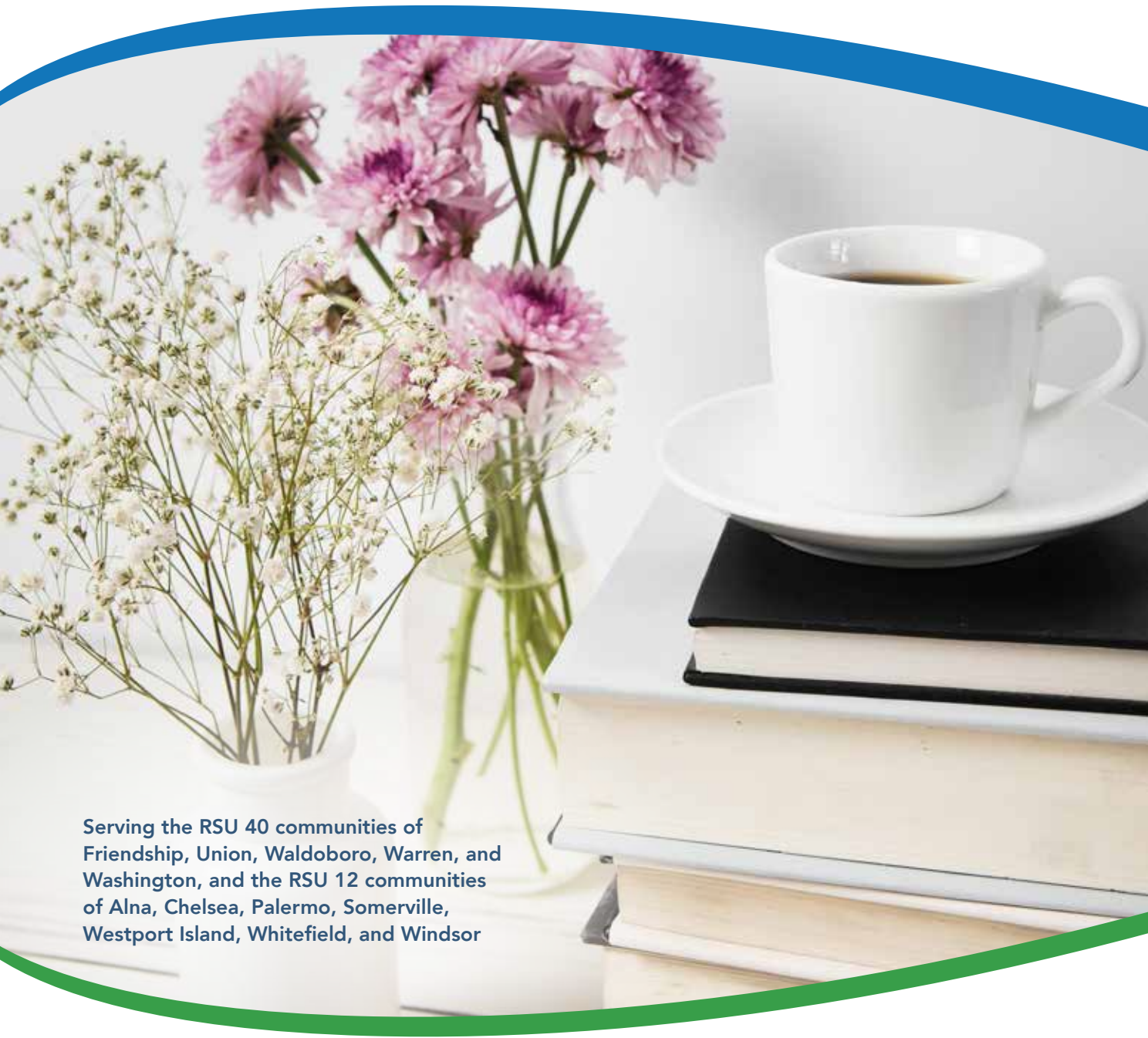


Midcoast

Adult & Community Education



SPRING 2025



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

www.mace.maineadulted.org

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.**

Seeds of inspiration

Welcome to the spring semester of Midcoast Adult & Community Education! We hope to inspire you to a new hobby or passion - maybe even a career - this winter and spring.

We are pleased to partner with The Waldo Theater to offer classes in improvisation, costume design, and playwriting (page 20). These classes will be held at the theater.

Bus driver training returns to RSU 12 in late January with Blake Brown as the classroom instructor (page 22). Location will be determined based on where the majority of participants live. For more information, email me at raye_leonard@rsu40.org.

We are excited to continue offering medical training classes with the Academy of Medical Professions (page 18). Many of the lab portions of these courses are held at Medomak Valley High School.

We hope you will enjoy the following new enrichment classes:

Wooden Spoons, an introduction to whittling with Jessica Steele (page 12). This class filled up right away when we offered it in Boothbay Harbor last year, so don't wait to sign up.

Prosperity & Good Fortune: Chinese Wonton Dumplings with Jeff Mao (page 13). What better way to ensure a lucky 2025?

So Over Overeating with Katie Jones (page 15). Learn how to manage your relationship with food.

Weather for Outdoor Enthusiasts with Alice Bean Andrenyak, Master Maine Guide (page 20). Become a weather spotter and be your own weather forecaster.

American Sign Language, Level One with Martin Samelson (page 20). Morning classes cover the alphabet and numbers, along with other basic hand signs.

