

Midcoast

Adult & Community Education



SPRING 2024

Serving the RSU 40 communities of Friendship, Union, Waldoboro, Warren, and Washington, and the RSU 12 communities of Alna, Chelsea, Palermo, Somerville, Westport Island, Whitefield, and Windsor

**35 NEW
Classes!**

www.mace.maineadulted.org

COMMUNITY TECH NIGHTS

on tap for RSU 40 & RSU 12

Thanks to a grant from Coastal Maine Regional Broadband, Midcoast Adult & Community Education will host two Community Tech Nights this winter and spring.

The first Community Tech Night was held in November at Medomak Valley High School. The team that helped community members solve their problems will be back on

RSU40

Thurs, Feb. 15,
at Medomak Valley
High School,

RSU12

Thurs, Mar. 21,
at Chelsea
Elementary School.

Both events take place from 5 to 7 p.m.

Tech Night invites community members to bring their technology devices and questions to the event for on-the-spot help from staff and student "experts." Support will be offered for Apple and Android smartphones, laptops, tablets, and Macs and PCs, common hardware and software, Zoom and other online meeting platforms, Google Workspace and Microsoft Office products, accessibility features, and other bells and whistles.

Help with the tools required to be connected in a digital world is the No. 1 request Midcoast Adult & Community Education receives for classes, according to program director Raye Leonard. "Older people frequently call looking for someone to help them figure out apps on their mobile devices, or how to host a Zoom meeting," she said. "Some even invite us to their home to troubleshoot tech issues."

Participants are asked to sign up in advance at mace.maineadulted.org. At the event, they will be greeted by a Tech Night concierge, and directed to a Tech Station, where a staff or student host will offer their support. Hosts are experts only to the extent of their knowledge and experience, some issues may be beyond their scope of understanding. Light refreshments will be served and additional resources offered.

"We hope the communities around RSU 40 will take advantage of Tech Nights to further develop their IT knowledge. CMRB looks forward to continuing our work with MACE to offer more classes and help sessions in the future," said Brandon Look, a digital planner with CMRB.

Coastal Maine Regional Broadband, a regional broadband partner of the Maine Connectivity Authority, is working to expand public access and digital equity and inclusion to the Midcoast. Funding for Midcoast Adult & Community Education to expand its offerings in information technology education and training is one of CMRB's first steps towards accomplishing this goal.

For more information, visit CMRB.me.

Midcoast Adult & Community Education offers high school completion, career and college advising, workforce preparation, and enrichment courses to adults in the RSU 12 and RSU 40 school districts, including Alna, Chelsea, Friendship, Palermo, Somerville, Union, Waldoboro, Warren, Washington, Westport Island, Whitefield, and Windsor. For more information, visit mace.maineadulted.org, or email administrative assistant Betty Cheff at betty_cheff@rsu40.org.

MORE TECH CLASSES!

Staying Safe on Social Media

Instructor: Betty Cheff
6-7 p.m. | Wednesday, 3/6

SEE PAGE 12
FOR FULL
DETAILS

Web Browser Safety & Security

Instructor: Betty Cheff
6-7 p.m. | Wednesday, 3/13



Brandon Look, left, and Julie Casson of Coastal Maine Regional Broadband host an information table at the RSU 40 Community Tech Night



Adult education instructor Brett Cole, right, helps a community member with laptop issues at the RSU 40 Community Tech Night

Education is everyday magic

One of my fellow adult education directors always says, "Everyone comes to adult ed sideways." What she means is that no one plans to complete high school in a HiSET Learning Lab. Teachers don't go to school to specifically teach adults. Administrative assistants almost certainly started their careers doing something else. It's the same for many directors, too.

But somehow they found the 9 ¾ platform to adult education, and the transformative journey of lifelong learning began. No, they didn't end up at Hogwarts with Harry Potter and his friends. What they discovered instead is that education is an everyday magic anyone can access. The spells are simple:

I wonder if _____

I wish I could _____

I want to learn how _____

Everyone fills in the blanks differently. And adult education can be the portal to learning experiences that change lives. Don't believe in magic? You will once you fill in those blanks for yourself and set off on your own seeker's trek. As Bob Dylan said, "Everybody will help you discover what you set out to find."

Midcoast Adult & Community Education hopes to inspire some magic for you this spring semester. We are excited to offer 35 brand new classes taught by 8 new instructors, including a full range of cooking classes. Check out the new career planning classes offered by the adult education programs of Midcoast Hub 7's Career Navigator on Page 7. And we are very pleased to share the new business and finance classes offered in partnership with New Ventures Maine (see Page 10).

The latest person to find herself on the tracks of adult education is our new program assistant Betty Cheff. Betty joined Midcoast Adult & Community Education in October after 40+ years supporting attorneys and working in technology. She got here sideways, like everyone else, and brought some amazing skills with her. Much from the legal world does not apply in her new line of work. Instead Betty's close attention is now tuned to the stories of everyday magic in the realm of adult education.

Happy learning,
Raye Leonard, director



Rachelle Leonard



Betty Cheff



Midcoast
Adult & Community Education

Helping adults achieve their educational and career goals and build a foundation for lifelong learning in Alna, Chelsea, Friendship, Palermo, Somerville, Union, Waldoboro, Warren, Washington, Westport Island, Whitefield, and Windsor.

320 Manktown Road
Waldoboro, ME 04572
mace.maineadulted.org
207-832-5205

Please leave a message, or for a faster response email Program Assistant Betty Cheff at **betty_cheff@rsu40.org**.

Office hours:
10 a.m. to 4 p.m. Monday through Thursday, and by appointment. The office is closed on Friday.

To schedule an appointment to enroll in high school completion classes, please email Director Raye Leonard at **raye_leonard@rsu40.org**.

To register for an enrichment class, please see more information on page 27.

MIDCOAST ADULT & COMMUNITY EDUCATION

HIGH SCHOOL COMPLETION



If you left high school before you graduated, you are eligible to earn a high school equivalency diploma by completing the High School Equivalency Tests (HiSET). These tests replaced the GED in Maine in 2014.

The HiSET is a series of tests in five subject areas, including reading, writing, social studies, math, and science. You do not have to take all the tests at once. Instead learning labs prepare you to take each test as you are ready. A passing score is 8 out of a maximum of 20. To receive an official high school equivalency diploma, you need a combined score of 45.

GET STARTED

Set up an appointment with adult education staff for intake, assessment and advising.

After we get to know you and your goals, you will take the CASAS reading and math tests, which helps us determine your learning level. These are not graded and the score is informational. It helps us get to know you as a unique learner so we can support your educational goals.

Once intake and assessment is complete, you can begin preparing for the HiSET by attending learning labs. A qualified instructor will help you strategize your learning tasks so you get the support you need in the areas you need it.

WHAT CAN YOU DO WITH A HIGH SCHOOL EQUIVALENCY DIPLOMA?

Anything!

If you need a high school diploma to do it, the equivalency one counts exactly the same.

Apply to college, sign up for a workforce training program, check YES on employment applications, and more!



Email Director Raye Leonard at raye_leonard@rsu40.org to learn more or schedule an appointment.

Academic Programs

Adult Basic Education:

If you are interested in literacy and numeracy support, please contact Director Raye Leonard to talk about your specific needs in these areas. As the program grows, we hope to build classes for ABE students based on their goals. Please email raye_leonard@rsu40.org.

High School Completion:

Midcoast Adult & Community Education's fall high school completion program, based on preparation for the High School Equivalency Tests (HiSET, formerly GED), begins the week of Jan. 8 and continues until May 17. Spring enrollment is ongoing and continues throughout the semester. Students can sign up anytime. To set up an intake and advising appointment and CASAS assessment, please contact Director Raye Leonard at raye_leonard@rsu40.org

HiSET Learning Lab, All Subjects

Students may drop in for support in any subject area with individualized instruction that focuses on the areas they need specific help in mastering. Devices are available to borrow during class, but please bring a laptop, if you have one, HiSET Academy login information, and questions. This is a low-pressure learning experience designed to meet students where they are at. No appointment is necessary, but students must be enrolled in the program prior to attending. To set up an intake and advising appointment and CASAS assessment, please contact Program Assistant Betty Cheff at betty_cheff@rsu40.org.

