



SACOPEE VALLEY
ADULT & COMMUNITY EDUCATION

LIFELONG LEARNING...



NEVER RUNS DRY!

FALL 2025

172 Main Street, Suite 3, Cornish, ME 04020
(207) 625-3092

maineadulted.org/location/sacopee-valley-adult-education



SACOPEE VALLEY

ADULT & COMMUNITY ED

GENERAL INFORMATION

The Saco Valley Adult & Community Education (SVACE) office and learning center is located at 172 Main Street in Cornish. Instructional services (HiSET and Literacy), HiSET pretesting and testing, vocational counseling, and walk-in registration take place at this location. Other courses may be held at satellite sites in the Saco Valley area or online as indicated at the end of each course description. **Register early as courses often fill up quickly. Courses with insufficient enrollment will be canceled, so don't wait!**

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Remember to check all pages to access the variety of offerings:

ACADEMIC COURSES, CERTIFICATE PROGRAMS, HIGH SCHOOL EQUIVALENCY TEST (HiSET) PREPARATION AND TESTING, VOCATIONAL SKILLS, CAREER READINESS, COLLEGE TRANSITIONS AND CERTIFICATE COURSES AND COUNSELING, ENGLISH LANGUAGE ACQUISITION, ONLINE COURSES, BASIC LITERACY, COMPUTER LITERACY, ART, MUSIC, CULINARY CREATIONS, FAMILY ACTIVITIES, HEALTH AND FITNESS, HISTORIC HOME TOURS (FALL AND SPRING), GENERAL ENRICHMENT, SENIOR CENTRAL ACTIVITIES, AND MORE!

ADULT EDUCATION TEAM

ADVISORY COMMITTEE

Carl Landry	Ginny Day
Judy Ingram	Andrea Sturgeon
Renee Payeur	Sylvia Pease

STAFF

Director: David Durkee
ABE Coord./Instructor: Renee Payeur
HiSET Examiner: Ginny Day

LIME SOUP & HUEVOS RANCHEROS

Join Fred and travel south of the border for delicious Mexican cuisine you help prepare and enjoy! In no time at all, you will be able to confidently create these dishes in your own kitchen. **Please pre-register as a minimum of 5 people is required to run the course.**

Wed. Sep. 24, 5:30–7:30 p.m., 1 Meeting
Riverside United Methodist Church, Porter
Fred Conner
\$12 Includes registration, materials, and dinner

SEAFOOD IN NOVEMBER? IT'S SO DELICIOUS ALL YEAR LONG!

Summer may be long gone, but why wait for delicious seafood? Join Ron in preparing a delicious seafood casserole and welcome winter with something special! **Please pre-register as a minimum of 5 people is required to run the course.**

Wed. Nov. 5, 5:30–7:30 p.m., 1 Meeting
Riverside United Methodist Church, Porter
Ron Armentino
\$17 Includes registration, materials, and dinner

FERMENT THIS! KOMBUCHA LIVE ONLINE

You could buy a \$4 bottle of kombucha, or you could make your own for pennies. It's simply sweetened black or green tea with a culture added. This hybrid-option class will include a science overview and a primary ferment creation to take with you. A secondary ferment will be demonstrated so you can do it at home. We'll discuss kombucha's microbiology, troubleshooting, glassware, and SCOBYs (they're provided). **The zoom link, in-person address, and materials list will be shared upon registration. Registration closes Oct. 15 to ensure registrants get all needed supplies and scoby from the instructor. FMI: emmaholder.com/fermentation**

Wed. Oct. 22, 7–8:15 p.m., 1 Meeting
Online: Zoom from your Kitchen!
Emma Holder
\$24

FERMENT THIS! SAUERKRAUT & SLAW LIVE ONLINE

You'll learn a basic sauerkraut recipe, technique, and troubleshooting, some flavor options (ginger? spices? aromatics?), and how to spin off a slaw variation. Local delicious cabbage makes ferments that last for months, maintains flavor, and boosts nutrient and probiotic content. Ferments make excellent gifts for hosts and holidays. You'll learn about the marvelous micro-organisms that surround us, give us "terroir," and keep us healthy by replenishing our microbiomes. This hybrid-option class will include a science overview and two ferment variations to make at home. **The zoom link, in-person address, and materials list will be shared upon registration. FMI: emmaholder.com/fermentation**

Wed. Oct. 29, 7–8:15 p.m., 1 Meeting
Online: Zoom from your Kitchen!
Emma Holder
\$24

FERMENT THIS! FERMENTED VEGGIE VARIETY PACK–LIVE ONLINE

Fermenting vegetables preserves them and adds nutritional value and probiotics. It's so easy - you'll be a master in no time. Also, they are beautiful to behold and tasty to eat. Basic fermentation techniques will be demonstrated, and then you can use it on pretty much any vegetable combination. This hybrid-option class includes a science overview and you'll create your personal ferment(s) at home. **The zoom link, in-person address, and materials list will be shared upon registration. FMI: emmaholder.com/fermentation**

Wed. Nov. 5, 7–8:15 p.m., 1 Meeting
Online: Zoom from your Kitchen!
Emma Holder
\$24

Emma Holder attended McGill University, earning a BSc in 1991 and a Masters in 1993 in microbiology and immunology. Her passion is to connect with people and provide enjoyable learning experiences to create healthy, happy lifestyles.

FAVORITE FALL HOLIDAY RECIPE SWAP

Bring your favorite cool weather, comfort food recipes for desserts, main dishes, appetizers, finger foods, candy, dog treats, or anything else you like to create that makes everyone warm and happy and helps you celebrate the holidays! We will photocopy all of the recipes so everyone can bring copies home to try out for themselves. You may bring pictures of your favorite or even samples of some, too, if you wish for us to give them a try. This will be a fun way to get a new mix of recipes to try out on our families. Be bold! Let's get together and swap ideas to make the holidays even more flavorful and exciting for all of us. Get out of that "same old, same old" rut. **Please pre-register as space is limited.**

Wed. Nov. 12, 1–2:30 p.m., 1 Meeting
Adult Learning Center
172 Main Street, Suite 3, Cornish
Ginny Day
Free

HARVEST POTLUCK LUNCH

Join us for a fall potluck lunch to chat with old friends and make new ones! Please bring something to share if you wish. (If not, that's ok.) We'll enjoy the crisp fall air and foliage before winter descends upon us. Invite your friends to come along, as the more the merrier! Good food and good company—you can't go wrong! **Please pre-register for space and planning purposes.**

Wed. Oct. 15, 12–1:30 p.m., 1 Meeting
Riverside United Methodist Church, Porter
Adult Education Staff and Friends
Free

Many wonderful instructors schedule their time to provide courses and services for our community. It is very difficult and disheartening for these talented individuals who get to class and find few or no students for their offering. If you cannot attend, please try to let us know. We realize that this is not always possible but appreciate your assistance in this endeavor. Thank you!

CULINARY ARTS

Every BoomerTECH Adventures course includes self-paced videos to watch at your own pace and convenience and offers PDFs containing class information, articles, and videos accessed directly through the links provided. Personalized support is available via email, phone, and Zoom. For best outcomes, it is recommended that you watch the course videos on a computer/iPad and have your iPhone in hand to try out ideas as you move through the videos. BoomerTECH Adventures courses are developed by three Maine educators, Ed Brazee, Jill Spencer, and Chris Toy.

COOKING WITH BOOMERTECH ADVENTURES-ONLINE

Learn to prepare several tasty stir fries using traditional Chinese flavorings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade. We haven't forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie? **Required: a strong internet connection and a Mac computer, iPad, or iPhone to access videos and articles. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace" but must be completed within the semester (9/2-12/29).

Online Chris Toy
\$45

BoomerTECH Adventures courses are developed by three Maine educators, Ed Brazee, Jill Spencer, and Chris Toy. Chris is the primary instructor of this course.

ARTS, CRAFTS, & MORE

STORYTELLING GROUP

Get together with a very informal group to practice telling (and listening to) stories. These can be true adventures you or someone you know has had or strictly fictional stories. They can be humorous or make us cry. We will sit in a circle and take turns telling our tales. You may opt not to talk, just listen, if you change your mind once you get there. No pressure, just a relaxed social group listening to neighbors and sharing stories. Don't be shy! **Please pre-register as I do not want to be talking to myself.**

Wed. Sept. 17, 1 p.m. - We run out of stories
1 Meeting
Adult Learning Center
172 Main Street, Suite 3, Cornish
Ginny Day
Free

RESIN ART: ORNAMENTS, JEWELRY & MORE!

Try out UV resin art and design your own beautiful jewelry, ornaments, and decorations. You will be amazed at what you can create, and, best of all, it's so easy! No experience necessary. Bring a pair of scissors. Materials fee of \$15 is payable to instructor in class. **Please pre-register as a minimum of 4 people is required to run the course.**

Mon. Nov. 17, 6-8 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Kerrie Doyle
\$10

ARTS, CRAFTS, & MORE

ADULT SCARECROW CONTEST

Bring your creativity and dust off your childhood inhibitions! Come to Pike Hall and build a most impressive scarecrow. Work solo, as a pair, or in a group to create your best competitive scarecrow. Clothing and stuffing materials are provided, but bring your own materials and accessories if you think you have something that is sure to be a winner. Impress your friends and neighbors with your talents! Scarecrows will be judged by a team of impartial judges and the winner(s), along with bragging rights, will receive a gift certificate from a local vendor. Good Luck! **Please pre-register so that ample materials may be provided.**

Sat. Oct. 25, 1 p.m., 1 Meeting
Front lawn at Pike Hall, Cornish
Adult Education Staff and Friends
Free

PUMPKIN DECORATING CONTEST

How creative or original are you when it comes to carving or decorating the perfect pumpkin? Come show off your talents by carving, painting, or decorating a pumpkin with us. Pumpkins will be supplied, and we will have materials on hand for carving, paints and brushes, markers, scraps of cloth, beads, ribbon, etc. for your use. You may also bring any materials you have that could enhance your masterpiece. Pumpkins will be judged by a team of impartial judges. The winner will, along with bragging rights, receive a gift certificate from a local vendor. Good Luck!! **Please pre-register so that ample pumpkins and materials may be provided.**

