

RSU 26 / RSU 34 Adult Education WINTER 2019

SELF-PACED DISTANCE LEARNING COURSES

We are very excited to be able to offer a variety of 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 developed by expert instructors, fit into more flexible and convenient self-paced formats, and are affordably priced. Some of the more popular courses available are:

- * Keys to Effective Communication
- * Creating WordPress Websites
- * QuickBooks 2017
- * Accounting Fundamentals
- * Introduction to Windows 10
- * Using Social Media in Business
- * Conversational French
- * Math Refresher
- * Real Estate Investing
- * Secrets to Better Photography
- * Speed Spanish
- * Teaching Students with Autism
- * Computer Skills for the Workplace
- * Handling Medical Emergencies
- * Teaching Students with ADHD
- * Become a Veterinary Assistant
- * Introduction to Statistics
- * Write Fiction Like a Pro



View a complete catalog of "Self-paced" courses available at:

www.ed2go.com/rsu26 or 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
 Phone: 207-866-4119
 Web Site: www.rsu26.org
 Office Hours: Monday through Wednesday
 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
 Phone: 207-827-3906
 Web Site: www.rsu34.org
 Office Hours: Tuesday through Thursday
 3:00 to 8:30 pm

www.riversideadulthoodpartnership.com

RSU 26 / RSU 34 ADULT EDUCATION General Program Registration Form 2018-2019

Semester: Winter Date: _____

Name _____

Address Last First Middle

Number Street City/Town

Email Address _____

Birth Date _____ Telephone _____

Home /Work

- * Course Title: _____
- * Course Title: _____
- * Course Title: _____
- * Course Title: _____

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

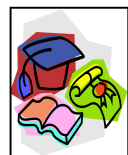
NO REFUND UNLESS COURSE IS CANCELLED BY SCHOOL

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 the week of January 21, but we do accept students into our program throughout the academic year on a rolling admission basis.

Winter/Spring Academic Courses

HiSET Prep/Testing	Tuesday/Thursday 6-8 pm	Old Town
Math Lab	Tuesday/Thursday 3-5 pm	Old Town
Biology with Lab	Thursday 6-8:30 pm	Old Town
Individualized Math	Wednesday 6-8:30 pm	Orono
Developmental English	Monday 6-8:30 pm	Old Town
Real World Math	Tuesday 6-8:30 pm	Old Town
HiSET Pre/Testing	Thursday 6-8 pm	Hampden
Society Through Film	Wednesday 6-8:30 pm	Hampden



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

ONE DAY MOTOR COACH BUS TRIPS!



New England Aquarium & Faneuil Hall Thursday, February 21

Cost: \$143.00 includes motor-coach transportation and admission to the New England Aquarium. Full payment must be received by January 14.

Boston Flower & Garden Show Saturday, March 16

Cost: \$136.00 includes motor-coach transportation and admission to the Boston Flower & Garden Show. Payment must be received by February 15.

The Maine Flower Show (Portland) Sunday, March 31

Cost: \$104.00 includes motor-coach transportation and admission to the Maine Flower Show. Full payment must be received by March 1.

Boston Quincy Market Saturday, May 18

Cost: \$79.00 includes motor-coach transportation to Quincy Market in Boston. Full payment must be received by May 3.

**** Call us for departure and return times for these trips ****

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

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PERSONAL ENRICHMENT COURSES

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:** January 30 **Location:** Orono-Asa

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:** January 30 **Location:** Orono-Asa

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: February 5 **Cost:** \$65.00 **Location:** TBA

Basic Pet First Aid: In this one-night class we will cover topics such as what should be in your first aid kit, tick preparedness, how to tell if your pet is in pain, what to do in case of common household toxin exposure, quill emergencies and a brief introduction to CPR for your pet. A veterinarian with over ten years of emergency and critical care experience will lead this important class for your cat or dog.
Instructor: Ai Takeuchi **Day/Time:** Thursday, February 28 from 6-7 pm
Cost: \$10.00 **Location:** Hampden Academy

Tax Prep for New Tax Laws: Before you file your income taxes, take this one-night class! We'll teach you about tax deductions, tax credits and itemizations as they apply to your tax return. We'll discuss W-2 employees, self-employed and landlord income and expenses. Special emphasis will be given to the impact that the new 2017 Tax Act will have on taxpayers.
Instructor: Scott Thomas **Day/Time:** Monday, January 28 from 6:00-8:00 pm
Cost: \$10.00 **Location:** Orono Middle School

