



Spend an evening with us...

We're RSU 22 Adult Education

Hampden | Newburgh | Winterport | Frankfort

Winter 2018 Session

Course Offerings



About Us

Director: Matthew Tardie mtardie@rsu22.us
www.riversideadulthoodpartnership.com

Please use the Maine Adult Education Portal for credit card registrations.
<http://orono-hampden.maineadulthood.org/>

HAMPDEN OFFICE

Site Coordinator: Beth Soule esoule@rsu22.us
 Address: RSU 22 Adult Education, Hampden Academy
 89 Western Avenue, Hampden, ME 04444
 Phone: 207-862-6422
 Web Site: <http://www.rsu22.us>
 Office Hours: Monday - Thursday, 11:00 am to 3:00 pm

Hampden Public Safety - Citizen Academy

The Hampden Public Safety Citizen Academy is being offered to citizens of Hampden, Winterport, Newburgh and Frankfort on Wednesday evenings beginning on **March 21, 2018**. This 8-week interactive program is designed to educate citizens about the duties associated with being a police officer, firefighter, and paramedic. Topics covered include patrol procedures, evidence collection, use of force and emergency medical services protocols. Tours of the Penobscot County Jail and the Penobscot Regional Communications Center are included. To apply for this free program, call us at 862-6422.

NEW



Academic Courses/Programs

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 late-January, but we do accept students into our program throughout the academic year on a rolling admission basis.

Winter Academic Courses

Algebra	Monday 6-8:30 pm	Old Town
Math Lab	Monday/Wed. 3-5 pm	Old Town
American History II	Monday 6-8:30 pm	Orono
HiSET Testing	Tues./Thurs. 6-8 pm	Old Town
Individualized Math	Tuesday 6-8:30 pm	Orono
Society Through Film	Tuesday 6-8:30 pm	Hampden
Writing for College	Wednesday 6-8:30 pm	Old Town
HiSET Testing	Thursday 6-8 pm	Hampden
High School Biology	Thursday 6-8:30 pm	Old Town

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

New Onsite and Online Health Care Courses!

In 10 to 20 weeks, you can become nationally certified in these portable, high demand healthcare jobs through our partnership with the Academy of Medical Professions. Students who complete their program also receive assistance with job searching and resume writing.

- Dental Assisting Medical Transcription
 - Medical Billing and Coding Medical Office Specialist
 - Pharmacy Technician Hospital Coding and Billing
- For more information about any of these courses, including payment plan options and specific certifications awarded per course, please contact us at 862-6422.


RSU 22
 24 MRN
 Hampden, ME 04444

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ECRWSS

POSTAL CUSTOMER

The College Experience: Year 1

Location: Eastern Maine Community College 
 Day/Time: Mondays, 6:00 to 8:30 pm
 Starting Date: March 5, 2018 6 weeks **NEW**

Students who successfully complete this course will earn one college credit from Eastern Maine Community College. The purpose of this course is to empower students to achieve more success in college and life by focusing on principles such as personal responsibility, self-motivation, self-management, interdependence, self-awareness and emotional intelligence.

This 24-hour course will consist of 6 "live" in-class sessions and 3 self-paced online assignments. Other topics include:

Accuplacer Prep / Testing	Developing Research Skills
Writing for College	Applying for and using Financial Aid
Personal Financial Literacy	Improving Study Skills
Test-Taking Strategies	Living on or off Campus
The College Application Process	Developing an Educational Plan
Choosing a Major and Career Pathway	

Course Fee: Free (includes textbooks and course materials)

To register, contact the instructor: mtardie@rsu26.org or call Hampden Adult Education at 862-6422.

Technology **NEW**

3D (Dimension) Printing - Reeds Brook Middle School

We are living in an age where you can imagine an object, design it on a computer, and print a 3D copy of it. This new course will guide you through the process of designing a 3D model using tinkerCAD (free), and printing it on a 3D printer. We will discuss 3D printing options for your home and see the printers in action here in the classroom. Bring your own device (laptop, iPad, etc.) or one can be provided for class. If you can click and drag, you can design 3D objects for printing. 2 nights

Thursday, February 8 & 15 6:00-7:30 pm Instructor: Chris Beckwith
 Course Fee: \$20.00 Materials Fee: \$5.00 (payable to RBMS)

Basic Computer Skills Lab - Hampden Academy **NEW**

In this new 6-week course, students will be introduced to the essential skills needed to work with Microsoft Office, Excel and Outlook. This course is designed for the beginner to intermediate student and instruction will be individualized as much as possible. Students may bring their own laptop or use one of ours.

