Franklin County Adult & Community Education

Fall 2023

OFFICE AND CLASS LOCATIONS Our office is located at Mt. Blue Campus



778.3460

Welcome 2023

We would like to take this opportunity to introduce you to Mary Redmond-Luce, who will be our new Director for Franklin County Adult Education. Please join us in welcoming her aboard and don't hesitate to reach out if you have any questions.

RSU9 staff and students look forward to engaging, challenging and exciting learning within our walls and in our communities. Strong communities equal strong schools!

The program is designed to promote educational opportunities and provide professional instruction in a safe and positive learning environment in order to assist a broad spectrum of learners to achieve their educational goals and become successful members of our community. Follow RSU9 on Facebook at https://www.facebook.com/MBRSD to see how our students, staff and communities work, learn and celebrate each other.

Thank you for being engaged in our school. It matters!

MEET FRANKLIN COUNTY ADULT EDUCATION STAFF

Director: Mary Redmond-Luce 207-778-3460 ex 2027 mredmondluce@mtbluersd.org

Administrative Assistant: Liza Donald 207-778-3460 ex 2021 Idonald@mtbluersd.org

Communication Support Specialist: Dillion Baker 207-778-3460 ex 2031 dbaker@mtbluersd.org

HiSET/Testing Coordinator: Sandra Brown 207-778-3460 ex 2024 sbrown@mtbluersd.org

English Instructor: Maggie Scholl 207-778-3460 ex 2030 mscholl@mtbluersd.org

Math Instructor: Suzanne Kidd 207-778-3460 ex 2026 skidd@mtbluersd.org Technology: Michael Burd 207-778-3460 ex 2028 mburd@mtbluersd.org

MSAD 58: Greta Espeaignnette 207-678-2701 ex 4226 gespeaignnette@mtbluersd.org

Rangeley Coordinator: Keith Nile 207-670-5099 knile@mtbluersd.org

Franklin County Corrections: Cassidy Marsh cmarsh@mtbluersd.org

Computer Connections Instructor: Paul Haberstroh 207-778-3460 207-418-1967 - cell phaberstroh@mtbluersd.org

> FRANKLIN COUNTY ADULT EDUCATION Office Hours: Monday - Thursday 8:00am - 3:30pm

www.rsd9.maineadulted.org

COURSE FINDER Register: 778-3460 or www.rsd9.maineadulted.org MAILABLE REGISTRATION FORM PAGE 23

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PERSONAL ENRICHMENT

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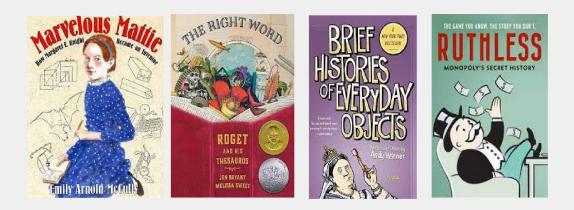
www.rsd9.maineadulted.org



Community Connect Fall 2023

Wednesdays 10:00am-noon September 13-December 20

Book Discussions & Writing Workshops Learning With And From Our Community



In-person and on Zoom Classroom space is available at our Learning Centers in Farmington, Livermore Falls, and Phillips

> Call or text: 207-500-3131 Email: literacyvolunteersfs@gmail.com

> > westernmaineliteracy.org Like us on Facebook!



MSAD 58 contact: Greta Espeaignnette 678-2701 ext 4226 gespeaignnette@mtbluersd.org

MSAD 58 DRIVER'S ED

Instructor: Golden's Driving Academy Don't have your driver's license but want to get it? Driver's Education is being offered at Mt. Abram High School in the Spring as soon as possible. Classes start after school at 2:45pm to 5:00pm. Students must have a certified copy of their birth certificate and have their Social Security card with them. Please contact Greta Espeaignnette at 678-2701 x 4226 to sign up. Location: MA Fee: \$700

CPR/FIRST AID

Instructor: Laura Hiscock, RN The American Heart Association's Heartsaver First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC). This course equips students to recognize and care for a variety of breathing and cardiac emergencies involving adults, children and infants. Upon successful completion, a valid 2 year certificate for Adult CPR/AED is issued. Student will learn: First aid basics Medical emergencies Injury emergencies Environmental emergencies Preventing illness and injury Adult CPR and AED use Opioidassociated life-threatening emergencies Child and Infant CPR Location: Mt. Abram HS Dates: TBA Day: Saturday Time: 9:00am - 3:00pm

COMMUNITY OUTREACH

Instructor: Greta Espaignnette Do you want to change or advance your career? Do you have questions about how to apply for college, find scholarships or what career choice would be magic for you? Do you need help with that resume or financial aid form? Does technology give you a headache and all that talk about social media just cause more pain? Come see me at the Phillips Public Library! Location: Phillips Public Library Dates: September 6 - December 20 Day: Wednesday

Time: 10:00am - 1:00pm Or at the Webster Public Library in Kingfield by appointment.

- CASAS Testing
- HiSET
- Credit Recovery
- High School Credits (On-line)
- Resume Writing
- Technology Support
- Ed2Go Support
- Enrichment Classes

Rangekey Lake Region School

Keith Nile - Coordinator Tuesdays - 3:00 - 5:00pm - RLR S Wednesdays - 10:00am - 4:00pm - Remote Thursdays - 3:00 - 5:00pm - RLRS

Contact Keith Nile at knile@mtbluersd.org FOR: Technology Support, HiSET, Credit Recovery, High School Credits, CASAS Testung, Enrichment Classes

COUNTY-WIDE SERVICES

We live in a big county! For those who can't make it to our Farmington classrooms, we offer academic support and computer connections countywide via telecommunications at various locations in the RSU 78, MSAD 58 and Rangeley school districts. Call us to find out more about these offerings! We have an offering on Wednesdays at the Phillips Library.

