

# Winter/Spring 2024



**MAEA**

Maine  
Adult Education  
Association

[www.msad54.maineadulted.org](http://www.msad54.maineadulted.org)  
Skowhegan Area 474-7553

**RSU 54/MSAD 54 Adult &  
Community Education**



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## Look for these new courses:

- Cooking Matters pg. 16
- Homesteading pg. 21
- Pinguiculas and Friends p. 20



**Cover Photo:**  
Photo compliments  
of Cornelia Pleasants

## Register Now!

REGISTRATION BEGINS January 2, 2024! 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 30% 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](http://www.msad54.maineadulted.org)

Director: Jeremy Lehan  
474-7553 ex. 4601  
E-mail: [jlehan@msad54.org](mailto:jlehan@msad54.org)



Secretary: Vivian Champagne  
474-7553 ex. 4602  
E-mail: [vchampagne@msad54.org](mailto:vchampagne@msad54.org)



HiSET Coordinator: Heather Toth  
E-mail: [hthoth@msad54.org](mailto:hthoth@msad54.org)



Career and College Coordinator: January Hapworth  
E-mail: [jhapworth@msad54.org](mailto:jhapworth@msad54.org)



Registration Office Hours:  
Monday-Thursday, 8:00 a.m. to 4:30 p.m.  
Friday, 8:00 a.m. to 12:00 p.m.  
Closed on legal holidays and during school vacations.



**Skowhegan Area Adult Education**

**This Brochure was designed by Andrew Staples**  
**The Last Stop/Andrew Staples Photography**  
**207.735.7233 • [thelaststoponline@gmail.com](mailto:thelaststoponline@gmail.com)**

## RSU 54/MSAD 54 Adult & Community Education 2023 Fall Semester Calendar

January

M	T	W	T	F	
	1	2	3	4	5
8	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
29	30	31			

February

M	T	W	T	F	
				1	2
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29		

March

M	T	W	T	F	
					1
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
25	26	27	28	29	

April

M	T	W	T	F	
	1	2	3	4	5
8	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
29	30				

May

M	T	W	T	F	
			1	2	3
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	31	

June

M	T	W	T	F	
3	4	5	6	7	
10	11	12	13	14	
17	18	19	20	21	
24	25	26	27	28	

**January 15, 2024**

No School, MLK Day

**February 19-23, 2024**

February Vacation

**April 15-19, 2024**

April Vacation

### WELCOME

**Jeremy Lehan, Director**

Welcome to the Spring of 2024!

I am excited to report that from July 1, 2022, to June 30, 2023, over 11,000 adult learners participated in Maine adult education programming in one or more of the following areas: High School Completion, College Transitions, and/or Workforce Training and Development.

Across the state, students earned the following credentials:

969 High School Diploma or Equivalency  
1,252 Medical  
226 Manufacturing/Trucking  
207 Technology/Business

Additionally, 11,919 adults participated in enrichment programming.

At MSAD 54 Adult Education, we are here to help you reach your goals large and small. Whether you want to earn a diploma, prepare for college, earn a workforce credential, get in shape, or learn a new hobby, we have a class that will fit your needs.

With many online and in-person offerings to choose from, now is the time to try your hand at woodworking, beekeeping, fly rod casting, aerobics, and more. Please join us for a class—or two.

Thank you for your continued support of Adult and Community Education.



# LITERACY & FAMILY LITERACY

## Adult Basic Education

### Community Literacy

- ◆ Small group classes
- ◆ One-on-one attention
- ◆ Instruction focused on individual needs

To get started, call 474-7553, or email

[adulthood@msad54.org](mailto:adulthood@msad54.org)

### 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: 1/8/2024      End Date: 5/15/2024  
Day/Time: Mon/Wed      9:00 a.m. to 12:00 p.m.  
Location: SAHS Course Site  
Tuition: FREE

### 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: 1/22/2024      End Date: 5/15/2024  
Day/Time: Mon/Wed      5:00 p.m. to 7:00 p.m.  
Location: SAHS      Room: Y9  
Tuition: FREE

### English for Speakers of Other Languages (ESOL)

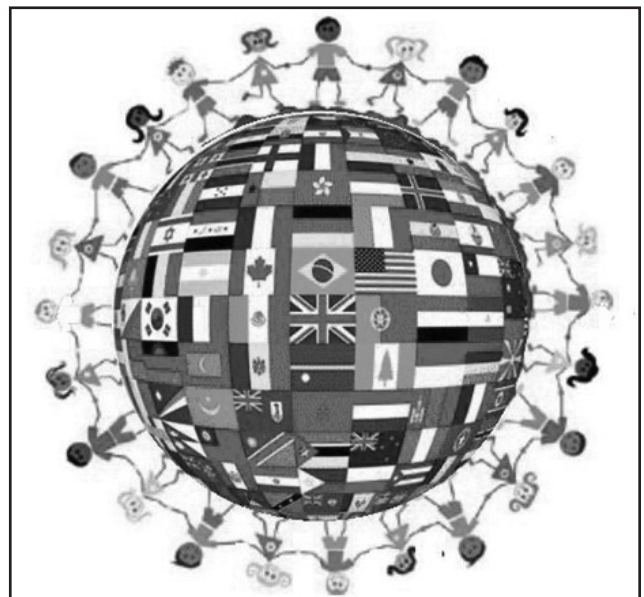
**Instructor: Kimberly Murphy**

#### ONLINE

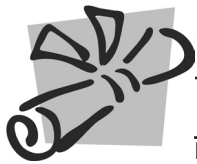
This class assists students who are not native English speakers in developing reading, writing, speaking, and listening skills. Instruction is designed to meet learners' needs and can include helping participants with such important tasks as exploring how to talk with their child's teacher, scheduling 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: 1/16/2024      End Date: 5/16/2024  
Day/Time: Tues/Thur  
Time: Intermediate: 4:00 pm - 5:00 pm  
Beginners: 5:15 pm - 6:15 pm  
Location: Zoom  
Tuition: FREE







# HIGH SCHOOL COMPLETION

## HiSET

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 MSAD 54 diploma by earning the required credits.

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

# HiSET®

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.org/>

The HiSET® exam covers five content areas: Social Studies, Science, Mathematics, Language Arts: Writing, and Language Arts: Reading.

Are you ready to get started? Call TODAY to register for HiSET 101 at 474-7553 or email [adulthood@msad54.org](mailto:adulthood@msad54.org)

### HiSET® 101 - ONLINE OR 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 9 - February 1, 2024

- Tuesday/Thursday
- 8:30 a.m. - 11:30 a.m. Online class
- 3:30 p.m. – 6:30 p.m. SAHS

#### February 6 – March 10, 2024

No classes the week of 2/19.

