



Spend an evening with us...

# We're RSU 22 Adult Education

Hampden | Newburgh | Winterport | Frankfort

## Winter 2017 Session Course Offerings



To view new Winter 2017 courses online please visit:  
[www.rsu22.us](http://www.rsu22.us) or [www.riversideadulthoodpartnership.com](http://www.riversideadulthoodpartnership.com)  
The RSU 22 Adult Education Office is now located  
at Hampden Academy. Call us at **862-6422**.



More course information is available through the  
Maine Adult Education Portal located at:

<http://orono-hampden.maineadulthood.org/>

Please use the Maine Adult Education Portal for credit card registrations.

### Class Cancellation Policy



Evening classes are automatically cancelled when RSU 22 cancels  
day programming due hazardous weather. Missed classes due to  
school cancellations will be rescheduled.

### Health/Fitness/Wellness



**Hampden Academy Fitness Center** - Hampden Academy  
Now available are group and individual personal training 6 week sessions with ACE Certified  
Personal Trainer. The focus is on functional training, including strength, flexibility and core  
with emphasis on individual goals in one-on-one sessions. Safety is the number one priority,  
behind fun. For health and maximum fitness results, an initial assessment is re-  
quired prior to participation. You must call ahead to set up an appointment time.  
Mondays and Wednesdays, **Starting January 30**

Instructor: Suzanne Scroggins

**Groups (2-4 people):** \$180.00 per person for 6 weeks  
(two 30 minute sessions per week and includes initial assessment)

**NEW**

OR

**Individuals (one-on-one training):** \$300.00 per person for 6 weeks  
(two 30 minute sessions per week and includes initial assessment)

OR



**NEW Drop in Rate:**

**Individuals (one-on-one):** \$25.00 per 30 minute session  
**Groups (2-4 people):** \$20.00 per person



**Hampden Academy Fitness Center** - Hampden Academy  
Hampden Academy Fitness Center is opened to the public Mondays and Wednesdays from  
6:30 to 8:30 pm starting on **January 30**.

### Winter Walking Club - Hampden Academy

**NEW**

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, January 31 to March 30  
(No classes on February 21, 23, & March 2) 5:30-7:00 pm  
Fee: \$5.00 for the season

### Winter Zumba - Newburgh Town Office

Disguise your cardio workout! With Zumba's interval style, Latin rhythms and fun  
atmosphere, you'll feel like it's more of a party than a workout. All skill levels are  
welcome to come to the Zumba party.

Mondays and Thursdays, Starting January 30

6:00-7:00 pm

Instructor: Jennifer Greenier

Fee: \$40.00 per 10 classes (punch card)

### Cardio Fitness Class - Hampden ATA, 1 Main Road North

This cardio fitness class is a 45 minute session for strengthening and increasing your  
heart rate. Come have fun while getting a great workout. All abilities are welcome.

Tuesdays & Thursdays, starting January 31

6:30-7:15 pm

Instructor: Marjorie Earl

12 classes

Course Fee: \$36.00



### Tai Chi for Arthritis and Better Balance

Hampden Academy

The ancient art of Tai Chi can improve balance and confidence in walking, can help stu-  
dents relax and reduce levels of stress and tension and can provide you with a gentle  
workout. You'll learn from and work with a certified Tai Chi instructor in this 6-week,  
low impact fitness class.

Tuesdays, January 31, February 7, 14, 28, March 7 & 14

6 nights

Instructor: George Manlove

6:30-7:30 pm

Fee: \$35.00



### Introduction to Pickleball

Armstrong Tennis Center, 60 Mecaw Rd

This course is a 90-minute session one morning or evening a week to 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 exercise and is great for individu-  
als of all ability levels and any physical condition. A very attractive sport for Seniors  
50+. All equipment provided.

2 classes

Instructor: Dean Armstrong

Course Fee: \$20.00

Fridays, January 20 & 27

9:00 - 10:30 am

Fridays, January 20 & 27

5:30 - 7:00 pm

OR

Fridays, February 17 & 24

9:00 - 10:30 am

Fridays, February 17 & 24

5:30 - 7:00 pm



### Introduction to Tennis

Armstrong Tennis Center - 60 Mecaw Rd, Hampden

This new course is a 90-minute session one morning or evening a week to learn to play  
tennis or to refresh existing tennis skills! Basic Fundamentals and Rules will be taught.  
Players will also learn every stroke through fun games and drills. This is a lifetime sport  
perfect for any age and level. Any non-marking athletic shoe is acceptable. Equipment  
provided, if necessary.

