

# Mid-Maine Regional Adult Community Education

*Summer 2021*

*Course Catalog*

*[midmaine.maineadulted.org](http://midmaine.maineadulted.org)*



**Come Learn With Us!**

Belgrade • China • Oakland • Rome • Sidney • Vassalboro • Waterville • Winslow

**Welcome to Mid-Maine Regional Adult Community Education!**

We are proud to offer a large array of classes and programs and are sure you will find something that will fit your needs.

If you are looking for a high school credential we have two programs for you to choose from: a high school diploma or the HiSET™.

If you already have your diploma and simply want to improve your reading, math and writing skills before enrolling in college, you will find the College Transitions Program very helpful.

If you want assistance navigating the enrollment process for a college program, our College Advisor can be of assistance to you.

If you are entering the job market or hoping to improve your present job status we have several options for you.

Best of all there is no charge for the vast majority of these programs.

If you want to feel better, learn new skills or simply meet new people and just have some fun we are sure you will find a class or perhaps several classes in this brochure and at *midmaine.maineadulted.org* that you will find beneficial.

Our dedicated, talented and friendly office staff look forward to helping you. Please call 873-5754 if you have questions or need help with registration. The adult education program is designed to serve the community and we invite you to...

**“Come Learn With Us!”**

**Academics**

**HiSET™ EQUIVALENCY DIPLOMAS**

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**ADULT HIGH SCHOOL DIPLOMAS**

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**MONDAY**

HiSET™ .....3

**TUESDAY**

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 Writing Skills for College .....4

**WEDNESDAY**

HiSET™ .....3

**THURSDAY**

Extreme Weather Phenomena (Hybrid) .....3  
 Math Lab .....3  
 Writing Skills for College .....4

*Do you have questions about a class?  
 Please call our Waterville office at 873-5754 or our Messalonskee office at 465-9134.  
 We will be happy to assist you in any way that we can!*



**Like us on Facebook**

[www.facebook.com/mmrace](http://www.facebook.com/mmrace)



HiSET



HiSET™ Learning Center (formerly the GED Program)

Receive individual or small group academic assistance in preparation to take the HiSET™ (High School Equivalency Test). Reading, writing and math foundational help is provided with general assistance for social studies and science. Students working towards the HiSET™ are required to attend the HiSET™ Learning Center for a minimum of eight hours of preparation. All the HiSET™ students must meet with the intake counselor, complete the CASAS assessment and the HiSET™ practice tests. This will be followed up with an individual plan based on student academic needs. All of the HiSET™ testing is done at our Waterville location and is free of charge. For more information please call 873-5754. No class July 4.

Testing accommodations may be available for individuals with documented disabilities.

Mondays and/or Wednesdays, 9:00 a.m. -12:00 p.m., June 14- Aug. 5

Waterville Senior High School, Room 35

Fee: Free, John Gullotti

Adult High School Diploma



ADULT HIGH SCHOOL DIPLOMA

Make this year the year you complete your high school education. We offer a variety of diploma credit courses at our Messalonskee and Waterville sites. Courses are offered at a variety of times, classes are small and all classes leading to a high school diploma are free of charge. Previous diploma credits earned may be applied to the total number of credits needed to complete your high school diploma. For more information, call 873-5754. Testing accommodations are available for individuals with documented disabilities.

MATH

Math Lab



Receive individual or small group academic assistance foundational up through advanced algebra help is provided for math. For more information please call 873-5754.

Tuesdays and Thursdays, 9:00-10:30 a.m., June 15 - Aug. 5 (16 sessions)

Waterville Senior High School, Room 35

Fee: Free to enrolled students, John Gullotti

SCIENCE

Extreme Weather Phenomena



Welcome to the course where we will be spending the semester learning material on specific weather phenomena. You never know when you will encounter this type of weather phenomena. We will also look at what are steps that need to be taken before and afterwards, including protection during it.

Tuesdays and Thursdays, 10:30 a.m.-12:00 p.m., June 15 - Aug. 5 (16 sessions)

Waterville Senior High School, Room 35

Fee: Free to enrolled students, John Gullotti

COLLEGE AND CAREER

Certified Nursing Assistant Certification

This program partners with Northern Light Healthcare to provide students with the skills and experiences to become Maine State Certified Nursing Assistants. Skills will be taught in an interactive classroom on-site of a healthcare campus and participate in a three-week clinical experience. The course will focus on nursing theory and application, including basic anatomy, physiology, and clinical performance. Those who successfully complete the program will be eligible to apply to Northern Light Healthcare as a Certified Nursing Assistant. Prerequisites: students must successfully pass the reading and math skills assessment and interview screening to be admitted to the program. Classes are ongoing throughout the semester. Email hannahbard@aos92.org for more information regarding eligibility, program cost, and program start dates and schedule.

### Writing Skills for College (Hybrid)

Achieve your goal of becoming a better writer and start your college journey today! This course will prepare you for college level writing, the Sentence Skills portion of the Next-Generation ACCUPLACER exam, and the writing portion of Praxis I.

