

# RSU 26 / RSU 34 Adult Education FALL 2017

## DISTANCE LEARNING COURSES

We are very excited to be able to offer nearly 500 interactive courses that you can take entirely over the internet. A wide variety of professional development and personal enrichment courses are now available for registration. All classes are led by expert instructors, fit into convenient six-week formats and are affordably priced. Some of the more popular courses available are:

- \* Become a Veterinary Assistant
- \* Computer Skills for the Workplace
- \* Discover Sign Language
- \* A to Z Grant Writing
- \* Grammar Refresher
- \* Introduction to Oracle
- \* Introduction to Java Script
- \* PC Troubleshooting
- \* QuickBooks 2017
- \* Writing Your Life Story
- \* Publish and Sell Your E-Books
- \* Learn to Buy & Sell on eBay
- \* Write Your Life Story
- \* Writing for Children
- \* Introduction to Windows 10
- \* Helping Elderly Parents
- \* Test Prep: GRE / LSAT / SAT / Praxis
- \* Beginner's Guide to Getting Published



View a complete catalog of the nearly 500 courses available at:

[www.ed2go.com/rsu26](http://www.ed2go.com/rsu26) or [www.ed2go.com/rsu34](http://www.ed2go.com/rsu34)

## COLLEGE TRANSITIONS

Our College Transitions program is designed to help students successfully prepare for college. We help adult learners who are earning their high school diploma or HiSET certificate successfully transition to college. We also help adults who already have a diploma prepare for their college experience.

Contact us if you would like to discuss with us some of the following College Transitions services that we offer:

- College Exploration and Planning**
- Advising Services**
- Courses: Algebra / Biology / Writing for College**
- College Readiness Courses**
- Accuplacer Prep and Testing**
- College Application Assistance**



## ABOUT US

Director: Matthew Tardie (mtardie@rsu26.org)

### Orono Office

Site Coordinator: Judith Santos (jsantos@rsu26.org)  
 Address: 14 Goodridge Drive  
 Orono, Maine 04473  
 207-866-4119  
 Phone: http://www.rsu26.org  
 Web Site: Monday through Wednesday  
 Office Hours: 11:00 am to 3:00 pm & 6:00 to 8:30 pm

### Old Town Office

Site Coordinator: Sue St. Louis (sue.stlouis@rsu34.org)  
 Address: 203 Stillwater Avenue  
 Old Town, Maine 04468  
 207-827-3906  
 Phone: http://www.rsu34.org  
 Web Site: Tuesday through Thursday 3:00 to 8:00 pm  
 Office Hours:

[www.riversideadulthoodpartnership.com](http://www.riversideadulthoodpartnership.com)

## RSU 26 / RSU 34 ADULT EDUCATION General Program Registration Form 2017-2018

Semester: Fall Date: \_\_\_\_\_

Name \_\_\_\_\_

Address Last First Middle

Number Street City/Town

Email Address \_\_\_\_\_

Birth Date \_\_\_\_\_ Telephone \_\_\_\_\_

Home /Work

- \* Course Title: \_\_\_\_\_

- Method of Payment Enclosed with Registration Form:
- Check  Money Order

**NO REFUND UNLESS COURSE IS CANCELLED BY SCHOOL**

## HIGH SCHOOL COMPLETION COURSES

Our program provides adult learners with the opportunity to earn an adult education high school diploma or a high school equivalency (HiSET) diploma. Class sizes are small and an experienced team of instructors provides courses designed to meet the different needs and learning styles of our students. Online courses and individual-paced courses are also available for students to take. Most of our high school completion courses start in mid-September, but we do accept students into our program throughout the academic year on a rolling admission basis.

### Fall Academic Courses

HiSET Testing	Tuesday/Thursday 6-8 pm	Old Town
Math Lab	Monday/Wednesday 3-5 pm	Old Town
American History	Tuesday 6-8:30 pm	Old Town
Individualized Math	Wednesday 6-8:30 pm	Orono
Developmental English	Wednesday 6-8:30 pm	Old Town
Writing Lab	Wednesday 6-8:00 pm	Orono
Real World Math	Monday 6-8:30 pm	Old Town
HiSET Testing	Wednesday 6-8 pm	Hampden



**All high school diploma and HiSET Prep classes  
are free to those who qualify.**

## FREE ATOMIC LEARNING ONLINE CLASSES

We are again excited to offer our residents free access to over 250 online courses and over 10,000 tutorials and individual trainings. Some of the more popular courses are listed below. To receive a password and login information to these free online-based courses, just call one of our offices (866-4119 or 827-3906) or email us at: [riversideadulthood@gmail.com](mailto:riversideadulthood@gmail.com).

