

Fall 2013

RSU 38 Maranacook Adult & Community Education

<http://maranacook.maineadulted.org> (207) 685-4923 x1065

Building a strong community of lifelong learners



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Smart phone/iPad users

Scan the QR code with
your mobile device to
visit our website and
register for classes.





About Us



Director's Letter

As Adult Education director I frequently reflect on the complex educational needs of adult learners and what is required for them to flourish in today's tough economic times. To be successful workers, family and community members, adults need access to high quality educational opportunities and experiences. Whether your dream is to complete your GED, high school diploma, prepare for college or take an enrichment class to stay active through the long cold winter, Maranacook Adult and Community Education is here to provide the instructional support and enrichment programming designed to meet those diverse needs. To assist you in these endeavors, I am joined by an amazing group of veteran adult education administrative and instructional staff who work closely with the local communities to better understand their unique educational wants and needs. Please call us to arrange an appointment to discuss your lifelong learning plan!

Steve Vose, Director, Maranacook Adult & Community Education

What We Offer


GED or high school diploma

GED These programs enhance success in a job market where a diploma is often required for employment. We also offer academic support through career counseling, assessment of educational needs, tutoring, the Odysseyware Learning Lab, and access to the Maranacook Media Center. See the Academics page for further details. GED/Diploma services are available by appointment. Please call Adult Education Director Steve Vose at 685-4923, ext. 1009.

Higher education preparation

U Through the Capital Area Adult Education Consortium, we have access to grants that support individuals pursuing post-secondary education options, including career/study skills workshops, finding scholarships, completing financial aid applications, visiting colleges, and completing college prep classes. Please call Adult Education Director Steve Vose at 685-4923, ext. 1009.

Enrichment & Professional Development

 We offer a wide variety of courses and workshops to improve your health and well being, broaden your knowledge, enhance your skills, or just to have fun and meet others in your community. We also offer career and vocational courses to help you find a job or advance in your career. For course listings, visit <http://maranacook.maineadulted.org>. For questions, email adulted@maranacook.org or call us at 685-4923, ext. 1065.

Contact Us

Email: adulted@maranacook.org

Call: 207-685-4923, ext. 1065 Fax: 207-685-9597

Susan Simons, Administrative Support, ext. 1065

Courtney Oliver, Administrative Support, ext. 1065

Steve Vose, Director, ext. 1009

Mail: RSU 38 Maranacook Adult Ed, 2250 Millard Harrison Drive, Readfield, Maine 04355

For policies & registration information see page 22.

Community Connection for High-Speed, Broadband Internet Technical Assistance



MARANACOOK ADULT

EDUCATION is your Community

Connection for information on using Maine's expanding high-speed, broadband Internet connectivity to help meet educational goals, enrich your life, obtain health information, access governmental services and enhance economic and community development. Contact our office to arrange a special presentation on the importance of high speed internet for your civic or social organization.



Look for this symbol in our catalog. It identifies courses and workshops where you'll learn about high-speed Internet connectivity. This community education program is presented in cooperation with the Maine Department of Education and the ConnectME Authority. Learn more at www.maine.gov/connectme and check your internet connection speed.

MARTI is funded by the American Recovery and Reinvestment Act. State Broadband Infrastructure Program; Award # 23-50-M09062

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Register online at <http://maranacook.maineadulted.org>

Credit cards, debit cards and Paypal accepted in online registrations.

Use registration form on page 23 for mail-in registrations.

Register early to ensure that classes meet minimum enrollment requirements.

Finding what you're looking for?

Please let us know what courses you'd like to see. We want to hear from you! Email adulted@maranacook.org or call us at 207-685-4923 x1065.



THE GENERAL EDUCATIONAL DEVELOPMENT (GED) DIPLOMA is earned by successfully passing a series of tests. The diploma is accepted as the equivalent of a Maine High School Diploma. Pre-GED tests, preparation programs and GED testing are available at no cost to the student. Classes are ongoing during the school year so students may register at any time. Call Steve Vose at 685-4923 x1009 to make an appointment.

Adults may earn an Adult Education diploma by taking credit courses in any of the Capital Area Adult Education Consortium's programs. Added to past schooling, training and work experience, these courses help you gain the credits required for a diploma. Students must be at least 17 years of age. Diploma students do not pay registration fees; however, there are often lab and textbook fees. To arrange enrollment, please call Steve Vose at 685-4923, ext. 1009. Let's review your options and get you started on your way to success.

No fees are charged for students enrolled in Adult Basic Education, GED, or High School diploma programs. Courses are open to the general public for a fee. Additional information regarding credit requirements is available at the Adult Education Office. **Testing accommodations are available for those with documented disabilities.**

Introducing Odysseyware

For fall 2013 we will phase out the Plato online course delivery system and transition to Odysseyware, a leading provider of eLearning solutions across the United States, offering innovative, 21st century learning opportunities for today's tech-savvy learners. (www.odysseyware.com). Odysseyware reaches students who are challenged within the constraints of the traditional classroom, offering customizable, web-based curriculum accessible from any place at any time. Odysseyware includes courses in history and geography, math, language arts, and science, as well as a variety of electives.

Odysseyware Learning Lab

Odysseyware offers individualized, self-paced modules designed to provide online classes across a diverse selection of units of study, including: Algebra, Applied Math, Statistics, Geometry, Chemistry, Biology, Physics, Basic Reading Skills, Geography, US History, US Government and Creative Writing. The flexibility offered by Odysseyware makes it perfect for those with limited time to have a chance to pursue their lifelong dream of acquiring a high school equivalency diploma.

Instructors: Scott Harmon

18 Mondays & Wednesdays, 4-8 pm

Begins: week of September 9, 2013

Location: MCHS

Registration: Free to diploma & GED students

Odysseyware Test Preparation

Odysseyware offers individualized, self-paced test preparation modules across a range of several high-stakes tests, including GED test preparation.

Registration: Free to diploma & GED students

Call 685-4923 x1065 for more information.

GED *your* it's ^{your} **TIME.**

don't lose what you've started
finish by 12/01/13

www.MaineGEDnow.org

GED Test Preparation

GED pre-testing, test taking strategies and skill building are offered to prepare students for successful completion of the GED test. Accommodations are available for people with documented disabilities. If you are interested in earning a GED, call 685-4923 x1065 for more information.

Instructors: Scott Harmon and Christina Kennedy

Mondays and Wednesdays, by appointment

Begins: week of September 9, 2013

Location: MCHS

Registration: Free to diploma and GED students

Early College Planning

Open to all HS students, parents and adult education students to discuss college planning decisions and finances.

Thursday, October 10, 2013, 6-7:30 pm

Location: MCHS

Registration: Free

**Let us know what else you'd like to see!
We want to hear from you. Email adult-ed@maranacook.org or call 207-685-4923 x1065.**



Academics/Accuplacer



History of the United States of America

This course explores the history of the United States of America from pre-Columbian times to the present day. The course will focus on the major events and personalities that have shaped the United States over its existence. This is a great opportunity for adults or students who possess basic or little knowledge of U.S. History or government to gain a better understanding of our great country!

Instructor: Ben Bachelder

18 Mondays and Wednesdays 5-8:30 pm

Begins: week of September 9, 2013

Location: MCHS

Registration: Free to diploma and GED students

English Skills and Writing Fundamentals



This class will focus on developing students' reading and writing skills. Students will learn to identify and correct common writing errors, and learn helpful techniques to get their ideas down on paper. We will also read and discuss a variety of engaging texts, from short stories and a novel to opinion essays and non-fiction articles. This class will benefit students who are preparing to take the GED or the Accuplacer, as well as students who wish to improve their skills for the workplace or college. It is also available as credit recovery for students who need additional English credits for their high school diploma.

