



About Us



What We Offer

GED or high school diploma: 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 Plato 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 Deb Bomaster at 685-4923, ext. 1009.

Higher education prep: 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 Deb Bomaster at 685-4923, ext. 1009.

Enrichment: 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. For course listings, visit <http://maranacook.maineadulted.org>. For questions, email adulted@maranacook.org or call us at 685-4923, ext. 1065.

Diploma Courses

Diploma classes begin the week of January 7, 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 January 21, February 18-22, April 15-19 and May 27, 2013.

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 for emergency vehicles, obey the 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 policy

There is no smoking anywhere 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

Maranacook Adult Education Staff:

Deb Bomaster, Director, ext. 1009

Susan Simons, Administrative Support, ext. 1065

Stephanie Ward, Student Services Coordinator, ext. 1065

Courtney Oliver, Administrative Support, ext. 1065

Mail:

RSU 38 Maranacook Adult Ed

2250 Millard Harrison Drive

Readfield, Maine 04355

Superintendent:

Donna H. Wolfrom, RSU 38 Maranacook

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

Course Registration

We accept credit cards, debit cards and Paypal in online transactions at maranacook.maineadulted.org. Mailed registrations may be paid by check. Walk-in registrations may be paid by check or cash.

LIKE us on Facebook to receive:



The latest class information
Exciting event postings
Flash/popup sales on courses
Instructor bios and more!

Course Finder

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Policies & contact information	Beekeeping, Introduction to	Bean Pot Basket
GED/Academics 4	Career Planning	Braided Project, Finishing
GED Prep/Testing	CDL Class B: Dump Truck/Bus	Chair Caning
Plato Learning Lab/Test Prep	Certified Brain Injury Specialist	Ceramics
Academics/Accuplacer . . . 5	Certified Nursing Assistant	Floral Design, Basic
Accuplacer Testing	Computer Skills for Workplace	Fresh Arrangement, Mother's Day
College Success	Facebook for Business	Magazine Basket
English & Writing Fundamentals	Hospital Billing & Coding	Stained Glass,
Learning Lab	ICD-10-PCS Boot Camp	Stone Patio, How to Build
SAT Prep Math	Medical Coding & Billing	Stone Wall Building, Basic
U.S. History	Medical Office Careers Info Night	Sweater Mittens
Virtual Learning	Medical Terminology	Two Small Baskets
College Transitions 6	Medical Transcription	Upholstery Basics
Algebra Skills for College	Pharmacy Technician	Special Interests 18-19
College Prep Chemistry	RRP Certificate	Computer 101 for Baby Boomers
College Transitions Day Program	Small Business, Growing yours	Digital Cameras & Photoshop
Math Skills for College	Small Engine Repair	Dog Obedience, Basic & Advanced
Number Skills for College	Social Media, Intro to	Genealogy, Digging up the Past
Reading & Writing Prep for College	Video Marketing	Guatemalan Soul Cooking
Writing Skills for College	Welding Basics	Laptop Tuneup
Aspirations 7-8	Woodworking	PC Savvy Senior Citizens
BIO 115 Human Biology w/Lab	YouTube for Business	Senior Center Café
College Tours for Adults	Fitness & Wellness . . . 12-15	Six Feet Under: Funeral Choices
ENG 031 Intro to College Writing	Aromatic Yoga Nidra	Soup's On
MAS 121 Medical Terminology	Reiki, Levels 1 & 2	Armchair Travel 20
MAT 117 College Algebra	CPR, AED & First Aid, Adult	Gambia
SOC 101 Intro to Sociology	Creating your Heart's Desire	Kathmandu
	Curb your Cravings	Kennebec Land Trust
	EFT Tapping 1 & 2	Lost Trotting Tracks of Maine
	Foot Reflexology	Maine International Adventures
	Functional Fitness for Older Adults	South Africa
	Hybrid Kickboxing	Travels with Noah
	Latin Dance	Trips & Tours 21
	Meeting your Spirit Guide	Gardens & Gospel Music
	Muscle Fitness for Women	Maine Brewery Tour & Tasting
	Past Life Regression	March Madness Flower Show
	Snowshoeing	Springtime in Quebec City
	Tai Chi/Qi Gong, Intro to	Family & Youth 22
	Yoga Journey through the Chakras	Cooking for College Bound Kids
	Yoga, Intro to	Driver Education
	Yoga & Ayurveda for Spring	Driving Dynamics
	Your Mighty Feet	Goju Ryu Karate, ages 8-adult
	Zumba - Manchester	Gymnastics for Kids
		Registration Form 23
		online, in person or by mail



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.



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 Deb Bomaster 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 Deb Bomaster 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.**

GED Prep/Testing



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 Deb Bomaster at 685-4923, ext. 1009.

Instructor: Deb Bomaster

Mondays & Wednesdays, 3-7 pm or by appointment

Location: MCHS



Plato Learning Lab

Plato, an Internet-based academic skills software program, offers individualized, self-paced modules of study in Algebra, Applied Math, Accuplacer prep, Biology, Reading skills, GED prep, Geography and Geometry, Life and Job Skills, Writing Assessment, Writing for the Workplace, Vocabulary and comprehension, and US Government.

Instructors: Stephanie Ward & Scott Harmon

18 Mondays & Wednesdays

4-8 pm

Begins: January 7, 2013

Location: MCHS

Registration: Free to diploma & GED students

Plato Test Preparation

Uniquely designed to improve test scores, PLATO® Learning's Test Preparation Solution optimizes study time by mapping instruction to high-stakes state tests and six national exams – including the SAT and ACT. Optimized learning paths map PLATO instructional content directly to objectives on exam blueprints to provide focused instruction. You can prepare for the following tests using Plato Accuplacer, ACT Workkeys, ASVAB, HESIA2 (Nursing) and PRAXIS. Preparation can be done on your own time and in the comfort of your home.



Registration: \$35 per test prep

Call Deb at 685-4923 x1009 for more information.

Early College Planning/Financial Night

Open to all students and adult education students to discuss college planning and complete the FAFSA forms.

Tuesday, January 8, 2013, 6-8 pm

Location: MCHS

Registration: Free

GED it's ^{your} TIME.

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

www.MaineGEDnow.org

To enroll in academic courses, call Maranacook Adult Education director Deb Bomaster, 685-4923, ext. 1009.



Learning Lab

This free learning lab is self paced with individualized instruction for GED preparation, Accuplacer preparation, high school completion, ASVAB military tests and skills upgrade for employment. We can also assist students with college applications, FAFSA completion and resume writing. Open/Entry/Open Exit – students may participate at any time. We request that you devote at least 12 hours each semester to the learning lab.

Instructors: Stephanie Ward & Scott Harmon

18 Mondays & Wednesdays, 4-8 pm

Begins: January 7, 2013

Location: MCHS

SAT Prep Math

A hybrid of tutoring and classroom, this 24-hour program is our tailored classroom offering with a small number of students per class designed for self-starters that focuses on the essential test elements. Student must buy the Official SAT Study Guide, Second Edition (ISBN 978-0874478525) prior to class. The date of the SAT test is Saturday, May 4, 2013.