Tech for Students with Dyslexia	SketchUp for 3D Printing
Career Skills Trainings	Google Sheets
Moodle Instructor Training	Minecraft in the Classroom
Microsoft Office Applications	Kid Pix Deluxe
HTML5 & CSS3 Basics	Boardmaker Plus!
Flash CS5	Cyberbullying
Classroom Management Strategies	Internet Safety
Podcasting Workshop	Dreamweaver CS5
Creating Digital Portfolios	WordPress
Office for iPad	Being Successful in College
SharePoint Basics	Anime Studio Training
Photoshop	Supporting Gifted Learners
Moodle for Students	Using Gmail
Geometer's Sketchpad	Flickr Training
Adobe Lightroom	iBooks Author Training
Being Savvy Online	Using iTunes
Texttease CT	Real-World Geometry
SMART Boards	Java for Beginners

**Find us on Facebook: Riverside Adult Education**

**facebook**

RSU 26 Adult & Community Education  
 14 Goodridge Drive  
 Orono, Maine 04473

ECRWSS  
 POSTAL CUSTOMER  
 ORONO, ME 04473

Non-Profit Organization  
 US Postage Paid  
 Orono, ME 04473  
 PERMIT NO. 1003

## **DANCE & MUSIC COURSES**

**Ukulele for Beginners:** Bring your fully functional ukulele and your internet ready device (we can lend you one) to this fun, 8 week class. You'll learn to play songs on the very first night! You'll learn to use ukulele chord charts and how to tune and maintain your ukulele. The class size is small and instruction is individualized to ensure your success. This class is open to students aged 15 and older.

**Instructor:** Misty Burgess **Day:** Mondays **Time:** 6:30-8:30 pm  
**Cost:** \$45.00 **Starting Date:** October 2 **Location:** Orono

**Tap Dancing for Beginners:** Tap dancing is a great way to build strength and flexibility. In this fun, 6-week class, you'll start by finding the beat of a song and moving your feet rhythmically. You'll then move on to learning basic tap moves and combinations. Tap shoes are encouraged, but not necessary to begin. You'll get a great cardio workout while learning how to dance from an experienced instructor.

**Instructor:** Raechelle Edmiston-Cyr **Day:** Wednesdays **Time:** 6:00-7:00 pm  
**Cost:** \$35.00 **Starting Date:** September 20 **Location:** Orono

**Intermediate Tap Dance Fun:** Break out your old tap shoes and get some exercise with us in this ongoing class. This class is designed for those who know the basics of tap and would like to practice and build their skills. We will start by practicing skills to some of your favorite songs and then we'll work to learn more complex dance numbers set to classics and contemporary songs. Have fun and exercise while building and maintaining your tap skills.

**Instructor:** Raechelle Edmiston-Cyr **Day:** Wednesdays **Time:** 7:15-8:15 pm  
**Cost:** \$4.00 drop in rate **Starting Date:** September 20 **Location:** Orono

**Belly Dancing:** If you are searching for a challenge, improved fitness and a way to embrace your body, you were meant for this class! This 4-week dance fitness class is centered around belly dance techniques to strengthen your core without putting stress on your joints and is designed for all fitness levels. You'll learn belly dance movements from an instructor who has taught and performed belly dance through out the nation.

**Instructor:** Jennifer Lee **Day:** Mondays **Time:** 6:00-7:30 pm  
**Starting Date:** October 2 **Cost:** \$25.00 **Location:** Orono

## **PERSONAL ENRICHMENT COURSES**

**Beekeeping for Beginners:** This popular 3-week class is designed to stimulate the interest in and answer the questions of those interested in starting beekeeping as a hobby, to help pollinate their crops or to generally learn more about honeybee husbandry. We'll cover what is needed to get started, where to locate bee hives, where to buy them, what it costs and how to care for bees so that they survive the winter.

**Instructor:** Peter Cowin **Day:** Mondays **Time:** 6:30-8:30 pm  
**Starting Date:** October 2 **Cost:** \$35.00 **Location:** Orono

**Introduction to Digital Photography :** Get the most out of your digital camera and learn from an experienced professional photographer how to take great photographs during this 6-week class. Some of the topics covered in this class will be: Basic Photographic Concepts, Digital Photography's Strengths and Weaknesses, Workflow from Camera to Print, Basic Adobe Photoshop Techniques and Long-Term Digital Image Storage. This course is designed for the beginning digital photographer.