Instructor: Christina Kennedy

Monday and Wednesdays 5:30-8:30 pm

Begins: week of September 9, 2013

Location: MCHS

Registration: Free to diploma and GED students

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The latest class information
Exciting event postings
Flash/popup sales on courses
Instructor bios and more!
[facebook.com/maranacookadulthood](https://www.facebook.com/maranacookadulthood)

Stay in touch. Tweet us.



twitter.com/Maranacookaded

Virtual Learning Opportunities

RSU 38 Maranacook Adult Education is offering high school and college level virtual learning opportunities for enrolled students. These classes can be taken at home on your personal computer or by using the computer lab at Maranacook HS (Open Mon.-Wed. from 4-8 PM).



The classes offer a unique and specialized learning opportunity for those not willing or able to attend more traditional face to face classes. All classes and services in the "Virtual Center" are offered at no cost to learners who attend. Be sure to sign-up soon as registrations are on a first come, first serve basis!

HIGH SCHOOL LEVEL

Digital photo class: 22^{1/2} hours, 1/2 elective credit or enrichment

GED prep class

English - 1 high school credit

COLLEGE LEVEL CLASSES WITH KVCC

English 031 Intro to College Writing

Math 114 Technical Math

Psych 101 Introduction to Psychology.

MAINE PARENTS PLACE

Students will have access to DHHS resources and will be able to sign up for TANF here. There will also be a parenting class in this level, but it will only be available to DHHS clients who are court mandated to take this positive parenting class to obtain their children. This is a pilot year with limited class attendance. For more information on how to access the Virtual Center please contact our office at 207-685-4923 x1065.

We want to hear from you.

If there are classes that we do not currently offer that you would like added, please let us know what you'd like to see! Email adulthood@maranacook.org or call us at 207-685-4923 x1065.



College Transitions



COLLEGE TRANSITIONS is a bridge program leading to college. Classes are for high school graduates or GED recipients who plan to attend college. Registration is free; students pay for books and lab fees. College transitions students must participate in four of the following six activities: 1. Meet twice with a College Transitions coach; 2. complete pre- and post-Accuplacer college placement assessment; 3. enroll in a College Transitions course; 4. participate in a College Transitions workshop; 5. participate in a College Transitions cohort group; 6. tour a college campus. To register, call Maranacook Adult Education Director Steve Vose, 685-4923, ext. 1009.

College Transitions Day Program Free Information Sessions

Learn more about this comprehensive college preparation program by attending one of two sessions.

Session 1: Wednesday, September 4, 5 pm

Session 2: Tuesday, September 10, 5 pm

Location: Gardiner Area High School, Room 127

Registration: Free

College Transitions Day Program

Make Wednesday your College Transitions day! This comprehensive college preparation program includes math/algebra skills, writing/research skills, critical reading skills, college tours and college success workshops. Students must commit to the full day for 15 weeks. CASAS and Accuplacer testing are required prior to enrollment. More information available at the free information sessions (see listing above.)

Instructor: Adult Education Staff

15 Wednesdays, 9:30 am-5 pm or 12:30-8:30 pm depending on academic needs

Begins: September 18, 2013 and ends in January

Location: Gardiner Area High School, Room 127

Registration: Free

Book Rental: \$50

College Tours

October 10, SMCC, 10 am

October 24, KVCC, 6-8 pm

October 26, SMCC Open House, South Portland campus. Contact Melinda (582-3774) to rideshare with others who are going.

November 13, CMCC and USM Lewiston Campus Tour, 10 am-2 pm.

November, date TBD, UMA afternoon tour and Student Support Service Workshop.

December 11, Festive Holiday Open House and Admit-in-a-Day with five area colleges, Gardiner Area High School.

Allied Health Fields Special Tour: Lab and Imaging Departments of Midcoast Hospital.

Contact Melinda (582-3774) for additional details and updated tour information.

Math Skills for College

This course is designed to provide students not ready for algebra with a strong foundation in basic arithmetic skills.

Instructor: Scott Harmon

15 Mondays & Wednesdays, 3-7 pm or by appointment

Begins: week of September 9, 2013

Location: MCHS

It pays to get an education

Those with more education earn more and are less likely to become jobless than their less educated peers. A 2011 survey found average earnings grow from \$451 to \$638 per week with a high school diploma alone. Getting a bachelor's degree increases average earnings to \$1,053 per week. To see more, visit Career One Stop, Pathways to Career Success online at www.careerinfonet.org/finaidadvisor/earnings.aspx.



College Transitions



Reading for College



This course is a preparatory class for college-bound students who would like to increase his or her comprehension, vocabulary, and implement good reading practices. Techniques in reading will be modeled and practiced through STAR reading method, educational technology, and other tools as needed to prepare students to pass the college entrance Accuplacer assessment. A student must register through our counselor to attend this course.

Instructor: Janice Foster

15 Mondays 2:30-5:30 pm

Begins week of: September 9, 2013

Kennebec Learning Center,

Registration: \$50 + Text

Writing Skills for College

This course will help adult learners prepare for placement testing and success with college-level English composition courses. Course content includes conventions of standard English usage with their applications in writing sentences, paragraphs, and simple essays. Writing exercises will introduce students to the rigors and requirements of college writing.

Instructor: Janice Foster

15 Tuesdays and Thursdays, 8:30-10 am

Begins: September 3, 2013

Location: Kennebec Learning Center

Registration: \$50 + Text

Algebra Skills for College



This class is for students with good basic skills in arithmetic but little or no experience with algebra. This is the perfect class for those looking to develop the skills necessary to succeed at college level mathematics. To be eligible to take this class, students must have an arithmetic score higher than 55 and algebra score under 75 on the Accuplacer placement test.

Instructor: Catharine Emery

15 Tuesdays 5:30-8:30 pm

Begins: week of September 9, 2013

Location: UMA, Room TBD

Registration: Free

Book Rental: \$50

Number Skills for College

This course will help adult learners prepare for placement testing and success in college level math courses. Course content covers basic arithmetic of whole numbers, fractions, decimals, percents, ratio and proportion, integers, and simple geometry.

Instructor: Robert Buzby

15 Wednesdays, 8:30-11:30 am

Begins: week of September 4, 2013

Location: Kennebec Learning Center

Registration: \$50 + Text

College Prep Biology with Lab

This course presents the major biological principles with focus on the human organism. A primary objective is to introduce the student to these principles and how they apply to allied health careers. Topics include an introduction to human anatomy and physiology and a general overview of allied health careers. This knowledge will pave the way for success in post-secondary health career programs. The format of this course provides for open and ongoing enrollment, formation of study groups, academic coaching, individualized at-home labs, and group lab sessions. Much of the content is presented in an online format completed in study groups. This unique class meets the requisite of most university and college health programs. Tuition includes books & materials. Call 582-3774 for registration information.



MAINE
Adult Education
College Transitions



Your Future is Calling: Start or Complete a GED this Fall

Your future is calling and now is the time to get your GED! Preparing for and earning the GED credential is one of the most important journeys of your life! Many people just like you have taken the GED Tests to get a better job, continue their education or accomplish dreams once thought impossible.