Instructor: Catherine Emery

3 Wednesdays, 6-8:30 pm

Begins: April 3, 2013

Location: MCHS

Registration: \$59

College Success

Offered over the Tandberg video conference system, the course introduces the college environment and provides opportunities to strengthen skills necessary for success. You will research the career decision making process to help you understand and successfully create a path to a rewarding career through class readings, writing, and activities. Completion with a C or better may result in college credit through Southern Maine Community College.

Instructor: Madeline Litz

15 Mondays 5-8 pm

Begins: January 14, 2013

Location: MCHS Video Conference

Registration: \$49 (includes textbook)

English and Writing Fundamentals

Mondays and Wednesdays, 5:30-8:30 pm

Location: MCHS

Session 1:

Jan. 7 - March 27, 2013 (no class 1/21, 2/18 & 2/20)

Session 2:

April 24 - June 12, 2013 (no class 5/27)

New! Virtual Learning Opportunity

RSU 38 Maranacook Adult Education, in conjunction with RSU#3 Adult & Community Education, has three Avatar slots in a virtual learning environment. The virtual world will effectively guide students of all ages through basic literacy preparation to learn academic, post secondary, technical and skills needed as future employees following two career pathways: service and information.

Current Classes in the Center:

High School Level - Mt. View H.S. classes:

GED® Prep class, PLATO lab (if have PLATO curriculum), SPICE Family Literacy classes, including: a High School English Class, a new Digital Photography class that can be used as elective or enrichment, and an Early Childhood class.

College Level - KVCC classes:

ENG 031 Intro to College Writing; MAT 114 Technical Math; and PSY 101 Intro to Psychology; and financial aid (FAFSA) sign up.

Workforce Solutions Site Level-Career Center: Employment searches, contact legislative branches of U.S. Government, connect with Goodwill Industries.

For more information on how to access the Virtual Center please contact our office at 207-685-4923 x1009. For residents without Internet access, our computer lab will be available Monday and Wednesdays from 4-8 p.m.

US History

Instructor, dates and times were being determined when catalog was going to press.

Accuplacer Prep & Testing

Did you take the Accuplacer and not make the required score for college level courses? Adult Ed can help you improve English or math skills to meet the rigors of college classes. The Accuplacer provides useful information about your academic skills in math, English, and reading. The results are used by academic advisors and college counselors to determine your course selection. Call 685-4923 x1009 for more information or to make an appointment.

Instructor: Deb Bomaster or Stephanie Ward

18 Mondays & Wednesdays, 4-8 pm

Begins: January 7, 2013

Location: MCHS

Registration: \$15, free to students enrolled in College Transitions through Maranacook Ad Ed



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 Deb Bomaster, 685-4923, ext. 1009.

Number Skills for College

This course provides a strong foundation in basic arithmetic skills. Emphasis is on applying math in real life situations and problem solving. CASAS math test required for enrollment.

Session 1:

Instructor: Robert Buzby

15 Wednesdays, 8:30-11:30 am

Begins: January 23, 2013

Location: Kennebec Learning Center, Augusta

Book rental: \$50 non-refundable

Session 2:

Instructor: Steve Curtis

15 Wednesdays, 6-9 pm

Begins: January 30, 2013

Location: Gardiner Area High School

Book rental: \$50 non-refundable

Math Skills for College

Instructor: Scott Harmon

15 Mondays & Wednesdays, 6-8 pm

Begins: January 7, 2013

Location: MCHS

Reading and Writing Prep for College

This course is designed to help students prepare for college placement tests using the STAR reading method. We will focus on comprehension, vocabulary and fluency strategies to improve your skills and increase your confidence in reading. This course may also be helpful in preparing for the GED.

Instructor: Stephanie Ward

15 Mondays and Wednesdays 4-8 pm

Begins: January 23, 2013

Location: MCHS

Registration: FREE

Fee: \$45 (Diploma students free)



MAINE
Adult Education
College Transitions



College Transitions Day Program

A free, comprehensive program of math, college transitions workshops, and writing skills.

Instructor: Adult Education Staff

15 Wednesdays, 10 am-6 pm

Begins: January 30, 2013

Location: Gardiner Area High School

Writing Skills for College

Upgrade skills in grammar, writing mechanics and expression. Introduction to college writing. CASAS reading test required for enrollment.

Instructor: Jan Foster

15 Tuesdays & Thursdays, 8:30-10 am

Begins: January 22, 2013

Location: Kennebec Learning Center, Augusta

Chemistry with Lab

Course emphasizes lab work as we investigate Limiting Reactant, organization of the Periodic Table, chemical reactivity, creating and organizing experiments, balancing equations and molar relationships.

Session 1:

Instructor: Steve Knight

15 Thursdays, 6-9 pm

Begins: January 3, 2013

Location: Winthrop High School Room 203

Fee: \$45; **Lab Fee:** \$25 (Diploma students free)

Session 2

Instructor: Truax McFarland

15 Wednesdays, 6-9 pm

Begins: January 23, 2013

Location: Cony High School

Lab Fee \$30, Book Fee \$95

Algebra Skills for College

For students with Accuplacer arithmetic scores over 55; algebra scores under 75.

Instructor: Catherine Emery

15 Tuesdays, 5:30-8:30 pm

Begins: January 29, 2013

Location: 289 Jewett Hall, UMA

Book rental: \$50 non-refundable



Aspirations



ASPIRATIONS offers tuition-free college courses to adults who plan to enroll in a career or technical program at Kennebec Valley Community College. In collaboration with KVCC, adults may take Introduction to Psychology, Elements of Math, Career Decision Making or Introduction to Computer Essentials and Online Learning. These are core courses and are required for many community college degree programs. These courses are offered at local adult education sites with supportive instruction and are an excellent way for adults to get started with college level work. Participants must be first time college students and agree to: (1) take the Accuplacer pre-test (2) attend two meetings with our college coach, and (3) attend a college tour or other college transition activity. Books must be purchased by the first night of class.

Eng 031 Intro to College Writing, 3 credits



ENG 031 is for students with Accuplacer writing scores of 55-73. This course develops the writing skills necessary for success in ENG 101 or 108 and college-level writing in general. Topics include reading skills, grammar, sentence structure and the basic elements of essay writing including introductions, thesis statements, paragraph development and conclusions. Attention is given to individual writing needs. ENG 031 doesn't count toward fulfillment of degree requirements, but credits count for financial aid.

Instructor: Erika Bourget

15 Wednesdays, 3-6 pm

Begins: January 30, 2013

Location: Gardiner Area High School

Registration: Student must purchase text-

books: Exploring Writing, 3rd Edition, ISBN

9780073533339, Author: Langan, Copyright 2013,

Publisher: McGraw Hill

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

Instructor: Elaine Katz

15 Tuesdays & Thursdays, 5:30-9 pm

Begins: January 8, 2013

Location: MCHS

Registration: through KVCC only

MAT 117 College Algebra, 3 credits

This course emphasizes problem solving and unifies the traditional analytical methods of Algebra with modern graphing technologies to solve problems modeled by a variety of functions such as linear, quadratic, absolute value, polynomial, exponential and logarithmic. The central theme is authentic applications from traditional disciplines such as the physical sciences and engineering, as well as applications from business, economics, social sciences, life science, health science, sports and other areas of student interest. The course provides a foundation for success in future studies of mathematics. Prerequisite: High school algebra and an Accuplacer algebra score greater than 75 or successful completion of MAT 031.

