



**SACOPEE VALLEY**  
ADULT & COMMUNITY EDUCATION

**LIFELONG LEARNING...**



**WHERE THE PAST AND THE  
FUTURE MEET**

**FALL 2026**

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

[maineadulted.org/location/sacopee-valley-adult-education](https://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  
Betty Lawrence  
Sylvia Pease

##### STAFF

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

## CULINARY ARTS

### FERMENT THIS! KOMBUCHA LIVE ONLINE

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

Wed. Oct. 28, 7-8:15 p.m., 1 Meeting  
Online: Zoom from your Kitchen!  
Emma Holder  
Masters in Micro/Immuno 1993,  
McGill University  
\$24

### FERMENT THIS! CRISP TANGY SLAW LIVE ONLINE

Fermented vegetable salads and condiments add flair, probiotics, and nutrition to any meal. This recipe is a tangy (not creamy) coleslaw featuring cabbage, onion, green pepper, celeriac, and carrot, with a dressing added after the fermentation. You'll learn a bit of microbiology and a basic sauerkraut-style technique. Part 1: We'll create a mixture of the vegetables which you'll take home to ferment. Part 2 will be demonstrated in class so you can easily complete the recipe at home in 7-10 days. **The zoom link, in-person address, and materials list will be shared upon registration. FMI: [emmaholder.com/fermentation](http://emmaholder.com/fermentation)**

Wed. Nov. 4, 7-8:15 p.m., 1 Meeting  
Online: Zoom from your Kitchen!  
Emma Holder  
Masters in Micro/Immuno 1993,  
McGill University  
\$24

### FERMENT THIS! LACTO-FERMENTED (BETTER THAN PICKLED) ONIONS LIVE ONLINE

Do you like pickled onions? This is the probiotic version. You can use small pearl-like onions, rounds or lengths of red or yellow onions, even green onions or leeks. Great on sandwiches, in soups or for snacking. Fermenting results in delicious tangy onions that are easier to digest than raw. The class starts with a bit of microbiology and microbiome discussion, and then we get down to the fermenting business. **The zoom link, in-person address, and materials list will be shared upon registration. FMI: [emmaholder.com/fermentation](http://emmaholder.com/fermentation)**

Tue. Nov. 10, 7-8:15 p.m., 1 Meeting  
Online: Zoom from your Kitchen!  
Emma Holder  
\$24

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

### HARVEST POTLUCK LUNCH

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

Wed. Oct. 21, 1-2:30 p.m., 1 Meeting  
Riverside United Methodist Church, Porter  
172 Main Street, Suite 3, Cornish  
Adult Ed Staff  
Free

### FAVORITE FALL INSPIRED RECIPE SWAP

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

Wed. Nov. 18, 1-2:30 p.m., 1 Meeting  
Adult Learning Center  
172 Main Street, Suite 3, Cornish  
Ginny Day  
Free

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

Register online at

[maineadulted.org/location/sacopee-valley-adult-education](http://maineadulted.org/location/sacopee-valley-adult-education)

## ARTS, CRAFTS, & MORE

### 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. Nov. 4, 1–2:30 p.m. 1 Meeting  
Adult Learning Center  
172 Main Street, Suite 3, Cornish  
Ginny Day  
Free

### RELAX & PAINT WITH SUE

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

Fri. Sep. 4, Oct. 9, and/or Nov. 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

### FUN WITH COLORS!

#### RELAXING FUN FOR ADULTS!

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

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

### CALLIGRAPHY

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

Sat. Dec. 5, 1–3 p.m., 1 Meeting  
Cornish Town Hall (Lower entrance)  
Ann John  
\$8

### SEA GLASS EMBELLISHED HEART ORNAMENT

Decorate a lovely wooden heart-shaped ornament with the beautiful glass of the sea! Prepainted or natural wood hearts will be available as well as other embellishments. Materials fee of \$8 is payable to the instructor. **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. Sep. 26, 11–12:30 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Kathy Bodman  
\$8

### HOLIDAY ORNAMENTS

Create handmade Christmas tree ornaments for your own tree or for someone special. We will make gnomes, patchwork ornaments, and more. Join us for this fun activity! **Please pre-register as a minimum of 3 people is required to run the course.**

