



Arts & Crafts

Landscape Painting

Instructor: Diana Johnson

Spark your creativity through painting. Enjoy a supportive atmosphere filled with discussion, hand-outs, and plenty of time for individual practice and personal attention. You will learn, or brush-up on, the elements and principles of design which create a foundation for your paintings. Beginners and those with previous painting experience are all welcome. Those who have painted before are welcome to bring acrylics, watercolors or gouache.

Beginners need to bring acrylics. The instructor will use acrylics to demonstrate painting techniques. Copies of all new reference photos used in demonstrations will be available for everyone. You are welcome to bring your own reference photos. Please supply your own materials. A list of basic materials can be obtained through the Community Recreation office.

Dates & Times: Wednesdays, March 1, 8, 15, 22, 29 & April 5, 2:30–4:30 pm

Location: GMS Art Room

Fee: \$84 Res / \$94 Non-Res / \$78 Senior

Needle Felting Workshop

Instructor: Kathleen Gerdes

Have you been hearing about all the excitement of needle felting? It's an age old craft being revived today. In this class, you will learn how to felt with two simple tools – a needle and a foam pad. Add a little bit of wool and we will create wall hangings, three dimensional fruit and vegetables and more for projects. This class is appropriate for beginners or for those who have felting experience.

Kathleen has been a fiber artist for many years and has worked with many different fibers including wool and cotton. Her main focus for the past years has been needle and wet felting.

Dates & Times: Thursdays, March 2, 9, and 16, 6:00–8:30 pm

Location: GMS Art Room

Fee: \$40 / \$50 Non-Res / \$36 Senior

\$10 Materials fee payable to instructor at first class

Winter/Spring Open Art Studio

Instructor: Diane Dahlke

Do you wish you had more time to create art? If you have basic art skills and want to use them in a supportive group setting, this class is for you! Participants can draw or work in a variety of paint mediums; instruction and guidance is provided by professional artist, Diane Dahlke. You do not have to be a skilled artist to attend. Let this class give you the focused studio time you need! Please bring your own materials, including subject matter. Limited enrollment.

Dates & Times: Mondays, January 23 - April 3 (No class February 20), 7:00–9:00 pm

Location: GMS Art Room

Fee: \$68 Res / \$78 Non-Res / \$60 Senior

Diane is a celebrated artist who paints in oil and acrylic; she also teaches at Maine College of Art.

Step by Step Painting With Spirited Paints!

Instructor: Julie Waterman

Are you ready for a fun evening? Create your own masterpiece! A local artist will take you through step by step to paint your own painting in one evening that you take home with you that night. The painting we will be doing is “Happy Tree”. Enjoy the company of others, relax and paint! Painters of all levels are welcome! All equipment and materials are provided by the instructor. Just bring yourself and an open mind! *Julie is an experienced local artist and you can see more of her work at www.spiritedpaints.com.*

Dates & Times: Tuesday, February 7, 6:00–8:00 pm

Location: Rachel's on the Green - Val Halla Golf Course

Fee: \$35

Min/Max: 6/20



Arts & Crafts



ADULT Intro to Piano

Instructor: Martha Smith

Have you ever thought “I love music and i’d like to try playing piano”? Well here’s your chance to “try it on for size”. A fun and interactive time in an encouraging, supportive environment is guaranteed for all. A piano or keyboard to use for practice between classes is recommended but not required. Maximum 4 students per session. Ages 18 and up.

Dates & Times: Thursdays, 5:30–6:00 pm

Session 1: January 12 - February 2

Session 2: March 16 - April 6

Location: MIW Music Room

Fee: \$60 Res / \$70 Non-Res

Chinese Brush Painting

Instructor: Kelli McNichols

Discover the beauty of Chinese Brush Painting – the art of using simple brush strokes to give the impression of a figure or scene. In this eight (8) week class, you’ll learn various brush strokes as you paint bamboo, plum blossoms, chrysanthemums, orchids, peonies, birds, mountains and more. No experience is needed.

Supplies can be purchased from the instructor for \$30. Participants may bring their own supplies, but please check with the instructor first to make sure you have everything you will need.

Kelli McNichols is a local artist and web designer. Her work can be seen online at <http://art.mcngraphics.com>.

Dates & Times: Thursdays, March 30 - May 25
(No class April 20), 6:15–8:30 pm

Fee: \$100 Res / \$110 Non-Res / \$92 Senior

Introduction to Watercolor Painting

Instructor: Kelli McNichols

In this relaxing class you will discover the joy of painting with watercolors. If you have always wanted to try watercolor, this class is for you! Learn from demonstrations then apply the techniques to your own paintings. We will explore popular subjects like trees, skies, landscapes, animal and botanicals. There will be plenty of time for individual guidance and all levels are welcome.

A supply list is available at the Community Recreation Office upon request. *Kelli McNichols is a local artist and web designer. Her work can be seen online at <http://art.mcngraphics.com>.*

Dates & Times: Thursdays, January 19 - February 16,
6:15–8:30 pm

Fee: \$70 Res / \$80 Non-Res / \$62 Senior

Line Dancing Course for Beginners

NEW!

Instructor: Jane Saucier

Looking for something fun and different to do? Come try line dancing. No partner needed! This course will teach you the basics of line dancing in a slow, easy-paced atmosphere. Learn one to two dances each night! Only course requirement is a willingness to learn, have a good attitude and wear comfortable clothing!

Jane has taught line dancing since 1995 and loves to dance. She says that she has so much fun dancing that it never feels like work!