Didn't finish high school? That's OK, sometimes life just gets in the way. The GED test enables adults to earn a certificate or diploma that is considered equal to the high school diploma. The GED test takes about 7-1/2 hours to complete. It covers writing, reading, social studies, science and mathematics. The best part, GED training and testing is FREE!

Info You Should Know

- More than 90 percent of employers consider those with a GED test credential the same as traditional high school graduates with regard to hiring, salary, and opportunity for advancement. (Society for Human Resource Management, 2002)
- The GED test credential is accepted by 97 percent of colleges and universities. (College Board, 2001)
- Each year, one of every 20 college freshmen holds a GED test credential. (National Center for Education Statistics, 1996)
- According to the Bureau of Labor Statistics, those who have a high school diploma, including a GED test credential earn \$7,400 more than those who did not graduate from high school. This difference represents a 35 percent increase in median annual earnings.

REMEMBER, if you have already started the GED tests, you must complete all the tests before December 1, 2013, or you'll have to start all over! You've worked too hard to lose what you've already done. Whatever the reason you started your GED, now is the time to finish!

KVCC Community Outreach



Kennebec Valley Community College (KVCC) is offering community outreach courses so students can enjoy taking a college level class right in the comfort of their own neighborhood high school! Save travel time, save money on gas! Sign up now!

Bio 115 Human Biology, 4 credits



This combination lecture/laboratory course introduces students to the basic concepts and principles of biology through studies of the human organism. Students will gain an understanding of how the human body functions by studying each organ system that comprises the human body. This course will give students a perspective of how the human body maintains homeostasis through the interaction of organ system functions. Current topics in health sciences, nutrition, biology, and medicine will be discussed as they pertain to specific organ systems. No previous science course is required.

Instructor: Elaine Katz

15 Mondays, 5:30-7:50 pm

15 Wednesdays, 5:30-8:50 pm

Begins: August 26, 2013

Location: Maranacook Community High School

Registration: call KVCC at 453-5134 or 453-5119

Substitute Teaching Information Session



Substitute teaching can be rewarding, make a difference in children's lives and positively impact your community. Work days and hours are flexible. However, you may have questions and concerns about the qualifications, education and training needed, how to prepare for a day of teaching, what a typical day is like, and what techniques are effective in keeping students well behaved and on task. In this workshop, school representatives will assist you in completing teaching applications and answer questions about substitute teaching at RSU 38. We'll also have our longtime sub, Bob Ingalls, on hand to give you practical tips on "sub survival!"

Wednesday, September 11, 2013, 6-7:30 pm

Location: MCHS

Registration: Free, please call in advance to register



Careers & Vocations



Certified Nursing Assistant

Students complete a minimum of 180 hours of theory, laboratory and clinical experience, meeting all requirements of the Maine Department of Education. Upon successful completion, the nursing assistant will receive a certificate of training in compliance with the Maine State Board of Nursing. Skills learned enable the Certified Nursing Assistant to deliver health care in hospitals, nursing homes, clinics and home-care situations. Course includes classroom theory, practice laboratory sessions and clinical experience to include rotations at the Maine Veterans Home. The course will conclude with the Maine State CNA Competency Exam. Students must have a physical, proof of immunizations, a recent TB test, grant permission for a criminal background check and pass a reading test. An orientation meeting, reading test and individual interviews will be held Thursday, September 12, at 5 pm at Gardiner Area High School. If you are interested in the CNA program, you must attend this meeting. Bring names and phone numbers of three professional references and a copy of your diploma or GED. Payment is due at registration. Student limit 10. *Tuesday/Wednesday/Thursday evenings, 6-9 pm*
Friday Clinical, 7 am-3 pm
10/1/13-2/6/13
Registration Fee: \$900 Book Fee: \$99
Call 582-3774 for registration information.

Welding Basics



This class is a stepping stone to professional welding skills and technology for those wishing to enter the welding profession or a technical college program.

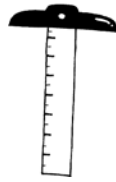
Hobbyists welcomed. No previous welding experience is required. Each class will include approximately 30 minutes of theory and safety training and two hours of hands-on welding. Safety glasses, welding gloves, and leather boots required. Book fee, \$40, and supply fee, \$25, due at registration.

Instructor: TBA
12 Wednesdays, 5:30-8:30 pm
Begins: TBA
Location: MCHS
Registration: \$129
Book fee \$40, Lab fee \$30
Total due at registration: \$199

Substitute Teaching

For information about becoming a substitute teacher in RSU 38 please see page 8.

Woodworking



This course provides students with in-depth introduction and skill upgrade to the woodshop. Learn and improve basic woodworking skills (shaping, sanding, finishing) and gain some experience in using a drill press, miter saw, table saw and bench sander.

Safety will be emphasized. During the class you will make one small project of your choice. All project materials will be included in the cost of the class.

Instructor: Jeff Stockford
6 Mondays, 6-8:30 pm
Begins: September 30, 2013
Location: MCHS
Registration: \$89

Small Engine Repair



This introductory program will cover the following topics: engine, fuel and ignition function, troubleshooting and repair techniques, internal engine components and function and engine tear down.

Instructor: Brian Canwell
6 Tuesdays, 6-8:30 pm
Begins: October 1, 2013
Location: MCHS
Registration: \$79

CDL Class B Dump Truck or Bus



This class fully prepares you to meet Maine DMV requirements and gives you the hands on skills training that employers demand. The course consists of 42 hours in the classroom preparing you for all aspects of the CDL license process, including written and skills exam. The 30 hours of one-on-one instruction on the range and road will prepare you for the road test. In addition to the cost of the course, a \$35 permit fee, payable to the Secretary of State, is due by the second class. Additional endorsements of Bus, Tank and Hazmat are \$10 each. For the bus driving endorsement you must be over 21, have a clean driving record and get a physical exam at your own expense.

Instructor: Nancy Frost
Saturdays, 8 am-2 pm, Wednesdays, 6-9 pm
Begins: TBA
Location: PDC, 75 North Road, Readfield
Registration: \$800





Career Training & Professional Development



UGotClass Online Courses & Offerings

Taught through the internationally known Learning Resources Network (LERN), UGotClass offers access to high end lifelong learning classes and certificate programs from your home computer! To register for these classes, please call us at 207-685-4923 x1065 or visit our website at <http://maranacook.maineadulted.org> and click on the UGotClass link.



UGotClass fall 2013 schedule



Management and Leadership

- Supervisory and Leadership Certificate



New Media Marketing

- Video Marketing Certificate
- YouTube for Business
- Facebook for Business



Social Media for Business

- Social Media for Business Certificate
- Creating Cell Phone Apps for your Business
- Introduction to Social Media
- Integrating Social Media in Your Organization
- Marketing Using Social Media

Optional graduate credit

available for some of the courses listed above. For more information please contact UGotClass at 1-800-678-5376 or e-mail TammyP@lern.org.



Training and Education

- Advanced Teaching Online
- Building Online Learning Communities



Certificate in Online Teaching

- Advanced Teaching Online
- Building Online Learning Communities
- Designing Online Instruction



Courses for Teachers

- Certificate in Teaching Adults
- Gender in the Classroom
- Generational Learning Styles for K12 Teachers
- Online Learning & Teaching for K12 Teachers
- Social Media & Online Tools for K12 Teachers
- Students with Aspergers
- Designing Online Instruction

Group Discount for K12 Teacher Courses

Introduction to computers or social media

For hands-on, instructor-guided courses in our computer labs at Maranacook Community High School, see our listings on page 12.



