

Mid-Maine Regional Adult Community Education

Winter/Spring 2023

Course Catalog

midmaine.maineadulted.org

SIGN UP NOW!



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 to offer you, a high school diploma or Hi-SET.

If you already have your diploma and simply want to improve your reading, math and writing skills before starting a post-secondary program you will find the Maine College Career Access (MCCA) Program very helpful.

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!"



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www.facebook.com/mmpace



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MMRACE 
Adult Education
Learning for Work and Life

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

Winter/Spring 2023

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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 Feb. 20, Feb. 22, Apr. 17, and Apr. 19.

Testing accommodations may be available for individuals with documented disabilities.

Mondays and/or Wednesdays, 12:00-2:30 pm, and/or 5:00-7:30 pm, Jan. 23 - May 24
Waterville Senior High School, Room 35
Fee: Free, John Gullotti, Nancy Hebert

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. Proficiency and Traditional models for credential attainment are available. For more information, call 873-5754.

**This semester MMACE is offering a program model for the High School Diploma program comprised of a series of four courses. This is a great option for adult learners who wish to earn their high school diploma faster than the A-La-Carte "three hours once a week per course" option. The program meets Monday, Tuesday, Wednesday, and Thursday from 9:00 to 2:30 and will include: English, Math, Computer Skills, and Study Skills. Four credits will be awarded to learners who successfully complete the program.*

Testing accommodations are available for individuals with documented disabilities.

ENGLISH

College and Workplace

Reading Skills (hybrid)

The purpose of this course is to help students improve their reading comprehension and ability to do critical analysis. Students will develop advanced vocabulary skills and improve reading speed and comprehension. CCRS aligned. Limit 10 students. No class Feb. 20, and Apr. 17.

Mondays, 2:30-5:00 pm, Jan. 23 - May 22 (16 sessions)
Waterville Senior High School, Room 33
Fee: \$49 non-diploma students, Paula Raymond

Why was my class cancelled?

Classes are cancelled a few days before the start date if there are not enough registrants to run the class. Register early to help keep classes running.

Intermediate English

This mid-level English course offers evidence-based reading instruction to students who want to improve their literacy skills. Students will learn and practice strategies to strengthen the four components of reading: vocabulary, decoding, fluency, and comprehension. This course is appropriate for adults with basic reading skills who want to better understand and respond to personal, academic, or work-related texts. Each month we will discuss a new book. Students will be given the book to take home to keep. Limit 10 students. No class Feb. 23, and Apr. 20.

Thursdays, 12:30-3:30 pm, Jan. 26 - May 25 (16 sessions)
Waterville Senior High School, Room 35
Fee: \$49 non-diploma students, *Arlene Toulouse*

Read to Succeed

Reading is an essential life skill. Does someone you know struggle with basic reading? We offer this entry-level reading class to help adults improve their literacy skills. Personal attention is provided in a very small group with dignity and respect for the adult learner. Each month we will discuss a new book. Students will be given the book to take home to keep. Limit 10 students. No class Feb. 23, and Apr. 20.

Thursdays, 9:00 am-12:00 pm, Jan. 26 - May 25 (16 sessions)
Waterville Senior High School, Room 35
Fee: No-cost to students; grant-funded, *Arlene Toulouse*

Reading and Writing Workshop*

This course is broken down into four (4) parts. Parts of Speech and its usage, conventions and sentence structure, and the Writing Process, the steps and methods used to develop a finished piece of writing, and Reading Conventions using persuasive, imaginative, and informative text. CCRS aligned. Proficiency-based option is available for this course. No class Feb. 20 - 23, and Apr. 17 - 20.

Mondays - Thursdays, 10:00-11:00 am, Jan. 23 - May 25 (64 sessions)
Waterville Senior High School, Room 33
Fee: \$35 non-diploma students, *Paula Raymond*

MATH

Math Lab*

The four (4) levels of the Math courses incorporate beginner level math concepts in the basic operations of addition, subtraction, multiplication, and division along with number sense, basic formulas and units of measure both standard and metric with one and two step word prob-

lems. As student's progress, fractions, decimals, and percent are introduced in the same manner. Students will explore problem-solving methods using graphs, analysis, data, and probability concepts especially those related to workplace, the home, and the classroom. Students will be better prepared for various basic skills in educational and employment tests. CCRS aligned. Proficiency and Traditional options are available. No class Feb. 20 - 23, and Apr. 17 - 20.

Mondays - Thursdays, 12:30-2:30 pm, Jan. 23 - May 25 (64 sessions)
Waterville Senior High School, Room 33
Fee: \$49 non-diploma students, *Paula Raymond*

HISTORY

US History - Up to the Civil War Online

Why is our country called the United States of America? Shouldn't it be the United States of Christopher since Christopher Columbus is generally the one that credited with discovering our nation, way back in 1492? Heck, if that was the case, maybe we should be called the United States of Leif...

Here is another one for you...When does the history of the United States start? Does it start when the first European settlers arrive, or when the proto-Native Americans make their way across the ice bridge or when the Constitution finally gets ratified and we are officially known to the world as the United States of America? That is an interesting question too, and one that we will look at as we start the class.

In fact, our class will look to answer all kind of questions. Along the way we will discover that our history as a nation is exciting, and brutal, and hopeful, and tragic, and always pushing to be better tomorrow than we were yesterday. Many of the things you may have learned in grade school will get turned sideways and some of those people you may have learned of as heroes might end up having some really sketchy backgrounds.

Here are the big picture things we will look at:

- The impacts that the different colonizing countries had on the development of the United States.
- Impact of the Columbian Exchange and the Triangular Trade on Native American populations.
- The development of the US from initial European settlement through the Civil War.
- The major economic themes and the causes of economic change in our history until 1860.
- Relationship between colonial development, and the

slave trade and identify how the compromises that occurred during the Constitutional Convention led to the Civil War.

Limit 10 students. No class Feb. 22, and Apr. 19.

Wednesdays, 2:45-5:45 pm, Jan. 25 - May 24 (15 sessions)
Waterville Senior High School, Room 33/online
Fee: \$49 non-diploma students, *Earl Watts*

U.S. History - Civil War to 9/11 Online

1865 – 2001, that is the time period we are going to cover in the next 15 weeks or so; it's about 136 years. Take a moment to think about that time frame when it comes to the United States. An awful lot has happened in that time span, Reconstruction from the Civil War, buying Alaska, taking over Hawaii, the Spanish-American War, not just one but two World Wars, the Korean War, the Vietnam War, Iraq (twice), Afghanistan (been there, done that), one really big (great) depression, several significant recessions, the Civil Rights movement, the explosion of the middle class, a couple of trips to the moon and back and 9/11?!?... it's enough to make your head spin. Come join me to learn about all of this and much more; along the way we might even get an idea or two about why things are the way they are today. No class Feb. 22, and Apr. 19.

Wednesdays, 2:45-5:45 pm, Jan. 25 - May 24 (15 sessions)
Waterville Senior High School, Room 33/online
Fee: \$49 non-diploma students, *Earl Watts*

ELECTIVES

Bank Teller Training (hybrid)

This class will introduce you to the tasks and duties necessary for an entry level teller position at a local bank or credit union. Participants will have an opportunity to work as an observer or intern at a local establishment several times throughout the course. The course will use the textbook "Today's Teller" published by the American Bankers Association. In addition to teller training, you will also be introduced to foundational skills of work ethics. Students who complete the course will receive a certificate of completion from the Center for Financial Training and Education. Limit 10 students. No class Feb. 14, Feb. 21, and Apr. 18.

Tuesdays, 10:30 am-12:00 pm, Jan. 24 - May 22 (15 sessions)
Waterville Senior High School, Room 35
Fee: \$54 non-diploma students, *Linda Davis*

COURSEWARE

COURSEWARE offers you the opportunity to earn credits toward your high school diploma and enables you to work at your own pace with the assistance of our certified instructor. Topics include English, Math, Social Studies and electives. In addition, you may use this web-based program to prepare for college level courses. and the HiSET exam. You must finish a COURSEWARE course within the academic year it is started and students may earn a maximum of four credits through COURSEWARE. No student limit. No class Feb. 20, Feb.22, Apr. 17, and Apr. 19.

Mondays and Wednesdays, 10:00 am-12:00 pm, Jan. 23 - May 25 (32 sessions)
Waterville Senior High School, Room 35
Fee: \$49 non-diploma students, *John Gullotti*

Creative Foundations In Visual Art



Creative foundations is a lively, inviting, comprehensive course for beginning-level artists. This course includes interactive activities and studio projects representing various cultures, artistic styles, and art media. It is designed to engage participants through discovery and creative problem-solving. It provides students with a broader perception of their environment and cultural perspectives. Class will begin with a sketchbook prompt and mini lesson on the topic of the day. You should have approximately two hours to work using the given materials. The last half hour will be reflection and cleanup. Feel free to bring snacks or coffee. No class Feb. 23, and Apr. 20.

Students will...

- Be able to talk about works of art and learn basic skills and knowledge necessary to communicate effectively about art and through their own work.
- Learn the elements and principles of art.
- Work with various media.
- Develop an awareness of an appreciation for the presence of art both within the classroom and everyday experiences.
- Will create studio projects and participate in studio activities that give students the opportunity to create works of art using various media and techniques.
- Review works of art from various periods, styles, and cultural groups to develop a broad base that celebrates cultural diversity and an understanding of global views.
- Form an appreciation of and a satisfying experience in the arts.

Thursdays, 3:30-6:30 pm, Jan. 26 - May 25 (16 sessions)
Waterville Senior High School, Room 113
Fee: \$49 non-diploma students, *Jessica Hamilton-Jones*

Eight Steps to Career Success

Ace Your Job Search! (hybrid)

Have you often wondered why some people are more successful in their career search than others? Are you unsure of your career path or wonder what careers best fit your strengths and interests? This introductory-level course will assess your skills, interests and work style and assist you in finding a rewarding career path. You will create a career plan and craft a resume and cover letter that is targeted for a particular job. You will also cover interviewing skills, focus on the interview preparation and the interview process. You will have an opportunity to formulate answers to difficult interview questions. The Maine Job Link and *Indeed.com* career search sites will be introduced. The final step to this class will be mock interviews. Each attendee will select a job and write a cover letter, resume and be interviewed for that job. Students will complete a work portfolio which will include results of all the assessments, copy of resume, references, and cover letter. This is a Hybrid class and participants will be required to complete assignments in addition to in class work. No class Feb. 14, Feb. 21, and Apr. 18.

