



LAWRENCE ADULT EDUCATION

Never stop learning!

RSU/MSAD 49
Albion, Benton, Clinton, Fairfield

*Celebrating
36 years!*

Fall 2014 Course Catalog

207.453.4200 ext. 3114

www.lawrenceadulthood.org

adulthood@msad49.org

Welcome to Lawrence Adult Education!

A Message from the Director:

Lawrence Adult Education has been educating adults in the community for 36 years with high quality, affordable opportunities to complete education, transition to post-secondary education, learn new skills, train for new careers, and prepare for work.

Where were you 36 years ago (1978)? Here were some of the happenings in 1978:

- *Sony introduces the Walkman, the first portable stereo.*
- *Balloon angioplasty is developed to treat coronary artery disease.*
- *Louise Brown, the first test-tube baby is born.*
- *Super Bowl: Dallas d Denver (27-10).*
- *Cost of a first-class stamp \$.13 (\$0.15 as of 5/29/78).*
- *Radio Shack Tandy TRS80 Computer \$399, 8 track Player \$169.00.*
- *After nearly 30 years The Volkswagen Beetle stops production having manufactured 20 million cars*
- *Cardinal Karol Wojtyla becomes Pope John Paul II*
- *Illinois Bell Company introduces first ever Cellular Mobile Phone System*

Lawrence Adult Education is an official HiSET (High School Equivalency Test)* site, a service available to students and the general public. We offer the WorkReady credential program and college transitions courses.

Our community interest classes provide many opportunities to fulfill your lifelong learning interests, computer classes, art and crafts, health and fitness, and personal development.

Please accept my personal invitation to attend our many classes. Learn about our educational and career training opportunities, meet with our career adviser. Our exceptional staff is ready to assist you with your lifelong learning journey.

Rising prices: You will notice a \$5 increase per person per enrichment class voted by the school board in April 2014 to cover the facilities/room usage cost to adult education. I welcome your questions, comments and suggestions on how to service you and the communities better.

Deb Bomaster, Adult Education Director

Adult Education Staff

Deb Bomaster, Director
Alverta Dyar, Teacher/OdysseyWare Coordinator
Allison Benfatta, Teacher
Mary Lucia, Career Counselor
Hannah Bard, Post-Secondary Counselor
Val Landry, KV Academy Coordinator
Kathy Cote, Administrative Secretary
Darlene Wallace, Evening Secretary
Gen Pinnette, Evening Secretary
and many caring, creative instructors

Administration

Dr. Dean Baker, Superintendent of Schools
Nora Murray, Assistant Superintendent

School Board Members

Danielle Boutin, Fairfield	Andrew Carlton, Fairfield
Neal Caverly, Clinton	Robert Clark, Clinton
Katrina Dumont, Albion	Harry Fitzpatrick, Benton
Steve Grenier, Albion	Stewart Kinley, Fairfield
Ron Liberty, Benton	Shelley Rudnicki, Fairfield
Arel Spaulding, Fairfield	Marie Strout, Clinton
Sherry Tompkins, Fairfield	

Academic Calendar

September 2 - Fall Semester Begins
September 3 - LHS Open House
October 7 & 8 - LHS/LJHS Parent/Teacher Conferences
October 13 - Columbus Day - No School
November 11 - Veteran's Day - No School
November 26-28 - Thanksgiving Break - No School
December 23 - Fall Semester Ends

Directions

From I-95:

Take exit 132, Turn east on Route 139 (Western Avenue), Proceed .5 miles and turn right on to School Street

From Waterville:

Take College Avenue from Waterville to Fairfield, Go straight at traffic light on Main Street, Fairfield
Turn left onto Western Avenue, Proceed .4 miles and turn left onto School Street

From Skowhegan:

Take Route 201 into Fairfield, Turn right onto Western Avenue (Route 139), Proceed .4 miles and turn left onto School Street

Office Hours

Evening Hours Begin September 2, 2014
9:00 a.m. to 9:30 p.m. Monday through Thursday
9:00 a.m. to 4:00 p.m. Friday

Mission Statement

It is the mission of Lawrence Adult Education to provide accessible and affordable lifelong learning opportunities for adults in RSU/MSAD #49. The primary focus of these learning opportunities is to help adults acquire basic literacy and numeracy skills, complete a high school credential, access higher education, develop vocational skills, and enrich their personal lives.

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 ANNEX = Lawrence Jr./Sr. High School Annex
 CLINTON ELEMENTARY SCHOOL
 LHS = Lawrence High School
 LJHS = Lawrence Junior High School
 WATC = Williamson Arts & Technology Center

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Lawrence Adult Education complies with all aspects of the Americans with Disabilities Act. Any individual needing special accommodations or assistance to attend any classes should contact the adult education office at least ten days in advance of the start of the class.



HIGH SCHOOL COMPLETION



Adults (17 and older) can earn a high school diploma through the adult education program. Previously earned credits as well as life experience will count toward your credit total. Adults may earn additional credits through evening classes or computer assisted learning (OdysseyWare). All courses taken for diploma credit are free. Call the adult education office to schedule an intake appointment and find out how you can become a high school graduate!

Effective Writing

You can improve your writing ability. You will have opportunities to write, proofread, and edit your writing. Practice various forms of writing, especially essay development. Grammar and usage will be integrated into all classes.

Monday from 6-9pm, 9/8/2014 to 12/15/2014 with Tonya Joler at LHS, room 11, \$20 book fee

OdysseyWare Lab

Odysseyware is a computerized learning program that offers students the opportunity to earn credits toward their high school diploma in English, math, science, social studies and electives. Students work at their own pace with the assistance of an instructor who is available in the computer lab during established times. In addition, students may use this web-based program to prepare for college level courses. All Odysseyware classes require a minimum of eight hours of on-site instruction; however, these courses may be worked on from home or another location that has access to the Internet. Students may earn a maximum of three credits through Odysseyware.



Tuesday from 3:30-5pm, 9/2/2014 to 12/16/2014 with Allison Benfatta at Adult Ed, room Computer Lab, \$10 lab fee

Basic Computer Skills

Are you concerned that not having the right technology skills will hold you back? In this introductory course, students who are new to computer technology will learn terminology, basic concepts and practice keyboarding. Using the Windows 7 operating system and Microsoft Word, students will have a hands-on introduction to basic computer skills. Learn to turn the machine on and off properly, use a mouse, use MS Word to write, edit and print, gain skill in navigating the Internet, stay safe while on-line, and feel much more confident with today's technology. Learn essential skills that will help you feel more confident and effective at using technology to further your educational and career goals.



Session 1: Tuesday from 9-11:30am, 9/2/2014 to 10/14/2014 with Alverta Dyar at Adult Ed, room Computer Lab, \$10 lab fee

Session 2: Tuesday from 9-11:30am, 10/28/2014 to 12/16/2014 with Alverta Dyar at Adult Ed, room Computer Lab, \$10 lab fee

General Science

The emphasis of the course will be on the nature of science: its history, philosophy and methodology. Other concepts to be emphasized will include the ethics of scientific research. Areas covered will include Environmental Science, Life Science, Physical Science, and Geology.

Wednesday from 2-5pm, 9/3/2014 to 12/17/2014 with Alverta Dyar at Adult Ed, room ALC 2, \$20 material/lab fee, **Tandberg**

Also available for diploma credit:

- College Prep Chemistry
- College Prep Physics
- Human Biology
- Number Skills for College (Eves)

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National Adult Education Honor Society

Re-established in 2013: Lawrence Adult Education recognizes and honors deserving adult education students who have demonstrated dependable attendance, cooperation, and work ethic.

The National Adult Education Honor Society does not consider test scores, academic excellence or academic elitism valid criteria for adult learners who have significant responsibilities, including but not limited to family, occupation and/or community obligations.

Members receive a signed NAEHS Membership Certificate, an NAEHS letter of recommendation for employment, an NAEHS letter of recommendation for scholarships or grants, and NAEHS decal and NAEHS pin.

The only obligation is to become an advocate for adult education and the local adult education provider by sharing with family and friends what the local program has meant to him/her.

Call 453-4200 ext. 3114
to register today!





HIGH SCHOOL COMPLETION



If you are at least 18 and left school without a diploma, the HiSET® tests might be the way for you to earn a high school credential. Accepted by many colleges and employers, the HiSET tests allow you to demonstrate your knowledge in five subject areas. Learn about *HiSET*® preparation classes and testing requirements, take a practice test, and get ready to move forward with your education.



The ETS High School Equivalency Test (HiSET) has replaced the GED as Maine's High School Equivalency Assessment.