- Tuesday/Thursday
- 8:30 a.m. - 11:30 a.m. Online class
- 3:30 p.m. – 6:30 p.m. SAHS

#### March 19 – April 11, 2024

- Tuesday/Thursday
- 8:30 a.m. - 11:30 a.m. Online class
- 3:30 p.m. – 6:30 p.m. SAHS

#### April 23 – May 16, 2024

- Tuesday/Thursday
- 8:30 a.m. - 11:30 a.m. Online class
- 3:30 p.m. – 6:30 p.m. SAHS

### HiSET® 201 - ONLINE OR IN PERSON Instructors: January Hapworth & Alan Haley

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.**

Start Date: 1/9/2024      End Date: 5/16/2024  
Day/Time: Tues/Thurs      4:00 p.m. to 7:00 p.m.  
and other days/times by appointment  
Location: Zoom or SAHS

Students will have the option of participating remotely or in person. Remote learners will still come to SAHS for occasional testing.

### HiSET® Official Testing

Official testing is typically held at Skowhegan Area High School on Monday and Wednesday afternoons. **Dates and times 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 [adulthood@msad54.org](mailto:adulthood@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](http://www.westernmaineliteracy.org) or contact Executive Director Barbara Averill at (207)500-3131.





# MAINE COLLEGE & CAREER ACCESS

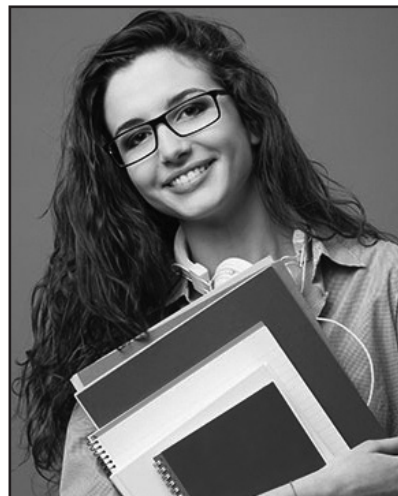
- **Want to go to college?**
- **Enrolled in college and struggling?**
- **Hoping to advance in your career or pursue a new one?**
- **Looking to earn a diploma?**

The Maine College and Career Access program 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: [adulthood@msad54.org](mailto:adulthood@msad54.org)



## **Algebra Skills for College IN PERSON AND 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: 1/8/2024      End Date: 5/15/2024  
Day/Time: Mon/Wed      By appointment with instructor.  
Location: SAHS or Zoom  
Tuition: **FREE for qualifying Students**

## **Number Skills for College IN PERSON AND 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: 1/8/2024      End Date: 5/15/2024  
Day/Time: Mon/Wed      By appointment with instructor.  
Location: SAHS or Zoom  
Tuition: **FREE for qualifying Students**

## **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: 1/9/2024      End Date: 5/14/2024  
Day/Time: Tuesday      9:00 a.m. – 11:30 a.m.  
Location: SAHS or Zoom      Course Site  
Tuition: **FREE for qualifying Students**

**In-person instruction by appointment on Monday and Wednesday afternoons.**



## Writing Skills for College IN PERSON AND ONLINE

**Instructor: Mariah Smith**

This course will cover the grammar and writing skills that are required for success in college level courses.

Whether you need to brush-up your skills before attending college, need to improve your ACCUPLACER or CASAS scores, or need to earn a high school credit, you will find this course practical and useful.

Start Date: 1/9/2024      End Date: 5/14/2024  
Day/Time: Tuesday      9:00 a.m. – 11:30 a.m.  
Location: SAHS or Zoom      Course Site

Tuition: **FREE for qualifying Students**

**In-person instruction by appointment on Monday and Wednesday afternoons.**



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. We also have a "Zoom Cart" online students can access to participate in class and/or to complete assignments. FMI, contact Skowhegan Adult Education at 474-7553 or email [adulthood@msad54.org](mailto:adulthood@msad54.org).

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

### College and Career Success Coordinator

Our College and Career Success Coordinator, Carolyn Haskell, can help current KVCC students as well as anyone who is thinking about attending KVCC with the following:

- College Tours
- Completing the KVCC Application
- Applying for Scholarships
- Program and Course Selection
- Academic and Career Planning
- Academic Success Coaching and Tutoring Referrals
- Time-Management, Notetaking, and Study Skills
- Learning how to Navigate BrightSpace
- And more!

Carolyn is located on the KVCC campus and is available to assist both in-person and online students.

Call (207) 474-7553 today for more information.



**Brighter Futures Day!**  
**Free KVCC Tour for Adult Education Students**  
**Thursday, March 14th at 1:00-3:00 p.m.**  
**King Hall, Fairfield Campus, 92 Western Avenue**

**We've Designed this Special Day Just for You!**

#### What Will You Do?

- Tour the Fairfield Campus & the Programs Offered
- Meet KVCC and MEOC Staff Who Make Applying to College Easy
- Discover the Great Ways that KVCC Supports Its Students
- Determine if KVCC Feels Like the Place for You!

FMI or to register please visit [msad54.maineadulted.org](https://msad54.maineadulted.org), email [adulthood@msad54.org](mailto:adulthood@msad54.org), or call 474-7553.

#### Learn About Technology Careers Brandi Greenleaf



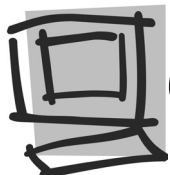
**Thursday, March 28th at 5:30-6:30 p.m.**  
**Skowhegan Area High School, Room Blue 8**

Join staff from Outer Reach Broadband, a Maine-owned internet service provider, to learn more about all the career opportunities available in Maine today. Outer Reach Broadband was founded in 2020, based out of Hallowell. With active services in Millinocket, Lee, Lakeville, Lincoln, and Skowhegan, Outer Reach plans to expand into Madison, Anson, South Paris, and Norway very soon.

With the expansion of internet availability in the state of Maine comes the expansion of job availability. From sales and customer service to networking and installation, there is a strong demand for workers in all fields of the industry. Outer Reach will be there to answer all your industry and job-related questions. Bring your resume and talk to them on the spot about open positions!

FMI or to register please visit [msad54.maineadulted.org](https://msad54.maineadulted.org), email [adulthood@msad54.org](mailto:adulthood@msad54.org), or call 474-7553.





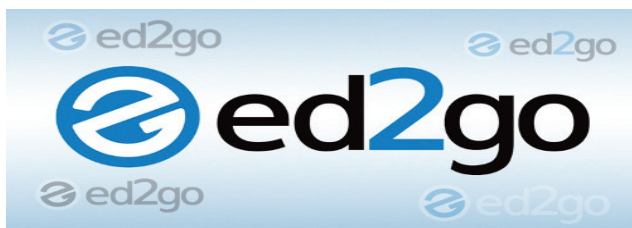
# CAREER & TECHNICAL TRAINING

**These courses can lead to licenses and/or professional credentials!**

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.