Simple Home Repairs: This new, hands-on six-week course in basic home repairs will be taught by local professionals who have many years of experience in the business. Specific course topics will be driven by student interests, as determined during the first class. General topics will include electrical, plumbing and general handyman issues. Any materials fee for this class will be determined during the first class and paid to the instructor once we know what types of home repair projects you want to work on. Think of the money you can save by learning to do your own home repair jobs!
Instructors: Howard Wheeldon and Kim Chadbourne **Day:** Tuesdays
Cost: \$35.00 **Starting Date:** January 29 **Time:** 6:00-7:30 pm **Location:** Orono

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 **Day/Time:** Saturday, April 27 from 8:30am-2:00pm
Cost: \$40.00; 65 and older \$25.00 **Location:** Orono Middle School

Herbal Basics: This one-night class will introduce you to herbal medicine, focusing on six common herbs that may be growing in your own backyard. What many people consider to be weeds are actually quite healing and relaxing. Our instructor has a Masters degree in Holistic Medicine and will discuss how you can incorporate herbs into your daily routines and how to safely ingest them.
Instructor: Alicia Randolph-Lucchese **Day/Time:** Monday, Feb. 25 from 6:00-7:30pm
Cost: \$10.00 **Location:** Orono Middle School

Make & Take Organic Spray: In this hands-on, one-night class, you will create your own organic spray blend and learn the importance of organic skincare and essential oils. Your spray blend will be great for cars, clothes, skin, pillows and rooms. We'll also talk about the importance of organic skincare and the proper use of essential oils that come from reputable companies.
Instructor: Alicia Randolph-Lucchese **Day/Time:** Monday, March 4 from 6-7:30pm
Cost: \$15.00 (includes materials fee) **Location:** Orono Middle School

Introduction to Mandarin Chinese: in this 7-week class, you'll be introduced to various aspects of the Chinese language. Such as: how to acquire and produce accurate standard Mandarin phonology, fundamental sentence structure, functional communication, identifying good online language resources and the challenges of learning Chinese from an English speaker perspective. You'll learn from an instructor who spent nearly 20 years teaching Chinese in international schools.
Instructor: Craig Butler **Day:** Mondays **Time:** 7:00-8:00 pm
Starting Date: February 4 **Cost:** \$70.00 **Location:** Orono Middle School

Organizing Your PC: Can't find that picture you know you had? Wondering where that document that your friend emailed you got put? Then this is the class for you. In this one-night class, you will learn how to use the Windows program Explorer to organize all of your documents, pictures and videos. We will also look at how to send and download email attachments. Basic computer knowledge and an active email account are required. Bringing your personal laptop is encouraged but not required.
Instructor: Alison Schwamkrug **Day/Time:** Monday, April 29 from 6:00-8:00 pm
Cost: \$10.00 **Location:** Orono Middle School

Intro to Google Drive and Docs: In this one-night class, you will be introduced to the storage and sharing features of Google Drive. We will also look at the collaboration features of the processor Google Docs. Students should have basic computer knowledge and an active email account. Bringing your personal laptop is encouraged but not required.
Instructor: Alison Schwamkrug **Day/Time:** Monday, May 6 from 6:00-8:00 pm
Cost: \$10.00 **Location:** Orono Middle School

FOOD RELATED COURSES

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 traditional Thai food such as Noodles, Spring Rolls and Thai Iced Tea. This will be a great introduction to Thai cooking for those who have never tried to make it at home.
Instructor: Amy Baron **Day/Time:** Monday, February 25 from 6:00-8:00 pm
Cost: \$15.00 (includes materials fee) **Location:** Orono Middle School

Easy Plant-Based Cooking Demo: In this one-night interactive workshop, you'll prepare and sample a great 100% plant-based, gluten and soy-free meal. The menu will include sautéed baby greens in a cashew crème sauce alongside a pandorable patty—possibly the healthiest, easiest and tastiest veggie burger you've ever had. You'll also receive great information about plant-based foods and take home with you many healthy recipes. Please bring to class an apron, mixing bowls, spoons and a container for food.
Instructor: Alicia Randolph-Lucchese **Day/Time:** Monday, March 11 from 6-7:30 pm
Cost: \$15.00 (includes materials fee) **Location:** Orono Middle School

All Things Herbs: In this one-night workshop, you'll be introduced to different techniques to best preserve herbs. We'll discuss freezing and drying herbs, making herb pesto and infusing vinegars with creative combinations.
Instructor: Laurie Bowen **Day/Time:** Tuesday, March 12 from 6:00-8:00 pm
Cost: \$25.00 (includes cost of your materials) **Location:** Orono Middle School