Wed. Dec. 2, 1–2:30 p.m., 1 Meeting  
Adult Learning Center  
172 Main Street, Suite 3, Cornish  
Ginny Day  
\$5 (includes registration and all materials)

## ARTS, CRAFTS, & MORE

### RUG HOOKING

#### PUMPKIN COASTER/ORNAMENT

Learn the time-honored tradition of rug hooking! We'll learn with this small pumpkin ornament or coaster for fall. You'll receive the pattern and all the wool strips necessary to complete it. You'll be able to borrow a hoop and proper hook, which will also be available for purchase (\$10 and \$15 respectively) if you find you are really enjoying this fiber art form and want to do more hooking! **Please pre-register as a minimum of 3 people is required to run the course.**

Sat. Oct. 3, 1:30–4 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Rachel Johns  
\$35 (includes registration and all materials)

### RUG HOOKING

#### SNOWMAN COASTER/ORNAMENT

Learn the time-honored tradition of rug hooking! We'll learn with this small snowman ornament or coaster for fall. You'll receive the pattern and all the wool strips necessary to complete it. You'll be able to borrow a hoop and proper hook, which will also be available for purchase (\$10 and \$15 respectively) if you find you are really enjoying this fiber art form and want to do more hooking! **Please pre-register as a minimum of 3 people is required to run the course.**

Tue. Dec. 1, 1:30–4 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Rachel Johns  
\$35 (includes registration and all materials)

### PINECONE WREATH

Create and take home a beautiful, handmade pinecone wreath! This class will move at a relaxed pace and is great for beginners and novices and just as fun for the more advanced crafters as well. Come relax, socialize, and create a great work of art: a lovely decoration or the perfect Christmas gift. No experience is necessary for this class. All materials, decorations, and tools are provided. **Please pre-register as a minimum of 3 people is required to run the course.**

Sat. Nov. 21, 1–3 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Lori Gehrs  
\$35 (includes registration and all materials)

**“Creativity is inventing,  
experimenting, growing,  
taking risks, breaking rules,  
making mistakes, and  
having fun.”**

**-Mary Lou Cook**

## ART: PHOTOGRAPHY

### MAKE YOUR BEST SHOT!

#### AN INTRODUCTION TO DIGITAL PHOTOGRAPHY-LIVE ONLINE

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

Tue. Oct. 20, 7–8:30 p.m., 1 Meeting  
Online  
Mike Leonard  
\$25

#### PHOTOGRAPHY: AFTER DARK LIVE ONLINE

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

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

A former technical director of television programming for Time Warner Cable, Mike Leonard now strives to expand Maine photo tourism. To that end he led five photography cruises last year, as well as several Downeast photo retreats. When not engaged in photo tourism, Mike offers educational classes for camera clubs, art organizations, and adult education programs.

#### NATURE & BIRD PHOTOGRAPHY LIVE ONLINE

Cover camera settings and compositions and how to get great images of nature's best to include moose, birds, seals, and other subjects! Learn how to set up a blind to get great images, the best lenses for this type of photography, and tripods to get the best stability for your images! **Required: computer, stable internet connection, and your camera for class. Registration closes at noon on 11/30. Recordings available upon request for registered students.** Pre-registration is required to receive online link.

Tue. Dec. 1–22, 7:30–9pm, 4 Meetings  
Online  
Steve McGrath  
\$65

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

**Check Your Weekly Shopping  
Guide,  
[sacopeevalleynews.com](http://sacopeevalleynews.com)  
and [sad55.org](http://sad55.org)  
for community news and events.**

### UKULELE FOR BEGINNERS YOUR JOURNEY BEGINS HERE! LIVE ONLINE

Ukulele players are popping up everywhere! Want to be one? Here's your chance to learn how to play this wonderfully versatile, go-anywhere, instrument in a relaxed program taught with humor by our popular instructor, Duncan Perry. He will introduce you to essential chording and playing skills using familiar songs. And did you know that playing the uke is not only a stress buster and fun but it's also good for your brain! The uke is a musical powerhouse on which you can play rock, folk, country, blues, jazz, classical – nearly any style, and, of course, the tunes that grandma and grandpa know. Will you be recruited to perform at Carnegie Hall? Well, not right away.... But, as the saying goes, 'The best player isn't the person with the greatest technical skill. It's the person who can touch the most hearts.' Once you master the basics, you won't want to stop. You're never too old to launch this healthful and fun-filled musical adventure! If you don't have access to a playable ukulele, we'll put you in touch with Duncan who can advise about size, construction, price, and where to buy one. May the uke be with you! As a bonus, you don't need to read music – just sign up, tune up, and show up! **Before attending the first session, please read the email and documents carefully. Pre-registration is required to receive online link.**

