



SACOPEE VALLEY
ADULT & COMMUNITY EDUCATION

LIFELONG LEARNING...



**ILLUMINATES
POSSIBILITIES!**

SPRING 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 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
Judy Ingram

Ginny Day
Andrea Sturgeon

STAFF

Director: David Durkee
ABE Coord./Instructor: Renee Payeur

SWEETS, TREATS & SPRING MEALS RECIPE SWAP

Bring your favorite "SPRING ACTUALLY IS HERE" recipes for desserts, main dishes, appetizers, finger foods, candy, dog treats, or anything else you like to create that makes everyone excited and happy as they emerge from hibernation. 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 spring even more flavorful and exciting for all of us. We are a lively group and get caught up on all the local happenings between recipes. We have even created a recipe book with all the recipes from our previous get-togethers! **Please pre-register as space is limited.**

Wed. May 6, 1–2:30 p.m., 1 Meeting
Adult Learning Center
172 Main Street, Suite 3, Cornish
Ginny Day
Free

"WELCOME SPRING" POTLUCK LUNCH

Join us for a relaxed lunch to enjoy the spring weather, great company, and awesome food! Please bring a dish of your choice to share. (If you can't, no problem.) Take a few minutes to unwind and notice that spring is finally here. Chat with friends and maybe make new ones. **All are welcome!! Please pre-register if possible for space and planning purposes.**

Tue. May 12, 1–2:30 p.m., 1 Meeting
Riverside United Methodist Church, Porter
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

FERMENT THIS! SPRING RADISHES LIVE ONLINE

Create your own personal radish ferments ready to eat in 7-10 days! This class includes a science overview, fermentation techniques, and troubleshooting. Fermenting vegetables preserves and adds nutritional value and probiotics. Also, they are beautiful to behold and tasty to eat. It's so easy! You'll be a master in no time and can then apply the techniques to many other vegetables.

The zoom link, in-person address, and materials list will be shared upon registration. FMI: emmaholder.com/fermentation . Pre-registration is required to receive online link.

Mon. April 27, 7–8:15 p.m., 1 Meeting
Online: Zoom from your Kitchen!
Emma Holder
Masters in Micro/Immuno 1993
McGill University
\$24

FERMENT THIS! CUCUMBER PICKLES LIVE ONLINE

The difference between ferments and pickles is that one is probiotic and the other isn't. You'll learn how to make delicious dill cucumber "pickles" (ferments) that are also microbiome-friendly. The secret to a successfully snappy fermented cucumber is in the tannins. You'll learn about this and much more in class! This class includes a science overview, fermentation techniques, and troubleshooting. Your jar of cucumber "pickles" will be ready to eat in just 7-10 days! The zoom link, in-person address, and materials list will be shared upon registration. FMI: emmaholder.com/fermentation . **Pre-registration is required to receive online link.**

Mon. May 4, 7–8:15 p.m., 1 Meeting
Online: Zoom from your Kitchen!
Emma Holder
Masters in Micro/Immuno 1993
McGill University
\$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.

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!

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 4 people is required to run the course.**

Thu. Apr. 23–May 21, 5–6:30 p.m., 5 Meetings
Cornish UCC
37 Main Street, Cornish
(Across from Bonney Memorial Library)
John Noel, Facilitator
Free

STORYTELLING-JUST FOR FUN!

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. April 15, 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. May 13, 6–8 p.m., 1 Meeting
Adult Learning Center
172 Main Street, Suite 3, Cornish
Sasha Day
\$3

DIAMOND DOT PICTURE CRAFT

Create pictures or small craft items such as key chains or sun catchers by placing small colored "diamond" pieces on a precoded background to make beautiful pictures and designs. These kits come in many sizes and thousands of patterns and pictures. There are some awesome kits for beginners to try out and some very difficult ones for more advanced crafters...something for everyone! Many adults find that their children enjoy doing this craft as well. Make items for yourself, as a gift, or even to enter at the Ossipee Fair! **Please preregister to ensure there are enough kits and a variety of choices.**

Wed. Apr. 29, 1–3 p.m., 1 Meeting
Adult Learning Center
172 Main Street, Suite 3, Cornish
Ginny Day
\$5