Instructor: Kim Backus

15 Thursdays, 6-9 pm

Begins: week of January 28, 2013

Location: Gardiner Area High School

Registration: Students must purchase textbooks:

College Algebra, 7th Edition, ISBN 9780495973560,

Authors: Aufmann, Barker and Nation, Copyright

2011, Publisher: Cengage

MAS 121 Medical Terminology, 3 credits

The student will develop a basic understanding of the medical language employed in the health care professions utilizing word analysis and application of medical terms to anatomy, physiology, and path physiology of the human body.

Instructor: Mary Ann Fortin

15 Tuesdays, 6-9 pm

Begins: January 29, 2013

Location: CATC, Augusta

Registration: Students must purchase textbooks:

Taber's Cyclopedic Medical Dictionary w/DVD,

21st Edition; ISBN 9780803615595 Author:

Taber; Copyright 2009, Publisher F.A. Davis; and

The Language of Medicine, 9th Edition, ISBN

9781437705706, Author: Chabner; Copyright 2011,

Publisher: Elsevier



College Tours & Open Houses

Are you an adult interested in attending college? Join us on a campus tour, FREE transportation provided to the campuses on the dates below. Tours include buffet lunch.

Tuesday, March 5, 2013

University of Maine, Augusta, tour 12:30-2:30 p.m., includes a workshop on learning with the Cornerstone Student Support Program.

Wednesday, March 13, 2013

Central Maine Community College tour from 10:30-12:30 p.m., lunch in CMCC cafeteria then tour of the University of Southern Maine Lewiston/Auburn campus from 1-2 p.m.

Thursday, March 28, 2013

Daylong tour of University of New England, Southern Maine Community College and the University of Southern Maine. Depart 9 a.m., return 5:30 p.m.

Saturday April 6, 2013

Central Maine Community College spring open house, 9 a.m.-1 p.m.

Thursday, April 25, 2013

Kennebec Valley Community College, tour and admissions overview, 5:30-7:30 p.m.

Wednesday, May 1, 2013

University of Maine at Orono tour, 11 a.m.-1:45 p.m., departing Augusta at 9:15 a.m. Students' choice of Husson, NESCOM, University College (Vet Tech and Dental Hygiene) or Eastern Maine Community College in the afternoon.

College Transitions and GED/Diploma students, let your counselor know what campuses in Bangor interest you. **Call Deb Bomaster 685-4923 x1009.**

More Education = More Money

You will earn more and be less likely to become unemployed if you have more education.

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 www.careerinfonet.org/finadadvisor/earnings.aspx.

Soc 101 Intro to Sociology, 3 credits

A general scientific study of people and the dynamics of society, with emphasis upon the nature of culture, social institutions, social interaction, social units, and their influence on the individual. An overview of sociological concepts and perspectives is also presented.

Instructor: Pamela Boivin

15 Mondays, 6-9 pm

Begins: January 28, 2013

Location: Kennebec Learning Center

Registration: Students must purchase textbooks: SOC, 2nd Edition, ISBN 9781111301415, Author: Benokraitis, Copyright 2012; Publisher: Cengage

GED ^{your} it's [^]TIME.

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

www.MaineGEDnow.org



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



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, \$36, and supply fee, \$25, due at registration.

Instructor: Doug Martin

12 Wednesdays, 5:30-8:30 pm

Begins: January 16, 2013

Location: MCHS

Registration: \$129

Book fee \$40, Lab fee \$30

Total due at registration: \$199

Course review:

"I liked how much time was spent hands on. The more practice I got the better I was able to achieve my goals."

Intro to Beekeeping



This class will give you a thorough introduction to the art of beekeeping. Learn about bees, their life in a colony, building a beehive, protective clothing, equipment, hive maintenance, how to work with bees, diseases and pests. Course includes a new membership in the Kennebec Beekeepers Association.

Instructor: Roy Cronkhite

6 Wednesdays, 6:30-8:30 pm

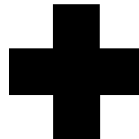
Begins: February 27, 2013

Location: MCHS

Registration: \$55

Course Review:
"Very good introduction to what to expect with bees."

Certified Nursing Assistant



The 17-week CNA program requires 180 hours of theory, laboratory and clinical experience to meet Maine Department of Education requirements. Successful participants receive a certificate of training compliant with the Maine Board of Nursing and are qualified to deliver health care in hospitals, nursing homes, clinics and home-care situations. Course includes classroom, laboratory and clinical experience. Students must have a physical, proof of rubella and a recent TB test, and grant permission for a criminal background check. The ability to read at the 10th grade level is required. An orientation meeting, reading test and individual interviews will be held at 5 p.m. on Tuesday, January 15, 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.

Instructors: RNs Lois Bourque & Bethany Crummett

Tuesdays, Wednesdays & Thursdays, 6-9 pm

Mondays, 7 am-3 pm (clinical)

Begins: February 6, 2013

Location: Gardiner High School

Registration Fee: \$900; Book Fee: \$89

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The latest class information
Exciting event postings
Flash/popup sales on courses
Instructor bios and more!

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

7 Saturdays, 8 am-2 pm

Begins: Call for dates

Location: PDC, 75 North Road, Readfield

Registration: \$1500

Course note:

Since 2009 100% of participants taking CDL Class B have passed and received their Class B license.

Register online with a credit card, debit card or Paypal. It's quick, easy and secure.
<http://maranacook.maineadulted.org>

For mailed registrations, please use the form on page 23.



Is Starting, Growing or Expanding Your Small Business Right for You?

This workshop will address important considerations when you are starting a business, or planning to grow or expand your current business. The course will cover the basics of business planning, and marketing with a focus on financial planning, and marketing with a focus on financial planning for your business. Individuals from banking and other funding sources, including Readfield's small business grant program, will be present to answer questions.

Instructor: Betty Gensel, Business Counselor, Women's Business Center at Coastal Enterprises
Tuesday, February 5, 2013, 6-8 pm
Location: MCHS
Registration: \$20

Career Planning:

Finding Your Place in Today's Job Market



Prepare for your next career or job with a plan that meets your needs. In this class you will 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 is a Distance Learning Option 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. The class is offered twice.

Session 1: February 25-April 5, register by 2/8/13

Session 2: May 6-June 14, register by 4/19/13

Registration: call Cathy Collins at 753-6622 or email catherine.e.collins@maine.edu

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: March 12, 2013
Location: MCHS
Registration: \$79

Course review:
"Great Instructor."
"Explains things thoroughly."
"Brian let the class dictate the direction of learning."