Tuesdays, 9:00-10:30 am, Jan. 24 - May 23 (15 sessions)

Waterville Senior High School, Room 35

Fee: \$54, non-diploma students, *Linda Davis*



Essential Computer Skills*

Essential Computer Skills incorporates three areas of the very basics, e.g., Essential Computers Skills, Essential Software Skills, and Using Technology in Daily Life. Each discipline allows learners to access practice resources to build their digital literacy skills. This course utilizing the Northstar Digital Literacy Curriculum. It is proficiency based and within each skill, students must demonstrate a level of proficiency at 85% or better in order to successfully complete each module and earn a full credit. CCRS aligned. Proficiency based option is available in this course. Limit 10 students. No class Feb. 20 - 23, and Apr. 17 - 20.

Mondays - Thursdays, 9:00-10:00 am, Jan. 23 - May 25 (64 sessions)

Waterville Senior High School, Room 33

Fee: \$49 non-diploma students, *Paula Raymond*

Independent Study

In some cases students are eligible to earn credits toward a high school diploma through essay writing or an independent study class. Assistance is provided for both of these options. For more information students should schedule an appointment with our intake counselor.

Psychology

In this Personality Development course you will learn in-depth information about personalities. You will gain a better understanding about those around you and also more about who you are and how you got to be that way. This course starts with a basic introduction of personality. It then goes on to look at theories of personality development, the stages of development theories, key researchers in personality psychology, and the main influences on personality development. You will also delve into looking at basic personality traits, including values, beliefs, and nature versus nurture. You will learn about your own personality and how you can use that information in career choices and to make changes. You will also learn about some personality disorders and how to put all the information together to use it to your personal or career advantage. No class Feb. 21, Feb. 23, Apr. 18, and Apr. 20.

Tuesdays and Thursdays, 2:30-4:00 pm, Jan. 24 - May 25

Waterville Senior high School, Room 33

Fee: \$35 non-diploma students, *Nancy Hebert*

Study Skills

THE FOUNDATION FOR LIFELONG LEARNING

Study Skills*

The purpose of this course is to encourage students to manage their time by using a school setting and curriculum to match the needs of the student as it pertains to study habits. We will address the benefits of good study habits and how that discipline helps us in our daily living as it pertains to routines in the home, work, budget, and other daily experiences. Elective credit. This course does not offer a proficiency option. Limit 10 students. No class Feb. 21, Feb. 23, Apr. 18, and Apr. 20.

Tuesdays and Thursdays, 11:00 am-12:30 pm, Jan. 24 - May 25 (32 sessions)

Waterville Senior High School, Room 33

Fee: \$49 non-diploma students, *Paula Raymond*

ENGLISH AS A SECOND LANGUAGE

English as a Second Language (ESL)

Are you someone in the community who is not a native English speaker? Would you like help with your English skills? You will have an opportunity to speak, read, listen, and write using English with more confidence. Gaining language skills to be able to work with teachers, make appointments, as well as shopping, getting and keeping a job, are all part of the language basics covered in this course. Students can enroll and join this free class at any time. Learners of all levels of English (Basic, Conversational, Fluent, or Proficient) are welcome! For more information or to register, call 873-5754. No class Feb. 20 - 23, and Apr. 17 - 20.

Mondays - Wednesdays, 2:30-4:00 pm, Jan. 23 - May 25 (48 sessions), Thursdays, 5:00-6:30 pm, Jan. 26 - May 25 (16 sessions)

Waterville Senior High School, Room 35

Fee: Free, *Jo Schiebel*

STUDENT ASSISTANCE FUND

Many of our students have families, part-time or low-wage jobs, transportation issues, and of course many other financial challenges.

Your generous donation of \$10 or \$20 will allow students with these unique challenges the opportunity to focus on their studies. Every donation is appreciated. Disbursements from this fund are approved by the Administrators of MMRACE on the basis of need.

Thank you for your support.



Please Donate Now

National Adult Education Honor Society



Mid-Maine Regional Adult Community Education was granted a Membership Charter of the National Adult Education Honor Society on November 22, 2021. The mission of the NAEHS is to provide meaningful recognition to deserving adult education students, to improve student employment opportunities, develop student ambassadors for local adult education programs, and to create adult education awareness with school administrators and state legislators.

Unlike the traditional Honor Society – the National Adult Education Honor Society is NOT based on academic grades. Student selection is based on dependable attendance, a cooperative attitude, and work ethic. All adult education students in the various programs at MMRACE are eligible.

Student NAEHS members never pay dues, their only obligation is to be ambassadors of our program, specifically encouraging family members, friends and acquaintances to take advantage of local adult education programs.

Each NAEHS student member shall receive a signed NAEHS Certificate of Membership, a NAEHS letter of recommendation for employment, a NAEHS letter of recommendation for scholarships or grants to help with future higher education endeavors, and a NAEHS pin.



Maine College Career Access Program

COLLEGE AND CAREER

Maine College Career Access (MCCA) Program is a state-funded grant program designed to assist those who are seeking a post-secondary training or enrollment to further their career pathway. We offer a variety of short-term workforce training programs and partner with various employers to help you develop your own pathway! Additionally, we partner closely with the area colleges to provide a smooth transition into college. If you have a dream and the desire, we have the tools that will help you get to your goal.

Academy of Medical Professions Online Career Training Programs

MMRACE has partnered with the Academy of Medical Professions to deliver online certificate courses in health care professions. Online Training Programs can start you on a path to in-demand careers in the health care field. You can begin the online programs at any time, whenever it is right for you to start.

Choose from many different program options!

- Clinical Medical Assistant - \$3,000
- Dental Assisting - \$2,400
- Group Fitness & Personal Trainer - \$1500 - \$3,000
- Medical Office Specialist - \$3,500
- Medical Transcription - \$3,500
- Pharmacy Technician - \$1,850
- Phlebotomy - \$2,400

These online career training certification programs may be available at no cost to qualifying students* through Maine CareerCenter. If you are unemployed or under-employed, call us at 873-5754 for details today!

*Qualifying participant through CareerCenter – unemployed or under-employed (making less than \$15 per hour), must have high school diploma or equivalent, must pass CASAS reading and math assessment with a score of 220 or over, must have active account at Maine JobLink.

Assistance with College and Career Planning

Mid-Maine Regional Adult Community Education provides the free services of a post-secondary counselor to assist students with their career and educational plans following receipt of their high school diploma or the HiSET. It is required that all academic students meet with the post-secondary counselor soon after registration and begin to plan for the next step. Please contact our office at 873-5754 for an appointment with Linda Davis.

Augusta CareerCenter

We partner with the Augusta CareerCenter to provide specialized training for our community. Please contact the Augusta CareerCenter at 207-624-5120, or stop by their offices at 45 Commerce Drive, Augusta for more information about available classes.

Behavioral Health Professional Certification Training Online

Our community is looking for individuals who want to make a difference in a child's life.

Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. And the need in our area is great!

As an integral part of the child's treatment team, a Certified Behavioral Health Professional (BHP) has the oppor-

tunity to make an immediate impact while helping a child grow and develop to their full potential.

We are excited to connect our community with this wonderful ONLINE training program. The online training will equip you to help children who are currently in need for services. The training will prepare you for employment through local social services agencies. The program can be started at any time and finished at your own pace.

You will complete 12 online modules then three four-hour live sessions. Once the modules are completed, you will receive free online blood borne pathogen training and virtual First Aid & CPR training if you do not already possess those certifications. The entire training requirements will take about 45 hours.

Any individual who will be 18 years of age or older upon completion of the course, may register. This course is a free course.

For more information, contact Jeffrey Carpenter, Workforce Recruitment Specialist. 207-653-0907. jcarpenter@woodfords.org



Career and College Success Coordinator KVCC



Are you a KVCC student or someone thinking about attending KVCC who needs...?

- Academic support in reading and writing
- English Language Learner support
- College Success Skills - time management, organization, note-taking, test-taking, etc.
- Academic and career planning
- Additional assistance and resources for navigating college

Our College and Career Success Coordinator, Carolyn Haskell, can help! Located on the KVCC campus, Carolyn is available to assist both in-person and online students.

Call (207) 474-7553 today for more information.

College and Career Advising and Exploration for Adults

Are you thinking about making a change in your job or career? Are you considering going back to school for further training and education, but aren't sure where to go? MMRACE can help!

Our college and career advisor can meet with you to complete career assessments, research options that fit your needs, and make a plan to reach your goal. Using a variety of online sources, we will conduct surveys and participate in activities that will teach you how to search for a job, apply for it, ace the interview, and then succeed once you've landed it.

If you are considering college or training programs, MMRACE can help you improve your Reading, Writing, and Math scores on the tests needed to gain admission. We can also help you apply for financial aid and scholarships, and assist you in transitioning into the program of your choice.

Please contact our office at 873-5754 for an appointment.

Local College Tours

Do you want to tour a college, but want someone to go with you to advise you? Call 873-5754 today and schedule an appointment with Linda Davis, our college and career advisor. You will meet with admissions personnel and learn about programs and requirements, peer mentors, and financial aid as well as touring the facility. This free tour could be the beginning of understanding how to access and feel at ease with a college campus. Colleges may include, but are not limited to: Kennebec Valley Community College, Thomas College, University of Maine at Augusta, and Unity College.

All of our Enrichment classes are entirely Self-Supporting.

ARTS & CRAFTS

Arrange Your Own Succulent Garden



Join Robin at The Robin's Nest to arrange a fresh succulent garden. All materials are included in the cost of the class and you will design a beautiful succulent garden to keep, or to give as a gift. Come prepared to learn the basics of plant care and to have fun! Limit 15 students.

Monday, 6:00-7:00 pm, Mar. 13 (1 session)

The Robin's Nest, 173 Main St., Waterville

Self Supporting Fee: \$50, Robin Samalus-Getchell

Why was my class cancelled?

Classes are cancelled a few days before the start date if there are not enough registrants to run the class.

Register early to help keep classes running.

Create a Patriotic



Deco-Mesh Wreath

Amy has been crafting for twelve years. She sews and scrapbooks and recently discovered a passion for wreath-making. She loves to express her creativity and believes that work should be fun! Amy will supply the materials to create one Patriotic wreath during this workshop and will guide you through the process. You will leave with a beautiful wreath and the knowledge to create more in the future. A \$30 materials fee is payable to the instructor at the start of class. Student limit of 20.