**Instructor:** Michael Hallahan **Day:** Tuesdays **Time:** 6:00-7:30 pm  
**Starting Date:** October 3 **Cost:** \$65.00 **Location:** TBA

**Maine Driving Dynamics:** This course is a 5 1/2 hour defensive driving and driver improvement program developed by the Bureau of Highway Safety. Those completing the course will receive a three-point credit on their driving record and students may be able to receive an insurance discount from their insurer.

**Instructor:** State of Maine **Cost:** \$40.00; 65 and older \$25.00 **Location:** Orono  
**Dates/Times:** Monday, Sept. 18 and Wednesday, Sept. 20 from 6:30-9:00 pm

**Cooking Thai:** Roll up your sleeves and join us in this fun, one-night cooking class where you will create and taste, from start to finish a traditional three course Thai meal. This will be a great introduction to Thai cooking for those who have never tried to make it at home. Space is limited, so register early. More sessions may be added.

**Instructor:** Amy Baron **Day/Time:** Monday, October 2 from 6:00-8:30 pm  
**Cost:** \$15.00 (includes materials fee) **Location:** Orono

**Introduction to Etsy:** Looking for a way to sell some of those antiques that you have sitting around or to market some unique crafts that you produce? In this one-night class, we'll talk about using Etsy, Amazon Marketplace and other platforms to share your goods online. We'll also discuss shipping tips, proper titles and keywords, ways to write better descriptions, pricing your products, taking photos and more.

**Instructor:** Ashlee Geheb **Day/Time:** Tuesday, October 17 from 6:00-8:00 pm  
**Cost:** \$8.00 **Location:** Orono

**Self-Publishing on Amazon Kindle:** In this one-night class, you'll learn how you can publish and share your writing with others online. We'll provide you with the basics of self-publishing an eBook: writing, editing, formatting, publishing and marketing your book. We'll also compare and contrast eBook and paperback formats.

**Instructor:** Ashlee Geheb **Day/Time:** Tuesday, October 24 from 6:00-8:00 pm  
**Cost:** \$8.00 **Location:** Orono

**Hunter's Safety:** To participate in this certification course, you must first complete the online portion of this course (ME Dept. of Inland Fisheries & Wildlife website) and print off the voucher you receive from completing this portion of the course. Bring a copy of your voucher to one of our Saturday skills portion of the course. The class will run from 8:30 am to 4:30 pm. The **Hampden** class has been scheduled for September 30. The **Old Town** class will be scheduled at a later date (call 866-4119 or the Dept. of Inland Fisheries for more current information about the Old Town class).

**Instructor:** Charlie Andrews **Cost:** \$10.00 **Locations:** Hampden & Old Town

## **PERSONAL WELLNESS COURSES**

**CPR/AED:** The AHA's Heartsaver CPR-AED Course is a classroom, instructor-led one night class designed to prepare students to provide CPR and use an automated external defibrillator (AED) use in a safe, timely and effective manner. Students will receive a Heartsaver CPR-AED course completion card, which is valid for two years.

**Instructor:** Chad Kirkpatrick **Day/Time:** Thursday, October 19 from 6-9 pm  
**Cost:** \$35.00 (includes certification card) **Location:** Orono

**Basic First Aid:** The AHA's Heartsaver First Aid Course is a classroom, instructor-led one night class designed to prepare students to provide first aid in a safe, timely and effective manner. Students will receive a Heartsaver First Aid course completion card, valid for two years, upon successful completion of this course.

**Instructor:** Chad Kirkpatrick **Day/Time:** Thursday, October 26 from 6:00-8:00 pm  
**Cost:** \$35.00 (includes certification card) **Location:** Orono

**Heart Rhythm Meditation:** Heart Rhythm meditation is a form of meditation that can provide you with immediate health benefits, combining ancient and western mystics with modern science. In this 6 week course, you will experience a weekly guided heart-centered meditation, learning to entrain your breath and heartbeat. Each class, you will be given daily practices that will help you improve decision-making, increase your energy level, function better under stress and develop your concentration abilities.