MSAD 54 Adult Education partners with area providers to provide **Certified Nursing Assistant (CNA)** training, typically once or twice a year. In many instances, there is no cost for eligible participants.

**We anticipate that the next CNA will begin March 5, 2024. For more details or to request an application please call the Adult Ed office at 474-7553 or check our website [msad54.maineadulted.org/](https://msad54.maineadulted.org/).**



## **Ed2Go – Online Certificates and Courses (Instructor led, asynchronous)**

The following classes are only a few of the online courses offered at Ed2Go. For a complete list and for more detailed descriptions, please visit the following website: <https://www.ed2go.com/skowaded/>

### **Introduction to Natural Health & Healing**

Instructor led: starts Feb 14, six weeks

Cost: \$125

Self-paced no instructor: anytime with a three-month access to class

Cost: \$125

### **Drawing for the Absolute Beginner**

Instructor led: starts Feb 16, six weeks

Cost: \$115

### **Start Your Own Small Business**

Instructor led: starts Feb 14, six weeks

Cost: \$129

Self-paced no instructor: starts anytime with a three-month access to class

Cost: \$129



## **UGotClass – Online Certificates and Courses (Instructor led, asynchronous)**

The following classes are only a few of the online courses offered at UGotClass. Please contact us for a complete list and visit our website for more detailed descriptions.

### **Business Writing**

February 5 to March 1, 2024

Cost: \$195

### **Boosting Your Website Traffic**

March 4 to March 29, 2024

Cost: \$195

### **Adobe InDesign Essentials**

April 1 to April 26, 2024

Cost: \$225

# CAREER & TECHNICAL TRAINING



## MAEA

Maine  
Adult Education  
Association

### Technical Training

**LIVE Online** Microsoft Workshops  
*Taught by KVCC Instructor, Val Landry*  
For more detailed descriptions, visit our website  
[www.msad54.maineadulted.org](http://www.msad54.maineadulted.org)

#### **Microsoft Excel - Basics**

Thursdays, March 7 & March 14, 8:30-11:30 a.m.  
Cost: \$59.00

#### **Microsoft Excel - Intermediate**

Thursdays, March 28 & April 4, 8:30-11:30 a.m.  
Cost: \$59.00

#### **Microsoft Excel - Advanced**

Thursdays, Apr. 25 & May 2, 8:30-11:00 a.m.  
Cost: \$59.00

**LIVE Online** Quickbooks Workshops  
*Taught Over Zoom by KVCC Instructor, Val Landry*  
For more detailed descriptions, visit our website  
[www.msad54.maineadulted.org](http://www.msad54.maineadulted.org)

#### **Basic Accounting Principles & Quickbooks Online**

Tuesdays, Jan. 30, Feb. 6, & Feb. 13, 8:30-11:30 a.m.  
Cost: \$69.00

#### **Quickbooks - Desktop Version**

Tuesdays, March 5, March 12, & March 19, 8:30-11:30 a.m.  
Cost: \$69.00

#### **Quickbooks - Advanced Topics**

Tuesdays, Mar. 21 & Mar. 28, 8:30-11:30 a.m.  
Cost: \$59.00



### 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.



# Introducing **HUB 4**

**CHOOSE COURSES FROM THE  
LOCATION THAT'S BEST FOR YOU!**



## **Lawrence Adult Education**

Fairfield 207-453-4200 ext. 3114

HiSET, Adult Diploma, College Transitions,  
Workforce Training, and Enrichment Courses



## **RSU 54 Adult Education**

Skowhegan 207-474-7553

HiSET, Adult Diploma, College Transitions,  
Workforce Training, and Enrichment Courses



## **Spruce Mountain Adult Education**

Livermore Falls 207-897-6406

HiSET, Adult Diploma, Workforce Training, and  
Enrichment Courses



## **Franklin County Adult Education**

Farmington 207-778-3460

HiSET, Adult Diploma, College Transitions,  
WorkReady Certificate, and Enrichment Courses



## **MSAD 53 Adult Education**

Pittsfield 207-487-5145 ext. 320

HiSET



# PERSONAL ENRICHMENT

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## Arts & Leisure

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### **Photoshop - Independent Study & Projects**

**Facilitator: Lynn Perry**

Photoshop students from previous sessions will continue this spring in an eight-week independent study format. Students will fine tune their projects using photo enhancement for lighting, color and size; and add artistic elements with filters, text and framing.

Others who have been using Photoshop Elements or Photoshop are welcome to join the group for project support. The aim of this class is not traditional instruction but to create a place for group sharing, support, and experimentation.

Start Date: 2/26/2024    End Date: 4/22/2024  
(No class on 4/15/24)  
Day/Time: Monday    3:30 p.m. to 6:00 p.m.  
Location: SAHS    Room: Blue 2  
Tuition: \$40.00    Registration Fee: \$5.00  
Material Fee: \$20.00



### **Photography: After Dark**

**Instructor: Mike Leonard**

#### **ONLINE - one-night workshop**

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: 3/20/2024  
Day/Time: Wednesday 7:00 p.m. to 8:30 p.m.  
Location: Zoom  
Tuition: \$15.00    Registration Fee: \$5.00  
Enrollment Min/Max: 5/50



### **Make Your Best Shot—An Introduction to Digital Photography**

**Instructor: Mike Leonard**

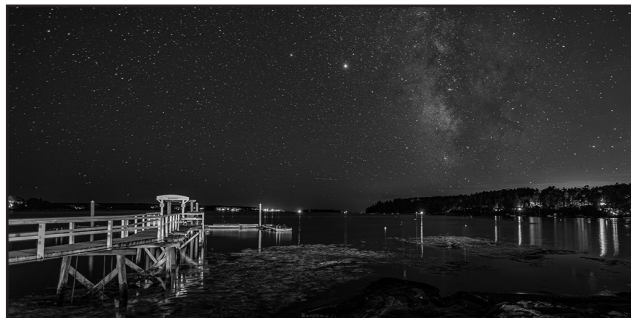
*A former technical director of television programming for Time Warner Cable, Mr. Leonard was also the Host Photographer for the Barefoot Windjammer group in the 90's, where he presented hands-on photography instruction aboard photo-themed cruises in the Caribbean and Panama.*

#### **ONLINE - one-night workshop**

In this one-night class participants will learn the basics of digital photography: what you should have read in your owner's manual but didn't!

Topics covered include camera settings, understanding exposure and white balance, tips for making your best shots of various subjects. It's a perfect session to attend BEFORE going on a vacation so you can take home your best shots.