Register online. It's easy and secure.
<http://maranacook.maineadulted.org>



The Academy of Medical Professions

Medical Office Career Information Night

Get nationally certified in portable, high-demand jobs through the Academy of Medical Professions. This free informational night will provide an overview of the various medical courses offered through the Academy of Medical Professions and allow interested student an opportunity to ask questions, get answers and determine the courses and career path that are right for them!

Wednesday, September 11, 6 pm

Location: MCHS

Registration: Free, please call to register

It's free.

Find out if a medical office career is right for you.

Medical Billing & Coding with CPC Certification

This is an in-depth, State-Certified Certificate program in medical billing/coding, medical terminology and Anatomy & Physiology, designed to teach all aspects of both medical billing and coding and provide you the skills you need to get into the industry including resume writing and interviewing.

Class meets twice/week for 20 weeks

Thursday 09/26/13 5:30-8:30 pm

Tuesday 09/24/2013 6-8 pm

Hospital Billing & Coding with CPC-H Certification

This is a program for Hospital Billing and Coding, providing everything hospital billers need to know, from patient admission to accounts receivable management. You will have hospital cases which allow you to apply concepts to real-life scenarios.

Prerequisite: CPC or CCS certification.

5:30-8:30 pm 10 weeks

Begins: Monday 9/23/13

Medical Transcription Certificate Program

Medical transcription is a desired field for most people trying to work at home. Medical terminology, formats, rules and regulations, calculation of pay, confidentiality, FTP, tricks of the trade, resumes and how to obtain a job are covered in this program. This is a State Certified Program and you will receive a Certificate of Completion and Letter of Recommendation upon graduation.

Classes meet once/week for 16-weeks.

Begins: Tuesday 9/24/13 6-8 pm

Pharmacy Technician Certificate Program

The Pharmacy Technician is one of the fastest growing jobs in health care today. In this course, you will learn everything from the role of the technician in the pharmacy setting, to the basic sciences at the core of pharmacy practice.

This class is online, please contact the Academy of Medical Professions at 866-516-8274 or via e-mail at info@academyofmedicalprofessions.com for more information.

Phlebotomy with CPT Certification

Get nationally certified as a phlebotomy technician and you will be able to perform basic phlebotomy procedures, such as testing blood glucose levels on patients and preparing blood, urine, and other body fluid specimens.

6-9 pm 10 weeks

Begins: Mondays, Wednesdays 9/23/13

ICD-10-PCS Boot Camp

Get an overview of the history and format of the ICD-10-PCS coding and prove that you're ready for the new code set with this convenient online course.

Please contact the Academy of Medical Professions at 866-516-8274 or via e-mail at info@academyofmedicalprofessions.com for more information.

Academy of Medical Professions courses are VA, WIA, Aspire, Career Center, Department of Labor and DHHS approved vendor.

Courses will be offered live at Maranacook High School via video conferencing technology! To register or for more information about these courses including pricing and payment plans, please contact the Academy of Medical Professions at 866-516-8274 or email info@academyofmedicalprofessions.com. Please be sure to mention that you saw the information in the Maranacook book or on our website, as we receive a percentage of the course registration fee, which in turn goes to support our local adult and community education program!



Intro to Workplace Computer Skills



This 5 week class will provide a broad overview of Microsoft Windows™ including how to navigate and manage the file system, Microsoft Office™ including Word™ for making professional looking documents, Excel™ for spreadsheets, and PowerPoint™ for presentations. This class is for those who have basic knowledge of Microsoft Windows™ PCs, and know how to use the keyboard and mouse. Bring a travel/thumb drive to save your files.

Instructor: David VanTwistern

5 Tuesdays, 6-8 pm

Begins: October 1, 2013

Location: MCHS

Registration: \$69



Introduction to Social Media



This two night course will introduce you to social media (not just Facebook). It is hard to keep up with the ever-evolving world of social networking sites and mobile counterparts as part of everyday life. Students should have a general knowledge of Facebook for personal use. The instructor will cover Twitter, Google, LinkedIn, & YouTube.

Instructor: David VanTwistern

2 Thursdays, 6-8 pm

Begins: October 3, 2013

Location: MCHS

Registration: \$39

Computer 101 for Baby Boomers



New to computers, want to learn more or still not comfortable using them? Guided by the instructor, you will cover the basics of how computers work, how to use them, types of hardware and software, basic word processing, setting up and using an email account, surfing the internet and special topics of student interest.

Instructor: David VanTwistern

4 Thursdays, 6:30-8:30 pm

Begins: October 17, 2013

Location: MCHS

Registration: \$49

New

Digital Cameras & Photoshop Beginner & Intermediate



Come out to explore cameras and software for the digital age! We'll work on learning to use cameras, both Digital SLR and digital point & shoot, and Adobe Photoshop Elements.

If you have the Adobe Creative suite and wish to use your laptop, that's fine. The instructor has five years of teaching experience in digital photography and will allow students to personalize their own approach as they learn new ways to shoot digital images and edit them effectively for both web and print formats.

Students will be responsible for providing their own cameras, but we will supply the computers and Adobe Photoshop Elements software.

Instructor: Jeremy Smith

6 Tuesdays, 6:30-8 pm

Begins: November 5, 2013

Location: MCHS

Registration: \$59

Not finding what you're looking for?

Please let us know what courses you'd like to see. We want to hear from you!

Email adulted@maranacook.org or call us at 207-685-4923 x1065.



Register online with a credit card, debit card or Paypal. It's quick, easy and secure.

<http://maranacook.maineadulted.org>



Arts & Crafts



Upholstery Basics



Reupholster it! Under the direction of a skilled instructor, you will learn basic upholstery techniques and complete a small project during the 8 week class.

Students purchase fabric on their own.

Supply fee \$15-\$25, depending on your project, payable to instructor.

Instructor: Kelsie French, E.W. French Upholstery

8 Thursdays, 6-9 pm

Begins: September 26, 2013

Location: MCMS

Registration: \$75

Stained Glass, Beginning/Intermediate



Learn the fundamental principles of stained glass using the copper foil method used by Tiffany. You will cut, grind and foil glass, and solder it to create finished pieces to take home.

Supply kit \$70 (beginners only) and lab fee \$10 (all others), payable to the instructor at first class.

Instructor: Carmella Patriotti

8 Mondays, 6-8:30 pm

Begins: September 30, 2013

Location: MCHS

Registration: \$59

Ceramics Beginning/Intermediate



In this seven week course, you will explore the beauty of clay by learning to make coil pots, boxes, tiles and functional pottery.

Students may personalize their approach to learning new wheel-thrown and hand-building methods. Tools will be available during class. Students will be responsible for purchasing their own clay, approximately \$20. Information about the clay required will be given at first class.

Instructor: Jeremy Smith

7 Thursdays, 6:30-8 pm

Begins: October 17, 2013

Location: MCHS

Registration: \$79

Introduction to Chair Caning



Your instructor will lead you step by step in re-caning your old chair. This class is intended to introduce weavers to materials, tools and techniques for restoring broken seats. All participants will come away with the basic knowledge to pursue more skilled weaving on their own. Please bring to class

a bucket, 10 clothespins, 10 golf tees, an awl, spray bottle and a sponge. Caning reed may be purchased from instructor (approximately \$25).

Instructor: Glen Hawes

5 Thursdays, 6-8:30 pm

Begins: October 24, 2013

Location: MCHS

Registration: \$39

Sweater Mittens

Make mittens from recycled wool sweaters. They are felted for density and lined with fleece for warmth in our cold Maine winters. You will need to bring your sewing machine, scissors and notions to class. Supply fee \$15, payable to instructor.