You will find these classes and more in our spring brochure. We look forward to seeing you in class!

Warmly,
Raye



Raye Leonard and 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:
1 p.m. to 6 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 23.



MID-COAST

SCHOOL OF TECHNOLOGY
ADULT EDUCATION

1 Main Street Rockland, ME 04841



WORKFORCE TRAINING CLASSES*

***FUNDING AVAILABLE FOR MOST WORK FORCE TRAINING COURSES**

CNA & CRMA Certificate Programs

- CNA - classes start 1/7, 4/1 or 7/19 weeks, T/W/TH 8:30am-3:00
- CRMA - classes start 1/17, 3/21 or 8/15 weeks, FRI 8:30am-4:00
- CRMA Recertification - class dates 3/14 or 5/16 1 day, FRI 8:00am-2:00

Dental Assisting ^{NEW} class starts 2/2810 Sessions, FRI 9:00am-4:00

Welding & Machining

- MIG Welding 1 - class starts 1/286 weeks, T/TH 4:30-7:30pm
- MIG Welding 2 - class starts 3/246 weeks, M/W 5:00-8:00pm
- Machining 1 - class starts 2/34 weeks, M/T 4:30-7:30pm
- Machining 2 - class starts 3/174 weeks, M/T 4:30-7:30pm

Technology for Home & Work

- Quickbooks Online-Basic & Intermediate - class starts 2/66 weeks, TH 6:00-8:00pm
- Quickbooks Online-Advanced - class starts 4/33 weeks, TH 6:00-8:00pm
- Google Drive - class dates 1/28 & 1/302 weeks, T/TH 6:00-8:00pm
- Document & File Management - class date 4/301 Session, W 6:00-8:00pm
- Outsmart the Scammers - class date 1/271 Session, M 6:30-8:00pm
- SketchUp for Woodworking - class starts 2/255 weeks, T 5:30-8:00pm

Enrichment Classes

- | | |
|---|-----------------------------------|
| Plumbing Basics | Medicare 101 |
| Basic Automotive-Theory/Maintenance 101 | Artisan Breads |
| Power of Line 1 & 2 | Wooden Sailors Chest |
| Watercolors Part 1 & 2 | Cupcakes with Buttercream Flowers |
| Simple & Creative Bookbinding | Panoramic Sugar Easter Eggs |
| Marlinspike Seamanship Nautical Arts | Blooms Through the Season |
| Learning the Recorder | Growing Cut Flowers |
| Intro to Photography | Designing Beds & Borders |
| Drawing on the Right Side of the Brain Part 2 | Season Extension |
| Intro to Portraiture | Growing from Seed Indoors |
| |and many more! |

For complete list of courses and course details and to register,
go to midcoastadulthood.com, or scan the QR code above

adulthood@mcst8.org

207-596-7752 x 3

For complete course details or to register, go to midcoastadulthood.com
adulthood@mcst8.org | 207-596-7752 x 3

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 will build classes for ABE students based on their goals. Please email raye_leonard@rsu40.org.

High School Completion:

Midcoast Adult & Community Education's spring high school completion program, based on preparation for the High School Equivalency Tests (HiSET, formerly GED), begins the week of Jan 6, 2025 and continues until the end of May. 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. 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 & Tom Ruben
4 - 6 p.m. | Monday & Wednesday, and by appointment, beginning January 6
Medomak Valley High School Library

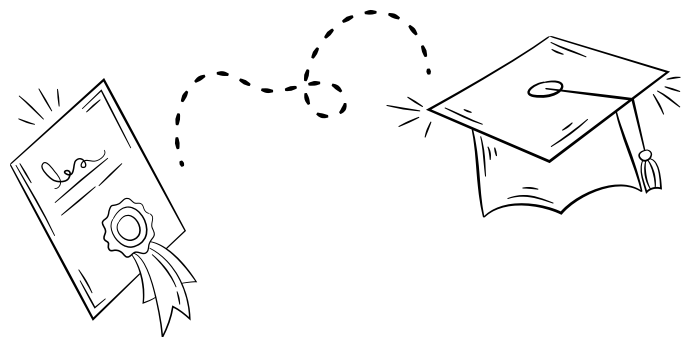
Instructor: Deb Carter
4 - 6 p.m. | Mondays & Tuesdays, and by appointment
Online

Time and day TBD
Chelsea-Togus Elementary School

Maine College & Career Access

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.





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

We do not recommend using a smartphone for any of our classes.

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 and try out different scholarship websites, learn how to best use a scholarship information tracker, and learn to 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.

Instructor: Jessica Whittier, college access counselor

7 p.m. | Wednesday, February 26

Student Loan Repayment Strategies and Pro Tips

There are many different facets to the student loan program that can be powerful in helping you achieve your financial goals but also can be confusing. If you are struggling with your payments, did you know there are several income-based repayment plans as well as deferment or forbearance? Did you know you could get .25% off your interest rate if you sign up for auto-debit on your federal loans? Do you know you can work towards loan forgiveness now if you work for a non-profit, government or tribal agency? Whether you have 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. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructor: Nikki Vachon, college access counselor

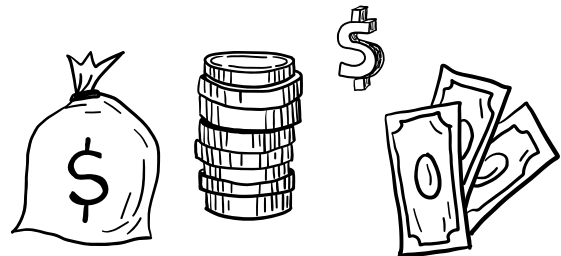
6 p.m. | Friday, March 7

Adulting 101: For the Love of Money

Adulting is tough. 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 budgeting tools are available to make things a little bit easier. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructor: Steve Kautz, financial education programs specialist

6:30 p.m. | Wednesday, February 12



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. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructor: Steve Kautz, financial education programs specialist

6:30 p.m. | Wednesday, March 19



All classes are FREE and online; please pre-register at mace.maineadulted.org
 We do not recommend using a smartphone for any of our classes.