Computer Skills for the Workplace



Learn skills to stay competitive, advance your career, find a new job, or make your current one easier. We have streamlined this course, but increased it to 8 weeks to provide enough time in each area for students to gain the knowledge they need to be competitive in the workplace. The first two weeks the instructor will cover basic computer skills, then 1 week of Internet, email and search engines, 2 weeks of Word, 2 weeks of Excel and the remaining week the instructor will review information and be open to questions. This class is for those who have basic exposure to Windows based PCs, know how to use the keyboard and mouse. Bring a travel/thumb drive to save your files.

Instructor: David VanTwistern
8 Tuesdays, 6-8:30 pm
Begins: February 5, 2013
Location: MCHS
Registration: \$89

Certified Brain Injury Specialist

This 12 hour course provides participants with an understanding and knowledge of how to improve access to comprehensive and coordinated services for people with traumatic brain injuries and their families. Qualifying participants will be able to complete the National CBIS certification examination. National Exam is additional cost TBD.

Instructor: Sharlene Adams, CBIST
4 Thursdays, 6-9 pm
Begins: January 24, 2013
Location: MCHS
Registration: \$185, Textbook \$60

Woodworking



Attention craftsmen: under the direction of an experienced instructor, use our wood-working equipment to create your own unique piece. You provide your own materials, and we provide the space. Beginners welcome.

Instructor: Jonathan Bradley
6 Thursdays, 6-9 pm
Begins: February 28, 2013
Location: MCHS
Registration: \$79

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



UGot Class winter/spring offerings



Video Marketing



Session 1: Feb. 4-March 1, register by 2/8/13

Session 2: April 1-26, register by 4/5/13

Register online at:

www.yougotclass.org/catalog-complete.cfm/Rsu38

Introduction to Social Media



Session 1: Feb. 4-March 1, register by 2/8/13

Session 2: April 1-26, register by 4/5/13

Register online at:

www.yougotclass.org/catalog-complete.cfm/Rsu38

YouTube for Business



Session 1: March 4-29, register by 3/8/13

Session 2: May 6-31, register by 5/10/13

Register online at:

www.yougotclass.org/catalog-complete.cfm/Rsu38

Facebook for Business



Session 1: March 4-29, register by 3/8/13

Session 2: May 6-31, register by 5/10/13

Register online at:

www.yougotclass.org/catalog-complete.cfm/Rsu38



Optional graduate credit available for some UGot Class courses. Visit the web for more information: www.yougotclass.org/catalog.cfm/Rsu38



Unemployed? Looking for work?

To learn about **High-Wage, In-Demand Jobs** available here in Maine visit this Maine Department of Labor web site:
www.maine.gov/labor/cwri/data/oes/hwid.html

Medical Office Career Information Night

This one evening program will give you the opportunity to get all your questions answered about Medical Courses we offer in conjunction with the Academy of Medical Professionals. We encourage pre-registration and attendance as this will be your best chance to get important information about the courses offered.

Tuesday, January 8, 2013, 6-8 pm

Location: MCHS

Registration: FREE, please pre-register.

Academy of Medical Professions

To register for these classes contact Academy of Medical Professions and tell them you saw the information in the Maranacook catalog or web site. For information about these classes, please attend our information night on January 8, details above.

Registration: call toll free 866-516-8274 or 207-721-0714, or visit the web site www.academyofmedical-professions.com. VA, DOL approved.

Hospital Billing & Coding with CPC-H Certificate

Begins: January 30, 2013-April 10, 2013

Registration: \$1800 with payment plans available.

ICD-10-PCS Boot Camp

A 4-week class. If enough enrollments are received class will be held at MCHS.

Registration: \$600

Medical Coding & Billing with CPC Certification

Basic computer skills required. 20 week, in-depth

Registration: \$3500, payment plans available.

Medical Terminology

A 16-week class; one night per week, classes are 90 minutes to two hours.

Registration: \$200 includes terminology book, online program access and registration.

Medical Transcription Certificate

Registration: \$2400

Pharmacy Technician Certificate

A 16-week web-based program.

Registration: \$1500

Renovation, Repair & Painting Certificate (RRP)

Registration: \$300 for initial RRP & \$175 for review



A Yoga Journey Through the Chakras

The yogic chakra system is a map of human potential. Join in to expand your view of yourself as we focus each week on one of the seven chakras. We will embody the five elements and beyond in our practice of yoga postures, breathing, sound and relaxation. If you wish, each week you will receive a few drops of essential oil blended to balance that chakra. Class is gentle and open to all. Please indicate a session when registering.

Instructor: Susan Coady
7 Mondays, choose a session
Session 1: 4:30-5:45 pm
Session 2: 6:15-7:30 pm
Begins: January 28, 2013
Location: MCHS
Registration: \$77

About the instructor:
Susan Coady has taught popular yoga classes for 31 years. Susan trained extensively at Kripalu Center. She is certified in Kripalu Yoga, is a yoga therapist, has studied Ayurveda, meditation, mantra and Sanskrit. Susan's classes reflect her many years of experience and joy in sharing it with others.

Aromatic Yoga Nidra

Workshops back by popular demand! Yoga Nidra is yogic deep relaxation ... all you do is lie down and receive. It is considered the most rejuvenative of all yoga practices. An hour and a half of Yoga Nidra refreshes like six hours of deep sleep! The guided relaxation leads you through the subtle centers - the chakras - and the five elements, reminding you of your limitless potential. Treat yourself to this nourishing experience. The oils are not suitable for pregnant women.

Instructor: Susan Coady
5 sessions, all Wednesdays, come to one or more
Session 1: January 30, 2013, 4:30-6 pm
Session 2: February 13, 2013, 4:30-6 pm
Session 3: March 13, 2013, 4:30-6 pm
Session 4: April 10, 6-7:30 pm
Session 5: May 22, 2013, 6-7:30 pm
Location: MCHS
Registration: \$20 each session

Drop in on a Yoga Class

Please complete a registration form from page 23 and make a check payable to RSU 38 Adult Ed. See you in yoga class!

Yoga and Ayurveda for Spring

Yogic practices and Ayurvedic medicine teach us to align with the forces of nature. In this series we will explore yoga that aligns us with new growth, perspectives and energy. You will learn practical ways to stay in harmony with this season from yoga's sister science, Ayurveda. Class is gentle and open to all. Please indicate a session when registering.

Instructor: Susan Coady
7 Mondays, choose a session:
Session 1: 4:30-5:45 pm
Session 2 : 6:15-7:30 pm
Begins: April 1, 2013
Location: MCHS
Registration: \$77

Course review:
"There is always something new and easy to learn. Come try out a class I think you will enjoy it a lot."

Classes offered in Hallowell

Introduction to Yoga



The practice of yoga can bring the mind and body into balance. This basic series offers a strong foundation in the physical practice and introduces breathing practices. You will learn the basic standing poses, balances, backbends and forward bends used in most beginner classes. Develop self awareness with an emphasis on supporting health and reducing stress. Wear comfortable clothing for ease of movement. Props provided, but use your own mat if you like.

