

Fall 2024



MAEA

Maine
Adult Education
Association

www.msad54.maineadulted.org
Skowhegan Area 474-7553

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

INSIDE

Register Now!

REGISTRATION BEGINS August 19, 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 25% 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
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HiSET Coordinator: Heather Toth
E-mail: htoth@msad54.org



Career and College Coordinator: January Hapworth
E-mail: 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.

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Look for these new courses:

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Cover photo compliments
of Traci Lehan

Find us on Facebook! Search for
Skowhegan Area Adult Education.

RSU 54/MSAD 54 Adult & Community Education 2024 Fall Semester Calendar

August					September					October				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
			1	1	2	3	4	5	6		1	2	3	4
5	6	7	8	9	9	10	11	12	13	7	8	9	10	11
12	13	14	15	16	16	17	18	19	20	14	15	16	17	18
19	20	21	22	23	23	24	25	26	27	21	22	23	24	25
26	27	28	29	30	30					28	29	30	31	

November					December				
M	T	W	T	F	M	T	W	T	F
				1	2	3	4	5	6
4	5	6	7	8	9	10	11	12	13
11	12	13	14	15	16	17	18	19	20
18	19	20	21	22	23	24	25	26	27
25	26	27	28	29	30	31			

August 19, 2024
Registration Begins

September 2, 2024
Labor Day

September 3, 2024
Academic Classes Begin

October 14, 2024
Indigenous Peoples' Day

November 11, 2024
Veterans Day

November 25-28, 2024
No Classes, Thanksgiving Week

WELCOME **Jeremy Lehan, Director**

Welcome to the Fall of 2024! I am excited to report that we are returning with an exciting array of in-person and online classes.

I am also pleased to share that last school year, our program

- Provided 4,200 hours of academic instruction to 157 adult learners in basic literacy, high school completion, college transitions, and workforce training
- Awarded 39 high school diplomas to local adults
- Awarded, through collaboration with local training partners, 20 CNA (Certified Nurse's Aide) certificates and 5 CDL licenses
- Served many students in our literacy, high school completion and college transitions programming at the Somerset County Correctional Facility
- Offered nearly 50 personal enrichment classes designed to meet the varied interests of our community

This fall we will once again offer programming to meet the diverse academic, cultural, and workforce training needs of our district. We have a dedicated and talented staff prepared to offer an impressive selection of workshops, classes, and programs. 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

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: 9/4/2024 End Date: 12/11/2024
Day/Time: Mon/Wed 9:00 a.m. to 12:00 p.m.
Location: SAHS
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: 9/16/2024 End Date: 12/11/2024
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)

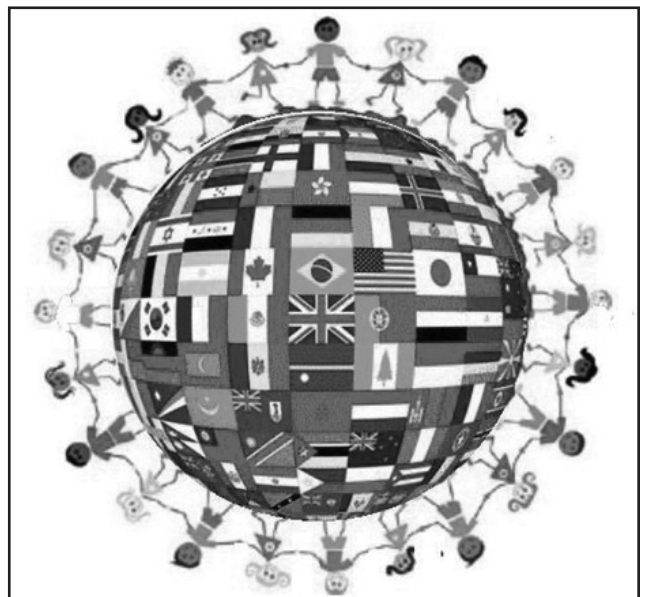
Instructors: Corneila Pleasants and Kimberly Murphy

Beginner: In person at SAHS
Intermediate: Online on Zoom

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: 9/17/2024 End Date: 12/12/2024
Day: Tues/Thur
Time: Beginners: 5:30 p.m. - 7:00 p.m.
Intermediate: 5:30 pm - 6:30 p.m.
Location: SAHS or Online
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.