Homemade Flavored & Infused Oils for Cooking: Flavored or infused oils can add excitement and new tastes to your meals. In this one-night, hands-on class, you will learn how to safely prepare infused oils that can be used in salads, sauces, marinades and dips.
Instructor: Laurie Bowen **Day/Time:** Tuesday, February 12 from 6:00-8:00 pm
Cost: \$25.00 (includes cost of your materials) **Location:** Orono Middle School

Edible Holistic Wellness 101: In this one-night workshop, you will learn about clean foods to have on hand, the importance of seasoning with herbs and spices and how to read ingredient labels. We'll also discuss clever marketing scams and how to shop and prep foods for success. Eating healthy foods doesn't have to be complicated or expensive. You'll take home with you useful information about healthy eating for your family.
Instructor: Alicia Randolph-Lucchese **Day/Time:** Monday, March 18 from 6-7:30 pm
Cost: \$8.00 **Location:** Orono Middle School

HEALTH & FITNESS PROGRAMS

One Night Massage Workshop: In this one-night Workshop, you will be guided through easy-to-use self massage techniques to use at home or on the go. Different types of massage techniques will be introduced to you: myofascial release, lymphatic drainage, breathing into trigger point releases, scalp massage for headaches and using therapeutic grade essential oils. Massage therapy benefits are wide-ranging and can help with pain, tension, anxiety, stress, insomnia, poor circulation and lack of energy. People of all levels and body types are welcome! Bring a yoga mat or blanket with you to class.
Instructor: Kelly Bean **Cost:** \$10.00 per session
Session 1: Orono Middle School: Wednesday, March 20 from 6:00-7:30 pm
Session 2: Old Town High School: Wednesday, March 27 from 6:00-7:30 pm

Gentle Yoga: This six-week yoga class will teach you how to unwind, gently stretch out tense muscles and release stress. You'll become fully present with mindful, gentle and slow yoga poses, which can be modified for participants with injuries or restrictions. This class is appropriate for beginner through intermediate level students. Please bring a yoga mat or blanket to class. More sessions may be added if there is interest.
Instructor: Kelly Bean **Day:** Wednesdays **Time:** 6:00-7:00 pm
Cost: \$30.00 **Starting Date:** February 6 **Location:** Orono High School

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 continuing, low impact fitness class.
Instructor: George Manlove **\$5.00 Drop In Rate** **Location:** Orono-KACH
Day/Time: Tuesdays/Thursdays from 10-11 am, starting January 22.

Dance Fitness with Amy: Featuring today's top music hits, this energetic, exciting and fun dance fitness class is designed to make you sweat! Get ready to hoot and holler, shimmy and shake it! It's time to boogie with Amy!
Instructor: Amy McFalls **Day/Time:** Wednesdays from 6:00-7:00 pm
Starting Date: January 16 **Cost:** \$5.00 drop in fee / \$3.00 RSU 34 & 26 Staff!

Intro to Martial Arts: In this one-night class, you will introduced to traditional Shotokan karate. No experience is necessary. If you've ever been interested in the martial arts, come to this low-cost, one-night program to find out more about it and to get a great workout. If you are interested in pursuing martial arts training, you'll be given information on how you can do it. Wear loose clothing. Open to folks age 14 and older.
Instructor: Geoff Wingard **Day/Time:** Monday, February 11 from 6:30-7:30 pm
Cost: \$6.00 **Location:** Orono-KACH

CRAFTING & ART CLASSES

Introduction to Basket Making: This three-session class is designed for new basket-weavers. You will meet once a month for three months and make a different basket each session. Each class, the basket will get progressively more difficult. Overall, you will learn two types of basket bottoms, several styles of weaving and a variety of rim finishes. Once you register for the class, you'll be provided with a list of supplies and tools to bring to the class.
Instructor: Vicki McCarron **Day:** Tuesdays **Time:** 5:30-8:30 pm
Class Sessions: January 29, February 26, March 26
Cost: \$36.00 **Materials Fee:** \$12.00 per class paid directly to the instructor

Intro to Soap Making: In this one-night, hands-on class, you will learn how to make soap from scratch using natural oils and ingredients. We'll discuss materials, safety and different types of soap making. Participants will then collectively make a master batch of soap during the class. Everyone will receive a share of the batch to customize and scent to their own liking and take home with them. All ingredients and materials will be provided to students.
Instructor: Yolanda Castiglia **Day/Time:** Wednesday, February 13 from 6-8:00 pm
Cost: \$18.00 (includes materials fee) **Location:** Orono Middle School