Instructor: Kim Nashed
8 Mondays, 7-8 pm
Begins: February 4, 2013
Location: Second Street Yoga, Hallowell
Registration: \$59

Introduction to TaiChi/Qi Gong



Experience a taste of Tai Chi and Qi Gong, taught by Master Teacher Danielle Tognato. This class is a fit for all levels since it does not involve martial applications. Danielle teaches Yang style and will emphasize developing Qi (vital energy). Students will also gain an awareness of the concept of "empty/full" and "contraction/release," the dance of life itself!

Instructor: Danielle Tognato
8 Wednesdays, 7-8 pm
Begins: February 6, 2013
Location: Second Street Yoga, Hallowell
Registration: \$59



Latin Dance

A class for anyone who wants a little flavor this winter! We will explore two Latin Dances, merengue and bachata, and you will be twisting and shaking those winter blues away. Bring your partner in crime or a friendly neighbor. All are welcome.

Instructor: O. Rocio Carey

6 Tuesdays, 6-7 pm

Begins: February 5, 2013

Location: Mt. Vernon Community Center

Registration: \$50 per person or \$75 per couple

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

6 Wednesdays, 4-5 pm, choose a session

Session 1: Begins January 16, 2013

Session 2: Begins March 13, 2013

Location: Manchester Elementary School

Registration: \$39 each session

Curb Your Cravings

Do you suffering 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

Thursday January 17, 6:30-7:30 pm

Location: MCHS

Registration: \$9 per session

Hybrid Kickboxing



This eight-week, 45-minute class is a cross between karate, kickboxing and self-defense. A kick-butt and informative class that will leave you sweating, empowered and street smart. The instructor has 20+ years experience in multiple martial arts styles and has worked with many area law enforcement agencies.

Instructor: Ryan Chamberland

8 Friday mornings, 5:30-6:15 am

Begins: January 18, 2013

Location: United Fitness, Winthrop

Registration: \$60

EFT Tapping 1

Learn self-administered acupressure, tapping gently on the skin above your body’s various glands, to alleviate a wide variety of issues. This simple, yet effective technique works wonders with you and your students for physical, mental and emotional concerns, such as being overly excited, having poor sleep hygiene, physical pain, fears and phobias, anxiety, feeling overly tired or lethargic, difficulty with interpersonal relationships and dozens of others.

Instructor: Anne Archambault

Monday, January 14, 3:30-5:30 pm

Location: MCHS, Rm 179

Registration: \$35 for EFT 1 or \$49 for EFT 1&2

EFT Tapping 2

In EFT Tapping 1, you learned the tapping protocol, and after a comprehensive review we will learn how to “lock” the change into the brain for as long as it is useful to you. We will become more skilled at all aspects of tapping and you’ll see how these next steps accelerate the positive changes you are making in your life. It is optimal, but not essential, to take Tapping 1 first.

Instructor: Anne Archambault

Monday, January 28, 3:30-5:30 pm

Location: MCHS, Rm 179

Registration: \$35 for EFT 2 or \$49 for EFT 1&2

Functional Fitness for older Adults

This six-week program was designed with the older adult in mind. This twice-a-week class will help build strength, maintain bone density and improve your balance to reduce your risk of falling and maintain independence in performing activities of daily life. This is a highly effective exercise program based on safe and simple strength training.

Instructor: Susan Deblois

6 Tuesdays and Thursdays, 9-9:45 am

Begins: January 15, 2013

Location: United Fitness, Winthrop

Registration: \$50

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Flash/popup sales on courses
Instructor bios and more!



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 acupressure 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, April 24, 2013, 6-8 pm

Location: MCHS

Registration: \$19

Creating Your Heart's Desire



Follow this nine-step plan to create a life you really love with the support of spiritual director Margot Gyorgy. With the tools laid out in this program, you will clarify what it is you want, what is holding you back and devise a workable plan to create your heart's desire. The instructor studied spiritual direction at Wellstreams Ecumenical Training Program in Columbus, Ohio.

Instructor: Margot Gyorgy

5 Mondays, 5:30-7:30 pm

Begins: January 28, 2013

Location: MCHS

Registration: \$85

Adult CPR/AED and First Aid



In the first 1.5 hours of this 3 hour course, you will learn the skills necessary to recognize the need for and give CPR and use an automated external defibrillator (AED). Upon successful completion you will receive a two-year CPR certificate from the American Heart Association

The second 1.5 hours is for those who would like to receive first aid certification. Through hands-on demonstration you will learn first aid for adults, children and infants from cuts to more serious injuries. Upon successful completion you will receive a three-year first aid certificate. Book is included in the registration fee.

Instructor: Deyanne Worcester

Wednesday, March 6, 2013, 5-8:15 pm

Location: MCHS

Registration: CPR only, \$49; First Aid only, \$49; Combined, \$69

Snowshoeing



Hiking doesn't have to stop in the winter. If you enjoy visiting wild areas, you will be thrilled to know that snowshoeing can be a fun, safe and beautiful way to experience winter. The relative ease of the sport allows folks to venture into the winter wildness without years of ski or snowboard training.

Wear layered clothing and winter boots and bring gaiters and ski poles if you have them. Snowshoes are available for use.

Instructor: Deyanne Worcester

Saturday, January 26, 2013, noon-3 pm

Location: MCHS

Registration: \$15

Muscle Fitness For Women

A well-designed muscle fitness program can increase the strength of bones, muscles and connective tissue and decrease the risk of injury. This class will cover how to use resistance training to improve muscle fitness. With help from an instructor you will develop a simple, effective and motivating exercise program. Over the course of six weeks you will meet three times with the instructor. We encourage all ages to join us. Please wear comfortable clothing and sneakers.

Instructor: Deyanne Worcester

3 Wednesdays, 5:30-7 pm

April 10 & 24 & May 22, 2013

Location: MCHS Gym

Registration: \$39

Indoor Walking Trails

Walk the halls & trails at your community high school.

Monday-Thursdays, 3-8:30 pm

Location: MCHS

Begins: when school is in session

Registration: Free

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Reiki Level One

Reiki is an ancient healing art that channels Universal Life Force energy through the hands to promote healing at all levels. You will learn the hands-on method for self-healing and for directly healing others.

Participants will receive their first degree attunement, an initiation process that creates the channeling ability. On completing class you will receive a certificate of achievement. Please bring water.

Instructor: Tanya Quarterman

Tuesday, April 9, 2013, 6-9 pm

September 13, 2012

Location: MCHS

Registration: \$66

Reiki Level Two

Training in the second degree consists of learning additional symbols and in absentia (also known as "long distance or psychic") healing. Your attunement increases your ability to channel Universal Life Force energy. Please bring water. Prerequisite: Reiki Level 1.

Instructor: Tanya Quarterman

Tuesday, May 7, 2012, 6-9 pm

Location: MCHS

Registration: \$66, minimum of three students

Reiki Level Three/Master Teacher

Reiki 3/Master Teacher will be offered in fall 2013.

Please check back in August in our catalog and online course listings.