**Instructor:** Stephen Hodgdon **Day:** Tuesdays **Time:** 5:30-7:00 pm  
**Cost:** \$35.00 **Starting Date:** October 3 **Location:** Orono

**Essential Oils Workshop:** In this two-night class, you'll learn about a natural form of health care. Essential oils are a safe, affordable health care option that have a wide range of benefits and uses to support the body. During the second night, you'll sample, mix and take with you bottled essential oils to use at home.

**Instructor:** Leslie Winchester **Day:** Mondays **Time:** 6:00-8:00 pm  
**Cost:** \$20.00 plus a \$10.00 materials fee paid to the instructor **Location:** Orono

## **HEALTH & FITNESS PROGRAMS**

**Tai Chi for Arthritis and Better Balance:** The ancient art of Tai Chi can improve balance and confidence in walking, can help students relax and reduce levels of stress and tension and can provide you with a good workout. You'll learn from and work with a certified Tai Chi instructor in this 6-week, low impact fitness class.

**Instructor:** George Manlove **\$5.00 Drop In Rates!** **Location:** Orono  
**Day/Time:** Tuesdays/Thursdays from 10-11 am, starting September 12.

**Dance Fitness with McSmitty:** Featuring today's top music hits, this energetic, exciting and fun dance fitness class is designed to make you sweat! Get ready to hoof and holler, shimmy and shake it! It's time to boogie with McSmitty!

**Instructor:** Amy McFalls-Smith **Day/Time:** Mondays & Wednesdays from 6-7:15 pm  
**Starting Date:** September 11 **Cost:** \$5.00 drop in fee / \$3.00 RSU 34 & 26 Staff!

**Ballet Tone:** This 6-week (12 sessions) course is an introduction to classical ballet training. Barre and floor exercises will emphasize body placement and core engagement, while dance combinations tap into a creative energy, all while receiving a great musical workout. No experience necessary to participate in this fun, fitness class.

**Instructor:** UMaine Fitness **Day/Time:** Tuesdays and Thursdays from 6-7 pm  
**Cost:** \$45.00 **Starting Date:** October 26 **Location:** UMaine

**Fall Bike Tune Up:** Before you put your bike away for the winter, bring it in with you to this hands-on, one-night workshop, and you'll leave with the skills needed to store it properly. This basic class will cover things such as bearing adjustments, bolt checks, cable lube, derailleur adjustment, tire pressure and brake adjustment. If you don't have a bike, you can borrow one of ours to work on.

**Instructor:** Jim Rose **Day/Time:** Tuesday, October 24 from 6:30-8:30 pm  
**Cost:** \$15.00 **Location:** Orono

## **CRAFTING & ART CLASSES**

**Watercolor Painting:** If you are interested in learning about watercolor for the first time, or maybe want to refine your skills, this 6-week class is for you! In this fun and fast paced class, we will cover basic techniques such as color, value and texture. Each night we will learn something new in class and you'll be given a fun assignment to apply what you've learned. Call our office for your 'shopping list' of materials you'll need for this class.

**Instructor:** Obrianna Vine **Day:** Wednesdays **Time:** 6:00-8:00 pm  
**Starting Date:** October 4 **Cost:** \$40.00 **Location:** Orono

**Introduction to Sewing:** If you are new to sewing or just want to work on your skills, sign up for this fun, hands-on 6-week class. We'll start with simpler introductory projects and move on to more advanced activities. Bring your sewing machine if you have one. We have 3 machines that we can lend to students For your first class, you'll need to bring scissors, pins, a measuring tape, a seam ripper, a marking pencil and a 6" seam gauge ruler. We have room for only ten students, so register early.

**Instructor:** Sharon Slammons **Day:** Wednesdays **Time:** 6:00-8:30 pm  
**Starting Date:** October 4 **Cost:** \$45 (includes materials and thread) **Location:** Orono

**Make Your Own Wreath:** Join us in this hands-on, one-night wreath making workshop to create a truly personal holiday decoration or gift. We'll provide the instruction and materials to make your own beautiful balsam fir wreath from scratch. We'll also provide the bows and decorations to personalize your wreath. Bring the kids!

**Instructor:** Matthew Pellerin **Day/Time:** Tuesday, November 28 from 6:00-7:30 pm  
**Cost:** \$30.00 (includes all materials) **Location:** Orono

**Introduction to Metal Jewelry:** In this one-night workshop, you'll learn the basics of working with metal and wire to create lovely, textured two and three dimensional jewelry. You'll learn the proper techniques of cutting, filing, shaping, annealing, texturing, riveting and more. We'll use copper and brass, but you can purchase sterling silver at an additional cost. You'll leave with a variety of finished pieces to keep or give as gifts.

