

RSU 26 / RSU 34 Adult Education Fall 2019

DISTANCE LEARNING COURSES

We are very excited to be able to offer nearly 500 interactive courses that you can take entirely over the internet. A wide variety of professional development and personal enrichment courses are now available for registration. All classes are led by expert instructors, fit into convenient six-week formats and are affordably priced. Some of the more popular courses available are:

- * Become a Veterinary Assistant
- * Computer Skills for the Workplace
- * Discover Sign Language
- * A to Z Grant Writing
- * Grammar Refresher
- * Introduction to Oracle
- * Introduction to Java Script
- * PC Troubleshooting
- * QuickBooks 2017
- * Writing Your Life Story
- * Publish and Sell Your E-Books
- * Learn to Buy & Sell on eBay
- * Write Your Life Story
- * Writing for Children
- * Introduction to Windows 10
- * Helping Elderly Parents
- * Test Prep: GRE / LSAT / SAT / Praxis
- * Beginner's Guide to Getting Published



View a complete catalog of the nearly 500 courses available at:

www.ed2go.com/rsu26 or www.ed2go.com/rsu34

BUS TRIPS

Haunted Happenings Bus Trip - Cyr Bus Lines

Depart for Salem, Massachusetts, where you will have a frighteningly good time! Upon arrival, visit the **House of Seven Gables**. The novel The House of the Seven Gables revolves around the curse Matthew Maule set on Colonel Pyncheon in revenge for stealing his land--and his life. Through a century and a half, the curse affects the members of both families, and is embodied in the big crumbling mansion that is the House of the Seven Gables. The remainder of the day is at your leisure enjoying all the Halloween activities going on in Salem. Visit a museum, take a walking tour; get your fortune told by a psychic or shop for some souvenirs from the many street vendors. You are sure to leave Salem in good "spirits."

- **Space is limited so register early! No refunds after 9/23.**
- **Saturday, Oct 26, 2019**
- **Depart from Cyr Bus Lines Old Town 6:00 a.m.**
- **Bangor Walmart Supercenter 6:20 a.m.**
- **Palmyra Walmart 6:50 a.m.**

Cost: \$135



ABOUT US

Director: Rebecca Cross (rcross@rsu.26.org)

Orono Office

Site Coordinator: Judith Santos (jsantos@rsu26.org)
 Address: 14 Goodridge Drive
 Orono, Maine 04473
 207-866-4119
 Phone: http://www.rsu26.org
 Web Site:
 Office Hours: Monday through Wednesday
 11:00 am to 3:00 pm & 6:00 to 8:30 pm

Old Town Office

Site Coordinator: Sue St. Louis (sue.stlouis@rsu34.org)
 Address: 203 Stillwater Avenue
 Old Town, Maine 04468
 207-827-3906
 Phone: http://www.rsu34.org
 Web Site:
 Office Hours: Tuesday through Thursday 3:00 to 8:00 pm

www.orono-hampden.maineadulted.org
 or
www.riversideadultedpartnership.com

RSU 26 / RSU 34 ADULT EDUCATION General Program Registration Form 2019-2020

Semester: Fall Date: _____

Name _____

Address Last First Middle _____

Number Street City/Town _____

Email Address _____

Birth Date _____ Telephone _____

Home /Work

- * Course Title: _____
- * Course Title: _____
- * Course Title: _____
- * Course Title: _____

- Method of Payment Enclosed with Registration Form:
- _____ Check # _____ Money Order
- Please use the Maine Adult Education Portal for credit card registrations
[HTTP://orono-hampden.maineadulted.org](http://orono-hampden.maineadulted.org)

NO REFUND UNLESS COURSE IS CANCELLED BY SCHOOL
 Evening classes are automatically cancelled when schools cancel day or afternoon programming due to hazardous weather.
 Classes missed due to school cancellation will be rescheduled
CLASSES ARE NOT HELD DURING SCHOOL VACATIONS

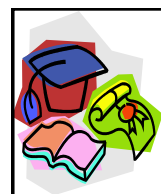
HIGH SCHOOL COMPLETION COURSES

Our program provides adult learners with the opportunity to earn an adult education high school diploma or a high school equivalency (HiSET) diploma. Class sizes are small and an experienced team of instructors provides courses designed to meet the different needs and learning styles of our students. Online courses and individual-paced courses are also available for students to take. *Most of our high school completion courses start in September 16, but we do accept students into our program throughout the academic year on a rolling admission basis.*