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 April through June. **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. Apr. 10, May 8, and/or June 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

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. Apr. 25, 1–2:30 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Ann John
\$7

BUTTERFLY MAGNETS

Enjoy the glory of May, when spring is in full swing: sunshine, flowers, and 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. May 23, 1–2 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 4 people is required to run the course.**

Sat. June 6, 1–2 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Ann John
\$3

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

Sat. Mar. 21, 1–3 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Sue Cannafarina
\$30 includes all supplies and materials

CREATIVE CARD MAKING: GRADUATION, MOTHER'S & FATHER'S DAY

Create something special for someone special! Join us to design and construct your own handmade cards to celebrate some of the wonderful people in your life. **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. Apr. 18, 1–3 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Sue Cannafarina
\$30 includes all supplies and materials

CREATIVE CARD MAKING: BIRTHDAY, THANK YOU, & GET WELL

There is always a good time to give a card, especially one you make! Join us to design and construct your own handmade cards and show the special people in your life how much you care. **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. May 16, 1–3 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Sue Cannafarina
\$30 includes all supplies and materials

MEMORIAL DAY WREATH

Join us for fun and the chance to bring out your creative side! You will make a beautiful, colorful Memorial Day Wreath that is appropriate for the graveside or to decorate your home. Whether you are a beginner or experienced craftsperson, this class is also meant to give you an afternoon out of the house and to spend a few hours talking, laughing, and making new friends. No experience is necessary for this class. **All materials and tools will be provided as well as drinks and snacks! Door prize will be drawn. Please pre-register as a minimum of 3 people is required to run the course.**

Sat. May 16, 1:30–3:30 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Lori Gehrs
\$35 (includes registration and all materials)

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.**

ART: MUSIC & PHOTOGRAPHY

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! **Required: Five days before the start of the program, important documents will be sent to the email address you provide at registration. Before attending the first session, please read the email and documents carefully. Pre-registration is required to receive online link.**

Session 6: Wed. Apr. 1–22,
Session 7: Tue. Apr. 28–May 19,
6–7:30 p.m., 4 Meetings Per Session
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!

TRAVEL PHOTOGRAPHY: CAPTURE THOSE VACATION MOMENTS!

LIVE ONLINE

Learn how to create your best vacation images! Often when people come home from a family trip, their photos fall a little flat and do not capture the essence of their experience. This session will help you with camera and/or phone settings and suggestions for the best times of the day to capture the perfect shot. **Registration closes 4/10. Pre-registration is required to receive online link.**

Tue. Apr. 14, 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. Registration closes 4/10. **Pre-registration is required to receive online link.**

Thu. Apr. 16, 7–8:30 p.m., 1 Meeting
Online
Mike Leonard
\$25

Mike Leonard has been taking pictures for more than 40 years. 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

SMARTPHONE PHOTOGRAPHY

LIVE ONLINE

Learn to use the camera settings on your phone! Discover 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. Please have a computer, stable internet connection, and a fully charged smartphone (Android or Apple) for class. Registration closes 5/11. Zoom link provided by instructor. Pre-registration is required to receive online link.

Tue. May 12–26, 5:30–7 p.m., 3 Meetings
Online
Steve McGrath
\$49

ADVANCED SMARTPHONE PHOTOGRAPHY–LIVE ONLINE

Advance your understanding of your smartphone's camera and manual controls and learn to create great images! Discuss editing apps and additional equipment you can use to enhance your images. Steve will teach you to use the essential controls and share the best free and low-cost tools for editing and image management available. **Registration closes 6/1. Zoom link provided by instructor. Pre-registration is required to receive online link.**

Tue. June 2–16, 5:30–7 p.m., 3 Meetings
Online
Steve McGrath
\$49

DIGITAL PHOTOGRAPHY FOR NEWBIES–LIVE ONLINE

Learn to use all of the features of your digital camera from an expert! Includes weekly assignments and sharing your work with the class. **Have a computer, stable internet connection, and your camera for class. Registration closes 4/6. Zoom link provided by instructor. Pre-registration is required to receive online link.**

Tue. Apr. 7–May 5, 5:30–7 p.m., 4 Meetings
No Meeting Apr. 21
Online
Steve McGrath
\$65