ACADEMIC SUPPORT

HIGH SCHOOL ENGLISH

Instructor: Maggie Scholl

This course is designed to improve students' reading and writing skills. Students will practice close reading skills based on individual needs. Beginning levels will work with short nonfiction articles; the more advanced level will focus on a more in-depth study of literature. Sentence structure, paragraph writing, and essay writing will also be addressed. Advanced students will practice essay writing using material from their reading to support a thesis. To receive credit, attendance at all classes is mandatory. Prerequisite: CASAS Reading, please call the office to arrange for the test. Location: ALC Days: Monday & Wednesdays Monday is the only day that has the evening classes - 5:30pm - 7:30pm Time: 9:00am - 10:30am - 10:30am - 12pm -12:30pm - 2:00pm Days: Tuesdays & Thursdays

Time: 9:00am - 11:00am - 11:00am - 1:00pm -1:30pm - 3:00pm Open Lab

TESTING

Coordinator: Sandra Brown Franklin County Adult Ed offers many state regulated tests that learners may be seeking. Along with the High School Equivalency Test (HiSET, we offer practice tests, all testing required for an official Adult Education Diploma, as well as tests required by local Universities and Community Colleges. We also offer the Accuplacer for those enrolled in our College Transitions class, and for others upon request for a fee. We offer a career assessment to help determine a career path for you. With the help of our supportive staff we can offer many modifications, such as individualized testing areas or low lighting, and we provide very flexible scheduling for those who need more options.

SUB TRAINING

Instructor: Mary Redmond-Luce Training will provide helpful information on school standards, policies, and procedures, along with suggestions for maintaining control of a classroom environment through positive discipline techniques. Location: ALC Date: October 11 Day: Friday Time: 8:00am -12:00pm

MATH-BASICS

Instructor: Suzanne Kidd This course is designed to meet the math requirements for the High School Diploma with a focus on Algebra and Geometry topics. We will cover basic arithmetic including the metric system and measurement, and useful application algebra, geometry, trigonometry, and statistics, all as they are related to technical applications, problem solving and critical thinking. To receive credit, attendance at all classes is mandatory. Prerequisite: CASAS Reading, please call the office to arrange for the test.

Location: ALC

Days: Mondays & Wednesdays Monday is the only day that has the evening classes -5:30pm - 7:30pm Time: 9:00am - 10:30am - 10:30am - 12pm -12:30pm - 2:00pm Days: Tuesdays & Thursdays Time: 9:00am - 11:00am - 11:00am - 1:00pm -1:30pm - 3:00pm Open Lab

STUDENT SUPPORT

Coordinator: Sandra Brown

If you are not sure what you are looking for, you can make an appointment with our Advisor. Sandy will be able to discuss what your next step will be in HiSET, diploma, or college transitions program. You may work on your Odysseyware or HiSET Academy. Odysseyware is a computerized learning program that offers you the opportunity to earn credits for your high school diploma or prep you for the HiSET Exam, or just brush up for Accuplacers. HiSET Academy is a computerized program that targets you for the HiSET Exam topics to make you more successful in meeting your goals.

ODYSSEYWARE

Through the use of Odysseyware, educators and students have access to more than 300 standards-aligned courses and instructional materials in core subjects, enriching electives, CTE courses and college and career readiness test prep.

www.rsd9.maineadulted.org

DIGITAL LITERACY



We understand the challenges and pressures that the ever-changing world of technology presents. At Franklin County Adult Ed you will find classes on many topics that will help enhance your computer skills. There's no better time to start your journey forward than now.

Integrated 21st Century Skills for Pre-Enrollment (CCR/Workforce)

Instructor: Mike Burd Establish the accounts (Gmail, Schoology, Zoom, GCF Learn free and gain comfort with the learning platform skills you'll need to be successful in our remote or hybrid classes. Location: ALC Dates: Ongoing

CAREER EXPLORATION

Instructor: Mike Burd

Guided by your instructor, this class will take you on a deep-dive. You'll research what it takes to identify and be successful in the career pathway of your choosing. From the evidence you gather you'll then create a professional presentation in Google Slides. You will develop an understanding of how to support your findings in the context of this

presentation by your effective use of images, multimedia, informational content/links and good design elements. This can be an effective portfolio component.

Day: Wednesday Time: 2:30pm - 4:30pm Call to register

iOS Essentials (iPhone and iPad) (Community Ed/Workforce)

Instructor: Mike Burd Learn how the iPhone/iPad can become your portable command center. Understand the Settings menu, OS Updates, managing apps and how/when to switch to an available WiFi connection to conserve your expensive data plan. Bring your iPhone/iPad. Location: ALC Dates: 1 class either October 25 or Nov. 1 Day: Wednesday Time: 1:00 – 2:00pm

Staying Tech-Savvy in the 21st Century (Community Ed/Workforce) Instructor: Mike Burd

Topical topics to include: Security overview, Identity protection, Browser maintenance, Spotting scams, Online Safety best-practices, Media Bias Choosing the right low/no-cost safety/security software-and lots more! Location: ALC Dates 1 class either December 6 or Dec. 13 Day: Wednesday Time: 1:00pm - 2:00pm

FRANKLIN COUNTY ADULT EDUCATION THE TIME IS NOW!!

DIGITAL LITERACY

Paul Haberstroh - Coordinator Tuesdays - 10:00am - 12:00pm - Seniors Plus 3:00pm - 5:00pm - Weld Public Library Wednesdays - 12:00pm - 2:00pm - New Vineyard Library . Thursdays - 10:00am - 12:00pm - Carrabassett Library: 1:00pm - 3:00pm - Stratton Library: 4:00pm - 6:00pm - Kingfield Library Fridays - 12:30pm - 2:30pm - Phillips Library

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DIGITAL LITERACY

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HiSET ACADEMY:

Coordinator: Sandra Brown

Prepare for your HiSET in as little as 6 weeks. This will require a CASAS assessment to determine placement and learning needs. Th s HiSET Academy is designed to closely resemble the official HiSet exam, and the content is 100% aligned. Students are able to work independently, the learning is selfdirected, and the lessons/practice tests are individualized.