Thursdays, Starting February 8 6 weeks 6:30-8:30 pm
 Instructor: Stacy Green Course Fee: \$45.00


Boston Flower Show Trip

Enjoy the beautiful gardens and exhibits at the 2018 Boston Flower and Garden Show at the Seaport World Trade Center in Boston. The show will feature garden writers, landscape professionals, Master gardeners, local chefs and many vendors along with instructional workshops and demonstrations.

Saturday, March 17 Cost: \$79 (includes \$16 cost of ticket)
 Departure times: 6:30 am from Bangor No refunds after March 2
 Arrival in Boston: 11:30 am (approximate)
 Departure from Boston: 4:30 pm

Quincy Market Bus Trip

Get your friends together and come join us for a one-day trip to Boston's Quincy Market. Once there, you will have 6 hours to tour the city, visit historical sights, go shopping or dine at restaurants of your choice and at your leisure. You don't have to worry about paying tolls, driving down and back or finding a parking spot in the city! Space is very limited, so register early if you are interested.


Saturday, May 12, 2018 Cost: \$79 per person
 Departure Times: 6:30 am from Bangor 
 Arrival in Boston: 11:30 am (approximate)
 Departure from Boston: 5:30 pm No refunds after May 4.

Health/Fitness/Wellness **NEW**

Hampden Academy Fitness Center

Hampden Academy Fitness Center will hold a 4-week (8 sessions) program on Tuesdays and Thursdays starting January 16. More sessions will be added if there is interest. The Fitness Center is open free to the public.

Winter Walking Club - Hampden Academy

Too cold, dark and slippery outside to get a walk in, join our indoor walking club. Start out at our drop-in center where you can sit down and change out of your boots, into a good pair of walking shoes. Stay on the ground level or challenge yourself by walking between the first and second floors. Independent program - no instruction provided.
 Tuesdays & Thursdays, Jan. 30 to March 29 5:30-7:00 pm
 (No walking club on Feb. 20 & 22)  Fee: \$5.00 for the season

Introduction to Tennis

Armstrong Tennis Center - 60 Mecaw Road, Hampden

This 3-week course (with your choice of morning or afternoon) will help you learn to play tennis or to refresh existing tennis skills. Basic Fundamentals and Rules will be taught. Players will also learn stroke through fun games and drills. This is a lifetime sport - perfect for any age level. Any non-marking athletic shoe is acceptable. Equipment is provided, if necessary.


Fridays, January 26, Feb. 2, & 9 10:00-11:30 am (Please register by Jan. 18)

OR

Saturdays, January 27, Feb. 3 & 10 1:00-2:30 pm (Please register by Jan. 18)

Yoga - Hampden Academy


In this 6-week course we will use achievable, yet challenging yoga to develop physical strength and flexibility, as well as physical and emotional balance. This is not chair yoga and does require being able to get up and down from the floor. Students should bring a yoga mat.

Tuesdays, Starting February 6 6 nights 6:00-7:00 pm
 Instructor: Amy Faircloth Course Fee: \$45.00 

HoopDance for Beginners **NEW**

Hampden Academy Multi-Purpose Room

HoopDance is a fun, low-impact cardiovascular workout that strengthens core muscles, tones arms and legs, improves flexibility, balance and self-image, as well as reduces stress. In the beginner-level class, you will learn the foundations of HoopDance - hooping around the waist, hips, chest and shoulders. Hoops are provided for use during the class or can be purchased from the instructor. Wear comfortable clothes and shoes to move freely.

4 nights (more sessions added if interest)
 Tuesdays, Starting February 6 7:00-8:00 pm
 Instructor: Trish Hayes Course Fee: \$20.00 


Basic First Aid - Hampden Academy

Basic first aid principles will be covered in this hands-on, one-night course. Topics include bleeding, shock, injuries, sudden illness and more. Students will receive an American Heart Association Heart Saver certificate after completing the course.