Work in this course will include:

Building confidence with grammar

Writing several well-developed paragraphs

Conducting research

Using specific revision strategies

Responding to writing prompts

Writing an argumentative essay

The Next-Generation ACCUPLACER college entrance exam will be administered at the end of the course. Please contact our office for details of this exciting college preparatory program. Limit 10 Students.

Tuesdays, 1:00-4:00 p.m., June 15 - Aug. 3 (16 sessions)

Waterville Senior High School, Room 35

Fee: Free to enrolled students, *Kim Waite*

All of our Enrichment classes  
are entirely Self Supporting.

## OUTDOOR LIFE

### Explore Messalonskee Lake



### & its Ecology by Kayak for Seniors

Messalonskee Lake is a wonderful natural resource for the mid-Maine region and offers numerous recreational and conservation activities. If you are 60 years or older and have always wanted to learn to kayak and explore the lake's ecology, this class will offer a free kayak lesson and will provide all equipment needed. Identification of flora and fauna in the lake will be taught followed by a kayak paddle near shore to find various specimens. A Maine Community Foundation Roger N. Heald Grant to the Friends of Messalonskee Lake Association funds this class. Another plus: Given appropriate time and weather we hope to have students back for an additional paddle before summer ends. Prerequisite: know the basics of how to swim, but we will be staying close to shore. Limit 8 students.

Thursday, 9:00-11:00 a.m., July 15 (1 session)

or

Thursday, 9:00-11:00 a.m., Aug. 19 (1 session)

Location: Snow Pond Center for the Arts, 8 Goldenrod Lane, Sidney

Self-Supporting Fee: Free, *Mike Guarino*

## COVID-19 Daily Self Check

Please determine your health status prior to coming to school each day.

- Do I feel unwell today?
- Do I have a cough or sore throat?
- Do I have a fever or do I feel feverish?
- Do I or have I had shortness of breath?
- Do I have or have I had a loss of taste or smell?
- Do I have or have I been around anyone with these symptoms within the past 14 days?
- Do I or have I been living with anyone who is sick or quarantined?
- Have I or have I been living with anyone who has been out of state in the last 14 days?
- Take temperature: is it 37.8 C/100 F or higher?

If the answer is YES to any of these questions, stay home and call our office at 873-5754.

**MID-MAINE REGIONAL  
ADULT COMMUNITY EDUCATION  
ADVISORY BOARD**

Joyce Anderson, Hannah Bard,  
Ruth Bickford, Paula Callan,  
Carl Gartley, Cheryl Godfrey,  
Eric Haley, Lisa Hallen,  
Sara Languet, Jane Lee,  
Kimberly Lindlof, Denise Murray,  
Pamela Trinward, Susan Tuthill,  
Earl Watts

Mid-Maine Regional Adult Community Education strives to provide affordable, quality, continuing education opportunities that meet the academic, professional and personal interests of the residents of the Waterville area and RSU 18. Through the collaborative efforts of these school districts and many community agencies we are able to offer a vast array of programs and classes that welcome adults with varying needs and interests.

**Online registrations are available!**

Please visit our website  
***midmaine.maineadulted.org***  
or call **873-5754** for assistance.

We look forward to hearing from you!

**We would like to thank all of our  
talented instructors for their  
dedication, and for helping us put  
together excellent course  
offerings for our communities.**



Mid-Maine Regional Adult Community Education  
*Come Learn With Us!*

**STAFF:**

Hannah Bard - Director  
Paula Callan - Messalonskee Site Coordinator  
Shelley McGowan - Administrative Assistant  
Kathy Stevens - Waterville Secretary  
Joyce Anderson - Messalonskee Secretary  
Melissa Rice - Waterville Evening Secretary  
Brenda Holt - Academic Student Coordinator  
Linda Davis - College and Career Counselor  
Jane Lee - Waterville Community Enrichment  
Coordinator

It is the policy of the Mid-Maine Regional Adult Community Education program to insure equal employment/educational opportunities/affirmative action regardless of race, color, sex, sexual orientation, age, physical or mental disability, genetic predisposition, religion, ancestry or national origin in accordance with all federal and state legislation and local policies of the Waterville Board of Education.

Mid-Maine Regional Adult Community Education complies with all aspects of the Americans with Disabilities Act. Any individual needing special accommodations or assistance to attend any classes should contact the appropriate adult education office at least ten days in advance of the start of class.

Please call us at 873-5754 if you have any questions or need help with your registration. We look forward to serving you and we invite you to...

**“Come Learn With Us”**

## Summer 2021

### ONLINE REGISTRATION

Go to [midmaine.maineadulted.org](http://midmaine.maineadulted.org) to access our course offerings and to register with a major credit card. You may also call our Waterville office at **873-5754** and we will be happy to assist you.