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: January 10 **Cost:** \$40.00 **Location:** Old Town High School

Valentine's Wreath Making Class: In this hands-on, one-night class, you will design, create and take home with you a beautiful Valentine's Day wreath that will last you for many seasons. This sparkling mesh wreath will be sure to brighten up your home. Bring a good pair of scissors to class. The course fee includes the cost of all materials.
Instructor: Jackie Devlin **Day/Time:** Monday, January 28 from 6:00-8:00 pm
Cost: \$38.00 (includes all materials) **Location:** Old Town High School

Red Cardinal Paint Night: This one-night 'paint & sip' style class is intended for people who want a fun and creative evening out. You'll create a beautiful acrylic painting of a proud red cardinal in the winter that you can hang in your home or gift to a friend. Feel free to improvise and choose your own colors while the instructor explains the method. Bring along a coffee or tea, as a snack will be provided.
Instructor: Obrianna Vina **Day/Time:** Wednesday, March 27 from 6:00-8:00 pm
Cost: \$10.00 (a materials fee of \$15.00 will be paid to the instructor) **Location:** Orono

Misty Island Paint Night: In this one-night 'paint & sip' style class, you will create a beautiful acrylic painting of a lazy and misty island in the sea. Feel free to improvise and choose your own colors while the teacher explains the method. Bring a coffee or tea with you and a snack will be provided. Come alone or invite a group of friends or co-workers who want a fun night out!
Instructor: Obrianna Vina **Day/Time:** Wednesday, April 24 from 6:00-8:00 pm
Cost: \$10.00 (a materials fee of \$15.00 will be paid to the instructor) **Location:** Orono

St. Patrick's Day Wreath Making Class: In this hands-on, one-night class, you will design, create and take home with you a beautiful St. Patrick's Day themed wreath that will last you for many seasons. This decorated sparkling mesh wreath will jazz up your holiday. This is a fun activity to bring the kids with you. You'll need to bring with you to the class a good pair of scissors. The course fee includes the cost of all materials.
Instructor: Jackie Devlin **Day/Time:** Monday, February 25 from 6:00-8:00 pm
Cost: \$38.00 (includes all materials) **Location:** Orono Middle School

Homemade Greeting Cards: During this 4-week course, you will make a variety of beautiful greeting cards including Birthday and Valentine's Day cards. You'll learn how to color images with a water brush, use die cuts and more. This would be a fun activity to bring the kids with you! The cost of the greeting card kits is included in the course fee.
Instructor: Joyce Schwartz **Day:** Mondays **Time:** 6:00-8:00 pm
Cost: \$30.00 (includes all materials) **Location:** Orono Middle School

Under the Umbrella Paint Night: This one-night 'sip & paint' class is designed for folks who want a fun and creative evening out. The instructor is fun and easy to follow and will help you create a beautiful acrylic painting of a woman under an umbrella walking in a rainy forest. You'll be able to improvise and choose your own colors while the teacher explains the method. Bring along a coffee or a tea and a snack will be provided.
Instructor: Obrianna Vina **Day/Time:** Wednesday, May 15 from 6:00-8:00 pm
Cost: \$10.00 (a materials fee of \$15.00 will be paid to the instructor) **Location:** Orono

GETTING OUTDOORS

Introduction to Fly Fishing: This one-day workshop 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. Our instructor is a registered Maine guide and published author on fishing.
Instructor: Kevin Tracewski **Day/Time:** Saturday, February 2 from 9:00am to 4:00pm
Cost: \$65.00 **Location:** UMaine

Spring Bike Safety Check: Before you know it, spring will be here and it will be time to take your bike out of storage. Before you hop on, make sure that it's safe to ride. This one-night, hands-on workshop will show you how to spot unsafe conditions so you can feel confident and safe for your first ride of the season.
Instructor: Jim Rose **Day/Time:** Thursday, March 28 from 6:30-8:00 pm
Cost: \$15.00 **Location:** Orono

Basic Fly Casting: The goal of this one-day class is to provide students with the casting skills necessary to fish effectively on your own. This is a hands-on course, so your time will be spent with a fly rod in your hand, working on your own casting. You can bring your own fly rod and reel, or borrow one from the instructor. Instruction will be done in small groups and on an individual basis.
Instructor: Kevin Tracewski **Day/Time:** Saturday, April 13 from 9:00am to 3:00pm
Cost: \$65.00 **Location:** UMaine