Date: 3/19/24  
Day/Time: Tuesday 7:00 p.m. to 8:30 p.m.  
Location: Zoom  
Tuition: \$15.00    Registration Fee: \$5.00  
Enrollment Min/Max: 5/50





# PERSONAL ENRICHMENT

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## Arts & Leisure

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### **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. The chord method is LOTS of fun and dramatically easier to learn than reading notes.

Fee includes the online book, online follow up lessons, a recording of the class and an optional periodic question and answer session. Held online using Zoom, the class is partly hands-on instruction and partly lecture/demonstration.

Date: 3/5/2024

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



### **Instant Guitar for Hopelessly Busy People** **Instructor: Craig Coffman**

#### **ONLINE - one-night workshop**

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 some basic chords and get you playing along with your favorite songs right away.

Fee includes the online book, online follow up lessons, a recording of the class, and an optional periodic question and answer session. Held online using Zoom, the class is partly hands-on instruction and partly lecture/demonstration. For ages 13+.

Date: 3/26/24

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

# PERSONAL ENRICHMENT

## Arts & Leisure



### Basic Blacksmithing Instructor: Steve Anderson

*This "Basic Blacksmithing" course is dedicated to the late Richard (Dick) Tessier. Dick was a tireless promoter of education and passionate about keeping this ancient craft alive and well. He is missed.*

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: Thursday, 4/25/24  
Time: 6:00 p.m. to 8:30 p.m.  
Location: 266 Fredericks Corner Rd.  
Norridgewock, ME

Day 2: Saturday, 4/27/24  
Time: 8:00 a.m. to 4:00 p.m. (bring own lunch)  
Location: Maine Academy of Natural Sciences  
13 Easler Rd. Hinckley, ME

Tuition: \$50.00      Registration Fee: \$5.00  
Enrollment Min/Max: 6/8

### Woodworking Instructor: Brian Lewia

Focusing on the safe use of tools and machines, each student will build a project of his/her 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: 1/24/24      End Date: 4/3/24  
(No class 2/21)  
Day/Time: Wednesday 5:00 p.m. to 7:30 p.m.  
Location: SCTC      Room: Shop A  
Tuition: \$90.00      Registration Fee: \$5.00  
Enrollment Min/Max: 8/12



### 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.

# PERSONAL ENRICHMENT

## Arts & Leisure

### Ukulele for Beginners

**Instructor: Gene Fahn**

We are proud to welcome a new instructor, Gene Fahn. Mr. Fahn has been playing ukulele for over ten years and is eager to share his knowledge and passion with others.

Learn the basics of playing the ukulele in this six-week class. No experience necessary—just a love of music and a willingness to work as part of a team. Participants must bring their own instrument, preferably a soprano, concert, or tenor ukulele.

Start Date: 4/3/24      End Date: 5/15/24  
(No class on 4/17)  
Day/Time: Wednesday 6:00-7:00 p.m.  
Location: SAHS      Room: TBA  
Tuition: Free      Registration Fee: \$5.00  
Enrollment Min/Max: 4/10



### 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 Area High School campus grounds. Bring a 4-7 wt. fly rod with a floating line. Instructor will provide a leader with a practice fly. DRESS FOR OUTDOOR PRACTICE. In case of rain, class will be held in the Bloomfield Elementary gym. Participants will be notified accordingly.*

Dates: 6/3, 6/4, and 6/5/24  
Time: 5:30 p.m. to 7:30 p.m.  
Location: First meeting in SAHS Rm. TBD  
Tuition: \$45.00      Registration Fee: \$5.00  
Enrollment Min/Max: 4/6





# PERSONAL ENRICHMENT

## Culinary Arts

### Cooking Matters

Instructor: Brady Croteau



In this training series developed by Maine SNAP, participants will participate in a cooking demo and taste-test; each class, they will also leave with ingredients to prepare the demo meal at home! Topics covered:

- Choosing Fruits, Vegetables, and Whole Grains
- Healthy Eating Starts at Home
- The Power of Planning
- Shopping Smart
- Recipe for Success

Start Date: 4/4/2      End Date: 5/16/24  
(No class 4/18)  
Day/Time: Thursday      4:00 p.m. to 6:00 p.m.  
Location: SAHS      Room: Yellow 9  
Tuition: Free      Registration Fee: \$5.00  
Enrollment Min/Max: 4/10



**Ferment This!** Sauerkraut Variants, Curtido and Coleslaw  
Instructor: Emma Holder

*Emma attended McGill University, earning a BS in 1991 and a Masters in 1993 in microbiology and immunology. FMI visit [emmaholder.com/fermentation](http://emmaholder.com/fermentation).*

### ONLINE - one-night workshop

Lacto-ferment cabbage and add some twists to result in delicious safe home-made signature cabbage-based ferments. You'll learn a bit of microbiology and basic techniques to create basic sauerkraut, Salvadorean curtido and coleslaw. Fermented vegetable salads/condiments add flair, probiotics and nutrition to any meal. Zoom link and materials list provided by instructor upon registration.

Date: 3/5/24  
Day/Time: Tuesday      Time: 6:00 p.m. to 7:00 p.m.  
Location: Zoom  
Tuition: \$15.00      Registration Fee: \$5.00  
Enrollment Min/Max: 1/5

**Ferment This!** Curried Cauliflower and Shish Taouk Turnips  
Instructor: Emma Holder

### ONLINE - one-night workshop

Flavors from India and Lebanon will infuse these vegetable ferments. We'll discuss basic fermentation techniques, and then create both a curry-style ferment using cauliflower and Shish Taouk turnips. Learn how to create these yummy fermented veggies with turnips or white daikon radishes. The secret to both ferments is in the spice. Zoom link and materials list provided by instructor upon registration. FMI visit [emmaholder.com/fermentation](http://emmaholder.com/fermentation).

Date: 3/12/24  
Day/Time: Tuesday      6:00 p.m. to 7:00 p.m.  
Location: Zoom  
Tuition: \$15.00      Registration Fee: \$5.00  
Enrollment Min/Max: 1/5



**Preserving the Harvest!**  
Instructor: Abbie Perry, UMaine  
Cooperative Extension

### One-night workshop

Ever wonder how to preserve all those great garden veggies? This hands-on workshop led by a University of Maine Extension volunteer will teach you the basic steps for canning and freezing. Participants will receive a "Preserving the Harvest" packet and will learn recommended methods for preserving foods. They will also receive the latest and safest recipes, learn about equipment safety, and be taught how to ensure jars are properly sealed.