1 class

Instructor: Dean Armstrong, PTR Certified

Course Fee: \$20.00

Fridays, February 3 & 10

9:00-10:30 am

OR

Fridays, February 3 & 10

5:30-7:00 pm



**NEW**


Maine Regional School Unit No. 22  
24 MRN  
Hampden, ME 04444


Nonprofit Org.  
US Postage Paid  
(Permit # 2)  
Hampden, ME


ECRWSS





# POSTAL CUSTOMERS


**Stretching for Life** - Hampden Academy Multi-Purpose Room  
 This new 4 week stretching program will consist of postural assessment, different types of stretching: static, dynamic, ballistic, one and two person stretches, and we'll work with equipment: foam rollers, exercise balls, medicine balls, as well as balance pads. This is a great class for coaches, and athletes 16 years and older. Please wear loose fitting clothing and bring a yoga mat, if you have one.  
 Thursdays, February 2, 9, 16 and March 9  
 6:30-8:00 pm  
 Instructor: Dana Tardiff  
**NEW** Fee: \$15.00 

**Introduction to Yoga** - Hampden Academy  
 This basic /gentle Yoga class will focus on graceful aging using achievable, yet challenging yoga to develop physical strength and flexibility as well as physical and emotional balance. Students should bring a yoga mat.  
 6 nights  
 Mondays, Starting February 6 (no class on February 20)  
 Instructor: Amy Faircloth  
**NEW** 6:00-7:00 pm  
 Course Fee: \$45.00 

**CPR/AED** - Hampden Academy  
 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, valid for two years.  
 Monday, March 6 1 night 6:00-9:00 pm  
 Instructor: John Stowe Fee: \$36.00 (includes certification card) 


**Basic First Aid** - Orono High School  
 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.  
 Monday, March 13 1 night 6:00-8:00 pm  
 Instructor: John Stowe  
**NEW**  Course Fee: \$36.00 (includes certification card)


**CNA Training** - Orono  
 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. All classroom, lab and clinical work will be done at the Orono Commons Nursing Home. The deadline to receive applications is April 1.  
 Saturdays 8:00 am-4:00 pm and Tuesdays 5:00-9:00 pm  
 Instructor: Dawn Curran Cost: \$750.00 


**Doula Certification Training**  
 This 3-day "DONA" approved workshop is designed to assist participants in becoming professional labor support providers-doulas. Participants will learn how to enable women and their partners to cope with the complications in pregnancy, labor and early postpartum. This program is designed for educators, nurses, midwifery students, massage therapists and others who are interested in supporting a laboring woman. Please call 866-4119 for a more detailed course syllabus. Location: Brewer  
 February 24, 25 & 26 3 days Instructor: Evelyn Conrad Cost: \$450.00 


**CPR/First Aid Train the Trainer Course** - Old Town  
 Successful completion of this one-day course will allow participants to be able to instruct all AHA BSL courses: Healthcare Provider CPR, Heartsaver CPR/AED, Family & Friends CPR, CPR in Schools, First Aid, and Pediatric First Aid. You'll need to have with you prior to the course, a letter of recommendation from a current AHA CPR Instructor and a BLS provider card that has not expired.  
 The class is limited to only 12 students.  
 Wednesdays, March 1 1 day 9:00 am - 4:00 pm  
 Instructor: Lynn Johnston Cost: \$260.00 **NEW**


**General Enrichment Courses**


**Tax Preparation Tips** - Orono  
 It's tax season! In this new two-night course, you will become more knowledgeable about the income tax process. During the first session, we'll focus on how to capitalize on the most typical tax deductions that you can take advantage of and during the second session, we will look at the most common tax credits that are available to people. Whether you file your own taxes or have your taxes done by someone else, you'll benefit from this course. Bring your questions.  
 Mondays, Starting January 30 6:00-7:30 pm  
 Instructor: Scott Thomas 2 nights  
 Course Fee: \$10.00 per person/household 


**Beekeeping for Beginners** - Hampden Academy  
 This 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 generally learn more about honeybee husbandry.  
 Tuesdays, January 31, Feb. 7 & 14 3 nights 6:30-8:30 pm  
 Instructor: Peter Cowin Course Fee: \$45.00 