Instructor: Bobbie Mahler

Wednesday, September 25, 2013, 6-9 pm

Location: PDC

Registration: \$9

Finish that Braided Project

Do you have unfinished braiding projects, or are you interested in starting a new one? This course is designed to help you. Bring your projects and we'll get them completed. Braided items are beautiful and durable, and have been used by households for centuries. Rugs from the 1800s are still valued and bring family history with them. If you're interested in starting a project, and don't know exactly how to start, we'll provide a basis for getting you on the way to making wonderful braided items. Samples of braided household objects will be provided. These range from rugs to pot-holders, baskets, key chains, pin cushions and more. Come get help or get started!

Instructor: Bobbie Mahler

4 Wednesdays, 6-9 pm

Begins: October 2, 2013

Location: PDC, 73 North Rd, Readfield

Registration: \$29

Supply fees, noted in the course descriptions, are paid to the instructor at the class.



Free Yoga Class

All are welcome – those new to yoga and continuing students. Please come try it out with no obligation.

Instructor: Susan Coady

September 16, 2013, 4:30-5:45 pm or 6:15-7:30 pm

Location: MCHS

Registration: Free, please call to register

Yoga: Path of Transformation

Join this series for in-depth instruction from a teacher with 33 years experience and training. Yoga enhances health, relieves stress, and provides guidance for personal and spiritual growth. Learn how to use the tools of yoga to transform yourself. This series will include traditional yoga postures, some yin yoga, pranayama, mudras, mantra, how to set up sacred space for practice, and information on Ayurvedic medicine. Beginners are welcome, but we dive right in. Everyone is given ample permission to do what they can. Class is gentle to moderate.

Instructor: Susan Coady, certified Kripalu Yoga

6 Mondays, choose a session

Session 1: 4:30-5:45 pm

Session 2: 6:15-7:30 pm

Begins: September 23, 2013

Location: MCHS

Registration: \$66

Aromatic Yoga Nidra

Yoga nidra, deep relaxation, has been proven to lower blood pressure, cortisol levels and enhance the body's rejuvenating capacities. An hour and a half of Yoga Nidra renews like six hours of deep sleep! Come and relax, all you do is lie down and receive. Enjoy a guided journey through the subtle centers, the chakras; receive healing touch at head and feet for each center, and inhale Kathy Leone's chakra blends of essential oils. The intelligence and immunity of the plants goes directly to the brain. This is a truly nourishing experience that we are offering again due to popular demand! Oils are not suitable for pregnant women, who may enjoy the experience without them.

Facilitators: Susan Coady, Kathy Leone, Nancy Weber and Kat Arnoldy

2 Wednesdays: come to one or both

Session 1: October 2, 2013, 4:30-6 pm

Session 2: October 23, 2013, 6-7:30 pm

Location: MCHS

Registration: \$20 each session

Gentle Yoga: When Less Is More



During the holidays we need time to slow down, relax and restore ourselves, but this is the time of year when many of us get busier than ever. Give yourself the gift of four gentle yoga classes that will ease you back into your body, calm and clear your mind and rejuvenate you. When you take care of yourself, you are more able to give to others. Each class will end with a long relaxation. This class is for everyone: 55+, if you're stressed, or have limited motion.

Instructor: Susan Coady, certified Kripalu Yoga

4 Mondays, choose a session

Session 1: 4:30-5:45 pm

Session 2: 6:15-7:30 pm

Begins: November 18, 2013

Location: MCHS

Registration: \$44

Women's Self Defense Overview



Gain the confidence to be able to successfully defend yourself in virtually any situation. This class will focus on mental preparation to prevent a possible dangerous encounter as well as the physical skills necessary to defend yourself in the event of an emergency. This course will teach a variety of techniques which are easy and practical. There is a strong emphasis on prevention strategies that can be employed by anyone in addition to the physical strategies that can be used as a last resort.

New

Instructor: Kevin Webb

Saturday, November 9, 2013, 9 am-noon

Location: PDC

Registration: \$15



Wellness Watchers

An 8-week weight loss and wellness program

As a participant of Wellness Watchers you will start your journey toward a healthier you. At first glance, the program may look like other healthy living programs. On closer examination, you will discover that there is no program that tackles the issues of healthy sustainable weight loss and wellness to the extent this one does. The comprehensive nature of activities and support to participant wellness is unsurpassed. Wellness Watchers helps participants achieve sustainable weight loss and wellness through healthy behavior changes including improved nutrition, regular and appropriate exercise, and changing counter-productive thought patterns. This program is truly innovative in its approach. You now have the opportunity to create the very healthiest YOU, and ultimately, the lives of those around you. "Wellness Watchers" supports people who are serious about making a commitment to themselves to become healthier and have a greater sense of well-being. This program has been designed to remove common barriers that can come between you and a healthier lifestyle. You will have the support of experts and peers for the progress you want to make.

Instructor: Becky Lambert

8 Thursdays, 6:30-7:30 pm

Begins: September 19, 2013 (no class Oct. 31)

Location: MCHS

Registration: \$65

New

Wellness for Busy People

This six-week life-changing nutrition & wellness education program is for anyone wanting a healthier life. Imagine how much better your life would be if you had abundant energy, stable moods, a faster metabolism and overall vibrant good health. Discover how to balance a busy life with good nutrition, daily activity, and wellness to create vitality from the inside out.

Discover new ideas to make cooking quicker, easier, tastier, and healthier! With three cooking demonstrations, portion control and nutrition education, and variety of meal planning activities, you are sure to discover a whole new healthier lifestyle that you thought was impossible!

Instructor: Becky Lambert

6 Tuesdays, 6:30-7:30 pm

Begins: November 5, 2013

Location: MCHS

Registration: \$49

New

Imagine how much better your life would be with abundant energy, stable moods, a faster metabolism and overall vibrant good health.

Classes offered in Hallowell

These two classes are held at A Center for Health Insight, 98 Second Street in Hallowell. The instructor, Alfred Lund, is a Maine licensed massage therapist, Shiatsu practitioner and Reiki master who has practiced and taught bodywork techniques for more than 20 years.

Makka Ho Exercises: aka "Shiatsu Stretches"

These exercises are a series of simple stretch positions that stimulate meridian energy in the body and act like a shiatsu self-treatment. In addition to learning this routine, we will explore the concept of life energy, or ch'i, and offer an overview of the meridian system as it relates to health and disease. Participants are invited to bring a blanket or yoga mat.

2 Thursdays, 6:30-8 pm

Begins: September 26, 2013

Location: 98 Second St, Hallowell

Registration: \$25

New

Shiatsu Basics

Shiatsu is a Japanese form of bodywork which relaxes and revitalizes by applying pressure along energy pathways called "meridians." Learn and practice a basic whole-body routine with a focus on effortless application and good body mechanics. Participants are encouraged but not required to bring a partner.

4 Thursdays, 6:30-8:30 pm

Begins: October 10, 2013

Location: 98 Second St, Hallowell

Registration: \$48

New



Traditional Go-Ju Ryu Karate

New

The Martial Arts Institute teaches traditional Goju Ryu Karate through the instruction and discipline of the Kuniyoshikai Organization of Okinawa Japan.