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



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.

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! ***

September 4 - September 30, 2024

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

October 7 – November 4, 2024

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

November 6 – December 11, 2024

No classes the week of Thanksgiving.

- Monday/Wednesday
- 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 & Heather Toth

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: 9/3/2024 End Date: 12/12/2024
 Day/Time: Tues/Thurs 3:30 p.m. to 6:30 p.m.
 Remote learning by appointment
 Location: SAHS or Zoom

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 Tuesday and Thursday 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 to schedule a testing date.

HIGH SCHOOL COMPLETION

High School Diploma

Expand Your Opportunities.

Take charge of your future with the *HiSET*® exam.

Pursue higher education



41%

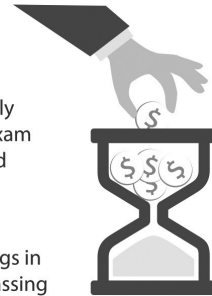
of HiSET exam passers enrolled in CTE or college within one year after passing

Earn more

The average hourly income for HiSET exam passers increased

12%

over previous earnings in just one year after passing



Get ahead in your career



57%

of HiSET exam passers attributed getting a job or promotion to earning their HSE credential



HiSET exam passers tended to have high-growth occupations

Gain more independence

Before passing the HiSET exam,

26%

of test takers relied on public assistance



After passing, that number decreased to

21%

which is below the national average

Note: Statistical numbers are based on a 2017 study conducted by HiSET.

[hiset.org](https://www.hiset.org)

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HiSET®

powered by 

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 them 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



Algebra and Number Skills for College IN PERSON

Instructor: January Hapworth

Are you preparing to take or currently taking a college math course? In Algebra and Number Skills, there will be a review of whole number operations, fractions, decimals, percentages, and other essential math skills. You will also learn essential algebraic terms, equations, and processes. This knowledge will increase your understanding and lead to greater success!

Start Date: 9/4/2024 End Date: 12/11/2024

Day/Time: Mon/Wed 1:30 - 3:00 p.m.

Location: SAHS

Tuition: **FREE for qualifying Students**

Algebra and Number Skills: Online Support Instructor: January Hapworth

Note: This class will be offered virtually through a combination of email, texting, Zoom, and/or online learning. Students may occasionally be required to come to Skowhegan Area High School for testing.

These online tutoring sessions will help support students who are enrolled or are preparing to enroll in Algebra I and/or entry-level college math.

Sessions must be scheduled with the instructor. Contact the Adult Education office at 207-474-7553 for more details.

Start Date: 9/3/2024 End Date: 12/12/2024

Day/Time: Tues./Thurs.

Location: Zoom, by appointment

Tuition: **FREE for qualifying Students**

Reading and Writing Skills for College IN PERSON

Instructor: Mariah Smith

If you are planning to take or currently enrolled in a college reading or writing class, this class is for you.

Reading/Writing Skills will help students improve reading comprehension and critical analysis; in addition, it will also cover the grammar and writing skills that are required for success in college level courses.

Start Date: 9/4/2024 End Date: 12/11/2024

Day/Time: Mon/Wed 12:30 p.m. – 2:00 p.m.

Location: SAHS

Tuition: **FREE for qualifying Students**



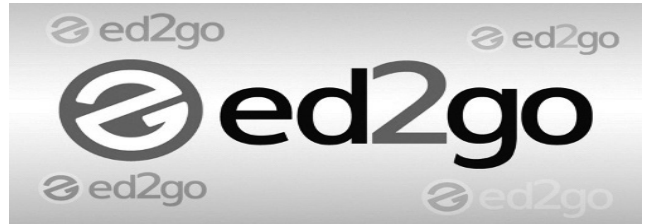


CAREER & TECHNICAL TRAINING

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. For details on upcoming classes, please call the Adult Ed office at 474-7553 or check our website <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/>

Accounting Fundamentals (6-week class)

Start Sept. 11 or Oct. 16, 2024

Cost: \$129.00

Discover Sign Language

Start Sept. 11 or Oct. 16, 2024

Cost: \$115.00

Medical Transcription (6-week class)

Start Sept. 11 or Oct. 16, 2024

Cost: \$135.00



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.