PET PHOTOGRAPHY–LIVE ONLINE

This course is designed to teach you everything you need to know to take professional-quality pet portraits. Learn to work with all different types of subjects, from individuals to groups. Steve will explain the nuances of lighting, posing, shooting in studio or on location, and mastering the gear you need to create inspiring work! **Please have a computer, stable internet connection, and your fully charged digital camera. Registration closes 4/6. Pre-registration is required to receive online link.**

Tue. Apr. 7–14, 7:30–9 p.m., 2 Meetings
Online
Steve McGrath
\$29

Steve McGrath is a professional freelance photographer and teacher with 25 years of experience. Steve was an active member of the Gateway Camera Club for many years and has won many ribbons and awards. Many of his images have been published in school textbooks.

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!

Sacopec 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. April 9–June 11, 11:30 a.m., 12 Meetings
Pike Hall
Upstairs area at Cornish Town Hall
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, 20 Meetings, \$45
OR

One Meeting a Week (T or TH), 10 Meetings, \$30
April 7–June 11, 10–11:30 a.m.
Pike Hall (Upstairs area at Cornish Town Hall)

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.**

Sat. April 18, 7–9 p.m., 1 Meeting
Sat. May 30, 7–9 p.m., 1 Meeting
Sat. June 20, 7–9 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Free

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. April 28, 6–7 p.m., 1 Meeting
Pike Hall Damian Smith Free

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

Check out our website: gratefulundead.org



Register online at
maineadulted.org/location/sacopec-valley-adult-education

HISTORIC HOUSE TOURS



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. May 17, 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. June 7, 1–2 p.m., 1 Meeting
67 E. Saddleback Road, West Baldwin
Peter Cyr
\$5

GARDENING, NATURE, & ANIMAL MANAGEMENT

SPRING FLOWER TOUR

Join Katie at her beloved Blue Flag Farm for a tour of spring perennial gardens. If you are someone wishing to add more spring blooming perennial plants to your gardens, you will leave the tour with ideas for companion planting and growing gardens in full sun to full shade. Katie will share her strategies for soil health and pest management and her excitement for spring perennials! Opportunities to purchase plants and cut flowers will be available at the end of the tour. Learn more about BFF at: blueflagmaine.com **Please pre-register as we need a minimum of 5 and a maximum of 25 people to run the course.**

Sat. May 2, 10–11 a.m., 1 Meeting
OR

Fri. May 29, 5:30–6:30 p.m., 1 Meeting
Blue Flag Farm
40 Flaggy Meadow Road, Buxton
Katie Hoagland
\$10

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 if possible for planning purposes.**

Sat. May 16, 10–11:30 a.m., 1 Meeting
Riverside Cemetery, Cornish
Across from Call’s Shop N’ Save, Route 25
Gary Mason, Cornish Historical Society
\$5

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 soled 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. May 16, 10 a.m.–Noon, 1 Meeting
OR

Sat. May 23, 10 a.m.–Noon, 1 Meeting
77 Durgintown Road, Hiram
Mike Benson
\$30

If you have taken the HORSEMANSHIP: LEARN HOW TO BE SAFE WHILE HANDLING HORSES class and would like to continue learning valuable horsemanship information, contact Mike at (207) 890-2959, and he will contour the lesson to fit your needs.

SPRING RABIES CLINIC

Metcalf’s Trading Post

What a great opportunity to get those rabies vaccinations! Don’t miss out on this chance to get your pet vaccinated early this spring. Coming this spring! **Watch your Shopping Guide finalized date or call (207) 625-4994 for more information.**

Metcalf’s Trading Post
Pet & Garden Center
218 Maple Street, Cornish

People ask me what I do in winter when there’s no baseball. I’ll tell you what I do. I stare out the window and wait for spring.