*Please bring a potholder with you to the workshop. There is a materials fee of \$20 that will be paid directly to the instructor.*

Date: 4/23/24  
Day/Time: Tuesday      6:00-9:00 p.m.  
Location: SAHS      Room: Yellow 4  
Tuition: Free      Registration Fee: \$5.00  
Enrollment Min/Max: 5/12

# PERSONAL ENRICHMENT

## Exercise, Health & Wellness

### Aerobics ~ Low Impact

**Instructor: Lois Davis**

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: 1/29/24      End Date: 4/11/24  
(No class 2/19 and 2/22)  
Days/Time: Mon/Thur      6:00 p.m. to 7:30 p.m.  
Location: Bloomfield      Room: Gym  
Tuition: \$55.00      Registration Fee: \$5.00  
Enrollment Min/Max: 10/20



### Vinyasa Flow Yoga

**Instructor: Desiree Kelley**

Explore classical and creative yoga poses flowing in conjunction with breath. Class will begin with centering exercises, move through traditional Sun Salutations, and flow into standing sequences linking breath with movement.

Vinyasa Flow yoga is a creative and more active form of yoga using continuous dynamic movements linked together with the breath to create a flowing sequence.

We wind down with cooling postures and blissful Savasana (rest to absorb practice). Participants will need a yoga mat, two yoga blocks, and one blanket.

### Gentle Yoga

**Instructor: Desiree Kelley**



A slow, safe, guided practice using various props to support all students. This class is perfect for anyone new to yoga, individuals with mobility or physical limitations, seniors, or anyone looking for a slower-paced practice. This class will focus on breath work, short meditation, light movement, and relaxation.

For the best experience please bring the following props: yoga mat, blanket, two yoga blocks, yoga strap (or dog leash, belt or tie), and a yoga bolster (or large pillow).

Start Date: 1/30/24      End Date: 3/12/24  
(No class 2/20)  
Day/Time: Tuesday      5:00 p.m. to 6:00 p.m.  
Location: Bloomfield      Room: Gym  
Tuition: \$30.00      Registration Fee: \$5.00  
Enrollment Min/Max: 5/15



# PERSONAL ENRICHMENT

## Exercise, Health & Wellness

### Forest Therapy Walks

**Instructor: Constance Woodworth**

**One-day sessions. Sign up for one or more!**

Come for a relaxing nature walk with Constance, a certified Forest Therapy guide. Many of the strolls are timed to coincide with the beautiful sunset; take a break from your devices and worries and allow your imagination to connect you with the land.

Special instructions: Participants will meet at Lake George Regional Park West. Please arrive 10-15 minutes early so that we may begin on time. Cell phones will be off so that everyone will have a chance to completely immerse themselves in the experience.

Option 1: Wed., 1/31/24, 3:00-5:00 p.m.

Option 2: Wed., 2/28/24, 10:00 a.m.-12:00 p.m.

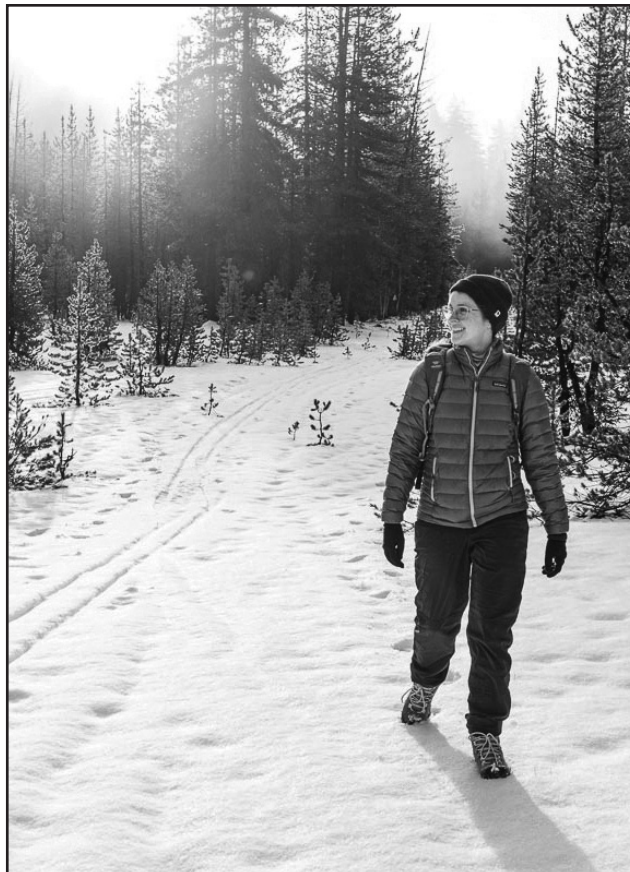
Option 3: Wed., 3/27/24, 3:00-5:00 p.m.

Option 4: Wed., 4/24/24, 4:00-6:00 p.m.

Location: Lake George West

Tuition: \$5.00      Registration Fee: \$5.00

Enrollment Min/Max: 5/10



### How to Forest Bathe

**Instructor: Constance Woodworth**



In this one-day session, learn how to take a "Forest Bathing" walk. Constance is a certified Forest Therapy guide who will teach you through practice how to recenter whenever you are in or around nature. Your stress, insulin, and anxiety levels will drop, while your calm and happiness will increase.

Special instructions: Participants will meet at Lake George Regional Park West. Please arrive 10-15 minutes early so that we may begin on time. Cell phones will be off so that everyone will have a chance to completely immerse themselves in the experience.

Date: 5/15/24

Day/Time: Wednesday 10:00 a.m. to 12:00 p.m.

Location: Lake George West

Tuition: \$5.00      Registration Fee: \$5.00

Enrollment Min/Max: 5/10





# PERSONAL ENRICHMENT

## Exercise, Health & Wellness

### Basic Life Support

**Instructor: Denise White, MSN/RN**

In this one-night training, learn the essentials of recognizing respiratory and cardiac arrest and effectively beginning emergency treatment. Participants will learn CPR and how to use an Automated External Defibrillator (AED). Upon successful completion, participants will receive an AHA CPR certification and card.

**Students will need to pick up and review the BLS Provider Manual prior to class so that they are prepared for an open-book test at the end of the training.**

Option #1: Wednesday, 3/6/24

Option #2: Wednesday, 5/8/24

Time: 4:00 p.m. to 8:00 p.m.