NEW Spring Into College Savings: The Alford Grant and Maine's College Savings Program

Maine families have access to two valuable programs to assist with saving and paying for education after high school: The \$500 Alford Grant and Maine's College Savings program. While these initiatives offer great benefits, understanding each of their features can sometimes be challenging. Whether you're a parent, guardian, or student, this session will provide you with information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future! Students must have an audio and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

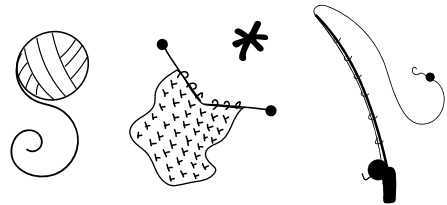
Instructor: Steve Kautz, financial education programs specialist
 7:00 p.m. | Wednesday, April 2

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.

Instructor: Michelle Radley, College Access Counselor
 6 p.m. | Wednesday, March 5

**TEACHERS WANTED
 AT MIDCOAST ADULT &
 COMMUNITY EDUCATION**

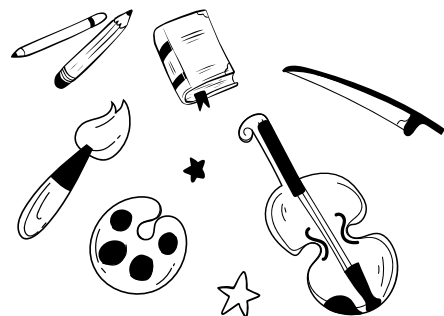


**INSERT YOUR PASSION,
 HOBBY, OR
 SPECIAL SKILL HERE: _____**



SOME POPULAR REQUESTS:

- ART | EXCEL | FITNESS
- FORAGING | HANDCRAFTS
- MEDITATION | PHOTOGRAPHY
- QUICKBOOKS | YOGA



**For more information, email
betty_cheff@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
We do not recommend using a smartphone. Learn more at newventuresmaine.org.**

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.

Instructor: Oyebanjo "Banjo" Ogunlela
Session I: 12 - 1:30 p.m. | Tuesday, February 4
Session II: 6 - 7:30 p.m. | Tuesday, February 25
Session III: 10 - 11:30 a.m. | Wednesday, March 12



Exploring Self-employment

This one-session 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. Offered by New Ventures Maine. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructors: Destin DeCambre and Gina Platt
Session I: 2 - 3 p.m. | Thursday, February 6
Session II: 11 a.m. - 12 p.m. | Tuesday, March 4



Business Basics

This three-session class with our professional staff covers the basics of writing a business plan, marketing, recordkeeping, and cash planning. The class is for those thinking about or in the early start-up phase of a new business. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructors: Gina Platt & Destin DeCambe
Session I: 6 - 7:30 p.m.
Thursdays, beginning February 13 for 3 weeks
Session II: 1 - 2:30 p.m.
Thursdays, beginning March 13 for 3 weeks

Interview Strategies

Join this one-hour workshop and prepare to interview with confidence. Our professional staff will guide you in exploring different types of interviews, tips for answering difficult questions, and what steps to take after the interview. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructors: Lisa Archer & Lisa Sweet
Session I: 10 - 11 a.m. | Wednesday, January 29
Session II: 6 - 7 p.m. | Wednesday, March 19

Making Career Choices

Ready for a career change but don't know where to start? This one-hour workshop will point you in the right direction. Our professional staff will cover what to consider when making a career choice and the 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.

Instructor: Lisa Archer
Session I: 12 - 1 p.m. | Wednesday, February 5
Session II: 6 - 7 p.m. | Tuesday, May 6



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

Changing Jobs - Finding Work that 'Works'

Are you considering a job change? In three class sessions designed for women*, our professional staff will guide you in identifying work options and benefits that fit with your interests, skills, and values. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructor: Chris Morin

6 - 7:30 p.m.

Wednesdays, beginning February 12 for 3 weeks

My Next Career Move

In four weekly Zoom sessions of lively activities and discussion, you will assess your own skills, interests, and experiences to figure out what career options might be best. You will then be guided to create an action plan that will help you achieve success. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

Instructor: Chris Morin

12 - 1:30 p.m.

Wednesdays, beginning March 5 for 4 weeks

Job Search Strategies

Could you use a boost in your job search? This one-hour workshop is for job seekers of all backgrounds who are unemployed, underemployed, or looking for a new job. Our professional staff will guide you to create your own job search plan and review resources available to help you, including online job searching and networking. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class..

Instructor: Lisa Sweet

6 - 7 p.m. | Wednesday, March 5

Connecting Women to Construction Careers

Maine needs construction workers. In this one-hour Zoom session, women* and underrepresented workers can explore high-wage careers in the construction trades as well as low-cost or no-cost training programs and job opportunities. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

* People who identify as women or gender-expansive.