Past Life Regression

By experiencing the past, you will better understand the present. Using hypnotic techniques to create a very relaxed state, you will be guided on a journey across space and time. You may recall past events of this lifetime or others. If you have ever had an interest in looking at your soul's past, or feel drawn to this, come in with an open mind. Your guide is a certified hypnotherapist. Bring a pillow, mat and blanket to class.

Instructor: Tanya Quarterman

Tuesday, March 12, 2013, 6-9 pm

Location: MCHS

Registration: \$55

Instructor Tanya Quarterman is a Reiki master/teacher and certified hypnotherapist.

Meeting Your Spirit Guide



This interactive workshop focuses on our ability to communicate with our own guardian angel through the use of relaxation techniques and guided imagery. Your instructor is a certified Hypnotherapist. Please bring a pillow, mat and blanket to class.

Instructor: Tanya Quarterman

Tuesday, February 12, 2013, 6-8 pm

Location: MCHS

Registration: \$33

Your Mighty Feet!



Discover the benefits of self-care techniques applied to specific 'power points' in the feet. A how-to workshop to help yourself and others using the concept of reflexology. Relieve muscle tension, ease headaches, ease anxiety and sleep better! Instantly release endorphins to

feel better fast – the brain point Relieve pain & stress in the body – the stress gland points. Experience calmness for body & mind – the diaphragm relaxer. Release back tension - spinal twist

You will learn how a 20 minute power foot session can benefit the whole body. You may work on yourself or you can work with other class participants. Couples/friends are encouraged to attend together. Please bring a pillow and a large bath towel.

Instructor: Claire Guy

Wednesday, February 6, 2013, 9-11 am

Location: MCMS

Registration: \$9

Register online with a credit card, debit card or Paypal. It's quick, easy and secure.
<http://maranacook.maineadulted.org>

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 and help us keep the classes running.



Upholstery Basics



If you have a favorite old chair or ottoman, don't discard it. 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. We have increased the number of weeks so that you can complete your project. Supply fee \$15-\$25, depending on your project, payable to instructor.

Instructor: Kelsie French, E.W. French Upholstery
8 Thursdays, 6-9 pm

Begins: February 28, 2013

Location: MCMS

Registration: \$45

Basic Floral Design

Bring on those April showers! They bring May flowers and everything will be blooming on the 24th of April. If you haven't learned the basics of designing with fresh flowers, and even if you have, you'll want to try your hand at this design class which will show you how to design in both a clear vase and a container using floral foam. Try one of each or two of the same and you will be pleasantly surprised to find out that you are a "designing" woman/man! Whether you've learned the basics or just want to have fun, you will go home with two arrangements and say, "I made it myself!" Please bring a sharp knife. Supply fee \$20, includes all materials.

Instructor: Arlene Gagnon

Tuesday, April 24, 2013, 6-9 pm

Location: Hopkins Flowers, Manchester

Registration: \$12

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 and help us keep the classes running.

Baskets



Join us to create one, two or all three baskets for yourself or for gifts. Bring a bucket, 12 spring-type clothes pins, sharp cutters, pencil, towel, spray bottle, and an awl or other piercing tool. Registration fee is payable to Maranacook Adult Education at time of registration and kit fee payable to instructor at first class.

Instructor: Marie Hatfield

Wednesdays, 6-8:30 pm

Location: MCHS

Magazine Basket

A 12" x 10" x 8" basket, sturdy enough to store your magazines. Packed rows with colored row accents.

January 30 and February 6, 2013

Kit: \$12

Registration: \$15

Bean Pot Basket with Wire Handle

8" x 8" square to round basket with chase weave and a wire handle with a wooden grip.

February 27 and March 6, 2013

Kit: \$10

Registration: \$15

Two Small Baskets

Square Berry Basket 6" x 6" x 6" with wood handle and rectangular Storage Basket 5" x 8" x 4."

March 20 and March 27, 2013

Kit: \$12

Registration: \$15

Fresh Arrangement for Mother's Day



Don't be afraid to try this class if you haven't learned the basics of floral design. This class will give you the confidence to give it a try in designing a fresh mixed arrangement using seasonal flowers with that extra frill for your mother, someone who is special and like a mother to you, or yourself. You'll be pleased to say that you made it yourself! Please bring a sharp knife. Lab fee \$20, includes all materials.

Instructor: Arlene Gagnon

Tuesday, May 7, 2013, 6-9 pm

Location: Hopkins Flowers, Manchester

Registration: \$12

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



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

1 Wednesday, 6-9 pm

January 16, 2013

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: January 23, 2013

Location: PDC, 73 North Rd, Readfield

Registration: \$29

Basic Stone Wall Building

In this one-day class you will learn the basics of building a stone wall, including base, layering, tiebacks, using capstones and gravity to your advantage. Bring lunch, work gloves and work boots.

Instructor: Jon Jennings

Saturday, May 18, 2013, 9 am-3 pm

Location: Forgotten Stoneworks, Manchester

Registration: \$55

How to Build a Stone Patio

In this one-day class we cover the basics of building a stone patio from the ground up: drainage, base, grating, fitting, grouting and which stones to use will be covered. Bring lunch, work gloves and work boots.

Instructor: Jon Jennings

Saturday, June 8, 2013, 9 am-3 pm

Location: Forgotten Stoneworks, Manchester

Registration: \$55

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: February 25, 2013

Location: MCHS

Registration: \$49

Course review:
"Highly recommend this class! Best instructor yet! Carmella is a wonderful teacher, Made the class so much fun! Learned a lot!"

Beginning/Intermediate Ceramics



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

Jeremy will allow students to personalize their own 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 clay required will be given at first class.

Instructor: Jeremy Smith

7 Thursdays, 6:30-8 pm

Begins: February 28, 2013

Location: MCHS

Registration: \$79 (includes firing)

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: January 10, 2013

Location: MCHS

Registration: \$39

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



Special Interests



Six Feet Under: Funeral Choices

In this one day workshop we will talk about home funerals, green cemeteries, natural burial, advance directives, scattering ashes, pre-planning and pre-paying. We'll also discuss the Funeral Rule (a federal law), coffins (including plans for building your own), the dreaded paperwork, alkaline hydrolysis, family burying grounds and anything else that comes up in our conversation. The instructor is a woodworker and home funeral educator whose interest in this topic came from his experience of his father's death. He wanted to be part of what happened after the death, but didn't know what to do, and missed out. Now he knows and wants to share that information.

Instructor: Chuck Lakin

Thursday, January 31, 2013, 10 am-noon

Snow date: Tuesday, Feb 5, 2013, 10 am-noon

Location: PDC, 73 North Rd, Readfield

Registration: \$5

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 5 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

7 Tuesdays, 6:30-8 pm

Begins: April 23, 2013

Location: MCHS

Registration: \$59

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Exciting event postings
Flash/popup sales on courses
Instructor bios and more!

Laptop Tune-up



Learn to complete routine maintenance, improve your computer's performance and handle basic hardware upgrades yourself, while working on your own computer running any version of Microsoft Windows.