Fall Academic Courses

English Class	Monday 5:30-8:00 pm	Orono
HiSet Prep/Testing	Tuesday/Thursday 6-8 pm	Old Town
Tutoring/Learning Lab	Tuesday 5:30-8:00 pm	Orono
Math Lab	Tuesday 3-5 pm	Old Town
English	Tuesday 5:30-8:00 pm	Old Town
Math Lab	Wednesday 6-8 pm	Orono
HiSet Testing	Thursday 5:30-8:00 pm	Hampden

Individual Tutoring Available as Need



**All High School Diploma And
HiSet Prep Classes Are Free
To Those Who Qualify**

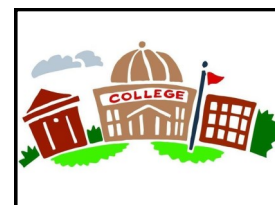
COLLEGE TRANSITIONS

Our College Transitions program is designed to help students successfully prepare for college. We help adult learners who are earning their high school diploma or HiSET certificate successfully transition to college. We also help adults who already have a diploma prepare for their college experience.

Contact us if you would like to discuss some of the following College Transitions services that we offer:

College Exploration and Planning Advising Services

Courses: Algebra / Biology / Writing for College
 College Readiness Courses
 Accuplacer Prep and Testing
 College Application Assistance



RSU 26 Adult & Community Education
 14 Goodridge Drive
 Orono, Maine 04473

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DANCE & MUSIC COURSES

Square Dancing Basics: Come learn the very basics of a great recreational pastime in just 10 lessons. You will learn dance names, positions, formations, arrangements and many of the "calls" used in the world of Square Dancing. It's fun, easy and great exercise! No partner necessary.

Instructor: Bob Brown **Day/Time:** Mondays from 6:30-8:30 pm
Cost: \$25 per person **Starting Date:** September 30
Location: Hampden-Citizens of Maine Building

Ukulele 101: This 5-week introductory level course assumes that students have no prior musical or ukulele related knowledge or experience. In this course, you'll learn ukulele anatomy, tuning, elementary music theory, basic chords and strumming patterns. You'll learn what you need to begin playing the ukulele! Contact our office for information about purchasing a ukulele, if you need one. You should bring with you to class a pen, a notebook and a folder to store music sheets.

Instructor: Xander Karris **Day/Time:** Wednesdays, 6-7:00pm
Cost: \$30.00 **Starting Date:** October 2, **Location:** Orono

PERSONAL ENRICHMENT COURSES

Maine Driving Dynamics: This course is a 5 1/2 hour defensive driving and driver improvement program developed by the Bureau of Highway Safety. Those completing the course will receive a three-point credit on their driving record and students may be able to receive an insurance discount from their insurer.

Instructor: State of Maine
Dates/Times: Monday, October 21 & Wednesday, October 23
6:00-9:00pm Cost: \$40.00; 65 and older \$25.00 **Location:** Orono

Acting For Beginners:The craft of acting can benefit anyone. This 6 week class will open youeyes to a whole new world. Through theatre games and script study, the class will explore what happens behind the scenes, it's more than just learning lines! Theatre games are a great way to exercise the mind and improve concentration, and can result in a new sense of self-confidence. No experience necessary!

Instructor: Irene Dennis **Day/Time** Tuesdays from 6:00-8:30 pm
Cost: \$42 **Starting Date:** October 15 **Location:** Orono

Introduction to Digital Photography : Get the most out of your digital camera and learn from an experienced professional photographer how to take great photographs during this 6-week class. Some of the topics covered in this class will be: Basic Photographic Concepts, Digital Photography's Strengths and Weaknesses, Workflow from Camera to Print, Basic Adobe Photoshop Techniques and Long-Term Digital Image Storage. This course is designed for the beginning digital photographer.

Instructor: Michael Hallahan **Day/Time** Tuesdays from 6:00-7:30 pm
Starting Date: October 1 **Cost:** \$65.00 **Location:** Fine Prints- Bangor

Hunter Safety (2 nights)

To participate in this certification course, you must first complete the online portion of this course (Maine Dept. of Inland Fisheries & Wildlife website) and print off the voucher you receive from completing this portion of the course. Bring a copy of your voucher to one of our skills portion of the course.

