



SACOPEE VALLEY
ADULT & COMMUNITY EDUCATION

LIFELONG LEARNING...



WHERE EVERYONE CAN SOAR!

WINTER 2026

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 Sacopec 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 Sacopec 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
Judy Ingram
Renee Payeur

Ginny Day
Andrea Sturgeon
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. Feb. 18, 5:30–7:30 p.m., 1 Meeting
Riverside United Methodist Church, Porter
Fred Conner
\$12 includes registration, materials, & dinner

FISH CHOWDER

Warm and filling, fish chowder is the perfect meal to enjoy in the cold weather as well as to welcome the warmer weather to come. This thick, hearty chowder is actually much easier to prepare than you would think, and best of all, it is so delicious! Join Fred and learn to prepare this New England classic. **Please pre-register as a minimum of 5 people is required to run the course.**

Wed. Mar. 11, 5:30–7:30 p.m., 1 Meeting
Riverside United Methodist Church, Porter
Fred Conner
\$12 includes registration, materials, & 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. We'll make a primary ferment in class. A secondary ferment will be demonstrated so you can make it at home once your primary has developed. We'll discuss kombucha's fascinating history, troubleshooting, glassware and SCOBYs (provided). **The Zoom link, in-person address, and materials list will be shared upon registration. FMI: emmaholder.com/fermentation**

Wed. Mar. 4, 7–8:15 p.m., 1 Meeting
Online: Zoom from your Kitchen!
Emma Holder
\$25

FERMENT THIS! SAUERKRAUT & FERMENTED VEGETABLES

LIVE ONLINE

You'll learn techniques, troubleshooting, and flavor options for both basic sauerkraut and fermented vegetables (radishes, turnips, or carrots; your choice). The vegetables' nutrient content is maintained while probiotics are boosted. You'll learn about the marvelous microorganisms that surround us, give us "terroir", and keep us healthy by replenishing our microbiomes. This hybrid class will include both microbiology and ferment creation. Ferments make excellent gifts and last for months. **The Zoom link, in-person address, and materials list will be shared upon registration. FMI: emmaholder.com/fermentation**

Wed. Mar. 11, 7–8:15 p.m., 1 Meeting
Online: Zoom from your Kitchen!
Emma Holder
\$25

FERMENT THIS! KIMCHI

LIVE ONLINE

Kimchi is a vegetable ferment associated with Korean cuisine. Almost anything can be kimchi'd, but the most common variety involves napa cabbage, other vegetables, garlic, ginger, fish sauce, and mild-to-kick-butt red pepper (Korean gochuchang) or no pepper at all. The resulting funky ferment can be used interchangeably with sauerkraut or added almost anywhere a dash (or bucketful) of umami is needed. Because you'll need a blender and this ferment can be messy, it's best that we are all in our own kitchens. **The Zoom link, in-person address, and materials list will be shared upon registration. FMI: emmaholder.com/fermentation**

Wed. Mar. 25, 7–8:15 p.m., 1 Meeting
Online: Zoom from your Kitchen!
Emma Holder
\$25

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.

COMFORT FOOD AND SWEETS RECIPE SWAP

Bring your favorite winter 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 survive the long Maine winter months. 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 this winter even more flavorful and exciting for all of us. Put on an extra layer and venture out into the cold to join us! We are a lively group and get caught up on all the local happenings between recipes. **Please pre-register as space is limited.**

Wed. Jan. 21, 1–2:30 p.m., 1 Meeting
Adult Learning Center
172 Main Street, Suite 3, Cornish
Ginny Day
Free

INFUSED MAPLE SYRUP DEMONSTRATION & PANCAKE BRUNCH

Have you ever tried High Acres Maple Syrup infusions: spiced, cinnamon-vanilla, blueberry-habanero, cinnamon-apple, or lavender-vanilla? Join hosts Nate Maclure and Samantha Person as they guide you through the steps of making maple syrup and creating fun, aromatic, and tasty infusions. Enjoy the delicious final product with a traditional pancake brunch! Come see how it's made and taste the delicious final product! We will have the sugarhouse barn store open with healing products and more!