Instructors: Cathie Jack, Brett Cole & Tom Ruben
4 to 6 p.m. | Monday & Wednesday,
beginning 1/8

By appointment on Tuesdays
Medomak Valley High School
TBD, Chelsea Elementary School

Maine College & Career Access Coordinator: Brett Cole

If you have been thinking about furthering your education or exploring a new career path, the Maine College and Career Access Program could be right for you. The MCCA program covers college prep reading, writing and mathematics, in addition to college success skills and individualized career guidance sessions. Preparation for the Accuplacer college placement tests is emphasized in a relaxed and supportive environment. This program is FREE to participants who commit to completing the program requirements. Day and time TBD according to student needs.

For more information, email
raye_leonard@rsu40.org.

Accuplacer testing is available only by appointment. For more information, email
betty_cheff@rsu40.org.

RSU 12 IS HIRING!

Chelsea Ed: Tech III

Chelsea: ABLE ET III

District: Bus Driver

Windsor: Cook



For more information and to apply, visit svrsu.org.
 In the menu under Human Resources, choose job opportunities for current listings.

★ SAVE THE
Date! ★



**MIDCOAST ADULT & COMMUNITY
 EDUCATION GRADUATION**

Thursday, June 13, 2024
at Medomak Valley High School



WANT MORE FOR YOUR FUTURE?



We can help!

Career Navigation can get you on track to land a new job or move up in your current one.

NO-COST SERVICES:

- resume & interview help
- trainings & certifications
- HiSET & apprenticeships
- support services and more!

CONTACT:

Cassie Robichaux

Career Navigator

857-277-4289

cassie_robichaux@rsu40.org





Midcoast Hub 7 Career Navigation

All classes are FREE and online; please pre-register at mace.maineadulted.org

NEW Start with Why: Defining Your Purpose & Career Goals

Knowing what motivates you is important in the job search process because it helps you focus your efforts in researching opportunities and preparing your applications. It will improve your chances of connecting with your ideal job, company, and long-term success. The instructor will help you learn how to identify your “why” as an important first step and how to translate that into an efficient and meaningful career plan or job search. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Cassie Robichaux, Career Navigator
6:30 p.m. | Tuesday, 2/13

NEW Career Themes That Follow You For Life

Career development is a lifelong process and some themes will emerge. The instructor will help you identify some recurring themes and give you tools to tackle them time and again. Examples include your interests now, skill building and growth mindset, networking, career changes, negotiating money and promotion, and finding balance. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Cassie Robichaux, Career Navigator
6:30 p.m. | Tuesday, 3/5

NEW How to Write a Hybrid Resume

If you’re a new graduate, new to the workforce, re-entering the workforce after some gaps, or wanting to make a career change, a hybrid resume might be right for you. There are many ways to highlight your transferable skills or maximize what you want to show and minimize what you need to hide to make the best first impression. The instructor will guide you in crafting a hybrid resume and discuss

the different types of resumes you might use. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Cassie Robichaux, Career Navigator
6:30 p.m. | Tuesday, 3/19

NEW 5 Types of Cover Letters and Why You Need One

If you want to set yourself apart from others, you need to stand out. A cover letter isn’t an outdated requirement, but a useful tool for advancement. Email, networking, prospective, apply, and job change cover letters are explained in this session with examples given. The instructor will also provide 1:1 support as a follow up for anyone who needs help in crafting a cover letter. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Cassie Robichaux, Career Navigator
6:30 p.m. | Tuesday, 4/9

NEW How to Get Hired: Focus on Performance!

This class is all about interviewing, specifically how to use the S.T.A.R. method and how to give performance-based answers that highlight your ability to do the work required, even if you don’t have the skills and experience ... yet. If you want to set yourself apart from the crowd and increase your chances at employment, you have to learn how to focus on performance. If you’re nervous about interviewing and want to learn some tips that will give you control as an interviewee, this is the class for you! 1:1 support is available as a follow up for anyone who needs interviewing practice. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Cassie Robichaux, Career Navigator
6:30 p.m. | Tuesday, 5/7



Finance Authority of Maine's (FAME) College Access and Financial Education team has put together a series of virtual workshops specifically for adults. All sessions are free, but you must register in advance. An email with a link to the online session will be sent in advance of the class.

All classes are FREE and online; please pre-register at mace.maineadulted.org

Successful Scholarship Searches & Applications

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. In this session, you'll learn to build and work on your own scholarship application plan. You'll also learn about different scholarship websites, how to best use a scholarship information tracker, and avoid some of the challenges of the scholarship process. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Jessica Whittier, college access counselor
6 p.m. | Monday, 2/12

Student Loan Repayment

The Federal Student Loan repayment pause ended on Oct. 1, 2023. Would you like to know more about the options available to you when paying back your student loans? Would you like to learn more about how to consolidate loans to make repayment smoother? Whether you recently graduated from college or have been repaying your student loans for a long time, join us to learn how to best manage your student loan repayment. A money specialist from FAME will discuss federal and private student loan repayment, as well as Public Service Loan Forgiveness for federal student loans. We'll share resources for successful student loan repayment, including an overview of federal student loan consolidation and private education loan financing. Bring your questions and join us for this hour-long virtual workshop. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: FAME
6 p.m. | Wednesday, 2/21

Adulting 101: Money Starts

Finances can be one of the trickiest parts of adulthood. Whether you've been adulting for decades or are just getting started, banking basics, spending plans, credit scores and useful tools and apps are available to make the whole adulting thing a little bit easier. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Steve Kautz, financial education programs specialist
6:30 p.m. | Wednesday, 4/3



NEW Adulting 102: Money Grows

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

Instructor: Steve Kautz, financial education programs specialist
6:30 p.m. | Wednesday, 4/10



All classes are FREE and online; please pre-register at mace.maineadulted.org

Jump Start for Planning Your Child's Higher Education

Is higher education in your family's future? Join a college savings specialist from FAME to talk about planning and saving for higher education. Learn about the aspirational and financial impacts of savings for students of all ages, as well as the program highlights of Maine's Section 529 plan, a tool many families use to prepare for higher education expenses. Also, take home tips and tricks for getting a jump start on the scholarship search while your child is in middle school/ early high school. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Marie Pelletier,
college savings counselor
6 p.m. | Tuesday, 4/23

Planning & Paying for College

Do you have children who will be looking at college in the next few years or are you considering returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Jessica Whittier,
college access counselor
7 p.m.
Tuesday, 5/15



NEW Putting the Literacy in Financial Literacy: Book Club with FAME

Join FAME's College Savings Counselor Marie Pelletier in dissecting Erin Lowery's *Broke Millennial Takes on Investing*. This book club is great for someone looking for an introduction to different investment-related topics. In Lowery's second edition of the *Broke Millennial* financial book series, she addresses some of the biggest questions early investors have such as should I invest while paying down student loans? How do I invest in a socially responsible way? What about robo-advisors and apps--are any of them any good? Where can I look online for investment advice? Students will need to purchase their own copy of the book to participate. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Marie Pelletier,
college savings counselor
6 p.m. | Tuesdays, beginning 2/6, for 4 weeks

RSU 40 NEEDS BUS DRIVERS, SUBSTITUTE TEACHERS, ED TECHS AND SPECIAL ED STAFF

Substitute, Ed Tech & Special Ed Positions

For more information contact:
Christina Wotton, Director of Instruction
Regional School Unit 40

(207) 785-2277 | Christina_Wotton@rsu40.org

Bus Driver Positions:

Contact Emie Vannah, Transportation Director
Regional School Unit 40

(207) 785-2277 | Emie_Vannah@rsu40.org



New Ventures Maine creates an empowering environment for Maine people to define and achieve their career, financial, and small business goals. Through tuition-free classes and individual coaching, we help people find good jobs, start or return to college, launch small businesses, manage their money and build their assets.

All classes are FREE and online; please register at mace.maineadulted.org

NEW Business Success: Marketing Strategies

This workshop walks you through the business marketing strategy, including mission statement, customer, market research, branding, selling and pricing. The goal is to give you a framework so you can create your own marketing strategy for your business. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone. For more information, visit newventuresmaine.org.

Instructor: Alicia LaFosse | 12 p.m. | Thursday, 2/22

NEW Exploring Self Employment

This one-session workshop will help you decide if self-employment is the right choice for you. The class covers pros and cons of owning your own business, steps needed for start-up, major elements of a business plan, and the many resources available to help you succeed. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone. For more information, visit newventuresmaine.org.