Introduction to Game Design (One-month course)

Next start date Sept. 3, 2024

Cost: \$245

Podcasting (One-month course)

Next start date Sept. 3, 2024

Cost: \$245

Beginning Conversational Spanish (Two-month course)

Next start date Sept. 3, 2024

Cost: \$290

CAREER & TECHNICAL TRAINING



MAEA

Maine
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Association

Technical Training

LIVE Online Microsoft Workshops
Taught by former KVCC Instructor, Val Landry
For more detailed descriptions, visit our website
www.msad54.maineadulted.org

Microsoft Excel - Basics

Thursdays, 10/3-10/17, 8:30-11:30 a.m.
Cost: \$89.00

Microsoft Excel - Intermediate

Thursdays, 10/31-11/14, 8:30-11:30 a.m.
Cost: \$89.00

Microsoft Excel - Advanced

Thursdays, 12/5-12/19 8:30-11:00 a.m.
Cost: \$89.00

Microsoft Excel Power Tools

Thursdays, 1/9/25-1/23/25 8:30-11:00 a.m.
Cost: \$89.00

LIVE Online Quickbooks Workshops

Taught by former KVCC Instructor, Val Landry
For more detailed descriptions, visit our website
www.msad54.maineadulted.org

Basic Accounting Principles & Quickbooks Online

Tuesdays, 10/1-10/15, 8:30-11:30 a.m.
Cost: \$89.00



Sales Agent Online Course

Instructor: Bob Joslyn

Mr. Joslyn has been a licensed real estate broker in ME since 1988 and a solo agent at Keller Williams Realty for the past eight years. In addition, Bob has taught business courses at Husson University for more than 20 years.

This 55-hour remote learning real estate agent course, approved by the Maine Real Estate Commission, is a prerequisite to taking the Pearson VUE state licensing exam. Based on the book, *Introduction to a Successful Career in Maine Real Estate* by Charles "Kim" Coit, its content includes material that is basic to the practice of real estate in Maine.

Attendees must be 18 or older, and a high school diploma or equivalency is required to get a license. See our website, msad54.maineadulted.org, for additional details.

Self-paced, online study that must be completed within one year.

Tuition: \$370.00



Maine Adult Education
EDUCATE • EMPOWER • ENRICH

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

Arts & Leisure

Photoshop - Independent Study & Projects

Facilitator: Lynn Perry

Photoshop students from previous sessions will continue this fall 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: 9/16/2024 End Date: 11/18/2024
(No class on 10/14 and 11/11)
Day/Time: Monday 3:30 p.m. to 6:00 p.m.
Location: SAHS Room: Blue 2
Tuition: \$45.00 Registration Fee: \$5.00
Material Fee: \$20.00

Photography: After Dark Instructor: Mike Leonard

ONLINE - one-night workshop

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.

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: 10/23/2024
Day/Time: Wed. 7:00 p.m. to 8:30 p.m.
Location: Zoom
Tuition: \$20.00 Registration Fee: \$5.00
Enrollment Min/Max: 5/50



Make Your Best Shot—An Introduction to Digital Photography Instructor: Mike Leonard

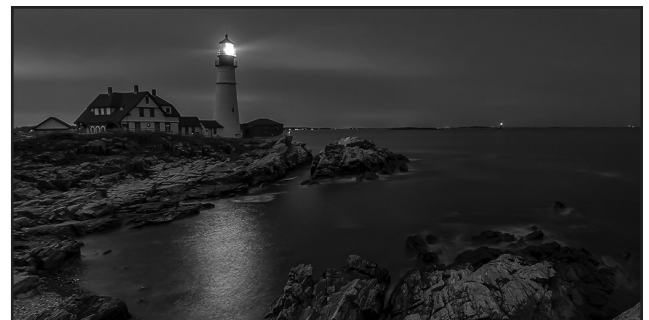
ONLINE - one-night workshop

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.

We are offering a \$5 discount to those who register for both of Mike's workshops.

Date: 10/22/24
Day/Time: Tuesday 7:00 p.m. to 8:30 p.m.
Location: Zoom
Tuition: \$20.00 Registration Fee: \$5.00
Enrollment Min/Max: 5/50



PERSONAL ENRICHMENT

Arts & Leisure

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 25 students.

Date: 11/11/2024

Day: Monday 6:30 p.m. to 9:30 p.m.

Location: Zoom

Tuition: \$59.00 Registration Fee: \$5.00

Enrollment Min/Max: 1/15



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. 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 25 students.