Sat. Oct. 25, 2 p.m., 1 Meeting
Pike Hall, Cornish
Adult Education Staff and Friends
Free

RELAX & PAINT WITH SUE

It's been a long week, and it's time to relax! Join local artist Sue Cannafarina for this two-hour class of monthly Friday painting fun while learning techniques used by the impressionists and Bob Ross (lol). Bring a beautiful image to life ranging from still lifes, landscapes, and object studies. No experience is necessary, and all materials are provided. These are great opportunities to spend time with friends or make new ones. Bring home a work of art each meeting! Classes run once a month September through December. **Please Note: Each month is a separate session costing \$30, per person, per class. Pre-registration for each class is required as class size is limited.**

Fri. Sep. 12, Oct. 10, Nov. 14, and/or Dec. 12
1-3 p.m.
1 Meeting Each
(Attend as many classes as you like!)
Cornish Town Hall (Lower entrance)
Sue Cannafarina
\$30 per class

"Art, undeniably, is
conductive to happiness."
- Unknown

SCRAPBOOKING

Create beautiful, memorable pages, displays, and posters prominently featuring your best photos. Scrapbooks keep memories alive and are wonderful keepsakes and fun to create. Let your imagination run free and produce a work of art from the heart. Choose any theme from your photos. These make wonderful gifts as well as keep your most prized pictures organized and arranged for you and your family. Amaze yourself with how easy it is to make professional looking creations. Come join us and give it a try! Bring some photos that you would like to use in your "masterpiece"! All materials, including two scrapbook pages and stickers, will be provided. Additional pages or a scrapbook may be purchased, if you wish. Anyone can be successful! **A materials fee of \$12 is payable to the instructor at time of class. Please pre-register as a minimum of 3 people is required to run the class.**

Wed. Nov. 5, 6–8 p.m., 1 Meeting
Adult Learning Center
172 Main Street, Suite 3, Cornish
Sasha Day
\$3

REFLECTIVE ART:

CREATING LIGHT-CATCHING MOBILES WITH COMPACT DISKS

You can create using anything! Join Ann and design and decorate these beautiful light-catching mobiles while recycling those old, but shiny CDs from the past. Even the old can be transformed into something new! **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. Sep. 27, 1–2:30 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Ann John
\$8

ZENTANGLES

Explore your creativity using line and design. Join us for this simple yet structured approach to drawing that promotes expression for all levels. Craft interesting images with this relaxing, fun method. There is no pressure; the sky's the limit! **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. Oct. 11, 1–2:30 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Ann John
\$8

FUN WITH COLORS!

Coloring is creative, relaxing, and fun! Join Ann in exploring a variety of types of crayons to include basic, pastel, oil, and watercolor, and/or colored pencils as well as colors from mild to wild and everything in between. Draw your own picture or color a prepared one. So many colors, so little time! **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. Nov. 8, 1–2 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Ann John
\$3

CALLIGRAPHY

Practice the beautiful art of calligraphy while learning the historical impact of the craft! Calligraphy, dating back to the seventh century, has changed in both style and use throughout history. Join artisan Ann John as she shares historical facts and artifacts and guides you through the steps in creating elegant lettering you can use for various occasions—or just for fun! **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. Dec. 6, 1–2:30 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Ann John
\$8

PINECONE WREATH

Create and take home a beautiful, handmade pinecone wreath! This class will move at a relaxed pace and is great for beginners and just as fun for the more advanced crafters as well. Come relax, socialize, and create a great work of art for use as a lovely decoration or the perfect Christmas gift. All materials, decorations, and tools provided.

Please pre-register as a minimum of 3 people is required to run the course.

Sat. Dec. 6, 1–3 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Lori Gehrs
\$30 (includes registration and all materials)

ART & MUSIC

DIGITAL PHOTOGRAPHY

FOR NEWBIES—LIVE ONLINE

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera ready and learn when and how to use its special features - such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. Please have a computer, stable internet connection, and your camera for class. **Registration closes at 10 a.m. on 9/15. Pre-registration is required to receive online link.**

Tue. Sep. 16–Oct. 14, 5:30–7 p.m., 5 Meetings
Online
Steve McGrath
\$79

PHOTOGRAPH SNOWFLAKES!

LIVE ONLINE

Use your macro/close up settings, lenses, filters and lighting to take some awesome images of snowflakes! Discuss aperture, ISO exposure compensation, and composition—all important aspects when capturing close up images. Please have a computer, stable internet connection, and your camera of choice (digital camera or smartphone) for class. **Registration closes at 10 a.m. on 12/8. Pre-registration is required to receive online link.**

Tue. Dec. 9–16, 5:30–7 p.m., 2 Meetings
Online Steve McGrath \$29

Register online at

maineadulted.org/location/sacopee-valley-adult-education

ART & MUSIC

SMARTPHONE PHOTOGRAPHY LIVE ONLINE

Impress your family and friends with your photos! Learn how to use the camera settings on your phone, as well as how to share and print your photos. Discuss picture-taking techniques and the best free and low-cost tools for editing, finishing, and image management. This class will include time viewing photos, and the instructor will provide feedback on student work. Come explore the magic of smartphone photography with Steve! Please have a computer, a stable internet connection, and your fully charged smartphone (Android or Apple) for class. **Registration closes at 10 a.m. on 9/15. Pre-registration is required to receive online link.**

Tue. Sep. 16–30, 7:30–9 p.m., 3 Meetings
Online
Steve McGrath
\$49

Steve McGrath is a professional freelance photographer and teacher with 25 years of experience. His love of the great outdoors led him to his true passion—nature photography. Steve was an active member of the Gateway Camera Club for many years and has won many ribbons and awards at fairs and competitions through the group and on his own. Many of his images have been published in school textbooks.

PHOTOGRAPHY: MAKE YOUR BEST SHOT...AN INTRODUCTION TO DIGITAL PHOTOGRAPHY—LIVE ONLINE

Learn the basics of digital photography, including what you should have read in your owner's manual but didn't! Topics covered include camera settings, understanding exposure and white balance, and tips for making your best shots of various subjects. It's a perfect session to attend BEFORE going on a vacation so that you can take home your best shots. **Pre-registration is required to receive online link.**

Tue. Oct. 21, 7–8:30 p.m., 1 Meeting
Online
Mike Leonard
\$25

PHOTOGRAPHY: AFTER DARK LIVE ONLINE

Explore all the things you need to know to take successful images after the sun sets and before the sun rises. This session reviews exposure, how to shoot images in the dark - including the Milky Way and Aurora - and how to capture your best photo under just moonlight. We will review equipment helpful for nighttime photography, including, but far from limited to, using a cell phone. **Pre-registration is required to receive online link.**

Wed. Oct. 22, 7–8:30 p.m., 1 Meeting
Online
Mike Leonard
\$25

Mike Leonard has been taking pictures for more than 40 years. Among his favorite subjects to shoot are nighttime scenes including lightning and the Aurora, and, in the daytime, landscapes, seascapes, lighthouses, and more. His work is frequently featured on the covers of The Notes publication in Yarmouth, and in the Maine Activities Guide. Check out his site at phototourismbymike.com

UKULELE FOR BEGINNERS LIVE ONLINE

This is your chance to learn to play this amazingly versatile instrument. You'll need a ukulele, some curiosity, a love of music, and time to practice. Join our stress-free program for plenty of fun and learning. You won't want to stop once you have mastered the fundamentals. The nicest part is that you don't have to read music! Sign up, tune up, and show up to start your musical adventure now! Buying a ukulele? Duncan can provide you with brand, price, style, and size recommendations as well as local stores where you can purchase an excellent beginner's ukulele. Contact us and we'll have him reach out to you! Required: Five days before the start of the program, important documents will be sent to the email address you provided at registration. Before attending the first session, please read the email and documents carefully. **Pre-registration is required to receive online link.**

Session 1: Tue. Sep. 16–Oct. 7, 6–7:30 p.m., 4 Meetings
Session 2: Wed. Oct. 15–Nov. 5, 6–7:30 p.m., 4 Meetings
Session 3: Tue. Nov. 11–Dec. 9, 6–7:30 p.m., 4 Meetings
Online
Duncan Perry
\$79

Duncan Perry is a popular ukulele performer and teacher. He believes studying an instrument makes the brain sharper, helps reduce stress and brings joy to the uke players and audiences. He has taught the powerful ukulele to almost 700 individuals!

**Check Your Weekly Shopping
Guide,**

sacopeevalleynews.com,
and sad55.org

for community news and events.



BLAZO-LEAVITT HOMESTEAD (1812 & 1817) TOUR

William Blazo built the Blazo-Leavitt Homestead in North Parsonsfield. The ell, with one large chimney, was built in 1812. The main section of the house, with four more chimneys, was added in 1817. It is a two-story Portsmouth Federal-style home with elaborate doorways, ornate interior woodwork, a Palladian window over the front door, and a large central hall. It was in the same family until 1974. Then, from 1977 until 2008, the homestead went through four different owners. From 2008 until late 2013, the structure was vacant. The present owner has worked hard to restore the homestead. The Rufus-Porter type murals and graining by artist Sandy Howe are outstanding. The Blazo-Leavitt Homestead was featured in the October 2019 issue of *Early American Life*, a copy of which is at the Brown Memorial Library. The homestead is located on Route 160 South in North Parsonsfield, diagonally across the street from the Parsonsfield Seminary. **Please note: There is no charge for this tour. The \$5 registration fee will be donated to the Parsonsfield-Porter Historical Society. If you would like to contribute other funds to the historical society, you may do so at the time of the tour. Pre-registration is required due to spacing and safety issues. Extra sessions will be available as needed.**

Sun. Sep. 21, 1–2 p.m., 1 Meeting
515 North Street, North Parsonsfield
Peter Cyr
\$5