Session 1: Tue. Sep. 29–Oct. 20, 6–7:30 p.m.  
Session 2: Tue. Oct. 27–Nov. 17, 6–7:30 p.m.  
4 Meetings per session  
Online  
Duncan Perry  
\$79

Duncan, an experienced, multi-instrumentalist, has been performing and teaching adults how to play the ukulele for the last 14 years. Having served as a volunteer music therapist in medical and hospice settings, he understands that music is medicine and that learning to play an instrument is not only fun but also sharpens the brain and helps to reduce stress. He has taught over 1,000 people to play the mighty uke and his mission is to spread the joy of ukulele to learners and audiences alike!

### BANJO, 5-STRING FINGER PICKING

Join us for this hands-on opportunity to explore the skills to finger pick a five-string banjo! This class involves the learning of hand coordination to finger pick bluegrass music patterns and chord-making functions while developing both right and left hand skills. Time and practice are combined with exercises to learn muscle coordination of picking patterns on the banjo strings. You do not need to learn to read music! The use of "tablature written music" applying numbers as music notation will guide you to making music on this stringed instrument. Music will follow typical folk and country music styles. Note: Further lessons can be arranged through the instructor. **Please pre-register as a minimum of 2 people is required to run the course.**

Thu. Sep. 10 Introduction is Free  
Classes: Thu. Sep. 24–Oct. 15  
7–8 p.m., 4 Meetings  
West Baldwin  
\$40

### INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE LIVE ONLINE

From the comfort of your own home, learn to play the piano like a professional by using chords. Learn to form the three basic types of chords, handle a variety of keys and time signatures, avoid counting, and simplify more than 12,000 complex chords. Course is part lecture/demonstration and part hands-on instruction includes an online book, follow-up video lessons, optional periodic Q&A sessions, and a recording of the class—enough materials to continue your practice and study on your own! **Required: a stable internet connection; a computer, tablet or cellphone; and a piano or keyboard available during class. Registration closes at noon on 11/6. Pre-registration is required to receive online link.**

Sat. Nov. 14, 9am–12pm, 1 Meeting  
Online  
Craig Coffman  
\$69

Craig Coffman, an experienced piano and guitar instructor, professional pianist and music director, has 30+ years of experience teaching piano privately. His piano and guitar seminars have been attended by over 30,000 students throughout the US over the last 27 years.

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

### 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! **All of Aaron's services are free. Please pre-register as a minimum of 4 people is required to run the course.**

Wed. Sep. 23, 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](mailto:fa.newcastle.maine@gmail.com)**

Mon. Aug. 31 OR Tue. Oct. 20  
1 Meeting, 6:30–8 p.m.  
Online  
FA Staff  
Free

### DO YOU WANT TO STAY HEALTHY THIS WINTER? ELDERBERRY SYRUP & MORE

Come and enjoy an afternoon with herbalist Jane Kuntz and learn how to make elderberry syrup and a dry skin salve, as well as to gain tips on winter wellness through simple natural remedies. **Please pre-register as a minimum of 6 people is required to run the course.**

Mon. Oct. 19, 4–6 p.m., 1 Meeting  
Riverside United Methodist Church, Porter  
Jane Kuntz  
\$6

Jane is a certified herbalist and lifestyle counselor. She has had a passion for healing since childhood and loves to both grow and wild harvest the herbs around us in Maine.