Instructor: Nate Savage

Wednesday, March 27, 2013, 6-8 pm

Location: MCHS

Registration: \$25



Basic Dog Obedience



This 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: January 28, 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: May 13, 2013

Location: Readfield Elementary School

Registration: \$69

Soup's On

In this cold weather, nothing tastes as good as a hot soup. Soup is such a misunderstood food, which is amazing because you won't believe how easy it is to master! Join Lauren Washer Whitman for an evening of soup preparation and leave with the tools to make amazing soups in your own home. Supply fee \$15, payable to instructor at first class.

Instructor: Lauren Whitman

3 Mondays, 6-7:30 pm

Begins: January 14, 2013

Location: MCMS

Registration: \$20



Special Interests



PC Savvy Senior Citizens



Through example, visual aids and lecture, the instructor illustrates the “how-to” of the lesson by demonstrating a step-by-step procedure on how to complete the exercise. The student, after the instruction, is asked to complete an assigned exercise on his or her own based upon the lecture and demonstration. We have customized handouts and tools for each lesson. Experiential learning is the key, where the student applies what has been presented to them and learns through doing.

Bring your own laptop if you have one. We also have 6 laptops to use. Instructors are equipped with laptop, wireless technologies and a projection machine that is connected to laptop for visual instruction.

Class 1: Learn more about your computer.

Class 2: Get Connected & Explore the World. In this class you will set up an email account, explore pertinent websites for seniors and explore social media.

Class 3 & 4: Say the Word, creating word documents, cut and paste, saving, and sending attachments.

Class 5: Excel, sorting data.

Class 6: Review and open question forum.

Instructor: David VanTwistern

6 Thursdays, 9:30-11 am

Begins: February 28, 2013

Location: PDC, 73 North Rd, Readfield

Registration: \$45 (Senior discount already applied)

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. (Sorry, no senior discounts.)

Instructor: David VanTwistern

4 Thursdays, 6-8:30 pm

Begins: February 28, 2013

Location: MCHS

Registration: \$49

Register online with a credit card, debit card or Paypal. It's quick, easy and secure.
<http://maranacook.maineadulted.org>

For mailed registrations, please use the form on page 23.

Digging up the Past: Genealogy



Join Emily Schroeder, Maine State Librarian, as she provides us with the tools and resources to dig through our genealogy and family histories. She will also provide an overview of the valuable information available on the library website.

Instructor: Emily Schroeder

Tuesday, March 26, 2013, 9:30-11 am

Location: PDC, 73 North Rd, Readfield

Registration: \$5

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: January 2013

Location: MCMS Cafeteria

Reserved parking in front of MCMS cafeteria.

Questions? Contact Deb Elwell at 242-6082 for information

Guatemalan Soul Cooking



Looking for a way out of the old cooking routine? Join us for a night of good food, made from scratch by class participants with instruction from a Guatemalan cook. Menu includes a chicken or vegetarian stew, rice with condiments, a radish salad, homemade tortillas and a delicious dessert. Please bring containers to take your dinner leftovers home. Instructor will bring groceries and supplies. Supply fee \$15, payable to instructor.

Instructor: Rocio Carey

2 Thursdays, 6-8:30 pm

Begins: April 4, 2013

Location: MCHS

Registration: \$20



South Africa

South Africa is a country of extremes. We will travel from the Kalahari Desert to the snowcapped Drakensberg Mountains, from cosmopolitan Johannesburg to isolated villages, from the Cape of Good Hope to Africa's largest National Park. Along the way we will see glitz and poverty but also wonderful wildlife. The people have different cultural traditions and are now learning to live together.

Presenters: Elizabeth & John Reinsborough
Tuesday, January 29, 2013, 6-7:30 pm

Lost Trotting Tracks of Maine

In 2009, Stephen Thompson began researching the lost trotting parks of Maine. His research, posted at <http://lostitrottingparks.blogspot.com>, consists of more than 1200 storyboards that present images and text describing Maine's early agricultural societies, the history of the light harness horse industry, and the 100+ Maine communities that once supported a trotting park. Thompson will present his research through a multimedia presentation. Dale Potter Clark, Readfield Historical Society member, will join Steve to talk about 19th century Readfield.

Presenter: Steve Thompson
Tuesday, February 5, 2013, 6-7:30pm

The Gambia

Before you pack your bags to visit The Gambia in West Africa, perhaps you should attend an armchair travel evening with Nancy & Greg Durgin, who visited their daughter, a Peace Corps volunteer in The Gambia, last January. Come hear of their exploits and learn about this American-friendly country and information on their trip into neighboring Senegal.

Presenters: Nancy & Greg Durgin
Wednesday, February 13, 2013, 6-7:30 pm

Maine International Adventures Travel Club

Do you have an adventurous heart? Do you love to travel to experience the sights, culture and food of new places? Join us for an evening of images and stories from European trips I've led in recent years. We explore Greece, Italy, Paris, Switzerland and the Normandy coast. I'll have information on two upcoming trips: *Athens and the Greek Islands* in April 2013 for high school students and adults, more information at www.eftours.com/1119729 and *Walking Tour of Ireland* in July 2013 for adults only, information online at <http://annroy.grouptoursite.com>.

Presenter: Ann Roy
Wednesday, February 27, 2013, 6-7:30 pm

Armchair Travelogues are held at Maranacook Community High School. The fee is \$ 5 per session or \$ 29 when you register for all 7. Register online at <http://maranacook.maineadulted.org> or register by mail with the form on page 23. We welcome walk-ins.

Kennebec Land Trust

Join the Executive Director of The Kennebec Land Trust (www.tkl.org) for a program about the Land Trust's conserved properties and land donors. The presentation will feature photographs from the book *Between Person and Place, Conservation Histories from the Kennebec Land Trust*. If you own land, roam the countryside or spend summers in Maine, you will identify with the people and places in this book. We hope to inspire people to visit Kennebec Land Trust's community conservation properties and to learn more about the importance of land stewardship and conservation. The Trust's conservation properties are open to the public for hiking, hunting, fishing and enjoying nature.

Presenter: Theresa Kerchner
Tuesday, March 5, 2013, 6-7:30pm

My Travels with Noah

With our new passports in hand, my husband and I cut our traveling teeth by going to Ireland. The biggest challenge wasn't learning to travel out of the United States but how to travel to another country with a pre-teen in tow. We decided to stick to the busy city of Dublin and avoid the long hours of countryside travel with a critical 10 year old. Instead of views of Ireland's vast green countryside, our trip focused on the people and history of Dublin. Our days were filled with bus tours, museums, distilleries and even an eerie walk through Dublin's oldest prison.

Presenter: Stephanie Ward & family
Tuesday, March 12, 2013, 6-7:30 pm

Journey To Kathmandu

Come on an overland journey from Delhi, the capital of India, to the capital of Nepal. Visit several World Heritage sites, view the Himalayan Peaks including Mt. Everest, sail on the sacred Ganges River, admire the Taj Mahal, trek through mountain villages and search for endangered rhinos. Learn more about one of the world's oldest continuous civilizations.