Thursday, February 8 1 night 6:00-9:00 pm
 Instructor: Chad Kirkpatrick
 Course Fee: \$45.00 includes \$20.00 certification card cost 

CPR - Hampden Academy


This one night course introduces immediate lifesaving principles to correct airway obstructions and cardiac arrest in adults, infants and children. Students will receive an American Heart Association Heart Saver certificate after successfully completing this course.

Tuesday, February 27 1 night 6:00-9:00 pm
 Instructor: Chad Kirkpatrick
 Course Fee: \$45.00 includes \$20.00 certification card cost 

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.

The deadline to receive applications is March 12.

Starting Date: Monday, March 26
 Saturdays (8 am-2 pm) and Mondays & Tuesdays (6-9 pm)
 Instructor: Nyree O'donald Cost: \$750.00 

Introduction to Pickleball

Armstrong Tennis Center - 60 Mecaw Road, Hampden

This 2-week course (with your choice of morning or evening) will help you learn to play "the fastest growing sport in the USA". Sessions consist of general instruction and open play. Pickleball is a racquet sport that combines elements of badminton, tennis and ping-pong. Inexpensive to play, this sport provides good exercise, great for individuals of all ability levels and is easy to pick up to play. A very attractive sport for all ages - especially seniors 50+. All equipment provided.

Instructor: Susan Starbird Course Fee: \$25.00
 Thursdays, March 1 & 8 5:30-7:00 pm (Please register by Feb. 15)


OR

Fridays, March 2 & 9 9:00-10:30 am (Please register by Feb. 15)

General Enrichment

Interpreting Your Dreams - Hampden Academy

We spend a third of our life in dreams, but few people understand them or the subconscious mind that solved problems, predicts events and revisits the past. In this new 6-week interactive class, we will explore our subconscious world together, learn how to recall and interpret your dreams and start a dream journal.

Tuesdays, Starting February 6 6:00-7:30 pm 6 nights
 Instructor: Malcolm Herring Course Fee: \$38.00 

Digital Photography I

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 topics covered include: basic photographic concepts, digital photo strengths and weaknesses, basic Adobe Photoshop techniques and long term digital image storage.

Tuesdays, Starting February 6
Instructor: Michael Hallahan



6 nights
6:00-7:30 pm
Course Fee: \$65.00

Backyard Maple Syrup - Hampden Academy

This course is for hobbyists who want to learn techniques for safe and efficient maple syrup production in your own back yard. Join us and prepare for the next maple season. When do I tap? What is the correct temperature? What equipment will I need? What happens in the tree? And finally, turning the sap into



maple syrup. This informative session will prepare you to be part of Maine's Maple Harvest!
Thursday, February 8
Instructor: Len Price



1 night
6:00-8:00 pm
Course Fee: \$10.00

Creative Writing for Adults - Hampden Academy

Do you love to write and long to improve your writing? Whether you write poetry, fiction, prose, essays or letters, we will work together to explore what works and doesn't work in a friendly, nonjudgmental setting. Our instructor, a published writer, will help you strengthen your skills and let your imagination soar in this 6-week, interactive class.

6 nights
Thursdays, Starting Feb. 8
Instructor: Malcolm Herring

6:00-7:30 pm
Course Fee: \$38.00

NEW



Introduction to Voice Over Acting - Winterport

This popular, one-night workshop is designed to introduce adults to the voice over field in a manner that is easy to understand, upbeat and fun. Voice overs are everywhere, from commercials, audio books, cartoons, gaming and documentaries. You'll learn about the business and you'll have an opportunity to record a real script under the direction of a producer in a studio, and have it played back to be assessed.

Monday, February 12 1 night
Instructor: Nate Altimari

6:30-9:00 pm
Course Fee: \$25.00

NEW

Grow a Natural and Poison-Free Backyard Orchard Hampden Academy

In this one-night workshop, you will learn how to grow healthy nutritious fruit within your backyard without using chemicals, intensive management or causing damage to the environment, whether you have 1/10th of an acre or 100 acres. Growing your own fruit doesn't have to be expensive. By utilizing S.N.A.P. methods, you too, can have trees that feed you right outside your back door. The course fee includes a booklet.

Tuesday, February 13 1 night
Instructor: Brian Mello

6:00-8:00 pm
Course Fee: \$35.00

NEW



Maine Driving Dynamics - Hampden Academy

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 55 and older may be able to receive an insurance discount from their insurer.