**Instructor:** Amanda Coburn **Day/Time:** Monday, December 4 from 6:00-9:00 pm  
**Cost:** \$50.00 per student (includes all materials and tools) **Location:** Orono

**Quilting:** This popular ten-week class is open to both beginning and experienced quilters. This fall we will be working on different projects which will appeal to quilters of all ability levels. Our instructor will be taking students on a 'shopping trip' the Saturday before class starts to help people purchase supplies for the class, so please register early.

**Instructor:** Sue Randall **Day:** Thursdays **Time:** 6:00-9:00 pm  
**Starting Date:** September 14 **Cost:** \$40.00 **Location:** Old Town

**Torch Fired Enameling Workshop:** Enameling is the process of fusing powdered glass material to metal to give it a smooth colored glass coating. In this one-night class, you'll learn the proper techniques of cutting, filing, cleaning and prepping the metal for the enameling process. You'll create and take home with you several beautiful pieces of art that you can keep or gift.

**Instructor:** Amanda Coburn **Day/Time:** Monday, October 16 from 6:00-9:00 pm  
**Cost:** \$50.00 (includes materials and tools) **Location:** Orono

**Thanksgiving Art Night:** In this one-night, paint and sip-style class, you'll create and take home with you a beautiful acrylic painting of a bountiful Thanksgiving cornucopia. Our instructor will explain the method and you can improvise and choose your own colors. Snacks will be provided, but feel free to bring along coffee or tea. All materials will be provided (a \$15 materials fee will be paid directly to the instructor on the night of class).

**Instructor:** Obrianna Vine **Day/Time:** Wednesday, November 29 from 6:00-8:00 pm  
**Cost:** \$10.00 **Location:** Orono

**Santa Claus Paint Night:** In this one-night, paint and sip-style class, you'll create an acrylic painting of a cute Santa face, perfect for your Christmas decorating. Our instructor will explain the method and you can improvise and choose your own colors. Snacks will be provided, but feel free to bring along coffee or tea. All materials will be provided (a \$15 materials fee will be paid directly to the instructor on the night of class).

**Instructor:** Obrianna Vine **Day/Time:** Wednesday, December 6 from 6:00-8:00 pm  
**Cost:** \$10.00 **Location:** Orono

**Introduction to Stained Glass:** In this 3-night, 9-hour course, you will learn the basics of the copper foil, Tiffany style method of stained glass work to make and take home with you a beautiful sun catcher. Topics include: cutting glass, grinding glass to shape, foiling with copper foil, soldering with a tin/lead solder, applying patina, chemical treatments, polishing and stained glass safety. All materials are provided for this course.

**Instructor:** Ralph Parks **Day:** Saturdays **Time:** 9:00 am-12:00 pm  
**Starting Date:** October 7 **Cost:** \$140.00 **Location:** Veazie

## **NEW COURSES !**

**Interpreting Your Dreams:** What do your dreams mean? In this fascinating, one-night workshop, you'll learn how to begin to decipher your dreams and uncover the messages they may (or may not) be sending you. We'll discuss dream journaling, symbolism, why people sometimes remember their dreams and more.

**Instructor:** Darlene Flood **Day/Time:** Wednesday, October 11 from 6:00-7:30 pm  
**Cost:** \$25.00 **Location:** Orono

**Design Like a Pro: Kitchens & Baths:** Are you planning a kitchen and/or bathroom renovation? Do they need improvements, but you don't know where to start? If so, this is the class for you. In this seven week class, a professional interior designer will guide you through the process of designing and renovating your kitchen and bathroom. You'll leave with the tools and knowledge you need from planning and budgeting to cabinetry and finishes, to get the kitchen and bathroom of your dreams.

**Instructor:** Kira Eisenzopf **Day:** Tuesdays **Time:** 6:00-7:30 pm  
**Starting Date:** October 10 **Cost:** \$75.00 **Location:** Orono

**Saving for College:** In this one-night workshop, we'll cover questions to consider as you establish a college savings goal, savings strategies to help you reach your goal and the features and benefits of various education savings plans. We'll also talk about the cost of college and financial aid opportunities. Bring your questions.