Instructor: Suzanne Senechal-Jandreau

4 - 5 p.m. | Monday, March 10

Connecting Women to Forestry Careers

Maine needs forestry workers. Take advantage of this one-hour Zoom session designed for women* and underrepresented workers who are interested in exploring careers within the forestry trades. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to participate in class.

* People who identify as women or gender-expansive.

Instructor: Suzanne Senechal-Jandreau

4 - 5 p.m. | Tuesday, March 11

Resume Strategies

Could you use a boost in your job search? This one-hour workshop is for job seekers of all backgrounds who are unemployed, underemployed, or looking for a new job. Our professional staff will guide you to create your own job search plan and review resources available to help you, including online job searching and networking. 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: Lisa Sweet

6 - 7 p.m. | Wednesday, March 12

Build Your Career Start A Business Manage Your Money

Free Workshops & Individual Advising

When you want to focus on your future, New Ventures Maine is here to help you get going with free classes and individual advising. Our graduates launch and grow successful businesses, land great jobs, and learn to budget, save, and reduce their debt.

Visit newventuresmaine.org/class-schedules or call 207-621-3440

Acadian Arts Spring 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. **\$595** INCLUDES WORKSHOPS AND MEALS. LODGING BOOKED SEPARATELY. FOR COMPLETE WORKSHOP DESCRIPTIONS AND TO REGISTER, PLEASE VISIT MACE.MAINEADULTED.ORG. FOR MORE INFORMATION ABOUT RETREATS, PLEASE CALL MARY LAURY AT 207-632-2251.



PROSPECT HARBOR,
MAINE
4/11 TO 4/14

ROOSEVELT CAMPOBELLO
INTERNATIONAL PARK,
NEW BRUNSWICK, CANADA
6/20 TO 6/23
8/15 TO 8/18

REGISTER AT MACE.MAINEADULTED.ORG

arts & crafts

NEW Upcycled Mobiles & Stables

Learn how Alexander Calder created his famous kinetic sculptures, also known as mobiles and stables. Choose among sea shells, pieces of driftwood, or feathers to create a relaxing, balanced piece of art that moves and shifts in the slightest air currents. All materials included. If you have a favorite pair of needle nosed pliers with wire cutters feel free to bring them along. \$10 supplies fee included in price.

Instructor: Chris Toy
5 - 8 p.m. | Tuesday, May 13
Medomak Middle School, Life Skills Room
\$60

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. All materials supplied and included in your registration fee.

Instructor: Heather Grotton-Emerson
6 - 8 p.m. | Tuesday, February 25
Warren Community School, Room 200
\$100

Goat Milk Soap Making

Participants will make a batch of hot press goat milk soap using a variety of molds and having many scents and extra add-ins to choose from. Each person will come out of the 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 pick up the following week, due to curing time. All materials supplied and included in your registration fee.

Instructor: Heather Grotton-Emerson
6 - 8 p.m. | Tuesday, April 8
Warren Community School, Room 200
\$100

Landscape Paint Night

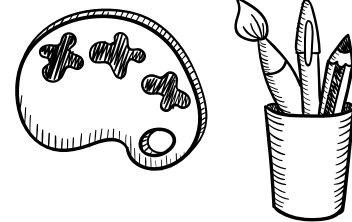
Come join Heather Emerson and paint a landscape step by step. No previous experience needed. The instructor will take you through a watch and do session and help you bring out your inner artist. You can take your painting home with you that night! All materials supplied and included in your registration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

Instructor: Heather Grotton-Emerson
6-8 p.m. | Tuesday, February 4
Warren Community School, Room 200
\$57

NEW Still Life Painting

Join Heather for a night of still life painting in a watch and copy format that anyone can do. No previous painting experience needed! Join in the fun and take your masterpiece home that night. All materials supplied and included in your registration fee.

Instructor: Heather Grotton-Emerson
6 - 8 p.m. | Wednesday, April 16
Warren Community School, Room 200
\$57



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 - 9 p.m. | Tuesday, March 11
Session 2: 6 - 9 p.m. | Tuesday, April 15
Session 3: 6 - 9 p.m. | Tuesday, May 13
Whitefield Community School
\$15

arts & crafts

NEW Squirrel Pack Basket

In this course, we will weave a small pack basket with reed around 5-inches tall - the size that would fit a gray squirrel. We will go over the history of pack baskets and what materials have been used. The instructor will go through the process of making the basket step-by-step ensuring all will walk away with a finished basket.

Instructor: Jessica Steele
5:30 - 8:30 p.m. | Thursday, February 13
Medomak Valley Middle School, Life Skills Room
\$65

NEW Fishing Handline: Introduction to Whittling

Learn how to design and carve your own fishing handline. Each student will get materials to make up to two handlines, though only one may be completed during the class. Supplies include wood, line, hooks, and weights. We will go over everything from how to use your handline and cast it properly.

Instructor: Jessica Steele
5:30 - 8:30 p.m. | Wednesday, April 9
Medomak Valley Middle School, Life Skills Room
\$65

NEW Thirsty Gourd Workshop: Gourd Water Bottle & Cup

In the Thirsty Gourd Workshop we will create a water bottle and a cup from a bottle gourd. In the class we will learn a little about the cultivating of these gourds, harvesting, processing and then creating them into wonderful works of usable art. Students will have time to personalize their creations with paint designs or experiment with wood burning. A variety of stencils will be readily available, allowing students to add an extra touch of artistry to their cups and bottles.