Location: SAHS Room: Media Center

Tuition: \$40 Registration Fee: \$5.00

Enrollment Min/Max: 4/6



### Winter Walking - 2024

*A Joint Initiative of Somerset Public Health and MSAD # 54*

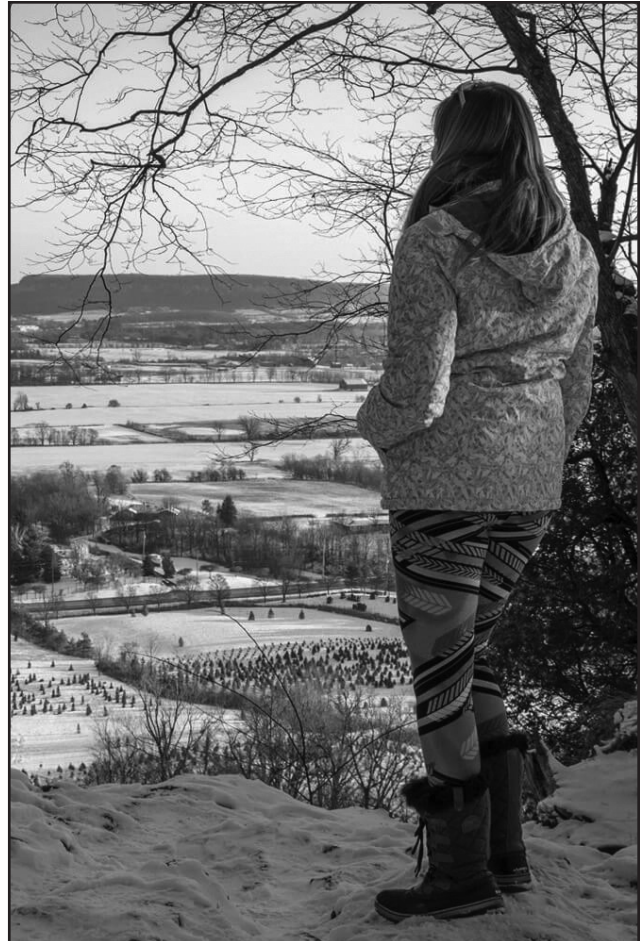
Are you looking for an opportunity to walk in a dry, safe, well-lit place? The hallways of Skowhegan Area High School are available from 5:00 p.m. to 7:00 p.m. Monday through Thursday and are a good place to walk during the winter months.

- 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.
- No walking on holidays or during school vacations.
- 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 his or her own risk.

**FREE**

Monday through Thursday 1/2/24 – 3/28/24

5:00 to 7:00 p.m.



# PERSONAL ENRICHMENT

## General Personal Enrichment

### Beekeeping for Beginners Instructor: Kevin McFadden

This beginner beekeeping course will educate those interested in getting started with BEES and BEEKEEPING. Topics of discussion will be Langstrom beehives, 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.

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 Beekeepers Club. Assignment of a mentor will be available.

Dates: 2/15, 2/21, 2/28, 3/6, and 3/13/24

Time: 6:00 p.m. to 9:00 p.m.

Location: Poulin-Turner Union Hall  
627 US-201 Skowhegan, Maine

Tuition: See above Registration Fee: \$5.00

Enrollment Min/Max: 5/25



### A Writer's Workshop Instructor: Kristin Leonard

*Kristin holds a Masters in English (Literature), as well as an M. F. A. in Creative Writing from the University of Southern Maine. Her critical and creative work has appeared in numerous publications. Follow her at [kristinleonard.com](http://kristinleonard.com).*

#### ONLINE

Join us this spring for a 6-week writer's workshop where our focus will be on STORIES—both real and imagined. In this class, we will analyze the elements of effective storytelling, including (but not limited to) plot, character, scene, point of view, voice, and tone. Participants will write and/or revise their stories of choice and together we will examine successful writing strategies and tricks of the trade. And most of all, we will discover that writing can be fun!

Start Date: 3/6/24 End Date: 4/10/24

Day/Time: Wednesday 6:30 p.m. to 8:30 p.m.

Location: Zoom

Tuition: \$45.00 Registration Fee: \$5.00

Enrollment Min/Max: 5/12

### Pinguiculas and Friends! Instructor: Julie Mathieu



Pinguiculas are a delightful group of carnivorous plants that can be easily grown indoors in Maine. These unique plants have shimmery glistening leaves and many bloom year-round.

And caring for them? Extremely easy! Just put them in a tray of rain or distilled water and watch them bloom and grow!

Julie will be bringing her Pinguicula plants as well as samples of other carnivorous plants she grows such as Nepenthes, Drosera, Utricularia, and Cephalotus. She will be discussing growth habits, soil preferences, potting, and buying online from trusted sellers.

Date: 5/1/24

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

Location: SAHS Room: TBA

Tuition: Free Registration Fee: \$5.00

Enrollment Min/Max: 3/10

### 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: 5/6/24 and 5/8/24

Day/Time: Mon./Wed. 6:00 p.m. to 8:30 p.m.

Location: SAHS Room: TBA

Tuition: \$40 (age 65 or older \$25.00)

Registration Fee: \$5.00

Enrollment Min/Max: 5/10

# PERSONAL ENRICHMENT

## General Personal Enrichment

### Home Buyers and Home Sellers Seminar

**Instructor: Pamela Cairnie**

Ms. Cairnie is an associate broker with Allied Realty in Skowhegan. In 2022, she sold 21 properties with total sales of nearly four million dollars.

Thinking of buying or selling a home but not sure how to get started? In this one-night seminar, participants will receive information that will help jumpstart the process, including home inspection, mortgage lending, title work, home insurance, appraisal, and more. Bring your questions and walk away with invaluable tips, plus a free guide to buying and selling a home.

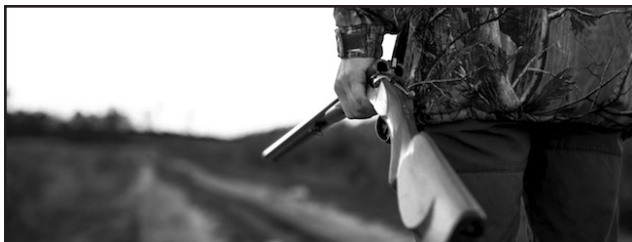
Date: 3/6/24

Day/Time: Wednesday Time: 6:00 p.m. to 8:00 p.m.

Location: SAHS Rm.: TBA

Tuition: FREE Registration Fee: \$5.00

Enrollment Min/Max: 4/25



### 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 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%.

Option #1: 1/31/24, 2/13/24, and 2/15/24

Option #2: 3/6/24, 3/19/24, and 3/21/24

Time: 6:00 p.m. to 8:30 p.m.

Location: SAHS Room: TBA

Tuition: FREE Registration Fee: \$5.00

Enrollment Min/Max: 5/15



### Homesteading

**Instructor: Pamela Cairnie**



Are you someone with a passion for self-sufficiency and a desire to reconnect with the land? If so, please join us for this two-hour beginner homesteading class designed specifically for Mainers. Discover how to make the most of your local resources, build resilience in a challenging climate, and take your first steps toward a more independent and sustainable lifestyle. Whether you dream of a small backyard homestead or an off-grid cabin in the woods, this class will provide a solid foundation for your journey.