Monday, 6:00-9:00 pm, May 22 (1 session)

Waterville Senior High School, Room 124

Self Supporting Fee: \$30, *Amy Harrington, ScrapNSew-Mom*

Create a Spring



Deco-Mesh Wreath

Amy has been crafting for twelve years. She sews and scrapbooks and recently discovered a passion for wreath-making. She loves to express her creativity and believes that work should be fun! Amy will prepare a materials kit to create one spring wreath during this workshop, and will guide you through the process. You will leave with a beautiful wreath and the knowledge to create more in the future. A \$30 materials fee is payable to the instructor at the start of class. Student limit of 20.

Monday, 6:00-9:00 pm, Mar. 20 (1 session)

Waterville Senior High School, Room 124

Self Supporting Fee: \$30, *Amy Harrington, ScrapNSew-Mom*

Crochet for Beginners

Crocheting is fun and easy once you know how. The best part is you can be creative almost anywhere. In this class we will make a scarf with single, double, and triple crochet. Then we will work on a baby or small blanket to practice how to begin and end a project. The in-between will be the practice of the three basic stitches. Your supply list will be sent via email from the adult ed. secretary once we have enough students for the class. Limit 10 students.

Wednesdays, 6:00-8:30 pm May 17 - May 31 (3 sessions)

Messalonskee High School, Room 127

Self Supporting Fee: \$47, *Jo Schiebel*

Design a Fresh Floral Arrangement

Join Robin at The Robin's Nest to design a seasonal fresh floral arrangement. All materials are included in the cost of the class and you will design a beautiful fresh cut floral arrangement to keep, or to give as a gift. Come prepared to learn some basics of floral design and to have fun! Limit 15 students.

Monday, 6:00-7:00 pm, Mar. 6 (1 session)

The Robin's Nest, 173 Main St., Waterville

Self Supporting Fee: \$50, *Robin Samalus-Getchell*



Design a Spring Floral



Arrangement

Join Robin at The Robin's Nest to design a spring fresh floral arrangement. All materials are included in the cost of the class and you will design a beautiful fresh cut floral arrangement to keep, or to give as a gift. Come prepared to learn some basics of floral design and to have fun! Limit 15 students.

Monday, 6:00-7:00 pm, Mar. 20 (1 session)

The Robin's Nest, 173 Main St., Waterville

Self Supporting Fee: \$50, *Robin Samalus-Getchell*

Empty Bowls Community Pottery Project

Be a part of the Messalonskee Empty Bowls tradition! In this class you will learn to make and glaze slab bowls that will contribute to the supply of bowls for the Empty Bowls Dinner here at Messalonskee High School on Friday, Mar. 24. You will make two bowls to take home to use, as gifts or decorations and the other two bowls will contribute to an evening event that will help the food pantries in our RSU 18 communities. Dress in work clothes. A \$15 materials fee, which covers the cost of clay, glaze, and firing of your two bowls and is payable to the instructor at the start of class. Must be 17 to register. Makeup date Mar. 2. Pottery pickup will be Mar. 9. Limit 12 students.

Thursdays, 5:30-8:00 pm, Feb. 9 - Feb. 16 (2 sessions)

(Pickup: will be Mar. 9 from 5:30-6:00 pm)

Messalonskee High School, Room 113

Self-supporting Fee: \$22, *Sherrie Corbett Mather*

Fused Glass Art for Beginners

Enjoy an evening creating fused glass! You will learn how to place pieces of glass together to create two (2) pendants, pins, and earring sets. This would make a nice heartfelt gift, or a new and fun way to indulge your artsy side. View the instructor's original artwork on our website at midmaine.maineadulted.org. A \$50 materials fee is payable to the instructor at start of class (cash or check only). Artwork pick up night will be on May 25, 6:00-6:30 pm Limit 10 students.

Thursday, 6:00-9:00 pm, May 11 (1 session)

(Pick up will be: May 25, 6:00-6:30 pm)

Messalonskee High School, Room 115

Self-Supporting Fee: \$10, *Carmela Patriotti*

Gelatin Printmaking

In this workshop we'll explore gelatin printing, a low-tech, non-toxic, experimental hand printing process. Artists of all ages will work small and fast to create a collection of colorful monoprints, layering color and pattern. Come with a sense of adventure and see what unfolds! All materials will be provided. Class limit 10.

Tuesday, 5:30-8:00 pm, Mar. 28 (1 session)

Ticonic Gallery & Studio, Paul J. Schupf Art Center,
93 Main St., Waterville

Self Supporting Fee: \$35, *Lisa Wheeler*

Jewelry Making:**Lovely Pearl Lariat**

Learn how to make a lariat necklace with stainless steel, fresh water pearls, and Czech glass drops. The perfect gift for someone you love or to yourself! Beginner Level. A \$30 materials fee is payable to the instructor at start of class. Student limit of 20.

Tuesday, 6:00-8:00 pm, Mar. 7 (1 session)

Waterville Senior High School, Room 122

Self Supporting Fee: \$20, *Emily Pettengill*

Jewelry Making: Nurturing Nest

Think spring! Learn how to make a wire wrapped nest pendant on your choice of stainless steel or suede necklace. Bring a special mom with you for an extra special mother's day surprise. A \$30 materials fee is payable to the instructor at start of class. Student limit of 20.

Tuesday, 6:00-8:00 pm, May 2 (1 session)

Waterville Senior High School, Room 122

Self Supporting Fee: \$20, *Emily Pettengill*

Jewelry Making:**Tree of Life Set - Intermediate**

Do some shopping for Mother's Day (coming up on May 14) or pamper YOURSELF with this stunningly beautiful jewelry. We will make a copper wire-wrapped Tree of Life Pendant with matching earrings. A \$15 materials fee, which will cover the cost of the wire and stones, is payable to the instructor at start of class (cash or check). Once we have enough students for the class, you will receive a list of tools needed via email from the Adult Ed secretary. Pictures of the jewelry and tools you will need to buy are on our webpage at midmaine.maineadulted.org Limit 10 students.

Thursday, 6:00-9:00 pm, May 4 (1 session)

Messalonskee High School, Room 127

Self Supporting Fee: \$15, *Jessica Fredette, of My Craft Crayze*

Macramé Plant Holders

Join Shannon to create a new macramé plant holder each week. All materials are included in the cost of the class and the instructor provides models, supplies and directions. Each week will be a different design, Limit 20 students.

Wednesdays, 5:30-6:30 pm, Mar. 15 - 29 (3 sessions)

Waterville Senior High School, Room 224

Self Supporting Fee: \$49, *Shannon Fitts*

Nature Journaling Art

"The world is full of magical things, patiently waiting for our senses to grow sharper." (W.B. Yeats) All around us the wider world - of nature - often goes unseen and unheard. Awaken curiosity and come explore your journey in nature through art and words. Using cloth-bound journals and a variety of media and subjects, both art and biology, you will create beauty as seen through your eyes. Various found objects - and please bring your own finds - will be used for contour drawing, cyanotypes, prints, sketches, poems, and more. We will journey outdoors for a portion of the time, as weather permits. Ages 17 and up are welcome. A \$20 material fee is payable to the instructor at the start of class. Limit 10 students

Tuesdays, 5:00-7:00 pm, May 30 - June 20 (4 sessions)

Messalonskee High School, Library

Self Supporting Fee: \$50, *Kiri Guyaz*

Why was my class cancelled?

Classes are cancelled a few days before the start date if there are not enough registrants to run the class. Register early to help keep classes running.

Paint Night

Cute Bunny or Fun Rooster

Paint an 11x14 inch canvas in just two hours, then take your masterpiece home to enjoy! Limit 20 students.



Cute Bunny

Wednesday, 6:00-8:00 pm, Apr. 5 (1 session)
and/or

Fun Rooster

Wednesday, 6:00-8:00 pm, May 3 (1 session)
Waterville Senior High School, Room 113
Self Supporting Fee: \$20 each class, *Trina Lamb Havey, Imperfections*

Paint Your Own Pottery

In this fun, relaxed class we will cover basic glazing and surface techniques on ceramics. Each student will select two glaze-ready pieces from an assortment of cups, bowls, mugs, and vases. Instructor Yvonne Brown will demonstrate a few methods of glazing that provide delightful results! Note: Works will be kiln fired and ready for pickup after class.

Saturday, 10:00 am-12:30 pm, May 6 (1 session)
Ticonic Gallery & Studio, Paul J Schupf Art Center,
93 Main St., Waterville
Self Supporting Fee: \$45, *Yvonne Brown*

Quilted Table Runner

This class is designed with the beginning seamstress and quilter in mind. We will make a different quilt block each night for the first four sessions then you will learn to back and bind your quilt on the last night. You can use fat quarters or use fabric scraps to make the 9" quilt blocks. We will make the Bowtie (2 fabrics) block, the Kaleidoscope (3 fabrics) block, the Double Four Patch (4 fabrics) block, and the Bear Track (5 fabrics) block. Your supply list will be sent via email when we have enough students for the class. No class Apr. 19. Limit 8 students.

Wednesdays, 6:00-9:00 pm Mar. 29 - May 3 (5 sessions)
Messalonskee High School, Room 127
Self-Supporting Fee: \$79, *Jo Schiebel*

Sewing for Beginners

In this class, you will learn to use a sewing machine and make simple objects such as a tote bag and a zippered pencil pouch. Your supply list will be sent via email when we have enough students for the class. Makeup date Mar. 22. Limit 8 students.

Wednesdays, 6:00-9:00 pm Mar. 1 - Mar. 8 (2 sessions)
Messalonskee High School, Room 127
Self-Supporting Fee: \$30, *Jo Schiebel*

Soap Making Workshop and Demo

This age-old process is simple yet tricky. Learn to combine lye, fat, and water to make soap, and learn safety tips. During this soap making demonstration and information night you will get a lot of pointers and helpful hints. A \$10 material fee is payable to the instructor at start of class for your soap. There will be other soaps available to purchase in the classroom. Limit 12 students.

Thursday, 6:00-9:00 pm, Apr. 13 (1 session)
Messalonskee High School, Room 125
Self-Supporting Fee: \$15, *Erin Feldpausch*

Stained Glass

In this class Beginner students will learn the step-by-step process of Tiffany's copper foil stained glass design. You will complete a beautiful panel and participate in a field trip during the second class to the new Stained Glass shop in Manchester. By the end of the class you will have gained the fundamental skills to continue a new and beautiful hobby. The kit is \$120, and there will be other materials that you will need to purchase, such as glass, which costs approximately \$40-50. For Intermediate students: You will work independently and under the teacher's watchful eye as you advance your techniques. Lab fee for Intermediate students is \$10 payable to the instructor at the start of the first class. If you have been thinking about learning Stained Glass or improving your skill this is your chance! Makeup date Apr. 27. Limit 10 students.