Fri. Mar. 20, 10 a.m.–12 p.m., 1 Meeting
Oak Hill Farm, 14 Husky Haven, South Hiram
Nate Maclure and Samantha Person
Free Tour
\$5 Payable on-site for pancake brunch

Register online at

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

ARTS, CRAFTS, & MORE

LET'S PLAY CHESS

AND UNLOCK YOUR STRATEGIC MIND

Join us for an exciting journey into the world of chess! Learn the 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. 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 2 people is required to run the course.**

Thu. Feb 5.-Mar. 5, 5-6:30 p.m.

5 Meetings

Cornish UCC

37 Main Street, Cornish

(Across from Bonney Memorial Library)

John Noel, Facilitator

Free

THE ART OF STORYTELLING

DO NOT GET SHUT OUT!

BACK BY POPULAR DEMAND!

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 tales. They can be humorous or make us cry. We will take turns telling our stories. 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 we need to set up for enough folks.**

Wed. Mar. 11, 1-2:30 p.m. 1 Meeting

Adult Learning Center

172 Main Street, Suite 3, Cornish

Ginny Day

Free

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. Feb. 4, 6-8 p.m., 1 Meeting

Adult Learning Center

172 Main Street, Suite 3, Cornish

Sasha Day

\$3

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 January through March. **Please Note: Each month is a separate session costing \$30 per person, per class. You do not have to sign up for all classes, but you can if you like. Pre-registration for each class is required as class size is limited.**

Fri. Jan. 9, Feb. 13, and/or Mar. 13, 1-3 p.m.

1 Meeting Each

(Attend as many classes as you like!)

Cornish Town Hall (Lower entrance)

Sue Cannafarina

\$30 per class

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. Feb. 7, 1-2:30 p.m., 1 Meeting

Cornish Town Hall (Lower entrance)

Ann John

\$7

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 3 people is required to run the course.**

Sat. Feb. 21, 1-2 p.m., 1 Meeting

Cornish Town Hall (Lower entrance)

Ann John

\$3

BUTTERFLY MAGNETS

Welcome spring with these beautiful butterflies!

These colorful creatures are fun and easy to make.

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

Sat. Mar. 7, 1-2:30 p.m., 1 Meeting

Cornish Town Hall (Lower entrance)

Ann John

\$7

RESIN ART: JEWELRY, ORNAMENTS, & MORE! PERFECT FOR VALENTINE'S DAY!

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. Feb. 2, 6–8 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Kerrie Doyle
\$10

CREATIVE CARD MAKING: VALENTINES

Create something special for someone special! Join us to design and construct three beautiful, old-fashioned Valentine cards using mixed media. All materials are provided. **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. January 31, 1–3 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Sue Cannafarina
\$30

CREATIVE CARD MAKING: SPRINGTIME AND EASTER

It may seem that spring will never come, but it is right around the corner! Join us to design and construct three beautiful, old-fashioned cards for spring and/or Easter using mixed media. All materials are provided. **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. March 21, 1–3 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Sue Cannafarina
\$30

LET'S CREATE RENT-FREE BIRD HOUSE "VACANCIES"

As spring fast approaches, our feathered friends will be returning and looking for a place to call home and raise a family. We can help them out by making bird houses using recyclable materials. By placing them near a favorite spot, we can enjoy watching the family grow and learn to fly. Materials will be provided. **Please pre-register to allow for ample supplies.**

Wed. Mar. 25, 1-2:30 p.m. 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Ginny Day
\$3

Check Your Weekly Shopping Guide,
sacopeevalleynews.com,
and sad55.org
for community news and events.

