

# RSU 26 / RSU 34 Adult Education WINTER 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:

- \* Creating Web Pages
- \* Computer Skills for the Workplace
- \* Discover Sign Language
- \* A to Z Grant Writing
- \* Discover Sign Language
- \* Genealogy Basics
- \* Introduction to Java Script
- \* Homeschool Success
- \* QuickBooks 2017
- \* Writing Your Life Story
- \* Publish and Sell Your E-Books
- \* Introduction to Interior Design
- \* Write Your Life Story
- \* Introduction to Oracle
- \* Real Estate Investing
- \* Stocks, Bonds and Investing
- \* Learn to Buy and Sell on eBay



To view a complete catalog of the nearly 500 courses available, visit us 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 - 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 - 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**

Semester: Winter Date: \_\_\_\_\_

Name \_\_\_\_\_

\_\_\_\_\_ Last First Middle

Address \_\_\_\_\_

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

### **Winter Academic Courses**

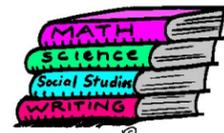
HiSET Testing	Monday 6-8:00 pm	Old Town
Math Lab	Tuesday/Thursday 3-5 pm	Old Town
High School Biology	Tuesday 6-8:30 pm	Old Town
Individualized Math	Tuesday 6-8:00 pm	Orono
American Film	Tuesday 6-8:30 pm	Hampden
Writing for College	Wednesday 6-8:30 pm	Old Town
Writing Lab	Wednesday 6-8:00 pm	Orono
Algebra I	Thursday 6-8:30 pm	Old Town



## ***FREE MATH & COMPUTER SKILLS LAB***

Join us Tuesday nights from 6:00-8:00 pm starting January 17 in our free Math & Computer Skills Lab where you'll receive access to one-on-one tutoring in:

Algebra / Pre-Algebra / Geometry  
Basic Math Skills  
HiSET Math Prep  
Accuplacer Math Prep  
Basic Computer Skills



## ***FREE WRITING & READING SKILLS LAB***

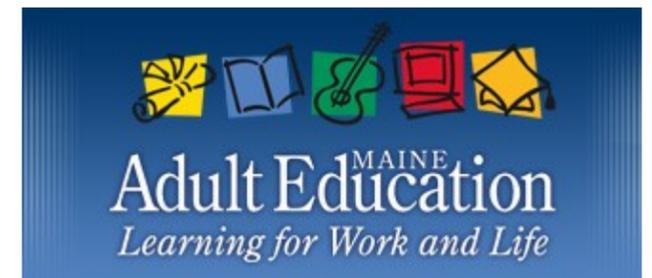
Join us on Wednesday nights from 6:00-8:00 pm starting January 18 in our free Writing & Reading Skills Lab where you'll receive access to one-on-one tutoring in:

English as a Second Language  
Accuplacer Reading / Writing Prep  
HiSET Reading / Writing Prep  
Resume Writing  
Basic Computer Skills

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

**Location: Orono High School**

**Call: 866-4119**



## **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 16 and older.

**Instructor:** Misty Burgess **Day:** Wednesdays **Time:** 6:00-8:00 pm  
**Cost:** \$45.00 **Starting Date:** February 1 **Location:** Orono

**Ballroom Dance for Beginners:** In this popular 8-week course, students will learn the basic steps and styling's of the Swing and the Waltz. A small class size, a knowledgeable instructor and the opportunity to learn in a fun and supportive environment make this a great experience for all students.

**Instructor:** David Dunning **Day:** Mondays **Time:** 6:00-7:30 pm  
**Starting Date:** February 6 **Cost:** \$40.00 **Location:** Orono

**Advanced Ballroom Dance:** This 8-week course is designed for the more experienced dance student who wants to move beyond the basic skills taught in the beginner class. More advanced steps, styling and technique of the Swing, Waltz and the American Tango will be covered in this fun and more challenging class.

**Instructor:** David Dunning **Day:** Mondays **Time:** 7:30-9:00 pm  
**Starting Date:** February 6 **Cost:** \$40.00 **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:** February 1 **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:** February 1 **Location:** Orono

## **PERSONAL ENRICHMENT COURSES**

**Beekeeping for Beginners:** 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 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:** Tuesdays **Time:** 6:30-8:30 pm  
**Starting Date:** February 28 **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:** February 7 **Cost:** \$65.00 **Location:** TBA

**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.

**Instructor:** Zeth Lundy **Day/Time:** Wednesday, February 8 from 6-8:00 pm  
**Cost:** \$6.00 per person **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 55 and older maybe able to receive an insurance discount from their insurer.