Instructor: Alicia LaFosse

Session I: 12 p.m. | Thursday, 2/21

Session II: 12 p.m. | Wednesday, 3/6

NEW Pricing & Break Even

Learning how to price your products and services is critical for your success. In this interactive workshop, we will explore different pricing strategies to help you develop the best methods for your business. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone. For more information, visit newventuresmaine.org.

Instructor: Alicia LaFosse

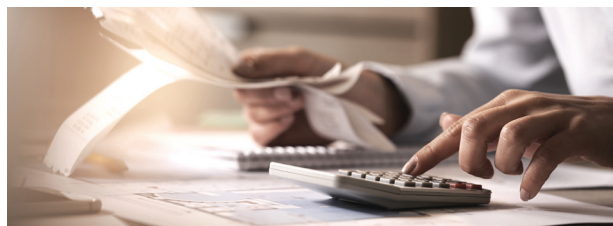
12 p.m. | Thursday, 3/7

NEW Tax Readiness for the Self Employed

Are you self-employed and want to understand more about taxes for your business? In this class, you will learn about what is needed to prepare federal taxes and organize your financial records. We will also review different types of expenses, tax forms, and types of taxes for the self employed. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone. For more information, visit newventuresmaine.org.

Instructor: Alicia LaFosse

12 p.m. | Tuesday, 3/12



NEW Work For Yourself at 50+

"Are you over 50 and looking for ways to improve your current financial situation? Work for Yourself@50+ has the information you need to succeed. It will help you gain the knowledge, support, and resources you need to make informed decisions about working for yourself and take the right first steps toward successful self-employment. For additional information, visit aarpfoundation.org/workforyourself. Work for Yourself@50+ is made possible in part through a grant from The Hartford. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone. For more information, visit newventuresmaine.org.

Instructor: Alicia LaFosse

6 p.m. | Thursday, 2/15

Acadian Arts Fall Retreats



JOIN MARY LAURY, WATERCOLOR INSTRUCTOR, AND CHRIS TOY, COOKING INSTRUCTOR FOR FOUR DAYS OF INDULGING YOUR CHOICE OF WATERCOLOR PAINTING OR ASIAN FUSION COOKING IN AN IDYLIC COASTAL SETTING. EXTEND YOUR LEARNING IN THE EVENING WITH THEMED MOVIES AND LIVE MUSIC. **\$495** INCLUDES WORKSHOPS AND MEALS. LODGING BOOKED SEPARATELY. FOR MORE INFORMATION ABOUT EACH RETREAT, AND TO REGISTER, VISIT MACE.MAINEADULTED.ORG.



PROSPECT HARBOR
4/6 TO 4/9

ROOSEVELT CAMPOBELLO
INTERNATIONAL PARK
6/21 TO 6/24
7/12 TO 7/15
8/16 TO 8/19

REGISTER AT MACE.MAINEADULTED.ORG

arts & crafts

NEW Landscape Paint Night

Come join Heather Emerson and paint a landscape step by step. No previous experience needed. The instructor will take you through a watch and do session and help you bring out your inner artist. You can take your painting home with you that night! All materials supplied.

Instructor: Heather Grotton-Emerson

Session I: 6 to 8 p.m. | Wednesday, 1/24

Session II: 6 to 8 p.m. | Wednesday, 2/28

Warren Community School

\$50

NEW Gourd Bowl with Pine Needle Rim

Make a gourd basket. Perfect for a gift or to keep for yourself. Gourds will be pre-cut. Students will need to clean gourds, sand, and drill holes. Then we will sew white pine needles to the rim. We will be able to pick from several stains to finish the gourds. Gourds are around 4-5 inches in diameter. During this class, we will also go over the basics of making pine needle baskets. This is another great class to learn a skill for life.

Instructor: Jessica Steele

5 to 8 p.m. | Wednesday, 3/27

Medomak Middle School

\$55

Handmade Cards

Make your own cards with love. These classes will teach you how to make beautiful cards, providing instructions and techniques. You will make four unique cards, and each class will teach a different design. The instructor fee is \$5 per class (payable the night of each class) and there is always a door prize. All supplies are provided.

Instructor: Lorna Plourde

Session 1: 6 to 9 p.m. | Thursday, 3/21

Session 2: 6 to 9 p.m. | Thursday, 4/25

Session 3: 6 to 9 p.m. | Thursday, 5/16

Whitefield Elementary School

\$15

Candle Making

Tired of paying crazy expensive prices for candles? Are you looking for a great gift-giving idea? Learn how to make handmade candles with non-toxic soy wax and scented with all-natural essential oils. Each student will receive 2 lbs. of soy wax, wicks, a variety of scents, and containers to choose from, leaving the class with their creations that night to give away or keep for themselves. \$10 materials fee included.

Instructor: Heather Grotton-Emerson

6 to 8 p.m. | Tuesday, 3/19

Medomak Valley High School

\$80

Goat Milk Soap Making

Participants will make a batch of hot press goat milk soap using a variety of molds with many scents and add-ins to choose from. Each person will leave class with 4-8 soaps, depending on the choice of mold and the recipe and know-how of how to make future batches at home. Each student will need to bring a dedicated crock pot and submersion blender/hand mixer to the class that night. All molds, scents, and soap materials will be provided by the instructor. Soaps will be ready for pickup the following week, due to curing time. The fee includes all materials.

Instructor: Heather Grotton-Emerson

6 to 8 p.m. | Tuesday, 3/12

Warren Community School

\$80

Teacher Spotlight: *Jessica Steele*

Jes has a deep passion for the wilderness and for teaching. She has worked in the field of adventure and environmental education for more than 30 years. She loves to share her knowledge with others and enjoys working with adults especially. Join her for a program of connection, learning, and growing. Take a class and gain a skill for life.



computers & technology

NEW Staying Safe with Social Media

Tips and tricks to keep your account from being hacked and spoofed. Learn about authentication options, enabling two-factor authentication, and how to know exactly what you are sharing and who you are sharing it with. We'll cover what to do if your account has been compromised and best practices to prevent it from happening repeatedly. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Betty Cheff

6-7 p.m. | Tuesday, 3/6

Online

Free, please pre-register

NEW Web Browser Safety & Security

We will explore search engines that won't track you or download your data and how to use incognito browsing when using a public device. We'll discuss web browser and search engine options, and best practices to both keep your data safe and ensure your privacy. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Betty Cheff

6-7 p.m. | Wednesday, 3/13

Online

Free, please pre-register

BOOMERTECH
ADVENTURES

All BoomerTech courses are \$40 and designed to be completed on your own time. After registering, adult education staff will email the course PDF, which includes all the learning resources needed. A desktop, laptop, or tablet, and reliable connection to the internet are needed to access the material, which students can keep forever.

NEW iPhone/iPad 15 Vision Accessibility Features

A variety of iPhone/iPad settings allow you to use your device more easily when vision challenges arise. In this course, you will learn where to find vision accessibility options and how to use them. The vision accessibility features are identical on the iPhone and iPad except in a couple of noted instances.

Introduction to iPhone Basics

The vast majority of iPhone users rarely access all of the available features. In this course, learn to use your iPhone to the best possible advantage. Some critical features covered include Apple ID and password; structure of the iPhone (buttons and how they work); best apps to have and how to get them; how to text, phone, FaceTime, and email; how to use the Control Center; mastering Settings; updating operating systems; using key apps; and more. An additional session includes iOS updates and the unique features of the newest iPhones.

Hidden Gems on Your iPhone & iPad

Did you know your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? iPhones/iPads have many time-saving features that allow you to be creative, efficient, and have fun. These hidden gems will show you how to learn advanced features of your iPhone and iPad.

More Hidden Gems on Your iPhone/iPad

In our basic course on hidden gems, we explored: tracking, slide to type, customizing your control center, and accessing the built-in scanner among other cool features. In this level 2 course, we delve into the additional secrets of iPhones and iPads. Learn how to set up helpful widgets, control text size, choose an interesting Siri sidekick, access important privacy features, and more. You'll definitely increase your understanding of the intricacies of your iPhone and/or iPad.

cooking

NEW A Night of Scone Delights!