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 4: Wed. Feb. 4–25, 6–7:30 p.m., 4 Meetings

Session 5: Tue. Mar. 3–24, 6–7:30 p.m., 4 Meetings

Online
Duncan Perry
\$79

LANDSCAPE PHOTOGRAPHY**LIVE ONLINE**

Discover the various camera settings you can use when taking landscape photos in this beginner/intermediate class. Learn to properly utilize your shutter and aperture settings, hyper focal distance, exposure compensation, and ISO. Gain an understanding on using natural light, finding the best composition, the ways different focal length lenses behave, and using depth of field and filters. And you can use a digital camera or a smartphone! Please have a computer, stable internet connection, and your camera of choice for class. **Preregistration is required to receive Zoom link from the instructor, with registration closing at noon on 1/15.**

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

INTERMEDIATE DIGITAL PHOTOGRAPHY-LIVE ONLINE

Are you comfortable with your camera but want more? This intermediate course will explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure, exposure compensation, ISO, aperture, and shutter priority. We will take an in-depth look at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques. Please have a computer, stable internet connection, and your camera for class. **Preregistration is required to receive Zoom link from the instructor, with registration closing at noon on 2/26.**

Tue. Feb. 17–Mar. 17, 5:30–7 p.m., 5 Meetings
Online
Steve McGrath
\$79

**Enjoy the 2026 Winter Olympics
February 6th-22nd in Milano Cortina!
Start training for the 2030 Olympics by enrolling in some or all of our
Adult Education Outdoor or Indoor Fitness Offerings this winter.
Be ready for 2030!!**



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. Mar. 9, 6-7 p.m., 1 Meeting
Pike Hall
(Upstairs area at Cornish Town Hall)
Aaron Manning
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**

Mon. Mar. 30, 6:30-8 p.m., 1 Meeting
Online
FA Staff
Free

INDOOR WALKING

FOR WINTER FUN & FITNESS

Boy, it's cold out...but never fear! Just join us for a winter indoor walking activity that helps melt stress, health issues, and maybe even a few pounds without battling cold, snow, or ice. Come on in, warm up, and just walk! Meet in the lobby at Sacopee Valley Middle School. Please pre-register as a minimum of 3 people is required to run the course.

Wed. Jan. 14-Mar. 4, 4:30-5:15 p.m.
6 Meetings
No class Feb. 18
SVMS Hallways
Renee Payeur, Facilitator
\$5

SNOWSHOE HIKE

FRANCIS SMALL HERITAGE TRUST

Join us for a snowshoe hike on the Nature Trail at Sawyer Mountain. This is a 0.7 mile loop trail with a brochure and numbered stations along the way. For those who would like a more challenging, longer hike, there will be maps at the trailhead with alternate trails. **Bring your own snowshoes. If there is no snow, we can still walk the trail. If the trail is icy, traction cleats may be advised. There is trailhead parking on route 117, 2.5 miles south of the routes 117/25 intersection or 2.4 miles north of the routes 11/117 intersection. Please pre-register if possible allowing individuals to be contacted in case of weather issues.**

Sat. Jan. 31, 10 a.m., 1 Meeting
Nature Trail at Sawyer Mountain (See above)
Pequawket Trail (RT 113/117), West Baldwin
Sheryl Adams
Free

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

SHEARING DAY

AT ECHO VALLEY FARM

Come see this fun loving, hard working crew in action. See where your sweater begins! Learn about sheep farming! Have fun! Echo Valley Farm is known for Shetland Sheep Fleece, Roving, Hand and Millspun Yarns, Handmade Gifts, and Registered Shetland Sheep.

Pre-registration is not required.

Sat. Feb. 21 between 9 a.m. and 12 p.m.
1 Day
Echo Valley Farm
1244 Sokokis Trail (Route 5)
Cornish, ME 04020
Free

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

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

SENIOR CENTRAL

The goal of SENIOR CENTRAL is to create an active, engaged senior community through offering and encouraging a safe, stimulating, and supportive social environment. 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

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. Jan. 8–Mar. 26, 11:30 a.m., 12 Meetings
Pike Hall, Cornish
Terry Anderson
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), 12 Meetings, \$30
Jan. 6–Mar. 26, 10–11:30 a.m.