### PREVENTING BURNOUT: PRACTICAL STRATEGIES FOR EVERYDAY LIFE–LIVE ONLINE

Feeling exhausted, overwhelmed, or constantly running on empty? This practical class explores the signs and causes of burnout and provides simple, evidence-based strategies to manage stress, build resilience, and restore balance. Participants will leave with practical tools they can use immediately to improve their well-being at work and at home. **Please pre-register as a minimum of 3 people is required to run the course.**

Tue. Oct. 6, 6–7 p.m., 1 Meeting  
Online  
Jullianne McLaughlin  
\$5

### MOVE & GROOVE THRILLER DANCE CLASS AND FLASH MOB FUN!

Come have Fun with Friends and learn a modified Thriller dance in 3 easy sessions! We'll learn different sections of the dance at each class [on 10/5-beginning, 10/12-middle, and 10/26-ending] and put it all together for a fun evening on 10/31 when we put on a 'flash mob' downtown in Cornish! Meet on Halloween outside Pike Hall at 6 p.m. where we'll do a quick review, and then we'll have a downtown zombie stroll and have some fun dancing to the zombie beat! **Please pre-register as a minimum of 3 people is required to run the course.**

Mon. Oct. 5–26, 6–7 p.m., 3 Meetings and  
Sat. Oct. 31 Dance through Cornish Village  
No Meeting Oct. 19  
Pike Hall (Upstairs area at Cornish Town Hall)  
Sue Cannafarina  
\$30

### 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. Aug. 22, 7–9 p.m., 1 Meeting  
Sun. Sep. 20, 2:30–4:30 p.m., 1 Meeting  
Sun. Oct. 25, 2:30–4:30 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Free

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

## SENIOR CENTRAL

### 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](http://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

### REFRESH AND RESTORE

Get a spring in your step and sparkle in your eyes through a combination of chair yoga, cardio, Tai Chi breath work, and meditation. We will also explore ideas for healthy nutrition and reducing stress. One creative project will be included by the end of the last class as well. **Please pre-register as a minimum of 4 people is required to run the course.**

Tue. Oct. 13–Nov. 3, 11 a.m.–Noon  
4 Meetings  
Hiram Cultural Center  
Marianne Wyer 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. Sep. 10–Dec. 10, 11:30 a.m., 13 Meetings  
No Meeting Nov. 26  
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, 26 Meetings, \$45  
OR

One Meeting a Week (T or TH), 13 Meetings, \$30  
Sep. 8–Dec. 10, 10–11:30 a.m.  
No Meeting Tue. Nov. 3 and Thu. Nov. 26  
Pike Hall (Upstairs area at Cornish Town Hall)

### 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. Aug. 22, 7–9 p.m., 1 Meeting  
Sun. Sep. 20, 2:30–4:30 p.m., 1 Meeting  
Sun. Oct. 25, 2:30–4:30 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. Oct. 20, 6–7 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Damian Smith Free

### PERSONALIZED MEDICARE GUIDANCE

In-person appointments for one-on-one counseling are now available at the Cornish Town Hall with certified counselors who provide free, expert advice on selecting the right plans, understanding benefits, and maximizing your coverage. Clients receive unbiased assistance with enrolling in Medicare, comparing plan options, and resolving issues related to claims and coverage. **Please call the Southern Maine Agency on Aging (SMAA) at (207) 396-6524 or visit their website at [smaa.org](http://smaa.org) to make an appointment.**

Check out our website: [gratefulundead.org](http://gratefulundead.org)

## 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. Sep. 20, 1–2 p.m., 1 Meeting  
515 North Street, North Parsonsfield  
Peter Cyr  
\$5

### OLD PORTER MEETING HOUSE (CIRCA 1819): OPEN HOUSE

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

Sun. Sep. 6, 1–3 p.m.  
Old Meeting House Road, Porter  
Parsonsfield-Porter Historical Society  
Free



### 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. Oct. 11, 1–2 p.m., 1 Meeting  
67 E. Saddleback Road, West Baldwin  
Peter Cyr  
\$5

### PARSONSFIELD-PORTER HISTORY HOUSE: OPEN HOUSE

Come and tour the History House and view all the exhibits. Don't miss it! **Pre-registration is not required but is appreciated.**

Sun. Sep. 13, 1–3 p.m.  
92 Main Street, Porter  
Parsonsfield-Porter Historical Society  
Free