Dates & Times: Mondays, January 23 - March 6
(No class February 20), 6:00–7:30 pm

Location: West Cumberland Community Hall

Fee: \$75 Res / \$85 Non-Res / \$70 Senior



Cooking Classes

Asian Hot Pot Night

Instructor: Chris Toy

When it's cold outside and there's a party to plan, Asian Hot Pot is the answer! Come learn how to prepare and serve the perfect recipe for any social gathering. Everyone gets to eat exactly what they want without limiting anyone's choices. Plus, it's FUN!!

Date & Time: Tuesday, December 13, 6:00–8:00 pm

Location: GHS Room 131

Fee: \$28

Chinese Cooking – Level 1

Instructor: Chris Toy

Join Stonewall Kitchen Cooking School instructor Chris Toy for his popular introductory class: Secrets of Chinese Cooking Part One. Learn about basic Chinese cooking tools, ingredients, and techniques which you can adapt for everyday cooking. Bring your appetites as a delicious dinner of handmade wonton soup, wok baked whole chicken, garlic and ginger stir fry seafood with vegetables, and perfect steamed jasmine rice will be served.

Date & Time: Tuesday, January 10, 6:00–8:00 pm

Location: GHS Room 131

Fee: \$28



Mexican Night

Instructor: Chris Toy

Want to make some amazing Mexican dishes? Join Stonewall Kitchen cooking instructor Chris Toy for hands on Mexican Night! How about some soft corn, hand-pressed tortillas with delicious toppings: smoked chipotle chicken and more. Roasted stuffed peppers teamed with fresh avocado soup on the side, you'll enjoy the delicious feast of amazing, authentic Mexican home cooking.

Date & Time: Tuesday, April 11, 6:00–8:00 pm

Location: GHS Room 131

Fee: \$28



Miso Soup and California Rolls

Instructor: Chris Toy

Join Chris Toy for his hands on class learning to roll your own nori sushi rolls and California rolls. Chris will also share his favorite recipes for seafood miso soup and ginger ice cream. Everyone leaves with their own rolling mat and knowing how to “roll” their own sushi. Chris Toy is an instructor at the Stonewall Kitchen Cooking School.

Date & Time: Tuesday, March 14, 6:00–8:00 pm

Location: GHS Room 131

Fee: \$28

Adult Fun



NEW!

Reiki I

Leader: Brenda Paquette

Reiki is a laying-on of hands healing technique thought to be thousands of years old. It is a very simple yet powerful healing art that can be used on yourself as well as others and can easily be learned by everyone. Reiki is a sacred healing force that nourishes, harmonizes, balances and empowers every aspect of life – physical, mental, emotional and spiritual. It is used to support the healing process of almost any illness, induce relaxation, reduce stress and increase general wellness. During the class you will learn the history of Reiki, the ideals and principles of Reiki, the different levels of Reiki and the benefits of Reiki. You will learn about clearing and protecting yourself, and practice doing Reiki on yourself or others after you receive your attunement. The class will end with a guided meditation and you'll receive your certificate. Once you received your attunement you are able to do Reiki on yourself or a loved one.

There is a \$5 fee for handouts the day of the class.

Date & Time: Saturday, January 7,
10:00 am–4:00 pm

Location: Council Chambers - Town Hall

Fee: \$92

NEW!

Reiki II

Leader: Brenda Paquette

At this level you will learn the seven major chakras, the three Reiki healing symbols and their definitions, and practice drawing them. Receive your Reiki Level II attunement, practice long distance healing, as well as protecting and clearing yourself. You will be able to prepare a space to practice Reiki and build your Reiki practice and will receive your certificate. Once you receive your Reiki level II attunement you are considered a practitioner and can practice Reiki on anyone. You must be certified in Reiki I to take this class.

There is a \$5 fee for handouts the day of the class.

Date & Time: Saturday, February 4,
10:00 am–4:00 pm

Location: Council Chambers - Town Hall

Fee: \$145

NEW!

Reiki III

Leader: Brenda Paquette

At this level the student will learn what being a Reiki Master means. Understanding the 12 chakras and learning to work with Reiki Guides and Healing Angels, understanding what a healing crisis is and learning the attunement process as well as receiving the Master Symbols and practice drawing them. You will receive the Master level attunement and practice giving Reiki attunements and Reiki on each other. You will also receive more helpful advice on how to build your own Reiki class. The class will end with a guided meditation and brief discussion period. At this level you must be certified in Reiki I & II. You will receive your Reiki Master Certificate.

There is a \$5 fee for handouts the day of the class.

Date & Time: Saturday, March 4,
10:00 am–4:00 pm

Location: Council Chambers - Town Hall

Fee: \$195

Grow Your Own Organic Garden!

Presenter: Maine Organic Farmers & Gardeners Association (MOFGA)

Interested in learning how to grow your own vegetables in a sustainable manner? Join us for an evening-long workshop on how to grow your own garden organically. We'll talk about the basics of soil science and how to enrich your soil to produce healthy, high-yielding plants. The course will also cover the fundamentals of making and using compost, the principles of crop rotation and how to incorporate green manures to manage nutrients in the garden. Other topics will include how to tell the difference between cultivated plants and weeds, basic weed control strategies and cultural methods for dealing with pests. The instructor will be an experienced farmer or gardener from your region. We will even send you home with free seeds! All are welcome, from first-timers to experienced gardeners who want to experiment with new techniques.

Date & Time: Wednesday, April 5, 6:00–9:00 pm

Location: GHS Room 151

Fee: \$10