Pike Hall, Cornish
(Upstairs area at Cornish Town Hall)

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.**

Tue. Mar. 3, 6–7 p.m., 1 Meeting

Pike Hall
(Upstairs area at Cornish Town Hall)
Damian Smith
Free

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

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



Register online at

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

LIFE SKILLS & ENRICHMENT

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. Feb. 2-9, 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

Tutoring by Appointment

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 note that this is a basic tutoring session, but feel free to bring any questions you have as well. Instructor has an Android phone but can do some things on an iPhone.

By Appointment. Call (207) 625-3092
or email rpayeur@sad55.org
Renee Payeur
\$3

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.**

Mon. Mar. 16, 6-7 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Andrew Novick
\$5

CANVA FOR AWESOME BEGINNERS

LIVE ONLINE

Unlock a world of creative possibilities! Canva, the free and easy design website, is an ideal digital tool for beginners and novices! Learn to harness the power of Canva to create stunning designs from scratch or use templates with step-by-step guidance for any digital image you need. Whether it's online documents, business cards, email signatures, or more, you'll leave this class with the confidence and skills to use Canva effectively and creatively. **Pre-registration is required to receive online link.**

Tue. Jan. 20, 1-2 p.m., 1 Meeting
Online
Nickie Welsh
\$33

CANVA POWER HOUR: ADVANCED TRICKS THAT SAVE YOU TIME!

LIVE ONLINE

Take your basic Canva skills to the next level! Learn advanced techniques and hidden features to streamline your design workflow. Discover timesaving shortcuts, professional design hacks, and tools that make creating stunning graphics effortless. Leave with insider tips that will transform how you approach design projects and cut your creation time in half. **Pre-registration is required to receive online link.**

Tue. Mar. 3, 1-2 p.m., 1 Meeting
Online
Nickie Welsh
\$33

PRACTICAL CHATGPT TRAINING FOR EVERYONE-LIVE ONLINE

Curious about ChatGPT and how it can be used? Join our fun and engaging class to learn everything you need to know about ChatGPT powered by artificial intelligence to understand how it works and why it's taking the world by storm. Explore its practical everyday uses for the home and the workplace to ensure you stay in the loop when ChatGPT is mentioned in conversations and on the news. Attend this essential training and don't get left behind in today's tech-savvy world! **Pre-registration is required to receive online link.**

Tue. Mar. 17, 1-2 p.m., 1 Meeting
Online
Nickie Welsh
\$33

Nickie Welsh, of Social Club Simple, is dedicated to empowering adults with practical technology skills, ensuring they never have to rely on teenagers for tech help again. With a focus on building confidence in technology use, she helps her students feel included in tech conversations with family and friends as well as understand technology topics mentioned in the news. Her mission is to make technology accessible and comprehensible for everyone, fostering a sense of inclusion and confidence in the digital age.

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. Personalized support is available via email, phone, and Zoom. For best outcomes, it is recommended that you have a strong internet connection and that you watch the course videos on a computer/iPhone and have your iPad in hand to try out ideas as you move through the videos. **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 with registration closing at noon on 3/31.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (1/5-3/31).
Online
Jill Spencer, BoomerTECH
\$45

ESSENTIALS FOR IPHONES-ONLINE

Unlock the full potential of your iPhone with iOS 18 in this self-paced, video-led course! 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 & 3rd generations). Personalized support is available via email, phone, and Zoom. For best outcomes, it is recommended that you have a strong internet connection and that you watch the course videos on a computer/iPhone and have your iPad in hand to try out ideas as you move through the videos. **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 with registration closing at noon on 3/31.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (1/5-3/31).
Online
Edward Brazee, BoomerTECH
\$45