- * Practice Test
- * Scores

Please contact our office @207-778-3460 to make an appointment and get started towards earning your high school equivalency. *We can say with confidence that if a student uses this program and goes through the process, they will be able to pass the official HiSET exam.

Guided/Supported Open Online Learning Lab (ABE/CCR/Workforce)

Instructor: Michael Burd Choose your Goal:

- noose your Goal:
 - High School Credit
 - Incumbent Worker Training: "upskill" yourself
 - o College Prep
 - Career/Workforce/Advanced Certificate Readiness
- Other- just ask!
- Choose your Online Learning Platform
 - o Ed2Go
 - o Imagine Learning
 - o GCF Global
 - HESI Testing Solutions and Review | Elsevier Education
 - o ASVAB

Looking for something else? Just ask! Day: Tuesdays Time: 1:30pm - 4:30pm Call to register

Facebook for Business (Community Ed/ Workforce)

Instructor: Mike Burd

We'll help you understand the role that this social media platform could play in helping you offer important, timely and value-added content for retaining your current as well as attracting future customers. Location: ALC Dates: 1 class either October 11 or October 18 Day: Monday

Time: 1:00 – 2:00pm

GOOGLE DRIVE: WORKING IN THE CLOUD, GMAIL, DOCS (COMMUNITY ED/ WORKFORCE)

Instructor: Michael Burd This could be the ideal Office productivity Suite for you: email, calendar, tasks, contacts, word processing, spreadsheet, presentation, customized forms and more. Google/Gmail account required; contact Mike before class if help is needed. Mac or PC ok. Call to schedule. Location: ALC Dates: 1 class either: November 22 or Nov. 29 Day: Wednesday

Time: 1:00pm - 2:00pm

GOOGLE PHOTOS:

Instructor: Michael Burd With your Google account we will learn how to backup ALL of your photos to one place in the cloud, at no cost to you. (Note: storage will be limited to 15GB after 6/1/20210 We will also explore the integrated editing tools. Call to schedule. Location: ALC Dates: 1 class either: November 8 or Nov. 15

Dates: 1 class either; November 8 or Nov. 15 Day: Wednesday Time: 1:00pm -2:00pm

Technology Basics for the Community

(Community Ed/Workforce) Instructor: Mike Burd Learn or refine the skills you need to become more comfortable and effective with your device! We're Mac, Windows, Chromebook, iPhone and Android friendly! One on One Location: ALC Dates: Ongoing (Half-hour slots; one-on-one. Call to schedule Franklin County Adult Education Educate – Empower - Enrich

BECOME A CNA

Join our Certified Nursing Assistant (CNA) course starting in October 2023. Kick off your healthcare journey with comprehensive training. Attend the orientation and assessment on one of the dates below.

> Assessment and Orientation: Choose one of these Dates: September 20th or 27th

Contact Us

207-778-3460

ldonald@mtbluersd.org

How to register for the CNA Class:

- Call the Franklin County Adult Education Office at 207-778-3460 speak to Liza Donald
- Attend the orientation session and take the CASAS assessment.
 A passing score of 240 will enter you into the class.

CHANGING JOBS: FINDING WORK

Considering a job change?

THAT FITS

This online class for women will help you identify work options and benefits that align with your interests, skills, and values.

- Explore current local and statewide work and training opportunities
- Practice negotiating for better benefits and pay
- Connect with other women who are building confidence and exploring more rewarding careers



newventuresmaine.org

Thursdays (3 sessions): Sept 21 – Oct 5 (day) Oct 12 – 26 (evening)

TWO OPTIONS

Online, Interactive

Free class open to Maine adults

To sign up: 207-753-6531 or online at bit.ly/NVMEClasses

New Ventures Maine is a statewide program of the University of Maine at Augusta, University of Maine System, an equal opportunity/affirmative action institution.

> Questions? Contact: Chris 207-753-6531 christina.m.orrin@ maine.edu

www.rsd9.maineadulted.org

BHP - BEHAVIOR HEALTH PROFESSIONAL CERTIFICATION TRAINING

Instructor: Woodfords Family Services Looking for in meaningful work? Children's behavioral health services are vital to Maine's Children with intellectual disabilities, autism and mental health disorders and their families. As an integral part of the child's treatment team, a Certified Behavioral Health Professional (BHP has the opportunity to make an immediate impact while helping a child grow and develop to their full potential. We are excited to connect our community with this wonderful ONLINE training and certificate program. Th s training will prepare you for employment through local social service agencies and equip you to work with children who qualify for services. This program can be started at any time and finished at your own pace. You will complete 12 online modules, then three 4-hour live (in-person sessions. Once the modules are completed, you will receive free online blood borne pathogen training and Child and Adult First Aid & CPR Certification. In just 40 hours, our free remote training program can get you certified and on your way to a life changing profession. Must be a Maine resident, and at least 18 years old with a high school diploma (or equivalent to become certified.