VALLEY LODGE (CIRCA 1792) TOUR

The Brown Family or their caretakers owned Valley Lodge for 181 years until 1973. Brothers David and Ephraim Brown came to Flintstown (now Baldwin) with their father, Captain David Brown, from Concord, Massachusetts, in 1783. Captain David Brown helped lay out the plot plan and worked on the roads in Flintstown. He never lived in Maine, but his son Ephraim built Valley Lodge. Ephraim's brother David built Saddle Back Farm (now gone) right above Valley Lodge. Ephraim had seven children who all lived to be adults. Thus, in the early 1800s, he added to the original cape by building a Federal Colonial over the front half of the cape. However, none of the early features of the cape were disturbed. It is possible to see the evolution of architectural styles from the mantels. From pre-revolutionary to the late Victorian periods, 95% of the original features are still present. Valley Lodge was featured in the April 2011 issue of *Early American Life*; a copy is at the Brown Memorial Library. Valley Lodge is located at 67 E. Saddleback Road, West Baldwin. Take Brown Road, which goes up behind Limington Lumber on RT 113. Take the first right, which is E. Saddleback. Valley Lodge is the first house. **Please note: There is no charge for this tour. The \$5 registration fee will be donated to the Baldwin Historical Society. If you would like to contribute other funds to the historical society, you may do so at the time of the tour. Pre-registration is required due to spacing and safety issues. Extra sessions will be available as needed.**

Sun. Nov. 9, 1–2 p.m., 1 Meeting
67 E. Saddleback Road, West Baldwin
Peter Cyr
\$5

HISTORICAL SOCIETIES

BALDWIN
6 School Street, East Baldwin <https://www.baldwinmaine.org/historical-society.html>

CORNISH
40 Main Street, Cornish <https://www.cornishme.com/historical-society/>

HIRAM
20 Historical Ridge, Hiram <https://www.hiramhistoricalsociety.org/>

PARSONSFIELD-PORTER
92 Main Street, Porter, <http://parsonsfeldporterhistorical.org/>

HISTORIC HOUSE TOURS

OLD PORTER MEETING HOUSE (CIRCA 1819) OPEN HOUSE

Don't miss the opportunity to tour this special building that is a big part of Porter's history. Built by the "Bullockites Baptists" in 1819, this treasure contains 31 windows (no electricity), box pews (no heat), pulpit, and balcony with singer seats. It was placed on the National Register of Historic Places as early as 1973. Google "old Porter meeting house" for more information and photos, or check out the Parsonsfield-Porter Historical Society at parsonsfieldporterhistorical.org. Please note: There is no charge for this tour, but donations benefiting the Porter-Parsonsfield Historical Society can be made at the time of the tour.

Sun. Sep. 7, 1-3 p.m. Open House
Old Meeting House Road, Porter
Parsonsfield-Porter Historical Society
Free

PARSONSFIELD-PORTER HISTORY HOUSE: OPEN HOUSE

Come and tour the History House and view all the exhibits. We will have the last showing of the "Recognizing Our Heritage" exhibit. Don't miss it!

Sun. Sep. 14, 1-3 p.m. Open House
92 Main Street, Porter
Parsonsfield-Porter Historical Society
Free

PARSONSFIELD-PORTER HISTORY HOUSE: SPECIAL EVENT

Join us for part two of the Jose Fenderson Story! His story continues as World War II Begins. This historical epic is based on audio taped interviews.

Sat. Sep. 27, 2 p.m.
92 Main Street, Porter
Parsonsfield-Porter Historical Society
Free

LIFE SKILLS

LET'S PLAY CHESS & UNLOCK YOUR STRATEGIC MIND

Join us for an exciting journey into the World of Chess, where you'll learn chess fundamentals, develop your critical thinking skills, improve your problem-solving ability, and pave the way for knowledge transfer to your kids and grandkids to join the exciting world of chess. Monday classes are designed for beginners and intermediate players, covering an introduction to chess basics, piece development and control, attack and defense strategies, endgame techniques, tournament play, review, and chess puzzles. Thursdays are available for registered chess players and their guests to practice their chess skills. By the end of this class, you'll be able to play confidently and think strategically. Perfect for anyone looking to challenge themselves, improve cognitive skills, or simply have fun! **Chess sets will be provided for all classes and practice sessions. Please pre-register as a minimum of 4 people is required to run the course.**

Mon. & Thu, Sep. 22 -Oct. 23, 5-6:30 p.m.
10 Meetings Cornish UCC
37 Main Street, Cornish
Across from Bonney Memorial Library
John Noel, Facilitator Free

LIFE SKILLS & ENRICHMENT

FINANCIAL FITNESS: THE POWER OF BUDGETING

During this Edward Jones Financial Fitness program interactive seminar, we will explore the importance of creating and maintaining a budget, examine the difference between wants and needs, and set goals for personal spending, savings, and debt repayment. Many think budgeting equals constraints, but a budget can help put you in control. It is the foundation on which a financial strategy is built. Are you ready to give budgeting a try? **Please pre-register as a minimum of 4 people is required to run the course.**

Mon. Sep. 15, 6-7 p.m., 1 Meeting
Pike Hall
(Upstairs area at Cornish Town Hall)
Andrew Novick
\$5

RETIREMENT BY DESIGN

Thinking about retirement can bring some questions to mind: What will I do when I retire? Am I saving enough? Will I even be able to retire? Join us as we consider these questions and more. We'll discuss how you can translate your vision for retirement into tangible goals. Whether you are 10 or 40 years from retirement, you'll learn investment strategies you can use now to help design the retirement you want tomorrow. **Please pre-register as a minimum of 4 people is required to run the course.**

Tue. Oct. 7, 6-7 p.m., 1 Meeting
Pike Hall
(Upstairs area at Cornish Town Hall)
Andrew Novick
\$5

COMPUTER LITERACY FOR ADULTS & SENIORS

It's not just a matter of teaching old, young, or other "dogs" new tricks. You can do it! Technology is more user-friendly than you may realize. Learn the basics of informational and transferable skills focusing on what you want to do and how to simplify life using your computer, laptop, or tablet as well as the Internet and Gmail. Bring your laptop or tablet. If you need one to use, just let us know.

Please pre-register as space is limited.

Mon. Sep. 29-Oct. 6, 3-4:30 p.m., 2 Meetings
OR
Mon. Nov. 3-10, 3-4:30 p.m., 2 Meetings
Adult Learning Center
172 Main Street, Suite 3, Cornish
Renee Payeur
\$3

HOW TO USE A SMARTPHONE: NO, YOU'RE NOT A DUMMY

Afraid to ask someone how to use your phone? Don't be! The truth is most of us find out as we go. Different phones often have the same things in different places. Let's join forces and figure this out together! **Please pre-register as space is limited.**

Wed. Oct. 22, 10:30 a.m.-Noon, 1 Meeting
Hiram Cultural Center
Megan Brown and Renee Payeur
\$8

LIFE SKILLS & PERSONAL ENRICHMENT

BoomerTECH Adventures courses include self-paced videos to watch at your own pace and convenience and offers PDFs containing class information, articles, and videos accessed directly through the links provided. Personalized support is available via email, phone, and Zoom. For best outcomes, it is recommended that you watch the course videos on a computer/iPad and have your iPhone in hand to try out ideas as you move through the videos. BoomerTECH Adventures courses are developed by three Maine educators, Ed Brazee, Jill Spencer, and Chris Toy.

ESSENTIALS FOR IPADS-ONLINE

Revolutionize your iPad experience with iPadOS 18! Unlock Apple intelligence, powerful Writing Tools, and pro-level photo editing capabilities. Learn customization secrets and security features that boost your productivity instantly. Compatible with iPad Pro (M4/3rd gen+), iPad Air (M2/3rd gen+), iPad (7th gen+), and iPad mini (A17 Pro/5th gen+). **Required: a strong internet connection and a Mac computer, iPad, or iPhone to access videos and articles. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (9/2-12/29)
Online
Jill Spencer
\$45

INTRO TO IPHONE BASICS-ONLINE

Discover the must-know features on your iPhone—from Apple ID setup to texting, FaceTime, Control Center, and essential apps. Stay updated and master the latest iOS features with ease. **Required: a strong internet connection and a Mac computer, iPad, or iPhone to access videos and articles. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (9/2-12/29)
Online
Jill Spencer
\$45

VISION ACCESSIBILITY ON IPHONE & IPAD-ONLINE

Make your device easier to use with built-in vision accessibility settings. Learn where to find and how to use the 15 essential features available to enhance readability and usability for vision challenges. **Required: a strong internet connection and a Mac computer, iPad, or iPhone to access videos and articles. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (9/2-12/29)
Online
Jill Spencer
\$45

ESSENTIALS FOR IPHONES-ONLINE

Unlock the full potential of your iPhone with iOS 18! This comprehensive course for Mac/Apple users will provide essential knowledge and skills to master the latest iOS features and enhancements. Learn to streamline your workflow with a redesigned Control Center. Discover powerful shortcuts. Enhance your interactions with a more intelligent Siri. Explore innovative communication tools with Apple Intelligence. Capture stunning photos to unleash your creativity with upgraded photo editing tools and discover hidden camera features. Customize your iPhone and make it uniquely yours with personalized settings, widgets, and accessibility options. Finally, learn to keep your iPhone running smoothly and efficiently with expert tips and troubleshooting techniques. Whether you're a beginner or an experienced user, this course will provide you with the confidence and expertise to navigate the iOS 18 world with ease. Enroll today and become an iOS 18 expert! Appropriate for anyone using iOS 18 (iPhone XR, 11 through 16, and SE (2nd and 3rd generations)). **Required: a strong internet connection and a Mac computer, iPad, or iPhone to access videos and articles. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (9/2-12/29)
Online
Ed Brazee
\$45

UNLOCK YOUR MEMOIR: DIGITAL TOOLS TO SPARK YOUR STORY-ONLINE

Explore a variety of digital tools in this multi-video course designed to support your memoir journey. Discover apps and strategies for organizing memories and researching, illustrating, and polishing your work. Gain practical skills to enhance your writing process and confidently bring your story to life. **Required: a strong internet connection and a Mac computer, iPad, or iPhone to access videos and articles. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (9/2-12/29)
Online
Jill Spencer
\$45

BoomerTECH Adventures courses are developed and taught by three Maine educators, Ed Brazee, Jill Spencer, and Chris Toy.

"Leaning never exhausts
the mind."
- Leonardo da Vinci

LIFE SKILLS & PERSONAL ENRICHMENT

A WRITER'S WORKSHOP: WRITING YOUR FIRST DRAFT (NOVEL, MEMOIR, SCREENPLAY)–LIVE ONLINE

Are you ready to bring your long-form story idea to life? Do you want to get started on that novel, memoir, screenplay, or collection of poems?