ESSENTIALS FOR IPADS-ONLINE

Revolutionize your iPad experience with iPad OS 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+). Personalized support is available via email, phone, and Zoom. For best outcomes, it is recommended that you have a strong internet connection and that you watch the course videos on a computer/iPhone and have your iPad in hand to try out ideas as you move through the videos. **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 with registration closing at noon on 3/31.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (1/5-3/31).
Online
Jill Spencer, BoomerTECH
\$45

CONQUER YOUR PHOTOS APP CHAOS: TAME YOUR MAC IMAGES-ONLINE

Many Mac/Apple users have 1000 or more images stored in their Mac desktop/laptop Photos app. Frustration can arise when you try to find a picture or video among the multitude of saved images. Understanding the built-in organization of the Mac Photos app is the first thing you will learn. Next comes organizing your images and videos into albums and folders to develop your own management system. Plus, discover how to tag people in photos and create shared albums that you can invite friends and family to view! Personalized support is available via email, phone, and Zoom. For best outcomes, watch course videos on a computer/iPad and have your iPhone in hand to try out ideas as you move through the videos. **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 with registration closing at noon on 3/31.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (1/5-3/31).
Online
Edward Brazee, BoomerTECH
\$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, researching, illustrating, and polishing your work. Gain practical skills to enhance your writing process and confidently bring your story to life. Personalized support is available via email, phone, and Zoom. For best outcomes, it is recommended that you have a strong internet connection and that you watch the course videos on a computer/iPhone and have your iPad in hand to try out ideas as you move through the videos. **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 with registration closing at noon on 3/31.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester (1/5-3/31).
Online
Jill Spencer
\$45

BoomerTECH Adventures courses are developed by three Maine educators, Ed Brazee, Jill Spencer, and Chris Toy with Ed as the primary instructor. He taught at the University of Maine for 25 years and 13 years before that as a middle and high school teacher in NY and CO.

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. Mar. 5–Apr. 9, 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-leonard.com

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, 2–3:30 p.m.
Riverside United Methodist Church
Free

DEATH WITH DIGNITY–LIVE ONLINE

Aid-in-dying medicine is an emerging field in palliative end-of-life care, but there is still a lot of misunderstanding and misinformation about this compassionate end-of-life care option. Many providers and patients in Maine are still not familiar with Maine's Death with Dignity Act. In effect since September 2019, the law enables physicians to practice aid-in-dying medicine under specific circumstances. Join this class to get fact-based information and the details you need to understand and navigate the aid-in-dying process in Maine. **Pre-registration is required to receive online link, with registration closing at noon on 2/12.**

Thu. Feb. 12, 6:30–8 p.m., 1 Meeting

Online

Valerie Lovelace

Free

Valerie Lovelace founded the 501(c)(3) not-for-profit organization Maine Death with Dignity and also serves as its executive director. She spearheaded a grassroots campaign from 2014 to 2019 to pass Maine's aid-in-dying statute, the Maine Death with Dignity Act. She is committed to providing factual information regarding medical aid in dying in the United States to politicians, healthcare professionals, patients, and their families.

SOLAR 101

RESIDENTIAL RENEWABLE 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. Feb. 10, 6–7 p.m., 1 Meeting

Pike Hall (Upstairs area at Cornish Town Hall)

Chris Jones

Free

EMERGENCY PREPAREDNESS

2.0 + "CERT"

Most of us have a three day emergency shelter in place preparedness plan in case of a bad winter storm or power outage, but are you prepared for a bigger disaster? What if there was a major forest fire or a chemical leak or spill at a nearby chemical plant or a train derailment or a big rig tanker accident where you only have 5 minutes to evacuate your home and area? What would you pack? How would you notify family? What about extended power outages of three days or more when you have to shelter in place? How would you store food, cook, stay warm? Come and learn how you can prepare for those situations and more! **Please pre-register as we need a minimum of 4 people to run the course.**

Sat. Jan. 31, 1:30–3:30 p.m., 1 Meeting

Pike Hall (Upstairs area at Cornish Town Hall)

Deborah Lipsky

Free

Perhaps you would like to volunteer in times of disaster. The Community Emergency Response Team (CERT) is a group of local volunteers trained to assist in emergencies and disasters. CERT functions as an organized response group under the Cumberland County Emergency Management Agency and works to help the local communities and first responders when resources are strained.