Instructor: Jessica Steele
5:30 - 8:30 p.m. | Monday, April 14
Medomak Valley Middle School, Life Skills Room
\$80

NEW Wooden Spoons: Introduction to Whittling

Spoon carving is a wonderful craft that allows you to create functional and beautiful wooden spoons using traditional hand tools. These spoons will be the size of a serving spoon with a handle of 6"-8". Spoon carving is a wonderful craft that allows you to create functional and beautiful wooden spoons using traditional hand tools. These spoons will be the size of a serving spoon with a handle of 6"-8".

Instructor: Jessica Steele
5:30 - 8:30 p.m. | Wednesday, March 26
Medomak Valley Middle School, Life Skills Room
\$65

NOTICE RSU 12 RESIDENTS

Midcoast Adult & Community Education would like to provide high school completion opportunities to RSU 12 residents. An instructor is available to meet with adults at Chelsea-Togus Elementary, as well as online by appointment. For more information, email Director Raye Leonard at raye_leonard@rsu40.org.



cooking

NEW Bao Down to Flavor: Mastering Char Siu Bao

In this hands-on cooking class, you'll dive deep into the art of making Chinese Steamed Char Siu Bao, the beloved fluffy buns filled with savory Chinese BBQ pork. Learn the secrets of creating the perfect bao dough from scratch. Jeff will guide you through each step, from mixing and kneading to proofing, ensuring you achieve that perfect pillowy texture. Master the rich and flavorful char siu filling. Discover the blend of spices and techniques that make this BBQ pork so irresistible. Take a culinary journey through history as we explore the legend of how bao were first invented. You'll hear captivating stories that add a cultural dimension to your cooking experience. By the end of the class, you'll not only have a batch of delicious Char Siu Bao to enjoy but also the skills and knowledge to recreate this traditional treat at home. Whether you're a seasoned cook or a beginner, this class promises to be a fun and educational adventure. Class fee includes a set of traditional Chinese bamboo steamer baskets. (Bao contains gluten and soy)

Instructor: Jeff Mao

5 - 7:30 p.m. | Wednesday, April 16

Medomak Middle School, Life Skills room

\$94

NEW Prosperity & Good Fortune: Chinese Wonton Dumplings

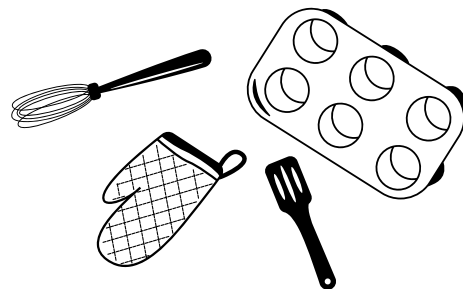
We will make Chinese dumplings with pork filling made from scratch in class. You will learn the multiple styles of folding dumplings using wonton wrappers. Then we will boil the won ton to make a classic wonton soup or chili oil wonton. Additionally, we'll learn to make our own Sichuan-style chili oil and learn about other common Chinese condiments used for dipping sauces. All ingredients, materials, equipment and recipes will be provided. (Plant-based ground meat can be substituted for the pork upon request. The dumpling wrappers include gluten.)

Instructor: Jeff Mao

5:30 - 7:30 p.m. | Wednesday, May 7

Medomak Middle School, Life Skills room

\$72



NEW From Flour to Flavor: Crafting Authentic Potstickers

Learn the fundamentals of making Chinese dumplings at home. You will learn to make fresh scratch-made dough, and roll your own wrappers, and how to fold and pleat them using pork filling. We will then water-fry/steam the dumplings to create this restaurant favorite—pot sticker dumplings. Additionally, you will learn to make your own ginger-scallion oil and the instructor will talk about other common Chinese condiments used for dipping sauces. All ingredients, materials, equipment and recipes will be provided. (Plant-based ground meat can be substituted for the pork upon request. The dumpling wrappers include gluten.)

Instructor: Jeff Mao

5:30 - 7:30 p.m. | Wednesday, May 14

Medomak Valley Middle School, Life Skills Room

\$72

NEW Maple Tree Delights & Sweets Workshop

It's that time of the year when the sap comes up from the roots of a maple tree and starts to feed the tree new buds. This is when we tap the maples to gather the sap and boil it down to make maple syrup or other yummy, sweet products. Join me to learn the basics of maple syruping and how you could start making your own maple syruping in your own backyard!

Instructor: Jessica Steele

4:30 - 8:30 p.m. | Monday, March 3

Medomak Valley Middle School, Life Skills Room

\$77

cooking

NEW Dandelion Foods & Tea Workshop

Did you ever know all the amazing things you can make from dandelions? Join us in this class to learn how to collect and process these amazing plants. Learn recipes with dandelion greens, how to use dandelion flowers to make jams, teas and wines, and all the beneficial properties of dandelion roots. We will taste, create and make some delicious dishes!

Instructor: Jessica Steele

4:30 - 8:30 p.m. | Tuesday, May 20

**Medomak Valley Middle School, Life Skills Room
\$85**

Wok & Cleaver Boot Camp

Participants will learn how to season, care for, and use a Chinese wok and cleaver. The recipes for the class will include stir-frying, oven-roasting, and preparing steamed rice. Each student will take home a specially selected kit including a lightweight cast iron wok, wok spatula, carbon steel cleaver, honing steel, a heavy-duty cutting board, and one of Chris Toy's 6 cookbooks. The retail value of the kit is \$230. (Those in the know bring containers just in case!) Chris Toy is the author of 6 popular cookbooks, a private chef, and has taught Asian-fusion cooking for several Maine community education programs.

