY AN INSTRUMENT
LIKE A PRO? HAVE YOU THOUGHT ABOUT
SHARING ONE OF YOUR INTERESTS OR
TALENTS WITH OTHERS?

OFFER A CLASS IN ADULT EDUCATION!



MICROSOFT EXCEL BASICS

Instructor: Val Landry

During this workshop, you will learn how to navigate a simple Excel worksheet, enter data in a worksheet, use basic math functions, do basic formatting, how to replicate data, use built-in functions and work with columns and rows. The design of the course is that you'll attend the class and also do 2-3 hours of work between sessions which greatly enhances your learning.

Location: Zoom

Session 1: Thursdays, 10/02-10/16/25, 8:30-11:30AM

Session 2: Thursdays, 3/12-3/26/26, 8:30-11:30AM

Price: \$99.00

*Use Session Links
to Register*

MICROSOFT EXCEL INTERMEDIATE

Instructor: Val Landry

During this session, you will learn how to navigate multiple worksheets, save your workbook, create formulas, use functions, change the layout of your worksheet, and how to create practical worksheets.

1040 Income Tax – Maintain tax information that is very useful when preparing your annual tax return.

The design of this course includes 2-3 hours of work with the software between sessions to gain maximum benefit from the sessions.

Pre-requisite Excel Basics or equivalent.

Some examples of using Microsoft Excel as a Practical Tool:

- *Grocery Shopping List – Quickly create a weekly grocery shopping list. What a time saver!*
- *Contractor Estimate Calculator - Great tool for any contractor who has to provide estimates for customers.*
- *Household Budget – Create a monthly budget of your household expenditures.*

Location: Zoom

Session 1: Thursdays, 10/30-11/13/25, 8:30-11:30AM

Session 2: Thursdays, 4/02-4/30/26, 8:30-11:30AM

Price: \$99.00

*Use Session Links
to Register*



MICROSOFT EXCEL ADVANCED

Instructor: Val Landry

During this session, you will learn how to hide data, split and freeze a window, create ranges, understand the name manager, learn additional functions, copy and paste special, sort data, and learn the power of filters. Some examples of using Microsoft Excel as practical tools including the amortization table, 20 top functions companies want their employees to know, and pivot tables.

The design of this course includes 2-3 hours of work with the software between sessions to gain maximum benefit from the sessions.

Location: Zoom

Session 1: Thursdays, 10/02-10/16/25, 8:30-11:30AM

Session 2: Thursdays, 3/12-3/26/26, 8:30-11:30AM

Price: \$99.00

[Use Session Links
to Register](#)

MICROSOFT EXCEL POWER TOOLS

Instructor: Val Landry

Power Query allows you to import and shape data. It has an easy to use interface, powerful tools to import and clean data. - Power Pivot allows data modeling and calculations. It easily handles millions of rows of data and has modeling tools for efficient data storage and analysis. - Power BI (Business Intelligence) is a complete business intelligence tool. It features incredible visual options, has simple built-in interactive options, fantastic graphs and allows easy sharing of data.

The design of this course includes 2-3 hours of work with the software between sessions to gain maximum benefit from the sessions.

Location: Zoom

Session 1: Thursdays, 02/05-02/19/26 8:30-11:30AM

Session 2: Thursdays, 6/11-6/25/26, 8:30-11:30AM

Price: \$99.00

[Use Session Links
to Register](#)



QUICKBOOKS ONLINE

Instructor: Val Landry

During these three sessions, you will learn how to apply basic accounting principles to setting up QuickBooks online for a small business or organization.

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Location: Zoom

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Session 2: Tuesdays, 2/10-3/03/26, 8:30-11:30AM

Session 3: Tuesdays, 3/31-4/14/26, 8:30-11:30AM

Price: \$99.00

Use Session Links to Register





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.