If you have had flat or tough dry scones this might be just the class you have been waiting for. Debra will show you step by step how to make light and tender Chocolate Cherry Scones, Apricot Ginger Scones and Bacon, Cheddar, Chive Scones as well as classic Basic Scones. This class will be participatory, and samples of all items will be tasted, and the rest divided among the class. Remember to bring a container to store all that you will take home. \$10 material/ingredient fee included in the cost of the class. No experience necessary.

Instructor: Debra Arter

5:30 to 8:30 p.m. | Tuesday, 2/27

Medomak Middle School | \$55

NEW Chocolate Extravaganza

Chocolate is good for you!! It's full of antioxidants not to mention flavor that can't be beat. Debra will tell you the history of this important ingredient and guide you through making decadent fudge sauce (perfect gift idea!), white chocolate macadamia nut cookies, and molten lava cakes. Recipes and generous samples guaranteed. We will be able to eat these items warm from the oven with ice cream. Sign up early so you guarantee a spot in this yummy fun class. \$10 material/ingredient fee included in the cost of the class. No experience necessary.

Instructor: Debra Arter

5:30 to 8:30 p.m. | Tuesday 3/12

Medomak Middle School | \$55

NEW Pies & Tarts - Oh My!

If you have suffered through pastry mishaps or wondered what to do about running pie filling this may be the class for you. In one evening, we will make a standard two-crust pie, as well as a fresh fruit tart that will get rave reviews every time you make it. Hands-on time with instruction, recipes, tips and liberal tasting opportunities assure that this is a class you won't want to miss! \$10 material/ingredient fee included in the cost of the class. No experience necessary.

Instructor: Debra Arter

5:30 to 8:30 p.m. | Tuesday 4/2

Medomak Middle School | \$55

NEW Homemade Candy & Other Delights



Let's get together for a three-hour class to go over some of my favorite holiday treats. We will go over how to make homemade chocolate, turtles, peanut butter cups, peppermint patties, chocolate covered pretzels, coconut clusters, salted caramels, candy nuts, caramel corn, and maybe even maple fudge. We will learn the basic tools and materials, ingredients, recipes, and step-by-step process. Impress everyone this season with some new recipes that I am sure will be their favorites! No refunds.

Jessica Steele

5 to 8 p.m. | Wednesday 1/31

Chelsea Elementary School | \$55

NEW All Things Dairy

Get ready to sink your teeth in some tasty treats. This is a 3-hour course where we will learn how to make soft cheese, yogurt, ice cream and maybe even salted caramels. We will go over the tools and materials needed, ingredients, recipes, and the step-by-step process. Get ready to taste our lovely homemade treats. No refunds.

Instructor: Jessica Steele

5 to 8 p.m. | Tuesday, 2/13

Chelsea Elementary School | \$55



13 Types of Yeast Rolls

Who can resist the smell of fresh bread baking? In this one-night class we will learn how to mix, knead, proof and shape yeast dough into both savory and sweet treats. Participants will learn how to create cloverleaf rolls, butter crescents, cinnamon swirls, tea rings, caramel pecan rolls and whole-wheat buns as well as an economical savory braid that comes together quickly. You will learn what gluten is about! Various yeast bread tricks will be shared and discussed. Each student will go home with a basket of yummy warm samples, as well as dough to bake at home. All baking levels are welcome for this hands-on class. Bring an apron, and a container to fill and take home. \$10 material/ingredient fee included in the cost of the class. No experience necessary.

Instructor: Debra Arter

5:30 to 8:30 p.m. | Tuesday, 3/5

Medomak Middle School | \$55

health & wellness

NEW Gentle Beginner Yoga

If you've ever wanted to learn how to do yoga, this class will teach you the basic postures, breathwork, and flow to get you started on your yoga journey. No experience necessary. If you are already comfortable on the mat, this class is an invitation to deepen your practice by slowing down. Yoga mats and blocks provided. Please bring a blanket and other props, if you'd like. **No class Feb. 15 in Session I.**

Instructor: Crystal Benner, 200 Certified Yoga Teacher

Session I: 6 to 7:15 p.m. | Thursdays, beginning 2/1 for 4 weeks

Session II: 6 to 7:15 p.m. | Thursdays, beginning 3/7 for 4 weeks

**Medomak Valley High School
\$60**

NEW Wild Healing: Foraging for Medicinal Herbs

Join us for a hybrid workshop/plant walk! We will cover the basics of an ethical and relational harvest, as well as address safety concerns, proper timing and technique, and positive identification (when in doubt - spit it out!) We'll also talk about how to preserve your harvest so that you're able to best work with what you've gathered. On our plant walk, we will be able to meet our plant neighbors face to face and familiarize ourselves with their look, feel, taste, smell, and environment. Each attendee will receive a handout filled with plant profiles, recipes and formulas, instructions and techniques, blank forms, and helpful charts.

Instructor: Andrea Webb, Clinical Herbalist and Educator

4 to 6 p.m. | Saturday, May 18

**Every Light Wellness LLC, 1126 Prescott Road in Manchester ME 04351
\$30**

NEW An Herbal Tea Garden

You don't need a green thumb to invite healing herbs into your garden, and you don't need a degree in herbal medicine to work with them! In this workshop, we will be focusing on 10 of the

instructor's favorite herbs to grow for teas, as well as proper harvesting techniques and how to preserve your harvest so that it remains vibrant and life-giving for months. We'll explore a variety of water preparations you can make with dried herbs, such as washes, nourishing infusions, broths, steams and of course, the perfect cup of tea. We'll also talk about blending herbs to create your own unique recipes and formulas. This class is perfect for absolute beginners, as well as those who may have already begun their herbal journey. Bring your questions, and your seed catalog! Each attendee will receive a pdf handout with plant profiles, recipes, instructions, techniques, and blank forms for your use. This class will be recorded and available for all registrants to download. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Andrea Webb, Clinical Herbalist and Educator

6 to 8 p.m. | Thursday, 2/22

**Online
\$25**

Peace through Meditation

Meditation helps you to uncover the beauty and calm within you. In the stillness, you can let go of mind clutter, melt stress, develop more focus, and awaken your creativity. Each class introduces you to different ways to go into and experience meditation. One way was shown to me by a Buddhist monk, who was one of Roberta Barnes' Japanese Shihans (teacher of high standing). This allows you to decide the way best for you to go into the stillness within where you can find treasures that you cannot find outside yourself. This class requires comfortable clothes and a throw blanket.

**Instructor: Roberta R. Barnes, Gendai Reiki-ho Shihan, Komyo Reiki Kai Shihan, Master Herbalist
6 to 7:30 p.m. | Thursdays, 3/7 for 5 weeks
Windsor Elementary School
\$75**



health & wellness

NEW Maine Death with Dignity

There is still a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. Many providers and patients in Maine are still not familiar with Maine's Death with Dignity Act. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Know the facts and, if qualified, the right to access medical aid in dying if they choose. Join this class to get fact-based information and all the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify for the law or support your loved one who may qualify. No materials/supplies required. You will receive a link to login online for this class. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Valerie Lovelace
6 to 8:30 p.m. | Thursday, 4/11
Online
Free

NEW Dog & Cat First Aid/CPR

This training teaches participants how to be prepared for emergencies that involve a cat or dog in about 3.5 hours. The training will combine videos, lectures, interactive discussion, and hands-on practice. By the end of training participants will be able to do or understand what goes into a pet first aid kit; what is the normal physical condition, behaviors and habits of your pet; identify a normal heart rate, breathing rate and temperature; how to safely approach an ill or injured cat or dog; how to capture and restrain a cat and muzzle a dog; demonstrate how to perform bandaging for soft tissue injuries; care for fractures including head and neck injuries; learn how to care for an animal with heat/cold related emergencies; check for breathing and cardiac emergencies; understand how to give rescue breathing and perform CPR for a dog or cat. No refunds.

Instructor: Jessica Steele
5 to 9 p.m. | Thursday, 5/2
Medomak Valley High School
\$60

Gendai Reiki-ho Shoden, Level I

Shoden (first teachings) is the powerful entrance level in Gendai Reiki-ho. This level focuses on self-healing, self-cleansing, self-growth and weaving healing balance and harmony into your life. When you heal yourself, you heal your family, your community, and our world. Japanese exercises guide you to feel vibrations that tell you where your hands need to be and for how long to hold them in that place. Through Japanese exercises you can fill and surround yourself with pure Reiki light (translation of the piece of universal energy we call Usui Reiki) and begin uncovering the true universal you. Manual included in the cost of the course.