The HiSET consists of the following five subtests:

Language Arts Reading | Language Arts Writing | Science | Social Studies | Mathematics

All of the tests are multiple choice with the exception of the essay portion of the Language Arts Writing Test. A passing score on each subject test is a scaled score of 8 out of 20, but learners must achieve a total scaled score of 45 to successfully achieve their high school equivalency diploma. Learners that achieve a scaled score of 15 or higher on each subject test are designated as College and Career Ready.

Because HiSET's subject tests are the same as the current version of the GED, Maine will be able to apply the passing scores of GED subject tests to the HiSET. This means that unlike much of the country, Maine learners will not fall off the "GED testing cliff" at the end of the year. They may have started by taking the GED from 2002-2013, but they can finish by taking the remaining subject tests with the HiSET in 2014.

As has always been the case in Maine, there is NO COST for Maine residents to prepare for and take the HiSET. Local adult education programs provide HiSET testing, preparation materials, pre-tests, and instruction- all at no cost to the learner.

HiSET Preparation Classes

DAY	CLASS	TIME	START DATE	ROOM	INSTRUCTOR	FEE
Monday	Writing Lab	1-4pm	September 8	ALC 1	A. Benfatta	\$10 mat.
	Math Lab	5:30-8:30pm	September 8	ALC 1	A. Benfatta	\$10 mat.
	English Fundamentals	5:30-8:30pm	September 8	ALC 2	E. Quimby	\$10 mat.
Tuesday	Reading 2	9-11:30am	September 2	ALC 1	A. Benfatta	\$10
	Basic Computer	9-11:30am	Sept 2 or Oct 28	Computer Lab	A. Dyar	\$10 lab
	Math 1	1-3:15pm	Sept 2 or Oct 28	ALC 1	A. Benfatta	\$10
	Math 2	1-3:15pm	Sept 2 or Oct 28	ALC 2	A. Dyar	\$10
Wednesday	Math 2	10am-12pm	Sept 3 or Oct 29	ALC 1	A. Benfatta	\$10
	Math 1	10am-12pm	Sept 3 or Oct 29	ALC 2	A. Dyar	\$10
	Math 3	2-4pm	Sept 3 or Oct 29	ALC 1	A. Benfatta	\$10
	Math Support	4-5pm	September 3	ALC 1	A. Benfatta	None

Math 1 covers addition, subtraction, learning multiplication tables and division, whole numbers, estimating, beginning word problems and patterns.

Math 2 covers fractions, decimals, integers, rational numbers, exponents and squares, order of operations, percents, ratio and proportions and more word problems.

Math 3 covers geometry, perimeter, circumference, area and volume. One step formula equations will also be covered.

Reading 2 builds on reading knowledge combined with writing in order to be successful on the high school equivalency tests. Learn strategies to improve and move beyond comprehension blocks, develop a journal to broaden your vocabulary, increase fluency, and use guided oral reading and increase your reading rate.

Writing Lab and English Fundamentals provide small group instruction focused on developing writing skills. Vocabulary, reading fluency, and comprehension are some of the aspects addressed. The courses cover sentence structure, essays, outlining, and editing literature responses. Instruction is differentiated based on students' needs.



Pathways to College and Careers

WorkReady

Are you looking for work? Have you got three weeks to invest in yourself? The WorkReady program will teach you the essential skills that employers look for in new employees. The sixty hour curriculum will help you develop a personal employment plan. In addition, WorkReady includes a computer component to help you meet the demands of finding and keeping a job in a tech savvy environment. This intensive, three-week, no cost program is endorsed by local businesses. Applicants must meet eligibility requirements. Please contact Lawrence Adult Education (453-4200, ext. 3114) or Mid-Maine Regional Adult Community Education (873-5754) for an application appointment or attend the information session on October 9.

WorkReady in Waterville at Mid-Maine Regional Adult Community Education

Information Session - Thursday, October 9, 2014 at 10:30 a.m. at Waterville Public Library.

Join us for this information session and hear how WorkReady will give you an edge in today's competitive job market. You'll have a chance to ask questions, take the eligibility tests and decide if you are ready to make the commitment to this intensive program.

Mandatory Selection Meeting - Thursday, October 16, 2014 from 3:00-5:00 p.m. at MMRACE

WorkReady class meets daily from October 20 - November 7, 2014 at MMRACE and Waterville Public Library

The WorkReady Credential Program training is made possible by the following partners:

Mid-Maine Regional Adult Community Education, Lawrence Adult Education, KVCOG, KVCAP, Waterville Public Library



Career Planning: Find Your Place in Today's Job Market

Prepare for your next career or job with a plan that's right for you. Review your skills, interests, and experiences and relate them to occupations; identify educational opportunities; research the local job market; and develop a step-by-step plan to achieve your goals. Whether you are unemployed, underemployed, or considering a career change, this class will help you achieve employment success for today and tomorrow.

This online class is for anyone with internet access who is looking for a class with flexible hours, where you will not have to attend a live class, and can work at your own pace within the scheduled weeks of the class. Participants will connect with the instructor and classmates in online discussion boards, conference calls and more.



Registration deadline – September 17

This class is offered by Women, Work, and Community.

M-F Online, 10/8/2014 to 11/12/2014 with Cathy Collins, Free

To register or for more information contact Cathy Collins at 753-6622 or catherine.e.collins@maine.edu.

Literacy Volunteers Tutor Training

Join Literacy Volunteers-Waterville Area for an extremely rewarding volunteer experience! Completing the 3-day tutor training will certify you as a Literacy Volunteer, enabling you to join our network of volunteer tutors working with adults in the greater Waterville area. Specifics of this training include: general information on literacy, methods and strategies for working with adult learners, and tools and tips for tutoring success. This workshop is hands-on and interactive. Just like all the services Literacy Volunteers provides, this training is free! We ask for a \$20 materials fee to help cover the cost of the tutoring manual we use (Tutor, 8th ed., New Readers Press.) This manual is specifically designed to cover the skills and information you will need when working with an adult learner, and it is yours to keep. Literacy Volunteers-Waterville Area has been providing literacy services for forty years. We provide free one-to-one tutoring services for area adults in need. Our tutors and students meet weekly to address a variety of literacy needs, including help for those whose functional reading and writing abilities are at or below grade level, students with learning disabilities, and people who are learning English as a second language.

T/Th from 5:30-8pm, 9/9/2014 to 9/16/2014 with Janna Townsend at Educare, \$20

To register contact Frances Seeley at 783-7786 or email lvwaterville@gmail.com.

Career Planning and Advising

Confused about your career options? Should you go to college or find a job? What courses would help you move ahead in the workplace? We can help. We offer one on one career advising in the adult education office, an online career planning course through Women, Work and Community, and college transitions courses, tours, and advising through KV Academy. Give us a call today!

**Mary Lucia and Hannah Bard, Career Advisors
453-4200, ext. 3120
Val Landry, KV Academy Coordinator, 453-5101**



CAREER PATHWAYS



These courses lead to licenses and/or credentials!

CDL Class B: Truck & Bus Driver Training

Completion of this course will provide you with the classroom work and hands-on driving experience necessary to pass the State of Maine Class B/Bus Driver Licensing or truck tests.

A CDL Class B allows you to operate a CMV of a total weight up to 26,001 pounds. Typically, straight trucks such as delivery vans (e.g. Fedex, UPS, Peapod, DHL), dump trucks (e.g. sand, gravel, aggregates, asphalt, mulch), garbage/recycling trucks, cement mixers, buses (school, chartered, tour, Greyhound).

Lawrence Adult Education this semester in collaboration with KVCC is offering truck and school bus CDL licensing.

SCHOOL BUS APPLICANTS MUST:

Be at least 21 years old (18 years old for truck), have a good driving record, and provide proof of good health.

Two make up classes are built into the 42 hour classroom schedule. Absences beyond 2 sessions must be made up at the students expense. Students must also be available on Saturdays from 7 a.m. to 3:30 p.m. to complete 30 hours of driving time on the range and the road.

Call the adult education office for a registration package including a physical exam form to be completed by your doctor and returned to the adult education office before the first class.

- Student driving records will be obtained from the State.
- Students must be available for driving on Saturdays (from 7am-3:30pm starting 9/6/14).
- Approved for the use of GI Bill education benefits.

The registration brochure and physical form are also available on the adult education website at: www.lawrenceadulted.org. Click on the FAQ's tab and click the CDL Registration Information under item #1.

Tuesday/Thursday from 6-9pm, 9/2/2014 to 10/28/2014 with Ron Fox and Trevor MacKenzie at the Annex, room C-3, \$775

CDL/Road and Range Driving - 30 Hours of Driving Instruction includes 20 hours of range driving and 10 hours of road driving.

Becoming a Notary Public

The primary duty of a notary public is to formally witness transactions involving paper documents. In Maine, notaries can also officiate at weddings. This class will help you prepare to be commissioned as a notary public. Learn the history of the office, its powers and duties, eligibility, procedures, and record-keeping. Leave the course with all the testing and paperwork completed and ready to submit to the State.