Location: Online for course details see Woodfords Family Services www. woodfords.org/bhp-program Cost: \$25

CNA CERTIFIED MEDICAL TECHNICIAN

Instructor:

State Approved Certified Medical Technician Program. Includes: 60 hours classroom, 20 hours classroom/lab, and 40 hours clinical training. Th s is a 120 hour course preparing CNA's working in nursing homes to administer medications under the supervision of an RN (this 40 hour piece should be scheduled at the facility, by the facility, and a schedule provided to the instructor.) PREREQUISITE: CNA license +2080 hours as a CNA. Call the Adult Ed Office at 778-3460 for an application and detailed registration requirements. Assessments required. Location: MBC, RM 300 Fee: \$1,300

PERSONAL SUPPORTS SPECIALIST(PSS)

Instructor: Laura Hiscock 50 hour course will train you to provide daily living care to older adults and individuals with disabilities. You could be the difference between someone getting to stay in their home or going to a nursing home. Other options for employment include local care facilities. REQUIREMENTS: 17 years and older, pass state background check, updated vaccinations including COVID 19. No high school diploma required. Location: ALC Dates: TBA Fee: \$400

All workforce students will need a pre and a post CASAS.

FRANKLIN COUNTY ADULT EDUCATION



ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

• 6-18 Month Format • All materials included • Prepare for certification Student advisors

Categories Include:

careertraining.ed2go.com/fcabe

INSTRUCTOR-LED ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, guizzes, hands-on assignments, discussion areas, supplementary links, and more.

• 6 Week Format Discussion Areas Monthly start sessions Expert Instructor

Categories Include:

 Arts and Design Accounting and Finance Business Business • Computer Applications College Readiness Computer Programming Computer Applications Construction and Trades Design and Composition Health and Fitness Healthcare and Medical Hospitality Language and Arts Information Technology Personal Development Teaching and Education JUMP START YOUR CAREER Technology **OR FIND A NEW ONE!** Visit our website to find a course! Visit our website for program details! ed2go.com/fcabe

778.3460

CERTIFIED RESIDENTIAL MEDICATION AIDE (CRMA)

Instructor: Laura Hiscock

This is a 40 hour course with 5 training sessions. This course will cover State of Maine regulations, some standard residential facility policies, basic anatomy and physiology of the human body, common medications in the majority of drug classes, and the practice of safe medication administration procedures. Additionally, participants will be provided the opportunity to practice taking vital signs, transcribing physician orders, administering medications in the classroom setting and completing medication cards/worksheets or some other type of learning tool. Assessments required.

*Recertification is required every 2 years Location: ALC Dates: TBA Days: Tuesdays & Thursdays Time: 4:30pm - 7:30pm Fee: \$300 - Classroom Only

CERTIFIED NURSING ASSISTANT (CNA)

Instructor: Grace Stover

The 130 hour Certified Nursing Assistant Course is designed to prepare the student to be a Nursing Assistant. Call the Adult Ed Office at 778-3460 for an application, registration requirements and placement on a waiting list. Details regarding dates, location and fees will be provided to participants as the class list is completed. Assessments required. Location: MBC Room 300 Dates: October 23 -February 7 Days: Mondays & Wednesdays Time: 2:30pm -7:30pm Fee: \$1,300

FIREARMS

Instructor: Sheriff Scott Nichols

The Wilton Fish & Game Association offers basic hand gun training for ages 21 years and older under the instruction of Sheriff Scott Nichols. Participating students will undergo four hour training at the Wilton Fish & Game location on Rt.2 in Wilton. Classes are held on Saturdays beginning in October through the month of May. There are no more than 15 students per class so there is adequate instruction per student. Participants are required to pre-register and pay a \$25.00 class fee to hold their spot. If you are a new shooter and are unsure about what to purchase, please call Sheriff Nichols at 207-778-2680. We have had too many new shooters arrive at class with a handgun recommended to them by either unscrupulous dealers or uninformed friends and end up very unhappy. The benefits of taking this class is that each participant will receive a certificate of training from the Sheriff's Office that can be used as proof of required training in order to obtain a concealed handgun permit. This certificate is recognized by the state because Sheriff Nichols is a certified firearms instructor through the Maine Criminal Justice Academy. This is a wonderful opportunity to learn safe gun practices. Students must bring their own unloaded hand gun in a holster with at least 50 rounds of ammunition. Also remember to bring a belt for your holster and hearing and eye protection. No magnums are allowed on the indoor range. Location: Wilton Fish & Game Dates: Oct. 14, November 18 & December 16 Fee: \$25 To register please call Sharon at

207-557-8133 or email: sborthwick48@gmail.com

Introducing HUB 4

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



Lawrence Adult Education Fairfield 207-453-4200 ext. 3114

Maine Adult Education

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**



E. MOUNTAIN.

NEED MORE?

TO HUB 4

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Course fees must be paid in full one week prior to start date. Your place in class is held only with full payment. Late registrations are accepted where space is available. 100% will be refunded if we cancel a course. 100% minus a \$5 processing fee will be refunded if a student withdraws before the first session. No refunds are made after a class has started.

Payments can be made to Franklin County Adult Ed. We accept cash and check, credit cards can be used with online registration.

WRITING FICTION AND NON-FICTION

Instructor: Thomas Kane

Whether you are working on your first novel or your latest magazine article, you know that one of the most valuable things any writer can have is feedback. Another is support. This workshop offers both, along with seminars on such topics as finding inspiration, performing research, organizing one's ideas, using words powerfully and approaching publishers. The group leader, Dr. Thomas M. Kane, has published 27 books and has extensive experience teaching writing. Locations: ZOOM Dates: 6 classes - October 17 - November 21 Day: Tuesdays Time: 5:00pm - 7:00pm Fee: \$45

REPURPOSING CLOTHES INTO FUNCTIONAL WORKS OF ART

Instructor: Lisa Laflin

Join Lisa Laflin, owner of Wears & Wares, on an up-cycling journey. Participants will deconstruct jackets, jeans, shirts and purses to make amazingly creative objects. Location: Wears & Wares, 413 Wilton Road, Farmington Dates: 2 classes, November 14 & 28 Day: Tuesdays Time: 6:00pm - 7:30pm Fee: \$45