Date: 11/13/2024

Day: Wednesday 6:30 p.m. to 9:00 p.m.

Location: Zoom

Tuition: \$59.00 Registration Fee: \$5.00

Enrollment Min/Max: 1/15

PERSONAL ENRICHMENT

Arts & Leisure

Cooking Matters

Instructor: Terri Dendi

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: 9/10/24 End Date: 10/22/24
(No class 10/1)
Day/Time: Tuesday 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! Twofer!

Apple/Pear Chutney and Fermented Potatoes

Instructor: Emma Holder

Emma attended McGill University, earning a BS in 1991 and a Masters in 1993 in microbiology and immunology.

ONLINE - one-night workshop

I wondered about fermenting potatoes, but they are delicious! Fermented, tossed with olive oil and salt, and baked, they have almost a vinegary-french-fry flavor! Since this is a very simple vegetable ferment, we'll have time to add a more complicated one; Fermented apple and pear chutney with aromatics and spices. This tangy chutney makes a great gift or to have in the fridge to add zing to a familiar meal.

Date: 10/16/24
Day: Wed. Time: 6:00 p.m. to 7:15 p.m.
Location: Zoom
Tuition: \$20.00 Registration Fee: \$5.00
Enrollment Min/Max: 1/8

Ferment This! Sauerkraut Variations

(fresh and dried herbs and spices)

Instructor: Emma Holder



ONLINE - one-night workshop

You'll learn a basic tried and true sauerkraut recipe, technique and troubleshooting. Then we'll add different flavor principles: fennel, fresh ginger, cumin, fiery peppers...It's your choice!

Local delicious cabbage makes ferments that last for months and maintain flavor and nutrient content. You'll learn about the marvelous microorganisms that surround us, give us "terroir" and keep us healthy by replenishing our microbiomes.

Date: 10/9/24
Day/Time: Wednesday Time: 6:00 p.m. to 7:15 p.m.
Location: Zoom
Tuition: \$20.00 Registration Fee: \$5.00
Enrollment Min/Max: 1/8



PERSONAL ENRICHMENT

Arts & Leisure

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: 10/8/24

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



Sewing Workshop

Instructor: Mary McCann-Baker

Ms. McCann-Baker is a life long hobby sewist and has taught sewing to elementary age students.

Using a provided sewing machine, this class is intended to give a beginning sewist skills to create simple non-clothing projects or a garment. Those with more experience and/or their own machine can bring in materials and pattern for a project of their choosing to work on with guidance and/or specific instruction.

Depending on needs, topics covered may include: seam treatments, using a pattern, repairing/replacing items, basic garment construction, sleeves, button-holes, zippers, etc.

Dates: 9/19/24-12/5/24 (No class 10/3, 10/24, or 11/28)

Day: Thursday Time: 5:30 p.m. to 7:30 p.m.

Location: SAHS Room: Yellow 9

Tuition: \$75.00 Registration Fee: \$5.00

Enrollment Min/Max: 6/8

PERSONAL ENRICHMENT

Exercise, Health & Wellness

Aerobics ~ Low Impact

Instructor: Lois Davis

Come to 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: 9/16/24 End Date: 12/5/24

(No class 10/14, 11/25, and 11/28)

Days/Time: Mon/Thur 6:00 p.m. to 7:30 p.m.

Location: Bloomfield Elementary Room: Gym

Tuition: \$65.00 Registration Fee: \$5.00

Enrollment Min/Max: 10/25



Chair Yoga

Instructor: Desiree Kelley



Chair Yoga incorporates elements from traditional yoga including breathing techniques, meditation and physical postures while sitting in a chair or using a chair for balance.

Performing yoga in a chair provides extra support for individuals looking for a gentle practice who may have mobility issues or injuries. Benefits of chair yoga include increased strength and mobility, increased flexibility and stress reduction.

Start Date: 10/29/24 End Date: 12/10/24

(no class 11/26)

Day/Time: Tuesday 5:00 p.m.-6:00 p.m.

Location: Bloomfield Room: Gym

Tuition: \$25.00 Registration Fee: \$5.00

Enrollment Min/Max: 8/15



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: 9/17/24

End Date: 10/22/24

Day/Time: Tuesday

5:00 p.m.-6:00 p.m.