Tuesday & Thursday, February 13 & 15
Instructor: Don Saunders

6:00-9:00 pm
Cost: \$40.00, 65 and older \$25.00



Substitute Teaching Training - Old Town

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 regard to confidentiality and student rights, mandated reporting and the substitute teacher application process required by RSU 22 (Hampden), RSU 26 (Orono) and RSU 34 (Old Town).

Tuesday, February 13 6:00-8:00 pm 1 night
Instructor: Matthew Tardie

Course Fee: \$5.00



Introduction to Hypnosis - Hampden Academy

You can change and improve your life by tapping into your mind's full potential. In this two night class, you will learn what hypnosis is, how it works and its many uses. How you think strongly affects your life; when you change your mind, your life changes. Participants will explore and experience hypnosis in a group setting.

Thursday, March 1 & 8
Instructor: Evelyn Conrad

2 nights

6:00-8:00 pm

Course Fee: \$15.00

Introduction to Fly Casting - UMaine

This one-day course is designed to get you solidly grounded in the fundamentals needed to enjoy fly fishing. Topics covered include: tackle selection and assembly, knots, fly casting, fish foods, artificial flies, fishing strategies and wading safety.

1 day
Saturday, March 3
Instructor: Kevin Tracewski



9:00 am - 4:00 pm
Course Fee: \$65.00

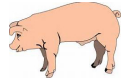
Introduction to Raising Backyard Pigs - Hampden Academy

If you have ever wanted to raise your own homestead hams and bacon, then this course is an excellent primer to get you started on the right track. Topics covered include: keeping pigs from escaping, keeping neighbors happy, land needs, food, water, shelter, butcher considerations, costs, benefits and fencing. No farming experience is necessary.

1 night
Thursday, March 22 6:00-9:00 pm
Instructor: Randy Canarr

Course Fee: \$15.00

NEW



Organic Gardening - Hampden Academy

Interested in growing your own vegetables in an organic and sustainable manner? Join us for this annual workshop and learn how to grow your own organic garden. The class will include the basics of soil science, making and using compost, principles of crop rotation, how to incorporate green manures and manage nutrients. Other topics also include basic weed control strategies, as well as common insect pests and methods of natural insect control.



1 night
Hampden: Tuesday, April 3 OR Orono: Wednesday, April 4
6:00-9:00 pm
Instructor: John Jemison

Arts & Crafts

Card Making Classes - Hampden Academy

Come and make a variety of greeting cards with themes such as birthday, Valentine's Day, and thank you. The last night will be a "shabby chic" card and handmade envelope. Some embossing will be included.

3 nights
Tuesdays, Starting January 30 6:30-7:30 pm
Instructor: Joyce Schwarz

Course Fee: \$6.00 Materials Fee: \$20.00



NEW

Penny Rug Class - S-N-O-W - Hannibal Hamlin Plaza, Hampden

This wool applique is a four part banner, spelling out S-N-O-W. It is meant to hang on a wall or door. If you like to hand sew - you will love this. Lots of decorative stitching compliment the snowmen on this piece. Bring your lunch or order out to make a day of it. Sharp scissors are required. Bring any pearl cotton threads or floss you may have or purchase them from the instructor. Class is limited to 8 people.

2 days
Saturdays, Jan. 27 & Feb. 3 9:30 am - 2:30 pm
Course Fee: \$25.00 Instructor: Toni Philbrick

Materials Fee: \$33.00/kit (paid directly to instructor)

NEW



Sewing - Sewing Studio - Main Road South, Hampden

Did you hear, they have sewing classes in Hampden at Simply Sewing? I heard they have lots of fun! They offer beginners to advance, including a parent and me class for the kids. Materials are provided in the cost for beginner and parent and me classes only.

Instructor: Sharon Slamons 6 weeks
Beginner's Class - Starts Monday, Jan. 29 Course Fee: \$50.00
9:30 am to Noon, 1:00-3:30 pm, & 6:00-8:30 pm

Advanced Class - Starts Thursday, Feb. 1 Course Fee: \$50.00
6:00-8:30 pm

Parent & Me Class (ages 9 and older) - Starts Saturday, Feb. 3
Course Fee: \$50.00 for 1 child, (\$25.00 second child) 9:30 am - Noon



Watercolor Sign Making Paint Night - Hampden Academy

These lovely paintings are a popular way to say something about yourself. In this class we create one of a kind artwork that will say whatever is special to you! So come in with a word or phrase in mind. These make great gifts as well! Important names and dates, family catch phrases, the possibilities are endless! Bring a coffee, or tea and we'll do the rest! This calm and peaceful paint night is the perfect night out.