Thursdays, 6:00-8:30 pm, Mar. 9 - Apr. 13, (6 sessions)
Messalonskee High School, Room 115
Self-Supporting Fee: \$60, *Carmela Patriotti*

Start Your Own Indoor Green Plant Garden

Join Robin at The Robin's Nest to arrange a houseplant garden. All materials are included in the cost of the class and you will design a beautiful garden to keep, or to give as a gift. Come prepared to learn the basics of plant care and to have fun! Limit 15 students.

Monday, 6:00-7:00 pm, Mar. 27 (1 session)
The Robin's Nest, 173 Main St., Waterville
Self Supporting Fee: \$50, *Robin Samalus-Getchell*

Ukrainian (Pysanka) Egg Decorating

The Pysanka, a decorated egg, was common among Slavic people as far back as 5,000 BC and was an important spring ritual. When decorating eggs in the Ukrainian style, designs are drawn on the egg with melted beeswax, which flows from a tool called a Kystka. The eggs are then dipped in a series of dyes and the final pattern is revealed when the wax is removed. Please bring reading glasses, if you use them. A \$25 materials fee is payable to the instructor cash or check at the start of class. Makeup date Apr. 5. Limit 12 students.

Wednesday, 5:30-8:30 pm, Mar. 29 (1 session)

Messalonskee High School, Room 125

Self Supporting Fee: \$15, *Lesia Sochor, Artist of Ukrainian descent from Brooks, ME*



Watercolor of the Seasons: Bears



Delve into the fascinating world of bear hibernation! Serena, a Maine Master Naturalist, will share interesting facts about bears and their habits while Desi will guide the watercolor creation. The final work will be an 11x17 depiction of a bear in its colorful habitat. All supplies included. Please bring your lunch, as there will be a half hour break to eat. Limit 10 students.

Saturday, 10:00 am-2:30 pm, Mar. 11 (1 session)

Ticonic Gallery & Studio, Paul J Schupf Art Center, 93 Main St., Waterville

Self Supporting Fee: \$45, *Serena Sanborn and Desiree DuBois*

Watercolor of the Seasons: Frogs



Serena, a Maine master naturalist, will discuss her greatest love - the frog! She'll share about the amazing phenomenon of Amphibian Big Night in vernal pools around Maine while Desi will guide the watercolor creation. The final work will be an 11x17 depiction of a frog in its colorful habitat. All supplies included. Please bring your lunch, as we will take a half hour break to eat. Limit 10 students.

Saturday, 10:00 am-2:30 pm, Apr. 15 (1 session)

Ticonic Gallery & Studio, Paul J Schupf Art Center, 93 Main St., Waterville

Self Supporting Fee: \$45, *Serena Sanborn and Desiree DuBois*

Wheel Throwing Exploration



In this fun, relaxed class students will explore the basics of wheel throwing. Instructor Yvonne Brown will demonstrate each step from centering clay to finishing techniques. Students will then have time on the wheel and, if they'd like to learn more, can consider taking a six-week session offered at Ticonic Clay Studio. Note: Students will only be exploring the process and materials. No pieces from this session will be kept or fired. Limit 10 students.

Saturday, 10:00 am-12:30 pm, Apr. 22 (1 session)

Ticonic Gallery & Studio, Paul J Schupf Art Center, 93 Main St., Waterville

Self Supporting Fee: \$35, *Yvonne Brown*

BUSINESS & FINANCE

Buying and Selling on EBay

In this class we will go from thinking about what to sell or buy to what happens when you do sell or buy. We will cover listing, final value, fees, shipping, and other costs that affect your bottom line. For this class you will need a fully charged laptop, tablet or smartphone and a few items to list on eBay. We will be researching these items, so please bring them to the first class. (If it is large, valuable, or breakable bring detailed pictures and information about the item.) Inclement weather make up will be Tuesday, Mar. 21. Limit 10 students.

Tuesday 6:00-9:00 pm, Mar. 7 - Mar. 14 (2 sessions)

Messalonskee High School, Room 203

Self-Supporting Fee: \$25, *Eli FitzGerald*

Elder Law - The Basics

This two-hour class will include discussion regarding retirement planning, advance directives, guardianships and conservatorships, second marriage family planning, long-term care and estate planning. Attorney Nale will be available after class to answer any questions as well. All fees are to help cover MMRACE's expenses. Makeup date Mar. 22. Limit 20 students.

Wednesday, 6:00-8:00 pm, Mar. 8 (1 session)

Messalonskee High School, Room 208 or TBD

Self Supporting Fee: \$6, *John Nale, Esq. Nale Law Offices* or

Wednesday, 6:00-8:00 pm, Apr. 12 (1 session)

Waterville Senior High School, Media Center

Self Supporting Fee: \$6, *John Nale, Esq. Nale Law Offices*

First Time Home Buyer Education Class

Buying your first house is truly a big deal! In this 8-hour, in person class we will cover everything you need to know about the buying process and owning a home afterwards. You will learn the steps involved in buying, how to set goals, and prepare for homeownership, explore loan products and credit, protect and grow your investment, and how to avoid being ripped off. A Homebuyers Education Certificate can help you access down payment assistance or mortgage products that require HUD-certified home buyers education - and it is good for two years. Register here at midmaine.maineadulted.org and the computer program will take you to the KVCAP registration site to finish the registration process - that cost will be \$30. Limit 24 students.

Tuesday - Thursday, 6:00-9:00 pm, Feb. 7 - 9 (3 sessions)
or

Tuesday - Thursday 6:00-9:00 pm Apr. 25 - 27 (3 sessions)
Messalonskee High School, Room 305
Self-Supporting Fee: Free, *Laurie Wadsworth, of the KVCAP Housing Services Program*

Foundations of Investing

This class is for those who are new to investing or would like a strategy refresher. We will discuss basic rules of investing - how to develop a plan, how to choose quality investments, how to diversify your portfolio, and most importantly how to invest for the long term, and focus on the things that you can control. All fees are to help cover MMRACE's expenses. Makeup date Mar. 28. Limit 20 students.

Tuesday, 6:30-7:30 pm Mar 21 (1 session)
Messalonskee High School, Room 208
Self-Supporting Fee: \$6, *Rob Smith, Edward Jones Representative in Oakland*

Introduction to Self-Employment Online via Zoom

This workshop will help you decide if self-employment is the right choice for you. The class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed. Limit 20 students.

Thursday, 6:00-7:00 pm, Mar. 23 (1 session)
New Ventures Maine Online via Zoom
Self-Supporting Fee: Free, *Jean Dempster, Microenterprise Specialist for New Ventures Maine*

Medicare 101

Whether you are newly eligible for Medicare or have been enrolled for years, this class has something for everyone. This class will help you gain information on how to obtain Medicare, when you are eligible, and many other important topics. We will also discuss supplemental insurance that can be purchased to compliment original Medicare. There are many different products and carriers available therefore it is so important to become educated about the options you can choose. Medicare has various enrollment periods, which give you the opportunity to change your policy if appropriate. Anyone with questions about Medicare will find this class helpful. The instructor can offer insurance products through Maine Medicare Solutions, a licensed insurance agency. All fees are to help cover MMRACE's expenses Limit 10 students.

Wednesday, 6:00-8:00 pm, Mar. 1 (1 session)
or

Monday, 6:00-8:00 pm, Apr. 24 (1 session)
Waterville Senior High School, Room 110
Self-Supporting Fee: \$6, *Courtney Cowan, Maine Medicare Solutions*

Social Security, Q and A

This is an educational program for people who are nearing retirement age (55+) who have questions about how Social Security actually works. The 15-minute presentation will help you answer these questions. How does Social Security fit into your retirement income plan? When should you start taking benefits? What about taxes? There will be a question and answer session at the end of the presentation. All fees are to help cover MMRACE's expenses. Makeup date Apr. 11. Limit 20 students.

Tuesday, 6:30-7:30 pm, Apr. 4 (1 session)
Messalonskee High School, Room 208
Self-Supporting Fee: \$6, *Rob Smith, Edward Jones Representative, Oakland*

Tax-Free Investing

It's not what you make; it's what you keep. This class is will be an overview of tax-advantaged investments such

*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!*



as municipal bonds. We will consider IRAs and how they work with Traditional and Roth IRAs as well as 401K and 403b. Just in time for tax season! All fees are to help cover MMRACE's expenses. Makeup date Mar. 7. Limit 20 students.

Tuesday, 6:00-7:00 pm, Feb. 28 (1 session)
Messalonskee High School, Room 208
Self-Supporting Fee: \$6, *Rob Smith, Edward Jones Representative in Oakland*

Wills and Trusts

Learn the difference between a Last Will and Testament and a Trust. Then you will learn what a Last Will and Testament does that a Trust does not do, and what a Trust does that a Last Will and Testament cannot do. Then learn how to pass your assets on outside of the probate process. Attorney Nale will be available after class to answer your questions. All fees are to help cover MMRACE's expenses. Makeup date Apr. 5. Limit 20 students.

Wednesday, 6:00-8:00 pm, Mar. 29 (1 session)
Messalonskee High School, Room 208 or TBD
Self Supporting Fee: \$6, *John Nale, Esq. Nale Law Offices* or
Wednesday, 6:00-8:00 pm, May 3 (1 session)
Waterville Senior High School, Room 110
Self Supporting Fee: \$6, *John Nale, Esq. Nale Law Offices*

COMMUNITY

Food Addicts in Recovery Anonymous Online

Do you struggle with food obsession, overeating, under-eating or bulimia? There is a Solution. Food Addicts in Recovery Anonymous is holding a Free Information Session online and by phone. Register to receive the meeting ID and Passcode and join the conversation. For more information and call the coordinator (Sharon) at 207-250-7373 or email fa.newcastle.maine@gmail.com

Tuesday, 6:30-8:00 pm, May 16 (1 session)

COMPUTERS & TECHNOLOGY

Getting the Most Out of Your Smart Phone

Do you wish you knew better how to use your smart phone? This will be a tactile question and answer night. Bring your phone, cords, and booklet if you have one, and if you don't that's ok this is the night to learn how SMART the smart phones really are. Limit 10 students.