Location: Bloomfield Elementary Room: Gym

Tuition: \$25.00 Registration Fee: \$5.00

Enrollment Min/Max: 8/15



PERSONAL ENRICHMENT

Exercise, Health & Wellness

Fall/Winter Rambles, 4.0 More Obscure Trails Led by Sam Horine

If you enjoy being outdoors in the fall and winter, want to encounter lost trails or trails slightly off the beaten paths, and share in good camaraderie, then Rambles 4.0 might be for you.

We will venture out on a trail within 40 miles of Skowhegan once a month between October and March to enjoy the changing seasons. Due to diminishing winter daylight all outings will start in the early afternoon.

Good walking shoes, warm winter boots, ice creepers, snowshoes, comfortable layered clothing, hats and mittens and a yen to explore are the essential elements needed. These hikes will be suitable for most outdoor active people.

Classes will meet on the second Tuesday of each month (dependent on the weather) and last about two hours. **There will be a short orientation meeting at 5:00 pm at SAHS on Tuesday, September 24, 2024.**

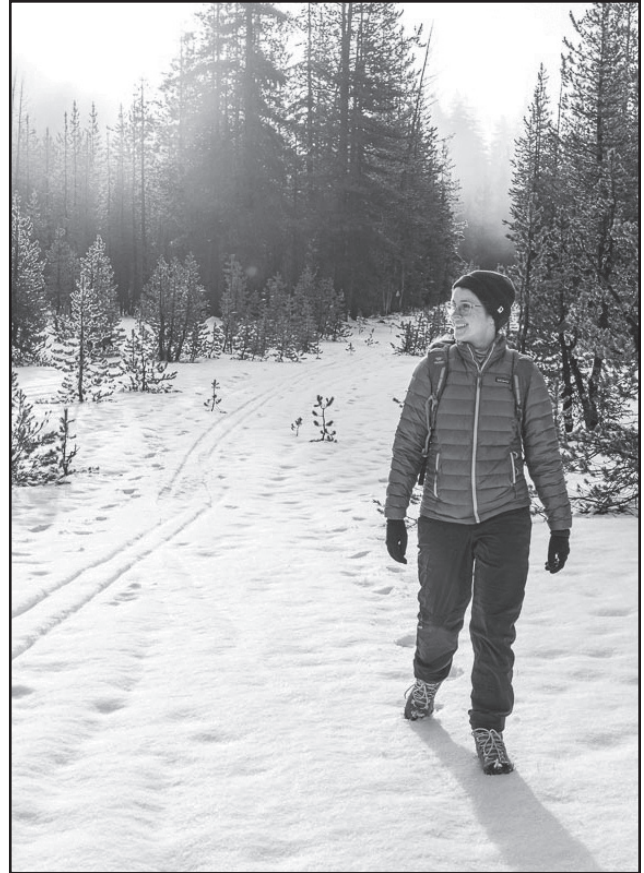
The first Ramble will be on October 8, 2024

Locations: TBA

Tuition: Free

Registration Fee: \$5.00

Maximum Enrollment: 12



Introduction to Shamanic Journey Instructors: Selena Brown & Heather Doran

One-night workshop

In this two-hour workshop participants will join Reiki masters Selena Brown and Heather Doran for an introduction to core shamanism and the practice of journeying. "Journeying" shifts awareness out of the everyday world into the spiritual realm. By learning how to set a clear intention, participants will learn how to derive insights that can support wellness.

Materials: Participants should bring a yoga mat or blanket and a journal and pen. Eye covering is optional but recommended, and a rattle or small drum is optional.

Date: 9/24/24

Day/Time: Tuesday 6:00 p.m.-8:00 p.m.

Location: SAHS

Tuition: Free

Registration Fee: \$5.00

Enrollment Min/Max: 1/15

Intro to Shamanic Journey



with Selena and Heather

PERSONAL ENRICHMENT

Exercise, Health & Wellness

New Moon Practice

Instructors: Selena Brown & Heather Doranh

One-night workshop

In this two-hour workshop participants will join Reiki masters Selena Brown and Heather Doran to learn about the new moon and what it has come to represent; participants will also develop foundations to start practices that can be implemented monthly. Meditation, mindfulness, and development of intentions and affirmations are all part of this course.

