REGISTRATION BEGINS January 10, 2022! Some classes have limited enrollment, and registrations are accepted on a first come, first served basis. Classes not meeting minimum enrollment may be cancelled. REGISTER early, so we don’t cancel the class you want!

Seniors (62+) are eligible for a 40% discount. Please contact the office at 474-7553 for your discount code.

RSU 54/MSAD 54 Adult Education
Located at Skowhegan Area High School
61 Academy Circle, Skowhegan 04976
Phone: (207) 474-7553 Fax: (207) 474-0992
Web site: www.msad54.maineadulted.org

Director: Jeremy Lehan
474-7553 ex. 4601
E-mail: jlehan@msad54.org

Secretary: Vivian Champagne
474-7553 ex. 4602
E-mail: vchampagne@msad54.org

Registration Office Hours:
Monday-Thursday, 8:00 a.m. to 3:00 p.m.
Friday, 8:00 a.m. to 12:00 p.m.
Closed on legal holidays and during school vacations.

Look for these new courses:

• Intro. to Meditation pg. 18
• Beginning Bridge pg. 12
• Writing to Publish pg. 12
• Dementia Caregivers Workshop pg. 21

Cover Photo:
Photo compliments of Sam Horine
When General Colin Powell passed away last October, like many, I read and watched the press coverage, which highlighted his many accomplishments and reminded us of his wisdom. In his book, *My American Journey*, Powell asserted, “Perpetual optimism is a force multiplier.”

It has been difficult, but the Adult Education instructors and staff have maintained an optimistic spirit during these many months of battling COVID, and our collective optimism has paid dividends.

By using tools like Zoom and Google Classroom, we have offered numerous online classes for those who are unable or reluctant to join us in person. Those options continue to grow with the addition of online writing, photography, and meditation classes.

If you have not had any experience using Zoom or other video conferencing software, we are here to help troubleshoot. Please don’t let technology or inexperience be a barrier to participation.

And we continue to expand our in-person offerings, nearly back to pre-pandemic levels. This semester, you will see the return of many old favorites, including woodworking, bee-keeping, hunter safety, fly fishing, and blacksmithing.

We have a dedicated and talented staff prepared to offer a diverse array of programming. Please join us for a class—or two.

Thank you for your continued support of Adult and Community Education.
English Language Learners (ELL)  
**Instructor: Nina Pleasants**

*Note: This class will be offered online through Zoom. Students may occasionally be required to come to Skowhegan Area High School for testing.*

This class assists students who are not native English speakers in developing reading, writing, speaking and listening skills. Instruction is designed to meet learners’ needs and can include helping participants with such important tasks as exploring how to talk with their child’s teacher, scheduling healthcare appointments, completing grocery shopping, obtaining a driver’s license, finding employment, or learning about other valuable community resources.

Students can enter the class at any time and there is no charge for instruction. Learners at all levels of English proficiency are welcome. For more information, please call 474-7553.

**Start Date: 1/24/2022  End Date: 5/11/2022  
Day/Time: Mon/Wed 3:00 pm - 4:15 pm  
Beginners: 4:15 pm - 5:30 pm  
Location: Online  
Tuition: FREE**

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**Community Academy Language Arts & Math  
Instructor: Mariah Smith**

Achieve additional academic knowledge and skills required to pursue a full range of career, secondary and post-secondary opportunities. This course helps students prepare for and complete required training, education, and certification necessary for employment.

Instruction emphasizes language arts and math skills. If you are preparing to take the high school equivalency test (HiSET), working on a traditional high school diploma, or studying to improve CASAS scores, this class is for you.

**Start Date: 1/10/2022  End Date: 5/25/2022  
Day/Time: Mon/Wed 9:00 a.m. to 12:00 p.m.  
Location: SAHS Course Site**

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**Life Skills  
Instructor: Jean Philpot**

In this class, especially designed for adults with learning challenges, students will enhance everyday life skills by improving their basic reading, writing, and problem-solving proficiencies.

Participants will work toward developing customer service, teamwork, and business skills by operating a small café.

Learners set their own individualized goals and work toward them in a safe, nurturing, and creative environment. Contact the Adult Education office for additional information.

**Start Date: 1/24/2022  End Date: 5/11/2022  
Day/Time: Mon/Wed 5:00 p.m. to 7:00 p.m.  
Location: SAHS Room: TBA  
Tuition: FREE**
Make this the year you decide to complete your high school education! Our program offers two ways to earn your high school credentials. You can obtain an equivalency diploma by successfully passing the HiSET® (formerly GED) exam or you can earn an RSU#54 diploma by earning the required credits.

Remember that orientation, all classes, testing and other services leading to a high school diploma are offered FREE OF CHARGE.

By taking the HiSET® exam, you can earn a state-issued high school equivalency credential which you can use to advance your career, join the military, begin a training program or continue your education. Affordable, accessible and flexible, the HiSET exam is the fastest-growing high school equivalency test. For more information – check out the website: https://hiset.ets.org/s/pdf/test_taker_bulletin.pdf


Are you ready to get started? Call TODAY to register for HiSET 101 at 474-7553 or email adulted@msad54.org

**HiSET® 101 - ONLINE AND IN PERSON**
**Instructor: Heather Toth**

Get started in the HiSET® Program by attending our orientation for new students. Orientation will provide an overview of the HiSET® process and guide participants through intake, assessment, and pre-testing. In addition, workshops on college and career planning, financial literacy, and technology skills (all essential skills for success at college and in the workplace) will be provided.

This year we are excited to continue offering one of our HiSET 101 sessions online. Instruction will occur using tools like Zoom and Google Classroom. Students will still come in occasionally for one-on-one testing.