This writer's workshop will provide you with the opportunity to share your developing pages and receive insightful peer and instructor feedback. You will also practice writing strategies that focus on big-picture story elements like plot, character arcs, pacing, and voice. **Pre-registration is required to receive online link.**

Thu. Oct. 2–Nov. 6, 6:30–8 p.m., 6 Meetings
Online
Kristin Leonard
\$45

Kristin Leonard holds a Master's in English (Literature), as well as an M. F. A. in Creative Writing from the University of Southern Maine. She is the 2019 recipient of the Maine Literary Award for Drama and Lit Fest's 2019 Dramatic Writing Fellow for Emerging Writers. Her critical and creative work have appeared in The Explicator, Ekphrastic Review, The Atlantic, New Hampshire Public Radio, and more. Follow her at kristin-jleonard.com

DEATH WITH DIGNITY–LIVE ONLINE

There is still a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. Many providers and patients are still not familiar with Maine's Death with Dignity Act. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Join us to get fact-based information and the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify for the law or support your loved one who may be qualifying. **Pre-registration is required to receive online link.**

Thu. Oct. 23, 6:30–8 p.m., 1 Meeting
OR
Thu. Dec. 11, 6:30–8 p.m., 1 Meeting
Online
Valerie Lovelace
Free

If you are interested in teaching a course, please contact
gday@sad55.org,
rpayer@sad55.org,
or call our office
at (207) 625-3092.

GRAVESTONE CARE

The Cornish Historical Society invites you to join us at Riverside Cemetery to learn more about the mystique of gravestones, how to add to their care, and maybe some exciting history, too! Gary Mason, trained by MOCA (Maine Old Cemetery Association) instructors, will demonstrate the proper cleaning techniques, appropriate products to use, and the history of the stone itself. The class will begin at "The Town Lot" (called the Paupers' Lot in the ol' days) where the "Baby Indian" is buried. After that, the mystique will begin! **Please pre-register for planning purposes.**

Sat. Sep. 20, 10–11:30 a.m., 1 Meeting
Riverside Cemetery
Across from Call's Shop N' Save, Route 25
Gary Mason, Cornish Historical Society
\$5

GRIEVANCE SUPPORT GROUP

The Grievance Support Group meets at the Riverside Methodist Church the third Thursday of each month and is open to anyone who has experienced a loss. Connect with others, learn ways to cope, and receive support with the grieving process. **FMI: Call 625-8712 or 625-8269.**

Third Thursday of every month, 6 p.m.
Riverside United Methodist Church
Free

SOLAR 101

RESIDENTIALRENEWABLE ENERGY

Interested in learning more about renewable energy for your home? Join ReVision Energy for an overview of all things solar! We'll discuss how grid-tied solar and net metering work, and how the all-electric household model (including heat pumps, EV charging, and battery storage) can save homeowners money while also saving the planet. The cost of solar panels has dropped 75% in the past 10 years while fossil fuel and grid electricity rates have increased significantly, so now is the time to explore solar energy for your home or business! **Please pre-register if possible for the purpose of providing materials.**

Tue. Oct. 28, 6–7 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Chris Jones
Free

DISASTER PREPAREDNESS ESSENTIALS–ONLINE

Join emergency preparedness experts from the American Red Cross for an overview of disaster preparedness fundamentals. Whether a disaster is weather-based or caused by humans, forecasted or arriving suddenly, requiring you to evacuate or shelter-in-place, the Red Cross offers practical advice on getting informed, making a plan, assembling a kit, and keeping your plans up to date to mitigate risks and keep you, your loved ones, and your home safe. Please let us know if you will be attending our live session or via Microsoft Teams. **Pre-registration is required to receive online link.**

Wed. Sep. 24, 6–7 p.m., 1 Meeting
Online
American Red Cross Volunteers
Free

LIFE SKILLS & PERSONAL ENRICHMENT

HOME FIRE SAFETY-ONLINE

This home fire safety training covers the most common causes of home fires, how to mitigate them, and the importance of smoke alarms and escape plans. Home fires are by far the most common disaster nationwide, and the Red Cross responds to nearly 60,000 every year. Unfortunately, they're also the deadliest disaster, as, on average, seven people die in home fires every day, and 2024 saw a record number of home fire deaths in Maine. This safety presentation can help prevent fires outright and avoid injury or loss of life when they do occur. **Please let us know if you will be attending our live session or via Microsoft Teams. Pre-registration is required to receive online link.**

Wed. Oct. 29, 6-7 p.m., 1 Meeting
Online
American Red Cross Volunteers
Free

WINTER STORM PREPAREDNESS ONLINE

Winter storms can bring extreme cold, freezing rain, sleet, heavy snowfall, ice, and high winds. These storms can cause transportation, heat, power, and communication disruptions. They also can close schools, stores, and workplaces. Winters are getting warmer and shorter because of the climate crisis but because a warmer atmosphere holds more moisture, heavier snowfalls are more likely to occur. We can take action to prepare. Learn how to protect yourself, your loved ones, and your home. **Please let us know if you will be attending our live session or via Microsoft Teams. Pre-registration is required to receive online link.**

Wed. Dec. 3, 6-7 p.m., 1 Meeting
Online
American Red Cross Volunteers
Free

Most people know that the American Red Cross helps people during emergencies, but you may not know that it's also part of our mission to help you help yourself! Becoming "Red Cross Ready" for an emergency means following simple steps in advance to ensure you can weather a crisis safely. Being prepared may not prevent a disaster, but it will give you confidence to meet the challenge.

FOSTER CARE/ADOPTION Q&A LIVE ONLINE

Join the A Family for ME program for a live, virtual conversation about becoming a foster/adoptive parent in Maine. Recruitment specialists will answer your questions about the different ways to provide care for infants, teens, and siblings. If you've ever considered foster care or adoption, this is an excellent opportunity to learn more and get your questions answered! Learn about the licensing process and explore the various ways to support youth and provide care, including respite care and discover ways to support foster families. **Register directly: <https://www.tickettailor.com/events/afamilyforme/>**

Second Monday of the Month
12-1 p.m. OR 6-7 p.m.
Online
Free

BUYING YOUR FIRST HOME LIVE ONLINE

The entire process of purchasing a home is covered in this ME hOMeworks course, including making the decision, setting a budget for homeownership, improving credit, getting a mortgage approval, working with a realtor, inspections, insurance, the closing process, energy efficiency and avoiding predatory lenders. Learn about closing cost and down payment assistance programs available for first-time homebuyers, veterans, and others. Attendees will earn a Certificate of Completion required by USDA, ME State Housing Authority, and other mortgage lenders. Free individualized counseling is offered after the class. **Please have pen and paper available. Registration closes at 10 a.m. on November 10. Note: You must reply to the email that will be sent to you from YCCAC to complete registration and receive the Zoom link. Register the person with whom you are buying your house at the same time and receive a \$10 refund.**

Sat. Nov. 15, 9 a.m.-5:30 p.m., 1 Meeting
OR
Sat./Sun. Dec. 6th-7th, 12-4:30 p.m., 2 Meetings
Online
Lee Sullivan
\$45

Lee Sullivan is the Homebuyer Education Coordinator at York County Community Action Corp. In addition to experiencing the homebuying process multiple times, she is Certified by hOMeworks, HUD and the USDA RD Direct mortgage program.

ATV SAFETY-ONLINE

Riding an ATV can be a great way to enjoy the outdoors, whether it's in your own back yard, or exploring on the thousands of miles of trails available in Maine. ATVs (including UTVs and off-road motorcycles) can also be useful around the woodlot or farm and let's face it, they're simply fun to ride! It's important to ride safely, responsibly, and to be prepared before you go. Many ATV trails reside on private land. Respecting these generous private landowners by riding responsibly is critical to maintaining trail access. Educating yourself before you go is an important component of being a safe and responsible offroad operator. Youth ages 10 to under 16 must successfully complete an approved ATV Safety Certification course to legally operate on land other than their own. Anyone 16 years of age or older is encouraged to take the course to be educated and prepared for safe riding. The ATV Safety Course is available in two different formats: online and in-person. Students 12 and older can complete the Official Maine ATV/Snowmobile Safety course online at offroad-ed.com/maine. The cost to register for the online course is \$34.95. Upon successful completion of the online course, students will receive their Maine ATV/Snowmobile Safety Certification card. **FMI or for a listing of live courses, go to maine.gov/ifw/programs-resources/educational-programs/**

Register online at

maineadulted.org/location/sacopee-valley-adult-education

SENIOR CENTRAL

SENIOR CENTRAL: Stayin' Alive in Sacopee Valley

The goal of SENIOR CENTRAL is to create an active, engaged senior community through offering and encouraging a safe, stimulating, and supportive social environment. Appreciate the fun and stimulation of cultural, recreational, and intellectual activities, while enjoying the simpler things like games, coffee, books, and movies as well. It is hoped that many older members of our community will become involved partners. Come join our FREE offerings.

MONDAY MORNING: COFFEE & MORE!

SENIOR CENTRAL invites our local senior citizens to coffee, cornhole, cards, cribbage, and, of course, socializing! FMI: Leave a message at (207) 650-6665. This group meets year-round except for major holidays.

Mondays, 10–11:30 a.m.
No meeting on holidays.
Parsonsfield Town Hall
Free

COMMUNITY CAFES FOR SENIORS

Join us once a month for lunch in the gym! The Community Cafe is sponsored by Senior Central of the Grateful Undead on the **4th Wednesday of every month, 11:30 a.m.–1 p.m. at the Parsonsfield Town Hall**. Meals are provided by The Carriage House Bistro & Tavern, and the menu will be posted on parsonsfield.org and in the Shopping Guide. **RSVP is required by the third Friday—call (207) 650-6665. Suggested donation: \$10.**

WEDNESDAY WALKS: PUT ON YOUR WALKING SHOES!