BROWSE



GIVE THE GIFT OF EDUCATION:

THE ALFOND GRANT & MAINE'S COLLEGE SAVINGS PROGRAM

Instructor: Karin Parsons, Caroline Palmatier, FAME

Maine families have access to two valuable programs to assist with saving and paying for education after high school: the \$500 Alfond Grant and Maine's College Savings program. While these initiatives offer great benefits, understanding each of their features can sometimes be challenging. Whether you're a parent, guardian, or student, this session will provide you with information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future!

Location: Zoom

Wednesday, 12/03/25, 7:00-8:00pm

Price: FREE

[Register](#)

PLANNING & PAYING FOR COLLEGE

Instructor: Michelle Radley, FAME

Do you have children who will be looking at college in the next few years or might you be thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid. Join Michelle Radley, College Access Counselor with the Finance Authority of Maine for this 1-hour workshop as we talk all things paying for college.

Location: Zoom

Monday, 09/22/25, 6:00-7:00PM

Price: FREE

[Register](#)

STUDENT LOAN REPAYMENT STRATEGIES AND PRO TIPS

Instructor: Nikki Vachon, [FAME](#)



There are many different facets to the student loan program that can be powerful in helping you achieve your financial goals but also can be confusing. If you are struggling with your payments, did you know there are several income-based repayment plans as well as deferment or forbearance? Did you know you could get .25% off your interest rate if you sign up for auto-debit on your federal loans? Do you know you can work towards loan forgiveness now if you work for a non-profit, government or tribal agency? Whether you have recently graduated from college or have been repaying your students loans for a long time, join us to learn how to best manage your student loan repayment. Join Nikki Vachon, College Access Counselor from the Finance Authority of Maine as she will walk you through finding your loans, show you how to simulate loan payments in different payment plans and determine what plan will help you meet your financial goals.

Location: Zoom

Wednesday, 11/05/25 6:00-7:00 PM

Price: FREE

[Register](#)



SUCCESSFUL SCHOLARSHIP SEARCHES AND APPLICATIONS

Instructor: Jessica Whittier, [FAME](#)

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. In this session you'll learn to build and work your own scholarship application plan. You'll also learn about and try out different scholarship websites, learn how to best use a scholarship information tracker, and learn to avoid some of the challenges of the scholarship process. Students and parents interested in learning about the scholarship process can join Jessica Whittier, College Access Counselor with the Finance Authority of Maine for this 1-hour workshop as we talk scholarships.

Location: Zoom

Monday, 12/01/25, 7:00-8:00PM

Price: FREE

[Register](#)



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

THINKING ABOUT TEACHING A CLASS IN ADULT EDUCATION?

You're in the right place.

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

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. Some programs might have small material fees, but we'll explain all that upfront. No surprises.

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. {link to program list} Your local program will work with you to develop a learning plan that fits your needs.

Third, the support.

You won't be doing this alone. Every 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.

The HiSET Path (Formally GED)

Remember the GED? The HiSET is Maine's newer version of that same idea. It's a series of five tests that show you've mastered high-school-level knowledge. But don't let the word "test" scare you – this isn't like those pop quizzes you might remember from school.

Instead, think of the HiSET as a chance to show what you know, one subject at a time. Maybe you've always been good with numbers – great, tackle the math test first and get it under your belt. Worried about writing? Take your time preparing for that section while moving forward with others. Every test you pass is a permanent achievement, no matter how long you need between tests.

The HiSET is designed specifically for adults and young adults who are no longer enrolled in high school. To be eligible, you must be at least 17 years old and not currently attending high school. This program isn't an alternative to completing high school – it's a path for those who have already left high school and are ready to take their next step forward. The preparation, practice tests, and actual exams are all free, and our teachers will help you prepare until you feel confident.

The High School Diploma Path

If you started high school previously, you can complete your diploma by earning your remaining required credits. The credits you've already earned still count – there's no expiration date. You'll work with program advisors to determine which requirements you still need to meet.

This path includes regular coursework and assignments rather than large tests. Many students choose this path because they prefer a more traditional learning experience, or because it aligns better with their career or education goals.