Materials: *Participants should bring a journal and pen.*

Date: 10/29/24

Day/Time: Tuesday 6:00 p.m.-8:00 p.m.

Location: SAHS

Tuition: Free Registration Fee: \$5.00

Enrollment Min/Max: 1/15



Identifying Wild, Edible Mushrooms

Instructor: Richard Tory

Mr. Tory has been leading mushroom workshops and walks in Central Maine for over 25 years. In this two-night workshop for beginners, participants will learn to identify common edible wild mushrooms: what to look for and what to avoid.

Start Date: 9/30/24

End Date: 10/7/24

Day/Time: Monday

4:00 p.m. to 6:00 p.m.

Location: SAHS

Tuition: Free

Registration Fee: \$5.00

Enrollment Min/Max: 1/20



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, 10/2/24

Option #2: Wednesday, 12/4/24

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



PERSONAL ENRICHMENT

Exercise, Health, & Wellness

Caregivers Guide for Dementia Related Illness

**Instructor: Heather Preston-Weeks, MA,
CHES, ACSM-CPT, CHWC**

One-night workshop

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?

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.

*Note: **This class is for caregivers only.** There are many sensitive topics that will be discussed relating directly to those you care for or to those recently diagnosed.*

Start Date: 10/17/24
Day/Time: Thursday 6:00 p.m. to 8:00 p.m.
Location: SAHS Rm: TBA
Tuition: \$7.00 Registration Fee: \$5.00
Enrollment Min/Max: 5/10



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: 10/2/24
Day/Time: Wednesday 6:30 p.m. to 8:00 p.m.
Location: Zoom
Tuition: Free Registration Fee: None
Enrollment Min/Max: 4/25

Elder Law, Estate and Long-Term Care Planning for any Age Instructor: Matthew or Mark Nale, Esq.

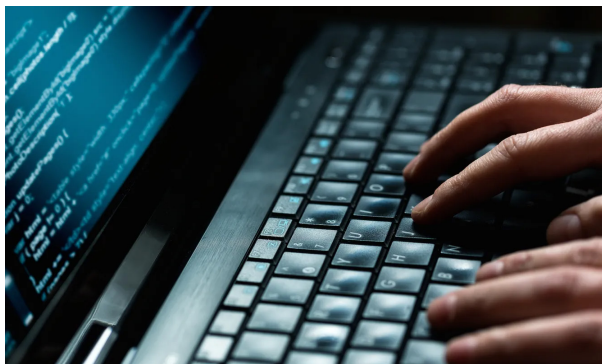
Designed for students of all ages, this class provides a thorough understanding of how to effectively plan for the future, ensuring peace of mind and financial security. Discussion will include the key elements of estate planning, retirement planning, advance directives, various options and strategies to pay for long-term care, and how to pass your assets outside of the probate process. Attorney Nale will be available after class to answer any questions.

Option #1: 11/20/24
Option #2: 12/11/24

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

PERSONAL ENRICHMENT

General Personal Enrichment



Intermediate Programming with Python Instructor: Dean Greer

ONLINE

Join experienced Python instructor Dean Greer as he takes you beyond the basics of Python. In this next phase, you'll build upon the fundamentals with topics like data structures, intermediate control structures, how to practice coding effectively, and module importation.

Problem solving using previously learned fundamentals will be emphasized in addition to further instruction material. The typical prerequisite for this course is "Programming Basics Using Python," but those with adequate experience, should feel free to sign up.

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

Start Date: 9/17/24 End Date: 11/14/24
Day: Tues. and Thurs. Time: 5:00 p.m. to 6:00 p.m.
Location: Zoom
Tuition: \$85.00 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 Nov. 17th.

A Writer's Workshop Instructor: Kristin Leonard

Kristin holds a Master's in English (Literature), as well as an M. F. A. in Creative Writing from the University of Southern Maine. She is the 2019 recipient of the Maine Literary Award for Drama and Lit Fest's 2019 Dramatic Writing Fellow for Emerging Writers. Her critical and creative work have appeared in The Explicator, Ekphrastic Review, The Atlantic, New Hampshire Public Radio, and more. Follow her at kristinleonard.com

ONLINE

Do you want to improve your writing skills for work? Write a poem to your beloved or finish that family memoir? Or maybe you've considered writing a script? If so, come join us in this 6-week writer's workshop where we will explore a variety of writing genres.