**Attendance at orientation classes is mandatory.** At the end of orientation, students will be referred to final HiSET® testing or scheduled for additional academic help.

If possible, students should bring a valid photo id and social security card to the first class.

**Space is limited so call 474-7553 TODAY to register! ***

**January 4 – January 27, 2022**
- Tuesday/Thursday
- 8:30 a.m. – 11:30 a.m. Online class
- 3:30 p.m. – 6:30 p.m. SAHS

**February 8 – March, 10 2022 (No class Feb. 21-25)**
- Tuesday/Thursday
- 8:30 a.m. - 11:30 a.m. Online class
- 3:30 p.m. – 6:30 p.m. SAHS

**March 22 – April 14, 2022**
- Tuesday/Thursday
- 8:30 a.m. – 11:30 a.m. Online class
- 3:30 p.m. – 6:30 p.m. SAHS

**HiSET® 201 - ONLINE AND IN PERSON**
**Instructors: January Hapworth & Jim Logan**

This class is designed to help students master the knowledge and skills necessary to pass the HiSET exam. Think you’re the only one who doesn’t know how to divide fractions? Do you dread having to write an essay for the high school equivalency test? Do not be discouraged – we can help!

Join this class, where you will gain new knowledge and skills and have fun at the same time. Online test preparation will also be available.

**Prerequisite: Must complete HiSET 101 prior to starting this class.**

**May 3 – May 26, 2022**
- Tuesday/Thursday
- 8:30 a.m. – 11:30 a.m. Online class
- 3:30 p.m. – 6:30 p.m. SAHS

**HiSET® Official Testing**

Official testing is typically held at Skowhegan Area High School on Tuesday and Thursday afternoons. Dates and time may change as student needs change.

All testers must have successfully completed HiSET 101 and receive approval before moving to final testing. Call 474-7553 or email adulted@msad54.org to schedule a testing date.
**High School Completion**

**High School Diploma**

**High School Diploma Program**

Courses taken as part of a High School diploma program are available FREE to all students.

Earn a Skowhegan Area High School Diploma through our adult education program.

Credits previously earned from high school or from other adult education programs count toward degree requirements. Adults with life experience may be entitled to credit for military service, work experience, and volunteer service.

Contact the Adult Education Office at 474-7553 for additional details.

**Earning Credits**

Qualifying students may be able to earn diploma credits through successful completion of the following College Transition classes:

*Reading Skills, Writing Skills, Number Skills, and Algebra Skills*

Upon approval from the Adult Education Director, adult learners can also earn credits toward completing a high school diploma through computer-based learning opportunities.

**Literacy Volunteers of Franklin and Somerset Counties**

In some situations, Literacy Volunteers can provide a FREE one-on-one tutor to help you with the following:

- Improving reading or math skills
- Working on HiSET (high school equivalency test)

LV has also been hosting Zoom workshops on Wednesdays; topics include writing, math, reading, and community presenters.

For more information visit www.westernmaineliteracy.org or contact Executive Director Barbara Averill at (207)500-3131.
MAINE COLLEGE & CAREER ACCESS

• Want to go to college?
• Enrolled in college and struggling?
• Hoping to advance in your career or pursue a new one?
• Looking to earn a diploma?

Our MCCA programming can help!

The Maine College and Career Access program (formerly Maine College Transitions) is dedicated to helping adults of all ages realize their career and college aspirations.

We will assist students by providing quality instruction supplemented by advising, mentoring, and support services that will allow them to successfully achieve their goals.

All services are free for qualifying participants. Contact the adult education office and make an appointment today!

Phone: 207-474-7553 or Email: adulted@msad54.org

Reading Skills for College - IN PERSON AND ONLINE
Instructor: Mariah Smith
Effective reading comprehension is essential to success at the college level and to advance in one’s career. This course is designed to help students improve reading comprehension and critical analysis. An emphasis is placed on developing vocabulary and improving reading speed. Assignments introduce students to college level textbooks, outlining strategies, and critical researching skills.

Start Date: 1/11/2022     End Date: 5/24/2022
Day/Time: Tuesday     9:00 a.m. – 11:30 a.m.
Location: SAHS or Zoom    Room: Course Site
Tuition: FREE for qualifying Students
Remote instruction by appointment on Monday and Wednesday afternoons.

Algebra Skills for College - ONLINE
Instructor: January Hapworth
Are you preparing to take a college algebra course? Avoid taking developmental algebra at the college level and/or earn a credit toward your high school diploma.

In Algebra Skills, you will develop a basic understanding of how to use algebraic terms and equations in solving problems.

Start Date: 1/11/2022     End Date: 5/26/2022
Day/Time: Tues/Thurs     TBA
Location: Online
Tuition: FREE for qualifying Students

Number Skills for College - ONLINE
Instructor: January Hapworth
This course will prepare students for Algebra I and/or entry-level college math. Whether you need a refresher before registering for your first college math course, need to improve your ACCUPLACER or CASAS scores, or need to earn a high school credit, you will find this course helpful.

There will be a review of whole number operations, fractions, decimals, percentages, and other essential math skills. Word problems and the language of math will be explored.

Start Date: 1/11/2022     End Date: 5/26/2022
Day/Time: TBA
Location: Online
Tuition: FREE for qualifying Students
Do you enjoy helping others? Are you looking for a career with many rewards? If so, then one of these options might be for you.

RSU 54 Adult Education partners with area providers to provide the following training opportunities, typically once or twice a year. In many instances, there is no cost for eligible participants.