Making Your Choice

The best part? You don't have to figure this out alone. When you meet with your local program, they'll review your educational history and goals to help you understand which path might work better for you. Sometimes the choice becomes clear during that conversation. Other times, you might need time to consider your options. There's no wrong decision here – just different routes to the same destination.

THINKING ABOUT A COLLEGE DEGREE?

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

Did you know that there are 65 adult education programs located across the state and they are ready to help you get the skills you need to enter college?

Find Your Local Program [HERE](#).

How Can I Find Out What Program is Right for Me?

Adult education programs offer career and interest surveys to help you find out what degree programs might appeal more to your personality. These inventories look at many things like these:

1. Self-Assessment Questions – You will answer a series of questions about activities you enjoy, tasks you find rewarding, subjects you like, and environments you prefer to work in.
2. Interest Categories – Your responses are grouped into interest categories – often based on models that will let you learn more about yourself, like are you more realistic, investigative or artistic? These categories will tell you more about what work you might enjoy.
3. Profile Generation – This part of the inventory will tell you what your main interest areas are and how those will translate to work.
4. Career Matching – Inventories will then suggest careers that align with your interests and may also offer information about typical job duties, education requirements, and salary ranges.
5. Reflection and Planning – Results are used as a starting point for deeper exploration, goal setting, and decision making about education or training paths.

What if I Need to Brush Up On My Academic Skills?

Adult education programs are ready to inventory your skills and look at where there may be needs and in what areas you are ready to go. Programs use an inventory or assessment called the CASAS. Now, this is called an assessment but it's not a test where you pass or fail. The CASAS just gives us information about your skills. We'll use what we learn to build your plan to move ahead with training.

The **CASAS** is the Comprehensive Adult Student Assessment System. It assesses reading, math, listening, writing, and speaking abilities, and is used to determine placement in courses, diagnose learning needs, monitor progress, and certify proficiency.

National and International Usage: CASAS is used in adult education settings across the United States and internationally, and its validity and reliability are recognized by both the U.S. Department of Education and the U.S. Department of Labor.

Purpose: CASAS is designed to help adult learners, particularly those in adult education and workforce development programs, transition to postsecondary education and employment.

Skills Assessed: The test covers essential skills for everyday life and the workplace, including reading comprehension, math problem-solving, listening and speaking skills, and writing proficiency.

How Will I Pay For College?

We understand that cost is one of the biggest questions you might have when considering a training program. Our College Transition Coordinators in adult education programs can help each person figure out the best path to pay for college. Most adults can use a combination of financial aid, student loans, scholarships, grants and their own savings or income to pay for college.

We'll support you all the way! Reach out for a more detailed information on how adults can pay for college:

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.



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

Who Can Enroll

Anyone over the age of 17 who is not enrolled in high school may participate.

Services are especially helpful for:

- New Mainers
- Immigrants and refugees
- Adults looking to upskill or change careers

How to Find a Program Near You

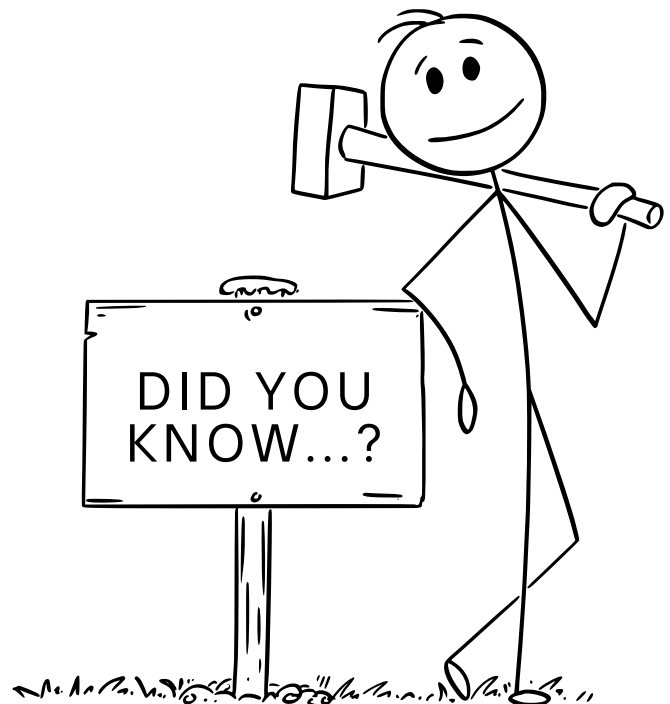
Visit <https://www.maineadulted.org> to search for a local adult education program near you. Each program has staff who can help you register and find the services that match your goals.