This fall, 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: 10/2/24 End Date: 11/6/24
Day/Time: Wednesday 6:30 p.m. to 8:30 p.m.
Location: Zoom
Tuition: \$50.00 Registration Fee: \$5.00
Enrollment Min/Max: 5/12



PERSONAL ENRICHMENT

General Personal Enrichment

Home Buyers and Home Sellers Seminar Instructor: Pamela Cairnie

Ms. Cairnie is a broker with eXp 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: 9/26/24

Day/Time: Thursday 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



Homesteading

Instructors: Pamela Cairnie and Heidi Burrows

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-session 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: 10/10 and 10/17/24

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

Location: SAHS Rm: TBA

Tuition: Free Registration Fee: \$5.00

Materials Fee: \$30 per person or couple paid directly to the instructors for a binder of handouts.

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: 9/4, 9/17, and 9/19/24

Option #2: 10/2, 10/15, and 10/17/24

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



COMMUNITY INTEREST

National Digital Equity Center



The following FREE class will be hosted at MSAD 54 Adult Education. Call 474-7553 or visit our website, www.msad54.maineadulted.org, to register.

Internet Safety

Sept. 11 and 18 from 5:00-6:00 p.m.

Staying safe online is essential in today's world. This class teaches you how to keep your information and your computer/devices safe.

Requirements for this class: no devices are required; just bring yourself. Call 474-7553 or visit our website, www.msad54.maineadulted.org, to register.



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

Successful Scholarship Searches and Applications

September 18, 7:00 p.m.

College Savings Options for Higher Education

Oct. 7, 6:00 p.m.

Adulting 101: Money Starts

Oct. 9, 6:30 p.m.

Adulting 102: Money Grows

Oct. 23, 6:30 p.m.

Student Loan Repayment Strategies and Pro Tips

Nov. 13, 6:00 p.m.

Planning and Paying for College

December 2, 7:00 p.m.



The Tech Spot

Facilitators: Lynn Perry and Amy Haynes

Now in two locations!

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, Somerset Economic Development, and the MSAD 54 Technology Staff.

Skowhegan Location

Start Date: 9/17/24

(No Tech Spot on holidays or during school vacations.)

End Date: 12/11/24

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

Location: Skowhegan Municipal Building

Tuition: Free

Bingham Location

Start Date: 8/26/24

(No Tech Spot on holidays or during school vacations.)

End Date: 12/10/24

Day/Time: Mondays 8:00 a.m.-1:00 p.m.

Tuesdays 12:00-5:00p.m.

Location: Former Quimby Elementary School, 263 Main Street, Bingham

COMMUNITY INTEREST

Maine Grains Tour with Kayla Carrier

Join us for a tour of the gristmill in the heart of downtown Skowhegan—a truly one-of-a-kind experience. Participants will learn about its unique history, the process of transforming a jail into a mill, as well as how stone-milled flour is made and the company's goals for the future.

The tour will start at the bottom of the building and work its way up so that all can see Maine Grains' talented team at work on the Austrian stone mills as they are humming away.

Note: Closed-toe shoes are required, and hairnets and earplugs will be provided.

Date: 9/26/24

Day/Time: Thurs. 10:00 a.m. to 11:00 a.m.

Location: Maine Grains, 42 Court St., Skowhegan

Registration Fee: \$5.00

Enrollment Min/Max: 5/23



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 (207) 399-7512 or ltomlinson@beeline-online.net

Skowhegan Community Chorus

We will begin our fall season on Monday, September 23. 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.

The Community Chorus has two to three concerts in December. No auditions are required. FMI, contact Director Kenneth Martin at 474-7060 or ken.martin@skowhegansings.com

There is a \$20 admission fee to help cover the cost of music.

Are you
underweight?
Overweight?
Obsessed with food,
weight, or dieting?

You
are not
alone.

foodaddicts.org

FA offers a solution for people who are overweight, underweight, and/or obsessed with food, weight or dieting. At the session you will hear more about FA and from people who have found a solution through the FA program.

Tuesday, Oct. 15, 6:30-8:00 p.m.

For more information and online access information, call the coordinator (Sharon) at 207-250-7373 or email fa.newcastle.maine@gmail.com

COMMUNITY INTEREST



Horsemanship 101 Instructor: Maelyn Leighton

In partnership with Martin Woods Farm

This two-day class is focused on horsemanship with an emphasis on gaining confidence and basic knowledge of horses.