Date: 4/3/24

Day/Time: Wednesday 6:00 p.m. to 8:00 p.m.

Location: SAHS Rm: TBA

Tuition: Free Registration Fee: \$5.00

Enrollment Min/Max: 4/25





# PERSONAL ENRICHMENT

## General Personal Enrichment



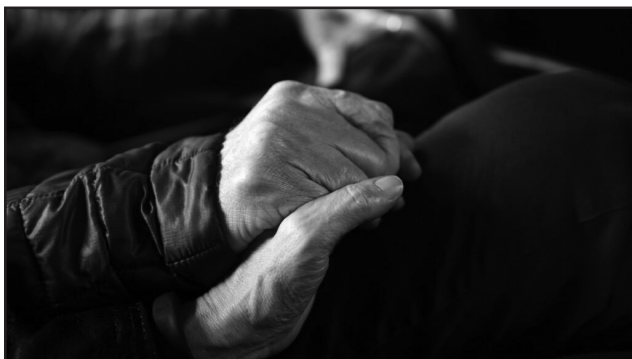
### Maine's Death with Dignity Act Instructor: Valerie Lovelace

Val Lovelace founded the 501(c)(3) not-for-profit organization Maine Death with Dignity and serves as its executive director. She spearheaded a grassroots campaign from 2014 to 2019 to pass Maine's aid-in-dying statute, the Maine Death with Dignity Act.

#### ONLINE - one-night session

Maine's compassionate end-of-life care option is the subject of a great deal of confusion and false information. Although Maine's Death with Dignity Act has been in place since September 2019, many patients and medical personnel are still unaware of it. Learn how to talk about it with your doctor, how to comply with the law, or how to help a family member who might qualify.

Date: 3/27/24  
Day/Time: Wednesday 6:30 p.m. to 8:00 p.m.  
Location: Zoom  
Tuition: Free      Registration Fee: None  
Enrollment Min/Max: 4/25



### The Difference Between Wills and Trusts Instructor: John E. Nale or Mark Nale, Esq.

In this one-night seminar, you will learn the difference between a Last Will and Testament and a Trust. Attorney Nale will describe what a Will can do that a Trust does not—and vice versa. In addition, he will explain how to pass your assets outside of the probate process.

Option #1: 3/20/24  
Option #2: 5/1/24

Day/Time: Wednesday 6:00 p.m. to 8:00 p.m.  
Location: SAHS      Room: TBA  
Tuition: Free      Registration Fee: \$5.00  
Enrollment Min/Max: 5/20



### Computer Programming Basics Using Python Instructor: Dean Greer

#### ONLINE

In this nine-week class participants will learn the fundamentals of computer programming using the Python language. This course is for the complete beginner or someone with slight exposure to programming. Mr. Greer brings a wealth of experience, having worked in IT since 2004.

Students will need either a PC or Mac desktop or laptop computer (no Chrome Books) and a reliable internet connection.

Start Date: 1/29/24      End Date: 4/3/24  
(No class on 10/9)  
Day/Time: Mon & Wed 5:00 p.m. to 6:00 p.m.  
Location: Zoom  
Tuition: \$70.00      Registration Fee: \$5.00  
Enrollment Min/Max: 6/15

# COMMUNITY INTEREST

## National Digital Equity Center



The following **FREE** classes will be hosted at **MSAD 54 Adult Education**. Call 474-7553 or visit our website, [www.msad54.maineadulted.org](http://www.msad54.maineadulted.org), to register.

### Online Games for 55+

Feb. 15 from 1:00-2:00 p.m.

Research has found that playing games online has benefits for mental health, such as improving memory, enhancing cognitive skills and helping focus. In this class we will visit several great sites with a wide variety of fun games.

Requirements for this class: No devices are required; just bring yourself. Call 474-7553 or visit our website, [www.msad54.maineadulted.org](http://www.msad54.maineadulted.org), to register.

### Facebook Pages for Business

March 21 and March 22 from 4:00-5:00 p.m.

This two-session class teaches participants how to create their first Facebook Page for a business, non-profits, or cause. We also go over inviting friends to like your page, producing content, and page management to have a successful page on Facebook.

**Requirements for this class:** A computer or tablet connected to the internet and a Facebook account. Call 474-7553 or visit our website, [www.msad54.maineadulted.org](http://www.msad54.maineadulted.org), to register.

### Using Gmail Effectively

May 8 from 2:30-3:30 p.m.

Email is a means of communicating with others, throughout the world, in a fast and efficient manner. This class will cover the terms and techniques necessary to use email in an efficient, safe and organized manner.

**Requirements for this class:** No devices are required; just bring yourself. Call 474-7553 or visit our website, [www.msad54.maineadulted.org](http://www.msad54.maineadulted.org), to register.

## CASH Maine: Free Assistance with Tax Preparation



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

Visit [www.cashmaine.org](http://www.cashmaine.org) for more information. You are likely eligible if your household income was less than \$60,000 in 2023.

**To take advantage of this service, you must call (207) 621-3430 to make an appointment.**

Tax clinics will be held at Skowhegan Area High School on the following Thursday evenings: 2/1, 2/8, 2/15, 2/29, 3/7, 3/14, 3/21, 3/28, and 4/4. We will also offer two Saturday sessions from 9:00 a.m. – 1:00 p.m. on Feb. 10 and March 9.

### Applying for the Affordable Connectivity Program (ACP)

**Facilitator: Brandi Greenleaf**

### One Night Session

Outer Reach Broadband is excited to host an "Affordable Connectivity Program" sign-up event. The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, health-care, and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. You do not have to be an Outer Reach Broadband customer to participate in the event.

Date: 2/29/24

Day/Time: Thursday

5:30 p.m. - 6:30 p.m.

Location: SAHS

Room: TBA

Tuition: Free



# COMMUNITY INTEREST



## Are You Having Trouble Controlling the Way You Eat?

Do you struggle with food obsession, overeating, undereating, or bulimia? There is a solution: Food Addicts in Recovery Anonymous is holding a FREE information session online and by phone.

Tuesday May 21, 2024, 6:30-8:30 p.m.

For phone and online access information call Sharon at 207-250-7373 or email [fa.newcastle.maine@gmail.com](mailto:fa.newcastle.maine@gmail.com).

## Skowhegan Area Community Band

This band is made up of people who wish to continue playing their instruments. 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 to 8:00 p.m. at the Centenary United Methodist Church on Dr. Mann Road in Skowhegan.