Tuesday, February 6 6:00-8:00 pm 1 night
Course Fee: \$8.00 Materials Fee: \$15.00 (payable to instructor at class)
Instructor: Obrianna Cornelius, Fine Artist and Illustrator

NEW

Introduction to Knitting - Hampden Academy

This beginner knitting class is for people who have never knitted or who have tried and given up. We will learn how to cast on and then work on a simple knit dishcloth to practice the knit stitch. We will then move on to the purl stitch and learn to make a dishcloth with the knit/purl design. This will be a fun relaxing class to take with a friend! All the material you need will be provided by the instructor. 2 nights

Thursdays, February 8 & 15 6:30-8:30 pm
Instructor: Darrah Wagner Course Fee: \$15.00

Materials Fee: \$7.00 (payable to instructor at class)



NEW

Primitive Rug Hooking - Hannibal Hamlin Plaza, Hampden

Learn the wonderful craft of old fashioned rug hooking - pulling strips of wool! This class is for both beginners and experienced hookers. Previous hookers may bring their own projects or purchase one from instructor. Beginners may purchase a kit for a small mat for \$35.00. You will learn the basic techniques, plus cutting wool and how to finish your piece. Hooks and frames may also be purchased from the instructor. Class is limited to 8 people.

2 days
Saturdays, February 10 & March 10 9:30 am - 2:30 pm
Course Fee: \$35.00 Instructor: Toni Philbrick
Materials Fee for Beginner: \$35.00 (paid directly to instructor)



Valentines Paint Night - Hampden Academy **NEW**

Looking for a fun date night that isn't going to the movies or Netflix? This one night paint and sip style class is intended for couples who want a fun and creative evening out. The instructor is fun and easy to follow as she teaches you through creating your own painting. This is a perfect environment to share a fun and romantic evening with your date! This will be an acrylic painting of a tree with your initials carved. Feel free to improvise and choose your own colors while the teacher explains the method! Feel free to bring along a coffee or tea, a snack will be provided! 1 night
 Tuesday, February 13 6:00-8:00 pm Course Fee: \$8.00
 Materials Fee: \$15.00/person (payable to instructor at class)
 Instructor: Obrianna Cornelius, Fine Artist and Illustrator



Japanese Calligraphy - Hampden Academy

In this new beginner's class we will focus on introducing basic brush strokes, proper posture, and calligraphy materials. We will also learn some Japanese characters and practice writing them with brush on rice paper. 1 night
 Tuesday, February 13 6:00-8:00 pm
 Instructor: Shizuka Snyder
 Course Fee: \$10.00 Materials Fee: \$7.00



NEW

Japanese Origami - Hampden Academy

Please join us for this new class to discover making the basic crane to more complex unit origami depending on your interests. Please bring your own origami paper. 1 night
 Tuesday, February 27 6:00-8:00 pm
 Instructor: Shizuka Snyder Course Fee: \$10.00

NEW

Cartooning - Hampden Academy

Learn about simplified anatomy, composition, inking, writing, texture and in this course, designed to challenge you as a cartoonist and illustrator! See your ideas realized in a constructive and stimulating classroom environment. This class will focus primarily on expressive and interesting figure drawing. Learn about the bones and muscles that build the human form. We will learn how to give your drawings a real sense of movement and personality. Walk out more confident and skilled, with a better idea of how to bring your vision to life. 6 nights
 Tuesdays, February 27, March 6, 13, 20, 27, April 3
 6:00-8:00 pm Course Fee: \$45.00
 Instructor: Obrianna Cornelius, Fine Artist and Illustrator

NEW

Penny Rug Class - Daffodil Dance - Hannibal Hamlin Plaza

This wool table runner features a hand applied rabbit and daffodils on each end. This "Springy" mat will bring a smile to your face. Bring your lunch or order out. Sharp scissors are required. Bring any pearl cotton threads or floss you may have or you may purchase them from the instructor. Limited to 8 people. 1 day
 Saturday, March 3 9:30 am - 2:30 pm
 Course Fee: \$20.00 Instructor: Toni Philbrick
 Materials Fee: \$28.00/kit (paid directly to instructor)