Instructor: State of Maine
Date/Time: Monday, October 28 and Wednesday, October 30, 5:30-9pm
Cost: \$10.00 **Location:** Orono

FOOD RELATED COURSES

Cooking Thai 1: Roll up your sleeves and join us in this fun, one-night cooking class where you will create and taste, from start to finish a traditional three course Thai meal. This will be a great introduction to Thai cooking for those who have never tried to make it at home. Space is limited, so register early. Menu to be determined.

Instructor: Amy Baron **Day/Time:** Monday, October 21, 6:00-8:00pm
Cost: \$15 (material fee \$5 paid directly to the instructor) **Location:** Orono

Cooking Thai 2: Roll up your sleeves and join us in this fun, one-night cooking class where you will create and taste, from start to finish a traditional three course Thai meal. This will be a great introduction to Thai cooking for those who have never tried to make it at home. Space is limited, so register early. Menu to be determined.

Instructor: Amy Baron **Day/Time:** Monday, December 9, 6:00-8:00pm
Cost: \$15 (material fee \$5 paid directly to the instructor) **Location:** Orono

Indian Vegetarian Cooking Class: This is a one night Vegetarian cooking class where you will learn how to cook healthy, tasty, Indian vegetarian food that promotes health and well-being. There will be a description of various spices and how to use them. This is a hands-on class.

Instructor: Avinash Rude
Day/Time: Monday, November 12, 6-8:00pm
Cost: \$20 (includes materials) **Location:** Orono

Easy Plant-Based Cooking Demo In this one night workshop you will create and take home these seasonal recipes (Gluten Free & Soy-Free) Chick-pea Salad-chickpeas, spices, lots of variations! Clean Start Kale Salad-if you're not already a kale lover, you may be at the end of this demo! We will also discuss other bean options and the importance of these protein powerhouses. Please bring an apron & container for leftovers. Recipes and Alicia's seasonal eating guide will be included.

Instructor: Alicia Randolph-Lucchesi **Day/Time:** Mon., Nov.18, 6-7:30pm
Cost: \$10 Material Fee: \$5 (paid directly to the instructor) **Location:** Orono

Transformation 101: This is a special 3 week course which requires RSVP for all 3 sessions.

Section 1: Mind, Body, Spirit: the first week covers sleep, exercise, meditation, nourishment for our senses, and time management hacks.

Section 2: Nourishment Basics: discuss macro and micronutrients, common misconceptions, portion control, fad DIETs, digestion, chewing and snaking.

Section 3: Preping for Success: the final week explains clean foods to have on hand, herbs and spices, how to read ingredient labels, clever marketing scams, shopping & prepping food for success.

Instructor: Alicia Randolph-Lucchesi
Day/Time: Mon., Oct. 7, 21, 28 6-7:30pm
Cost: \$30 **Location:** Orono

Fermenting Sauerkraut: (This class was so popular, were offering it again.) Come learn the wonders of fermentation. In this one night, hands-on food preservation workshop you will learn the basics, such as preserving equipment, recommended recipes and ingredients, and enjoy the ease of fermentation. You will start a batch of sauerkraut, learn the steps towards fermentation, and take your first batch home to finish.

Instructor: Laurie Bowen **Day/Time:** Tuesday, November 5, 6:00-8:00pm
Cost: \$23 (includes materials and supplies) **Location:** Orono

PERSONAL WELLNESS COURSES

CPR/AED: The AHA's Heartsaver CPR-AED Course is a classroom, instructor-led one night class designed to prepare students to provide CPR and use an automated external defibrillator (AED) use in a safe, timely and effective manner. Students will receive a Heartsaver CPR-AED course completion card, which is valid for two years.

Instructor: Chad Kirkpatrick **Day/Time:** Tuesday, Nov. 19 6:00-9:00 pm
Cost: \$45.00 (includes \$20 certification card) **Location:** Orono

Basic First Aid: The AHA's Heartsaver First Aid Course is a classroom, instructor-led one night class designed to prepare students to provide first aid in a safe, timely and effective manner. Students will receive a Heartsaver First Aid course completion card, valid for two years, upon successful completion of this course.

Instructor: Chad Kirkpatrick **Day/Time:** Tuesday, Nov. 12, 6:00-9:00 pm
Cost: \$45.00 (includes \$20 certification card) **Location:** Orono

HEALTH & FITNESS PROGRAMS

Yoga, an Exploration of Basic Postures: As we move through the six week series expect to gain strength, balance and flexibility. We will also explore some short, breathing and meditative exercises, which are key components of a full yoga practice. Enjoy the many benefits of yoga and have some midweek fun!