Wednesday from 6-8pm, 11/5/2014 to 11/12/2014 with Carroll Paradis at the Annex, room C-10, \$19



ACADEMY

of MEDICAL PROFESSIONS

ACADEMY OF MEDICAL PROFESSIONS

The Academy of Medical Professions is a licensed Proprietary School certified in Maine. This school began in 1996 and is certified by the Maine State Department of Education and has since established ourselves with the Adult Education Systems in Maine with great success.

We are proud to offer complete correspondence courses with all our lectures provided through streaming audio on our web site, and an instructor is assigned to you for assistance through the program as well as grading of papers and assigning work. This allows those students who cannot attend classes to get the feel of the classroom participation.

We have achieved a great success in placing our graduates. Although we do not guarantee jobs, we will teach how to get them, where they are, what you can expect for pay, what your resume should look like, and will forward e-mails and phone calls to you as we hear of jobs.

To register and for more information on these classes offered by the Academy of Medical Professions call 1-866-516-8274 or 207-721-0714 or visit www.academyofmedicalprofessions.com. Payment plans available for most classes. VA and DOL approved.

When registering for classes please indicate you learned about these classes from Lawrence Adult Education in Fairfield.



OFFERED AT LAWRENCE ADULT ED:

Medical Transcription Certificate Program

October 7 - December 16, 2014

Tuesday from 6:00-8:00 p.m.

\$2,400 - Payment plans available

OTHER COURSES AVAILABLE:

Certified Group Exercise & Personal Trainer

Medical Office Specialists (CMAA)

Medical Billing and Coding (CPC)

Hospital Billing & Coding (CPC-H)

Phlebotomy Technician (CPT)

Pharmacy Technician (PTCB)

Dental Assistant Program

ICD-10 BOOT CAMP for Medical Coders



Like us on Facebook

www.facebook.com/lawrence.adulteducation



COLLEGE TRANSITIONS



KV Academy

The purpose of KV Academy is to help adults prepare for and transition to college. If you are an adult education graduate or if you are an adult who needs academic preparation for college, KV Academy offers a variety of classes and services. As a KV Academy student, you will be eligible for adult education fee waivers, access to tours, workshops and other college planning events, college counseling services, and college application fee waivers.

To enroll in KV Academy:

Call to schedule an appointment:
Lawrence Adult Education, 453-4200, x3114 or
Val Landry at KVCC, 453-5101



Adult Education ^{MAINE}
College Transitions

- > Take the Accuplacer placement tests and post test at the end of the program.
- > Provide information on your college plans.
- > Allow follow-up data to be collected as you transition to college.
- > Tour a college campus.

*The Accuplacer computerized assessment measures your current level of knowledge and skills in reading, writing, arithmetic and algebra. Receive your scores immediately. Once you identify your academic strengths and needs, you can get the help you need to improve. Call 453-4200, ext. 3114 to schedule a testing session.

Blueprint for Success

Did you know that for most students, the reasons for dropping out of college or not doing well is due in large part to issues outside the classroom? The class will offer a variety of expert speakers that will help you gain the tools necessary to be confident and successful in college. Blueprint for Success is designed to help set your worries behind and move forward onto college! The course that will address college applications, FAFSA, scholarships, e-portfolios, study skills, time management, and more in a relaxed atmosphere. You will gain a unique advantage in the classroom and in life with the survival and success skills taught in these courses.

Wednesday from 1-4pm, 9/3/2014 to 12/17/2014 with Hannah Bard at Adult Ed, Computer Lab, \$10 lab fee

CPT 018 Computer Essentials

Technology is an essential tool for today's college student. This unique class will introduce you to the basic operation of a personal computer while at the same time teaching you how to navigate the online environment. Topics include vocabulary, disk management, data entry, data storage, and types of memory. During the course you will use Windows, the Microsoft Office Suite and several classroom management systems. Forty percent of the course will be in-class instruction while the remaining portion will be taught on-line using Blackboard.



Friday from 8:30-11:30am, 9/12/2014 to 10/31/2014 with Valmond Landry at Carter Hall, room 227, \$30 materials fee

Coming Soon!

Your local adult education program has teamed with the University of Maine at Augusta to provide a 3 college credit course open to college and adult transitions students.

COL 100
Introduction to the College Experience

Contact your adult education career advisor for more information - 453-4200, ext. 3120.



KVCC Tour

Join us for an evening tour of the KVCC campus. Meet with admissions personnel and learn about the programs and requirements of our local community college. If you think you don't have the time, money or smarts for college, this close up look will dispel some of the myths and introduce you to the reality of college for adults.

Thursday from 6-7pm, 10/23/2014 to 10/23/2014 with Valmond Landry at Carter Hall, Free



Reading Skills for College

This course is a college-level reading course designed to help students improve their reading comprehension and ability to do critical analysis. Students will develop advanced vocabulary skills and improve their reading speed and comprehension in assignments involving lengthy and difficult college-level texts and scholarly articles.

Thursday from 1-4pm, 9/4/2014 to 12/18/2014 with Marcia Cook at Adult Ed, Computer Lab, \$10 book fee

Writing Skills for College

This course is designed for students whose writing Accuplacer score is 55-73 indicating a need for further instruction prior to taking college level writing. This 14-week course will provide instruction in grammar, sentence structure, conventions of Standard English, and essay writing. (This course is equivalent to the course offered at community colleges or universities.)

Monday from 9am-12pm, 9/8/2014 to 12/15/2014 with Allison Benfatta at ADULT ED, room ALC 1, \$10 book fee

Number Skills for College

This course is designed for students whose arithmetic Accuplacer score is between 35 and 54 indicating a need to improve mathematical skills. The course will cover basic math, whole numbers, fractions, decimals and percents, order of operations, rational numbers, ratios and proportions. You will reduce your math anxiety in the hands-on, fun approach. (This course is equivalent to the course offered at community colleges and universities.)

Days: Tuesday from 5-8pm, 9/4/2014 to 12/18/2014 with Allison Benfatta at Adult Ed, room ALC 1, \$10 book fee

Eves: Monday from 5-8pm, 9/8/2014 to 12/15/2014 with Karen Kelley at The Annex, room C-6, \$10 book fee

Algebra Skills for College

This course is designed for students who have a solid base in math but little or no experience in algebra. Students should have an Accuplacer score in arithmetic above 55 and an algebra score between 50 and 75 indicating a need to improve skills for college level algebra. The course will cover word problems, using formulas, solving linear equations, algebraic expressions, factoring of polynomials, and solving quadratic equations. (This course is equivalent to the course offered at community colleges and universities.)



Days: Monday from 9am-12pm, 9/8/2014 to 12/15/2014 with Alverta Dyar at Adult Ed, room ALC 2, \$10 book fee for KV Academy students (\$109 for all other students)

Eves: Wednesday from 5-8pm, 9/10/2014 to 12/17/2014 with Karen Kelley at The Annex, room C-6, \$10 book fee for KV Academy students (\$109 for all other students) **Tandberg**

College Prerequisites

College Prep Chemistry with Lab

This introduction to the basic concepts of chemistry includes the periodic table, nature of chemical bonds, and properties of matter. This course meets the prerequisite for KVCC. It is strongly recommended that students be proficient in algebra prior to taking this course.



Wednesday from 5:30-8:30pm, 9/3/2014 to 12/17/2014 with Alverta Dyar at Adult Ed, room ALC 2, \$119 (includes \$20 refundable book deposit) **Tandberg**

College Prep Physics with Lab

Sir Isaac Newton observed an apple falling from a tree and came up with basic principles of motion that are still studied today. In addition to motion, physics covers mechanics, electricity, heat, light and sound. These topics provide a solid foundation for many technical occupations and this course meets the prerequisite requirement for KVCC. Students must have basic algebra prior to taking physics.

Monday from 5:30-8:30pm, 9/8/2014 to 12/22/2014 with Alverta Dyar at LHS, room B-1, \$119 (includes \$20 refundable book deposit)

Human Biology

This lab-based course is an introduction to general principles of biology through the study of the human body. Topics include basics of anatomy and physiology, development and aging, genetics and inheritance, immunity and human diseases, evolution, ecology, and human impacts on the environment. This course is designed to meet the Biology Pre-requisite of most colleges and prepare students to be successful in Anatomy and Physiology.