- **Certified Nursing Assistant (CNA)**
- **Certified Residential Medication Aide (CRMA)**
- **CNA-M (CNA with medication administration credentials).**

For complete descriptions visit the Division of Licensing and Certification on https://www.maine.gov/dhhs/dlc/cna/home.html

**For details on upcoming classes, please call the Adult Ed office at 474-7553 or check our website.** https://msad54.maineadulted.org/

The Skowhegan University Course Site provides on-site proctored testing for the University of Maine, Augusta. This means that if your course requires a test to be proctored, you can come to Skowhegan Area High School instead of the UMA campus, saving both time and travel expenses. FMI, contact Skowhegan Adult Education at 474-7553 or email adulted@msad54.org.

A full list of UMA courses can be found on their website: https://www.uma.edu/

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**GI Bill Policy Statement**

Note: Any individual entitled to educational assistance under Chapter 31, Vocational Rehabilitation and Employment, or Chapter 33, Post-9/11 GI Bill benefits, will not be penalized (including assessment of late fees) or denied access to classes, libraries or other institutional facilities because of the individual’s inability to meet his or her financial obligation due to the delayed disbursement funding from VA under Chapter 31 or 33.
UGotClass – Online Certificates and Courses

The following classes are only a few of the online courses offered at UGotClass. Please contact us for a complete list.

The Basics of Bookkeeping (UGotClass)

How do you keep track of the day-to-day financial transactions of a business? Whether you’re looking to advance in your career, you’re an entrepreneur, or you’re part of a family business, The Basics of Bookkeeping will help you understand—and learn how to record—every penny that comes into and that goes out of a business.

March 7, 2022 to April 1, 2022
Cost: $195

Beginning Conversational Spanish (UGotClass)

Designed for beginners, we will have you speaking and reading Spanish in no time. You will practice the basic building blocks of the language and common idiomatic expressions. You will know enough vocabulary and grammar for simple conversations, and you will learn how to ask and answer questions. Whether you speak some Spanish and need a refresher, or no Spanish at all, you will complete the course with the skills to communicate in Spanish.

February 7, 2022 to April 1, 2022
Cost: $290.00

Introduction to Social Media (UGotClass)

Get involved in the move from in-person to online communication. Learn what social media are and their role in your business and personal life. Find out the top sites and how businesses are using the sites for communication, customer retention, branding, marketing, market research, needs assessment and serving customers and clients. Explore the options for your organization. Look at case studies of what other organizations are doing. Let your instructor guide your exploration of Facebook and YouTube.

February 7, 2022 to March 4, 2022
Cost: $195

Mastering Computer Skills for the Workplace (UGotClass)

Must-have skills to succeed in the workplace include the ability to create, edit and manage presentations in MS PowerPoint, documents in MS Word, email/calendars in MS Outlook, and spreadsheets in MS Excel. The Microsoft Office Suite of applications is the most used software tool in the world. Stay current with this class, as it is always up-to-date and will change as the features of MS Office evolve over time. You will leave class with a set of skills that will enable your future career success.

February 7, 2022 to March 4, 2022
Cost: $195
Learn new personal and professional skills online! Ed2Go offers many online, instructor-led courses. These courses are in a convenient six-week format. Listed here are just a few. For a complete list, please visit the following website: https://www.ed2go.com/skowaded /

**Introduction to QuickBooks (ed2go)**

This QuickBooks course will teach you how to manage your business finances with QuickBooks Online. This powerful accounting software has helped millions of small business owners oversee their finances. With the cloud-based program outpacing the desktop version, there’s no better time to refresh your QuickBooks knowledge.

February 9, 2022 to March 16, 2022
Cost: $95.00

**Start Your Own Business (ed2go)**

Learn how to take your dream of starting a business and put it into action. In this class, you will begin by discovering the tricks to identifying the right opportunity for you. Next, you will learn how to develop proven marketing techniques to easily build sales. Since every business needs money, this course discusses traditional and nontraditional financing options. Finally, you will learn easy-to-implement employee-management procedures and how to write business policies that help you build your business. While taking this course, you will discover the secrets that separate the successful entrepreneurs from the struggling ones.

February 9, 2022 to March 16, 2022
Cost: $95.00

**Keys to Effective Communication (ed2go)**

If you often find yourself at a loss for words or lack confidence in your communication abilities, you will appreciate this course. Each lesson works through the step-by-step process needed to become a great conversationalist. You will learn to use communication to build rapport and create environments of trust, warmth, and respect. Become more confident, create a great first impression, get along well with others, and create more and better personal and professional relationships.

February 9, 2022 to March 16, 2022
Cost: $95.00

**Drawing for Absolute Beginners (ed2go)**

If you’ve always been interested in drawing but don’t really know how to get started, then this is the course for you. Gain a solid foundation and understanding of the basics of drawing and become the artist you’ve always dreamed you could be! You’ll become intimately familiar with paper types, drawing styles, rendering techniques, and the basic principles of perspective, layout, design, lighting, volume, and space.

February 9, 2022 to March 16, 2022
Cost: $95.00
A Writer’s Workshop  
Instructor: Kristin Leonard

Awarded the 2019 Maine Literary Award for Drama, Ms. Leonard also released a chapbook of poetry this fall entitled “The Ninetieth Day: Poems about Love, Loss, & Leftovers for Breakfast.”

ONLINE

Do you want to improve your writing skills for work? How about writing a poem to your beloved, or finishing that family memoir? Maybe you’ve considered writing a script?

If so, please come join us in this six-week writer’s workshop where we will explore a variety of writing genres. Participants will write and receive feedback, and together we will examine successful writers’ strategies and general tricks of the trade. And most of all, we will discover that writing can be fun!

Start Date: 2/2/2022  
End Date: 3/16/2022  
(No class 2/23)  
Day/Time: Wednesday 6:30 p.m. to 8:30 p.m.  
Location: Zoom  
Tuition: $35.00  
Registration Fee: $5.00  
Enrollment Min/Max: 5/12

Page to Print: Publishing Creative Writing  
Instructor: Kristin Leonard

ONLINE

What do you do once you’ve finally polished that short story or poem or play to the point of (near) perfection? If you’ve ever considered sharing your work with others, this class is for you.