**Hospice Care Volunteer Training** - Hampden Academy  
 Participation in this 21 hour training program allows you to become a Beacon Volunteer and helps you make a difference to a neighbor and a family as they face end of life issues. You will learn about the history of Hospice, medical aspects of Hospice care, family dynamics, as well as grief and loss.  
 8 classes 5:45-8:30 pm  
 Tuesdays and Thursdays, Starting January 31 (no class on February 21, 23 & March 2)  
 Instructor: Roanne Austin, LSW Course Fee: \$8.00 

**Tap Dancing for Beginners** - Orono **NEW**  
 Tap dancing is a great way to build strength and flexibility. In this new 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.  
 Wednesdays, Starting February 1 6 nights 6:00-7:00 pm  
 Instructor: Raechelle Edmiston-Cyr Course Fee: \$35.00 


**Couponing and Saving Money on Groceries and More**  
 Hampden Academy  
 Learn how to make the most of matching coupons to sales, taking advantage of store sales cycles, and stocking up to stretch your grocery budget. Learn where to find coupons and how to use them and how to save on other items like automotive repairs and parts, craft supplies, and more will also be covered as time permits. Come join us!  
 Tuesdays, February 7 & 14 2 nights 6:00-7:30 pm  
 Course Fee: \$15.00 Instructor: Michelle McLaughlin 


**Fly Tying Workshop** - Old Town  
 This hands-on, 5-week class is designed for the beginning fly tyer. We'll discuss basic fly tying techniques, tools and materials. You'll tie a variety of different flies each night, including streamers, nymphs, attractors, foam flies and dries. All materials and tools will be provided by the instructor. This is great for parents and their kids!  
 Tuesdays, Starting February 7 5 nights 6:00-8:00 pm  
 Course Fee: \$35.00 Instructor: Don Corey  
 Materials Fee: \$15.00 (payable to instructor at first class) 

**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 7 6 nights 6:00-7:30 pm  
 Instructor: Michael Hallahan Course Fee: \$65.00 

**Substitute Teaching Training** - Orono High School  
 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).  
 Tuesday, February 7 1 night 6:00-8:00 pm  
 Instructor: Matthew Tardie Course Fee: \$10.00 

**Basic Beer Brewing 101**  
 In this one-night class, you'll be shown how you can brew your own craft-brew-quality beer at home, using minimal equipment and good quality ingredients. A knowledgeable instructor will walk you through the brewing process, covering everything from mashing, hop additions, wort chilling, aeration, proper yeast pitch rates, fermentation, priming and bottling.  
 Wednesday, February 8 6:00-8:00 pm  
 Instructor: Zeth Lundy Course Fee: \$6.00 **NEW**

**Backyard Maple Syrup Production** - Hampden Academy  
 This course is for hobbyists who want to learn techniques for safe and efficient maple syrup production in your own backyard. Join us and prepare for the next maple season. When do I tap? What is the right 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 9 1 night 6:00-8:30 pm Fee: \$10.00  
 Instructor: Kathy Hopkins, UMaine Cooperative Extension 

**Introduction to Fly Fishing** - UMaine, Orono  
 This 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, fly fishing strategies, entomology, and wading safety. After completing this course, you should have all the understanding and skills necessary to catch fish with a fly rod on your own.  
 Saturday, February 25 1 day 9:00 am - 4:00 pm  
 Instructor: Kevin Tracewski Course Fee: \$65.00 

**Caring For Your Senior Pet** - Veazie  
 In this popular one-night class, we will talk about age-related medical conditions that impact the health and well-being of your beloved family pet. You'll learn how to recognize and deal with aging pet conditions including nutritional needs, exercise, mobility, weight issues and dental issues faced by senior pets. This is a perfect program to bring the kids with you!  
 Tuesday, February 28 1 night 6:00-8:00 pm  
 Instructor: Dr. Laura Tardiff Fee: \$5.00 per person or household 

**Introduction to Latin** - Hampden Academy  
 In this 6-week introductory level course, you will learn why Latin is not a "dead language." We'll read, speak and listen to Latin while also learning about the Latin culture in a relaxed, enjoyable and supportive setting. Any student in grades 8-12 who attends the course with a paying parent may take the course free.  
 Tuesdays, Starting February 28 6 nights 6:00-8:00 pm  
 Instructor: Bill Beck Course Fee: \$35.00 (high school students pay \$10.00)