Monday from 1-4pm, 9/8/2014 to 12/15/2014 with Alverta Dyar at Adult Ed, room ALC 2, \$119 (includes lab fee) **Tandberg**





Arts & Crafts

Introduction to Chair Caning

Learn to re-cane your old chair! You will be introduced to materials, tools and techniques for restoring broken seats. Review the following fundamentals prior to getting into your individual project: preparation-cleaning, restoration, choosing the appropriate cane size, selecting can grain direction, the seven-step weaving technique, care and finishing of cane seat. Come away with the basic knowledge to pursue more skilled weaving on your own. Please bring to class a bucket, 10 clothes pins, 10 golf tees, an awl, spray bottle, and a sponge. Caning reed may be purchased from the instructor (approximately \$25).

Thursday from 6-8:30pm, 9/18/2014 to 10/23/2014 with Glen Hawes at Adult Ed, room ALC 2, \$59

Glen learned to cane chairs from his father at the age of 10. He has been caning chairs for more than 40 years.

Stained Glass

Modern or traditional - stained glass art has patterns for every taste. From choosing an appropriate project to finishing details, this class will take you step by step through the process of creating your own stained glass work of art. Purchase your own consumable supplies and glass but use our space and equipment (grinders, cutters, etc.) under the guidance of a trained glass artist. More advanced students may bring their own projects to work on. Receive a supply list upon registration.

Wednesday from 6-9pm, 9/10/2014 to 11/19/2014 with Wanda Shorty at LHS, room Rm 41, \$69

Wanda Shorty uses glass to create jewelry, mosaics and traditional stained glass items.



Beginner Crochet

If you have never crocheted before, or have not crocheted in a long time, this class is for you. Learn the basics of crochet. You will learn the chain stitch, single crochet and half-double crochet. During class you will learn to make dish cloths, a hot dish mat and advance to more challenging projects. When you complete the 8 week class you will feel comfortable making a simple scarf or afghan! If you have a crochet hook or yarn bring to class. The instructor will provide in class, instructional patterns, ball of cotton and a hook.

Wednesday from 6-9pm, 9/10/2014 to 11/5/2014 with Charlotte Gifford at Annex, room C-1, \$54



Twined Rag Rugmaking



Rag Rugmaking, the true art of recycling. During this 10 week course taught by Don Belgard, who is trying to keep the tradition alive, learn how to prepare strips of fabric for weaving into a rug. The instructor has designed this fun, hands-on course to teach the folk art of twined rag rugmaking. A stationary loom is required for this class, you can rent a loom from the instructor for \$25 or bring your own.

Please bring to first class, scissors, needle and thread, and any type of fabric which will can torn into strips.

Please indicate when registering if you will want to rent a loom. Space is limited to 10 students

Monday from 6-9pm, 9/8/2014 to 11/17/2014 with Donald Belgard at the Annex, room C-5, \$69

Donald Belgard is keeping alive the folkart tradition of twined rag rugmaking.



Learn to Knit

This course is for women and men who have never knit before or need a refresher. All you need is a desire to learn and patience. You will learn how to cast on, cast off, and the 2 knit stitches to knit anything. By the end of the class, you will have made at least one of three projects: a dishcloth, a scarf, a small knitter's bag. You will also be provided with lots of resources for follow-up.

Tuesday from 6-8pm, 9/16/2014 to 12/2/2014 with Kathleen Allan at the Annex, room C-1, \$49

Why was my class cancelled?



Classes are cancelled a few days before the start date if there are not enough enrollments to run the class. REGISTER EARLY to help keep classes running!



Health & Fitness

It's Back!

Swing Dance

Don't sit out the next dance when the band starts playing at a wedding or social event - get up and swing! Swing dance is an easy-to-learn dance form with roots in jitterbug and jive. Have fun as you learn the basic steps and positions. Wear comfortable shoes; avoid heels and slides. (Please note: this dance is done with partners but singles are welcome to attend.)

Monday from 6-7pm, 9/8/2014 to 11/10/2014 with Louis Moniz, Jr. at WATC, room MP Room 1, \$39

Volleyball for Fun

Come have fun and play volleyball in this 10-week program. You will be introduced to the basic fundamentals of volleyball. Instruction and practice of the fundamentals of the game will include serving, passing, setting, spiking, and the basic defensive and offensive strategies. Emphasis is placed on the rules and etiquette of the game. Guaranteed to be fun and full of laughter, exercise and camaraderie.

Tuesday from 6-8pm, 9/9/2014 to 11/25/2014 with Lisa Nadeau at LJHS, room Gym, \$30



Hula Hooping for Fitness

Learn to hula hoop and put fun back into your fitness routine. Hula hooping improves posture, balance, and stability; exercise abdominal and lower back muscles; and Benfatta calories as your trim your waist, hips, and thighs. With a custom-made weighted hoop (provided for class use or available for purchase), anyone can learn to hula hoop. The course will cover waist hooping, hand hooping, basic tricks, and building a short routine. (Please note that the Albion class is open to children ages 10 and up with a participating parent/adult.)

Fairfield: Monday from 6-7pm, 9/15/2014 to 10/27/2014 with Melissa Higgins at LJHS, room Gym, \$35

Albion: Monday from 6-7pm, 11/3/2014 to 12/8/2014 with Melissa Higgins at Albion Elementary, room Gym, \$35

Line Dancing

Line dance steps may look complicated, by they're really easy to master. You'll be strutting your stuff in no time at all. Join us for a fun night out. Wear comfortable shoes that slide.

Thursday from 6-7:30pm, 9/11/2014 to 11/13/2014 with Carol Booker at Clinton Elementary, room Gym, \$55



Eating Smart Being Active



ESBA is a series of 8 lessons for income eligible families with children in the home. Each lesson contains a food preparation/tasting activity and a light physical component. Lesson topics:

1. Get Moving
2. Plan, Shop, Save
3. Fruits and Veggies
4. Whole Grains
5. Build Strong Bones
6. Go Lean with Protein
7. Limiting Food High in Fats, Sugars
8. Celebration

Participants will receive an incentive at the end of each class attended.

Tuesday from 6-7:30pm, 9/9/2014 to 11/4/2014 with Gail Cardarelli at the Annex, room C-10, Free

DISCOUNTS AVAILABLE

Frequent Learner Discount

Save \$5 on one class registration of \$25 or more if you took a class with us last semester.

Senior and Veteran Discount

Seniors 65+ and Veterans take 10% off your course registration fee of \$25 or more. (Discount not available on bus trips.)

Call or email for your promo code if registering online.



Health & Fitness

Candle Light Flow Yoga



Set to inspiring music and lit only by candles this class will allow you to unwind, relax and chill out. Candle-light yoga is a soothing, restorative yoga class lit by candlelight, with a focus on mind-body awareness. We start with a gentle flow to warm the body in preparation for mellow postures and end with a deep relaxation savasana (rest pose). By the end of the class, you will feel recharged, replenished, and relaxed. Should have the ability to move through seated, standing, extending, kneeling and reclined postures. Props are available and modifications are suggested throughout the practice. All levels welcome.

Monday from 7-8pm, 9/15/2014 to 10/20/2014 with Heather Pena at School Street Yoga, \$39

Qi Gong

Qigong is a gentle, therapeutic exercise that coordinates breathing techniques with each movement. It is both curative and preventative and it is based on the ancient system of acupuncture meridians. The purpose of these exercises is to prevent or dissolve blockages of energy, stimulate the circulation and correct imbalances by bringing harmony to the energies of the internal organs in such a way as to protect the body from attack by external factors (viruses, cold, heat, humidity) as well as internal factors (negative emotions). Qigong can be safely performed by any age group and physical ability/disability. Wear comfortable clothes and cotton shoes, or shoes without rubber or plastic, as these materials do not allow for the passage of negative ions.

Monday from 7-8pm, 10/6/2014 to 11/24/2014 with Danielle Tognato at School Street Yoga, \$59

Yoga Nidra



Yoga Nidra is a meditation technique with 5,000 year-old beginnings in the practice of Naysa, a technique using the body scan to heal many kinds of illnesses and injuries. Yoga Nidra is practiced in a supine position of stillness and silence for up to an hour. A meditation on the whole body, Nidra helps to decrease sympathetic arousals and cortical excitations, stimulating the parasympathetic nervous system. Its guided imagery sequence is said to help to divert awareness towards positive direction. Beth is certified to teach in the oldest Himalayan tradition.

Thursday from 7-8pm, 9/11/2014 to 10/30/2014 with Beth Jones at School Street Yoga, room , \$59

Reiki I Certification



Reiki helps create deep relaxation that promotes health and healing by bringing the body back into balance. Upon completion of this class you will be a certified Reiki I practitioner. Attendance at all four classes is expected. A \$5 fee will be payable to the instructor for a comprehensive manual and certificate.

Thursday from 6-8:30pm, 10/16/2014 to 11/6/2014 with Gail Smith, RN-BC at The Annex, room C-4, \$45

Heart Saver CPR and AED



The Heart Saver CPR and AED course teaches the basic techniques of Adult CPR and how to use AED equipment. Students will learn about using barrier devices in CPR and giving first aid for choking. You will learn how to recognize the signs of the four major emergencies: heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. This class is appropriate for coaching, daycare, and general knowledge certification.