Deb Lipsky is one of three Cumberland County CERT team leaders and will answer any questions you have about volunteering. In addition, she has spent ten years as a firefighter/advanced EMT and as a captain in the Civil Air Patrol doing ground search and rescue. Living off-grid for over 35 years, she has mastered the art of alternative ways to survive, just like our pioneering forefathers did. It's never too early to be prepared!

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: www.tickettailor.com/events/afamilyforme/

Second Monday of the Month

12–1 p.m. OR 6–7 p.m.

Online

Free

SNOWMOBILE SAFETY-ONLINE

Participation in a snowmobile education course will teach you how to properly operate and maintain a snowmobile. Laws, responsibilities, and personal safety will also be covered. It's important to ride safely, responsibly, and to be prepared before you go out. With over 95% of Maine's trails on private property, it is critical all riders respect the trails and private landowners by riding responsibly. Educating yourself before you go out is an important component of being a safe and responsible snowmobiler. In Maine, snowmobile safety certification is not legally required but is encouraged. The Snowmobile Safety Course is available in two different formats: online and in-person. Students 12 and up may take the online course. Students 10 and up may take the in-person course. Passage of a final exam is required for certification. FMI go to maine.gov/ifw/programs-resources/educational-programs/safety-courses/snowmobile-safety.html or call (207) 287-5220.

**If you are interested in
teaching a course, please
contact**

gday@sad55.org

or

rpayer@sad55.org,

or

**call our office
at (207) 625-3092.**

“Leaning never exhausts
the mind.”

- Leonardo da Vinci

COMMUNITY INFORMATION

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/>

PARSONFIELD-PORTER

92 Main Street, Porter,

<http://parsonsfeldporterhistorical.org/>

RECREATION

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

FOOD PANTRIES

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

www.waysidemaine.org

RIVERSIDE UNITED METHEDOIST 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

Serves Wakefield, Brookfield, Milton, and Effingham, NH; Newfield, ME

FAMILY ACTIVITIES

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) activity meets through March, but the activity will continue in April for the spring session. Please call or email Renee at (207) 625-3092 or rpayer@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. Jan. 15–March 26, 5:30–7 p.m.

10 Meetings, No meeting Feb.19

Reading Club will continue in our spring trimester as well.

Riverside United Methodist Church

Renee Payeur

Free

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

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Register online at

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

VOCATIONAL

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 (on-line 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.

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. Feb. 10-Apr. 7, 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.**

Tue. Feb. 11-Apr. 8, 5-6:30 p.m., 9 Meetings

Online

Dean Greer

\$70

Mr. Greer brings a wealth of experience and has worked in IT since 2004.

REAL ESTATE SALES AGENT COURSE 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

Bob Joslyn has been a licensed real estate broker in ME since 1988 and a solo agent at Keller Williams Realty for the past eight years. He has enjoyed helping many buyers and sellers make informed real estate decisions. Bob has been an instructor at Husson University for more than 20 years, teaching numerous business courses.

ONLINE CERTIFICATE PROGRAMS

CareerStep is an online school offering career-focused education designed to help students quickly enter the workforce. We are committed to providing the best educational interactive learning tools, one-on-one instructor support by phone, email, and/or chat, and comprehensive graduate resources to help students transition from education to employment.

For more information, visit partner.careerstep.com/sacopee or call (207) 625-3092. For information on payment issues, call (877) 225-7151.