In four virtual (Zoom) classes, we will examine the “dos” and “don’ts” and more importantly the “how’s” of submitting stories, poems, and plays to online blogs, literary journals, and other publishers.

Using a workshop format, we will support each other, share our experiences, and cheer each other on. Writers should bring one original piece (minimum) to class that they want to publish: a story, a poem, a memoir, or a play.

Start Date: 3/30/2022  
End Date: 4/27/2022  
(No class 4/20)  
Day/Time: Wednesday 6:30 p.m. to 8:30 p.m.  
Location: Zoom  
Tuition: $30.00  
Registration Fee: $5.00  
Enrollment Min/Max: 5/12
Arts & Leisure

Writing to Publish Journalistic Pieces  
Instructor: Wanda Curtis  
Ms. Curtis is a nurse/journalist whose articles have appeared in the Kennebec Journal/Morning Sentinel’s Women’s Quarterly and Medical Journal, Bangor Daily News special sections, the Times Record, and Maine Seniors Magazine, among others.

ONLINE

In this course the student will learn how to generate and develop ideas for articles and books, how to research topics, how to prepare an article or book, and how to get their material published.

Start Date: 3/24/2022  End Date: 4/14/2022  
Day/Time: Thursday 6:00 p.m. to 8:00 p.m.  
Location: Zoom  
Tuition: $35.00  Registration Fee: $5.00  
Enrollment Min/Max: 5/12

Card Games 101  
Instructor: Thomas Nelson  
Learn to play a number of group and solitaire card games, including Hearts, Spades, 500, Euchre, Kings Corners, solitaire, double solitaire, and others as requested.

Start Date: 2/1/2022  End Date: 3/29/2022  
(No class 2/22)  
Day/Time: Tuesday 5:00 p.m. to 7:00 p.m.  
Location: SAHS  
Tuition: $55.00  Registration Fee: $5.00  
Enrollment Min/Max: 5/12

Beginning Bridge  
Instructor: Thomas Nelson  
Tom Nelson is a lifelong card enthusiast with 20 years of experience playing bridge.

Learn how to play the game of bridge. We will begin with basic conventions like counting points and bidding, then explore different defensive and offensive strategies.

Start Date: 2/2/2022  End Date: 3/30/2022  
(No class 2/23)  
Day/Time: Wednesday 5:00 p.m. to 7:00 p.m.  
Location: SAHS  
Tuition: $55.00  Registration Fee: $5.00  
Enrollment Min/Max: 3/12

Jan - May 2022 Skowhegan Area 474-7553
Arts & Leisure

Introduction to Photography (Photography I)
Instructor: Arend Thibodeau

What is the rule of thirds? Why are my images boring? Why does my friend take the same picture as I do yet hers looks better?

In this class you will learn how to make a great image, not just take a photograph. We will focus on what constitutes a great image by considering composition, lighting and subject matter. We will also compare and contrast work by contemporary artists in order to understand how to develop our own unique statements as photographers.

Bring your digital camera (or portable device with camera) to this workshop.

Date: 3/23/2022
Day/Time: Wednesday 6:00 p.m. to 8:30 p.m.
Location: SAHS Room: TBA
Tuition: $15.00 Registration Fee: $5.00
Enrollment Min/Max: 5/15

Technical Photography (Photography II)
Instructor: Arend Thibodeau

In this workshop, we will explore aperture, shutter speed and ISO to understand why they are so crucial to create stunning images. Manual settings on a camera can unleash a new and exciting world of creativity and can help you create memorable art and unique photographic statements.

Learn how to take photography to a new level by moving beyond the program or auto mode on your camera.

Date: 3/30/2022
Day/Time: Wednesday 6:00 p.m. to 8:30 p.m.
Location: SAHS Room: TBA
Tuition: $15.00 Registration Fee: $5.00
Enrollment Min/Max: 5/15
Arts & Leisure

Travel Photography
Instructor: Mike Leonard

A former technical director of television programming for Time Warner Cable, Mr. Leonard was also the Host Photographer for the Barefoot Windjammer group in the 90's, where he presented hands-on photography instruction aboard photo-themed cruises in the Caribbean and Panama.

ONLINE

In this one-night class participants will learn how to create their best vacation images. Often when people come home from a family trip, their photos fall a little flat and do not capture the essence of their experience. This session helps people with camera settings and makes suggestions for the best times of the day to capture the perfect shot.

Date: 4/12/2022
Day/Time: Tuesday 6:30 p.m. to 8:00 p.m.
Location: Zoom
Tuition: $15.00 Registration Fee: $5.00
Enrollment Min/Max: 5/15

Photography: After Dark
Instructor: Mike Leonard

ONLINE

In this one-night class we will explore all the things you need to know to take successful images after the sun sets and before the sun rises. This session reviews exposure, how to shoot images in the dark—including the Milky Way and Aurora—and how to capture your best photo under just moonlight. We will review equipment helpful for nighttime photography, including using a cell phone.

Date: 4/14/2022
Day/Time: Thursday 6:30 p.m. to 8:00 p.m.
Location: Zoom
Tuition: $15.00 Registration Fee: $5.00
Enrollment Min/Max: 5/15
Instant Guitar for Hopelessly Busy People
Instructor: Craig Coffman
ONLINE - one-night workshop

Have you ever wanted to learn the guitar but couldn’t find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won’t have to take private lessons to do it. This crash course will teach you the following: how chords work in a song, how to form the three main types of chords, how to tune your guitar, how to buy a good guitar (things to avoid), and how to play along with simple tunes.