Sacopee Valley Grateful Undead is again hosting a walking program for us older folks. It is a time for local people to get together to make our lives more fun. You are invited to enjoy an hour or so of easy but interesting walks. FMI, call (207) 408-3829. This group meets year-round except for major holidays. **Please pre-register, allowing individuals to be contacted if there is a cancellation.**

Wednesdays, 10–11 a.m., Ongoing
Cornish Fairgrounds
Eleanor Pansar
Free

AGING WELL & HAPPY

SENIOR EXERCISE, NUTRITION, STRESS RELIEF, AND MORE!

Explore the aspects of wellness: physical, emotional, creative, nutritional, and social. Cultivate a sense of purpose as well as appreciation and gratitude for what we have done and are doing and for the joy and satisfaction in our lives. So let's relax, breathe, and get started! Bring water and, if available, yoga, mat. **Please pre-register as a minimum of 4 people is required to run the course.**

Tue. Sep. 9–Oct. 21, 10:30 a.m.–Noon, 6 Meetings
No Class Sep. 30
Hiram Cultural Center
Marianne Wyer
Free

TAI CHI–MEDITATION IN MOTION

Tai Chi is one of SVACE's longest-running classes and it has experienced some gradual and wonderful changes over the years. It is led by loyal volunteers who are willing to lead, learn, and practice the Yang Style 24 Form, the 40 Form, and the Qigong warm-ups for all attendees. Bring water and comfortable footwear. Sign up for Tuesday and Thursday meetings or choose to come once a week on Tuesday or Thursday. **Please note: If you opt to come once a week, you are not locked in to either day. Please pre-register as a minimum of 8 people is required to run the course.**

Tuesdays and Thursdays, 24 Meetings, \$45

OR

One Meeting a Week (T or TH), 13 Meetings, \$30
Sep. 9–Dec. 9, 10–11:30 a.m. 24 meetings
No meeting Nov. 4, 11, or 27
Pike Hall
(Upstairs area at Cornish Town Hall)

SENIOR CENTRAL is an initiative of the Grateful Undead and affiliated with the Sacopee Health Center. Watch for further events!

Check out our website: gratefulundead.org



MEDITATION GROUP

This ongoing meditation group is open to all, from beginners to those with long experience and includes both sitting and walking meditation. Whatever tradition you follow, or none at all, you're welcome to join!

Please pre-register or register with Terry at class.

Thu. Sep. 11-Dec. 11, 11:30 a.m., 13 Meetings

No meeting Nov. 27

Pike Hall (Upstairs area at Cornish Town Hall)

Terry Anderson

Free

OLD TIME NEW ENGLAND BARN DANCE

The Sacopee Valley Rec Council and Senior Central is again sponsoring this FREE and FUN event at Pike Hall in Cornish. What a fun and festive way to get out, meet friends, and get moving! All ages are welcome—you can't be too old or too young! **This event is free, but donations are always welcome.**

Sun. Sep. 21, 2:30–4:30 p.m., 1 Meeting

Sun. Oct. 26, 2:30–4:30 p.m., 1 Meeting

Pike Hall (Upstairs area at Cornish Town Hall)

Free

MEDICARE FRAUDS & SCAMS

Join the Southern Maine Agency on Aging (SMAA) Medicare expert representative for this essential information on recognizing and avoiding scams, fraud, and other issues related to Medicare specifically and to other scams in general. Learn how to protect yourself and what to do if you have experienced fraud. **Please pre-register as a minimum of 4 people is required to run the course.**

Wed. Sep. 24, 10–11 a.m., 1 Meeting

Pike Hall (Upstairs area at Cornish Town Hall)

Scott Simundza, SMAA

Free

For more information on other services and offerings through the SMAA, visit their website at www.smaaa.org

SOCIAL SECURITY OPTIMIZATION STRATEGIES

Maximizing your Social Security benefits requires more than knowing when you're eligible—it demands a strategic approach tailored to your unique financial situation. This course equips individuals to make informed decisions about claiming Social Security. Through practical examples and data-driven insights, participants will explore key topics such as optimal filing ages, spousal and survivor benefits, and strategies for single, married, divorced, and widowed individuals. We will cover understanding how Social Security benefits are calculated, evaluating the pros and cons of claiming early vs. delaying benefits, and identifying optimal strategies for couples, divorcees, and survivors.

Please pre-register as a minimum of 4 people is required to run the course.

Session 1: Wed. Oct. 1, 6–7 p.m., 1 Meeting
OR

Session 2: Wed. Oct. 15, 6–7 p.m., 1 Meeting
Pike Hall

(Upstairs area at Cornish Town Hall)

Damian Smith

Free

WAYSIDE FOOD PROGRAM

Senior Food Boxes: Anyone 60 years old or older is eligible for a monthly senior food box, available from all food pantries. (207) 775-4939
waysidemaine.org

**“Youth is the gift of nature,
but age is a work of art.”
Stanislaw Jerzy Lec**



Check out our website: smaaa.org

FAMILY ACTIVITES

LIBRARY EVENTS

SACOPEE FAMILY READING CLUB

Join us for dinner, stories, and fun family activities! In addition, each child will be able to take home a book each week! This free Parent and Child Together PACT) fall session meets through November 20, but the activity will continue in January for the winter/spring session. Please call or email Renee at (207) 625-3092 or rpayeur@sad55.org if you have any questions or want to register for this FREE program. Bring the family and join us! **Pre-registration is required due to space issues and to keep everyone updated on any changes.**

Thu. Sep. 18–Nov. 20, 5:30–7 p.m.
10 Meetings
Riverside United Methodist Church
Renee Payeur
Free

FALL FAMILY FUN NIGHT

Join us for a night of family fun! Parents and children come together for dinner, a story, and a fun fall activity, as well as other “goodies”! Bring the ENTIRE family!

Thu. Oct. 9, 5:30–7 p.m., 1 meeting
Riverside United Methodist Church
Kids Free to Grow Staff
Free

KIDS FREE TO GROW offers parenting programs in a group setting to promote healthy, nurturing, and non-violent ways of parenting. All meetings are free and led by Kids Free to Grow Staff.

LIBRARY STORY HOURS

Bonney Memorial Library
Wednesdays, 10 a.m.

Brown Memorial Library
Mondays, 10 a.m.

Kezar Falls Circulating Library
Wednesdays, 11 a.m.

Soldier’s Memorial Library
Tuesdays, 10 a.m.

KNITTING WITH THE “KNOTTY KNITTERS”

Thursdays, 12:30-2:30 p.m.
Soldiers Memorial Library, Hiram
Free

SOLDIERS MEMORIAL LIBRARY
COFFEE HOUR & SHARE A
FAVORITE BOOK

Wednesdays, 1-2 p.m.
Soldiers Memorial Library, Hiram
Free

BONNEY KNITTING, SEWING,
& FABRIC ARTS

Mondays, 10:30 a.m.-Noon
Bonney Memorial Library
Free

BONNEY SCRABBLE CLUB

Wednesdays, 10 a.m.-1p.m.
Bonney Memorial Library
Free

BONNEY READERS
BOOK DISCUSSION GROUP

Second Thursday each month, 4 p.m.
Bonney Memorial Library
Free

BONNEY KIDS’ CRAFT CLUB

Saturday Mornings
Bonney Memorial Library
Free

BROWN MEMORIAL LIBRARY CRAFTERS

Saturdays, 9 a.m.-1 p.m.
Brown Memorial Library
Free

BROWN MEMORIAL LIBRARY RUG HOOKERS

First and Third Monday, 9 a.m.-12 Noon
Brown Memorial Library
Free

LOCAL LIBRARY INFORMATION

Brown Memorial Library, Baldwin, (207) 787-3155
M: 9 a.m.-1 p.m., W: 2-5 p.m., F: 1-5 p.m., SAT: 9 a.m.-1 p.m.

Bonney Memorial Library, Cornish, (207) 625-8083
M/W: 10 a.m.-1 p.m., T: 9 a.m.-1 p.m. & 2-6 p.m., TH: 2-6 p.m., SAT: 9 a.m.-12 p.m.

Kezar Falls Circulating Library, Parsonsfield, (207) 625-2424
T: 2:30-7 p.m., W: 10 a.m.-4 p.m., TH: 2:30-5 p.m., SAT: 10 a.m.-12 p.m.

Soldiers Memorial Library, Hiram, (207) 625-4650
T: 9:30 a.m.-12:30 p.m., W/TH: 10:30-5 p.m., SAT: 9:30 a.m.-12:30 p.m.

SACOPEE VALLEY RECREATION COUNCIL

The Sacopee Valley Recreation Council (SVRC) serves the residents of Baldwin, Cornish, Hiram, Parsonsfield and Porter in Maine School Administrative District #55 offering traditional competitive youth sports, imaginative summer camps, a low-cost learn to swim program, and a variety of free offerings for all ages! sacopeerec.org

GARDENING, NATURE, & ANIMAL MANAGEMENT

GROWING GREAT GARLIC

Do you love garlic in your cooking? Did you know you can grow it yourself? Growing garlic in the north, with our cold winters, differs from growing it in the warmer south. Get some tips on when and how to raise a crop right here in Maine. Garlic is good for your taste buds and your health! And it's time to plant here in Maine! **Please pre-register as we need a minimum of 4 people to run this course.**

Tue. Sep. 30, 6–8 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Brigit McCallum
\$10

About Brigit: An avid gardener, researcher, and teacher, Brigit loves teaching classes where everyone learns new things, and where she goes home having learned more herself, for her own gardens, and for teaching future classes.