### MAIL-IN REGISTRATION

#### For Messalonskee courses

Make checks payable to **RSU #18** and mail to:

Adult Education (RSU18)

131 Messalonskee High Drive, Oakland, Maine 04963

#### For Waterville courses

Make checks payable to **MMRACE** and mail to:

Mid-Maine Regional Adult Community Education

One Brooklyn Avenue, Waterville, Maine 04901

### WALK-IN REGISTRATION

Walk-ins to our Messalonskee and Waterville offices are welcome. Simply fill out the registration form and bring it with you along with the registration fee.

### COURSE CONFIRMATION

We do not mail confirmation notices. We will call or email when a class is cancelled or filled. However, if you wish to be sure, call us three days after mailing in your registration.

### WAIT LIST

If a class is full you may choose to be placed on a wait list. Please do not come to class unless you have been contacted to do so. All wait lists are handled on a "first come - first serve" basis and each class is filled in the order people were placed on the waiting list. Once contacted for an opening you will have a maximum of one week to register.

### REFUND POLICY

Refunds will be given in the following situations:

- If the course you register for is cancelled, we will refund your full registration fee.
- If the course you register for is filled when we receive your registration, we will refund your full registration fee.
- If you notify us 24 hours prior to the first class, we will refund your full registration fee.
- Once a course begins, no refunds will be issued for that class.

Please allow 2-4 weeks for refunds to be processed.

### WEATHER CANCELLATION

If Waterville Public Schools/RSU 18 Schools are cancelled or have an early release due to inclement weather, night classes are cancelled. If a storm develops during the afternoon please check our website [midmaine.maineadulted.org](http://midmaine.maineadulted.org), our facebook page, or call our offices at **873-5754 (Waterville)** or **465-9134 (Messalonskee)** for cancellation information. When Adult Education classes are cancelled because of the weather (or instructor illness), your instructor will schedule make-up classes.

### AGE POLICY

The minimum age for adult education enrichment courses is 17 years unless otherwise noted in the course description. Senior citizen age is 65 and over.

## OFFICE INFORMATION

### MESSALONSKEE

131 Messalonskee High Dr., Oakland, ME 04963

Phone: 465-9134

### WATERVILLE

One Brooklyn Ave., Waterville, ME 04901

Phone: 873-5754

Daytime Hours:

Mon.-Thu., 8:00 a.m.-4:00 p.m.

Fri., By appointment

Please park in rear parking lot of Waterville Senior High School. Look for our sign.

**CAMPUS POLICY PROHIBITS THE USE OF ALL TOBACCO PRODUCTS AND ELECTRONIC NICOTINE DEVICES EVERYWHERE ON SCHOOL PROPERTY.**

## SUMMER CALENDAR

Course Registrations:

**Online & Mail in:** Immediately

**Walk-ins:** Waterville - Immediately

**Holidays:**

July 4, 2021

Online registrations are available! Register now to be sure to save your spot!

Please visit *midmaine.maineadulted.org* or call 873-5754

Select which adult education program you are registering with and mail to the appropriate address.

For Messalonskee courses (make checks payable to: RSU #18)

Mail to:  
Adult Education (RSU 18)  
131 Messalonskee High Drive, Oakland, Maine 04963

For Waterville/Winslow courses (make checks payable to: MMRACE)

Mail to:  
Mid-Maine Regional Adult Community Education  
One Brooklyn Avenue, Waterville, Maine 04901

Email: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone (Home): \_\_\_\_\_ (Cell): \_\_\_\_\_ (Work): \_\_\_\_\_

Method of Payment: (Circle One) Check Cash

For Credit Card payment, visit our website at *midmaine.maineadulted.org* or call our Waterville office at 207-873-5754.

<u>COURSE NAME</u>	<u>START DATE</u>	<u>FEE</u>

Where did you obtain this brochure? Mailing \_\_\_\_\_ Other \_\_\_\_\_ Please specify \_\_\_\_\_

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131 Messalonskee High Drive, Oakland, Maine 04963

For Waterville/Winslow courses (make checks payable to: MMRACE)

Mail to:  
Mid-Maine Regional Adult Community Education  
One Brooklyn Avenue, Waterville, Maine 04901

Email: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone (Home): \_\_\_\_\_ (Cell): \_\_\_\_\_ (Work): \_\_\_\_\_

Method of Payment: (Circle One) Check Cash

For Credit Card payment, visit our website at *midmaine.maineadulted.org* or call our Waterville office at 207-873-5754.

<u>COURSE NAME</u>	<u>START DATE</u>	<u>FEE</u>

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WATERVILLE PUBLIC SCHOOLS  
25 MESSALONSKEE AVENUE  
WATERVILLE, MAINE 04901

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**POSTAL PATRON**



MID-MAINE REGIONAL  
ADULT COMMUNITY EDUCATION  
*midmaine.maineadulted.org*

What's new at MMRACE?

Explore Messalonskee Lake  
& its Ecology by Kayak for Seniors  
Extreme Weather Phenomena

Come Learn With Us!