Instructor: Chris Toy

5 - 8 p.m. | Tuesday, April 8

**Medomak Middle School, Life Skills Room
\$195**

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 easy 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. Bring bags or containers to take home what we bake.

Instructor: Debra Arter

5:30 - 8:30 p.m. | Monday, February 10

**Medomak Middle School, Life Skills Room
\$55 (includes \$10 materials fee)**

13 Types of Rolls in 3 Hours!

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 sample as well as dough to bake at home. All baking levels are welcome for this hands-on class. Bring an apron, and some plastic tubs/ large bags to fill and take home.

Instructor: Debra Arter

5:30 - 8:30 p.m. | Thursday, April 3

**Medomak Middle School, Life Skills Room
\$55 (includes \$10 materials fee)**

E - Z Sweets Night

In this one-night class we will learn the basic concepts of candy making. Each student will take home samples of the quick and easy treats we will make. Grab a friend and treat yourself to a sweet night out learning new recipes. These include Quick Butter Toffee Bark, No Bake Coconut Candy, and Last-Minute Fudge. Bring covered containers to take home samples.

Instructor: Debra Arter

5:30 - 8:30 p.m. | Tuesday, March 25

**Medomak Middle School, Life Skills Room
\$55 (includes \$10 materials fee)**

Spring Scone Night!

Join Debra to try 5 new scone varieties. We will make Savory Hotel standard as well as Butterbeer Scones (like Harry Potter!), Pistachio Cranberry, Rosemary Cheddar and Carrot Cake Scones. All ingredients provided. Bring your apron and containers to take home samples! Class size is limited so sign up early!

Instructor: Debra Arter

5:30 - 8:30 p.m. | Monday, April 28

**Medomak Middle School, Life Skills Room
\$55 (includes \$10 materials fee)**

health & wellness

NEW So Over Overeating

Learn the difference between urges and cravings to eat versus true hunger in this three-week series. Participants will learn how to use the hunger scale to prevent overeating. Participants will also learn how to manage food cravings to reach health or weight loss goals; how to have a future-focus; and how to enjoy treats and special foods while still making progress toward goals. Session 1 will focus on the two main challenges of overeating; Session 2 addresses the hunger scale and managing urges. Session 3 features transforming “learning moments.” Registration includes replay access. Attend one session or sign up for all to get the greatest benefit. 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: Katie K. Jones
7 - 8 p.m. | Mondays, beginning February 3
for 3 weeks
Online
\$30 total (or \$10 per session)

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 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.

Instructor: Will Matteson - Healthy Lincoln County
6 - 7 p.m. | Tuesday, April 1
Medomak Valley High School - Library
Free



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
6:30 - 8:00 p.m. | Thursday, March 27
Online
Free, please pre-register

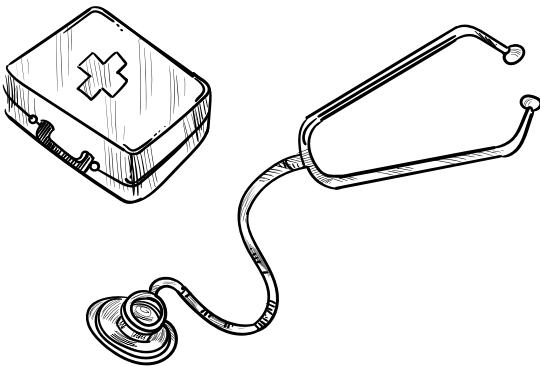
health & wellness

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. Students must have an audio- and video-enabled laptop, desktop, or tablet with reliable internet to attend online classes. We do not recommend using a smartphone. 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.

Instructor: Jo-Ann Neal

Session 1: 5 - 6:30 p.m. | Wed, January 8, online
Session 2: 5 - 6:30 p.m. | Tues, February 4, online
Session 3: 5 - 6:30 p.m. | Thurs, March 6, online
Session 4: 5 - 6:30 p.m. | Wed, April 2, online
Session 5: 5 - 6:30 p.m. | Tues, May 13, Medomak Valley High School Cafeteria
Session 6: 5 - 6:30 p.m. | Wed, June 4, Medomak Valley High School Cafeteria



NEW Building Better Caregivers

This six-week class meets once a week for two and a half hours. Each class includes a new topic designed for family caregivers. The class is a combination of presentations, discussion, and activities with others who have similar experiences. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their plan.

Instructor: Monica Hawk

5 - 7:30 p.m. | Wednesday, April 2 for six weeks
Online
\$30

Adult First Aid

First aid training is designed to teach people the basic principles and techniques to provide immediate help if they witness a serious injury or illness. The goal of first aid is to preserve life and prevent the condition from worsening, in the safest way possible, until professional medical help is available.

Instructor: Andrew Eckman

6 - 9 p.m. | Tuesdays, beginning March 31 for two weeks
Medomak Valley High School
\$65

Pediatric First Aid

This module is required for persons seeking licensing as day care providers. First aid training is designed to teach people the basic principles and techniques to provide immediate help if they witness a serious injury or illness. The goal of first aid is to preserve life and prevent the condition from worsening, in the safest way possible, until professional medical help is available. This module concentrates on medical emergencies commonly suffered by children, like falls, poisonings, musculoskeletal injuries, etc.