Activities will range from grooming to riding depending on participants' goals. Ideal for people with little to no experience with horses.

This class is mostly outdoors; please wear long pants and closed-toe shoes or boots.

Dates: Sat./Sun. 9/21 and 9/22/24

Location: Martin Woods Farm
24 Abijah Hill Rd.
Starks, ME

Registration Fee: \$10.00 Tuition: \$260

Note: Tuition paid directly to Martin Woods Farm on the day of class.

Somerset County Jail: Enter the rewarding field of Corrections today!

Not a desk job! We offer a diverse work environment. Make a difference in your community while you learn new skills and invest in your personal and professional growth!

Benefits: Paid vacation and holidays; MPERS or 429 Plan; full health insurance.

Starting pay: \$21.23/hour



Franklin Park Zoo and Quincy Market, Boston

Sponsored by Lawrence Adult Education

Register by calling 207-453-4200, ext. 3114, or by visiting www.lawrenceadulted.org

Registration deadline: 9/13/24

Saturday, September 28, 2024, 7:00 a.m.-8:00 p.m.
\$127 adult; \$110 child (2-12)

Depart from Lawrence Jr. High School at 7:00 a.m. or West Gardiner Service Plaza at 7:30 a.m.

Join us for a fun day in Boston! We'll begin at the Franklin Park Zoo, a 72-acre site nestled in Boston's historic Franklin Park, long considered the "crown jewel" of Frederick Law Olmsted's Emerald Necklace Park System.

Explore the animals from the African lion, red-necked wallaby, Kenyan boa, Andean condor, Masai giraffe and more!



Exhibits include the Bird's World, Children's Zoo, Franklin Farm, Giraffe Savannah, Gorilla Grove, Out-back Trail, and Raptor Ridge, among others.

The zoo also has a gift shop, cafe, and many picnic areas. You're welcome to bring your own snacks. However, no glass containers, alcohol, or straws are allowed on the premises.

Please wear comfortable walking shoes and layered outerwear, and we recommend bringing a tote or backpack. Unneeded items may be left on the bus while you are exploring.

After a few hours at the zoo, we'll head to Quincy Market at 2:00 p.m. for a little shopping or dining. The bus will depart for Maine at 5:00 p.m.

HOW TO REGISTER

Registrations begin August 19:

- Online: 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 25% tuition discount on most 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.

RSU 54/MSAD 54 Adult & Community Education

REGISTRATION FORM

Name: _____ DOB: _____ Date: _____

Mailing Address: _____

Town: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

EMAIL: _____

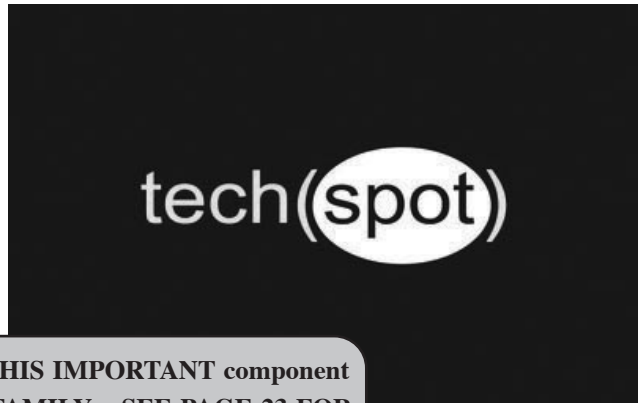
Date	Day	Time	Course Name	Tuition
Add \$5.00 registration fee for EACH class/workshop				_____
<i>Less 25% for Seniors 62+</i>				_____
Total				_____
<p>MAKE CHECKS PAYABLE TO: MSAD 54 ADULT EDUCATION</p> <p>Mail to: 61 Academy Circle, Skowhegan, ME 04976</p>				

Office Only - Received date

CASH

CHECK#

Receipt#



TECH SPOT – CHECK OUT THIS IMPORTANT component of THE ADULT EDUCATION FAMILY – SEE PAGE 23 FOR MORE DETAILS.

Look for these returning courses:

- Basic Life Support pg. 19
- Yoga pg. 17
- Dementia Caregivers Workshop pg. 20
- Preserving the Harvest pg. 16