Wednesday, 5:30-7:30 pm, May 31 (1 session)
Messalonskee High School, Room 119
Self-Supporting Fee: \$15, *Eli Fitzgerald*

Microsoft Word 2013

One of the most basic skills needed in any job is writing reports and letters using Microsoft Word. In this course, you will gain the foundational skills you need to make the most of this powerful program that PC Magazine ranked as one of the "strongest and most intelligent programs ever written." Through hands-on instructions, you will learn how to add and edit text, move words from one part of your document to another, work on two or more documents simultaneously, and format your text. You will also see how to modify the appearance of your document using page margins, line spacing, inserting pictures, columns, and tables. Microsoft shortcuts will be emphasized to save, retrieve, copy, organize, and print your documents. You will also learn how to run the integrated grammar and spelling checker and the thesaurus. By the time you're done with the step-by-step lessons and hands-on activities in this course, you'll be able to use Word confidently at home or on the job. Students will need to bring a thumb drive to class. Students who attend all sessions will receive a certificate of completion. Limit nine students. No class Feb. 14, Feb. 21, and Apr. 18.

Tuesdays, 5:00-8:00 pm, Jan. 24 - Mar. 14 (6 sessions)
Waterville Senior High School, Room 33
Self Supporting Fee: \$54 non-diploma students, *Linda Davis*

Microsoft Excel 2013

Do you manage large sets of numbers, names, dates, or other pieces of information? If so, then you need to create worksheets to manage, store, organize, and even analyze this information. Excel, Microsoft's powerful spreadsheet software, is the most widely-used program to handle this task. This course focuses on the mastering the fundamentals of Excel. You will learn how to quickly and efficiently create fully formatted worksheets, learn common formulas and functions, sorting and analyzing data, and custom charts and graphs. You will also learn the compatibility with other MS Office Suite Products. Students will need to bring a thumb drive to class. Students who attend all sessions will receive a certificate of completion. No class Apr. 18. Limit nine students.

Tuesdays, 5:00-8:00 pm, Mar. 21 - May 2 (6 sessions)
Waterville Senior High School, Room 33
Self Supporting Fee: \$54 non-diploma students, *Linda Davis*

Microsoft Power Point & Publisher 2013

Microsoft Power Point: In this presentation software program you will learn to cut, copy and paste, along with learning about different fonts to create slide shows. You will learn to import from other files like Word, Excel, and the Internet and learn about compatibility with other MS Office Suite products.

Microsoft Publisher: The Publisher program is designed to aid you in designing your own calendars, cards, and invitations, to name only a few of the many ways to use this program. Students need to bring a thumb drive to class. Students who attend all sessions will receive a certificate of completion. Limit nine students.

Tuesdays, 5:00-8:00 pm, May 9 - May 23 (3 sessions)

Waterville Senior High School, Room 33

Self Supporting Fee: \$29 non-diploma students, *Linda Davis*

COOKING

Cooking Your Way

Lunch and Learn or Evening

This course is designed for parents or caregivers of young people 18 years or younger. This is a fun, interactive series with three Zoom group workshops, three independent on-line classes, and a fourth in-person class. We will learn to make healthier versions of your family's favorite recipes and find a few new ones. Enroll with a friend and have fun together. Class 1 is Get Cooking and an introduction to the independent sessions. Class 2 will cover "Saving Money at the Grocery Store." Class 3 is about "Making Family Favorites with less Fat, Sugar, Salt" and "Increasing Daily Physical Activity." Class 4 is our In-person hands-on cooking class!!! Individual education topics include My Plate, Smart Snacking, and Keeping Your Food Safe. Those completing the course will receive a gift bag and certificate. Limit 5 students.

Mondays, 12:15-1:15 pm, Mar. 6 - 20, Online via Zoom (3 sessions) and Monday, 5:30-7:30 pm, Mar 27, in-person at Messalonskee High School, Room 125 (1 session) or

Mondays, 5:30-6:30 pm, Mar. 6 - 20, Online via Zoom (3 sessions) and Monday, 5:30-7:30 pm, Mar. 27, in person at Messalonskee High School, Room 125 (1 session)

Self-Supporting Fee: Free, *Deborah Barnett, U Maine Cooperative Extension, Expanded Food Nutrition Education Program / Community Education Assistant*



Preserving the Harvest

Jams and Jellies or

Pickles and Dilly Beans

Has this long winter made you dream about strawberries and perhaps making some of those jams and jellies? This hands-on food preservation workshop will teach you the basics steps for both canning and freezing. Participants will receive a "Preserving the Harvest" food preservation packet and will learn the latest and safest recipes, about equipment to insure safety, and how to check for properly sealed jars. Please bring a potholder with you to the workshop as you will be able to take home a jar of what we prepare that evening! A \$20 material fee is payable to the instructor at the start of class (cash or check only). Limit 10 students.

Jams and Jellies

Monday, 5:30-8:00 pm, Apr. 10 (1 session)
and/or

Pickles and Dilly Beans

Monday, 5:30-8:00 pm, Apr. 3 (1 session)

Messalonskee High School, Room 125

Self-Supporting Fee: \$6 each class, *Deborah Barnett, U of Maine Cooperative Extension, Expanded Food Nutrition Education Program / Community Education Assistant*

FAMILY LIFE

Active Parenting Now Online via Zoom

Do you ever wonder if there is a better way to handle some of those daily parenting challenges? Learn how with this 6-session video and discussion program for parents and care givers of children ages 5 and up. Limit 20 students. No class Apr. 19.

Wednesdays, 10:00 am-12:00 pm, Mar. 29 - May 10 (6 sessions)

KVCAP Online via Zoom

Self Supporting Fee: Free, *Emily Buckhalter, KVCAP Family Enrichment Council*

Brain Under Construction Online via Zoom

Everyone faces stress in their lives! Teaching our kids healthy ways to cope with stress is one of the best early skills we can offer them, and understanding stress can be one of the best ways for us to help ourselves. Join us for this free, one-time session as we discuss tools and techniques for coping with stress at all ages. Limit 20 students.

Wednesday, 12:00-1:30 pm, Feb. 8 (1 session)

KVCAP Online via Zoom

Self Supporting Fee: Free, *Emily Buckhalter, KVCAP Family Enrichment Council*

Cooperative Parenting & Divorce Online via Zoom

This video and discussion-based program gives parents the power to make positive changes that shield their children from parental conflict, and guides them into establishing a long-term relationship of healthy communication with the child's other parent or caregivers. Limit 20 students.

Mondays, 9:00-11:00 am, Feb. 27 - Apr. 10 (7 sessions)

KVCAP Online via Zoom

Self Supporting Fee: Free, *Emily Buckhalter, KVCAP Family Enrichment Council*

Foster Care and/or Adoption Q & A Online Day or Evening

Join the A Family for ME program for a live and virtual conversation about becoming a Foster or Adoptive Parent in Maine. Recruitment Specialists will be on hand to answer your questions and talk about the different ways to provide care for infants, teens, and siblings. If you have ever considered foster care or adoption, this is a great opportunity to learn more and have your questions answered! You will learn about the Licensing process, various ways to provide care and support, respite care, and other ways to assist Foster Families.

Monday, 12:00-1:00 pm, second Monday of the month (1 session)

or

Monday, 6:00-7:00 pm, second Monday of the month (1 session)

A Family for ME, Online

Self Supporting Fee: Free, *Kasey McDonough, Recruitment Specialist*

Nurturing Fathers Program Online via Zoom

Join us for this 12-session program especially designed for Dads (and father figures are welcome too!) Participants will learn skills for communication, encouragement, positive discipline strategies, effective teamwork, problem solving and much more. Limit 20 students.

Wednesday, 5:30-7:30 pm, Mar. 15 - May 31 (12 session)

KVCAP Online via Zoom

Self-Supporting Fee: Free, *Jenny Freundlich and Jon Martin, KVCAP, Family Enrichment Council*

The First FIVE Years Online via Zoom

In this series of four classes we will explore discipline methods that work, how to prevent tantrums, establish routines that will make life easier, and much more. This class is designed for parents of children from birth to age 5 years. Limit 20 students.

Mondays, 9:00-11:00 am, Apr. 24 - May 15 (4 sessions)

KVCAP Online via Zoom

Self Supporting Fee: Free, *Emily Buckhalter, KVCAP Family Enrichment Council*

GARDENING

Culinary Herb Gardening

We will discuss selecting, growing, and harvesting herbs, and how to use them in cooking. Join us and learn how to make your garden even more beautiful as well as useful with herbs. Limit 10 students.

Thursday, 6:00-8:00 pm, Apr. 27 (1 session)

Messalonskee High School, Room 119

Self Supporting Fee: \$15, *Pat Michaud, Waterville Garden Club*



Grow Your Own Organic Garden Online via Zoom

Each year Maine Organic Farmers & Gardeners host a GYOOG class through many adult ed. programs around the state. This year it will also be in a webinar format. If you are new to gardening or have been gardening for a while and want to learn some new tips or concepts, this is the class for you. Topics covered include soil science, composting, crop rotation, and more. There will be a suggested \$10 fee upon registration with MOFGA. After you register with us we will send you a receipt with the link to the MOFGA registration site. You will also need to register with them, and they will send you the class link. Limit 30 students.

Wednesday, TIME TBD pm, Apr. 5 (1 session)
MOFGA Online via Zoom

Self-Supporting Fee: Free, *Anna Libby, Maine Organic Farmers & Gardeners Association*

HEALTH & FITNESS

Barre Basics



Barre is a great low impact workout for your whole body. Join Allyson Hanson for six weeks of Barre Basics fitness classes for all levels. Limit 20 students.

Thursdays, 6:00-7:00 pm, Mar. 9 - Apr. 13 (6 sessions)
Albert S. Hall School, 27 Pleasant St., Waterville, Cafeteria/
Gym
Self Supporting Fee: \$60, *Allyson Hanson, RN, Registered Yoga Teacher, and Barre certified instructor*

Build Energy & Endurance



at Any Age Online via Zoom

Yes, it's true, you can, literally, breathe new life into your body. Every cell in your body is dependent on oxygen to create energy. And the amount of oxygen available to every cell in your body and brain is dependent on the quality of your breathing pattern and function. This class will train you, and your entire respiratory system, to be more efficient at delivering blood, oxygen, glucose, and nutrients to all those cells. Whether you're an athlete or not, the secret to greater strength and endurance starts, and ends, with the strength of your respiratory system. Limit 20.

Week 1: Breathing Pattern Awareness

You will develop an awareness of common breathing pattern dysfunctions. Learn optimal breathing and begin awareness of your own breathing patterns. Several activities will be included to establishing your own fitness baseline. Creating a 10-week journal

Week 2: Respiratory Muscle Training

Learn how to improve the strength of the respiratory system and inspiratory muscles. Learn how inspiratory muscles are responsible for doing 'the work' of breathing when drawing in fresh air and oxygen. When these muscles tire, your whole body will tire. We'll practice exercises to 'strength train' the entire Respiratory muscles system.