**Instructor:** Philip Barb **Day/Time:** Monday, October 23 from 6:00-8:00 pm  
**Cost:** \$5.00 per person or household **Location:** Orono

**Introduction to Genealogy:** Tracing your ancestors is an intriguing detective story, combining oral tradition, written records, photographs and other artifacts. This 6-week will provide you with the grounding you need to get started. We'll discuss where and how to find information, properly recording findings, how to create a family tree, understanding DNA results and how to include photos in family history displays.

**Instructor:** B.J. Jamieson **Day:** Mondays **Time:** 6:30-8:30 pm  
**Starting Date:** October 16 **Cost:** \$50.00 **Location:** Orono

**Conversational Spanish:** The emphasis in this 6-week class will be on oral communication: listening and speaking skills. You'll learn to respond to basic questions, react in Spanish appropriately to situations in the classroom environment, follow directions in Spanish and react in simple social settings. You'll benefit from participating in this class, regardless of your level of ability speaking and understanding Spanish.

**Instructor:** Maria Elana Johnson **Day:** Mondays **Time:** 6:00-8:00 pm  
**Starting Date:** October 2 **Cost:** \$35.00 **Location:** Orono

**Intro to Google Docs:** In this useful one-night class, you'll learn how to make life easier with Google Drive. We'll show you how to create documents, organize folders, automate forms and how to streamline your personal or professional life with Google.

**Instructor:** Sean Malone **Day/Time:** Monday, November 6 from 6:00-8:00 pm  
**Cost:** \$8.00 **Location:** Orono

**'Acting for All' Theater Workshop:** In this 8-week course, you'll see how the craft of acting can benefit anyone. Through theater games and script study, the class will explore what happens behind the scenes. It is more than just learning lines! Theater games are a great way to exercise the mind and improve concentration, and can result in a new sense of self-confidence. Our instructor has over 40 years of experience as an actor, director and teacher. No experience necessary to participate.

**Instructor:** Irene Dennis **Day:** Mondays **Time:** 6:00-8:00 pm  
**Starting Date:** October 2 **Cost:** \$50.00 **Location:** Orono

**Preserving the Harvest-Pickling:** In this hands-on, one night workshop, our partners from UMaine's Co/op Extension will teach you the basics of canning, including how to use a water bath canner to pickle. Fresh produce and canning jars will be provided.

**Instructor:** Laurie Bowen **Day/Time:** Wednesday, October 18 from 6:00-8:00 pm  
**Cost:** \$25.00 (includes all materials) **Location:** Orono

**Preserving the Harvest-Jam:** In this one-night, hands-on class, you'll learn about the basics of preserving jam. Fresh produce and canning jars will be provided for this class by UMaine's Cooperative Extension Program.

**Instructor:** Laurie Bowen **Day/Time:** Wednesday, October 25 from 6:00-8:00 pm  
**Cost:** \$25.00 (includes all materials) **Location:** Orono

**U.S. Citizenship Test Prep:** This 10-week course is designed to help students prepare for the civics portion of the U.S. Citizenship Test. Even if you are not sitting for the test, the information (American History, Government) covered in this class would be valuable to you. This class is offered in conjunction with Literacy Volunteers of Bangor. The course fee covers the cost of the textbook.

**Instructor:** Betsy Megquier **Day:** Wednesdays **Time:** 6:00-8:00 pm  
**Starting Date:** October 10 **Cost:** \$15.00 **Location:** Orono

**Archery:** Interested in picking up the sport of archery, but don't want to invest a lot of money before you find out more about it. This one-night course will provide you with an introduction to the basic skills, equipment and safety of archery so that you can decide if you want to continue with this popular sport. This clinic will take place in an indoor range and is open to students 15 years and older.

**Instructor:** Dan Sanborn **Day/Time:** Thursday, October 5 from 5:30-7:30 pm  
**Cost:** \$25.00 **Location:** Old Town

**Red Cross Baby Sitting Course:** Participation in this one-day workshop will help you learn how to be a safe, professional and reliable sitter. You'll also learn how to develop a babysitting business, keep yourself and others safe and learn about basic child care and basic first aid. This training is designed for youths ages 11-15. Students who successfully complete the course will earn a Red Cross Certificate.