Rogers Hornsby

OUTDOOR ADVENTURES

GEOCACHING

FRANCIS SMALL HERITAGE TRUST

Join us for an indoor presentation on a popular outdoor activity! Johanna will be talking about the basics of geocaching, the world's largest treasure hunt. Geocaches are all around us. They are found using a geocaching app (via compass or turn by turn directions), which get you near the geocache. Then you have to find it! You can also hide geocaches for others to find or play geocaching games. Check out the geocache website at www.geocaching.com **Please pre-register as a minimum of 3 people is required to run the course.**

Sat. Apr. 11, Noon, 1 Meeting
Kezar Falls Circulating Library
Parsonsfield
Johanna Vieneau
Free

DEVIL'S DEN OPEN HOUSE

FRANCIS SMALL HERITAGE TRUST

Come explore new trails on a beloved property in the Porter Hills! Join us for this Devil's Den Open House, presenting the new Gateway Loop Trail and the new Moody Road South Trail. **The trailhead and parking lot is at GPS address 113 Moody Road, Porter, ME 04068. Please only approach this road from Norton Hill Road. (Some GPS directions will try to send you over Moody Road from Breakneck Hill road, a route which is not navigable unless you are driving an atv or a tractor!) Please pre-register if possible.**

Sat. May 23, 9 a.m.–Noon, 1 Meeting
Devil's Den Trailhead (See above)
Sheryl Adams
Free

BLACK LOCUST FLOWER FORAGING AT INGALLS POND

FRANCIS SMALL HERITAGE TRUST

The black locust flower is a short-lived bloom that tastes somewhat like sweet fresh peas and is delicious in salads. These posies also make an excellent floral shrub. We will be foraging black locust flowers on young trees along the railroad tracks at Ingalls Pond and sharing recipes for these delicacies. Bring a basket or other container to hold the flowers and clippers to trim them off the trees. Be aware - the flowers are tender, and the black locust thorns are large. **The trailhead for Ingalls Pond and a small parking area is between Ingalls Pond and South Ingalls Pond on Route 113 (at latitude, longitude: 43.857861, -70.790080), or you can park at the Hiram Dam Recreation parking area on Hiram Dam Road before the railroad tracks then walk along the tracks to the Ingalls Pond trailhead. Please pre-register if possible.**

Sat. June 6, 10–11 a.m., 1 Meeting
Ingalls Pond Trailhead (See above)
Sheryl Adams
Free

MOONLIT HIKE

FRANCIS SMALL HERITAGE TRUST

Join us for a full moon hike at Jagolinzer Preserve! Please bring red lights only to prevent night blindness. We will also have red cellophane available to cover white lights if you don't own a red light. For children and the child in all of us, there will be a storywalk at Jagolinzer Preserve featuring Moon Over Malibu, Maine, a story by Tony Shevenell about the moon, full moon fun, and cooperation from mid-June to mid-July. Jagolinzer Preserve is located in Limington off of **Route 25 just east of the Cornish town line. A sign one-half mile west of the junction of Route 25 and 117 at Olive's Way marks the start of the right-of-way to the nature area. Please pre-register if possible.**

Fri. June 26, 8:30 p.m., 1 Meeting
Jagolinzer Preserve (See above)
Sheryl Adams
Free

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

BEGINNER TRAIL RUNNING

It's been a long, cold winter. Get back outside and enjoy the beauty of nature! Join coach Michelle Ridley and explore trails in South Hiram. This course is for beginners to intermediate trail walkers/joggers. Participants will also learn dynamic stretches/form drills and cool down. Be aware the start of the trail is rugged and bumpy so please note that you will need to watch your footing and be ready for occasional mud on the trail. **Proper footwear or sturdy sneakers are required. Waivers will need to be signed at first class. Please pre-register as a minimum of 3 people is required to run the course.**

Mon. Apr. 27–June 1, 4:15–5:15 p.m.
5 Meetings
No Meeting May 25
First Meeting: Park at SVHS by the Pickleball Courts
Michele Ridley
\$25

Michele Ridley has coached Sacopee Valley Middle School track for 14 years and cross-country trail running for eight years. She is knowledgeable, experienced, and energetic!

"Some old-fashioned things like fresh air and sunshine are hard to beat."