Wednesday from 6-9pm, 9/17/2014 to 9/17/2014 with Kelly Roderick at The Annex, room C-3, \$75 includes book and certification card



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Health and Fitness

Change Your Thoughts-Heal Your Body



Experience how the positive and difficult happenings in your life can effect you down to your cellular level. Learn how your body can and has physically responded to your emotions. Learn 12 ways to keep yourself happier and healthier.

Tuesday from 6-8pm, 9/23/2014 to 9/23/2014 with Linda Hargesheimer at the Annex, room C-7, \$15

Live Your Best Life



People interested in learning natural solutions for being healthy and living well. No prerequisites necessary. People will be able to make informed choices to improve their health and well-being in multiple areas of life. Learn about natural ways to take ownership of your health with beneficial lifestyle skills and environmental solutions that promote balanced living and wellbeing for your body, mind, family, society and finances. Wear comfortable clothing, bring a notebook and pen.

Monday from 6:30-8pm, 11/3/2014 to 11/24/2014 with Barbara Joseph at the Annex, room C-4, \$35



Natural Stress Relief



Join Nathaniel Petley, ND as he shares his integrated approach to dealing with conditions relating to stress, ranging from chronic stress to acute panic attacks. Learn natural remedies and techniques used with patients at his naturopathic clinic.

Tuesday from 6-9pm, 10/14/2014 to 10/14/2014 with Nathaniel Petley, ND at The Annex, room C-4, \$9

Intro to Crystals

Learn many different ways to use stones and crystals in your everyday life. Discuss ways to align stones with your chakras. You will learn how to use pendulums, and worry stones as well as participate in a guided meditation to learn to work with your own stones and crystals. In this meditation, you will learn what your stones have to say to you. Trust me, it is a lot! Please bring your favorite stone or crystal.

Wednesday from 6-8:30pm, 11/12/2014 to 11/12/2014 with Jeannie Sullivan at The Annex, room C-4, \$15

Fix Your Digestion Naturally



Learn about natural therapies useful for improving overall digestion along with simple remedies for everyday complaints. The focus will be on herbs, supplements, and foods.

Tuesday from 6-9pm, 9/23/2014 to 9/23/2014 with Nathaniel Petley, ND at The Annex, room C-6, \$9

Holistic Energy Healing

In this fun and interactive workshop you will learn about chakras, where they are, what they do, and how they work. By discussing different healing energy modalities you will discover ways to help strengthen not only your chakras, but your mind/body connection as well. You will also participate in a guided meditation that will leave you feeling balanced, calm, and centered, as though you have had a massage for your soul.

Wednesday from 6-8:30pm, 11/5/2014 to 11/5/2014 with Jeannie Sullivan at The Annex, room C-4, \$15

Six Feet Under: Funeral Choices

A do-it-yourself funeral is not only legal, it would save you thousands of dollars. Some people have environmental concerns about traditional burial practices. Learn about the wide variety of burial options including home funerals, green cemeteries, natural burial, advance directives, scattering ashes, coffin alternatives (including plans for building your own), and the paperwork necessary to carry out consumer rights and funeral director responsibilities.

Wednesday from 6-8pm, 10/1/2014 to 10/1/2014 with Chuck Lakin at the Annex, room C-5, \$9



Special Interest

Hunter Safety

The Department of Inland Fisheries and Wildlife's Hunter Education Course is more than a "gun safety" class. The basic mandatory course consists of classroom instruction. Each course is taught by a trained, certified volunteer instructor, according to statewide standards. Students are provided with a course handbook, outdoor survival information, and additional handouts. Courses involve lectures and demonstrations by instructors, homework, field experiences and a final written exam. The minimum course length is 12 hours. You must attend every day of the class in order to receive your certificate.

Contact Don Perrine to register for this course at 238-0279. Fee is payable to instructor.

M-T-W-Th from 6-9pm, 8/25/2014 to 8/28/2014 with Don Perrine at LJHS, room Cafeteria, \$10

Archery Hunter Safety

Learn about archery equipment, proper hunting methods, responsibilities and general safety. Most classes will have some outdoor exercises. Passage of a final exam is required. Topics to be covered include laws, safety, equipment, first aid and survival, map and compass, ethics and landowner relations. You must attend every class to receive your certificate. Children 10-16 must be accompanied by an adult.

To register for this class call Russell Corson at 474-5361. Fee is payable to instructor.

M-Th from 6-9pm, 9/15/2014 to 9/18/2014 with Russell Corson at the Annex, room C-13, \$10

Crossbow Hunter Safety

To be eligible to purchase a crossbow hunting license, any person (16 years of age and older) must hold a valid license to hunt big game (either a big game hunting license or an archery license), and must submit proof of having successfully completed an archery hunting education course and a crossbow hunting course or evidence of having previously held adult archery and crossbow hunting licenses issued specifically for the purpose of hunting with a crossbow or bow and arrow in this State. When proof or evidence cannot be provided, the applicant may substitute a signed affidavit.

With a valid crossbow hunting license, a person may hunt bear with a crossbow during the open season on bear, and may hunt deer with a crossbow during the open firearm season on deer. The crossbow hunting license may not be used to hunt deer during the archery season, muzzle loading season, or expanded archery season.

This course covers History & Modern Crossbows, Responsibility & Ethics, Accessories, Shooting & Handling, Special Concerns, Laws & Safety, and Testing & Review.

Students must take archery hunter safety prior to taking this class.

To register for this class call Russell Corson at 474-5361. Fee is payable to instructor.

M & T from 6-9pm, 9/22/2014 to 9/23/2014 with Russell Corson at the Annex, room C-13, \$7

Maine Driving Dynamics

The Maine Driving Dynamics course is a driver improvement course that is aimed to improve a student's defensive driving awareness and abilities. This 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 vehicle-related crashes.

A student who completes the course will receive a three-point credit on their driving record.

T/Th from 6-8:30pm, 10/14/2014 to 10/16/2014 with MDD staff at the Annex, room C-5, \$40 (Seniors 65 and older, \$10)

Babysitter Lessons and Safety Training - BLAST



BLAST! Babysitter Lessons and Safety Training Program (the Second Edition) published by the American Academy of Pediatrics (AAP) is an important program for babysitters. It is exciting and interactive and provides training in pediatric first aid, household safety, and the fundamentals of childcare. We will cover the most current practices for safety and injury prevention, First Aid basics for emergency, quick reference tools for babysitters, and a fun, easy to follow booklet. The program will prepare you to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform first aid and CPR, and begin babysitting safely and competently. Designed for young people ages 12 and older who are interested in learning the skills for babysitting. A parent or guardian must accompany young people 12 to 17. A lab fee of \$20 is payable upon registration. Fee includes book and certificate.

Tuesday from 6-9pm, 9/23/2014 to 9/23/2014 with Kelly Roderick at The Annex, room C-5, \$20 lab fee

Kelly Roderick is a Certified BLAST Instructor with Atlantic Partners EMS.





Special Interest

Active Parenting Now



Do you ever wonder if there is a better way to handle some of those daily parenting challenges? Learn how with this six-session video and discussion program for parents and care providers of children ages 5-12. This program is designed to help raise responsible children by using effective discipline techniques and encouragement skills.

Thursday from 5-7pm, 10/9/2014 to 11/13/2014 with Debra Rich at Adult Ed, room ALC 1, Free

Computers for Work and Life



This 12 week course in computers is designed to provide students with hands-on introduction, basic elements and experience running a personal computer. You will learn the proper keyboarding techniques. Word and Excel application programs from Microsoft Office Suite will be taught.



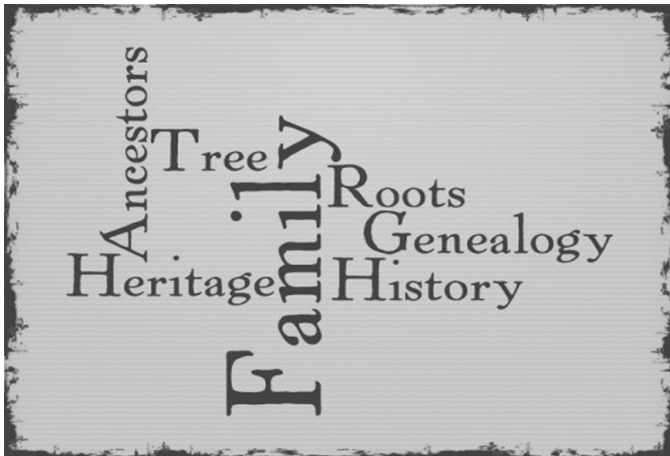
Tuesday from 6-8pm, 9/9/2014 to 12/9/2014 with Tina Davis at LHS, room 10, \$69 (includes book)

Microsoft Excel 2010 Intro

Master the second most utilized software program in the world - Excel. This powerful spreadsheet program lets you organize data, complete calculations, graph data, and develop professional looking reports. This comprehensive course will take you step-by-step from the basics of Excel to using the more advanced functions. The course text will be a handy reference guide as you put the power of Excel to work in your business or office.