## Soccer Officiating - Orono

In this six hour course, you'll prepare to become soccer officials eligible to referee middle school and high school games this fall. After completion of this classroom portion of the course, you will participate in field training in August. The course fee covers your registration, insurance costs and National Federation of High School Soccer Rulebook. Mondays, Starting January 30 3 classes 6:30-8:30 pm  
Instructor: Jason Pelletier Course Fee: \$60.00



## Penobscot Bay Sail & Power Squadron,

### America's Boating Course - Hampden Academy

The basic four-week (8 hours + exam) course is designed to familiarize the student with the fundamentals of safe boating and to qualify for certification in most states that require boating education before operating a watercraft. Coverage includes safety equipment, trip planning, navigation rules and aids, state and federal regulations, anchoring, dealing with adverse conditions and emergencies, communications, trailering, and knots and lines. An optional Part II course extension (four hours) introduces students to navigation and the use of charts. For more information, contact the instructor at 862-3674 or meeser3@roadrunner.com. 4 nights for Part I and 2 more optional nights for Part II



Thursdays, Starting March 9 6:30-9:00 pm  
Course Fee: \$10.00 Instructor: Dave Field  
Power Squadron Fee: \$10.00 (payable to instructor)  
Optional Course Book Fee: \$25.00 (payable to instructor)  
Students who take the course and pass the exam will be offered a free six-month membership in the United States Power Squadrons!

## Meditation and Relaxation - Hampden Academy

In this 3 week class, you'll learn how to use meditation and guided imagery techniques to help control your body's responses to stress and anxiety. Making time in your daily routine for relaxation can help you feel younger, more vibrant and healthier.



Space is limited in this class.  
Thursdays, March 9, 16 & 23 3 nights 6:00-7:30 pm  
Instructor: Evelyn Conrad Course Fee: \$35.00

## Chalk Painting Furniture - Hampden Academy

Been dreaming of a new kitchen? Is there furniture in your home that needs a fresh look? This class is for YOU! Come learn the new repurposing trend that is taking the DIY world by storm! Each student will learn the simple 4 step system of chalk painting furniture or kitchen cabinets in this single 3 hour course. You will learn how to create any look you desire...vintage, cottage, antiques, modern... in any painted color you love at a fraction of the cost for new cabinets or new furniture. Wood, MDF, Laminate can all be painted. No experience required! For convenience, you will learn the process on a board, which will be provided for you, and not a piece of furniture. Wear paint clothes and bring a small drop cloth. All materials, paint and tools will be provided. 1 night

Thursday, March 9 6:00-9:00 pm  
Instructor: Miki Earle Course fee: \$35.00  
Materials fee \$25 (payable to instructor at class)



**NEW**

## 'Buying a Home' Workshop - Hampden Academy

If you are thinking of buying a home now or in the future, this one-night workshop is a must for you. You'll learn about the complete home buying process from start to finish. Topics include: new real estate laws and how they impact you; forms and contracts you will need; lender's products and requirements; what to know when working with agents; home repair programs; title and closing.

Thursday, March 9 1 night 6:00-9:00 pm  
Instructor: Linda Gardiner, ABR Fee: \$6.00 per person/household

## Growing Fruit Trees in Maine - Hampden Academy

In this new one night course, you will learn about selecting varieties, pollination requirements, planting and early care, maintenance of older trees, pest management and the basics of pruning fruit trees from UMaine Cooperative Extension Horticulturist Kate Garland. Also, find out about the bulletin for growing fruit trees. Thursday, March 30 6:00-8:00 pm Course Fee: \$10.00  
Instructor: Katherine Garland, UMaine Cooperative Extension



## Organic Gardening - Hampden Academy

Join us in this popular one-night workshop and 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 take with you and use in your own garden!

Tuesday, April 4 1 night 6:00-9:00 pm  
Instructor: John Jemison, Jr. (MOFGA) Course Fee: \$10.00  
Maine Organic Farmers & Gardeners Association



## Arts & Crafts

### Primitive Rug Hooking - Hannibal Hamlin Plaza, Hampden

This class is for both beginner and experienced rug hookers. Previous hookers may bring their own projects or purchase one from the instructor. Beginners may purchase a kit for a small mat for \$35.00. You will learn all the basic techniques of rug hooking. Hooks and frames may also be purchased from the instructor. Class is limited to 8 people. Saturdays, January 28 & February 11 2 days 9:30 am-2:30 pm  
Course Fee: \$35.00 Instructor: Toni Philbrick

Materials Fee for Beginner: \$35.00 (payable to instructor)  
Hooks and frames are also needed and can be purchased from the instructor.