SENIOR FITNESS - SENIOR YOGA

Instructor: Sue Boyce-Cormier Senior Yoga is targeting the 55+ crowd. It is mostly gentle, easy stretches that increase mobility. A yoga mat is required, yoga block encouraged. This is a no judgment class and all levels are welcome Location: Cushing School Dates: 10 classes - October 18 - December 13 Day: Wednesday Time: 4:00 - 5:00pm Fee: \$50

CLOGGING

Instructor:Moose Creek Cloggers Clogging is FUN and great exercise. This beginning clogging class will teach the basic steps. You will learn several dances in the 8 weeks series. Wear comfortable clothing Clogging shoes or old sneakers/shoes that glue on taps can be placed on. We provide the glue on taps for approximately for \$30.00 Location: West Farmington Grange Hall 8 weeks - October 4 - November 22 Day: Wednesday Time: 6:00pm - 7:00pm Fee: \$45

INTRO TO KOREAN COOKING

Instructor: Chelsea Croteau Spend the evening creating a delicious bowl of Bulgogi with wonderful spices and side dishes from Korea. This yummy beef dinner with some simple side dishes can be spiced up or mellowed out based on your palate. Locations: MBC Room F110 Dates: 1 class - TBA Day: Wednesday Time: 6:00pm - 9:00pm Fee: \$20



WATERCOLOR - LIGHTHOUSES

Instructor: Katherine Richards

Take your watercolor painting to the next level. Learn new watercolor techniques while capturing seaside views of lighthouses. The instructor will supply classroom watercolors to use, but, if you like, you are encouraged to bring your own materials.

Materials fee: \$20 pay instructor at 1st class. Location: ALC

Dates: 4 classes - October 19, 26, Nov. 2, 9 Days: Thursdays Time: 6:00pm - 8:00pm Fee: \$45

WATERCOLOR - LIGHTHOUSES

Instructor: Katherine Richards Take your watercolor painting to the next level. Learn new watercolor techniques while capturing seaside views of lighthouses. The instructor will supply classroom watercolors to use, but, if you like, you are encouraged to bring your own materials. Materials fee: \$20 pay instructor at 1st class. Location: ALC Dates: 4 classes - Oct 19, 26, Nov 2, 9 Days: Thursdays Time: 1:00pm - 3:00pm Fee: \$45

BIRCH TREE WATERCOLOR

Instructor: Katherine Richards Birch trees are the most rewarding and therefore fun trees to paint. You will explore birches in different seasons and settings. You will learn basic watercolor techniques while learning landscape color theory. The instructor will supply classroom watercolors to use, but, if you like, you are encouraged to bring your own materials. Materials fee: \$20 pay instructor at 1st class. Location: ALC Dates: 4 classes - November 16, 30 Dec 7, 14 Days: Thursdays Time: 1:00pm - 3:00pm Fee: \$45

BIRCH TREE WATERCOLOR

Instructor: Katherine Richards Birch trees are the most rewarding and therefore fun trees to paint. You will explore birches in different seasons and settings. You will learn basic watercolor techniques while learning landscape color theory. The instructor will supply classroom watercolors to use, but, if you like, you are encouraged to bring your own materials. Materials fee: \$20 pay instructor at 1st class. Location: ALC Dates: 4 classes - November 16, 30, Dec 7, 14 Days: Thursdays Time: 6:00pm - 8:00pm Fee: \$45



ART OF NEUROGRAPHIC LINES

Instructor: Barbara Hathaway

Neurographic Art is a free form art that creates itself by developing quick random, simple, free flowing lines, that can turn into designs and beautiful art. The intersection lines and sharp edges are softened with a black felt tip pen. Other shapes and color can be added for unique results. This art is a therapeutic art that can be relaxing and help relieve stress and anxiety. Location: Hathaway Art Studio, 32 Maple Street, Wilton Red Ranch, 5th house on left side, Hathaway Homestead on the mail box. Dates: 5 classes - Oct 12, 9, 26 & Nov 2 Day: Thursdays Time: 6:00 - 7:30pm Materials: 8.5" x 11" white paper, set of colored felt tip pens, Medium tips, 2 black medium felt

tip pens Fee: \$68

DRAWING, WATERCOLOR, AND OIL PAINTING

Instructor: Joyce Dubay

Drawing class includes: drawing, working with and without a grid, shading values, en-larging and reducing, observation of shapes and angles. Please bring drawing paper, pencils, eraser, ruler, stump or tortillion oil, and water colors. Students need to bring a small set of tube paint, a few brushes (large & small and bristle brushes for oils, watercolor brushes should be for water-color painting and watercolor paper, canvas for oil painting and painting medium. Also, bring paper towels or paint rags for oil or watercolor.

Location: MBMS Room 24 Dates: 10 classes -October 12 - December 21 Day: Thursdays Time: 6:00pm - 8:00pm Fee: \$65

ART OF WATERCOLOR

Instructor: Barbara Hathaway

The class will begin with composition tips and how to mix colors and use paint brushes to make a colorful sky. Other sessions will cover background of mountains, trees, rocks and the foreground of water reflective colors. Last session is about details and how to mat and frame your painting. The class is for beginners to semi-pros. Acrylic Painters can also attend this class and must bring their own acrylic supplies & materials. Canvas should be 16" x 20" or smaller.

Location: Hathaway Art Studio, 32 Maple Street, Wilton Red Ranch, 5th house on left side, Hathaway Homestead on the mail box. Dates: Oct 11, 18, 25 & Nov 1

Day: Wednesdays

Time: 6:00pm - 7:30pm Fee: \$68

Materials: Tablet of Watercolor Paper, 140 lbs, Set of Watercolor paint, WC brushes (short handles one large, 1 medium, 1 small detail brush, Palette, masking tape to hold WC paper in place.