Week 3: Endurance Training

Establish your own target heart rate for maximum fat burning. Learn how and when to stretch. Take the Body Oxygen Level Testing. Experiment with different training styles. A week of Free Style Training.

Week 4: Core Strength Training

Principles of Core strength training. How to lift weights without hyperventilating. How to support and stabilize the back during exercise. Stabilizing exercises for beginners. Practice stabilization with during daily activities. Four week fitness assessment to compare with the week 1. Your 10-week journal.

Mondays, 5:00-8:00 pm, Feb. 6 - 27 (4 sessions)
or

Tuesdays, 10:00 am-1:00 pm, Feb. 7 - 28 (4 sessions)
Online via Zoom

Self Supporting Fee: \$115, *Carole Freeman, Breath-Taking Online*

Don't Get Pushed Around



In this 2-hours course, participants will learn how to deal with being pushed around both physically and inter-personally. You will learn how to handle yourself when someone is pushing you around through bossing, bullying, and attempting to dominate during daily situations. You will learn physical techniques for dealing with a literally pushing scenario, and translate that skill set into how to handle someone being domineering verbally. Conflict, whether verbal or physical, has some common components so many of the same strategies can be used to defuse or deal with either type of situation. Come in comfortable clothes as you will be actively participating in the strategies that will then be translated into the non-physical tools. The course is designed for teens and adults. Those under 17 must register with a registering and participating parent or guardian. Limit 20 students.

Saturday, 11:00 am-1:00 pm, Mar. 11 (1 session)

Martial Arts Institute, 23 Leighton Rd. Augusta

Self-Supporting Fee: \$32: *Kevin Webb, Martial Arts Institute*

Gentle Chair Yoga for Every Body

Chair yoga is excellent for anyone seeking to improve their mobility, flexibility, and stability. Join certified Yoga Instructor Sherrie Brann for five weeks of gentle chair yoga for all levels. Limit 20 students.

Tuesdays, 5:00-6:00 pm, Mar. 7 - Apr. 4 (5 sessions)
Waterville Senior High School, Room 108
Self Supporting Fee: \$50, *Sherrie Brann*

Manage Stress & Build Resilience Online via Zoom

If you struggle to turn off anxiety and stress. You've probably noticed that life can be very stressful, depleting energy and motivation. It's estimated that more than 90% of people who suffer with chronic anxiety or stress have breathing pattern disorders. Also known as Dysfunctional Breathing. The 3-week format allows the student to take time assimilating the information, practice optimal breathing, understand their own stress response, and personalize the information and techniques. Limit 20.

Week 1: How to Breathe

Learn how our breathing pattern communicates with the brain, affecting our stress level and perception of the world

Learn techniques to calm ourselves, and others, in high stress situation.

Why "Just take a few deep breaths" may not be the best advice

Week 2: How to Manage Your Stress Response

Through homework assignments in awareness and journaling, student will have time to assimilate and personalize the training

How to use 'BrainSpeak', the language of the brain, to communicate with your own autonomic nervous system.

Week 3: How to Build Your Stress Resilience

How to recover quickly from difficulties

How to build inner toughness

Mondays, 5:00-7:00 pm, Jan. 16 - 30 (3 sessions)
or
Tuesdays 10:00 am-12:00 pm, Jan. 17 - 31 (3 sessions)
Online via Zoom
Self Supporting Fee: \$67, *Carole Freeman, Breath-Taking Online*

Pilates

Strengthen and tone your muscles while having fun with low-impact Pilates. Join Allyson Hanson for four weeks of Pilates classes. Limit 20 students.

Thursdays, 6:00-7:00 pm, Apr. 27 - May 25 (4 sessions)
Albert S. Hall School, 27 Pleasant St, Waterville, Cafeteria/Gym
Self Supporting Fee: \$40, *Allyson Hanson, RN, Registered Yoga Teacher, and Barre certified instructor*

Strength Training for Seniors

Learn how to implement regular strength training into your week to improve your quality of life. We will progress through a 8 week program where you will be introduced to the basics of movements that will compliment the demands of day to day life. You will leave this class knowing what to do to stay strong at home, in addition to understanding what equipment at the gym is best for you. For this class all you will need is a comfortable exercise mat or small blanket. No class on Apr. 17. Makeup date May 22. Limit 10 students.

Mondays, 6:30-7:30 pm, Mar. 20 - May 15, (8 sessions)
Messalonskee High School, Library
Self-Supporting Fee: \$55, *Angie Reckendorf*

Stress Relief Yoga: Meditation & Gentle Movement - Sunday Mornings

We are all still feeling the stress of these times. Join Kathleen for this calming practice that will help you to boost your immune system. We will target releasing tension from problem areas with gentle movement and restorative yoga poses. We will also do some calming yogic breathing techniques and meditation to bring us into balance. The goal is to leave you feeling more relaxed and easeful after each class and to help bring equilibrium to body and mind. Limit 20 students.

Sundays, 11:00 am-12:00 pm (Choose any 6 sessions Feb. 5 - Apr. 16)
School Street Yoga, Waterville
Self-Supporting Fee: \$60, *Kathleen Haberstock*



Ten Steps to a Healthier You - Online

Are you or someone you know interested in improving you and your family's health, saving money at the grocery store, and learning helpful nutrition tips? This class is ten sessions about 15-20 minutes long with interactive videos, print lessons, worksheets, and Zoom or call in weekly sessions. Once you have registered at midmaine.maineadult-ed.org you will be contacted by the instructor with further information. Limit 25 students.

Open start date, open end-date, and flexible online times at your convenience (10 sessions)

The Maine Cooperative Extension Office online

Self-Supporting Fee: Free, *Deborah Barnett, University of Maine Cooperative Extension, Expanded Food and Nutrition Education Program / Community Education*

Yoga and Meditation for Wellbeing

Join Kim Nashed for a relaxed and enjoyable introduction to yoga and meditation. We will offer a simple step-by-step class that includes yoga postures, focused breathing, and meditation. Check out the School Street Yoga webpage at schoolstreetyoga.com. Yoga mats are provided, or you can bring your own if you wish. Your registration in this class will be good for 6 sessions with Kim on the six Saturday morning between Feb. 11 and Apr. 29 of your choice. Limit 20 students.

Saturdays, 11:00 am-12:00 pm, Feb. 11 - Apr. 29 (6 sessions, your choice of 6 dates)

School Street Yoga, 5 School St., Waterville

Self-Supporting Fee: \$60, *Kim Nashed, of School Street Yoga Studio*

MISCELLANEOUS

Antique and Collectibles

Do you want to know what that vase is worth? Did your kids leave comic books in your basement or attic? Do you have boxes of old postcards, photos, papers? Or do you have items that no longer spark that joy and want to know if they may hold some value. Bring in your items - old or new, antique or collectable for an evening of discussion and appraisals. Items from the various holidays might be fun to look at and appraise, so do bring them! If your items is too large or delicate to bring in please bring detailed photographs and any other significant information. Make up date Apr. 25. Limit 20 students.

Tuesday, 6:00-9:00 pm, Apr. 11 (1 session)

Messalonskee High School, Room 119

Self-Supporting Fee: \$15, *Eli FitzGerald*

Best Hairstyles, Glasses, & Necklines for Your Face Shape

Learn what looks good for your face shape! In this fun class, you'll learn all about your face shape and receive tips on hairstyle dos and don'ts, as well as best glasses, clothing patterns and necklines for your features. Come on your own, or grab a friend and learn some great tips that will help you look your best! Limit 12 students

Thursday, 5:30-8:00, Apr. 6 (1 session)

Messalonskee High School, Room 119

Self-Supporting Fee: \$25, *Candace Sanborn, Radiant Image of Maine*

Fix-A-Bike Spring Workshop

Join us for a bike maintenance workshop for Teens and Adults. Are you curious about bicycle mechanics? Would you like to maintain your bike better, do repairs yourself, or get your bike ready for spring? Would you like to be better prepared to fix breakdowns when you are out on the road? Bring your bike and tool kit, if you have one. A parent or guardian must accompany students 13-16. Limit 18 students.

Saturday, 10:00 am-12:00 pm, Apr. 29 (1 session)

Messalonskee High School, Cafeteria or Courtyard

Self-Supporting Fee: Free, *Dan Bassett, Bicycle Coalition of Maine*

Hairstyles for Your Child Made Simple

Is your child ready for a new STYLE? Bring your child for this one-night class on basic hairstyles and braiding techniques. Learn three easy ways to style your child's hair with some fast track tips and tricks from a professional hairdresser. This class will make styling quick, easy, and fun for you both. All welcome (that means Dads too.) A \$10 materials fee is payable to the instructor at start of class. This fee will cover some styling tools and step-by-step handouts. Limit 10 parent/s & child teams.

Wednesday, 5:00-8:00 pm, Mar. 22 (1 session)

Messalonskee High School, Room 125

Self Supporting Fee: \$18, *Katie FitzGerald, Attitudes Hair & Nail Salon*

Makeup Techniques to Enhance Your Features

Do you avoid wearing makeup because you don't like looking "made up?" Have your features changed with time, and you're not sure what to do? Come learn easy makeup tips that give you an enhanced, natural appear-

ance! Together with the instructor, you'll identify your face shape, eye and lip shapes. We will teach you makeup application techniques to enhance your features. Students should come with NO makeup on, and bring makeup to apply during class and a small mirror. Limit 15 students

Wednesday, 5:30-8:00 pm, May 10 (1 session)
Messalonskee High School, Room 119
Self Supporting Fee: \$25, *Candace Sanborn, Radiant Image of Maine*

Maine Driving Dynamics - Defensive Driving

This five-hour program covers crash prevention for drivers of all ages and is cosponsored by the Maine Bureau of Highway Safety. Those completing the course will receive a three-point reduction on their driver's license. Pre-registration is required.

No refunds will be issued after Mar. 9.

Tuesday & Thursday, 6:00-8:30 pm, Mar. 14 & 16 (2 sessions)
Waterville Senior High School, Media Center
Self-Supporting Fee: \$41; age 65 and over, \$26, *State of Maine Bureau of Highway Safety*

Novel Writing 101

In this workshop, students will draft an original 250-page novel. The course will focus on developing consistent writing habits, as well as elements of the craft, including plot, characterization, setting, and dialogue. Please note that this course will only focus on fiction writing, not memoir or nonfiction. Some prior writing experience is helpful but not required. A Zoom option is available; please email janderson@rsu18.org at the time of registration if this is your preference. No class Mar. 16, and Apr. 20. Makeup date June 1. Limit 12 students.