Since this class is being held online using Zoom, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional online question/answer session and a recording of the class are included as well. Class limited to 15 students.

Date: 3/15/2022
Day/Time: Tuesday 6:30 p.m. to 9:00 p.m.
Location: Zoom
Tuition: $55.00  Registration Fee: $5.00
Enrollment Min/Max: 1/15

Instant Piano for Hopelessly Busy People
Instructor: Craig Coffman
ONLINE - one-night workshop

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords.

Since this class is being held online using Zoom, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional online question/answer session and a recording of the class are included as well.

The course is partly lecture/demonstration and partly hands-on instruction. Topics include: how chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid “counting,” and how to simplify over 12,000 complex chords. Class limited to 15 students.

Date: 3/14/2022
Day/Time: Monday 6:30 p.m. to 9:30 p.m.
Location: Zoom
Tuition: $55.00  Registration Fee: $5.00
Enrollment Min/Max: 1/15
Arts & Leisure

**Electrical Wiring in Your Own Home**

**Instructor: Jamie Swett**

A graduate of CMTC, Mr. Swett has been employed at SAPPI as an Electronic/Instrument Technician for 39 years, where he has also taught many training classes; in addition, he has owned and operated Swett Electric for 16 years.

In this 10-week course, participants will acquire a basic understanding of electrical wiring in the home, which will involve learning key terminology and the use of tools like a multimeter and voltage detector.

Topics will include switches, receptacles, lighting fixtures, smoke detectors, appliances, box sizing, and wire sizing.

Start date: 2/1/2022   End Date: 4/12/2022  
(No class 2/22)  
Day: Tuesday  
Location: SAHS  Room: White 4  
Tuition: $85.00 Registration Fee: $5.00  
Enrollment Min/Max: 6/12

**Woodworking**

**Instructor: Brian Lewia**

Focusing on the safe use of tools and machines, each student will build a project of their choosing or bring in a project(s) that needs to be completed or repaired.

Students will be responsible for the purchase of materials needed for individual projects. The first class will focus on choosing a project, selecting materials, and developing a construction plan.

Instruction on machine use will begin during the second class. Work in the shop will begin during the third session. Attendance is required for the first two sessions for continued participation in this class.

Start date: 1/19/2022   End Date: 4/27/2022  
Day: Wednesday  
Location: SCTC  Room: Shop A  
Tuition: $85.00 Registration Fee: $5.00  
Enrollment Min/Max: 8/12

**Basic Blacksmithing**

**Instructor: Steve Anderson**

In this two-day, introductory course explore the basics of the blacksmithing trade. Learn everything from wearing safety clothes to building and managing a coal fire. Learn what tools are needed to bend, twist, punch, drift, and forge shoulders.

After watching demonstrations of specific blacksmithing techniques and tool use, students will be provided practice time.

There is a $10.00 fee for materials and fuel which will be paid to the instructor on Thursday night.

Day 1: 4/28/2022  6:00 p.m. to 8:30 p.m.  
Location: Malbons Mills Blacksmith Shop  
(367 Malbons Mills Road, Skowhegan)  
Tuition: $50.00 Registration Fee: $5.00  
Enrollment Min/Max: 6/8  

Day 2: 4/30/2022  8:00 a.m. to 4:00 p.m.  
(lunch included)  
Location: Malbons Mills Blacksmith Shop  
Tuition: $50.00 Registration Fee: $5.00  
Enrollment Min/Max: 6/8
Aerobics ~ Low Impact  
Instructor: Lois Davis

ONLINE

Participate in a fun and exciting low-impact aerobics class where you work out at your own pace. Relieve stress, improve cardio, tone, and make new friends.

Start Date: 1/31/2022  
End Date: 4/14/2022  
(No class 2/21 or 2/24)

Day/Time: Mon/Thurs 6:00 p.m. to 7:30 p.m.

Location: Zoom

Tuition: $45.00  
Registration Fee: $5.00

Enrollment Min/Max: 10/20

Beginners Hatha Yoga  
Instructor: Gabrielle Hunter

ONLINE

This is a gentle beginners’ yoga class focusing on body alignment, breathing techniques, balance and strengthening in a slow paced and open environment. Class will end with introduction and exploration of relaxation and meditation techniques with time to experience how your yoga practice is evolving.

If you have any special physical issues, chronic pain or injury, please contact the instructor before the first day of class to go over health concerns, safety and any props you may need to help you experience the best class possible.

Participants will need a yoga mat, two blocks if you have them, one yoga strap, and one blanket.

SESSION 1
Start Date: 1/31/2022  
End Date: 3/14/2022  
(No Class on 2/21)

Day/Time: Monday 5:30 p.m. to 7:00 p.m.

Location: Zoom

Tuition: $30.00  
Registration Fee: $5.00

SESSION 2
Start Date: 3/28/2022  
End Date: 5/9/2022  
(No class 4/18)

Day/Time: Monday 5:30 p.m. to 7:00 p.m.

Location: Zoom

Tuition: $30.00  
Registration Fee: $5.00

Enrollment Min/Max: 6/15

www.msad54.maineadulted.org
**Holistic Health and Wellness Life Coaching**

**Instructor: Kelly Martineau**

Are you missing grandchildren, children, friends? Are you struggling with your weight, diet or exercise? Has your life changed due to the pandemic?

Join me in a confidential, small group setting to address your health and wellness concerns. I am a nurse coach which means I am an RN and a health and wellness coach; however, you do not have to be a nurse to be a part of this group.

If you have any questions, please check out my website at www.nursecoachexperience.com. I am looking forward to meeting you.