**Instructor:** State of Maine **Date:** Saturday, April 15 from 8:30am-2:00pm  
**Cost:** \$40.00; 65 and older \$25.00 **Location:** Orono

**Organic Gardening:** 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!

**Instructor:** John Jemison **Day/Time:** Wednesday, April 5 from 6:00-9:00 pm  
**Cost:** \$10.00 **Location:** Orono

**Caring For Your Senior Pet:** 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!

**Instructor:** Dr. Laura Tardiff **Day/Time:** Tuesday, February 28 from 6-8:00 pm  
**Cost:** \$5.00 per person or household **Location:** Veazie

**Cooking Thai:** Roll up your sleeves and join us in this fun, one-night cooking class led by a popular local chef. You'll learn how to create from start to finish a traditional Thai appetizer and fresh carried main dish as prepared in a favorite local restaurant.

**Instructor:** Chef Eddie **Day/Time:** Monday, February 13 from 6:00-8:30 pm  
**Cost:** \$10.00 (includes materials fee) **Location:** Orono

**The Russian Enigma:** In this 6-week class, we will examine the mysteries of Russian language, history and culture to understand the character of its people and the modern day twists of fortune under President Putin's regime.

**Instructor:** Oleksandr Tyutyunnk **Day:** Mondays **Time:** 6:30-8:00 pm  
**Cost:** \$15.00 **Starting Date:** February 6 **Location:** Orono

## **TECHNOLOGY COURSES**

**eBay Made Simple:** Interested in getting rid of some of the extra stuff you have in your house and making a little money doing it? Over 150 million people world-wide are active buyers and over 25 million people are active sellers on eBay. In this one-night class, you'll learn how to set up an account, how to list items, the best times to post items, photo tips, using a phone app or a computer, and more.

**Instructor:** Ashlee Geheb **Day/Time:** Monday, January 30 from 6:00-8:30 pm  
**Cost:** \$8.00 per person **Location:** Orono

**iPhone Basics:** In this 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.

**Instructor:** Misty Burgess **Day/Time:** Tuesday, February 21 from 6-8:30 pm  
**Cost:** \$8.00 per person **Location:** Orono

**Introduction to Etsy:** In this two-night class, you'll learn how to sell your crafts, antiques, photography and digital designs through the most popular online shopping website. Etsy can be a great place to show off your creations and make a little extra money. During the second session, we'll focus more on how you can get your Etsy shop to stand out from the crowd. We'll cover topics such as marketing made simple, keywords that increase views, ads that work, and more.

**Instructor:** Ashlee Geheb **Day:** Mondays **Time:** 6:00-8:30 pm  
**Cost:** \$18.00 **Starting Date:** February 6 **Location:** Orono

**iPad Basics:** In this 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.

**Instructor:** Misty Burgess **Day/Time:** Tuesday, March 7 from 6-8:30 pm  
**Cost:** \$8.00 per person **Location:** Orono

## **PERSONAL FINANCE COURSES**

**Tax Preparation Tips:** 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 you taxes done by someone else, you'll benefit from this course. Bring your questions.

**Instructor:** Scott Thomas **Day:** Mondays **Time:** 6:00-7:30 pm  
**Cost:** \$10.00 per person/household **Starting Date:** January 30 **Location:** Orono

**Buying a Home Workshop:** If you are thinking about 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.

**Instructor:** Linda Gardner, ABR **Day/Time:** Monday, March 13 from 6-9 pm  
**Cost:** \$6.00 per person / household **Location:** Orono

**Travel Tips:** In this one-night class, you'll learn how to maximize your time and money with the best travel tips and advice for trip planning near and far. Participants are encouraged to share topics that they would like to discuss. From road to rail, air, steamship or river cruise, find out what you need to know to make the most of your adventures. You'll become a knowledgeable traveler with this fun presentation by AAA travel experts.

**Instructor:** Brooke Christopher **Day/Time:** Monday, March 13 from 6:30-8:00 pm  
**Cost:** \$6.00 per person / household **Location:** Orono

**Financial Planning Rules of the Road:** This one-night workshop will introduce you to basic saving and investment principles that will help you develop and reach long-term financial goals. Some topics include investing concepts, insurance, stock market basics, living on a fixed income, bonds and saving for college. The road to financial independence begins with a few simple rules.