Laura Ingalls Wilder

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

HEALTH, WELLNESS, & FITNESS

MOVE & GROOVE

This class is low impact and zen in nature for the person who is in decent shape but just needs a little more regular exercise and toning. The first half of each session will consist of stretching and core exercises with barre. The second half will be fun and easy line dancing to get our bodies moving. Bring a towel if you like. **Wear comfortable clothes and shoes (clean sneakers, ballet/yoga slippers, or socks with grip bottoms). Please preregister as class size is limited.**

Mon. Apr. 6–May 11, 6–6:45 p.m., 5 Meetings
No Meeting Apr. 20
Pike Hall (Upstairs area at Cornish Town Hall)
Sue Cannafarina
\$40

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.**

Wed. Apr. 15, 6–7 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Aaron Manning
Free

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 4 people is required to run the course.**

Thu. Apr. 23, 5:30-6:30 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Deborah Lipsky, B.S., M. ED
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 OR Tue. May 19
1 Meeting, 6:30–8 p.m.
Online
FA Staff
Free

AGING WELL FOR WOMEN LIVE ONLINE

As we grow older and our bodies change, we require different nutritional and exercise needs. What worked for us at age 30 may not work when we are 50, 60, and more. Does our metabolism truly slow down? Can certain foods protect us from diseases such as cancer and dementia? What are the best exercises for bone density, cardiovascular health and overall fitness? What can I do to ensure that I enter my later years in the best health, emotionally and physically, as possible? We will answer all of these questions and more during this important wellness seminar. **Please pre-register as a minimum of 3 people is required to run the course. Pre-registration is required to receive online link.**

Mon. May 4, 6–7 p.m., 1 Meeting
Online
Jullianne McLaughlin
\$5

HAPPINESS IS A SKILL!—LIVE ONLINE

Explore the science of feeling good—and practice it in real time! Grounded in research from psychology, neuroscience, and breath work, you'll learn how happiness isn't just a mood, but a trainable skill. Discover how to catch moments of joy, keep them alive longer, and spread them with intention through guided exercises, reflection prompts, and interactive discussion. **Pre-registration is required to receive online link.**

Wed. Apr. 1–8, 2 Meetings
10–11:30 a.m. OR 5–6:30 p.m.
Online
Carole Freeman \$35

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

Poor posture can wreak havoc on your breathing, energy, and overall well-being. 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. Apr. 15–May 6, 4 Meetings
10–11 a.m. OR 5–6 p.m.
Online
Carole Freeman \$45

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.**

Sat. Apr. 18, 7–9 p.m., 1 Meeting
Sat. May 30, 7–9 p.m., 1 Meeting
Sat. June 20, 7–9 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Free

Register online at

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

LIFE SKILLS & PERSONAL 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. May 4–11, 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. **Call (207) 625-3092 or email rpayeur@sad55.org**

By Appointment
Adult Learning Center
172 Main Street, Suite 3, Cornish
Renee Payeur
\$3

ESSENTIALS FOR IPADS–ONLINE

Revolutionize your iPad experience! Unlock Apple intelligence, powerful writing tools, and pro-level photo editing capabilities. Learn customization secrets and security features that boost your productivity instantly. Personalized support is available. Required: Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. **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
(4/1–6/30).
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! Learn about the redesigned Control Center, a smarter Siri, and powerful Apple Intelligence features. Discover professional photo editing tricks, secret camera capabilities, and troubleshoot like a pro. For all user levels. Personalized support is available. **Required: Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester
(4/1–6/30).
Online
Ed Brazee, BoomerTECH
\$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. Personalized support is available. Required: Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. **Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"
Must be completed within the semester
(7/1–8/31).
Online
Jill Spencer, BoomerTECH
\$45

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

LIFE SKILLS & PERSONAL ENRICHMENT

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

Explore various digital tools 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! Personalized support is available via email, phone, and Zoom. **Required: Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser as well as 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 (4/1–6/30).

Online

Jill Spencer, BoomerTECH

\$45

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

PUBLISH YOUR OWN BOOK LIVE ONLINE

What does it take to publish and sell your book? Discuss writing, layout, formatting, printing, and various ways of getting your book printed. Discover the world of online publishing, the best ways to share your book, how to get speaking engagements, and how to turn them all into income. **Pre-registration is required to receive online link.**

Sat. May 2, 10–11 a.m., 1 Meeting

Online

Preethi Fernando

\$35

Preethi Fernando teaches community college courses, is the founder of Kelum Training and Consulting, and lives in Loveland, Colorado. She is the author of 15 books and has won the Stephen King Haven Foundation Award.