Instructor: Roberta R. Barnes, Gendai Reiki-ho Shihan, Komyo Reiki Kai Shihan, Master Herbalist
6 to 8 p.m. | beginning Wednesday, 2/28
for 6 weeks
Windsor Elementary School
\$175

Lotions and Scrubs

Looking for a great, handmade gift to give or just something to keep for yourself? Learn how to make handmade lotions and sugar/salt scrubs for a fraction of what you would pay in the store. Each participant will create a personalized salt scrub, a sugar scrub, and a 12-14 oz. bottle of lotion. Each participant should bring two 8 oz. jars and one 16 oz. jar for their creations. The instructor will supply all ingredients for the lotions and scrubs, including scents and add-ins. The fee includes all materials.

Instructor: Heather Grotton-Emerson
6 to 8 p.m. | Thursday, 2/15
Warren Elementary School
\$60

Naloxone Administration Training

Keeping Naloxone (Narcan nasal spray) on hand can help save a life. Having a kit nearby could help a friend, family member, or someone in the community in the event of an emergency. This Narcan administration training will guide you through how to use Narcan, as well as helpful information on opioids and how Narcan interacts with these substances. This training is free, on behalf of Healthy Lincoln County, a tier two distributor of

health & wellness

Narcan in the State of Maine. Upon completion of this training, you will receive one kit, with two doses of Narcan, to add to your first aid kit or AED box. Additionally, you will receive supplemental resources to have on hand should you want to review what was discussed in the live training event. This is a single one-hour session with three different date options

Instructor: Will Matteson - Healthy Lincoln County

**Session 1: 6 to 7 p.m. | Tuesday, 2/27,
Medomak Valley High School**

**Session 2: 6 to 7 p.m. | Tuesday, 3/26,
Whitefield Elementary School**

**Session 3: 6 to 7 p.m. | Tuesday, 4/9
Medomak Valley High School**

Free

Beginning As a Backyard Herbalist

This series of five workshops is created for those who have heard the call of the familiar strangers growing all around us. It is offered with the conviction that health begins at home, within our communities, and engaging in the work of "healing thyself" is every human's birthright. If you want to begin working with plants to support your health and well-being, this course is for you! You will leave empowered and confident in your ability to safely and effectively work with some of our most common and beloved herbal allies. We will dive into the basics of plant energetics, identification, ethical harvesting practices, creating herbal remedies with ingredients you can find in your cupboards (or at the local grocery store), as well as how to keep excellent notes to preserve and pass down your personal herbal traditions. This class is perfect for absolute beginners, as well as those who may have already begun their herbal journey. All classes will be recorded for the convenience of those registered. Each attendee will receive an extensive 50-plus page booklet filled with plant profiles, recipes and formulas, instructions and techniques, blank forms, and helpful charts. Classes will be recorded and available for all registrants to download. **No class April 16.**

**Instructor: Andrea Webb, Clinical Herbalist
and Educator**

**6 to 8 p.m. | Thursday, beginning 4/2 for 5 weeks
Chelsea Elementary School
\$100**

NEW Herbal Remedies at Home

Join us for a virtual workshop exploring all of the ways you can make safe, effective herbal remedies at home - from soothing syrups for sore throats and coughs, to herbal salves for bumps and minor wounds. The instructor will be in her kitchen demonstrating various methods and techniques as she shares information about safety, dosage, preservation and other helpful tips and tricks she has learned through years as both a clinical practitioner and busy wife and mom. Topics include making tinctures with alcohol, glycerine or vinegar; the best way to make an infused oil with dried and fresh herbs; seamlessly incorporating herbal remedies into your daily life; which herbs like which preparations, and how to tell; three different water preparations (herbal tea, nourishing infusion, and herbal washes; and understanding safe dosages and contraindications. This class is perfect for absolute beginners, as well as those who may have already begun their herbal journey. Each attendee will receive a pdf handout with recipes, instructions, techniques, blank forms, and helpful charts. This class is being held virtually via Zoom and will be recorded and available for all registrants to download. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

**Instructor: Andrea Webb, Clinical Herbalist
and Educator**

**6 to 8 p.m. | Tuesday, 3/19
Online | \$25**

WANTED: CHEF/COOK INSTRUCTOR



Do you have a passion for cooking and want to share that passion?

The adult education programs of Midcoast Hub 7 are looking for several Chef/ Cook instructors within the Lincoln, Sagadahoc, Knox, and Waldo counties willing to teach a 60-hour on-ramp cooking course. Facilities can be provided or, if you have a commercial kitchen, you can do the class there! Class outline and testing are provided to you.

The course includes Knife Skills, Food Math, Sanitation and Safety, and Basic cooking skills.

This is a paid teaching position!
Plus a 25% override for out-of-class work.

Pay range: \$24-\$32/Hour

Send Resume and Cover Letter to:
joseph.catalano@fivetowns.net

healthcare training



NEW Medical Terminology

Are you interested in working in a medical setting? Or do you just want to understand what your doctor is talking about? You can become fluent in a new “language” in just a few weeks! This eight-week intensive online course is a study of medical terminology, including word structure and formation, medical terms, their abbreviations and meanings, and correct pronunciation. Language from all body systems and major medical specialties, as well as terms related to anatomy, physiology, and major disease processes, will be covered. This course will teach you how to build thousands of medical words from prefixes, suffixes, word roots, and combining forms, many from Latin and Greek; define medical words by analyzing their parts; spell medical words accurately; pronounce medical words correctly; learn and recall common and acceptable medical abbreviations; and know how to use a medical dictionary. Medical terminology is a foundational course for anyone interested in becoming a medical receptionist, secretary, or transcriptionist working in any healthcare profession. It is equally beneficial for those who want a better understanding of medical terms as they navigate their own or a loved one’s care. No class the week of April 15 due to spring break. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone. Financial assistance may be available. For more information, email Director Raye Leonard, raye_leonard@rsu40.org.

Instructor: Margit Ahlin, Certified Healthcare Documentation Specialist

6:30 to 8 p.m. | Mondays and Thursdays, beginning 3/4 for 8 weeks

Online

\$395

Behavioral Health Professional Certification

Children’s behavioral health services are vital to Maine’s children with intellectual disabilities, autism, and mental health disorders and their families. As an integral part of the child’s treatment team, a Certified Behavioral Health Professional (BHP) has the opportunity to make an immediate impact while helping a child grow and develop to their full potential. This online training will equip you to successfully help children who are currently on a waitlist 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 two 4-hour live sessions. Once the modules are completed, you will receive free online bloodborne 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. Assistance with job placement is provided to anyone who completes the program. Assistance with technology may be available. Prerequisites: A high school diploma or equivalency. Proof of high school completion required, along with CPR/first aid certification. Funds available to reimburse for the cost of CPR/first aid training. Must be 18 years or older upon completion of the course.

Instructor: Woodfords Family Services
Self-paced and asynchronous
Online
Free

CPR/AED/Standard First Aid

This class emphasizes life-threatening conditions and focuses on critical life-saving skills. Decision tables will provide a concise summary of what signs to look for and what treatment steps to take during an emergency. Current information on CPR, AED, injuries, and illnesses. Newly updated content on hemorrhage control, opioid overdose response, compression-only CPR, and Covid-19, is included in the course. Students must attend all three nights for certification.

Instructor: Andrew Eckman
6 to 9 p.m. | Tuesdays, beginning 4/23 for 3 weeks
Medomak Valley High School
\$100

healthcare training

Basic Life Support (for Healthcare Workers)

This program ensures that individuals with a duty to respond (public safety professionals, healthcare providers, and others) have the knowledge and skills necessary to respond to breathing and cardiac emergencies. The participant will learn one- and two-rescuer CPR, multiple rescuer responses, and how to use an AED and clear an obstructed airway for adult, child, and infant patients. Participants will learn how to check both a conscious and unconscious patient, and how to give effective ventilations to a patient experiencing a cardiac and/or respiratory arrest, including using a resuscitation mask and bag-valve-mask (BVM) resuscitator. This program is accepted for continuing education credit by CAPCE and NREMT for EMS personnel, and by AGD/PACE for dental providers; the State of Maine accepts the program credits for licensing requirements for pharmacists and other licensed healthcare professionals. This program does not include a first aid component.