**Instructor:** Philip L. Barb **Day/Time:** Monday, February 13 from 6:00-8:00 pm  
**Cost:** \$6.00 per person / household **Location:** Orono

## **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, valid for two years.

**Instructor:** John Stowe **Day/Time:** Monday, March 6 from 6-9 pm  
**Cost:** \$36.00 (includes certification card) **Location:** Hampden Academy

**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:** John Stowe **Day/Time:** Monday, March 13 from 6-8 pm  
**Cost:** \$36.00 (includes certification card) **Location:** Orono High School

**Heart Rhythm Meditation:** Heart Rhythm meditation is a form of meditation that will 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:** 6:00-7:30 pm  
**Cost:** \$35.00 **Starting Date:** February 7 **Location:** Orono

**Meditation and Relaxation:** In this 4 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, so register early for it.

**Instructor:** Evelyn Conrad **Day:** Thursdays **Time:** 6:00-7:30 pm  
**Cost:** \$30.00 **Starting Date:** February 2 **Location:** Orono

**Essential Oils Workshop:** In this two-night class, you'll learn 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:** Tuesdays starting Feb. 28 **Time:** 6-8:00 pm  
**Cost:** \$5.00 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 January 31.

**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 hoot 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:** January 23 **Cost:** \$5.00 drop in fee / \$3.00 RSU 34 & 26 Staff!

**ACE Personal Trainer Course:** This 12-week course will give you the knowledge and skills needed to pass the ACE Personal Trainer Exam. You'll cover anatomy, physiology, training techniques, injury prevention and training equipment uses.

**Instructor:** UMaine **Day:** Sundays starting January 22 **Time:** 2:00-4:00 pm  
**Cost:** \$75.00 (class only) \$184 (class and books) **Location:** Orono

## **CRAFTING & ART CLASSES**

**DIY Chalk Painting Furniture:** In this one-night, hands-on class, you will learn the simple four-step system of chalk painting furniture or kitchen cabinets in any look you want ... vintage, cottage, antiques or modern. For convenience, you will learn the process on a board, which is provided by the instructor. No experience is required!

**Instructor:** Miki Earle **Day/Time:** Monday, April 3 from 6:00-9:00 pm  
**Course Fee:** \$35 plus a \$25 materials fee payable to the instructor **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:** Tuesday, February 14 from 6:00-9:00 pm  
**Cost:** \$50.00 per student (includes all materials and tools) **Location:** Orono

**Zentangle Painting Night:** The Zentangle Method is an easy to learn, fun and relaxing way to create beautiful images by drawing structured patterns. In this fun, one-night class, you will learn how to create basic zentangle patterns and implement them in your drawings. Bring with you Micron pens, Bristol paper and a ruler (colored pencils and markers are optional). Call, and we'll show you where to purchase these supplies.

**Instructor:** Obrianna Vine **Day/Time:** Monday, March 20 from 6:00-8:30 pm  
**Cost:** \$10.00 **Location:** Orono

**Arctic Fox Painting Night:** In this one-night class, you will create and take home with you a frame able work of art incorporating a lovely and dainty arctic fox. Bring a coffee or tea with you and we'll do the rest. This calm and peaceful paint night is the perfect night out. Bring your friends or children with you!

**Instructor:** Obrianna Vine **Day/Time:** Monday, March 27 from 6:00-8:30 pm  
**Cost:** \$10.00 plus a \$15.00 materials fee payable to the instructor **Location:** Orono

**Quilting:** This popular ten-week class is open to both beginning and experienced quilters. This spring 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 19 **Cost:** \$38.00 **Location:** Old Town

## **GETTING OUTDOORS**

**Fly Tying Workshop:** 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. A \$15.00 materials fee will be paid to the instructor at the first class. This is great for parents and their kids!

**Instructor:** Don Corey **Day:** Tuesdays **Time:** 6:00-8:00 pm  
**Cost:** \$35.00 **Starting Date:** February 7 **Location:** Old Town

**Introduction to Fly Fishing:** This popular one-day course is designed to get you solidly grounded in the fundamentals needed to enjoy fly fishing. We will talk about: tackle selection and assembly, knots, fly casting, fish foods, artificial flies, fly fishing strategies, entomology and wading safety. Your instructor is a certified Maine guide.