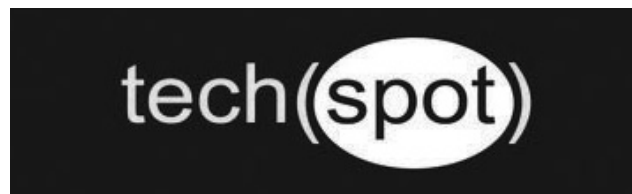
Contact Director Les Tomlinson for more information at (207) 399-7512 or at [ltomlinson@beeline-online.net](mailto:ltomlinson@beeline-online.net).

## Skowhegan Community Chorus

We will begin our winter/spring season on Monday, February 12th. Kenneth Martin, music director, would like to invite all singers to join the members of the Skowhegan Community Chorus every Monday from 6:30 p.m. to 8:00 p.m. at the Centenary United Methodist Church on Dr. Mann Road in Skowhegan.

No auditions are required. FMI, contact Director Kenneth Martin at 474-7060 or [ken.martin@skowhegansings.com](mailto:ken.martin@skowhegansings.com)

## 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 MSAD 54 Adult & Community Education, Town of Skowhegan, Outer Reach Broadband, and the MSAD 54 Technology Staff.

Start Date: 2/27/24

(No Tech Spot during school vacations.)

End Date: 12/13/23

Day/Time: Tues./Wed. 2:30 p.m. - 4:30 p.m.

Location: Skowhegan Municipal Building

Registration Fee: \$5.00



HELP WANTED

## 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 Spring session are due by June 1st.



# COMMUNITY INTEREST

## Free FAME Online Workshops



FAME (the Finance Authority of Maine) is offering several FREE online workshops this winter spring. FMI or a registration link for one or more of the workshops below, please visit our website [msad54.maineadulted.org](http://msad54.maineadulted.org), email [adulted@msad54.org](mailto:adulted@msad54.org), or call 474-7553.

### Successful Scholarship Searches and Applications

February 12, 7:00 p.m.

### Student Loan Repayment – Know Your Options!

February 21, 6:00 p.m.

### Adulting 101: Money Starts

April 3, 6:30 p.m.

### Adulting 102: Money Grows

April 10, 6:30 p.m.

### Getting a Jump-Start on Planning for Your Child's Higher Education

April 23, 6:00 p.m.

### Planning and Paying for College

May 15, 7:00 p.m.

### Putting the Literacy in Financial Literacy: Book Club with FAME

2/6, 2/20, 3/5, and 3/19 at 6:00 p.m.

*Students will need to purchase their own copy of the book to participate.*



## Trip to Boston:

### Museum of Fine Arts OR New England Aquarium

Saturday, April 26, 2024 (deadline to register - March 1)

**To register for this bus trips, please contact Kathy Widdecomb at Lawrence Adult Education - 207-453-4200 or email [adulted@msad49.org](mailto:adulted@msad49.org).**

**Museum of Fine Arts:** Showcasing ancient artistry and modern masterpieces, local legends and global visionaries, our renowned collection of nearly 500,000 works tells the story of the human experience—a story that holds unique meaning for everyone. We welcome diverse perspectives, both within the artwork and among our visitors.

Where many worldviews meet, new ways of seeing, thinking, and understanding emerge. The conversations we inspire bring people together—revealing connections, exploring differences, and creating a community where all belong. For more information visit: [www.mfa.org/](http://www.mfa.org/)

**New England Aquarium:** Join us for a fun day in Boston starting with a visit to the New England Aquarium! There you can experience exhibits such as the Indo-Pacific Coral Reef, the Atlantic Harbor Seals, the Giant Ocean Tank, Olympic Coast, and more! Don't forget to visit the gift shop!

When planning your visit, check out the website: [www.neaq.org](http://www.neaq.org) to see additional things to do, such as the Simons Theatre.

- 7:00 a.m. departure from Lawrence Jr. High School parking lot
- 7:30 a.m. departure from West Gardiner Park and Ride across from the Service Plaza
- Short break at the Kennebunk Rest Area
- 11:00 a.m. arrive in Boston
- 4:00 p.m. departure from Boston

**MFA Cost** (including bus fees): \$104 adult; \$92 youth ages 7-17; \$79 youth ages 0-6

**Aquarium Cost** (including bus fees): \$131 adult; \$118 ages 3-11; \$129 senior 65+

Offered by Lawrence Adult Education, Fairfield. To register, visit [www.lawrenceadulted.org](http://www.lawrenceadulted.org) or call 207-453-4200, ext. 3114.

# HOW TO REGISTER

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## **All registrations begin January 2:**

- Online: [www.msad54.maineadulted.org](http://www.msad54.maineadulted.org)
- Phone: (207) 474-7553
- Mail: 61 Academy Circle  
Skowhegan, ME. 04976
- In Person: 8:00 a.m. – 4:30 p.m., Mon.-Thurs.  
8:00 a.m.-12:00 p.m., Fri.

## **Senior Discount**

Seniors (62 or older) receive a 30% 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.

## **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: \_\_\_\_\_

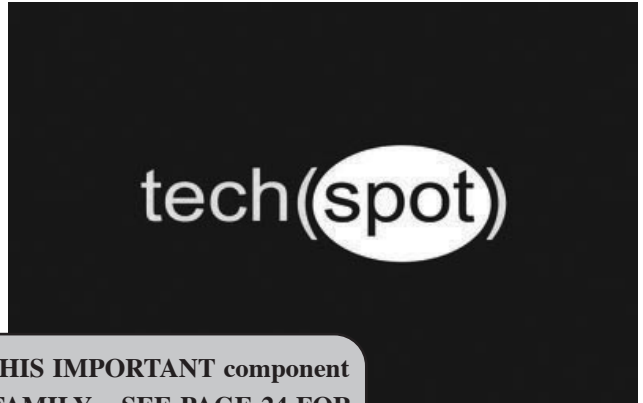
Date	Day	Time	Course Name	Tuition
Add \$5.00 registration fee for each class				
Total				
<b>MAKE CHECKS PAYABLE TO :</b> <b>RSU54 ADULT EDUCATION</b> Mail to: 61 Academy Circle, Skowhegan, ME 04976				

Office Only - Received date

CASH

CHECK#

Receipt#



**TECH SPOT – CHECK OUT THIS IMPORTANT component of THE ADULT EDUCATION FAMILY – SEE PAGE 24 FOR MORE DETAILS.**

### Back by popular demand:

- Beekeeping pg. 20
- Woodworking pg. 14
- Wills vs. Trusts pg. 22





RSU 54 / MSAD 54 Adult & Community Education

196 West Front Street, Skowhegan, ME 04976

[www.msad54.maineadulted.org](http://www.msad54.maineadulted.org)

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