Over 11,000 adults in Maine don't
speak English well or at all.

and

Low-literacy adults are four times
more likely to have poor health
outcomes, requiring hospitalization
and use of emergency services at
significantly higher rates.

Data from the Barbara Bush Foundation and the
Council on Adult Basic Education



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MDIACE INSTRUCTORS

*The heart of our
programming*

Courses A - Z with Registration Links

[Accounting Foundations for QuickBooks Users](#)

[American Sign Language \(ASL\) 1](#)

[American Sign Language \(ASL\) 2](#)

[Beginning Drawing](#)

[Beginning Pen & Ink Drawing](#)

[Birch Bark & Gourd Baskets](#)

[Birding Across Four Seasons](#)

[Building, Plumbing, Electrical and Other permits... A How To](#)

[Cardio Fit - Session 1](#)

[Cardio Fit - Session 2](#)

[Caregiver Self-Care](#)

[Chair Yoga - Session 1](#)

[Chair Yoga - Session 2](#)

[Creative Photography including Lightroom & Photoshop](#)

[Digital Photo 2 Intermediate](#)

[Edit Stunning Photos with Mac's Photos App](#)

[Foam Rolling 101 - Session 1](#)

[Foam Rolling 101 - Session 2](#)

["Fun"damentals of Plumbing & Heating Systems <---- Coming Soon!](#)

[Give the Gift of Education: The Alford Grant and Maine's College...](#)

[Guide Pack Basket Workshop](#)

[How to Photograph Snowflakes!](#)

[Human Reformer Pilates](#)

Courses A - Z with Registration Links

[Instant Guitar for Hopelessly Busy People](#)

[Instant Piano for Hopelessly Busy People](#)

[Introduction to Canva](#)

[Introduction to Mindfulness and Self-Compassion](#)

[Introduction to Watercolor Painting](#)

[iOS 18 - Essentials for iPhones](#)

[iPadOS 18 - Essentials for iPads](#)

[iPhone & iPad Photography: Capture Like a Pro](#)

[Land Use Regulations – Mandatory Shoreland Zoning & Increased...](#)

[Master Your Mac Photos App: Organize Like a Pro](#)

[Microsoft Excel Advanced](#)

[Microsoft Excel Basics](#)

[Microsoft Excel Intermediate](#)

[Microsoft Excel Power Tools \(February\)](#)

[Mindfulness and Self-Compassion](#)

[Money Grows: Adulting 102](#)

[Money Starts: Adulting 101](#)

[Narcan - Session 1](#)

[Narcan - Session 2](#)

[National Fire Safety Month – Preparing for and Preventing Fires...](#)

[Navigating Resources through Serious Illness](#)

[Office Essentials](#)

[Pet Photography - Session 1](#)

[Planning and Paying for College](#)

[Pottery](#)

[Power Sculpt Flow - Session 1](#)

[Power Sculpt Flow - Session 2](#)

Courses A - Z with Registration Links

[Pumped Up Strength](#)

[Quickbooks Online](#)

[Senior Fitness - Session 1](#)

[Senior Fitness - Session 2](#)

[Smartphone Photography - Session 1](#)

[Stop the Bleed - Session 1](#)

[Stop the Bleed - Session 2](#)

[Stress Reduction and Relaxation with Therapeutic Yoga - Session 1](#)

[Stress Reduction and Relaxation with Therapeutic Yoga - Session 2](#)

[Student Loan Repayment Strategies and Pro Tips](#)

[Successful Scholarship Searches and Applications](#)

[Tai Yoga - Session 1](#)