**Instructor:** Kevin Tracewski **Day/Time:** Saturday, February 25 from 9am to 4pm  
**Cost:** \$65.00 **Location:** UMaine

**Spring Bike Tune Up:** Bring your bike in with you to this hands-on, one-night workshop and you'll leave with the skills needed to service your own bicycle. This basic class will cover things such as bearing adjustments, bolt check, cable lube, derailleur adjustment, tire pressure and brake adjustment.

**Instructor:** Jim Rose **Day/Time:** Thursday, March 16 from 6:30-8:30 pm  
**Cost:** \$15.00 **Location:** Orono

**Seed Starting Workshop:** This one-night, hands-on workshop will cover step-by-step guidelines on everything from choosing supplies to providing the best environment for young plants to thrive. Participants will take home a newly seeded plant and a schedule for central Maine gardeners to plan when to start a variety of edible and ornamental crops in this UMaine Cooperative Extension program.

**Instructor:** Kate Garland **Day/Time:** Wednesday, March 1 from 6:00-7:00 pm  
**Cost:** \$6.00 per person **Location:** Orono

## **PERSONAL & PROFESSIONAL ENRICHMENT**

**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:** Tuesday, February 7 from 6-8:00 pm  
**Cost:** \$5.00 **Location:** Orono

**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 in 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 - 9:00 pm  
**Starting Date:** February 13 **Cost:** Free to local residents **Location:** EMCC

**Introduction to Psychic & Soul Development:** This 5-week class is designed to help people "discover their psychic gifts". Topics covered in this class include: connecting with non-physical guides and angels, exploring your psychic senses, connecting with people and animals who have passed into the non-physical and channeling spiritual information.

**Instructor:** Darlene Flood **Day:** Wednesdays **Time:** 6:00-7:30 pm  
**Cost:** \$85.00 **Starting Date:** February 8 **Location:** TBA

**Introduction to Foster Care-The Kids are Counting on us:** In this free 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 in becoming a foster parent. Come learn about the life changing difference you could make for a child.

**Instructor:** Stephanie Doone **Day/Time:** Tuesday, March 21 from 6:00-7:30 pm  
**Cost:** FREE **Location:** Orono

## **CERTIFICATION CLASSES**

**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. All classroom, lab and clinical work will be done at the Orono Commons Nursing Home. The deadline to receive applications is April 1.

**Instructor:** Dawn Curran **Days:** Saturdays (8am-4pm and Tuesdays (5-9pm)  
**Cost:** \$750.00 **Location:** Orono

**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. Call for a more detailed course syllabus.

**Instructor:** Evelyn Conrad **Class Sessions:** February 24, 25, 26  
**Cost:** \$450.00 **Location:** Brewer

**CRMA Training:** Upon completion of this 40-hour course, students obtain a certificate from the State of Maine as Certified Residential Medication Aides. CRMA's provide medication administration in a variety of residential settings.

**Instructor:** Lynn Johnston **Day/Time:** Mondays and Thursdays (5:00-8:30 pm)  
**Cost:** \$325.00 **Start Date:** April 3 **Location:** Bangor

**CPR/First Aid Train the Trainer Course:** 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.

**Instructor:** Sally Taylor **Day/Time:** Wednesday, March 1 from 9am-4pm  
**Cost:** \$260.00 **Location:** Old Town

**Beginning Level Reiki:** In this two day class, you will learn about the history of Reiki, gain a general understanding of chakras and aura, and learn how Reiki can be used for self-treatment and the treatment of others. After this course, you will be able to give yourself, your family, friends and pets Reiki. The training consists of discussion, the Reiki Level 1 attunement, hands-on practice, a manual and certificate.

**Instructor:** Alexandria Gilgan **Day:** Tuesdays **Time:** 6:00-9:00 pm  
**Cost:** \$200.00 **Starting Date:** March 7 **Location:** Orono

**Soccer Officiating:** In this six hour course, 3-night course, you'll prepare to become a soccer official, eligible to referee middle school and high school games this fall. After the 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.

**Instructor:** Jason Pelletier **Day:** Mondays **Time:** 6:30-8:30 pm  
**Cost:** \$60.00 **Starting Date:** January 30 **Location:** Orono

**Like us on Facebook: "Riverside Adult Education"**