Monday from 6-8pm, 9/8/2014 to 10/20/2014 with C. Doug Giles at Adult Ed, room Computer Lab, \$79 (includes book)



Genealogy Resources at Maine State Library



During this session, participants will learn about the genealogical collection at the State Library: genealogies; state, county, town and vital records for Maine and the other New England states; Canadian resources; collection of family charts and maps; and databases. A brief overview will be followed by a tour of our website, highlighting our access to Ancestry.com Library Edition and HeritageQuest. Also noted will be our classes, on-site workshops, bi-monthly genealogy newsletter and the recent formation of a genealogy club. This information should prove useful when referring patrons seeking genealogical materials and guidance.

Tuesday from 1-3pm, 10/21/2014 to 10/21/2014 with Emily Schroeder at Annex, room C-4, \$9



Computers for the Over 50 Crowd

In this six week course, we will cover a different computer essential area every week. During Week 1, we will cover computer basics, including using the keyboard/mouse, saving and finding your documents, and becoming familiar with other hardware/software basics. Week 2 will cover several aspects of the Internet. Topics will include selecting and using a browser, navigating the web, and internet security. During Week 3 we will create an e-mail account, explore the features of the account, learn how to add attachments, and send/receive e-mails. Facebook will be introduced in Week 4. This will cover finding friends and family, creating a post and sending messages, uploading/downloading photos, and how to keep your account secure. Week 5 will be spent on the basics of Microsoft Word. We will learn to create/save/retrieve documents and how to add basic formatting. Finally, Week 6 will be reserved for the students choice, be it new material or reinforcement of previously covered material.



Session 1: Friday from 10am-12pm, 9/12/2014 to 10/17/2014 with C. Doug Giles at Adult Ed, room Computer Lab, \$49

Session 2: Monday from 6-8pm, 10/27/2014 to 12/1/2014 with C. Doug Giles at Adult Ed, room Computer Lab, \$49



REGISTER ONLINE!

It's quick, easy and secure!
Plus, you'll receive an email confirmation.

www.lawrenceadulted.org



On the Road Again

Day Trip to Boston and the New England Aquarium

Join us for a fun packed day in Boston and a visit to the New England Aquarium. At the aquarium, you can explore coral reefs, experience a rain forest, meet a variety of creatures and even attend a movie in the IMAX Theater. Your day includes time to enjoy the shopping and eating opportunities at Faneuil Hall and Quincy Market.

Depart from Waterville at on a Cyr Bus motor coach at 6:30 a.m. and arrive at the aquarium around 11 a.m. Spend as much time as you want at the aquarium and/or walk to nearby locations for shopping and eating. The bus will pick you up at the aquarium at approximately 5:15 p.m. After a stop at the Kennebunk Rest Area you will arrive home at approximately 9:00-9:30 p.m. An adult must accompany children under the age of 16.

Deadline to register is September 5. No refunds will be issued after this date.

Date: Saturday, September 27, 2014

Fee: \$69.00 adults / \$59.00 children 3-17 Fee includes transportation and general admission to the aquarium. Special event tickets, IMAX, and meals are not included.

Depart Waterville: (Elm Plaza) 6:30 am Return 9:30pm
Depart Gardiner (Hannaford) 7:00 am Return 9:00 pm

Maine Winery Adventure

Let us escort you in comfort as you taste some of the finest wines along a portion of the Maine Wine Trail. Experience the natural beauty of the fall colors as you traverse the scenic countryside for a day of touring, tasting, and perhaps, taking home samples of the best wines Maine has to offer.

Our first stop will take us to Tree Spirits in Oakland which offers us a variety of wines as well as spirits, such as Apple Jack and Pear Brandy. Our tasting here will include a souvenir glass.

Next will be visit the Younity Winery and Vineyard to meet Clem, the Barefoot Vintner, and his wife Jeri. We will taste a variety of creatively named wines such as Tickled Pink, Star Cross Lovers, Over a Barrel and Pie-Eyed.

A three course catered lunch with wine pairings will be prepared and waiting when we arrive at Winterport Winery and Penobscot Bay Brewery. Pairings will celebrate the union of complementary food and drink through a fine dining experience of a catered lunch. Our final stop will be to the Cellar Door Winery in Lincolnville, where we have a guided tour and taste four different wines. No one under 21--must have valid ID.

Deadline to Register is September 19, 2014. No refunds will be issued after this date.

Date: Saturday, October 4, 2014

Fee: \$79.00 Fee includes bus transportation, lunch, tastings and 1 souvenir glass (Tree Spirit).

Depart Fairfield (Lawrence Jr. High School parking lot) 8:30 am
Depart Gardiner (Hannaford) 8:00 am

Return approximately 6:00 pm

Salem in October!

Join us on an October trip to Salem, Massachusetts for a visit to the Salem Witch Museum and House of the Seven Gables. Follow the history of witches, witchcraft, and witch hunts through the ages.

The main presentation at the Museum is an overview of the events of the Salem Witch Trials of 1692. Witches – Evolving Perceptions is a provocative exhibit, which presents the ancient pagan wise woman, the stereotypical witch, modern witchcraft and the phenomenon of witch hunts. After the Witch Museum we'll stroll the streets of Salem to the House of the Seven Gables for another tour of this premiere historic site. Built in 1668, this is the oldest surviving 17th century wooden mansion in New England and was the inspiration for author Nathaniel Hawthorne to write his legendary novel of the same name. After lunch (on your own) and shopping, you will be able to visit the Salem Maritime National Historic Site for a self-guided tour, or simply explore all that Salem has to offer! Everything is within walking distance, so wear your walking shoes!

Deadline to register is October 3, 2014. No refunds will be given after this date.

Date: Saturday, October 18, 2014

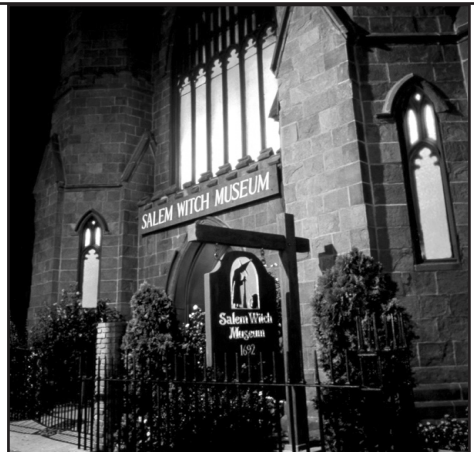
Fee: \$75.00 Fee includes transportation and entrance to the Salem Witch Museum and the House of the Seven Gables.

Depart Waterville (Elm Plaza) 5:45 am
Depart Gardiner (Hannaford) 6:15 am

9:45 a.m. Arrive at Salem Witch Museum; 10:00-11:15 a.m. Tour of Salem Witch Museum; 11:15-11:30 a.m. Walk to House of the Seven Gables; 11:30 a.m.-12:45 p.m. Tour of House of the Seven Gables 12:45-4:00 p.m. Lunch, Shopping, Maritime Historic Site (all on your own); 4:15 p.m. Board bus back to Maine

We will be stopping for a quick dinner at the Kennebunk Service Plaza on our way home.

**Salem in October is hosted by
Mid-Maine Adult Community Education in Waterville.
To register for this trip visit:
midmaine.maineadulted.org
or call 873-5754**





On the Road Again

Christmas in Newport

Take a step back to the gilded age of the 20th century and enjoy the holiday season with a fun filled visit to Newport, Rhode Island. We will visit three beautifully decorated mansions and have time to shop and enjoy this seaside town's Christmas festivities. A full itinerary will include a holiday evening at The Breakers (the grandest of Newport's summer cottages), self guided audio tours of The Elms and Marble House and a Holiday History Walking tour sponsored by the Newport Historical Society. Our itinerary also includes Saturday luncheon at the Daniel Webster Inn in Sandwich, Massachusetts followed by a visit to the Sandwich Glass Museum. Holiday festivities at the museum include trees decked with glass blown ornaments and an exhibit of antique glass toys. We plan to arrive in Newport by 4:00 pm where you will have time for shopping and an early dinner on your own before visiting the elegantly decorated Breakers. Live music and refreshments will be the back-drop as guests enjoy the yuletide splendor of this 70 room mansion. Our overnight accommodations are at the Hampton Inn and Suites in nearby Middletown. This hotel has been awarded the 2014 Trip Advisor Certificate of Excellence and offers inviting rooms, an indoor pool, free Wifi and a hot breakfast buffet. Sunday is a full day including tours of The Elms, a French style chateau built in 1901 and a tour of the Vanderbilt's opulent Marble House. Both mansions will be decked out with period ornaments and lavish holiday decorations. In addition we'll have a Holiday History Walking tour of the downtown area focusing on life in early Newport. We will have several hours downtown for lunch (on your own) and shopping, as well. We will depart Newport at 5:00 pm with a dinner stop at Wright's Farm in Harrisville, RI.