CANVA CREATIVE PROJECTS LIVE ONLINE

Bring your projects to life as you learn to design and create everything from custom greeting cards and party invitations to printable wall art, gift tags, and personalized crafts. Receive step-by-step guidance to turn your ideas into beautiful, print-ready projects—whether working from scratch or customizing templates. Leave class with the confidence and skills to use Canva for all your creative crafting needs. Recordings are available upon request for registered students unable to attend the live class. **Pre-registration is required to receive online link.**

Tue. June 16, 1–2 p.m., 1 Meeting

Online

Nickie Welsh

\$30

CHATGPT POWERHOUSE: ADVANCED TIPS!—LIVE ONLINE

Move beyond the basics and discover advanced prompting techniques, multi-shot examples, and chain-of-thought reasoning to get dramatically better results. Learn insider strategies for customizing outputs, managing context, and leveraging ChatGPT for complex tasks, including analysis, creative projects, and professional workflows. Leave with expert-level techniques to transform ChatGPT into a true powerhouse. Recordings are available upon request for registered students unable to attend the live class. **Pre-registration is required to receive online link.**

Thu. June 18, 1–2 p.m., 1 Meeting

Online

Nickie Welsh

\$30

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.

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.**

Third Thursday of every month, 2–3:30 p.m.

Riverside United Methodist Church

Free

DEATH WITH DIGNITY—LIVE ONLINE

Maine’s compassionate end-of-life care option is the subject of a great deal of confusion and false information, as most patients and medical personnel are unaware of it. Learn how to talk with your doctor, comply with the law, or help a loved one who might qualify. **Pre-registration is required to receive online link.**

Thu. May 28, 6:30–8 p.m., 1 Meeting

Online

Valerie Lovelace

Free

Val 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.

LIFE SKILLS & PERSONAL ENRICHMENT

DISASTER & EMERGENCY PREPAREDNESS FOR OLDER ADULTS –LIVE ONLINE

Older adults are assets in the community and will often be looked to for their wisdom and the unique gifts they can offer during a disaster. Learn about the elevated risks faced by seniors during disasters and how you and your loved ones can prepare for emergencies. **Pre-registration is required to receive online link.**

Wed. Apr. 29, 6–7 p.m., 1 Meeting
Online
Steven Thomas, American Red Cross
Free

DISASTER & EMERGENCY PREPAREDNESS FOR CAREGIVERS LIVE ONLINE

Caregivers have a unique role to prepare both themselves and the ones they care for during emergencies. Learn how to build a care team, document your loved one's everyday needs, make a plan, and stay connected in the event of a disaster. **Pre-registration is required to receive online link.**

Wed. May 27, 6–7p.m., 1 Meeting
Online
Steven Thomas, American Red Cross
Free

DISASTER & EMERGENCY PREPAREDNESS FOR PEOPLE WITH ACCESS & FUNCTIONAL NEEDS (PLANNING WITH A TEAM) LIVE ONLINE

When an emergency occurs, those challenged by mobility, hearing, learning, or sight disabilities can face added complications. Get practical advice on staying informed, making a plan, assembling a kit, and keeping your plans up-to-date. **Pre-registration is required to receive online link.**

Wed. June 3, 6–7 p.m., 1 Meeting
Online
Steven Thomas, American Red Cross
Free

Steven Thomas and the American Red Cross help people during emergencies, but part of their mission is to also 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.

FIRST TIME HOME BUYER

If you've been wondering whether buying is possible, or where to even begin, this First Time Home Buyer Class is for you! Megan and Erl Brown, Maine Real Estate Experts, will guide you through the entire process in a clear, approachable way. You'll learn how financing works, what you really need for a down payment, what to expect in today's Maine market, and how to confidently move from “thinking about it” to actually owning a home. This is your chance to ask questions, get real answers, and walk away with a step-by-step plan. And as a bonus, all attendees will receive a closing cost credit when you purchase your home with us. Homeownership isn't just a dream — it's a strategy. Let's build yours! **Location: Maine Real Estate Experts Office, 81 Maple Street, Cornish (to access parking, drive through Family dollar parking lot, entrance on the far right).** **Pre-registration is not required but is helpful for purposes of preparing materials.**