Instructor: Andrew Eckman
6 to 9 p.m. | Tuesdays, beginning 3/19 for three weeks
Medomak Valley High School
\$115

NEW CPR Recertification

This is a refresher/recertification course for the Standard First Aid program. Prior to class, participants MUST present a valid certification from one of the following entities American Heart Association (AHA); American Red Cross (ARC); Canadian Red Cross; Health and Safety Institute (ASHI, EMSS, 24-7 Medic); Emergency Care and Safety Institute (ECSI); National Safety Council (NSC).

Instructor: Andrew Eckman
6 to 9 p.m. | Tuesday, 4/9
Medomak Valley High School
\$100



NEW Basic Life Support (for Healthcare Professionals) Refresher

This is a refresher/recertification course for the Basic Life Support program. Prior to class, participants MUST present a valid certification from one of the following entities American Heart Association (AHA); American Red Cross (ARC); Canadian Red Cross; Health and Safety Institute (ASHI, EMSS, 24-7 Medic); Emergency Care and Safety Institute (ECSI); National Safety Council (NSC).

Instructor: Andrew Eckman
6 to 9 p.m. | Tuesday, 3/12
Medomak Valley High School
\$115



ACADEMY of MEDICAL PROFESSIONS

Academy of Medical Professions take place online via live Zoom sessions and/or they are self-paced. Courses are all-inclusive: Books, reference material, national certifications, practice exams and online resources, live instructors, and support for self-paced students are included in tuition. Tuition for Clinical Medical Assisting and Phlebotomy may be covered by a grant from Healthcare Training for ME and require in-person clinical lab experience with locations in Brunswick, Ellsworth, among others. Payment plans are available for all courses and funding may be available from WIOA/voucher approved organizations like Goodwill, MyCAA, Maine Department of Labor, EMDC/HOPE, and others. Contact Midcoast Adult & Community Education for more information about funding.



To register, please email
info@academyofmedicalprofessions.com.

Clinical Medical Assisting - \$3,500

This 16-week program includes in-person skills labs and live via Zoom class meetings that prepare you to pass the national certification. Upon completion of the program, you will sit for your Certified Clinical Medical Assistant exam through NHA. Externships may be available in your area. Live Zoom classes meet 5:30 to 8:30 p.m. Tuesdays & Thursdays, beginning 3/5 or 6/18.

To register, please email
info@academyofmedicalprofessions.com.



healthcare training

Phlebotomy - \$3,200

Become nationally certified in 10 weeks as a phlebotomy technician. Our course is all-inclusive and prepares you for national certification with live classes via Zoom and in-person skills labs. You will be able to perform basic phlebotomy procedures, evaluate patients for ability to withstand venipuncture procedure, explain the procedure and answer patient questions, perform basic point of care testing, such as blood glucose levels on patients, prepare blood, urine, and other body fluid specimens for testing according to established standards. Tuition includes Certified Phlebotomy Technician (CPT) national certification through NHA, books, resume and job assistance. Live Zoom classes meet 5:30 to 8:30 p.m. Tuesdays and Thursdays, beginning March 5 or June 18.

To register, please email
info@academyofmedicalprofessions.com.

Pharmacy Technician - \$2,850

14 weeks, 7 to 9 p.m. Thursdays, beginning 1/25 or 5/30 for live Zoom classes, or online anytime at your own pace

Dental Assisting - \$3,200

12 weeks, Mondays, beginning, 2/5 or 6/10 for live Zoom classes, or online anytime at your own pace

Medical Office Specialist - \$3,200

16 weeks, 5:30 to 7:30 p.m. Wednesdays, beginning 3/6 for live Zoom classes or online anytime at your own pace

Medical Coding - \$3,950 or \$5,150 with Practicode

20 weeks, 5:30 to 8:30 p.m. Thursdays, beginning March 14 for live Zoom classes or online anytime at your own pace

Medical Transcription - \$3,200

Online anytime at your own pace

To register, please email
info@academyofmedicalprofessions.com.

home & family

NEW Parenting - What Have I Created?

Sometimes our parenting doesn't quite bring results as we had imagined in our head and we can be left wondering, "What have I created?" In these courses, we'll learn about motivation, honesty, courage, kindness, and confidence that we can create to give space for our children to have the skills needed to grow in those areas. And we'll finish it off with learning about compassion, boundaries, and emotions for us and our children. Scholarships available. **No class April 18.**

Instructor: Leah Carle

6 to 7 p.m.

Thursdays beginning 3/7 for 8 weeks

Medomak Valley High School

\$40

Field Guide to Old Houses & Barns

This is a course for people who have an old house and/or an old barn, want to, or just love them! The first session is in the classroom. After that, meetings will be held in the old homes and barns of class members. There will be as many sessions as are required to visit the houses of class members who want their houses visited. The last class will be a potluck supper at the instructor's house, where class members can visit the historic features of Alna, see the instructor's cabinet-making shop and barns, and delve into his reference library on early buildings. Les Fossel is one of Maine's foremost experts on early buildings. His award-winning business has specialized in preserving our early buildings since 1975.

Instructor: Les Fossel

6 to 8 p.m. | Wednesday, 3/20

Whitefield Elementary School

\$80

Medicare 101

Questions about Medicare? Join Jo-Ann Neal for this informational seminar outlining the basics of Medicare. Jo-Ann will answer your questions including what Medicare does and does NOT cover, when to enroll, the difference between Medicare Advantage and Medicare Supplement Plans, and which plan is best for you. Following the presentation, Jo-Ann will be available for a question-and-answer session.

home & family

Jo-Ann Neal of Allen Insurance and Financial is a licensed insurance agent specializing in Medicare. Jo-Ann joined Allen Insurance and Financial in May 2013, bringing with her 10+ years of human resources and benefits administration experience. In 2016, she earned a Benefits Account Manager certification from the National Association of Health Insurance Underwriters and became appointed to work with customers on Medicare plans. **All classes online except Session 7.**

Instructor: Jo-Ann Neil

Session 1: 5 to 6:30 p.m. | Wednesday, 1/10

Session 2: 5 to 6:30 p.m. | Tuesday, 2/6

Session 3: 5 to 6:30 p.m. | Tuesday, 2/20

Session 4: 5 to 6:30 p.m. | Thursday, 3/14

Session 5: 5 to 6:30 p.m. | Tuesday, 3/26

Session 6: 5 to 6:30 p.m. | Wednesday, 4/10

Session 7: 5 to 6:30 p.m. | Wednesday, May 29,

Medomak Valley High School

Free

Developing a Personal and Home Defensive Protection Plan

This three-hour course is NOT about installing an alarm system. It is about adjusting your awareness around you as you move through your day and your home. It is about doing mental exercises to handle the "What if's" to keep you and your loved ones safe. Learn situational awareness, conflict avoidance, and how to access your home's defense. Part 1 of a 3-part series but can be taken separately. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG

5:30 to 8:30 p.m. | Monday, 4/10

Online | \$35

Constitutional Carry and Legal Use of Force Explained

This three-hour course is for both firearm owners and nonowners. You'll learn what to do when you see an attack or if you are attacked and respond with force. You'll learn how to contact the first responders, how prosecutors might view what you did, rules about concealed carry in the U.S. and Maine, and various

ways to protect yourself without using a firearm. Part 2 of a 3-part series but can be taken separately. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak

5:30 to 8:30 p.m. | Wednesday, 4/17

Online | \$35

NEW Concealed Carry & Home Protection Fundamentals

Over two classes in a safe environment, you will learn the mindset and skills to protect yourself and those that you care about with and without a firearm. You will learn or review the basics of handling a firearm and then about self-defense not using a firearm. Learn the difference between accurate target shooting and defensive shooting. You will learn about concealed carry rules and safety. You will learn how your body will react to stress in an immediate response situation. Practice will be inside the classroom using SIRT pistols (laser-only shooting pistols) but you will be seriously challenged. Holsters and special clothing will be used. A \$35 textbook is included. **No firearms are to be brought to class.** This course meets concealed carry permit application requirements.