Instructor: Andrew Eckman

6 - 9 p.m. | Mondays, beginning March 17 for two weeks
Medomak Valley High School
\$65

health & wellness

Basic Life Support (for Healthcare Providers)

This program does NOT contain a first aid component. It 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. Updated coverage of CPR, AED, cardiac arrest, respiratory arrest, airway adjuncts, "Team CPR," and Naloxone (Narcan®). A focus on soft skills, with additional coverage relating to team-based resuscitation. This program is accepted for continuing education credits by CAPCE and NREMT for EMS personnel, and by most state agencies and licensing boards.

Instructor: Andrew Eckman

6 - 9 p.m. | Mondays, beginning February 3 for three weeks

Medomak Valley High School Library

\$120

Basic Life Support (for Healthcare Providers) Recertification

This is a 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, EMS Safety); Emergency Care and Safety Institute (ECSI); National Safety Council (NSC).

Instructor: Andrew Eckman

6 - 9 p.m. | Monday, January 27

Medomak Valley High School - Library

\$95

CPR/AED - Adult/Child/Infant

This program does NOT include first aid recertification. Cardiopulmonary resuscitation involves a series of lifesaving procedures designed to maintain blood circulation and oxygenation in someone whose heart has stopped. By performing CPR in an emergency cardiac arrest situation, you

can keep someone alive until professional medical help arrives. An Automated External Defibrillator, or AED, is an electronic device that analyzes the heart's rhythm, and if an abnormal rhythm is detected, delivers an electrical shock, stopping the heart and allowing it to reset. When used in conjunction with CPR, a patient's chances of survival are greatly increased.

Instructor: Andrew Eckman

6 - 9 p.m. | Monday, March 3, for two weeks

Medomak Valley High School - Library

\$100

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 education is required. Must be 18 years of age or older upon completion of the course. Email betty_cheff@rsu40.org for information.

Instructor: Woodfords Family Services

Self-paced and asynchronous

Online

Free

healthcare training



Academy of Medical Professions takes 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, MyCAAS, Maine Department of Labor, EMDC/HOPE, and others. Contact Midcosat 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 - 8:30 p.m.
 Tuesdays and Thursdays, beginning February 25
 and a second session starts June 17**

Phlebotomy - \$3,500

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 specimens for testing according to established standards. Includes Certified Phlebotomy Technician (CPT) national certification through NHA, books, resume, and job assistance.

**Live (Zoom) classes meet 5:30 - 8:30 p.m.
 Tuesdays and Thursdays, beginning March 11
 and a second session starts June 17**

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

20 weeks, 5:30 - 8:30 p.m.

**Thursdays, beginning March 13 for live Zoom
 classes or online anytime at your own pace**

Dental Assisting - \$3,200

**12 weeks, live Classes Mondays 6 - 8 p.m. or
 online anytime, self-paced, starting February 3
 and a second session starting June 2**

Medical Office Specialist - Administrative Medical Assistant - \$3,200

**16 weeks, 5:30 - 7:30 p.m. starting February 26,
 or online anytime, at your own pace**

Pharmacy Technician - \$2,800

Online anytime at your own pace

Medical Transcription - \$3,200

Online anytime at your own pace

home & family

Backyard Chicken Keeping

Have you thought about keeping a flock of chickens for eggs or meat birds? It's not hard to do with a little know-how. Join Heather for the ins and outs of keeping a backyard flock and start becoming more self-sufficient.

Instructor: Heather Grotton-Emerson

6 - 8 p.m. | Tuesday, May 6

Warren Community School, Room 200

\$57

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 - 8 p.m. | Wednesday, April 30

Alna Meetinghouse

\$86

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, March 11

Online

Free, please pre-register

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. | Tuesday, March 18 | Online

Free, please pre-register

Developing a Personal & 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. 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 - 8:30 p.m. | Tuesday, April 8 | Online

\$35

Understanding Constitutional Carry & Legal Use of Force

This three-hour course is for 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. 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 - 8:30 p.m. | Tuesday, April 15 | Online

\$35

home & family

NEW Weather for Outdoor Enthusiasts

We're spending more time outside and that is good. Learn how to integrate weather forecasts and your own reading of the weather signs to plan ahead and to best manage your outdoor activities - walking, biking, hiking, camping, paddling, boating, playing and exercising. Learn from a Master Maine Guide & Total Weather Spotter. Course is presented on Zoom. 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 - 8:30 pm | Wednesday, April 9 | Online
\$35

Co-ed Concealed Carry & Home Defense Fundamentals

Two three-hour classroom sessions plus an instructional semi-private shooting lesson at a range for an additional fee. You will learn how to create a personal and home protection plan, and why. You will learn self-defensive firearm basics, and fundamentals. You will learn about legal use of force and what happens during a deadly encounter and afterwards. You'll be introduced to different gear and equipment, especially pistols and ammunition. You will practice during class using a SIRT Laser pistol to learn to shoot both accurately and defensively. Range time will be when you will shoot live rounds. No handguns may be brought to class. Beginners are welcome but best for those that have some shooting experience. Course certificate is accepted for Concealed Carry Permit application.