AVAILABLE COURSES INCLUDE:

COMPUTER TECHNICIAN

DENTAL ASSISTANT

MEDICAL BILLING

MEDICAL ASSISTANT

MEDICAL TRANSCRIPTION EDITOR

PHARMACY TECHNICIAN

MEDICAL ADMINSTRATIVE ASSISSTANT

MEDICAL CODING AND BILLING PROFESSIONAL

Condensed Curriculum International (CCI) At our core, CCI is a content development and delivery firm offering workforce development solutions to educational institutions and corporate organizations of all sizes to help bring the most in-demand career advancement opportunities to every community across the country. CCI offers online classes on your time, on any device, anywhere you happen to be

For more information, visit sacopee.edu2.com or call (207) 625-3092.

AVAILABLE COURSES INCLUDE:

CLINICAL MEDICAL ASSISTANT

PHARMACY TECHNICIAN

MEDICAL BILLING & CODING

PHLEBOTOMY TECHNICIAN

SURGICAL TECHNOLOGIST

VETERINARY ASSISTANT

EKG TECHNICIAN

DENTAL ASSISTANT

MEDICAL ADMINSTRATIVE ASSISSTANT

DIALYSIS TECHNICIAN

PATIENT CARE TECHNICIAN

MEDICAL TERMINOLOGY

ELECTRONIC HEALTH RECORDS MANAGEMENT

REGISTERED BEHAVIOR TECHNICIAN

STERILE PROCESSING TECHNICIAN

STERILE PROCESSING & SURGICAL TECHNICIAN

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

SUCCESSFUL SCHOLARSHIP

SEARCHES AND APPLICATIONS-ONLINE

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. In this session, you'll learn to build and work on your own scholarship application plan. You will also learn about and try out different scholarship websites, learn how to best use a scholarship information tracker, and learn to avoid some of the challenges of the scholarship process. Students and parents interested in finding out more about the scholarship process can join Jessica Whittier, College Access Counselor with the Finance Authority of Maine, for this 1-hour virtual workshop as we "talk scholarships".

Pre-registration is required to receive online link.

Tue. Jan. 27, 7–8 p.m., 1 Meeting
Online
Jessica Whittier, Finance Authority of Maine
Free

MONEY STARTS: ADULTING 101-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, information on 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, for this 1-hour virtual workshop as we explore fundamental money skills. **Pre-registration is required to receive online link.**

Thu. Feb. 25, 6:30–7:30 p.m., 1 Meeting
Online
Steve Kautz, Finance Authority of Maine
Free

MONEY GROWS: ADULTING 102-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 from the Finance Authority of Maine, as you take the next steps into adulting. **Pre-registration is required to receive online link.**

Wed. Mar. 18, 6:30–7:30 p.m., 1 Meeting
Online
Steve Kautz, Finance Authority of Maine
Free

MANAGING YOUR STUDENT LOAN

KNOW YOUR OPTIONS-ONLINE

Federal Student Loans aren't like any other loan. Did you know, if you are struggling with your payments, there are 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-pay? Did you know you can work towards loan forgiveness now if you work for a non-profit, 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 manage your student loan repayment. Bring your questions and join Nikki Vachon, College Access Counselor, as she walks you through finding your loans, shows you how to simulate loan payments in different payment plans, and determines what plan will help you meet your financial goals. **Pre-registration is required to receive online link.**

Tue. Feb. 3, 6–7 p.m., 1 Meeting, Online
Nikki Vachon, Finance Authority of Maine
Free

Register online at

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

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 (wssh6.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/T/W/TH- 10:30 a.m.-4 p.m.
Online: maineadulted.org/location/sacopee-valley-adult-education
By Mail: SVACE, 172 Main Street, Suite 3, Cornish, ME 04020
By Phone: 625-3092 for free courses (Don't wait for the beep)

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