BUTTONING UP YOUR FLOWER GARDEN FOR WINTER

With the usually nice fall weather here in Maine, gardeners can sometimes become forgetful about getting their gardens ready for the cold winter months ahead. Helpful hints will be shared by a certified Maine Master Gardener on how best to prepare your garden for winter. **Please pre-register as we need a minimum of 4 people to run this course.**

Tue. Oct. 14, 5–6 p.m., 1 Meeting
Conference Room
MSAD #55 District Office
Facilitator: Renee Payeur
Free

FULL MOON HIKE AT INGALLS POND

Join us in the moonlight for this easy, almost flat, 2 mile historical walk along the shore of the Saco River and back along the railroad through Ingalls Pond. During the centuries after the Ingalls Ferry was active, many changes of Ingalls Pond have occurred. We will see evidence of those changes, discuss some history, and enjoy beautiful moonlit views across the river and ponds. The Ingalls Pond Trails have a small parking area at the trailhead. Driving north on Pequawket Trail (RT 113/117), the parking area is on the left at about 100 yards north of the Hiram Dam Access Road and just before you reach the blue P.Y. Estes Quarry sign that is on the right. Since this walk is on the weekend, we can also park a few cars at the quarry entrance, near that large blue sign. **Please pre-register if possible allowing individuals to be contacted in case of weather issues.**

Thu. Dec. 4, 6 p.m., 1 Meeting
Ingalls Pond Trailhead (See above)
Pequawket Trail (RT 113/117), West Baldwin
Sheryl Adams
Free

Learn more about the Francis Small Heritage Trust (FSHT) at fsht.org

DEVIL'S DEN

HISTORICAL NATURE HIKE

Join Dan, in coalition with the Francis Small Heritage Trust, for a moderately strenuous hike to Devil's Den, where we will not only enjoy spectacular views but also learn a little about the history and nature of this place. We will ascend using the 0.7 mile Devil's Den Trail that was newly developed by FSHT during the spring of 2024. This trail is relatively easy but moderately steep in places. This is a beautiful walk in the woods, passing stone walls of the 1800s through slopes that were once all open pasturelands. At the spectacular Ledges view point, we will pause to enjoy the colorful fall foliage over nearby hills and across Colcord Pond. We will investigate the Devil's Cart Way and consider the hardy visitors who made their ways here more than a century ago. Hikers will also have an opportunity to enter the Kamys Cabin at Devil's Den, and to enjoy views to the north and east from the front deck. We will then visit the Pearl-Brooks Cemetery nearby. Descending, we will walk the Snake Road. (Contrary to the name, there is no abundance of snakes here!) On the way down, we will visit the cellar hole of the Pearl family homestead. Directions: Driving to the FSHT Devils Den parking area: From Route 160 Ice Cream in South Hiram, drive north on Rt 160 (Brownfield Road) for almost 3 miles. Turn left onto Porterfield Road and drive northward for 1.4 miles. A short distance beyond the junction with Spec Pond Road, turn left onto Norton Hill Road. Continue on Norton Hill Road for another 1.4 miles to a 4-way intersection. Norton Hill Road turns to the right, but go straight through the intersection onto Moody Road and continue westward. At about a half mile on Moody Road, the entrance to the Devil's Den parking area will be on your left, with a sign pointing to it on the right side of the road. Warning: Although Norton Hill Road and Moody Road are town-maintained roads, these are rough, unpaved gravel roads that are only one-lane-wide in places. Drive slowly and be prepared to stop and possibly back up if you meet an oncoming vehicle. Depending upon recent weather conditions these roads can be muddy at times and may be rougher than usual. However, we do not hesitate to drive ordinary cars on these roads; just drive carefully. **Please pre-register if possible allowing individuals to be contacted in case of weather issues.**

Sun. Oct. 12, 10 a.m., 1 Meeting
Devil's Den Trailhead (See above)
Moody Road, Porter
Dan Hester
Free

Learn more about the Francis Small Heritage Trust (FSHT) at fsht.org

Register online at

maineadulted.org/location/sacopee-valley-adult-education

GARDENING, NATURE, & ANIMAL MANAGEMENT

HISTORY & HIKING

Come join Nate and Sam at Oak Hill Farm and hike the 1300-foot western summit of Bill Merrill Mountain. We will discuss Native American history, explore flora and fauna, check out the Old Hiram Schoolhouse foundation, and hopefully get to see the Presidential Range and enjoy the beauty of Mt. Washington. Barn store will be open to stock up on any Homestead Healing and/or maple needs. Please wear something Blaze Orange as well as appropriate clothing/footwear for a moderate hike. A limited number of Blaze Orange safety vests are available onsite for guest use. Water will be provided. **Please pre-register as we need a minimum of 3 people to run the course.**

Mon. Oct. 13, 9–11 a.m., 1 Meeting
Oak Hill Sugarhouse
14 Husky Hvn, Hiram, ME
\$5, payable at class

THE LOST ART OF WEATHER FORECASTING THROUGH NATURE SIGNS

Long before the days of television, weather apps, and live radar, Maine farmers, mariners, loggers, and Native Americans relied on nature's clues for weather prediction—their lives and livelihoods depended on it! In today's modern technological society of instant information, these scientifically proven, accurate natural weather indicators have been relegated to folklore and are being largely forgotten. Did you know that your morning cup of coffee can foretell if it's going to snow or rain that day? How accurate are woolly bear caterpillars in determining a harsh or mild winter? What's the science behind cattle lying down in a field before a storm or the saying, "Trace in the sky the painter's brush, and the winds around you soon rush"? Discover how to determine the exact temperature through clouds, moon, sun, and all the signs within nature. **Deb graciously volunteers her time and property. Donations in support of maintenance and set up are appreciated and can be made at the time of the course. The class will be held outdoors or, in case of intermittent weather, a small outdoor structure. Bring a lawn chair and bug spray and dress for the outdoors. Please pre-register as we need a minimum of 4 people to run the course.**

Thu. Sep. 11, 5:30–7:30 p.m., 1 Meeting
Baldwin, ME
Deborah Lipsky
\$5

In 2005, Deb became a registered Maine Guide, guiding people in Maine's great outdoors. A former reserve police officer, EMT, firefighter, and crisis counselor, she was also part of the search and rescue team with the USAF and a member of its critical incident stress management team. She has spent her entire life as an amateur archeologist, historian, and naturalist. In 2014, she retired from farming in Aroostook County and moved to her 50-acre wooded lot, living off the grid and close to nature.

STRICTLY FOR THE BIRDS!

Join us in making bird feeders from recyclable materials. Our feathered friends will appreciate the meals and the environment will benefit from a recycling project. We will make a couple of different feeders each. All materials provided. **A minimum of 3 people is required to run the class. Please pre-register for planning purposes of materials and space.**

Wed. Nov. 19, 1–2:30 p.m., 1 Meeting
Riverside United Methodist Church
Ginny Day \$3

HORSEMANSHIP: LEARN HOW TO BE SAFE WHILE HANDLING HORSES

Effective horsemanship, for both the horse and handler, begins with mutual respect and understanding. Learn how to be safe while grooming and handling horses. You will work individually with one of Mike's horses, getting right down and dirty! He will help you get comfortable working around these 1000-pound animals, enjoying your time together. Mike will show you some basic anatomy and tips about safe groundwork, taking his lead based on your particular areas of interest. Wear old clothes and hard sole shoes (no sneakers). FMI: (207) 890-2959. **Please pre-register as we need a minimum of 2 and a maximum of 5 people to run the course.**

Sat. Oct. 11, 10 a.m.–approx. Noon, 1 Meeting
OR
Sat. Oct. 18, 10 a.m.–approx. Noon, 1 Meeting
77 Durgintown Road, Hiram
Mike Benson \$30

FOOD PANTRIES

RIVERSIDE UNITED METHODIST CHURCH

5 School Street, Porter
1st and 3rd Friday, 9:30–11:30 a.m.
(207) 400-2866 or (207) 625-4886

BALDWIN AREA FOOD PANTRY

26 School Street, Baldwin
Tuesdays, 9:30–10:30 a.m.
(207) 625-7083

BROWNFIELD FOOD PANTRY

Lions Club Building
701 Pequawket Trail, Brownfield
3rd Thursday, 1–4 p.m.
(207) 935-2620

ST. MATTHEW'S FOOD PANTRY

19 Dora Lane, Limerick
1st Monday, 6–7 p.m., Tuesdays, 10 a.m.–noon
(207) 793-2244

BRIDGTON FOOD PANTRY

United Methodist Church
214 Main Street, Bridgton
Tuesdays, 11 a.m.–6 p.m.
(207) 647-3704 or (207) 318-4467

WAKEFIELD FOOD PANTRY

1500 Wakefield Road, Wakefield, NH
Wednesday, 10 a.m.–1 p.m.; 5–7 p.m.
(603) 522-3094

HEALTH, WELLNESS, & FITNESS

HEARTSAVER® FIRST AID

This course is designed for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory, or other requirements. Learn the basics for the most common first aid emergencies, including recognizing them, calling for help, and performing lifesaving skills, as well as preventing injury and illness. **Please pre-register as we need a minimum of 4 people to run the course.**

Tue. Oct. 14, 5–8 p.m., 1 Meeting
Baldwin Community Center
Ben McKenney
\$60

Note: First Aid certification cards are good for two years and meet the requirements for childcare providers.

UNDERSTANDING MEDICARE

We know this is no easy task! Join Aaron Manning of HealthMarkets as he explains some of the “ins” and “outs” to include when an individual is eligible for Medicare benefits, the timeline to enroll without penalties, what original Medicare does and doesn’t cover, what additional plans are available that work in conjunction with Original Medicare, and even possible financial assistance options. Come with your questions and concerns! **Please pre-register as a minimum of 4 people is required to run the course.**

Mon. Sep. 22, 5–6 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Aaron Manning
Free

WHAT IS A SOUND BATH? NO, YOU WON’T GET WET!

Prepare to embark on a soothing journey into the world of sound therapy. In this enlightening course, you will discover the many benefits of sound and explore a collection of tools designed to harmonize the mind, body, and spirit. From the resonant tones of crystal bowls to the gentle vibrations of tuning forks, drums, and chimes, this class offers a truly immersive experience with hands-on practice. **Please pre-register as a minimum of 3 people is required to run the course.**

Thu. Oct. 2, 1–3 p.m., 1 Meeting
Hiram Cultural Center
Marci Starr
Free

Marci Starr has been a guiding light in the healing arts community since 1994. With over 30 years of experience sharing her gift of sound therapy across Maine, Vermont, and New Hampshire, Marci has earned the endearing title of “The Crystal Bowl Lady” by her community. Her performances with crystal singing bowls and various other tools have enchanted many, helping them achieve relaxation and inner peace. Marci is also a Reiki Master, Shamanic Practitioner, and workshop facilitator.

AUTISM AWARENESS

Join us to learn about autism awareness and meet the author of three books on autism including the world wide best seller, *Managing Meltdowns*. Diagnosed with autism, Deborah provides insight not just from a clinical standpoint but from personal daily experiences of living with autism in a non-autistic world. Don’t miss this great opportunity to ask “anything autism” from a real-world expert. Her sense of humor in conveying her personal experiences will leave you laughing and viewing autism from a positive point of view. Dubbed the “autistic comedian”, she makes this presentation both inspiring and informative.