Start Date: 3/1/2022  End Date: 4/5/2022
Day/Time: Tuesday 6:00 p.m. to 7:00 p.m. (6:00 to 8:00 first night)
Location: SAHS  Room: TBA
Tuition: $50.00  Registration Fee: $5.00
Enrollment Min/Max: 3/5

**Introduction to Meditation**

**Instructor: Mara Kavanaugh**

ONLINE

Have you had any interest in meditation? Maybe you’ve tried it in the past and just can’t seem to “get it right”? Maybe you feel frustrated that your mind won’t focus? In this introductory class you will overcome these frustrations by learning the basics of meditation.

We will explore the origins of meditation, different types of meditations, and lay the foundation for a personal routine that will allow you to reap the abundant benefits of this ancient practice. Join a laid-back and fun environment to learn about this life-improving skill and to meet others who are doing the same!

Start Date: 1/31/2022  End Date: 3/7/2022 (No class 2/21)
Day/Time: Monday 6:00 p.m. to 7:30 p.m.
Location: Zoom
Tuition: $40.00  Registration Fee: $5.00
Enrollment Min/Max: 5/15

**Basic Life Support**

**Instructor: Dr. Michael Hofmann**

In this one-night training, learn the essentials of recognizing respiratory and cardiac arrest and effectively beginning emergency treatment. Students will learn CPR and how to use an Automated External Defibrillator (AED).

Start Date: TBA  
Day/Time: TBA  4:00 p.m. to 8:00 p.m.
Location: SAHS  Room: Media Center
Tuition: Free  Registration Fee: $5.00
Enrollment Min/Max: 3/6

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**Somerset County Correctional Facility**

Skowhegan Area Adult Education collaborates with Somerset County to offer comprehensive educational programs at the Somerset County Correctional Facility.

Services include basic literacy instruction, high school completion, academic testing, Maine College Transition classes, and workforce training opportunities.

Call the Adult Education office at 474-7553 for additional details.
Maine Driving Dynamics
Instructor: TBA

The Maine Driving Dynamics course is a driver improvement course that is aimed to improve a student’s defensive driving awareness and abilities.

This two-night course includes discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine’s highways. Our goal is to save lives, prevent injuries, and reduce vehicle-related crashes.

A student who completes the course will receive a three-point credit on their driving record. It may take up to two weeks for processing. Questions regarding your license should be addressed to Bureau of Motor Vehicles at 207-624-9000.

Dates: 4/26/2022 And: 4/28/2022
Day/Time: Tues/Thurs 6:00 p.m. to 8:30 p.m.
Location: SCTC Room: Conference Room
Tuition: $40.00 (age 65 or older $25.00)
Registration Fee: $5.00
Enrollment Min/Max: 5/10

Medicare 101
Instructor: Courtney Cowan

Courtney Cowan (license #PRR252278) offers insurance products through Northeast Planning Associates, Inc., a licensed insurance agency.

Medicare is not one size fits all. New to Medicare? This session will review a wide variety of information to help you navigate the waters. We will review how to obtain Medicare, when you are eligible, and many other important topics including supplemental insurance to complement original Medicare.

If you are currently enrolled in Medicare, come get a refresher on the basics in order to better understand the choices available to you. There are many different products and carriers available, as well as various enrollment periods, that give you the opportunity to change your policy if appropriate. Anyone with questions about Medicare will find this class helpful.

Date: Thursday, 3/24/2022 or Tuesday, 5/10/2022
Time: 6:00 p.m. to 7:30 p.m.
Location: SAHS Room: White 4
Tuition: FREE Registration Fee: $5.00
Enrollment Min/Max: 5/20

Note: The Medicare 101 seminar is free; the $5 fee supports RSU 54 Adult Education registration costs.
General Personal Enrichment

How to Cast a Fly Rod – The First Step to Fly Fishing
Instructor: Mary Ostrowski

Learn the fundamentals of casting on a one-to-one basis. Beginners to advanced casters will learn or improve the basic cast, roll cast, and mends. In addition, you will learn line management, casting in wind, hauling, and other useful tasks.

Take advantage of a certified casting instructor to assist you with any casting problems. If you have an interest in being certified yourself, I can offer advice with that process.

This class will be held OUTDOORS on the Skowhegan High School premises. Bring a 4-7 wt. fly rod with a floating line. Instructor will provide leader with practice fly. DRESS FOR OUTDOOR PRACTICE. Dates of class can be flexible if weather conditions prevent a class.

Dates: 5/3/22, 5/5/22, 5/10/22, and 5/12/22
Day/Time: Tues. & Thurs. 5:30 p.m. to 7:30 p.m.
Location: SAHS
Tuition: $40.00
Registration Fee: $5.00
Enrollment Min/Max: 4/6

Bee Keeping for Beginners
Instructor: Mark Reifschneider

This beginner beekeeping course will educate those interested in getting started with BEES and BEEKEEPING. Topics of discussion will be vertical versus horizontal hives, assembling bee equipment, installing a nuc, controlling swarming, and dealing with varroa mites. Other topics include how and when to harvest honey, splitting hives, and winterizing the bees.

This is a corona virus low risk activity for you and your family; however, during the in-person class masks and social distancing will be required.

On the first night of class, the instructor will collect $55 from each participant to cover the cost of the textbook and for a one-year membership to the Somerset Bee Keepers Club. Assignment of a mentor will be available.

Start Date: 2/15/2022  End Date: 3/15/2022
Day/Time: Tuesday 6:00 p.m. to 8:30 p.m.
Location: Poulin-Turner Union Hall
Tuition: See above  Registration Fee: $5.00
Enrollment Min/Max: 5/25
Caregivers Guide for Dementia Related Illness
Instructor: Heather Preston-Weeks, MA, CHES, ACSM-CPT, CHWC

Are you caring for someone with dementia-related illness? Do you have questions about behaviors, progression of the disease, or how to deal with difficult situations that arise?