## Introduction to Drawing - Reeds Brook Middle School

Have you always wanted to draw? Maybe you have never drawn before, or maybe you have tried at it for years? Well, now is your chance to learn! Skills and techniques will be acquired through exercises that acquaint students with the fundamentals. We cover materials, value, proportions, perspective, and composition! Anyone can learn, dive in and see what you are capable of! 6 nights  
Mondays, January 30, Feb. 6, 13, 27, March 6 & 13 (no class on Feb. 20) 5:30 - 7:00 pm Instructor: Obrianna Cornelius  
Course Fee: \$40.00 Materials Fee: \$15.00 (payable to instructor at class)

**NEW**

## The Joys of Watercolor - Hampden Academy

Dive into the joys of watercolor through exciting and motivating classes. This class is ideal for beginners and those who are looking to take their skills to the next level. We will cover the basics of materials, and color theory and all the way to the creation of your own works! These classes provide one on one instruction with step by step explanations of techniques that you can implement in your own works! Walk away with more knowledge after having a great time. 6 nights  
Thursdays, February 2, 9, 16, March 9, 16, & 23 (no class on Feb. 23 and March 2) Instructor: Obrianna Cornelius 5:30 - 7:30 pm  
Course Fee: \$40.00 Materials Fee: \$20.00 (payable to instructor at class)

**NEW**

## Introduction to Sewing - Hampden Academy

If you are new to sewing, need a refresher course or just want to sew. Come join the fun. This new class will be starting with introduction to sewing and then on to more exciting projects. Introduction project materials will be provided. Items needed for the first class are as follows: a sewing machine, scissors, pins, measuring tape, seam ripper, a 6" seam gauge ruler, a marking pencil and oh YES fun. There are 4 sewing machines available, so please call ahead to reserve one if needed. 6 nights  
Thursdays, Starting February 2 (no class on February 23 and March 2) Instructor: Sharon Slammons 6:00-8:30 pm Course Fee: \$40.00



## Mommy and Me Valentine Floral Workshop

Reeds Brook Middle School  
Join us for this new, fun one-night, "hands on" class and design your own lovely floral centerpiece for your favorite Valentine! No previous craft experience is necessary. You will learn about the basics of cutting, arranging and care of roses and greens! This class is for children 5 years and older with an adult.  
(Dads and Grandparents are also welcome.)



**NEW** Monday, February 13 1 night 5:30-7:30 pm  
Instructor: Mrs. Brooks Course Fee: \$8.00  
Materials Fee: \$20.00 per arrangement (payable to instructor at class)

## Penny Rug Class: Berry Patch Rabbits

Hannibal Hamlin Plaza, Hampden  
Make a large scalloped, oval mat with rabbits surrounded by strawberries and blossoms. This is the prettiest penny rug I have ever seen! Your hand stitching will enhance this lovely piece. Sharp scissors are required. Bring any pearl cotton threads or floss you may have, or you may purchase from the instructor. Class is limited to 8 people.

Saturdays, March 4 & 11 2 days 9:30 am-2:30 pm  
Course Fee: \$25.00 Instructor: Toni Philbrick  
Materials Kit Fee: \$42.00 per kit (payable to instructor)



**NEW**

## Mommy and Me Paint Night! - Reeds Brook Middle School

Come on out for a one time class for mommy and me! We will have a fun, hands on experience that encourages both mother and child in watercolor painting. We will cover basic techniques, materials, basic drawing, and how to create a painting. You will walk away with more knowledge, a one of a kind work of art, and you will have a blast!

Monday, March 27 1 night 5:30-7:00 pm

Instructor: Obrianna Cornelius  
Course Fee: \$10.00 Materials Fee: \$20.00 (payable to instructor)



## Baking/Cooking

**NEW**

### "Sweetie Pie" Making Workshop - Hampden Academy

Come join us for a "hands-on" evening of pie making fun! Learn the secrets to making great homemade pie crust. Make a Valentine treat for someone you love! Please bring your own pie pan, if you have one. A great class to take with a friend! No previous baking experience is required. You have the fun, we clean up the dishes! Tuesday, February 7 1 night 6:00-9:00 pm  
Course Fee: \$8.00 Instructor: Patty Preston  
Materials Fee: \$10.00 (payable to instructor)



## Parent & Me - All About Snacks! - Hampden Academy

Learn how to make some fun, quick, and healthy after school snacks. 1 night  
Thursday, February 16 5:30-7:00 pm  
Course Fee: \$8.00 Instructor: Kim Nason  
Materials Fee: \$5.00 (payable to instructor at class)



## Tiramisu Dessert - Hampden Academy

We will prepare, and then feast on this very popular and elegant Italian cuisine! The class includes baking homemade ladyfinger cookies and layering them with mascarpone custard, whipped cream, flavored with coffee and cocoa. No previous baking experience is necessary. A tasty class to take with a friend! We'll clean up the mess, you have the fun!