BEGINNING FLY TYING

Instructor: Kevin White

This course is designed for the beginner but is open to all skill levels, Each week you will learn at least 2 different fly patterns and usually there is enough time during class to tie at least 3 flies of each pattern. All materials will be supplied by the instructor at no cost. You will need tools to participate in class. Contact the instructor for a list of tools and where to purchase them. His contact information is phone # 207-578-0028 or email address rwhite2367@yahoo.com Location: ALC Dates: 6 weeks , October 24 - November 28

Day: Tuesdays Time: 6:00pm- 8:00pm Fee: \$60

MODERN SQUARE DANCING

Instructor: Mike Dusoe

This class offers good indoor exercise for both the body and mind. The first class for new folks will be on September 12th, 2023. Club members start on September 18rd. Beginner instruction is from 6:30 - 7:30pm. No experience is necessary; dress is casual. Partners are not required but are encouraged.

Locations: Cape Cod Hill School - Gym Dates: 13 classes - September 12 - December 19 Day: Tuesdays

Time: 6:30pm - 9:00pm

Fee: \$50 per person (Pay at first class make check out to "Friendship Squares") More information call Charlene & Milton Sinclair at 207-712-1312

WOMEN'S HEALTH AND FITNESS 101

Instructor: Carole Freeman, B.S. RRT This course is a 4-part Zoom meeting on Tuesdays and Thursdays. For women of ALL fitness levels and ages who want to regain their energy and stamina, be more active and enjoy life. Because women are different hormonally and anatomically, they benefit from different strategies and training. For example, women's lungs and airways are smaller than men's of the same size. Smaller airways create air turbulence which can make it harder to breathe during exercise. After the 4 Zoom classes, the students are invited to join a Facebook community if they wish to for continued resources and group support. Carole will continue to be available to encourage, interact with and answer questions until the end of the year. Location: Zoom

Dates: October 17 - October 26 Day: Tuesdays & Thursdays Time: 6:00pm - 7:30pm Fee: \$85

FAA PART 107 DRONE LICENSE PREP

Instructor: Matt Billion FAA Part 107 Drone License Prep and basics of UAV's Drones, learn the basics to pass the FAA drone license test and basics of flying. 6 classes: Week 1 - Introductions - Outline REGULATIONS (Basic flight demonstration) Week 2 - National Airspace System (Basic flight planning demonstration) Week 3 - Weather (Flight prep with weather and how it effects aircraft) Week 4 - Loading and performance (Flight Factors with loading) Week 5 - Operations (From basic to emergency procedures) Week 6 - Practice Test, Group Photo & Certificates Location: ALC Dates: October 21 - November 18 Day: Saturdays Time: 1:30pm - 2:30pm Fee: \$175

WOODWORKING

Instructor: Del Harris This class is designed for both beginners and/or experienced woodworkers. You will have the opportunity to either: construct the instructor's project (materials provided for a fee, or bring your own materials for a personal project. There are many finishing techniques available for your desired effect of each project. Beginner level class time and experienced level class time will stagger to accommodate for individual needs, to be decided at the 1st class. You will learn the safe and correct use of various wood work-ing machines and accomplish a desired project. Location FTC-E-Wing Dates: 6 classes - Oct 23, 30, Nov 6, 13, 20, 27 Day: Mondays Time: 6:00pm - 8:00pm Fee: \$150 Materials project determined (if applicable)

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Plan for your future with New Ventures Maine Tuition-free workshops and classes to help you reach your goals Statewide: Online & In Person (partial list below) To sign up or FMI: bit.ly/NVMEClasses Or call: 1-800-442-2092 or 207-621-3440 newventuresmaine.org

Self-Paced,Online

My Next Career Move: Sept. 15 – Dec. 15, 2023. Assess your skills, interests, and experiences and relate them to career options. Work at your own pace.

Online & In-Person

Changing Jobs: Finding Work that Fits: Wednesdays, Aug. 30 – Sept. 13, 6:00 – 7:00 p.m. Online. Are you considering a job change? This online class for women will help you identify work options and benefits that align with your interests, skills, and values. (Also offered Sept. 21 – Oct. 5)

Job Search Workshops: Mondays, Sept. 11 – 25, 6:00 – 7:00 p.m. Online. Ready for a new job or a career change? Join us for one, two, or all three workshops. Sept. 11: Job Search Strategies; Sept. 18 Resume Strategies; Sept. 25 Interview Strategies.

Building Confidence: Tuesdays, Sept. 12 - 26, 10:00 - 11:30 a.m. Online. Whether you are navigating recent changes, looking for a job, starting a business, or simply want to be more confident, join this class to assess your confidence and learn concrete tools to help you build your confidence and keep it strong.

My Money Works: Wednesdays, Sept. 13 – Oct. 11, 10:00 – 11:00 a.m. Online. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set personal financial goals with a plan to achieve greater financial stability.

Money Management Workshops: Wednesdays, Sept. 13 – Sept. 27, 10:00 – 11:00 a.m. Online. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three workshops. Sept. 13: Budgeting Basics; Sept. 20: Let's Talk About Credit; Sept. 27: Build Your Savings.

Business Basics: Wednesdays, Sept. 13 – Oct. 4, 6:00 – 7:30 p.m. Online. This class covers the business plan, marketing, and cash planning. Assess the feasibility, desirability, and viability of your business idea and get started with your plan.

Connecting Women to Construction Careers: Thursday, Sept. 14, 6 - 7:30 p.m. Online. This 90minute virtual session is designed for women and underrepresented workers to explore high-wage careers in the construction trades as well as low-cost or no-cost training programs and job opportunities.

Exploring Self-employment: Thursday, Sept. 14, 12:00 – 1:00 p.m. Online. This class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed. (Also offered Sept. 20, 6:00 – 7:00 p.m.).