Instructor: Alice Bean Andrenyak, MMG
5:30 - 8:30 pm | Thursday, February 27
for two weeks
Medomak Valley High School, Cafeteria
\$125

NEW American Sign Language - Introduction to Level 1

This class is a 4-week basic course that is a relaxed demonstration of 39 basic handshapes (alphabet Z - Z and numbers 0 - 12) used by deaf and hard of hearing people to communicate using fingerspelled

personal enrichment

or signed words in basic sentences. 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: Martin Samelson
9 - 10 a.m. | Tuesday & Thursday, beginning
February 4 for 4 weeks
Online
\$90

NEW Improvisation - Waldo Theatre Workshop

The Waldo welcomes back improv artist Ryan Jackson to continue the improvisation workshop series. In this workshop, participants will learn the tips and tricks that allow for uninhibited creation and the trusting of your acting instincts all while connecting with other creatives in the community. This workshop will help actors develop the skills needed to portray compelling characters and engage an audience.

Instructor: Ryan Jackson
10 a.m. - 1 p.m. | Saturday, January 11
The Waldo Theatre
\$65

NEW Costume Design - Waldo Theatre Workshop

In this workshop with costume designer Kathleen P. Brown, participants will gain an understanding of the principles of design and learn how costumes define and support character development, as well as assist in storytelling. Kathleen will describe the process involved in costuming a show from reading the play to opening night. Participants will have the opportunity to see examples from Kathleen's large portfolio of work as well as try their hand at creating a costume vision for a show.

Instructor: Kathleen P. Brown
10 a.m. - 1 p.m. | Saturday, February 8
The Waldo Theatre
\$65

personal enrichment

NEW Playwriting - Waldo Theatre Workshop

Join award-winning playwright Teralyn Reiter as she guides participants through the process of brainstorming, writing, and editing a play. Participants will learn the fundamentals of playwriting and engage in thought provoking activities and games to learn how to develop their ideas into plays while also discovering ways to be inspired when the inevitable writer's block hits.

Instructor: Teralyn Reiter

10 a.m. - 1 p.m. | Saturday, March 8

The Waldo Theatre

\$65

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 - 8 p.m. | Monday, March 10

Warren Community School, Room 200

\$57

Instant Piano for Hopelessly Busy People

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. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes an online book, online follow-up lessons, a recording of the class, and also an optional periodic question and answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture demonstration. 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 - 9:30 p.m. | Monday, February 17 | Online

\$70

Instant Guitar for Hopelessly Busy People

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. Fees include an online book, online follow-up lessons, a recording of the class, and an optional question and answer session. Class is held online using Zoom and is partly hands-on and partly lecture/demonstration. 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 - 9 p.m. | Tuesday, February 18 | Online

\$70

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. Oh, and there are lots of laughs along the way. And, learning to play an instrument is good for your brain! You will need a playable ukulele and an electronic tuner or a tuner app. And when folks hear you play this happy instrument, well, they just have to smile! If you don't own a ukulele, please contact us for information. 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 4: 6 - 7:30 p.m. | Wednesdays,
February 5, 12, 19, 26**

**Session 5: 6 - 7:30 p.m. | Tuesdays,
March 4, 11, 18, 25**

**Session 6: 6 - 7:30 p.m. | Wednesdays,
April 16, 23, 30 & May 7**

**Session 7: 6 - 7:30 p.m. | Tuesdays,
May 13, 20, 27, & June 3**

Online

\$85

SCHOOL BUS DRIVER TRAINING

Are you interested in driving a school bus? Midcoast and Boothbay Region adult & community education programs in partnership with RSU 12 are offering a FREE Entry-Level Driver Training course.

Earn your Class B Commercial Driver's License, plus passenger and school bus endorsements in this 5 to 6-week class that meets Federal Motor Carrier Safety Administration and Maine Bureau of Motor Vehicles classroom requirements for Entry-Level Driver Training. Range-and-road instruction is provided by individual school district partners, and scheduled separately from the theory course.

Already have a CDL? You only need to attend P/S classroom, and range-and-road training for these endorsements.

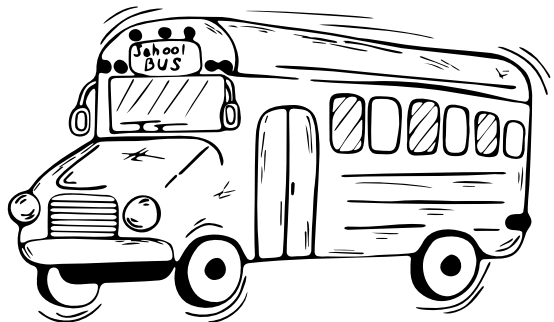
Passenger & School Bus ELDT:

8 a.m. - 4 p.m.
Saturday, January 25,
Windsor Elementary School

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

CDL Class B, Plus P/S ELDT:

5:30 - 8 p.m.
Wednesdays, March 5-26
Location TBD based on participants
P/S Training
All day on a Saturday TBD



Materials provided. Class size limited to 8. Must be at least 21 years old with a violation-free driving history, able to pass a Department of Transportation bus driver physical and Department of Education background check.

Registration Form

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

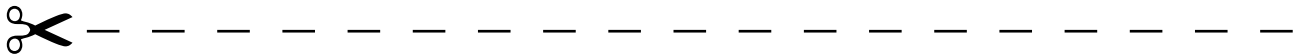
Credit or debit card payments are processed through our secure web portal system. Visa, Mastercard, Discover, and American Express are accepted.

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

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**POSTAL CUSTOMER
ECRWSS**

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. **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.