In this 4 week course, students will learn some basic Karate techniques as well as proper application of those techniques with partners. Students will be exposed to the various components of traditional Karate training as it is done in Okinawa including the language, philosophy and physical techniques. Ages 8 through Adult.

Instructor: Kevin Webb

4 Tuesdays, 6 pm – 7 pm

Begins: September 10, 2013

Location: PDC

Registration: \$15; \$10 each additional family member

Indoor Walking Trails

Walk the halls and trails at your community high school.

Monday-Thursdays, 3-8:30 pm

Location: MCHS

Begins: when school is in session

Registration: Free, stop at office for visitor pass

Adult Coed Volleyball

New

Please join us for Sunday afternoon volleyball at Maranacook. Skill level is not an issue – this is just for fun and cabin fever relief.

Sundays 4-6 pm, free of charge.

Early November through mid April

Call Dick Watson at 293-2857 for details.

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ADD, ADHD and the Brain

New

Learn useful techniques to best support people with ADD/ADHD in your classrooms, your families or anywhere in your lives. We can now “watch the brain think,” with SPECT and other technologies. This means we have the ability to see what is happening when people have episodes of drifting attention. We will look at fascinating colored “brain photos” of people with ADD/ADHD and learn the latest best practices for support.

Instructor: Anne Archambault

Monday, October 28, 2013, 3:30-5:30 pm

Location: MCHS

Registration: \$19

Honing your Habits

New

Habit and Imagination are actually more powerful than knowledge and will power! When we repeat behaviors we create “Neuro-Nets” or webs of pathways in the brain. It is almost as if our actions or repetitive thoughts wear a groove or rut in the various parts of the brain, which makes the behavior and thoughts easier to repeat. Learn how to flip the switch the other way. Come learn to use your imagination in specific ways, and create habits to work to your advantage in all areas of your life; at work, at home and in relationships.

Instructor: Anne Archambault

Monday, November 4, 3:30-5:30 pm

Location: MCHS

Registration: \$19

Quick and Effective Stress Reduction Techniques

New

We now know that stress can rob us of our sense of well-being, health and even years of life. Learn to melt away the “Emotional Charge” of stressors in as little as 1 minute, in order to be more effective in the classroom, office and at home. Come away with a portfolio of effective techniques you can use immediately in your car, your classroom, or your kitchen! You’ll also learn many “fun facts to know and tell” about your own brain and nervous system, and perhaps even lower your blood pressure while you’re at it!

Instructor: Anne Archambault

Monday, November 18, 3:30-5:30 pm

Location: MCHS

Registration: \$19



Reiki Level Three & Master/Teacher

New

Over nine weeks we examine the chakra system, subtle energy fields, the aura and its many layers and do an in-depth analysis of your own chakra system. Through class discussion, guided meditation and exercises to be done each week, you gain insight into where you are blocked and learn to use the Reiki energies more effectively to clear these areas. You learn the final symbols and receive your third degree attunement. At your final class, you will receive your Master Teacher Certificate. Prerequisite: Reiki Levels 1 & 2. Instructor Tanya Quarterman is a Reiki master/teacher and certified hypnotherapist.

Instructor: Tanya Quarterman

9 Tuesdays, 6:30-8:30 pm

Begins: September 24, 2013

Location: MCHS

Registration: \$333



Register online with a credit card, debit card or Paypal. It's quick, easy and secure.

<http://maranacook.maineadulted.org>

Zumba Manchester



Zumba Fitness is the only Latin-inspired dance fitness program that blends red-hot international music and contagious steps to form a "fitness party" that is downright addictive. Since its inception in 2001, the Zumba program has grown to become the world's largest and most successful dance-fitness program.

Instructor: Barbara Godfrey

Location: Manchester Elementary School

Date & Time: TBA

Foot Reflexology



Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. Reflexologists believe that these areas and reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the organs and person's general health. Reflexology is similar to acupuncture in that it works with the body's vital energy through the stimulation of points on the body. Please come with clean feet.

Instructor: Courtney Norton

Wednesday, November 6, 2013, 6-8 pm

Location: MCHS

Registration: \$19

Curb Your Cravings



Do you suffer from the Sugar Blues? Constantly crave sweets? Struggle to lose weight? Tired of feeling tired? Join Lauren Washer Whitman, health coach, for a one hour lecture on controlling sugar cravings and taking a new look at how to boost your health!

Instructor: Lauren Whitman

Wednesday, Sept 18, 2013, 6:30-7:30 pm

Location: MCHS

Registration: \$9

Why was my class cancelled?



Sometimes a great class gets cancelled because people wait to register until the last minute. **Sign up early!**

We decide 7 days before the class is to begin to cancel or run the class. If you have a change of heart, get busy at work, or your schedule changes, just call us. We will be happy to put a credit voucher for a future class on your account. You have nothing to lose.

Sign up today to help keep the classes running.



Six Feet Under: Funeral Choices

We'll start by talking about the legal documents everyone should have in place, then cover planning ahead, writing things down, and having a conversation with the family about those plans. That will lead into a Q&A guided by your questions. We can talk about funeral options, home funerals, green cemeteries, alkaline hydrolysis, family burying grounds, scattering ashes, the paperwork, whatever you want to know. We'll share stories. I'll bet that you'll even laugh sometimes.

Instructor: Chuck Lakin

Thursday, October 3, 2013, 6:30-8:30 pm

Location: MCHS

Registration: \$10

Estate Planning Basics

This basic estate planning course covers what is needed to ensure that your financial and personal affairs are properly managed as you grow older and upon your death. Each class provides core information and time for common questions. The three classes cover: Wills and Powers of Attorney, Trusts and Probate.

Instructor: Patrice A. Putman, Esq.

3 Mondays, 5:30-7:30 pm

Begins: October 21, 2013

Location: MCHS

Registration: \$25



Register online. It's easy and secure.
<http://maranacook.maineadulted.org>

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Maranacook Senior Center



For seniors, retirees, anyone 50 and over. Coffee, tea and muffins are provided. The center has special presentations, discussions or a learning activity on Mondays and socializing, games and crafts on Wednesdays. Bring your interests, skills, books, writing, musical instruments and friends. Hike the trails. Help students with special projects. We also welcome other adult volunteers. The center is sponsored by MCMS Parent Association and Maranacook Adult Ed in partnership with Spectrum Generations.

Mondays and Wednesdays, 9-11 am

Begins: TBA

Location: MCMS Cafeteria

Reserved parking in front of MCMS cafeteria.

Questions? Contact Deb Elwell at 242-6082 for information

Basic Dog Obedience



This class has proven to be an ideal training class for dogs of any age. Dogs at six months of age will retain more of the training; however, puppies under six months are welcome. Owners and pets will learn such commands as "sit," "stay," "come," "heel" and "stand." Dogs must be current with immunizations. A nylon choke collar and 6-foot lead will be required and can be purchased from the instructor.

Instructor: Sue Westlake

5 Mondays, 7-8 pm

Begins: September 16, 2013

Location: Readfield Elementary School

Registration: \$69

Advanced Dog Obedience



This class will continue the training begun in the basic class and work toward increasing skills.