> New Ventures Maine is a statewide program of the University of Maine at Augusta, University of Maine System, an equal opportunity/affirmative action institution. FMI: newventuresmaine.org

► 778.3460

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Instructor: Craig Coffman

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 on-line with 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 this course includes an on-line book and on-line follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic on-line question and answer session is also included. A recording of the class is 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"

• How to simplify over 12,000 complex chords

Craig Coffman is an experienced piano and guitar instructor, professional pianist and music director. He has over 30 years experience teaching piano privately. His piano and guitar seminars, offered through community colleges and community education programs have been attended by over 30,000 students throughout Arizona, Minnesota, and various other states, including Maine for over the last 27 years. He has a degree in Sociology from Illinois Wesleyan University (where he also studied piano) and a Master of Divinity degree from Western Seminary in Portland, Oregon. 1 minimum / 25 max enrollment

Day: Saturday -October 14, 2023 (1 session) Time: 9:00 AM to 12:00 PM Online on Zoom, Fee: \$64 self-supporting

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Instructor: Craig Coffman

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held on-line with 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 on-line book and on-line follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic on-line question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+. 1 minimum / 25 max enrollment Topics include:

How chords work in a song

• How to form the three main types of chords

- How to tune your guitar
- Basic strumming patterns

How to buy a good guitar (things to avoid)

 How to play along with simple tunes Day: Saturday -October 14, 2023 (1 session)
Time: 1:00 PM to 3:30 PM Online on Zoom,
Fee: \$64 self-supporting



HOMEMADE GOAT MILK SOAP

Instructor: Karen Shumac

Over the course of 2 sessions, we will transform common kitchen ingredients into beautiful handcrafted soap. On the first night, we will briefly discuss the science of soap making, safety tips, tools and ingre-dients. Then using a basic recipe we will combine vegetable oils and goat milk into a simple but luxurious soap the likes of which you will not find on the grocery store shelf. On the second night we will expand our repertoire by adding the color, scent, and/or exfoliate of your choice. Each participant will go home with several bars of soap. Location: MBC, Room 121 Dates: 2 classes -October 23 & 30 Day: Mondays Time: 6:00pm - 9:00pm Fee: \$40 Materials: 20 pay to instructor at 1st class

FOOD PRESERVATION COURSE

Instructor: Abigail Perry

Ever wonder how to preserve and use all of that great locally-grown produce? This University of Maine Cooperative Extension food preservation workshop will teach you the basics of canning and freezing, including how to use pressure canners and water bath canners to preserve pickles, jam, and vegetables. Workshop is taught by a Master Food Preserver volunteer. Depending on produce availability and scheduling of the course, we will be making a salsa or a fruit jam which you will be able to take home a jar of after the class. We will provide fresh produce and canning jars. Please bring a pot holder to the workshop. Location: MBC - Room 121 Date: October 25 Day: Wednesday Time: 6:00pm - 9:00pm Fee: \$25 Cost of materials is \$20, payable to instructor the night of the course.

HOMEMADE CHEESE MAKING

Instructor: Karen Shumac Don't have the Ricotta for your lasagna or cheeseake tonite? Want a cheese spread for a snack tray? Don't have any mozzarella for a a last minute pizza? We can fix that. Using locally sourced milk, the simplest of tools, and minimal effort we will create two different fresh cheeses suitable for use in home recipes. Done and cleaned up in 3 hours or less. Location: MBC, Room 121 Dates:1 Class - October 26 Day: Thursday Time: 6:00pm - 9:00pm Fee: \$25 Materials: \$15 pay to instructor at 1st class

PIYO

Instructor: Charlee Briggs

Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYO! This class combines the muscle-sculpting, core firming benefits of pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat burning, workout that leaves your body looking long, lean and incredibly defined. Suitable for all levels! Location: Mallett Gym Dates: 6 classes - October 16-November 20 Day: Mondays Time: 6:00pm - 7:00pm Fee: \$45



BASIC PHOTOGRAPHY

Instructor: Matt Billian

Why would someone want to take this class? What information will you cover? What should they expect when they come to class? What information do students need, such as specific clothing, list of materials, abilities, etc.?

This class is for the beginner! Have you ever wanted to learn the basics of photography? Exposure, composition, basic edits, lighting, what does it all mean and how do they work together?

Week 1 (Introductions & Brief History of Photography

Week 2 (Exposure triangle

Week 3 (Composition

Week 4 (Editing basics, JPEG & RAW images

Week 5 (Practical exercise , bring your camera and outdoor wear!

Week 6 (Basic edits of last weeks photos, final wrap up

Locations: ALC

Dates: 6 classes - October 12 - November 16

Day: Thursdays

Time: 6:00pm - 7:30pm

Fee: \$155

Required: Digital Camera with (M manual

mode-DSLR preferred

Tripod - laptop or iPad, phone with free photo editor (II advise in class)

THE WOMEN'S HEALTH SERIES

Instructor: Carole Freeman, B.S. RRT This course is a 5-Part Zoom meeting on Mondays & Wednesdays. The course will be on these subjects: Yes, Breathing is different for women; Pain conditions and breathing in women; Female sex hormones; Pelvic floor dysfunctions; and Managing menopause. Location: Zoom Dates: October 16 - October 30 Day: Mondays & Wednesdays Time: 6:00pm - 7:30pm Fee: \$85

MAINE DRIVING DYNAMICS Instructor:

This course offers drivers the opportunity to improve their driving abilities. This five-hour course includes collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. A certified Maine Driving Dynamics instructor teaches the course. Participants must attend both evenings. Those completing the course will receive a three point credit on their driving record.(Please include your driver's license number and date of birth when registering

Location: ALC Dates: Day: Monday & Wednesday Time: 5:30pm - 8:00pm Fee: \$40, age 65 & older \$25

ADVANCED PHOTOGRAPHY

Instructor: Matt Billian Advanced or intermediate photography class by class. 6 classes: Week 1 - Introductions and experience level check (practical photoshoot exercise) Week 2 - Landscape Photography Week 3 - Portrait Photography Week 4 - Motion Blue Week 5 - Weather Dependent - Landscape 2 or Portrait 2 Week 6 - Final Exercise Locations: ALC Dates: 6 classes - October 13 - November 17 Day: Fridays Time: 6:00pm - 7:30pm Fee: \$155 Required: Digital Camera with (M) manual mode-DSLR preferred Tripod - laptop or iPad, phone with free photo editor (II advise in class)

Can't find what you're looking for? If not please let us know what courses you would like to see. We're happy to help!

