

# Deer Isle Adult and Community Education

## Spring 2009

Course	Instructor	Date	Time	Place
Men's Basketball	T.B.A.	2-25	6:00	Gym
Men's Volleyball	Ken Wiberg	2-23	6:00	Gym
		2-26	6:00	Gym
Women's self-defense	Denise Black	3-4	6:00	Gym
Tennis	Dick Powell	4-29	4:00	Courts
		5-2	7:30	Courts
Quilting	Nancy Knowlton	1-23	1:00	AdventChurch
	Kelly Pratt	1-26	6:00	AdventChurch
Scrap booking	Torri Robbins	2-24	6:30	Torri's home
Herbal Medicine	Brigid Doherty	2-25	6:30	Home Ec.
Cooking with Roger	Roger Olsen			
Oral History	Nancy Dewey	2-24	630	Library
Personal Financial Planning	Rich Howes	2-24	6:30	Home Ec.
Alternative Energy Workshops		3-4	6:30	Home Ec.
Rug Braiding	Neva Beck	2-4	1:00	Congo Church
Wall Climbing	Mike Wood	4-5	6:00	Tower
C.P.R.	Memorial Ambulance	TBA	6:00	Sunshine Rd

All classes, unless otherwise noted, will take place at the Deer Isle -Stonington High School.  
For more information and registration, please call Mike Wood 348-9336

### ***From the Director's Desk -***

Because of the current economic down turn, there seem to be more adult asking for guidance and courses. Most of these inquiries are referred to more knowledgeable people and agencies. Some requests for courses are able to be granted. I try to accommodate all and usually do in some way. It is a great job to be helping people. As a result, numerous people have gone on to college and received a degree. They have been many others who have improved their lives by learning skills at night school and gone on to use this knowledge at their jobs or homes. This success is what our programs are all about.

Enclosed are the offerings of all five of the Deer Isle Adult and Community Education Programs. There are incredibly diverse, reflecting the community in which we live. There are some old favorites as well as some new ideas. As the community changes, more adults are finding a need to continue learning.

The reason why Adult and Community Education has been so successful in the past is because it meets the needs of the people in the community. I hope to stay in step with these changes but can only succeed if members of the community help me by suggesting new courses and ideas. It is my hope that the Adult Education Programs will encourage us to become or continue to be life long learners.

### **Reading Program**

For any one who would like to learn how to read better, there are two programs. The first is a tutor program. After some discussion with the coordinator, a tutor will meet with you once a week at a mutually agreed place and time. The second option is to attend a class once a week. Both programs are confidential and free.

### **Diploma Program - All courses are free!**

High School Diploma - If a student wants to earn a Deer Isle Stonington Diploma, this program offers the opportunity to take courses to earn enough credits for a diploma. The time needed to earn a person's diploma is dependent on how many credits a person needs to fulfill the requirements.

G.E.D. - For those adults who want or need their G.E.D. (high school equivalency diploma), tutoring and testing are scheduled according to a person's need. The test itself takes eight hours and is taken in at least three separate sessions.

### **Vocational Program**

CPR re-certification classes will be offered throughout the month of April. Depending on enrollments, a Certified Nurses Aid Course could be offered later this spring. If anyone has any questions or suggestions, please contact Mike Wood.

**College Courses** - Through the University of Maine at Augusta, people have been able to take college courses without leaving the island by using the ITV system. Classes have begun already this winter. If anyone is interested in taking these courses, they should contact Mike Wood this winter so that they can enroll for the May-June courses.

# Course Descriptions

## Physical Activity

**Men's Volleyball** - Ken Wiberg has offered to supervise a volleyball night if there are enough interested men who will come on a weekly basis. It is a great game and offers good exercise. All abilities are welcomed

**Men's Basketball** –Nick Wiberg has agreed to supervise the weekly pick up game. Plenty of exercise and fun. Please come dressed in sneakers.

**Intermediate Tennis** Dick Powell and Mike Wood organize this informal gathering of tennis players on Wednesday afternoon's and Saturday mornings. . Show up and you will be partnered up for a set of doubles. After one set, the teams gets mixed up again for another set. Spring tennis is sometimes challenging because of the weather but it is always fun.

**Climbing Wall** - Come join the other brave souls as we challenge ourselves climbing the wall. No experience necessary as there are novice to expert routes. You can also learn how to belay. Bring bug dope, and wear loose clothing and sneakers.

## Personal Enrichment and Art

**Personal Financial Planning** - Rich Howe will once again lead this class. Especially in these days, this is a great class to find out how to plan your financial future. We talk about stocks, bonds, investing, wills, insurance, mutual funds, bonds and many other money matters. No question is too stupid to ask and Rich always seems to have an answer.

**Scrap Booking** - This course will run for 5 weeks a basic material fee of \$30 will be charged to cover most materials. Have you ever wondered about what to do with those photos and postcards from your last trip? Learn about how to organize and display pictures articles and artifacts in a fun way that you can show others. Classes will be held at Torri's house on the Weedfield Road in Stonington.

**Quilting** - Learn quilting using the strip method. Many patterns to choose. Classes are for beginners as well as advanced quilters. Come to the first class for a list of supplies and quilting information. There will be two class: Monday 1:00 - 3:30 and Thursday 6:00 - 8:30.

**Rug Braiding** - Join Neva Beck at the Congo Church for an afternoon of rug braiding. She will show you how to get started and coax you on your way to making a beautiful rug or chair coaster. It is a great group of people to work with. This course is tuition free

**The Roots of Health: Finding Balance with Traditional Herbal Medicine:** Brigid Doherty is a certified herbalist and natural health consultant. She will be discussing information for healthy living. Herbs, foods, and lifestyle habits that nourish and bring balance to the body. The digestive, immune, detoxification and energy enhancing systems will be covered and customized to the needs of the class participants.

**Oral History Class:** We will meet three times to discuss Oral History and the different parts of gathering stories. What are the questions and how are they best phrased? Who in our lives has valuable history and is willing to share? What are the choices for documenting oral history? What role does our local Historical Society play in oral history? These are some of the discussions we will have in this class. Bring your ideas and courage! Please bring your friend or family for all or part of the classes.

Tuesday, February 24, March 24, April 27 (7-9 p.m.)

### **Odds and Ends**

**CPR** - Both certification and re-certification courses will begin in April. Classes for re-certification and new licenses are available. The number and times of the courses will depend on the students. Please register soon so we can organize the classes.