Registration fee includes motor coach transportation, hotel accommodations, holiday evening at the Breakers, two mansion tours, holiday walking tour, glass museum, Saturday lunch buffet, Sunday breakfast buffet and Sunday dinner. All other meals are on your own.

Deadline to register is November 6th. No refunds given after this date.

Dates: Saturday and Sunday December 6th and 7th

Fee: \$269.00 per person based on double occupancy

Depart Waterville (Elm Plaza) 7:00 am Return 11:45 pm
 Depart Gardiner (Hannaford) 7:45 am Return 11:00 pm

**Christmas in Newport is hosted by
 MSAD 11 Adult Education in Gardiner.
 To register visit: msad11.maineadulted.org
 or call 582-3774**



Shopping Extravaganza

Want to get a head start on Christmas shopping? Do you love bargains and unique items? If so, you won't want to miss this shopping extravaganza! The first stop is Salem, New Hampshire for the 19th annual New England Craft and Specialty Food Fair. Over 250 of the region's finest craftsmen and women will display and sell their arts, crafts, and specialty foods. After lunch at the show, a full afternoon of shopping awaits in tax free Nashua, NH where major thoroughfares (as well as the downtown area) are lined with all sorts of shopping opportunities. Bring your "shop until you drop" attitude because there's more to do at the Merrimack Premium Outlets in the early evening. Plan to have dinner at one of the eateries in the outlet area before our 8:00 pm departure.

Deadline to register is October 14th. No refunds will be given after this date.

Date: Friday, November 14

Fee: \$89.00 per person Fee includes motor coach transportation and craft fair ticket. All meals are on your own. Space is limited to 54 passengers.

Depart Waterville (Elm Plaza) 7:00 am Return 11:30 pm
 Depart Gardiner (Hannaford) 7:45 am Return 10:45 pm

**Shopping Extravaganza is hosted by
 MSAD 11 Adult Education in Gardiner.
 To register visit: msad11.maineadulted.org
 or call 582-3774**



Exploring Italy

Italy is absolutely fabulous! Join three recent travelers and learn why this is a country that visitors return to again and again. We'll explore Florence, Rome, and the hill towns of Tuscany through slides and stories. Learn about the culture (Italians have an extended lunch break), the history (those Romans sure knew how to build things), the food (can you say ribollita) and discover why there's a photograph around every corner. We'll provide tips and travel resources and some Italian dessert! Don't miss the fun.

Wednesday, 10/29/2014 from 6 -7:30pm at MSAD 11 Adult and Community Education in Gardiner, Free

**For more information or to register visit:
www.msad11.maineadulted.org or call 207-582-3774.**



Barcelona, Southern France & the Italian Riviera

with The Lawrence Adult Education Group

12 days | June 19, 2015

Round-trip airfare • Expert tour director • Guided sightseeing
Handpicked hotels • Private transportation • Select meals

Though distinctly different, each region brings its own brand of laid-back leisure (you'll take sunny siestas in Catalonia and relaxing *riposos* on the Mediterranean), in addition to inimitable culture, astounding architecture and, let's not forget, amazing food. Get ready to sip sangria by the Sagrada Família, meander through ancient ruins in Nimes and saunter through seaside villages, all while sneaking in opportunities to brush up your Spanish, French and Italian.

Secure your spot
\$300 deposit

Contact Group Leader Debra Bomaster and use group #65558648:

207.453.4200 x3115
dlbomaster@gmail.com
<http://lawrenceadulthoodeducation.grouptoursite.com>



ADULT BASIC EDUCATION



Our Adult Learning Center offers instruction for adults who want to improve their skills in reading, writing, and math. Let us put together a program to help you achieve your educational goals.

Reading 1

Basic reading skills include language, concentration, visual processing skills, auditory processing skills, memory and reasoning. In this class the focus will be on alphabetics, vocabulary, comprehension, and fluency using authentic materials such as newspapers, maps, charts, medicine bottles, doctor's instructions, driver manuals, label reading, job notices, applications and cooking instructions.

Tuesday from 9-10:30am, 9/2/2014 to 12/16/2014 with Michael Trombley of Literacy Volunteers at Adult Ed, room ALC 2, Free

Math 1

This class covers addition, subtraction, learning multiplication tables and division, whole numbers, estimating, beginning word problems and patterns.

(AM) Session 1: Wednesday from 10am-12pm, 9/3/2014 to 10/22/2014 with Alverta Dyar at Adult Ed, room ALC 2, \$10

(AM) Session 2: Wednesday from 10am-12pm, 10/29/2014 to 12/17/2014 with Alverta Dyar at Adult Ed, room ALC 2, \$10

(PM) Session 1: Tuesday from 1-3:15pm, 9/2/2014 to 10/21/2014 with Allison Benfatta at Adult Ed, room ALC 1, \$10

(PM) Session 2: Tuesday from 1-3:15pm, 10/28/2014 to 12/16/2014 with Allison Benfatta at Adult Ed, room ALC 1, \$10

Math 2

Math 2 covers fractions, decimals, integers, rational numbers, exponents and squares, order of operations, percents, ratio and proportions and more word problems.

(AM) Session 1: Wednesday from 10am-12pm, 9/3/2014 to 10/22/2014 with Allison Benfatta at Adult Ed, room ALC 1, \$10

(AM) Session 2: Wednesday from 10am-12pm, 10/29/2014 to 12/17/2014 with Allison Benfatta at Adult Ed, room ALC 1, \$10

(PM) Session 1: Tuesday from 1-3:15pm, 9/2/2014 to 10/21/2014 with Alverta Dyar at Adult Ed, room ALC 2, \$10

(PM) Session 2: Tuesday from 1-3:15pm, 10/28/2014 to 12/16/2014 with Alverta Dyar at Adult Ed, room ALC 2, \$10

Math 3

As your math skills increase, cover geometry, perimeter, circumference, area and volume. One step formula equations will be covered.

Session 1: Wednesday from 2-4pm, 9/3/2014 to 10/22/2014 with Allison Benfatta at Adult Ed, room ALC 1, \$10

Session 2: Wednesday from 2-4pm, 10/29/2014 to 12/17/2014 with Allison Benfatta at Adult Ed, room ALC 1, \$10



Community Connection for High-Speed, Broadband Internet Technical Assistance.

The Lawrence Adult Education program is your Community Connection for information on how you can use Maine's expanding high-speed, broadband internet connectivity to help you meet educational goals, enrich your life, obtain health information, access governmental services and enhance economic and community development. Contact our office and 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 the speed on your internet connection.



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

Adult Education Something for Everyone

A representative from local adult education programs will be available to talk to you about the opportunity to earn a high school credential, transition from high school to college, improve your technology and other skills in order to find employment or better employment, learn English as a second language or access other programs that will best meet your needs based on your interests and goals. Information will be available about Mid-Maine Regional Adult Community Education and Lawrence Adult Education.

Tuesdays from 10:15-11:00 am starting September 2, 2014.

Registration is not required!
Friendly and comfortable setting!
Waterville Public Library
Elm Street, Waterville



DISTANCE EDUCATION



University College - ITV

University College offers statewide access to courses and degrees from the University of Maine campuses. Courses are available online and through interactive television (ITV) at sites statewide including Lawrence Adult Education. For more information or to register call 1-800-868-7000 or visit the University's website at <http://learn.maine.edu>.

What are ITV courses?

ITV courses are broadcast live by faculty from University of Maine System campuses to University College centers and sites across Maine. Students view the class on TV monitors and interact with the instructor and with other students using a toll-free classroom telephone. Many ITV courses include streaming video, allowing students to view lectures online.

Most ITV classes also require students to participate online through BlackBoard or other online instructional programs.



Fall 2014 ITV Courses Available at the Fairfield Site - Semester begins September 2.