Instructor: Sue Westlake

5 Mondays, 7-8 pm

Begins: November 4, 2013

Location: Readfield Elementary School

Registration: \$69



Special Interests



FOR HISTORY LOVERS

Living History

with Relief Savage Gordon (aka Dale Potter-Clark)

Relief was born at old Fort Western in 1769 and died in Readfield at the ripe age of 92. Over the past few years she has “come alive” as a well known character in our parts. She has led historical bus tours in Readfield and likes to tell tales about her town, family and their way of life. Hear about the process of Relief’s “revival” and watch her come alive before your very eyes when Dale Potter Clark, historical interpreter and Relief’s 4th great-granddaughter, transforms herself into “Relief’s time.” Dale’s interest in local history dates back to her childhood, when her parents introduced her to their ancestors in Readfield, Mt. Vernon and Manchester. She worked as a historical interpreter at Norlands Living History Center for several years and subsequently developed the character of her own fourth grandmother, Relief Savage Gordon. With Dale’s help, Relief has led local historical bus tours and has enjoyed outwitting visitors at Readfield Historical Society and about town. Currently Dale organizes Readfield History Walks; serves on the Readfield Union Meeting House advisory board; and is an active member of Readfield Historical Society. Every once in a while Relief resurfaces – today will be one of those days!

Wednesday, October 23, 6:30-8 pm

Location: MCHS

Registration: \$5, proceeds go to the Readfield Historical Society

Readfield History Walks

Members of the Readfield Historical Society and the Readfield Trails Committee join forces to plan and lead the walks. On occasion they are led by guest tour guides and / or historians. Walkers include inhabitants from Readfield and surrounding communities, summer residents, and individuals with family roots or connections in Readfield. History Walkers receive information and / or pictures about the background of any given area prior to the walk. Most treks take place on trails within Readfield and are designed so participants can learn more about the surrounding area - both current and historical - while enjoying the beauty and invigoration of the outdoors. All are welcome! There is no charge. FMI visit www.readfieldhistorywalks.blogspot.com or email crossings4u@gmail.com

Digging up the Past: Genealogy



Join Emily Schroeder, reference librarian and genealogy specialist at the Maine State Library, as she provides us with an overview of the genealogical tools and resources available at the library. Included will be a virtual tour of the library’s website. Come with questions and your family stories!

Instructor: Emily Schroeder

Tuesday, October 22, 2013, 6:30-8 pm

Location: MCHS

Registration: \$10

COOKING SERIES



Guest Chefs

at Marie’s Whole Foods

Join our guest chefs as they show you how to make some of their specialty dishes. Come to class hungry – you’ll want to taste the final product!

Location: Marie’s Whole Foods,

11388B Main St, Readfield

Cost per class: \$15 (includes food cost)

Italian Soups

Enjoy the aromas and flavors of soups from towns and regions of Italy, many of which have evolved over centuries.

Chef: Bertie Longone-Messer

Wednesday, Sept. 25, 6-8 pm and

Wednesday, Nov. 6, 6-8 pm

Mason Jar Meals

Nutrition in a jar.

Chef: Becky Lambert

Wednesday, October 2, 6-7:30 pm

Mushroom Lovers

Hors d’oeuvres and soup.

Chef: Dave Guillemette

Wednesday, October 9, 6-8 pm

Gluten Free Cooking

Chef: Becky Lambert

Wednesday, October 30, 6-7:30



Nantucket Sojourn

Treat yourself to rest, relaxation and recreation this fall with this overnight trip to the island of Nantucket. There should still be plenty of fall color left as we travel south to enjoy this charming destination. The island of Nantucket is both a State Historic District and a National Historic Landmark. It is a place where nearly half the land is held in conservation, and there are no stoplights, shopping malls, or fast-food franchises. A early departure should have us in Hyannis, Mass., by 12:30 p.m. We'll have time for a quick lunch before our early afternoon departure aboard the Steamship Authority's fastest ferry to the island. The 26-mile route between Hyannis and Nantucket is only a one-hour crossing via this catamaran. Once on the island, we will be met by staff from the Nantucket Inn, our accommodations for the evening. After getting settled at the inn, take the complimentary island shuttle into town where you'll find historic homes, shops and the island's best restaurants. On Sunday

Built around three beautifully landscaped courtyards, you'll find 100 spacious guest rooms and cottages. You'll also find extensive recreation facilities that include indoor and outdoor pools, a health fitness center, two lighted tennis courts and indoor and outdoor whirlpool spas. www.nantucketinn.net

we start the day with an island breakfast including fresh fruit, muffins, fluffy scrambled eggs and cooked-to-order waffles. Board a comfortable motorcoach for a 90-minute narrated tour of the island this morning. Picturesque villages, lighthouses, natural and local history will highlight the tour. The rest of the day is yours to enjoy. You may wish to visit the Nantucket Whaling Museum to learn about the history of whaling in the region or you might just like to stroll through the village and enjoy island life on an autumn day. Our island departure of 3:15 p.m. brings us back to Hyannis where we meet the motorcoach for the trip home. We will plan to stop for dinner at The Hearth and Kettle Restaurant in Weymouth. Registration fee includes motorcoach transportation, ferry ticket, overnight accommodations, breakfast, dinner and island tour. All other meals/expenses are on your own. Deadline to register is September 18.

Saturday/Sunday October 19 & 20

6 am departure from Lawrence High School

6:45 am departure from Sears, Augusta

7:15 am departure from Hannaford, Gardiner

11:30 pm return

\$299 per person based on double occupancy

Foliage & Wine Tasting Tour



Maranacook and Gardiner adult education are partnering for this fun tour. Travel by comfortable chartered bus to two Maine wineries, taste wines from the region, and enjoy the foliage and coast of Maine. Our first stop is Cellardoor Winery & Vineyard in Lincolnville for a tour of the property and wine tasting.

We'll then head to Rockland for lunch on your own and time to browse. Next stop will be Savage Oaks Winery in Union for more tastings and tours.

Deadline to register is September 18, 2013.

Saturday, October 5, 2013

8:30 am departure from Sears, Augusta

9 am departure from Hannaford, Gardiner

6 pm return

Registration: \$49; sorry, no discounts on this trip.

Celebrate the Season

Celebrate the season in grand style. We have planned a full day of festivities beginning with a tour of the Victoria Mansion in Portland. Nationally acclaimed as one of the finest examples of residential design from the pre-Civil War era, the mansion's well-preserved original interiors were among the most lavish and sophisticated in their day. During the holidays, Victoria Mansion is lavishly decorated by professional designers, decorators, and florists. Next it's off to Kennebunkport where Christmas Prelude will be in full swing. This year is the 31st anniversary of Prelude and all of the shops in Dock Square will be decked out for the occasion. Events include tours of historic homes, trolley rides, walking tours, craft fairs, musical entertainment and, of course, holiday shopping. The day is planned so that you can enjoy both lunch and dinner in the village on your own. Early evening takes us back to Portland and Merrill Auditorium for *The Magic of Christmas*, the Portland Symphony Orchestra's annual holiday treat. Robert Moody strikes up the biggest band in town for an unforgettable performance celebrating the spirit of the holidays in spectacular symphonic style. Registration fee includes motorcoach transportation, mansion tour and concert. Please register by November 14.

Saturday, December 14

8:45 am departure from Lawrence High School

9:30 am departure from Sears, Augusta

10 am departure from Hannaford, Gardiner

midnight return

\$99 per person



Driver Education



Maranacook Adult Education and Betty Vigue-Perkins (Forest-Matthieus Driving School) offer driver education classes at Maranacook High School for students ages 15 & up. The class includes 30 hours of classroom instruction and 10 hours of behind the wheel training. Registration forms are available through adult education or may be downloaded at: www.forest-matthieus.com. For questions about the course call Betty at 623-1002.