Thursday, 6:30-8:30 pm, Mar. 2 - May 25 (11 sessions)
Messalonskee High School, Room 208
Self Supporting Fee: \$75, *Rebecca Anderson-Bright*

Reiki Level I

Reiki is a Japanese based, hands-on healing technique for stress reduction and relaxation that promotes natural healing. Learn how to use your hands to bring comfort and healing to yourself and others. Reiki balances and energizes all systems of the body and facilitates the relief of physical, mental, and emotional symptoms. It heals from the root cause and is compatible with all healing methods. This class will include what Reiki is, the history, and how it works. There will be ample time for hands-on practice.

Students must attend all four sessions in order to receive full Reiki certification. Limit 10 students. Makeup date May 25.

Thursdays, 6:00-8:30 pm, Apr. 27 - May 18. (4 sessions)
Waterville Senior High School, Room 123
Self Supporting Fee: \$50, *Gail Smith, RNBC*

MUSIC

Guitar or Ukulele Try-It



This one-night Try-It class will be a chance for you to try the instructor's guitars or ukuleles and have a mini introductory lesson. Then you will be better able to gauge your "love" of one or the other instrument with anticipation that you would take lessons this summer or join our Fall 2023 class. Make up date June 14. Limit 10 students.

Wednesday, 6:00-7:00 pm, June 7 (1 session)
Messalonskee High School, Victorian Garden
Self Supporting Fee: \$10, *David Deas*

Instant Guitar for Hopelessly Busy People Online via Zoom

Have you ever wanted to learn the guitar but simply find it difficult to find the time? 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. Since this class is being held online with Zoom, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+.

Topics include:

- How chords work in a song.
- How to form the three main types of chords.
- How to tune your guitar.
- Basic strumming patterns.
- How to buy a good guitar (things to avoid).
- How to play along with simple tunes.

Tuesday, 6:30-9:30 pm, Apr. 4 (1 session)
Online via Zoom
Self Supporting Fee: \$59, *Craig Coffman, Chords are Key, chordsarekey.com*

Instant Piano for Hopelessly Busy People Online via Zoom

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. Since this class is being held online with Zoom you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.

Topics include:

- How chords work in a song.
- How to get more out of sheet music by reading less of it.
- How to form the three main types of chords.
- How to handle different keys and time signatures.
- How to avoid “counting”.
- How to simplify over 12,000 complex chords.

Monday, 6:30-9:30 pm, Apr. 3 (1 session)

Online via Zoom

Self Supporting Fee: \$59, *Craig Coffman, Chords are Key, chordsarekey.com*

Introduction to Guitar Online via Zoom

This introductory guitar course is designed for beginners interested in learning how to play the guitar. We will cover choosing a guitar, guitar maintenance, string sizes, changing strings, and care of the guitar. We will cover sight-reading, music theory, chord progressions, scales, and note values. When you finish this course you should be able to pick up sheet music and know key, melody, chords, and changes. You will need to pick up the Hal Leonard Guitar Method Book 1, and the class handouts from the Adult Ed. office at Messalonskee High School before the start of the first class. The book will be about \$9. You will also need to provide a 3-ring binder for your homework and notebook or notepad to take notes. The instructor welcomes students ages 10 and up. A parent or guardian must register and participate in the class with students under 17. No class Apr. 19. Limit 10 students.

Wednesdays, 6:00-7:00 pm, Mar. 22 - May 3 (6 sessions)

Online via Zoom

Self-Supporting Fee: \$60, *David Deas*

Learn to Play the Drum Set Part 1 Online via Zoom



This course covers drum set basics such as time, coordination, and proper grip and foot technique. Students will learn four fundamental grooves that are the basis of most popular styles of music and apply these grooves to a variety of familiar songs. Drum set not required.

Craig Bryan, Jr. has been teaching music lessons for over 20 years. He has a B.A. in Music Education and currently performs with several bands including the Smokehouse Boys, the Bradley Jazz Collective, and the Heather Pierson Trio, as well as teaching middle school concert band and chorus in Western Maine. Class limited to 15 students. For ages 13+.

Mondays, 6:00-7:00 pm, Mar. 6 - Mar. 27 (4 sessions)

Online via Zoom

Self Supporting Fee: \$80, *Craig Bryan, Jr.*

Learn to Play the Drum Set Part 2 Online via Zoom



Continue to practice your drum set skills and build your musical repertoire. In these sessions we will build on the skills developed in Learn to Play the Drums Live Online. Drum set not required. Class limited to 15 students. For ages 13+.

Mondays, 6:00-7:00 pm, May 1 - May 22 (4 sessions)

Online via Zoom

Self Supporting Fee: \$80, *Craig Bryan, Jr.*

Line Dancing

We've been moving to the music since the beginning of time. Line dancing is one great way to keep the beat. No partner required. From beginners up to intermediate line dancing steps look complicated, but they're really easy to master. It is great exercise too. You'll be strutting your stuff in no time at all. Join us for a fun night out. Please wear sneakers with clean soles. There will be no class on Apr. 18. Makeup date May 30. Limit 25 students.

Tuesdays, 6:00-7:30 pm, Mar. 28 - May 23 (8 sessions)

Belgrade Central School Gym, 158 Depot Rd, Belgrade

Self Supporting Fee: \$48, *Joanne Parker*

Social Square Dancing

Come join us to learn the basics of square dancing. It's an evening of socializing and learning a new recreation at the same time. We'll teach you all you need to know to make you a square dancer. It's easy and fun and done in a casual setting. Wear comfortable clothing and especially comfortable shoes. Get out of the house and away from the screens for a couple hours a week and do something FUN and relaxing. Come with your spouse or best friend and singles are welcome. Your teacher is Bob Brown of Newport who's been dancing for over 25 years. No class Feb. 21 and Apr. 18.

Tuesdays, 6:30-8:30 pm, Feb. 7 - May 9 (12 sessions)
George Mitchell School, Gym, Waterville, ME
Self-Supporting Fee: \$60, *Bob Brown, Central Maine Square Dancing Club*

Songwriting with Heather Pierson Online

In this six-week program, we will discuss and explore all things songwriting, plus best practices for stimulating creativity and staying organized while doing so. There will also be plenty of opportunity to ask questions and to connect and collaborate with fellow songwriters.

Heather Pierson is a nationally touring pianist, singer/songwriter, and performer from Conway, NH. She has released fourteen albums and several singles of her original music, ranging in style from folk to jazz to vocal chants. Her life's work, she says, is to share her love of music and her gratitude for life with others—one song, one heart, and one mind at a time. Student limit of 20.

Thursdays, 5:30-6:30 pm, Mar. 23 - Apr. 27 (6 sessions)
Online
Self Supporting Fee: \$80, *Heather Pierson, www.heather-pierson.com*.

OUTDOOR LIFE

Beekeeping for Beginners

This Beekeeping for Beginner course will educate people interested in getting started in BEES and BEEKEEPING. Topics of discussion will be Langstrom Bee Hives, assembling bee equipment, installing a nuc, feeding the bees, controlling swarming, and dealing with varroa mites. Other topics will be how and when to harvest HONEY, split hives, winterize the bees, and most importantly how to minimize lifting. A \$55 material fee is payable to the instructor at start of class (cash or check only). This will cover the cost of the book, use of the Turner Poulin Union

Hall, and membership for one year in the Somerset Beekeepers Club. Assignment of a mentor will be available. Limit 25 students.

Wednesdays, 6:00-8:30 pm, Feb. 15 - Mar. 15 (5 sessions)
Turner-Poulin Union Hall, 627 US-201, Skowhegan
Self-Supporting Fee: \$5, *Mark Reifschneider, Somerset Beekeepers*



Explore Messalonskee Lake and its Ecology by Kayak - Plant Paddle July or August

Messalonskee Lake and Steam are wonderful natural resources for the mid-Maine region and offer numerous recreational and conservation activities. If you 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 and stream will be taught followed by a kayak paddle near shore to find various specimens. Prerequisite: know the basics of how to swim, but we will be staying close to shore. Please wear water shoes; a bathing suit or shorts, sunscreen, and hat are also helpful and appropriate. Do be prepared with extra clothes just in case you get wet. We will meet at the State of Maine Boat Launch on Rt. 27 across Loon Ridge Cottages and near Hammond Lumber in Belgrade, ME. Must be 17 to register. If needed, a rain date will be announced. Limit 8 students.

Plant Paddle July

Monday, 10:00 am-12:00 pm, July 24 (1 session)
or

Plant Paddle August

Monday, 10:00 am-12:00 pm, Aug. 14 (1 session)
State of Maine Boat Launch across from Loon Ridge Cottages and near Hammond Lumber in Belgrade.
Self-Supporting Fee: Free, *Mike Guarino, Maine Wilderness Tours, Instructor and Friends of Messalonskee*

HELP! Save MAINE Lakes

If you live in or visit Maine you have probably heard that one of the biggest threats to keeping our state's water bodies clean and clear is the invasive species Variable Leaf Milfoil. The Friends of Messalonskee Lake have been hard at work for many years keeping the lake, that is in the towns of Belgrade, Oakland, & Sidney, clean and clear for all to enjoy. This summer their expert on milfoil removal is offering this 3-hour workshop on how to properly hand pull and dispose of it. You too can make a difference! Join her for this one-time class, and check out the Friends web page at www.friendsofmessalonskee.com. Sponsored by the Adult Ed office at Messalonskee High School and Friends of Messalonskee Lake. In May we will send a Short Supply List and Release Form to your email address. Make up date July 8. Limit 10 students.

Saturday, 9:00 am-12:00 pm, June 24 (1 session)
Sidney Boat Launch, 451 Hosta Lane, Sidney
Self-Supporting Fee: Free, *Danielle Boutin, Friends of Messalonskee Program Manager, recently retired*

How to Cast a Fly Rod

Learn fundamentals of casting from a Fly Fishers International Certified Casting Instructor. Beginners to advanced casters welcome. You will learn on a one-to-one basis how to make the basic cast, a roll cast, line management, casting in wind, aerial mends and other useful tasks. This class will be held OUTDOORS on school premises. Bring a 4-7 wt. fly rod with a weight-forward floating line. Instructor will provide a leader with practice fly. DRESS FOR OUTSIDE PRACTICE. Dates of instruction can be flexible if weather conditions prevent a class. Student limit of 6.