NEW



Cooking & Baking

NEW

Meals on a Budget - Hampden Academy

Join us for this new cooking class where you will learn about the advantages of coupons, and using sale flyers. We will also prepare some healthy, low costs meals! A great class to take with family and friends! 1 night
 Thursday, March 29 5:30-7:30 pm
 Course Fee: \$10.00 Instructor: Kim Nason
 Materials Fee: \$20.00 (paid directly to the instructor)



Cooking Matters- Hampden Academy



NEW

In this new course families will recreate their favorite meals in a healthy and delicious way. Kids and adults will work together to learn about healthy meal preparation and sensible shopping on a limited budget. Prepare the meal along with the instructors and then receive a free bag of groceries for you to make one of the recipes at home each week. Graduation certificate, recipe book and other free items provided upon completion of the program. Please plan to attend all 6 classes. Space is limited to 4 families. 6 nights
 Tuesdays & Thursdays, January 30, February 1, 6, 8, 13, & 15
 6:00- 8:00 pm No Fee Instructor: Tina Tilley and friends

NEW

Preserving The Harvest Pickling - Hampden Academy

UMaine Extension's hands-on food preservation workshop will teach you the basics of canning and freezing, including how to use a water bath canner to pickle. We will provide fresh produce and canning jars. Each participant will receive a food preservation packet and will learn recommended methods for preserving foods. Everyone will go home with a jar of what we make. 1 night
 Thursday, March 1 6:00-9:00 pm
 Instructor: Laurie Bowen
 Course Fee: \$10.00 Materials Fee: \$20.00/person



Preserving The Harvest Jams - Hampden Academy

UMaine Extensions hands-on food preservation workshop will teach you the basics of canning and freezing, including how to use a water bath canner to make jam. We will provide produce and canning jars. Each participant will receive a food preservation packet and will learn recommended methods for preserving foods. Everyone will go home with a jar of jam. 1 night
 Thursday, March 8 6:00-9:00 pm
 Instructor: Laurie Bowen
 Course Fee: \$10.00 Materials Fee: \$20.00/person



NEW

Preserving Cranberries - Hampden Academy

UMaine Extension staff will teach you the basic steps for canning and freezing cranberries. Participants will receive a food preservation packet and will learn recommended methods for preserving foods. Everyone will go home with a jar of preserved cranberries. 1 night
 Thursday, March 22 6:00-9:00 pm
 Instructor: Laurie Bowen
 Course Fee: \$10.00 Materials Fee: \$20.00/person



NEW

Community Programs

Board Game Day! - Edythe Dyer Community Library, Hampden
 Come join us for unplugged games for all ages! The Library will have board games and card games for your use. You may also bring your favorite game and find new people to play with. 10:00 am No fee.

Tea and Penny Rugs - Edythe Dyer Community Library
 Please join us for tea and penny rugs! Seating is limited, so please contact the library for reservations. No fee.

NEW



Wednesday, February 7 2:00-3:00 pm Speaker: Toni Philbrick

Orono/Old Town-Based Classes to Check Out:

Call 866-4119 or visit us at: www.riversideadulthoodpartnership.com

- Introduction to Self-Employment
- Social Media for Small Businesses
- Developing a Small Business Brand
- Babysitter's Training
- Heart Rhythm Meditation
- Healthy Chinese Cooking
- Cooking Thai

RSU 22 Adult Education Registration Form

Date: _____

Course Title	Start Date	Course Fee	Method of Payment
Course 1 _____	_____	\$ _____	Cash / Check # _____
Course 2 _____	_____	\$ _____	Cash / Check # _____

Name _____

Address _____

Town _____

Telephone (Home/Cell/Work) _____

Email _____

Date of Birth ____/____/____

Adult Education Office Phone: 207-862-6422



Please make checks payable to: **RSU 22 Adult Education**

Mail completed registration form and course fee(s) to:



**RSU 22 Adult Education
 Hampden Academy
 89 Western Avenue
 Hampden, ME 04444**

To register online visit: <http://orono-hampden.maineadulted.org/>