Please pre-register as a minimum of 3 people is required to run the course.

Sat. Oct. 4, 10–11:30 a.m., 1 Meeting
Cornish Town Hall
Deborah Lipsky, B.S., M. ED
Free

COME MAKE TEA WITH ME!

Join Sam Person in crafting your own herbal loose-leaf tea at Oak Hill Farm. From plant to cup, enjoy learning and sharing about a few of our native herbs and their natural benefits. Create a unique loose leaf tea blend to take home while sipping on your choice of Homestead Healing tea. Tea and refreshments provided. Barn store will be open to stock up on any Homestead Healing and/or maple needs. **\$10 materials fee is payable at class. Please pre-register if possible for space and planning purposes.**

Sat. Sep. 13, 9–10:30 a.m., 1 Meeting
Oak Hill Farm Sugarhouse
14 Husky Hvn. Hiram, ME
Sam Person
Free

ARE YOU HAVING TROUBLE CONTROLLING THE WAY YOU EAT? LIVE ONLINE

Do you struggle with food obsession, overeating, undereating, or bulimia? Food Addicts in Recovery Anonymous (FA) offers a solution for all forms of food addiction. There are no dues or fees. **To preserve confidentiality and to access the zoom link, email fa.newcastle.maine@gmail.com.**

Tue. Oct. 21, 6:30–8 p.m., 1 Meeting
OR
Mon. Nov. 3, 6:30–8 p.m., 1 Meeting
Online
FA Staff
Free

“Health is the greatest
gift, contentment the
greatest wealth,
faithfulness the
best relationship.”
– Buddha

HEALTH & FITNESS

MEDITATION & BREATHWORK LIVE ONLINE

Build awareness, calm stress, and bring mindfulness to your daily life. Cultivate a positive mind, increasing patience, compassion, and attention. Begin with gentle movement and then explore meditation and breathing practices. Learn techniques to do at home, work, or wherever you feel you could use more peace. Go over the basics and get tips and tricks for daily mindful living. **All experience levels are welcome. Have a yoga mat available. Pre-registration is required to receive online link.**

Tue. Nov. 18–Dec. 16, 6–7 p.m., 4 Meetings

No class Nov. 25

Online

Jessy Lynn Ostara

\$39

Jessy Lynn Ostara, a 500-hour Certified Yoga Instructor, has years of experience teaching several movement modalities. Her concentration is in meditative belly dance and yin, hatha and chair yoga. She is also a certified meditation teacher through the ShivaShakti School of Yoga and Healing Arts.

BREATHING IN COLOR: A JOURNEY TO SELF-AWARENESS THROUGH ART & BREATH LIVE ONLINE

Immerse yourself in a calming and creative experience that transforms your breathing patterns into colorful works of art. In this unique workshop, you'll observe and honor your natural breath while exploring themes like flowing rivers, gentle waves, and radiant light. Using vibrant colors, you'll create visual representations of your breath and gain a deeper understanding of your inner calm. Perfect for all levels, this class combines mindfulness, creativity, and self-expression in a safe and welcoming environment. **Pre-registration is required to receive online link and materials list.**

Mon. Sep. 8–22, 3 Meetings

Choose 10–11 a.m. OR 5–6 p.m.

Online

Carole Freeman

\$40

THE BALANCE BLUEPRINT: CORE STRENGTH MEETS STABILITY LIVE ONLINE

Unlock the secrets to better balance in this dynamic workshop that connects the mind and body. Learn about the brain's role in stability, techniques to develop better balance, and the essential connection between core strength and control. Perfect for all ages, this class is ideal for anyone seeking improved coordination, injury prevention, or confidence in movement. **Pre-registration is required to receive online link.**

Tue. Sep. 9–23, 3 Meetings

Choose 10–11 a.m. OR 5–6 p.m.

Online

Carole Freeman

\$40

FIVE-MINUTE FACELIFT: BOOST YOUR MOOD & STRENGTHEN FACIAL MUSCLES—ONLINE

Transform your face—and your mood—in just minutes a day! This fun and uplifting course teaches quick, effective facial muscle exercises that enhance neuromuscular connections and even lift your spirits. Discover the science behind “putting on a happy face” and how facial movements can positively impact your emotional well-being. A perfect fit for busy people of all ages looking for fast, impactful results. **Pre-registration is required to receive online link.**

Course is “At Your Own Pace”

Online

Carole Freeman

\$40

POSTURE POWER: STRENGTHEN YOUR BODY FROM THE GROUND UP—LIVE ONLINE

Poor posture can wreak havoc on your breathing, energy, and overall well-being. In this engaging workshop, learn simple correction techniques for common postural imbalances, including Upper Cross Syndrome (tight chest, weak upper back) and Lower Cross Syndrome (hip tightness, weak lower back). By focusing on breathing and alignment, you'll feel taller, stronger, and more energized. This class is perfect for anyone looking to improve their posture and vitality. **Pre-registration is required to receive online link.**

Wed. Sep. 10–24, 3 Meetings

Choose 10–11 a.m. OR 5–6 p.m.

Online

Carole Freeman

\$40

OLD TIME NEW ENGLAND BARN DANCE

The Sacopec Valley Rec Council and Senior Central is again sponsoring this FREE and FUN event at Pike Hall in Cornish. What a fun and festive way to get out, meet friends, and get moving! All ages are welcome—you can't be too old or too young! **This event is free, but donations are always welcome.**

Sun. Sep. 21, 2:30–4:30 p.m., 1 Meeting

Sun. Oct. 26, 2:30–4:30 p.m., 1 Meeting

Pike Hall (Upstairs area at Cornish Town Hall)

Free

SEE OUR SENIOR CENTRAL SECTION
FOR OTHER FUN FITNESS
ACTIVITIES, INCLUDING TAI CHI
AND WEDNESDAY WALKS!

BEHAVIORAL HEALTH PROFESSIONAL (BHP) TRAINING & CERTIFICATE PROGRAM-BLENDED

Looking for meaningful work? Our community needs individuals who want to make a difference in a child's life. Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism, and Mental Health Disorders and their families. And the need in our area is great! As an integral part of the child's treatment team, a Certified BHP can make an immediate impact while helping a child grow and develop to their full potential. We are excited to connect our community with this wonderful BLENDED (online with instructor-led sessions offered in-person or virtually) training and certificate program which will prepare you for employment through local social service agencies and equip you to work with children who qualify for services. The program can be started at any time and finished at your own pace. Complete 12 online modules and 11 hours of live instruction. Participants are required to complete the course within 6 months of date of enrollment. A 6 month extension is available upon request, but will incur a \$50 fee. Also required for BHP certification: completion of the free online training in blood-borne pathogens and certification in child and adult first aid and CPR. In just 40 hours, our free remote training program can get you certified and on your way to a life-changing profession. **Must be a Maine resident, at least 18 years old with a high school diploma, or equivalent, to become certified. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace" but must be completed within six months.
Blended
Heather Marsters
Free

As the Workforce Recruitment Specialist for the State of Maine's Office of Children and Family Services (OCFS) through Woodfords Family Services, Heather Marsters recruits Behavior Health Professionals throughout the state. She is here to answer your questions and address technical issues, should any arise. She is also a resource to connect you with service agencies once you have completed the training.

HEARTSAVER® FIRST AID

This course is designed for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory, or other requirements. Learn the basics for the most common first aid emergencies, including recognizing them, calling for help, and performing lifesaving skills, as well as preventing injury and illness. **Please pre-register as we need a minimum of 4 people to run the course.**

Tue. Oct. 14, 5–8 p.m., 1 Meeting
Baldwin Community Center
Ben McKenney
\$60

Note: First Aid certification cards are good for two years and meet the requirements for childcare providers.

COMPUTER PROGRAMMING BASICS USING PYTHON-LIVE ONLINE

Participants will learn the fundamentals of computer programming using the Python language. This course is for the complete beginner or someone with slight exposure to programming. **Students will need either a PC or Mac desktop or laptop computer (no Chromebooks) and a reliable internet connection. Pre-registration is required to receive online link.**

Tue. Sep.16–Nov. 18, 5–6:30 p.m., 9 Meetings
No class on Nov. 11
Online
Dean Greer
\$65

INTERMEDIATE PROGRAMMING WITH PYTHON-LIVE ONLINE

Join experienced Python instructor Dean Greer as he takes you beyond the basics of Python. Build upon the fundamentals with topics like data structures, intermediate control structures, how to practice coding effectively, and module importation. Problem solving using previously learned skills will be emphasized along with new instructional material. **The typical prerequisite for this course is "Programming Basics Using Python," but those with adequate experience should feel free to sign up. Students will need either a PC or Mac desktop or laptop computer (no Chromebooks) and a reliable internet connection. Pre-registration is required to receive online link.**

Thu. Sep.18–Nov. 13, 5–6:30 p.m., 9 Meetings
Online
Dean Greer
\$65

INTRODUCTION TO THE ELEMENTS OF REAL ESTATE BROKERAGE ONLINE

Topics covered include: industry overview/organization, Maine Real Estate Commission, agency relationships, product knowledge, property valuation, the appraisal process, financing the transaction, contracts, closings, and federal and state laws. Fee includes textbook PDF (hard copy available from Center for Real Estate for an additional fee), one year of access to the course, instructor feedback after the three quizzes and the final exam, and twice monthly Q&A drop-in sessions via Zoom. A certificate of completion is awarded with a grade of 75% or above, required for the state licensing exam (\$85 fee), which must be taken within one year of satisfactory course completion. When you affiliate with a real estate agency and apply for your license, there is a \$100 fee, along with a \$21 criminal records check fee. (Some companies may offer to pay this fee when you affiliate with them). **Required: Attendees must be 18 or older and have a high school diploma or equivalent to get a license, but a diploma is not required to attend the course. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"
Must be completed within one year.
Online Robert Joslyn \$370

Register online at

maineadulted.org/location/sacopee-valley-adult-education

HIGH SCHOOL EQUIVALENCY TEST (HiSET)

EVENING HiSET PREPARATION

If you have always wanted to get your high school equivalency diploma but need a general overview or refresher course, this is for you. Instruction will cover math, social studies, science, reading, and/or writing skills as needed in preparation for the HiSET.