[Tai Yoga - Session 2](#)

[Ukulele for Beginners - Session 1](#)

[Ukulele for Beginners - Session 2](#)

[Ukulele for Beginners - Session 3](#)

[Understanding Maine's Death with Dignity Act](#)

[Writing the Wild: A Nature Writing Workshop](#)

[Yoga for Osteopenia, Osteoporosis and Osteoarthritis - Session 1](#)

[Yoga for Osteopenia, Osteoporosis and Osteoarthritis - Session 2](#)

FALL 2025 Course Calendar

Courses by Day of the Week with Registration Links

MONDAYS

[American Heart Association, Heartsaver CPR - Session 2](#)

[Beginning Pen & Ink Drawing](#)

[Building, Plumbing, Electrical and Other permits... A How To](#)

[Land Use Regulations – Mandatory Shoreland Zoning & Increased...](#)

[National Fire Safety Month – Preparing for and Preventing Fires...](#)

[Planning and Paying for College](#)

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[Senior Fitness - Session 1](#)

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[Yoga for Osteopenia, Osteoporosis and Osteoarthritis - Session 1](#)

[Yoga for Osteopenia, Osteoporosis and Osteoarthritis - Session 2](#)

TUESDAYS

[Accounting Foundations for QuickBooks Users](#)

[American Sign Language \(ASL\) 1](#)

[Digital Photo 2 Intermediate](#)

[How to Photograph Snowflakes!](#)

[Money Grows: Adulting 102](#)

[Money Starts: Adulting 101](#)

Courses by Day of the Week with Registration Links

TUESDAYS (continued...)

[Narcan - Session 1](#)

[Office Essentials](#)

[Pet Photography - Session 1](#)

[Pottery](#)

[Quickbooks Online](#)

[Smartphone Photography - Session 1](#)

[Stop the Bleed - Session 1](#)

[Stress Reduction and Relaxation with Therapeutic Yoga - Session 1](#)

[Stress Reduction and Relaxation with Therapeutic Yoga - Session 2](#)

[Tai Yoga - Session 1](#)

[Tai Yoga - Session 2](#)

[Ukulele for Beginners - Session 1](#)

[Ukulele for Beginners - Session 3](#)

[Introduction to Watercolor Painting](#)

WEDNESDAYS

[American Sign Language \(ASL\) 2](#)

[Beginning Drawing](#)

[Birding Across Four Seasons](#)

[Cardio Fit - Session 1](#)

[Cardio Fit - Session 2](#)

[Creative Photography including Lightroom & Photoshop](#)

[Foam Rolling 101 - Session 1](#)

[Foam Rolling 101 - Session 2](#)

[Give the Gift of Education: The Alford Grant and Maine's College...](#)

Courses by Day of the Week with Registration Links

WEDNESDAYS (continued)

[Human Reformer Pilates](#)

[Introduction to Canva](#)

[Student Loan Repayment Strategies and Pro Tips](#)

[Ukulele for Beginners - Session 2](#)

THURSDAYS

[Caregiver Self-Care](#)

[Chair Yoga - Session 1](#)

[Chair Yoga - Session 2](#)

[Introduction to Mindfulness and Self-Compassion](#)

[Microsoft Excel Advanced](#)

[Microsoft Excel Basics](#)

[Microsoft Excel Intermediate](#)

[Microsoft Excel Power Tools \(February\).](#)

[Mindfulness and Self-Compassion](#)

[Navigating Resources through Serious Illness](#)

[Office Essentials](#)

[Understanding Maine's Death with Dignity Act](#)

FRIDAYS

[American Heart Association, Heartsaver CPR - Session 1](#)

[Narcan - Session 2](#)

[Pumped Up Strength](#)

[Stop The Bleed - Session 2](#)

Courses by Day of the Week with Registration Links

SATURDAYS

[Instant Guitar for Hopelessly Busy People](#)

[Instant Piano for Hopelessly Busy People](#)

SUNDAYS

[Birch Bark & Gourd Baskets](#)

[Guide Pack Basket Workshop](#)