<u>Course Number</u>	<u>Course Name</u>	<u>Day</u>	<u>Time</u>	<u>Campus</u>
BUA 100	Introduction to Business	F	9:00am-11:45am	UMA
BUA 101	Finl Acct for Decision Making	F	1:00pm-3:45pm	UMA
BUA 217	Commercial Lending	M	7:00pm-9:45pm	UMA
BUA 230	Business Law	W	4:00pm-6:45pm	UMA
BUA 303	Management Information System	Tu	7:00pm-9:45pm	UMA
BUA 360	Operations Management	W	4:00pm-6:45pm	UMA
BUA 365	Organizational Behavior	Th	7:00pm-9:45pm	UMA
BUA 379	Accounting Information Systems	W	7:00pm-9:45pm	UMA
CIS 303	Management Information Systems	Tu	7:00pm-9:45pm	UMA
COM 102	Interpersonal Communications	W	7:00pm-9:45pm	UMA
CON 302	Pharmacology	Th	4:00pm-6:45pm	USM
EDU 352	Interv for Families w/Children	W	4:00pm-6:45pm	UMA
ENG 102W	Intro to Literature	Th	4:00pm-6:45pm	UMA
HTY 103	United States History I	Tu	7:00pm-9:45pm	UMA
HUS 101	Intro to Human Services	Tu	4:00pm-6:45pm	UMA
HUS 222	Psychosocial Rehabilitation	M	4:00pm-6:45pm	UMA
HUS 326	Chem Depend Counseling	Th	7:00pm-9:45pm	UMA
HUS 330	Interviewing and Counseling	F	4:00pm-6:45pm	UMA
HUS 349	Supervision in Health & Human	F	1:00pm-3:45pm	UMA
HUS 352	Interv for Families w/Children	W	4:00pm-6:45pm	UMA
HUS 460	Pre-Internship Seminar	F	9:00am-11:45am	UMA
MAT 9	Foundations of Mathematics	Th	4:00pm-6:45pm	UMA
MAT 112	College Algebra	Tu	4:00pm-5:15pm	UMA
MAT 115	Elementary Statistics I	M	4:00pm-6:45pm	UMA
MAT 130	Math for Elementary Teachers I	Tu	5:30pm-6:45pm	UMA
MAT 281	Intro Probability & Statistics	F	9:00am-11:30am	USM
MAT 360	Operations Management	W	4:00pm-6:45pm	UMA
NUR 303	Pathophysiology	Tu	4:00pm-6:45pm	UM
POS 365	Organizational Behavior	Th	7:00pm-9:45pm	UMA
PSY 100	Intro to Psychology	Tu	7:00pm-9:45pm	UMA
PSY 308	Human Development	M	4:00pm-6:45pm	UMA
PSY 401	Health Psychology	M	7:00pm-9:45pm	UM



DID YOU KNOW



That if you take an online class through the University System that you may be able to take exams in Fairfield? Call 1-800-868-7000 to find out how!



DISTANCE EDUCATION



On-line Learning at Ed2Go

These instructor-facilitated online courses are fun, convenient, and highly interactive. All courses run for six weeks (with a two-week grace period at the end). Courses are project oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. Complete any of these courses entirely from your home or office and at any time of the day or night.



Learn More

1. Start by visiting our on-line instruction center: www.ed2go.com/sad49.
2. Search for a course or view the catalog to browse through the courses available.
3. Click on the Enroll Now button and follow the prompts to register and pay for your course and set up your e-mail and password for access to your on-line classroom.
4. When your course begins, return to our on-line instruction center and click on the My Classroom link to sign in to your on-line classroom.

All courses require Internet access, e-mail and web browser such as Internet Explorer. Some courses may have additional requirements. Please visit our On-Line Instruction Center for more information.

Fees: Most courses start at \$99

Some of the top rated on-line courses:



- Accounting Fundamentals
- Creating Web Pages
- Basic Anatomy and Physiology (UMA will accept this as 1 credit toward prior learning assessment.)
- Medical Terminology (UMA will accept this as 2 credits toward prior learning assessment.)
- Speed Spanish
- A to Z Grant Writing
- Beginning Writer's Workshop
- Introduction to QuickBooks 2013
- Solving Classroom Discipline Problems
- Secrets of Better Photography
- Introduction to Microsoft Access 2010

Fall Classes begin every six weeks on August 20, September 17, October 15, November 12 and December 10, 2014.



Convenient, Affordable, and Effective.

Take ed2go courses from the comfort of your home or office at the times that are most convenient for you.

We offer you hundreds of engaging online courses for adults, covering every topic from A-Z Grantwriting to Web Design.

Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

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www.ed2go.com/sad49

How do I register for classes?

Register for most of our classes online, by phone, by mail or in person. We accept cash, checks, Visa, MasterCard, and Discover. **Diploma, HiSET and College Transitions registrations require an intake appointment.** Call 453-4200 ext 3114.



Online: We offer online registration for non-academic courses at our website:
www.lawrenceadulted.org.



Phone: Register by phone or fax with your Visa, MasterCard or Discover. If registering by fax, please be sure to give all information requested on the registration form.



Mail: Send registration form and payment to:
Lawrence Adult Education
4 School Street, Fairfield, Maine 04937



Walk-in: Register by stopping by our office during regular business hours and drop off your registration form and payment.

Who can take adult education classes?

Any adult 17 years or older can take adult education classes, even if you don't live in the district!

What else should I know about my registration?

Registration confirmations are not sent out. If you do not hear from us, assume that your registration has been processed and accepted. You will be notified if the course is full or cancelled. Please feel free to contact us to confirm.

Fees

Registration fees are noted in each course description. Unless otherwise noted, the fee includes any necessary textbooks and/or materials. Some courses require participants to provide additional materials and/or equipment and some classes will require a supply or materials fee paid directly to the instructor and will be noted in the course description.

Book fees are included in the registration fee for the course. Borrowed books have a deposit of \$20 and the books must be returned at the end of the semester in reasonable condition in order to receive a refund. If a state agency is paying for your classes and there are deposits involved, we will bill the agency for the registration fee of the course and not the refundable book deposit. The student will be responsible for the deposit.

Discounts (Call 453-4200, ext. 3114 for Promo Codes if registering online.) Cannot be Combined.

- Frequent Learner Discount: If you took a course with us last semester (Winter/Spring 2014), deduct \$5 from one course registration fee of at least \$25 this semester. Limit 1 discount per semester.
- Senior (65+) and Veteran Discount: 10% off course registration fee of \$25 or more (excluding bus trips). If registering online, please call for promo code.

Refund Policy

A refund is available if:

- A class is cancelled for any reason or full.
- You withdraw from class 7 days prior to the start date of the class. (minus a \$5 processing fee)
- Refund requests made after a class has begun will be considered on an individual basis at the discretion of the director
- On-line registration refunds will be credited back to the card used in the transaction. All other refunds may take up to four weeks to process.

Cancellations

- If a course has too few enrollments, we will cancel one business day before the start date (unless otherwise noted).
- If an instructor has to cancel a class meeting, students will be notified as soon as possible and a makeup class will be scheduled by the instructor.
- If RSU/MSAD #49 day schools are closed because of the weather, adult education classes are automatically cancelled. If day schools are open, but bad weather develops during the day, the decision to cancel will be made by 3 pm and announced on local media stations and posted on our website at www.lawrenceadulted.org.

REGISTRATION FORM

Date _____

First & Last Name _____
Mailing Address _____
Town/State/Zip _____
Telephone #s (Main) _____ (Other) _____ Year of Birth _____
E-mail Address _____

COURSE(S) YOU ARE REGISTERING FOR:

FEE:

_____ \$ _____
_____ \$ _____
_____ \$ _____

IF YOU QUALIFY FOR THE FREQUENT LEARNER DISCOUNT SUBTRACT \$5. **TOTAL:** \$ _____

Payment Type: _____ Cash Receipt # _____
_____ Check or Money Order # _____
_____ Visa/MC/Discover (please complete information below) Auth # _____

_____ *Credit Card Number* _____ *Expiration Date* _____ *Cardholder Signature*

REGISTRATION FORM

Date _____



First & Last Name _____
Mailing Address _____
Town/State/Zip _____
Telephone # (Main) _____ (Other) _____ Year of Birth _____
E-mail Address _____

COURSE(S) YOU ARE REGISTERING FOR:

FEE:

_____ \$ _____
_____ \$ _____
_____ \$ _____

IF YOU QUALIFY FOR THE FREQUENT LEARNER DISCOUNT SUBTRACT \$5. **TOTAL:** \$ _____

Payment Type: _____ Cash Receipt # _____
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_____ Visa/MC/Discover (please complete information below) Auth # _____

_____ *Credit Card Number* _____ *Expiration Date* _____ *Cardholder Signature*

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POSTAL CUSTOMER

*She taught us in simple
everyday terms, so we could
relate to everyday life.*

Something for
EVERYONE!

*The teacher allowed us to go at our own pace
while she helped the students that needed
more one on one.*

*“Very friendly, lots
of encouragement,
lots of help.”*



MAINE
Adult Education
Learning for Work and Life