778.3460





Register online:

www.rsd9.maineadulted.org



Register by phone:

207-778-3460 ext 2021



Register by mail:

129 Seamon Road, Suite A, Farmington, ME 04938



Register by person

Stop by the office during regular business hours

OFFICE AND CLASS LOCATION:

Our office is located at Mt. Blue Campus. Emails for you to contact our office are: mredmondluce@mtbluersd. org or ldonald@mtbluersd.org

OFFICE HOURS:

Monday - Thursday: 8:00am - 3:30pm, Friday, by appointments and Saturday and Sunday closed. Hours subject to change, please call ahead to make an appointment.

REGISTRATION FOR ACADEMIC STUDENTS:

All registrations for high school completion, HiSET, and College Transitions students must be done in person. Please call to set up an appointment for your intake. This includes data collection, assessment testing and class placement.

FEES:

Registration fees are noted in each course description and includes materials required for the class unless otherwise noted. Some enrichment courses may require the purchase of other materials paid directly to the instructor.

REFUND POLICY:

Course fees must be paid in full one week prior to start date. If a course is full, canceled, or if you withdraw prior to the start date, you will receive a refund (less credit card and online fees). Credit card payment will be credited back to the card used. All others will be issued by check and may take up to four weeks to process. No refunds are made after a class has started. No show and late cancellation can not be refunded.

CANCELLATIONS:

Complete Cancellation: Courses may be cancelled if there are too few enrollments. Students will be notified at least 24 hours prior to the start date and refunds will be issued. If an instructor has to cancel a class, students will be notified and a make-up call will be scheduled.

Weather Cancellation: Due to changing weather conditions, Adult Education follows the same cancellation as RSU9. If inclement weather develops during the day a decision will be made by 3:00pm, please listen to local radio and television stations, or go to our website or Faceback for cancellations.

AGE REQUIREMENT:

Minimum age for participation in Franklin County Adult Education, Academic Classes is 16 unless otherwise stated in the course description permission is granted in writing by the director. Enrichment classes age requirement is 18 of age.

PER STATE OF MAINE LAW, THERE IS NO SMOKING, DRINKING, OR DRUGS PERMITTED IN, ON, OR OUTSIDE ANY MT. BLUE SCHOOL PROPERTY.

http://facebook.com/franklin.county.adult.ed.maine

www.rsd9.maineadulted.org

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	REGISTRATION FORM PLEASE PRINT CAREFULLY AND MAIL TO Franklin County Adult Education 129 Seamon Road, Suite A Farmington, Maine 04938	
1	PAYMENTS DUE BEFORE 1st CLASS	
NAME:		
ADDRESS:		
HOME PHON	E: CELL PHONE:	
I	(We need a daytime telephone number in the event of a cancellatio	n.)
EMAIL:	DATE OF BIRTH:	
(Please inclu	de an email for our future communication)	REG. FEE
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3		\$
l	TOTAL INCLUDED:	\$
1	Questions? Call 207.778.3460	
	CLASS LOCATIONS KEY	
M AH ALC CBS MBC MBMS FTC MA	Check online or call to find updated info! W.G. Mallett School 116 Middle Street, Farmington, Maine Academy Hill School 585 Depot Street, Wilton, Maine Adult Learning Center 129 Seamon Road, Farmington, Maine Cascade Brook School 162 Learning Lane, Farmington, Maine Mt. Blue Campus 129 Seamon Road, Farmington, Maine Mt. Blue Middle School 269 Middle Street, Farmington, Maine Foster Tech Center 129 Seamon Road, Farmington, Maine Mt. Abram High School 1513 Salem Road, Salem, Maine	e e e
WW	w.rsd9.maineadulted.org	2.



Franklin County Adult Education 129 Seamon Road, Suite A Farmington, Maine 04938 207-778-3460

or, Current Resident Postal Patron ECRWSS

My name is Lisa Madore. Fourteen years ago I moved from South Carolina to Maine and was struggling with the transition; feeling hopeless and down. After about a year I met the faculty at Mt Blue Adult ED and my life changed for the better. They helped me with my struggles and encouraged me to push forward. I then went on to earn two associate degrees and a bachelor's degree. Now I am going for my master's degree; continuing in the field of social service, so I can then help people like Adult Ed has helped me. So, to Mt. Blue Adult Ed staff, thank you for making me feel that anything is possible. I am forever indebted.



2023

MARK YOUR CALENDARS! Fall Classes begin Week of October 10, 2023

No Classes

Labor Day......September 4 Indigenous...... October 9 Veterans Day November 10 Thanksgiving Break ...November 22 - 24 Christmas Break...December 21 -January 1 Towns we Serve: Avon, Carthage, Chesterville, Eustis, Farmington, Industry, Madrid, New Sharon, New Vineyard, Phillips, Rangeley, Starks, Strong, Temple, Vienna, Weld, Wilton



Visit us online at rsd9.maineadulted.org or by using your smart phone or tablet to scan the QR Code to the left

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