Tuesdays, ongoing depending on learners' needs
By appointment Renee Payeur FREE
Call to join anytime during the semester!



HiSET: DAYTIME PREPARATION

If you need in-depth or refresher instruction in math, social studies, science, reading, or writing skills but need daytime hours, call us! We will set up small group instruction based on specific goals, needs, and schedules. Although learners will need to make some scheduling adjustments, we strive to provide the best fit possible!

HiSET: FINAL EXAMS

If pretesting shows that you are ready to take the final exam in any area, you may take it here! The exam has five parts: reading, social studies, science, math, and writing (which includes multiple choice and essay sections). FREE!

**MAINE IS ONE OF ONLY A FEW STATES THAT OFFERS
HIGH SCHOOL EQUIVALENCY TESTING AT NO CHARGE!**

BEGINNING LITERACY SERVICES are designed to meet the needs of individuals wishing to develop their reading skills. Date and time for tutoring will be based upon individual needs.

INTERMEDIATE LITERACY SERVICES are designed to meet the needs of life-long learners wishing to improve and build upon their reading skills. Date and time for tutoring will be based upon individual needs.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

Beginning and Intermediate ESOL classes are available at the Adult Education Learning Center. Learn and practice verbal, written, and other communication skills. Increase English skills to help acquire higher learning, career, or other personal goals. If you know of someone who would benefit from this service, please assist them in contacting our office to set up an appointment. ESOL is a free service.

To register for academic, literacy, college transitions, and career readiness services, please contact us at 625-3092 or email rpayeur@sad55.org to schedule an appointment for intake, assessment, and placement. These are free services.

COLLEGE & CAREER READINESS

MAINE COLLEGE & CAREER ACCESS (MCCA) PROGRAM

Success in college requires commitment, financial resources, and no small amount of hard work. Lives already full of everyday responsibilities have to shift and balance to accommodate new ones. For all of the challenges, however, college is a worthwhile investment in terms of expanded job opportunities and earnings over a lifetime. This program is here to support you in that process. Whether you are interested in attending college or are currently enrolled but in need of support, we are here to assist you in achieving your goals. Call the Adult Learning Center at 625-3092 for more information and/or to schedule an appointment.

COLLEGE AND CERTIFICATE TRANSITIONS SERVICES

ADVISING, APPLICATIONS, ACADEMIC PREPARATION COURSES, AND MORE!

The following services are available free of charge: college and career counseling, support with the application process for admissions and financial aid, Accuplacer and other placement testing, and college preparation classes. Developmental courses in college reading, writing, technology, math and algebra are available.

Adult Learning Center, 172 Main Street, Cornish
Renee Payeur
Free

CAREER PATHWAYS SERVICES

Looking for a new job, a better job, or even a new career? Let us help! Career Pathways services include career counseling and guidance, job seeking skills, cover letter writing and resume design, self-paced keyboarding instruction, computer literacy skills, educational goal setting, vocational and career research, and career and college readiness assessments (World of Work Inventory, Accuplacer). Give us a call and let's get started!

FINANCE AUTHORITY OF MAINE (FAME) OFFERINGS

PLANNING & PAYING

FOR COLLEGE-LIVE ONLINE

Do you have children who will be looking at college in the next few years or might you be thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid. Join Michelle Radley, College Access Counselor, as we talk "all things" paying for college.

Pre-registration is required to receive online link.

Mon. Sep 22, 6–7 p.m., 1 Meeting
Online
Michelle Radley
Finance Authority of Maine
Free

MONEY STARTS: ADULTING 101

LIVE ONLINE

Adulting is tough. Finances can be one of the trickiest parts of adulthood. Whether you've been adulting for decades or are just getting started, banking basics, spending plans, credit scores, and budgeting tools are available to make things a little bit easier. Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine, as we explore fundamental money skills. Pre-registration is required to receive online link.

Tue. Oct. 7, 6:30–7:30 p.m., 1 Meeting
Online
Steve Kautz, Finance Authority of Maine
Free

MONEY GROWS: ADULTING 102

LIVE ONLINE

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing, and if you are ready to invest, how to get started. Other topics will include protecting your assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life. Join Steve Kautz, Financial Education Programs Specialist, as you take the next steps into adulting.

Pre-registration is required to receive online link.

Tue. Oct. 21, 6:30–7:30 p.m., 1 Meeting
Online Free
Steve Kautz, Finance Authority of Maine

STUDENT LOAN REPAYMENT STRATEGIES & PRO TIPS

LIVE ONLINE

There are many different facets to the student loan program that can be powerful in helping you achieve your financial goals but can also be confusing. Did you know there are several income-based repayment plans as well as deferment or forbearance? Did you know you could get .25% off your interest rate if you sign up for auto-debit on your federal loans? Did you know you can work towards loan forgiveness now if you work for a nonprofit, government, or tribal agency? Whether you have recently graduated from college or have been repaying your student loans for a long time, join us to learn how to best manage your student loan repayment. **Pre-registration is required to receive online link.**

Wed. Nov. 5, 6–7 p.m., 1 Meeting
Online Free
Nikki Vachon, Finance Authority of Maine

POLICIES

SACOPEE VALLEY FIVE TOWNS, ONE COMMUNITY

MISSION STATEMENT

Sacopee Valley Adult and Community Education's (SVACE) mission is to provide a safe, mutually respectful, and collegial learning environment for students who seek an alternative to the traditional school system and to assist other adults in our community in their pursuit of lifelong learning.

CHANGES AND CANCELLATIONS

Please register for all courses promptly. Courses with insufficient enrollment are canceled prior to the first class meeting. Some courses have specific registration deadlines as noted in the course description. Other courses fill up quite quickly. In this case, registrants will be contacted by email or phone, placed on a waiting list if desired, and reimbursed if needed. Preregistration is also necessary for free courses for the reasons listed above. SVACE reserves the right to cancel or reschedule classes, move locations, and/or change instructors as necessary.

STORMS AND CLOSINGS

If MSAD #55 schools are canceled for any reason, adult education classes are canceled as well. Generally, adult education courses are also canceled if after-school activities are canceled. If there are any exceptions, we will contact specific learners as needed. MSAD #55 weather cancellations are on television channels 6 (wvsh6.com/closings), 8 (wmtw.com/weather/closings), and 13 (wgme.com/weather/closings). If possible, you may also get an email regarding a specific course.

REFUNDS

Due to planning and preparation needs of our instructors and staff, notification of withdrawal for full refund or course credit is required a week or more in advance. There are no refunds after a course has started except in special circumstances.

WHAT'S GOING ON IN SACOPEE VALLEY

Check out these sites:

Your Weekly Shopping Guide: ywsg.com

Sacopee Valley Recreation Council: facebook.com/svrc.sacopeereccouncil

Sacopee Valley Health Center: svhc.org

Baldwin Community Center:

baldwinmaine.org/baldwin-community-center.html

Local Libraries: Bonney Memorial Library, Brown Memorial Library,

Kezar Falls Circulating Library, and Soldiers Memorial Library

Local town hall and historical society sites

Sacopee Valley Community News, sacopeevalleynews.com

Senior Central (The Grateful Undead): gratefulundead.org

DISCLAIMERS

SVACE is not responsible for typographical errors, nor are the views and ideas expressed by course instructors necessarily those of SVACE. Course attendees are urged to utilize their best independent judgement in evaluating statements or suggestions made by course instructors.

Minimum age for enrichment courses is 18 unless otherwise noted.



There are many ways to register:
In Person: M/W/TH- 10:30 a.m.-4 p.m.
Online: sacopee.maineadulted.org
By Mail: SVACE, 172 Main Street, Suite 3, Cornish, ME 04020
By Phone: 625-3092 for free courses (Don't wait for the beep)

If sending a check, please make it payable to SVACE unless otherwise noted in course description.

Name: _____

Address: _____

Phone: _____ E-Mail: _____

How did you hear about our program? Brochure? Website? Friends? Family?
Other? _____

COURSE TITLE	START DATE	COURSE FEE
	TOTAL AMOUNT	

Other Comments: _____

CHECK OUT OUR NEW CLASSES:

LIME SOUP & HUEVOS RANCHEROS, HARVEST POTLUCK LUNCH, COOKING WITH BOOMERTECH ADVENTURES–ONLINE, ADULT SCARECROW CONTEST, PUMPKIN DECORATING CONTEST, SCRAPBOOKING, STORYTELLING GROUP, REFLECTIVE ART: LIGHT-CATCHING MOBILES USING CDs, PHOTOGRAPH SNOWFLAKES!–LIVE ONLINE, BUTTONING UP YOUR FLOWER GARDEN FOR WINTER, HISTORY & HIKING, DEVIL'S DEN HISTORICAL NATURE HIKE, FULL MOON HIKE AT INGALLS POND, STRICTLY FOR THE BIRDS!, WHAT IS A SOUND BATH? NO, YOU WON'T GET WET!, COME MAKE TEA WITH ME!, BREATHING IN COLOR–LIVE ONLINE, THE BALANCE BLUEPRINT–LIVE ONLINE, FIVE-MINUTE FACELIFT–ONLINE, POSTURE POWER–LIVE ONLINE, PARSONSFIELD-PORTER HISTORY HOUSE, SENIOR MEDITATION GROUP, SOCIAL SECURITY OPTIMIZATION STRATEGIES, MEDICARE FRAUDS & SCAMS, LET'S PLAY CHESS, FINANCIAL FITNESS: THE POWER OF BUDGETING, RETIREMENT BY DESIGN, UNLOCK YOUR MEMOIR: DIGITAL TOOLS TO SPARK YOUR STORY–ONLINE, VISION ACCESSIBILITY ON IPHONE & IPAD–ONLINE, WRITING YOUR FIRST DRAFT (NOVEL, MEMOIR, SCREENPLAY)–LIVE ONLINE, DISASTER PREPAREDNESS ESSENTIALS–ONLINE, HOME FIRE SAFETY–ONLINE, WINTER STORM PREPAREDNESS–ONLINE.

AND DON'T FORGET THE OLD FAVORITES!

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