Monday, March 6 1 night 6:00-9:00 pm  
Course Fee: \$8.00 Instructor: Baker Brooks  
Materials Fee: \$20.00 (payable to instructor at class)



**NEW**

## Parent & Me - What's That Green Stuff on My Plate?

Hampden Academy

Learn some new creative ways to cook vegetables, ideas to get your kids to eat more of them, and what to do when you have an abundance of them. We'll share and create lots of veggie loaded recipes!  
 Thursday, March 16  
 Course Fee: \$8.00

**NEW**

1 night  
 5:30-7:00 pm  
 Instructor: Kim Nason  
 Materials Fee: \$15.00 (payable to instructor)

## New York Bagel Workshop - Hampden Academy

Learn how to make fresh New York style bagels at home! You will learn about baking with yeast, shaping bagels by hand and what makes a bagel crunchy with a chewy texture. No previous baking experience is necessary. Come play in the dough, we'll clean

**NEW**



up the mess, you'll have the fun!  
 Monday, March 20  
 Course Fee: \$8.00  
 Instructor: Baker Brooks  
 Materials Fee: \$15.00 (payable to instructor at class)

## Cook Once, Eat All Week - Hampden Academy

This one night class will teach you the power of meal planning, shopping and preparing meals for the week! We'll make some recipes the whole family will love that will be great lunches or dinners throughout the week!



Thursday, March 30  
 Course Fee: \$8.00  
 Instructor: Kim Nason  
 Materials Fee: \$15.00 (payable to instructor at class)

**NEW**



## Technology Courses

### iPad Basics - Hampden Academy

In this new one-night, hands-on class, you'll learn how to make better use of the Apps that come with the tablet, such as Settings, Maps, Calendar, Notes, FaceTime, Camera, News and Reminders. Bring your fully charged iPad (any generation) and receive answers to your questions from an experienced tech teacher.

Thursday, March 16  
 Instructor: Misty Burgess  
 Course Fee: \$8.00 per person



**NEW**

### iPhone Basics - Hampden Academy

In this new one-night, hands-on class, you'll learn how to get more functionality from your Apple iPhone. You'll learn more about the Apps that come with the phone, such as Settings, Maps, Calendar, Notes, FaceTime, Camera, News and Reminders. Bring your fully charged Apple iPhone (any generation) and your questions.

Tuesday, March 21  
 Instructor: Misty Burgess  
 Fee: \$8.00 per person

**NEW**



## Academic Courses/Programs

### The College Experience - Year 1

Eastern Maine Community College

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!

Mondays, Starting February 13  
 Instructor: Matthew Tardie  
 Course Fee: Free to local residents



## Developmental English

American Society Through Film - Hampden Academy

This high school level course will allow students to hone their skills in reading, writing, listening and critical thinking. Students will examine various literary genres as well as engage in a variety of activities designed to improve basic knowledge and skills in this course.

Tuesdays, Starting February 14 (no class on February 21 and April 18)  
 Instructor: Tom Leonard  
 Course Fee: \$20.00 (Free to residents working on a high school diploma.)



## High School Completion Courses

### HiSET & ESL Instruction

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.

### 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

Courses: Algebra / Biology / Writing for College

College Readiness Courses

Accuplacer Prep and Testing

College Application Assistance

Advising Services



## 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 reasonably priced. Some of the more popular courses available are:

A to Z Grant Writing  
 Real Estate Investing  
 Computer Skills for the Workplace  
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Date: \_\_\_\_\_

| Course Title   | Start Date | Course Fee | Method of Payment    |
|----------------|------------|------------|----------------------|
| Course 1 _____ | _____      | \$ _____   | Cash / Check # _____ |
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Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_

Telephone (Home/Cell/Work) \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Male/Female

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**  
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 89 Western Avenue  
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