In this two-night workshop, learn about the effects of Alzheimer’s disease, coping strategies, best practices, and ways to keep your loved one engaged at every step of the journey. Respite and community resources will also be explored.

Dates: 3/22/20 and 3/29/22
Day/Time: Tuesday 7:00 p.m. to 8:00 p.m.
Location: SAHS Room: TBA
Tuition: Free Registration Fee: $5.00
Enrollment Min/Max: 5/15

We’re always looking for new course ideas and instructors
Adult and Community Education offers a variety of personal enrichment courses. If you would like to teach a class, please call the Adult Education Office at 474-7553 and request a course proposal form. Proposals for the Fall session are due by June 1st.
**General Personal Enrichment**

**Firearms Hunter Safety**  
**Instructor: Russell Corson**

This course—taught by a trained, certified volunteer instructor according to statewide standards—combines 7.5 hours of classroom instruction with some required independent study at home between the first and second class.

Students must demonstrate to the instructor that they can safely handle a firearm, participate in activities, bring in a survival kit with appropriate contents and pass a 50-question test with a grade of at least 70%.

Textbook used: *Today’s Hunter*

Option #1: 2/1, 2/14 and 2/16/2022  
Option #2: 3/1, 3/14, and 3/16/2022

Time: 5:00 p.m. to 7:30 p.m.  
Location: SAHS  Room: Media Center  
Tuition: FREE  Registration Fee: $5.00  
Enrollment Min/Max: 5/15

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**Elder Law – The Basics**  
**Instructor: John E. Nale, Esq.**

This two-hour workshop will help participants better understand the complexities of retirement planning, advance directives, guardianship/conservatorships, second marriage family planning, long-term care, and estate planning.

Attorney John Nale will be available after class to answer any questions you may have as you ponder the road map of elder care laws.

Start Date: 3/30/2022  
Day/Time: Wednesday  6:00 p.m. to 8:00 p.m.  
Location: SAHS  Room: White 4  
Tuition: FREE  Registration Fee: $5.00  
Enrollment Min/Max: 5/15
Community Interest

Skowhegan Area Community Band

This band is for people who wish to continue playing their instruments, and all skill levels are welcome.

We meet once a week to prepare for our various concerts and performances, including a Christmas Concert, a Spring Concert, and the Adult Education Graduation.

The band meets Wednesday nights from 6:00 p.m. to 8:00 p.m. at the Centenary United Methodist Church on Dr. Mann Road in Skowhegan.

Contact Director Les Tomlinson at 696-3143 or ltomlinson@beeline-online.net

The Tech Spot

The Tech Spot is a School and Community Project that offers technology advice and tutoring at no charge to adults from throughout our school district.

Examples of possible help sessions include general computer operation, conducting web searches, using Facebook and other social media programs, and operating Smart phones, iPads, Tablets, and PCs.

Assistance with some software applications such as Microsoft Office Suite (Word, Excel & PowerPoint) is available as well.

FMI or to schedule an appointment with the Tech Spot staff, please call the Adult Education office at 474-7553.

Project partners include RSU 54 Adult & Community Education, Town of Skowhegan, and the RSU 54 Technology Staff.

Winter Walking - 2022

A Joint Initiative of Somerset Public Health and MSAD # 54

Are you looking for an opportunity to walk in a dry, safe, well-lit place? The hallways of Skowhegan Area High School are available from 5:00 p.m. to 7:00 p.m. Monday through Thursday and are a good place to walk during the winter months.

- You must register with Skowhegan Area Adult Education and sign in and out every time you attend. A roster will be available at the adult education office.
- Please respect the facility by changing into a clean and appropriate pair of indoor walking shoes.
- Please stay in the areas designated for walking.
- Please walk, not run.
- Listen for school cancellation announcements — if day school is cancelled, there will be no walking.
- If you have a medical condition, or have not seen a health care provider in the past year, we strongly recommend that you do so before increasing your physical activity
- A person choosing to be involved in this walking program does so at their own risk.

Monday through Thursday 1/3/22 – 3/31/22
5:00 to 7:00 p.m.
Skowhegan Area High School
Call 474-7553 for additional details.

CA$H Maine: Free Assistance with Tax Preparation

You can save money at tax time with CA$H Maine. IRS-certified volunteer tax preparers are available to offer FREE tax assistance.

Visit www.cashmaine.org for more information. You are likely eligible if your household income is less than $57,000 in 2021.

To take advantage of this service, you must call 211 to make an appointment.

Tax clinics will be held at Skowhegan Area High School on the following Wednesday evenings: Feb. 2, 9, & 16 and March 2, 9, & 16. We will also offer one Saturday session from 10:00 a.m. – 2:00 p.m. on Feb. 12.

If you have any questions, please call 207-621-3430.
Day Trip to Boston or Boston Duck Tour

Saturday, June 11, 2022  
Sponsored by Lawrence Adult Education

We’re Boston bound folks! Join us on a charter bus for an exciting day! We’re offering two options for you!

1. Broadway in Boston - WICKED at the Citizens Bank Opera House, Matinee at 2pm (25 tickets) $215 self-supporting fee

2. Boston Duck Tour and The Prudential Center (25 tickets) $117 self-supporting fee

Fees include transportation and ticket to either the Duck Tour or the Wicked show. Meals, etc. are on your own.

We’ll be arriving in Boston at approximately 10:30 a.m. and will drop off at the Prudential Building. Whichever option you choose, you’ll have time to shop in and around The Prudential Center or take a stroll over to Faneuil Hall Marketplace.

You’ll have time to shop and eat at the many locations right there in and around the Prudential Center. Check out what’s available at https://www.prudentialcenter.com/. If you’re planning on dining at a restaurant, be sure to call ahead for reservations to be safe!