Instructor: Alice Bean Andrenyak,

Master Maine Guide

5:30 to 8:30 p.m. | March 13 & 20, 2024

Medomak Valley High School | \$130

NEW Women's Basics of Pistol Shooting

In a non-threatening, safe, women- only environment with no live ammunition present, learn the basics of handgun safety when kept in your home or throughout your daily routine; how to handle a pistol safely; parts of a pistol and ammunition; fundamentals of pistol shooting including holding, stance, and aiming; common malfunctions; cleaning; and selecting a pistol just right for you. You may not bring your own handgun or any ammunition to class, but the instructor will have safe, unloaded examples to share. You will receive a textbook. The optional two-hour range time at Lincoln County Rifle Club in Damariscotta is separately scheduled during daylight

home & family

hours during the week. and has a fee of \$50 payable to the instructor. If you go to the range, you'll fire either your own pistol or one from the instructor and try to put five rounds of ammunition through four separate target circles at 10 feet using only 20 rounds. You will need 50 rounds of ammunition for your personal handgun. If you are "renting" a pistol from the instructor, she will have 50 rounds of ammunition for you for a cost of \$25 for a total cost of \$75. To pass this nationally rated course and get certified, you must attend all sessions and actively participate, pass a written examination, and pass the 10-foot shooting qualification, all within two weeks of the last class session. Certification can be used to apply for a concealed carry permit.

Instructor: Alice Bean Andrenyak, Master Maine Guide

5:30 to 8:30 p.m. May 21 & 28, 2024

Medomak Valley High School

\$130

When Your Office Is Someone's Home

This three-hour course is for anyone that goes into someone else's home to do work, repairs, estimates, sales, nursing, or outside the home contractors. How can you be safe? Learn the basics to access the surroundings, stay safe and protect yourself without using a firearm. Part 3 of a 3-part series but can be taken separately. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG

5:30 to 8:30 pm | Wednesday, 4/24

Online | \$35

Maine Driving Dynamics

Maine Driving Dynamics is a Maine-sponsored five-hour defensive driving course that offers all drivers the opportunity to improve their defensive driving skills. The course includes a discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. It is taught by a certified Maine Driving Dynamics instructor in a format that engages students with lectures, videos, and class discussion/participation.

personal enrichment

Those completing the course will receive a 3-point credit on their driving record. Students 55 and older can receive an insurance discount from their insurer.

Instructor: Maine Bureau of Highway Safety
6 to 8:30 p.m. | Tuesday, 5/14 and Thursday, 5/16
Windsor Elementary School
\$65

History of Malaga Island

Learn about the eviction of a complete community living on Malaga Island in Casco Bay in 1912. Learn the prehistory of the island's use by our indigenous people and post history of the island after the eviction. Learn a bit about the mainland African American village in coastal Maine that no longer exists but predated the Malaga Island Colony. Visit the island remotely through a slide show created by Master Maine Guide, Alice Bean Andrenyak.

Instructor: Alice Bean Andrenyak, MMG
Online Zoom

6:30 to 8:30 p.m. | Monday, 2/12

\$35



Self-publishing through Amazon

Have you written the next great American novel, a cookbook, or some other book that you'd like to get published? Publishing through big publishing companies can be tough. Learn how you can publish your book quickly and easily through Amazon and get your book out to readers worldwide at no cost to you. Heather (H.J.) Emerson currently has 23 books published through the Amazon platform and will walk you through each step to becoming a published author.

Instructor: Heather Grotton-Emerson

6 to 8 p.m. | Monday, 3/25

Medomak Valley High School

\$50

personal enrichment

MUSIC

Ukulele for Beginners

Learn to play the ukulele! It has never been more popular, and you don't even have to know how to read music. On the uke, you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new - even Classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. You will need a playable ukulele and an electronic tuner or a tuner app. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Duncan Perry

Session 1: 6 to 7:30 p.m. | beginning

Wednesday, 1/31, for 4 weeks

Session 2: 6 to 7:30 p.m. | beginning Tuesday, 2/27, for 4 weeks

Session 3: 6 to 7:30 p.m. | beginning Wednesday, 3/27, for 4 weeks

Session 4: 6 to 7:30 p.m. | beginning Tuesday, 4/23, for 4 weeks
\$80

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the piano to give you years of musical enjoyment. Learn to play piano using chords. Since this class is held on 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 Q&A session is also included, as well as a recording of the class. The course is part lecture/demonstration and part hands-on instruction. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Craig Coffman

6:30 to 9:30 p.m. | Monday, 4/8

Online
\$60

Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but can't 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 with your favorite songs immediately. Since this class is held on 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 Q&A session is also included, as well as a recording of the class. The class is limited to 15 students. For ages 13-plus. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Craig Coffman

6:30 to 9 p.m. | Tuesday, 4/9

Online
\$60

OUTDOORS

Coastal Navigation, Level 1

Learn the basics of coastal navigation using local charts, parallel rulers, and dividers. Learn what the symbols mean, how to determine safe and dangerous routes, create courses, learn the rules of the "road," what aids to navigation look like and do, plan for emergencies, and more. For kayakers, sailors, powerboaters, and future Registered Maine Guides. Students will need access to either a Casco Bay Chart or Penobscot Bay Chart, parallel ruler and dividers. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG

5:30 to 8:30 p.m. | Monday, 3/4 and 3/11

Online
\$35

personal enrichment

Map & Compass, Level 1

Hike, snowshoe, geocache, hunt, and enjoy the woods and fields of Maine with confidence that you can read a topographic map, understand the symbols, know which way a river flows, plot a course bearing, use online resources, and how to get to safety. Familiarization with using a compass and map outdoors included. Students must have a DeLorme Maine Gazetteer, and a 2-degree baseplate compass. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG

5:30 to 8:30 p.m. | Monday, 4/1 and 4/8

Online

\$50

How to Train to Become a Registered Maine Guide

Want to be a Registered Maine Guide? Don't know the process? Trying to decide how to train to take your tests? Want to know the rules about guiding? Take this one-hour interactive Zoom information session to get your answers and create your future. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG

7 to 8 p.m. | Tuesday, 1/9

Online

Free, please pre-register

Teacher Spotlight: *John Coffin*

John Coffin is a U.S. Coast Guard Master with 100-Ton License and an American Heart Association Basic Life Support (BLS) instructor:

"I am a strong believer in lifelong learning and enjoy passing on information and skills that I have acquired. I am a hands-on instructor who believes that two-way interaction is critical to learning."



Registered Maine Guide Training

Learn the skills that Registered Maine Guides use daily, including map & compass, coastal navigation, shelter building, separated client searches, cooking, canoeing, snowshoeing, SUPing, plus specialty skills for recreation, sea kayaking, tide-water fishing, inland fishing, and hunting. This 10-session hybrid program includes Zoom classes, optional all-day skill workshops, and homework assignments. Optional skills workshops are at an additional cost. Those thinking of becoming a Registered Maine Guide will need to take a first aid and CPR course, not included. No class on Feb. 20. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: Alice Bean Andrenyak, MMG

5:30 to 8:30 p.m. | Tuesdays, beginning 1/23 for 10 weeks

Online

\$500

NEW Captain License Information Session

Are you interested in obtaining a USCG Captain's License? Do you want to learn the differences between an Operator Uninspected Passenger Vessel (OUPV) license and a Master 100GT license, and what experience the Coast Guard requires for each? These informational sessions will help answer these questions and others about the two licenses. Also discussed will be the different methods for completing the course requirements. This information session is free, but please register in advance, so the instructor knows how many individuals will be attending and can send login instructions. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class. We do not recommend using a smartphone.

Instructor: John E. Coffin

Session 1: 6 to 8 p.m. | Wednesday, 4/24

Session 2: 6 to 8 p.m. | Wednesday, 8/7

Online

Free, please pre-register

How Music Helps

an 8-session art workshop

Saturdays Noon-2pm, 1/13 to 3/8

At the corner of 3 Hall St. & Academy Hill Rd., Newcastle, ME

Join us at the warm and welcoming Lincoln County Recovery Community Center as artist Peter Bruun guides us in sharing stories and making art about how music helps us rise and thrive before the challenges in our lives.

No art experience required!

Sign up now!