*Instructor: Betty Vigue-Perkins,
Forrest Matthieus Driving School*

*Sessions begin: August 7, September 9, October 14 and
November 18, 2013*

Registration: \$425

Gymnastics for Children



This recreational gymnastics class gives children a total body exercise program. It helps with strength and stamina and improves mental and physical confidence. We focus on helping your child gain coordination in various gymnastic skills while increasing strength and flexibility in a fun environment. Please indicate child's name & age group when registering. Please note the change to Thursday nights this fall.

Instructor: Gerry Bellemare

10 Thursdays

Ages 3-4: 5:30-6:30 pm

Ages 5-7: 6:30-7:30 pm

Age 8-up: 7:30-8:30 pm

Begins: September 5, 2013

Location: MCMS

Registration: \$105

Maine Driving Dynamics

Maine Driving Dynamics is a driver improvement course aimed at improving a student's defensive driving awareness and abilities. The five-hour course includes discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. Our goal is to save lives, prevent injuries and reduce crashes. On completion, you will receive a three-point credit on your driving record. Some insurance companies give discounts after completing this course. Check with your company for details.

Instructor: Maine Bureau of Highway staff

1 Tuesday & 1 Thursday, 6-8:30 pm

September 24 & 26, 2013

Location: MCHS

Registration: \$40 under 65; \$10 age 65 & up



Yoga for Athletes

*An 8-week series for high school
athletes & parents*

New

All athletes, irrespective of sport or discipline, have the potential to enhance their ability by adopting a consistent yoga practice. I'd go so far as to say that if you're not practicing yoga, you're competing at a disadvantage and missing an opportunity to enhance peak performance.

Improved Strength: Routine and consistency help build strength and improve lean muscle mass.

Balance: Better balance and coordination means enhanced control over how you move your body, which in turn leads to better technique and form whether your focus is a swim stroke, golf swing, running stride, jump shot or track event.

Flexibility: Yoga invariably improves joint and muscular flexibility, which is crucial to the body's overall structural soundness. Enhanced joint and muscle pliancy translates to greater range of motion.

Mental Control: Most people, particularly athletes, tend to think of yoga as a great "workout" – a means to tighten the core, flatten the stomach and tone that butt. Sure, it does that but the mind/body connection that an athlete obtains when doing consistent yoga is more important than all of the above!

Instructor: Becky Lambert

8 Thursdays, 5-5:45 pm

Begins: September 19, 2013

Location: MCHS

Registration: \$70

Family Safety Overview

New

In this course, families will be taught how to avoid dangerous situations. In addition, the children will be taught what to do if a stranger attempts to harm them as well as how to handle bullies their own age. Children will practice various self defense scenarios using parents as pretend bad guys. By learning in this fashion, families can practice child safety techniques together at home. In addition, some self defense concepts for the parents will also be covered enabling the full family to feel safer both at home and on the road. The course is taught by certified instructors from the Martial Arts Institute. Children ages 6-12 are welcome to attend with parents.

Instructor: Kevin Webb

Saturday, October 26, 9 am-noon

Location: PDC

Registration: \$20 (1 parent/ 1 child)



Program Information & Policies



Diploma Courses

Diploma classes begin the week of September 9, 2013. Please check individual class start dates and times. General/vocational classes and workshops will begin at varying times throughout the semester. There will be no classes on October 14, November 11 & 27-29, and December 23, 2013-January 1, 2014.

Class cancellations

Classes without sufficient enrollments are cancelled. Please sign up early to ensure minimum enrollment requirements are met.

Storm cancellations

When day school is cancelled, Adult Education classes are also cancelled and our office is closed. Check for school cancellations on TV channels 6, 8 and 13, or voice mail: 685-4923, ext. 1065.

Parking & Security

To allow passage of emergency vehicles, obey posted parking signs. Parking in the circle at Maranacook Community High School is prohibited. For safety, only the front doors are open in the evening.

Smoking

There is no smoking on school property, indoors or out. Thank you for your cooperation.

Office Hours

Monday-Thursday, 1-9 pm, during the academic year, except holidays and school breaks.

Contact us

Email: adulted@maranacook.org
Phone: 207-685-4923, ext. 1065 Fax: 207-685-9597
Mail: RSU 38 Maranacook Adult Ed
2250 Millard Harrison Drive
Readfield, Maine 04355

Maranacook Adult Education Staff:

Steve Vose, Director, ext. 1009
Susan Simons, Administrative Support, ext. 1065
Courtney Oliver, Administrative Support, ext. 1065
RSU 38 Superintendent: Donna H. Wolfrom

Class Locations noted in course listings

MCHS: Maranacook High School, 2250 Millard Harrison Drive, Readfield
MCMS: Maranacook Middle School, 2100 Millard Harrison Drive, Readfield
MES: Manchester Elementary, 17 School St., Manchester
RES: Readfield Elementary, 84 South Road, Readfield
PDC: Professional Development Center, 75 North Road, Readfield

Four Ways to Register for Classes



Online

On the web, go to maranacook.maineadulted.org. We accept Paypal and credit or debit cards for online registrations only.



Mobile

Scan the QR code on the back cover with your mobile device to visit our website and register with your Paypal account or credit/debit card.



By Mail

Please complete a separate registration form for each person. Include a check (no cash or credit) made payable to RSU 38 Adult Ed. Send form and check to: RSU 38 Maranacook Adult Education, 2250 Millard Harrison Drive, Readfield, ME 04355.



Walk In

Pay by check or cash at Maranacook Community High School, 2250 Millard Harrison Drive, Readfield, during regular office hours.

Registration Policies

Reservations: We do not reserve a space in class until payment is received. Register early to avoid class cancellations. You will be notified only if registration difficulty is encountered or if a class is cancelled due to low enrollment. We do not accept telephone registrations, except for free classes as payment is required at registration.

Discount for Seniors & Veterans: Residents age 65+ and veterans with proof of service are eligible for a 10% discount on registration fees over \$10, except where noted.

Refunds: We refund fees if class is cancelled or full when we receive payment. We will notify you before the first class. Please allow 3 weeks for processing refunds when you pay by check. Online registrations are credited to the card or PayPal account used in the transaction. Refunds given for withdrawals at least 7 days before the class start date. A processing fee may apply. Refunds in other circumstances are at the director's discretion.

Special Circumstances: Fee waivers given for academic, computer, or career courses for those who meet financial eligibility requirements. Special needs are accommodated with advance notice. Call Steve Vose at 685-4923, ext. 1009.

Registration Forms

Name: _____		Year of Birth: _____
Email: _____		
Address: _____		
Cell phone: _____		Home phone: _____
Emergency contact: _____		Phone: _____

Course Name	Start date/Session	Fee

One form per person, please. Make check/money order payable to: RSU 38 Adult Ed. Mail to: RSU 38Adult Ed, 2250 Millard Harrison Dr., Readfield ME 04355	Total:	
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Name: _____		Year of Birth: _____
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RSU 38 Maranacook Adult & Community Education
2250 Millard Harrison Drive
Readfield, ME 04355

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Look what's new for fall

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FOR THE BEST CUSTOMER SERVICE

Register online with a credit card,
debit card or Paypal
<http://maranacook.maineadulted.org>

Questions? Please contact us by email
adulted@maranacook.org



Look for the  symbol inside!

RSU 38 Maranacook Adult & Community Education
<http://maranacook.maineadulted.org> (207) 685-4923 x1065 Fall 2013

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twitter.com/Maranacookaded

Smart phone/iPad users

Scan the QR code with your
mobile device to visit our web
site and register for classes.