**Instructor:** Carrie Bonnefond **Day/Time:** Saturday, November 4 from 9am-4pm  
**Cost:** \$95.00 **Location:** Old Town

**Wilderness Safety:** This 5-week course is designed for the person who frequently travels in the backcountry with friends or in small groups and who is seeking a basic level of competency in first aid. The course includes Adult Heartsaver CPR and training in the use of epinephrine for allergic reactions. This fairly intensive course covers topics such as leadership, patient assessment and basic care. The course will be experiential with lots of opportunity to practice real-life situations.

**Instructor:** Jon Tierney **Day:** Tuesdays **Time:** 6:00-9:00 pm  
**Cost:** \$150 (course only); \$220 (with certification) **Start Date:** November 7

## **PROFESSIONAL DEVELOPMENT COURSES**

**Substitute Teacher Training:** This one-night workshop will provide people who are interested in becoming a substitute teacher, the basic information that they need to know. We'll cover topics such as eligibility to substitute teach in Maine, classroom management, learning strategies, practical 'survival' tips, State law in regards to confidentiality and student rights, and the substitute teacher application process required by RSU 22 (Hampden), RSU 26 (Orono) and RSU 34 (Old Town).

**Instructor:** Matthew Tardie **Day/Time:** Wednesday, October 11 from 6-8 pm  
**Cost:** \$5.00 **Location:** Orono

**CNA Training:** This 180-hour state-approved course, will prepare students to become Certified Nurse's Aides. CNA's perform a variety of health care duties under the direction of a nurse. Classroom, lab and clinical work will be done at the Orono Commons Nursing Home and the Maine Veteran's Home in Bangor. The deadline to receive applications is October 2. The class will run for 14-15 weeks. The course is open to students 17 years and older. Payment plans are available.

**Instructor:** Nyree O'Donald **Cost:** \$750.00  
**Days:** Saturdays (8am-2pm and Mondays & Tuesdays (6-9pm)

**Job Preparation Training:** This 12-week skills development program is being offered in conjunction with our partners from River Coalition. It's designed to help folks gain work related skills and knowledge to find employment. We'll discuss career exploration, employability skills, work ethics, job safety, employer expectations, resume writing as well as may other career-related topics. Students can also earn diploma credit in this class from Old Town Adult Education.

**Instructor:** Greg Thibodeau **Day:** Wednesdays **Time:** 6:00-8:30 pm  
**Starting Date:** September 20 **Cost:** FREE **Location:** Old Town

## **FREE COURSES**

**Identity Theft Protection:** This important free one-night workshop will help you better protect your personal and financial data online and at home. Topics will include: what is tax-related identity theft, know the warning signs, protect personal information, reduce your risk and how to get assistance for victims of identity theft.

**Instructor:** Shawn Savage **Day/Time:** Tuesday, October 24 from 6:00-8:00 pm  
**Cost:** Free **Location:** Orono

**Introduction to Foster Care:** In this one-night workshop, you will learn how children come into foster care, how long they typically stay with a family, the supports available to foster parents and the process to become a foster parent.

**Instructor:** Stephanie Doone **Day/Time:** Tuesday, October 10 from 6:00-7:30 pm  
**Cost:** Free **Location:** Orono

**Home Safety Workshop:** This important one-night course is being offered in conjunction with the Orono Police Department. Topics include: unwanted guests, unruly guests, home-alone safety for children, home invasions, elder safety, non-lethal home intruders and your home's safe place. This free program is appropriate for family members of all ages.

**Instructor:** Ed Leskey **Day/Time:** Tuesday, October 17 from 6:00-7:30 pm  
**Cost:** Free **Location:** Orono

**Ticks in Maine:** This one-night informational presentation provides participants with information on the basic biology, life cycle and distribution of ticks in Maine and offers management and personal protection strategies for avoiding these potential health threats.

**Instructor:** Griffin Dell **Day/Time:** Monday, October 2 from 6:00-7:30 pm  
**Cost:** Free **Location:** Orono

**English as a Second Language Course:** The focus of this free, 6-week course is to help students develop English competency by helping them acquire skills in all basic skill areas: listening, speaking, reading and writing. Throughout the course, we will integrate various aspects of American culture in our lessons that will help students feel more comfortable interacting in our society. This course would also be useful for students who are interested in prepared for the U.S. Naturalization Test.

**Instructor:** Dorl Stevenson **Day:** Tuesdays **Time:** 6:00-7:30 pm  
**Starting Date:** September 26 **Cost:** Free **Location:** Orono

**To register for courses online, go to:  
www.riversideadulthoodpartnership.com**