Sat. Mar. 21 or Apr. 11
10:30 a.m.–Noon, 1 Meeting Each
Maine Real Estate Experts Office
81 Maple Street, Cornish
Megan and Erl Brown
Free

BUYING YOUR FIRST HOME LIVE ONLINE

Discuss budgets, credit scores, mortgage approval, realtors, inspections, insurance, the closing process, energy efficiency, predatory lenders, closing and down payment assistance. Class participation is required to earn a Certificate of Completion. Have pen and paper available. **Registration closes 4/27. Reply to YCCAC's email to complete registration/receive Zoom link. Register the person you are buying your house with at the same time you do, and receive a \$10 refund. Pre-registration is required to receive online link.**

Sat/Sun May 2–3, 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 and the USDA RD Direct mortgage program.

LIFE SKILLS & PERSONAL ENRICHMENT

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: tickettailor.com/events/afamilyforme/

Second Monday of the Month

12–1 p.m. OR 6–7 p.m.

Online

Free

I believe the world is one
big family, and we need to
help each other.

Jet Li

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 <https://www.maine.gov/ifw/programs-resources/educational-programs/safety-courses/atv-safety.html>**

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

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

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/>

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



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! 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. April 9-May 28, 5:30-7 p.m.
10 Meetings, No meeting April 20
Riverside United Methodist Church
Renee Payeur
Free

SPRING FAMILY FUN NIGHT

Join us for an evening of family fun as we celebrate spring and May Day! Parents and children come together for dinner, a story, and a fun spring activity, as well as other "goodies"! Bring the ENTIRE family! **Pre-registration is required due to space issues and to keep everyone updated on any changes.**

Thu. May 7, 5:30-7 p.m., 1 Meeting
Riverside United Methodist Church
Kids Free to Grow Staff 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

COFFEE HOUR & SHARE A FAVORITE BOOK

Second Wednesday of the Month
1-2 p.m.
Soldiers Memorial Library, Hiram
Free

BONNEY KIDS:

BRING YOUR CHILD TO THE LIBRARY DAY

Saturday, March 21, 9 a.m.-1 p.m.
Bonney Memorial Library
Free

BONNEY MEMORIAL LIBRARY

MEET THE AUTHOR: CHARLOTTE FULLHAM

Saturday, April 18, 1-2 p.m.
Bonney Memorial Library
Free

BONNEY BOOK & PIE SALE

Saturday, May 16
Bonney Memorial Library
Free

BONNEY KNITTING, SEWING, & FABRIC ARTS

April 4, 9 a.m.-Noon: Sewing Machine/Quilt Making
May 2, 10 a.m.: Craft Workshop
June 6, 10 a.m.: Father's Day Craft Workshop
Saturdays, Bonney Memorial Library
Free, Register at the Library

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

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.

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 (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.

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 ADMINISTRATIVE ASSISTANT	
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 ADMINISTRATIVE ASSISTANT	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.

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

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 from the Finance Authority of Maine, for this 1-hour virtual workshop 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

GIVE THE GIFT OF EDUCATION: THE ALFOND GRANT AND MAINE'S COLLEGE SAVINGS PROGRAM–LIVE ONLINE

Maine families have access to two valuable programs to assist with saving and paying for education after high school: the \$500 Alford Grant and Maine's College Savings program. While these initiatives offer great benefits, understanding each of their features can sometimes be challenging. Whether you're a parent, guardian, or student, this session will provide you with information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future!

Wed. Apr. 8, 7–8 p.m., 1 Meeting
Online
Karin Parsons and Caroline Palmatier
Finance Authority of Maine
Free

PLANNING AND 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 Jessica Whittier, College Access Counselor with the Finance Authority of Maine, for this 1-hour workshop as we talk about how to pay for college. Pre-registration is required to receive online link.

Mon. May 11, 6:30–7 p.m., 1 Meeting
Online
Jessica Whittier
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 (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/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)

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: _____



**SACOPEE VALLEY
ADULT & COMMUNITY EDUCATION**

172 Main Street, Suite 3
Cormish, ME 04020

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Portland, ME
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