Deadline to Register: April 8, 2022  
No refunds issued after April 30, 2022

7:00 a.m. depart Fairfield, Lawrence Jr. H.S. parking lot, School Street
7:30 a.m. depart West Gardiner Park and Ride (across from Service Plaza)

To register or FMI, please contact Kathy Cote at Lawrence Adult Education - 207-453-4200 or email: adult-ed@msad49.org
Day Trip to Brimfield Antique Flea Markets, Massachusetts

Saturday, May 14, 2022
Sponsored by Lawrence Adult Education

Join us in the comfort of a Cyr Bus Lines motor coach for a great day of antiquing at the Brimfield Antique Flea Markets: $89 self-supporting fee (fee includes transportation only)

Since 1959, Brimfield, Massachusetts has been the Antique and Collectibles Capital of the United States. Today there are 21 independent shows and thousands of dealers. Rare and unusual items can be found as buyers search through history's great marketplace! All booths offer a diversified range of antiques and collectibles. Dealers are knowledgeable about their specialties and eager to share their expertise.

We’ll arrive at the flea markets by approximately 11:00 a.m. There will be a lot of walking, so please wear your best walking shoes and dress in layers, and bring totes, collapsible carts, etc. for your treasures!

For meals, there are many food trucks and vendors throughout the property. You may also want to bring a bagged lunch. There are many restaurants nearby, however plan ahead for any transportation needs if you choose this option.

Deadline to register: April 30, 2022
(no refunds after this date)

Pick up locations:
7:00 a.m. depart Fairfield, Lawrence Jr. H.S. parking lot, School Street
7:30 a.m. depart West Gardiner Park and Ride (across from Service Plaza)

To register or FMI, please contact Kathy Cote at Lawrence Adult Education - 207-453-4200 or email: adult-ed@msad49.org
**HOW TO REGISTER**

- **Online Registration – Starts January 7**
  To register go to msad54.maineadulted.org

- **All other registrations by mail, by phone, and in person begin January 10.**

By Mail – Mail completed REGISTRATION FORM and check to

Adult Education
61 Academy Circle
Skowhegan, ME 04976

By Phone – call 207-474-7553 and pay with your credit card

In Person – Our office hours are Mon-Thur 8:00 a.m. to 4:30 p.m.; Friday 8:00 a.m. to 12:00 p.m.

**Senior Discount**
Seniors (62 or older) receive a 40% tuition discount on enrichment classes.

**Make-up Dates**
All make-up classes must be completed within two weeks of the missed class. Please make final arrangements with your instructor.

**Can I take a class with my child?**
Adult education students are age 18 and older. Students who are 16 or 17 may enroll in a high school completion program with permission from a parent and/or guardian. Students aged 16 or 17 may enroll in a personal enrichment class if a parent/guardian registers and attends with the child. Child care is not provided, and children may not accompany parents to class.

**Class Cancellation**
Each course must meet minimum enrollment requirements, ranging between 2 to 10 students depending on the class. Classes that do not meet minimum enrollment requirements may be cancelled.

**School Cancellation**
School cancellations will be announced on television stations and our website. If MSAD54 cancels during the day, then Skowhegan Adult Education will also be cancelled. This does not include early release days or teacher in-service days.

**Request for Accommodations**
Reasonable accommodations are available upon request for people who have a documented disability.

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**Funding for Academic Classes**
Funding provided by U.S. Department of Education Title II Adult Education and Family Literacy Act.

**Refund Policy**
If we cancel a class, or if you are unable to start a class, notify Adult and Community Education prior to the first class and in both instances, you will receive a full refund.*

If you withdraw prior to the second class, we will refund your tuition, materials, book, and lab fees, but the registration fee and personal expenses are not refundable.

No refunds will be made after the second class, no exceptions.

Refund payments are by check and mailed to the address on the registration form. No cash refunds. Allow two to four weeks for processing.

*CANCELLED CREDIT CARD PAYMENTS WILL BE SUBJECT TO A $3 PROCESSING FEE.

**Fees**
Tuition, lab, book, materials, and registration fees are listed in the course description where applicable. Registration not accompanied by full payment will be placed on a waiting list until payment is received in full. Receipts are available at the Adult Education office.

**Gift Certificates**
Skowhegan Adult Education gift certificates are available for purchase in the Adult Education office during regular office hours.

**Non-Discrimination/Equal Opportunity and Affirmative Action**
The RSU54/MSAD54 Board is committed to maintaining a workplace and learning environment that is free from illegal discrimination and harassment. In accordance with applicable Federal and/or State laws and regulations, RSU54/MSAD54 prohibits discrimination against and harassment of employees, candidates for employment, students and other with rights to admission or access to school programs, activities or premises on the basis of race, color, sex, sexual orientation, religion, ancestry or national origin, age, or disability. For the purpose of this policy, sexual orientation means a person’s actual or perceived heterosexuality, bisexuality, homosexuality, or gender identity or expression.
RSU54/MSAD54 Adult & Community Education

REGISTRATION FORM

Name: _________________________________________________________ DOB: __________ Date: __________

Mailing Address: ____________________________________________________________________________________

Town: __________________________________________________________________________ Zip: __________

Home Phone: ______________________ Cell Phone: _________________________________

EMAIL: __________________________________________________________________________________________

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Add $5.00 Registration Fee

Total

MAKE CHECKS PAYABLE TO:
RSU54 ADULT EDUCATION
Mail to:
61 Academy Circle, Skowhegan, ME 04976

Office Only - Received date CASH CHECK# Receipt#

Returned by popular demand:

• Fly Fishing pg. 20
• Beekeping pg. 20
• Woodworking pg. 16
• Winter Walking pg. 23