Instructor: Melon Lane **Day/Time:** Wednesdays **Time:** 6:00-7:15pm
Starting Date: October 2 **Cost:** \$30 **Location:** Orono

Pound Fitness Class: In this on going class Drum your way to a leaner, stronger physique, all while rocking to your favorit music. Pound is a full body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Ripstix, light weighted drumsticks will be provided by the instructor, just bring your own yoga mat.

Instructor: Megan Lakin **Day/Time:** Tuesdays 6:00-6:45 pm
Cost: Drop in Fee \$8.00 **Start Date:** October 1 **Location:** Asa Adams Gym

Fall Bike Tune Up: Before you put your bike away for the winter, bring it in with you to this hands-on, one-night workshop, and you'll leave with the skills needed to store it properly. This basic class will cover such things as bearing adjustment, bolt checks, cable lube, derailleur adjustment. Tire pressure and brake adjustment. If you don't have a bike you can borrow one of ours to work on.

Instructor: Jim Rose **Date/Time:** Thursday, Nov. 14 at 6:30
Cost: \$15 **Location:** Rose Bike Shop, Orono

Vaping: the target is our teens

Parents, please join us for this one evening very important presentation about teen vaping. Participants will learn what is in the vape liquid (as well as what is not in it), learn how the products work, understand current laws and regulations concerning vape products and components, as well as recognize how vaping devices are marketed. You will also learn strategies regarding how to talk to kids about vaping. Please come with your questions.

Instructor: Roxane Dubay, Public Health Specialist for Bangor Public Health and Community Services
Day/Time: Monday, October 8 6:00-7:15pm **Location:** Orono
Cost: Free, but must register

Legalized Marijuana, What does that mean for our kids?

Marijuana Informational Presentation?: In this one night session, we'll talk about what all this means for our youth and communities. Maine created a medical marijuana program in 2009, passed an adult use/commercial market marijuana law in 2016.

Learning Objectives:

- Participants will be able to recognize new marijuana products (edibles, extracts, wax)
- Participants will learn about trends and the public health and safety landscape in states implementing medical and adult use/commercial market marijuana laws
- Best practices to prevent youth substance use in Maine

Instructor: Robin Carr-Substance Use Prevention Coordinator, Bangor Public Health & Community Services

Day/Time: Wednesday, October 23, 6:00-8:00 pm
Cost: Free, but must register **Location:** Orono

Self-Defense for Women: Join us for a single session introduction to self-defense for women. This course covers a review of laws related to self-defense, gentle stretches and exercises that you can practice at home, and an introduction to defense tactics and techniques for women of all ages and fitness levels. Be prepared to move and be active.

Instuctor: Geoff Wingard **Date/Time:** Tuesday, October 29 6:00-8:30pm
Cost: \$5 **Location:** Orono

CRAFTING & ART CLASSES

Mommy and Me Pumpkin Paint Night

This one night Paint Night will be a great time to get out and have some fun painting with your little one! Come wearing clothes you don't mind getting paint on. We will be doing our very own acrylic painting on a pumpkin! So sit back and enjoy a fun evening out!

Instructor: Obrianna Vine **Day/Time:** Wednesday, October 2, 6:00-8:00 pm
Cost: \$10 per person (plus \$15 materials fee, includes pumpkin, paid directly to the instructor) **Location:** Orono

Watercolor Maine Landscapes

Welcome to the wonderful world of watercolor! If you are interested in learning about watercolor for the first time, or maybe want to refine your skills, this 4-week is the class for you! The fun and fast paced class will keep you learning and challenged, while having fun. We will cover basicandscape techniques such as foliage, skies, natural textures, oceans and architecture. Each week we will learn something new, and you will have a fun assignment to apply what you have learned! Dive in and learn how to create beautiful Maine inspired artwork all your own! Call our office for your 'shopping list' of materials you'll need for this class.

Instructor: Obrianna Vine **Day/Time:** Wednesdays 6:00-8:00 pm
Starting Date: October 9-30 **Cost:** \$40.00 **Location:** Orono

Fall Foliage Paint Night

This one night paint and sip style class is intended for people who want a fun and creative evening out. The instructor is fun and easy to follow as she teaches you through creating your own painting. Come alone or invite friends, this is a perfect environment to flex your artistic muscles and have fun! This will be an acrylic painting of colorful fall trees and foliage, perfect for the autumn crisp! Feel free to improvise and choose your own colors while the teacher explains the method! Feel free to bring along a pumpkin spice coffee or tea, a snack will be provided!