Presenters: Elizabeth & John Reinsborough
Wednesday, March 20, 2013, 6-7:30 pm



March Madness

Celebrate the coming of spring with *Seeds of Change*, the 2013 Boston Flower and Garden Show. New Englanders have always embraced a good revolution. In addition to the display gardens, numerous vendors will offer a wonderful selection of plants, seeds, flowers, garden tools and garden-related gifts and artwork. Exhibitions, design competitions, demonstrations and lectures add yet more interesting features to the show. Our evening entertainment is *Shear Madness* (www.shearmadness.com) at the Charles Playhouse. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery in the annals of crime. Over 9.6 million people worldwide have joined in the fun, and while no one has actually died laughing, some are still rolling in the aisles. The fee includes motor coach transportation and tickets to the flower show and playhouse. Sorry, there are no discounts and no refunds unless replacements are found.

Date: Saturday, March 16, 2013

Time: 9 am departure, 11 pm return

Pick up/drop off: Sears, Turnpike Mall, Augusta

Registration deadline: February 15, 2013

Registration: \$119

Springtime in Quebec City

Treat yourself to a special trip with two fun-filled days in Quebec City. A World Heritage site and the only walled city in North America, Quebec City will remind you of European villages with its old world architecture and cobblestone streets. We stay at Fairmont Le Chateau Frontenac, the city's number one landmark and only four-diamond hotel. The castle-like hotel, indoor pool and beautifully appointed rooms will make you feel like royalty. Enroute, we'll enjoy a unique French Canadian sugar shack luncheon with freshly baked bread, traditional tourtiere and maple desserts. Sunday begins with a breakfast buffet in the hotel's Café de la Terrasse followed by a guided tour of the city. There will be free time Sunday afternoon to explore. An optional trip to St. Anne De Beaupre will be available. Fee includes motorcoach transportation, hotel, breakfast buffet, city tour and sugar shack luncheon. Other meals are on your own.

Date: Saturday & Sunday, April 27-28, 2013

Time: 7 am departure Sat., midnight return Sunday

Pick up/drop off: Sears, Turnpike Mall, Augusta

Registration deadline: March 15, 2013

Registration: \$269 per person, double occupancy

Maine Brewery Tour & Tasting

Maine's beer breweries and microbreweries merge old-fashioned techniques with modern tastes. Maine is a haven for craft beer, and what better way to enjoy the Maine beer experience than to visit the breweries? Ever wonder what the difference is between ale and a lager? How a beer is bottled or canned? Why some beers are darker than others and what exactly is a hop? Join us as we get answers to these questions and more. During the visits, you will have the opportunity to sample some great beers, tour the facilities and purchase items to enjoy at home. We will visit the Allagash Brewery in Portland and Baxter Brewery in Lewiston with enough time to have lunch on your own, shop and sightsee in the Old Port. Ages 21 and up. Sorry, there are no discounts and no refunds unless replacements are found.

Date: Saturday, March 23, 2013

Time: 9 am departure, 6 pm return

Pick up/drop off: Sears, Turnpike Mall, Augusta

Registration deadline: March 11, 2013

Registration: \$59

Gardens and Gospel

It's May – time to enjoy two terrific public gardens in Massachusetts and let's throw in a Boston Pops concert to top off the day! Our first stop is Framingham where the *Garden in the Woods* awaits. The ever-changing living museum, New England's premier wildflower garden, has more than 1,000 native plant species, with many rare and endangered native specimens throughout the gardens as well as the unique New England Rare Plant Garden. The Garden Shop offers native plants, garden gear, botanical books, bird houses and fun gifts. Mid afternoon takes us to Boylston and the Tower Hill Botanical garden. Tower Hill has eight distinct gardens dedicated to woody plants, vegetables, fruits, perennials, wildlife and more. Our guided tour will focus on the design of Tower Hill, and the many types of plants on display and their landscape value. Dinner is on your own in downtown Boston before the 8 pm concert. Charles Floyd conducts the Boston Pops Gospel Choir with Wintley Phipps as special guest artist. Registration fee includes motorcoach transportation, garden tours and concert ticket. All meals are on your own.

Date: Saturday May 25, 2013

Time: 8 am departure, 1 am return

Pick up/drop off: Sears, Turnpike Mall, Augusta

Registration deadline: March 29, 2013

Registration: \$169 per person



Goju Ryu Karate for ages 8-adult

The Martial Arts Institute teaches traditional Goju Ryu Karate, through the instruction and discipline of the Kuniyoshikai Organization of Okinawa, Japan. Students start off learning the Go (hard) aspect of the system in order to better understand their body mechanics and structure. Once they have a basic understanding, they move on to the Ju (soft) side which focuses on the internal aspect of the art through breathing and energy flow. Initially students learn how to block, punch and kick. Through training and experience, students will progress through the ranks by integrating the basic techniques into kata or forms that contain hidden fighting movements. The class welcomes students from age 8 through adult.

Instructor: Kevin Webb

6 Tuesdays, 6:15-7:30 pm

Begins: January 15, 2013

Location: PDC, 73 North Rd, Readfield

Registration: \$40; \$30 for each additional family member

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 and session (March or April) when registering.

Instructor: Gerry Bellemare

6 Fridays

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

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

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

Location: MCMS

March Session begins: March 1, 2013

April Session begins: April 26, 2013

Registration: \$65 per session

Cooking for College Bound Kids

If you are leaving home to your first apartment or heading to college where you will have to fill in meals, this class is for you. Join us for three sessions where we will discuss easy and inexpensive ways to make amazing food and keep yourself full, healthy and on budget! Supply fee \$15, payable to instructor in class.

Instructor: Lauren Whitman

3 Thursdays, 6-7:30 pm

Begins: March 28, 2013

Location: MCMS

Registration: \$15

Driver Education



Maranacook Adult Education and Area Driving Academy 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.areadrivingschool.com.

Questions about the course may be directed to Area Driving School (207-933-2034).

Instructor: Tom Welch

Mondays, Wednesdays and Thursdays, 2:45-5:45 pm

Registration: call Area Driving School for price

Sessions begin on the following dates:

January 17, 2013

February 25, 2013

April 1, 2013

May 6, 2013

June 3, 2013

July 8, 2013 (summer schedule, 10 am-1 pm)

August 1, 2013 (summer schedule, 10 am-1 pm)

September 9, 2013

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

Saturday, March 30, 2013 8:30 am-2 pm

Location: PDC

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

Four Ways to Register

Scan code with mobile device to visit web site & register online. →



Online

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

Mobile

Scan our QR code with your mobile device to visit maranacook.maineadulted.org 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. Adult Ed office hours are Monday-Thursday, 1-9 p.m. We are closed on holidays and school vacations.

Registrations: 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; no discount available on textbooks & fees.

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. You may request a refund if you withdraw from class 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 may be given for academic, computer, or career/business courses for those who meet financial eligibility requirements. Special needs can be accommodated with advance notice. Call Deb Bomaster at 685-4923, ext. 1009.

Registration form for mail & walk-ins

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: _____