Introduction to Organic Gardening: In this popular one-night class, you'll learn how to grow your own organic garden. We'll talk about the basics of soil science, composting, crop rotation, green manures, weed control and natural insect control. You'll leave with lots of information that you can use in your own garden.
Instructor: John Jemison **Day/Time:** Wednesday, March 13 from 6:00-9:00 pm
Cost: \$10.00 **Location:** Orono Middle School

Snowmobile Safety Training: Participation in this six hour education course will teach you how to properly operate and maintain a snowmobile. Laws, responsibilities and personal safety, first aid, map and compass reading and ethics will be covered. Participants receive a certificate after completing this program.
Instructor: State of Maine **Day/Time:** Saturday, February 9 from 8:30am to 4:00pm
Cost: \$10.00 **Location:** Orono High School

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, February 13 from 6-8 pm
Cost: \$5.00 **Location:** Orono High School

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 the Maine Veterans' Home. The deadline to receive applications is October 5. The class will run for 15-16 weeks. The course is open to students 17 years and older. Flexible payment plan options are available.
Instructor: Lynn Johnston **Start Date:** April 8 **Cost:** \$795.00
Days: Saturdays (8am-2pm and Mondays & Tuesdays (5-8pm)

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 11-16. Students who successfully complete the course will earn a Red Cross Certificate.
Instructor: Eileen Lafland **Day/Time:** Saturday, March 30 from 9:30am-3:30pm
Cost: \$95.00 **Location:** Old Town High School

The College Experience - Year 1: This 24-hour course is designed for the adult education student, high school senior or high school graduate who is interested in advancing to college. The course is designed to empower students to achieve success to college and life. Some of the course topics include: the financial aid process, the college application process, Accuplacer Testing, characteristics of successful students, campus life, research skills, personal financial literacy and writing for college. Students who successfully complete this course will earn one credit from Eastern Maine Community College!
Instructor: Matthew Tardie **Day:** Mondays **Time:** 6:00 - 8:30 pm
Starting Date: March 4 **Cost:** Free to local residents **Location:** EMCC

Exploring Careers Workshop: If you are thinking of exploring different career options, this free one-night workshop will be of great help to you. We'll examine your work values and interests, explore local projected growth industries and identify skills, education and training needed to start a new career.
Instructor: Sarah Joy Chaples **Day/Time:** Tuesday, March 12 from 6:00-8:00 pm
Cost: FREE **Location:** Orono Middle School

Introduction to Sign Language: This 6-week course will introduce students to American Sign Language (ASL) and deaf culture. You'll learn the alphabet, numbers, fingerspelling, basic vocabulary, and more. At the end of this course, you will be more confident in the use of sign language. No textbook required as handouts will be provided by the instructor. This course is open to students 16 years and older.
Instructor: Nieves Perez Besu **Day:** Tuesdays **Time:** 6:00-8:00 pm
Starting Date: February 5 **Cost:** \$35.00 **Location:** Hampden Academy

Self-Employment Seminar: This free, one-night workshop, will help you decide if self-employment is the right choice for you. We'll talk about the pros and cons of owning and operating your own business, the steps needed for start-up, the major elements of a business and the many resources that are available to help you succeed.
Instructor: Sarah Joy Chaples **Day/Time:** Tuesday, February 12 from 6-8:00 pm
Cost: FREE **Location:** Hampden Academy

Electronic Navigation for Boaters: In this new, 5-week class, you will study the Global Positioning System and learn the ins and outs of satellite-based navigation. You'll see how to enter waypoints, create planned routes and navigate them safely, as well as learn to navigate using charting software on computers, chart plotters, tablets and even smart phones. You'll learn how to plan routes on your home computer before setting foot on your boat. This course doesn't cover traditional paper charting skills.
Instructor: Dave Field **Day:** Wednesdays **Time:** 6:30-8:30 pm
Costs: \$10.00 course fee; \$10.00 fee to instructor; \$50.00 student manual
Starting Date: February 6 **Location:** Hampden Academy

HAMPDEN & HERMON AREA COURSES TO CHECK OUT

Strong & PiYo Live
Introduction to Latin
Guided Meditation
Rug Hooking
America's Boating Course
Francophone Food Culture
Infused Oils for Cooking

To register for courses online, go to:

www.riversideadulthoodpartnership.com

Find us on Facebook: Riverside Adult Education