Instructor: Obrianna Vine **Day/Time:** Wednesday, November 6, 6:00-8:00
Cost: \$10 per person (plus \$15 materials fee paid directly to the instructor) **Location:** Orono

Christmas Ornament Creativity Night

Welcome to a exciting night of creativity and fun! In this one night class, you will have the opportunity to create three different handmade ornaments for the tree. Come alone, invite friends, or bring your little one! This is a great opportunity to make some heartfelt gifts right in time for the holiday season!

Instructor: Obrianna Vine **Day/Time:** Wednesday, December 18, 6:00-8:00
Cost: \$10 per person (plus \$15 materials fee paid directly to the instructor) **Location:** Orono

Quilting: This popular ten-week class is open to beginning and experienced quilters. This fall we will be working on different projects which will appeal to quilters of all ability levels. Our instructor will be taking students on a 'shopping trip' the Saturday before class starts to help people purchase supplies for the class, so please register early.

Instructor: Sue Randall **Day:** Thursdays **Time:** 6:00-8:00 pm
Starting Date: September 12 **Cost:** \$40.00 **Location:** Old Town

PROFESSIONAL DEVELOPMENT COURSES

Red Cross Baby Sitting Course: Participation in this one-day workshop will help you learn how to be a safe, professional and reliable sitter. You'll also learn how to develop a babysitting business, keep yourself and others safe and learn about basic child care and basic first aid. This training is designed for youths ages 11-15. Students who successfully complete the course will earn a Red Cross Certificate.

Instructor: Eileen Lafond
Day/Time: Saturday, November 2, 9am-3:30pm
Cost: \$95.00 **Location:** Old Town

Introduction to Voice Over Acting: This popular, one-night workshop is designed to introduce adults to the voice over field in a manner that is easy to understand, upbeat and fun. Voice overs are everywhere, from commercials, audio books, cartoons, gaming and documentaries. You'll learn about the business and you'll have an opportunity to record a real script under the direction of a producer in a studio, and have it played back to be assessed. This course is open to students 16 years and older.

Instructor: Nate Altimari **Date/Time** Tuesday, November 19, 6:00-9pm
Cost: \$25.00 **Location:** Winterport

Theraputic Foster Care

Are you a licensed foster parent with the Department of Health and Human Services and have been providing foster care for at least a year, or have 6+ months of paid experience with children who have developmental disabilities or struggle with their mental health? This one night class session will offer additional information on the difference between family foster care and specialized (or therapeutic) foster care, the nuts and bolts about how you qualify, the simple steps involved in the process of coming on board with an agency, scenarios for when this transition would and would not necessarily make sense and will answer any questions you may have.

Instructor: Laura Hagelin, Foster Home Developer
Day/Time: Tuesday, October 22 , 6:00-8:00pm
Cost: Free **Location:** Orono

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

Instructor: Phil Barb
Day/Time: Monday, October 28, 6:00-8:00pm
Cost: Free **Location:** Orono

TECH COURSES

Introduction to G Suite: Google Apps for Everyday Use: Learn how to get the most out of Gmail and other Google applications including Keep, Calendar, Drive, Docs and more. Basic knowledge for those with little to no experience to start, with the chance to pose questions about specific uses later in the evening. Optional creation of a Google account with hands-on training or simply watch and learn. This is a great training for small businesses!

Instructor: Kelsey Gosselin
Day/Time: Thursday, October 10, 6:00-8:00pm
Cost: \$10 **Location:** Old Town

How to Get the Most Out of the Internet, A Guide: As times change, so too do our resources at hand. This class will cover some basic but helpful ways to get the most out of the internet, including how to conduct a better search on Google, avoid scams, distinguish between reputable websites and 'tabloid journalism', find the best deals on hotels and flights, automatically find promo codes for online shopping, and plenty more. There will be a period for questions about specific topics, with hands-on training if desired.

Instructor: Kelsey Gosselin
Day/Time: Thursday, November 7, 6:00-8:00pm
Cost: \$10 **Location:** Old Town

HAMPDEN AND HERMON AREA COURSES TO CHECK OUT:

Intro to Pickleball
Intro to Tennis
Maine's Appalachian Trail
Rug Hooking
Maine Pack Baskets
Mala's and Meditation Classes
Grant writing 101
Sign Language

To register for classes online, go to:
www.orono-hampden.maineadulted.org
or
www.riversideadultedpartnership.com