Monday - Wednesday, 5:30-7:30 pm, May 22 - 24 (3 sessions)
Waterville Senior High School, Location TBD
Self Supporting Fee: \$45, *Mary Ostrowski*

Worm Composting for Beginners

Come and learn how to construct, set up, and maintain a worm bin to compost kitchen vegetable waste in order to recycle it as plant food. Join Jock Robie as he discusses the harvesting of worm castings and vermicompost for gardening and houseplants as well as "worm tea"! Each student will get to set up their own worm bin with worms to take home. All materials and worms are supplied at no extra charge. Jock Robie has over eight years of practical experience designing, building, and using worm bins to compost kitchen waste. He feeds his 40 worm bins close to 35 pounds per week of kitchen scraps. Jock has received the 2019 Ecomaine Eco-Excellence Award in the Business

Category for leading the charge in reducing landfill waste and increasing recycling in our communities. Visit Jock's blog at mainelywormbins.blogspot.com for more information about worm composting. Limit of 5 households. One registration is due per household (up to 2 participants)

Thursday, 6:00-8:00 pm, Mar. 9 (1 session)
Waterville Senior High School, Room 123
Self Supporting Fee: \$11, *Jock Robie*

Worm Composting Harvest Night for Alumni of the March Workshop

This will be a free session for alumni of our 3/09/2023 Worm Composting workshop. The instructor will inspect worm bins, demonstrate and assist with harvesting, and answer any questions. The instructor will bring harvest kits for alumni to use harvesting their own worm bins.

Tuesday, 6:00-8:00 pm, May 9 (1 session)
Waterville Senior High School, Room 123
Self Supporting Fee: Free, *Jock Robie*

PETS

Dog Training Basics, March

This is a beginner dog training class and is designed for the young and not so young. We work in small groups with several trainers assisting. The first night will be an Orientation and Information night held Monday, Mar. 20 at the Fairfield Community Center from 6:00-8:00 pm for the two-legged family member/s only. (Please only ONE human registration per dog, although two humans may attend with one dog.) You will get a helpful manual and many issues will be discussed including the commands taught such as walking on a loose leash, stay and come exercises as well as other techniques. We will also discuss your behavior concerns. The four subsequent evenings with the dogs will also be held at the Fairfield Community Center from 6:00-7:00 pm. All dogs will need to be on a leash at all times, and NO dogs will be allowed if they are aggressive. When you register online, you will receive a packet attached to your receipt or by email from the Adult Ed secretary. Please print, read, sign, and bring it to class with you. Please bring proof of vaccinations, \$125 material fee payable to the instructor (NO CREDIT CARDS), and your completed packet to orienta-

Why was my class cancelled?

Classes are cancelled a few days before the start date if there are not enough registrants to run the class.

Register early to help keep classes running.

tion night. Limit 10 dogs and up to two people may attend with one dog.

Monday, 6:00-8:00 pm, Mar. 20, Orientation & Information Night (session 1, no dogs)

Mondays, 6:00-7:00 pm, Mar. 27 - Apr. 17 (sessions 2-5 with dogs)

Fairfield Community Center, 61 Water St., Fairfield
Self Supporting Fee: \$10, *Donna Whitney, Tailwaggers Dog Training*



PHOTOGRAPHY

Digital Photography Crash Course

In two weeks we will cover the basics of the DSLR digital camera and other photography basics. We will look at aperture, shutter speeds, ISO, photocomposition, and how they are used together to create an outstanding photograph. We will also be taking an in-depth look at natural lighting as well as flash lighting techniques including on and off camera lighting. A DSLR camera is required. Make up date Apr. 5. A 3-ring binder is helpful for this class. Limit 10 students.

Wednesdays, 6:00-9:00 pm Mar. 22 - Mar. 29 (2 sessions)
Messalonskee High School, Room 203
Self-Supporting Fee: \$25, *Eli FitzGerald*

Digital Photography, Small Group Tutorial

Come learn more about both the artistic side - including composition and design - and the technical, such as aperture, shutter speed, loss and non-loss electronic formats, simple editing, and more. Advantages are one-on-one time working with your camera and addressing your areas of interest. We will be outdoors shooting as much as daylight as weather permits, so wear comfy shoes, and bring bug spray and sun hat. PLEASE bring to each class: camera, memory card, and charged batteries; also bring your manual and all cords/cables, and eventually, your laptop, and if you have it, a card reader. Interested students ages 13-17 may register with a registering and participating parent or guardian. Limit 6 students.

Tuesdays, 5:00-7:00 pm, May 2 - May 23 (4 sessions)
Messalonskee High School, Library
Self-Supporting Fee: \$40, *Kiri Guyaz*

TRIPS

Mid-Maine Regional Adult Community Education (Waterville)

MY FAIR LADY Broadway in Boston Trip

Lerner & Loewe's My Fair Lady tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady." But who is really being transformed? Directed by Bartlett Sher.

Boasting such classic songs as "I Could Have Danced All Night," "The Rain in Spain," "Wouldn't It Be Lovely" and "On the Street Where You Live."

Travel in the comfort of a Cyr Bus Lines Motor Coach and arrive at Quincy Market in time for lunch and shopping. The bus will depart from the Waterville Senior High School back parking lot at 7:30 am and will make another pickup at the West Gardiner Service Plaza at 8:00 am After a "stretch-your-legs" break in Kennebunk we'll arrive at Quincy Market at around 11:30 am for some shopping and lunch on your own. We will then attend the 2:00 pm matinee at the Citizens Bank Opera House with our seats located in the mezzanine section!

We will head back to Maine after the show with a "pit-stop" in Kennebunk and drop off in Gardiner, we should return to Waterville by approximately 9:00 pm Limited tickets!

Fee includes transportation and theater ticket. You are expected to pay for your own meals.

Deadline to register: March 15. No refunds will be given after this date.

Saturday, 7:30 am-9:00 pm, Apr. 22

Citizens Bank Opera House, Boston

Self-Supporting Fee: \$189 per person, *Sherrie Brann*



Photo by Jeremy Daniel

Lawrence Adult Education (Fairfield) Harvard Museum of Natural History, Cambridge, MA Trip

Join us on a trip to Cambridge, Massachusetts to explore the Harvard Museum of Natural History and Harvard Square. Your fee covers travel and your admission to the museum (which also includes admission to The Peabody Museum of Archaeology & Ethnology).

Exhibitions: Africa, Arthropods, Asia, Birds of the World, Cenozoic Mammals, Central and South America, Climate Change, Earth & Planetary Sciences, Evolution, From the Hands of the Makers, Glass Flowers, Great Mammal Hall, In Search of Thoreau's Flowers, Marine Life, New England Forests, Orb-Weavers, The Rockefeller Beetles, Romer Hall of Vertebrate Paleontology, Sea Creatures in Glass, and Swimming with Sharks.

We'll make a day of it at Harvard Square, and have time to explore many options for dining, shopping, film screenings, bookstores, performing arts, lodging, and more, all geared towards varied interests and budgets. See a full directory at <https://www.harvardsquare.com/>.

We'll be traveling on a motorcoach bus with Cyr Bus Lines which will have ample room for your belongings and any purchases you make. Be sure to wear comfortable shoes!

7:00 am departure from Lawrence Jr. High School parking lot

7:30 am departure from West Gardiner Park and Ride across from the Service Plaza

We'll take a short break at the Kennebunk Rest Area and arrive in Cambridge at approximately 11:00 am

5:00 pm departure from Cambridge

Saturday, Apr. 1 (**deadline to register - March 17**)

Self Supporting Fee: Adult: \$109, Senior 65+: \$107,

Youth 7-18: \$104,

Register at: fairfield.maineadulted.org/classes/

Contact Kathy Cote at 207-453-4200, ext. 3114 for more information.



Mid-Maine Regional Adult Community Education is proud to share one of our amazing student's life story! Please welcome Nancy to MMRACE as she has come back to join us as a HiSET instructor!

Nancy L. Hebert's story:

It was 6:30 am on a Monday morning. I was standing on the eviscerating line at Fort Halifax Packing Co. I reached my hand into the behind of a chicken (yes, you read correctly), like a person would reach into a mailbox looking for a message. As I pulled my hand out of the chicken, the gall bladder broke and its green content flew into my face. As I was cleaning up I thought, "I need to get out of this job". I got the message alright.

Getting a better job without a high school diploma in 1972 was difficult. I made up my mind then and there to do whatever it took to get that long overdue credential. The next day, I, in my late twenties, divorced, and a mother of one was standing in the office of Waterville High School's Adult Education. When I told the director what I wanted to try and do, he sat right down with me and together we worked out a doable plan for me to get the required credits needed to graduate. He and the teachers not only taught me the lessons I needed to learn but they walked with me step by step and gave me the support I needed. I chose to take the individual courses because I have always liked learning. Many of my peers chose to go the GED route (AKA HiSET) which was much faster but for me it could have been less interesting. I graduated from Waterville High School in 1976. Eventually, I went on to college and have since earned four college degrees.

In 2021, I left an extremely rewarding career in teaching and now I am a member of the staff in the adult HiSET program in an effort to give back to a program that literally saved my life. It's not easy to be a working parent and to go to school but the end result is well worth the sacrifices. A person can feel better about him or herself for many reasons. Among them a strong feeling of accomplishment and a job that won't get one's face dirty (unless you want it to).

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

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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
Linda Davis - College and Career Counselor
Sherrie Brann - 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"

Winter/Spring 2023

ONLINE REGISTRATION

Go to 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 registration fee unless stated otherwise in the course description.
- 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, 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

Evening Hours:

Beginning January 3, 2023

Mon.-Thu., 5:00-9:00 pm

Call 465-9134 or email janderson@rsu18.org.

Please park in student parking at left of building and enter the school at the main entrance.

The Adult Education office is to the right as you enter the Performing Arts Center rotunda area. On the first night of class, your room number and directions will be posted in a very visible location near the Performing Arts Center and also on the 100-Wing, if your class is on that hallway.

WATERVILLE

One Brooklyn Ave., Waterville, ME 04901

Phone: 873-5754

Daytime Hours:

Mon.-Thu., 8:00 am-4:00 pm

Fri., By appointment

Evening Hours:

Beginning January 23, 2023

Mon.-Thu., 5:00-8:30 pm

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.

WINTER/SPRING CALENDAR

Course Registrations:

Online & Mail in: Immediately

Walk-ins: Waterville - Immediately

Call-ins: Waterville - Immediately

Messalonskee - 5:00-9:00 pm, January 3, 2023

Holidays:

January 16 - Martin Luther King Jr. Day

February 20-24 - Winter Break

April 17-21 - Spring Break

May 29 - Memorial Day

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

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 _____

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

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

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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25 MESSALONSKEE AVENUE
WATERVILLE, MAINE 04901

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Come Learn With Us!