Contact Peter Bruun to register for this FREE 8-session art workshop at
(207) 800-1640 or peter@bruunstudios.com



"How Music Helps" is a project of Lincoln County Recovery Community Center and Studio B. This workshop is offered in partnership with Merrymeeting Community & Adult Education, with support from the Maine Humanities Council.



studio.b





MID-COAST SCHOOL OF TECHNOLOGY ADULT EDUCATION

► For complete course details or to register, go to midcoastadulied.com or call 596-7752 ext.3 ◀

Class at MCST Rockland

Classes	Day	Starts	Time	Cost
AirBnB Intro	2	Tues	3/5	6-8pm \$58
AirBnB-Type Rentals, Part II	3	Tues	4/23	6-8pm \$72
Amateur (Ham Radio) General License	10	Thurs	2/1	6-8:30pm \$20+
American Red Cross Adult & Pediatric CPR/1st Aid/AED	1	Sat	3/16	9 am-3:30 pm \$110
American Red Cross Adult & Pediatric CPR/1st Aid/AED	1	Sat	5/18	9 am-3:30 pm \$110
Artisan Breads	1	Tues	3/5	5-8pm \$48+
Autodesk Inventor Basics	10	Tu/Th	1/23	5-8pm \$225
Automotive Technology	6	Tues	3/5	5:30-8pm \$125
Blueprint Reading Fundamentals	10	Tu/Th	3/12	5-8pm \$225
Business Basics for the Maker	4	Mon	2/5	5:15-8:15pm \$95
CNA - Certified Nursing Assistant	27	Tu/Wed/Th	4/2	8:30am-3:00pm \$1195+
CNA - Certified Nursing Assistant	27	Tu/Wed/Th	7/9	8:30am-3:00pm \$1195+
Color Wheels Atturning: Creating an Artist's Palette Z	4	Wed	2/28	6-8pm \$72+
Composting	1	Tues	5/7	6-8pm \$38
Container Gardening	2	Tues	4/23	6-8pm \$58
Creative Book Making	4	Thurs	3/7	5:30-7:30pm \$78+
CRMA - Certified Residential Medication Aide	5	Fri	1/19	8:30am-4pm \$355+
CRMA - Certified Residential Medication Aide	5	Fri	3/29	8:30am-4pm \$355+
CRMA Recertification	1	Fri	3/8	8:30am-2pm \$95
CRMA Recertification	1	Fri	5/17	8:30am-2pm \$95
Cupcakes with Spring Buttercream Flowers	1	Wed	5/8	5-8pm \$48+
Deciduous Landscape Shrubs - Characteristics & Care	3	Wed	2/28	6-8pm \$82
Document and File Management	1	Wed	5/1	6-8pm \$22
Drawing on the Right Side of the Brain	4	Thurs	3/7	6-8pm \$78*
Drawing on the Right Side of the Brain, Part II	4	Thurs	4/25	6-8pm \$78*
Excel 2019 - Basics & Intermediate	6	Tues	2/6	6-8pm \$98+
Excel 2019 - Advanced Applications	3	Tues	4/2	6-8pm \$58+
Garden Design	2	M/Tu	2/12	6-8pm \$58
Google Drive	2	Tu/Th	1/30	6-8pm \$48
Intro to Gardening	2	Tues	1/23	6-8pm \$58
Intro to Photography, Part I	6	Tues	3/19	6-7:30pm \$93
Intro to Photography, Part II	6	Tues	1/23	6-7:30pm \$93
Let's Play with Fondant Icings	1	Thurs	4/4	5-8pm \$48+
Machining, Part I	8	M/T	3/18	4:30-7:30pm \$285*
Machining, Part II	7	M/T	4/22	4:30-7:30pm \$285*
Magic for Adults	4	Mon	4/29	6-8pm \$62
Marlinspike Seamanship	5	Tues	3/12	6-8pm \$78
New to Gardening in Maine	1	Tues	5/14	6-8pm \$38
Outsmart the Scammers Seminar	1	Tues	2/6	6-7pm \$18
Plumbing Basics	5	Tues	3/5	6-8pm \$98
Panoramic Sugar Easter Eggs	1	Tues	3/12	5-8pm \$48+
Pâte à Choux	1	Thurs	3/21	5-8pm \$48+
Perennial Combinations	2	Tues	3/5	6-8pm \$58
Planes, Trains, & Automobiles - a Modeling Odyssey	6	Tues	4/30	5:30-7:30pm \$118*
Plumbing Basics	5	Tues	3/5	6-8pm \$98
Power of Line, Part II Z	4	Wed	1/24	6-8pm \$72*
QuickBooks (Online Version) 2021- Basics & Intermediate	6	Thurs	2/8	6-8pm \$98+
QuickBooks (Online Version) 2021- Advanced Applications	3	Thurs	4/4	6-8pm \$58+
Quickbreads, Scones, Muffins, and Teabreads	1	Wed	2/7	5-8pm \$48+
Sell on eBay - the world's most powerful marketplace!	4	Mon	2/26	6-8pm \$62
Sellers' Forum for Online Marketing	4	Mon	4/22	6-8pm \$62
SketchUp for Woodworking	4	Mon	3/25	5:15-8:15pm \$88
Starting Vegetable and Flower Seeds at Home	2	Tues	3/26	call for times \$58+
Welding MIG I	12	T/Th	1/30	4:30-7:30pm \$355*
Welding MIG II	12	M/W	3/25	5-8pm \$355*
Welding TIG	12	T/Th	3/26	4:30-7:30pm \$355*
Valentines Chocolate Mousse Cake	1	Tues	2/13	5-8pm \$48+
Woodworking Basics	3	Mon	5/6	5:15-8:15pm \$82+

KEY: **Z** = Presented via Zoom only
+ = Materials Fee not included in tuition
***** = Student provides some supplies

ALL CLASSES LIVE UNLESS OTHERWISE SPECIFIED

**FIND MORE CLASSES
AND REGISTER HERE**



Mid-Coast School of Technology Adult Ed ~1 Main Street • Rockland 04841 • adulted@mcst8.org

Registration Form

Please register for enrichment courses online with a credit or debit card by visiting
mace.maineadulted.org

Credit or debit card payments are processed through our secure web portal system. Visa, Mastercard, Discover, and American Express are accepted.

You must pre-register and pay to reserve a spot in a class. To pay by check or cash, please fill out and mail in this registration form. Registration is first come, first served, and there may be a delay in processing mailed registrations. We encourage you to sign up online to guarantee your spot.

You will receive a confirmation by email.

REFUNDS: A full refund will be issued if Midcoast Adult & Community Education cancels a class due to low enrollment or by instructor request. A full refund will also be issued if you cancel your registration at least 5 business days prior to the first class, less the online registration fee (see below), if you paid online. No refunds will be given for one-session classes.

Non-refundable portal fee: The \$1.99 per course registration fee incurred when registering online is not refundable. To avoid this fee, please mail in your registration.



Name _____

Address _____

Phone _____ Email _____
Home (in the event of cancellation) cell/work

	COURSE TITLE:	DAY/DATE	REG. FEE
1.	_____	_____	\$ _____
2.	_____	_____	\$ _____
3.	_____	_____	\$ _____
4.	_____	_____	\$ _____
TOTAL INCLUDED			\$ _____

Most material fees are included in the course registration fee, unless otherwise specified.

Method of payment: Check Cash VISA Mastercard Discover American Express

Credit Card # _____ Exp. Date _____ Security Code _____

Signature _____

Please make check payable to RSU 40 Adult Education

Send to: Midcoast Adult & Community Education, 320 Manktown Road, Waldoboro, ME 04572

If paying by credit card, you can call us at 832-5205. Classes are filled on a first come, first served basis.

Important notice: The \$1.99 credit card fee when registering for class is nonrefundable. Avoid this charge by paying check or cash.

Midcoast Adult & Community Education
Serving RSU 12 & RSU 40
320 Manktown Road
Waldoboro, ME 04572

Non-Profit Org.
U.S. Postage
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POSTAL CUSTOMER
ECRWSS

BUS DRIVER TRAINING STARTING SOON!

Are you interested in driving a school bus?

Midcoast & Boothbay adult education programs, with support from Midcoast Hub 7 are hosting a FREE bus driver training pilot course that will begin in late February at Chelsea Elementary School.

Earn your Class B Commercial Drivers License, plus passenger and school bus endorsements in this 6-8 week pilot course that meets the federal requirements for Entry Level Driver Training. This is the first time we are running the program, and we will ask for feedback from participants.



Materials will be provided. Class size is limited to 6 to 8 participants.

Must be over 18 years old and have a clean driving record.

For more information and to express interest in joining, please email Director Raye S. Leonard at raye_leonard@rsu40.org.