## GEOCACHING HIKE

### FRANCIS SMALL HERITAGE TRUST

Geocaching is the world's biggest treasure hunt! On September 19th, Francis Small Heritage Trust volunteers will lead a geocaching hike at the **Sisson Heath, (gps address 1236 Sokokis Trail N, Cornish, ME 04020)**, a beautiful, 188-acre protected wetland and nature area spanning Limerick and Cornish. It is easy to get involved in Geocaching, and this hike would allow people a starting point in this fun family activity. It is helpful to download the app from Geocaching.com prior to the event, but not necessary. **Due to limited parking at the Sisson Heath, there will be parking attendants and we recommend car pooling if possible. Please pre-register if possible.**

Sat. Sep. 19, 10 a.m. 1 Meeting  
Sisson Heath Trail, Cornish  
FSHT Volunteers  
Free

## LUMINARY WALK

### FRANCIS SMALL HERITAGE TRUST

Join Francis Small Heritage Trust volunteers on a "winter wonderland" luminary walk along the Nature Trail at Sawyer Mountain! We will have battery operated candles in paper bag luminaries to guide you along this ¾ mile trail. In the event of ice, ice cleats are recommended. **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. The GPS address is 883 Cape Rd, Limington. Please pre-register if possible.**

Sat. Dec. 12, 5–7 p.m., 1 Meeting  
Nature Trail at Sawyer Mountain  
(See above)  
FSHT Volunteers  
Free

Learn more about the Francis Small Heritage Trust (FSHT) at [fsht.org](https://fsht.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](https://sacopeerec.org)

Sacopee Valley Recreation Council: [facebook.com/svrc.sacopeereccouncil](https://facebook.com/svrc.sacopeereccouncil)

## 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. Oct. 10, 10 a.m.–Noon, 1 Meeting  
OR  
Sat. Oct. 17, 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.

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

Laura Ingalls Wilder

## LET'S PLAY CHESS!

New to chess? Played years ago? This class is for you! Each week you will have a choice between a Beginner Level track in which participants learn how pieces move, basic tactics, and how to win and a more Advanced Level in which participants sharpen their strategy, endings, and decision-making skills. Everyone chooses their track and gets both handouts every week. Each class will begin with a clear lesson on a specific topic followed by guided games with personal coaches. At the "last" meeting on October 29, we'll put it all together with a Chess Puzzle Night, all levels together! This class is a great way for anyone looking to challenge themselves, or simply have fun! Chess sets will be provided for all classes. **Please pre-register if possible.**

Thu. Sep. 24–Oct. 29, 5–7 p.m., 6 Meetings  
Greenleaf Masonic Lodge  
142 Maple Street, Cornish  
(Across from Walgreen's Pharmacy)  
Coaches:  
John Noel, Facilitator  
John Brooks  
Lee Goldsberry  
Ken Wilson  
Free

## COMPUTER LITERACY FOR ADULTS & SENIORS

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

Mon. Sep. 28 & Oct. 5, 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](mailto:rpayeur@sad55.org)**

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

## RETIREMENT:

### MAKING YOUR MONEY LAST

Join us for Retirement: Making Your Money Last. We'll discuss ways to help you work toward achieving your retirement goals – what matters most to you. A key focus will be how to provide for your income needs, including your retirement income for the future. We will also explore how to address important concerns such as inflation, health care expenses, market volatility, and unexpected events. **Please pre-register as a minimum of 3 people is required to run the course**  
Tue. Oct. 13, 5:30–6:30 p.m., 1 Meeting  
Adult Learning Center  
172 Main Street, Suite 3, Cornish  
Andrew Novick  
\$5

## GRIEVANCE SUPPORT GROUP

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

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. **Registration closes at noon on the day of class. Pre-registration is required to receive online link.**

Tue. Nov. 10, 6–7:30pm, 1 Meeting  
Online  
Caz Bemski  
Free

Caz Bemski is the executive director of Maine Death with Dignity, a death doula, a multidisciplinary artist, and an early childhood educator. Caz works with the beginning and end of life, and all that comes in between.

**BUYING YOUR FIRST HOME  
LIVE ONLINE**

The entire process of purchasing a home is covered in this ME hoMEworks course including making the decision, setting a budget for homeownership, improving credit, getting a mortgage approval, working with a realtor, inspections, insurance, the closing process, energy efficiency, and avoiding predatory lenders. Learn about closing costs and down payment assistance programs available for first-time homebuyers, veterans, and others. Class participation required to earn a Certificate of Completion required by the USDA, the ME State Housing Authority, and other mortgage lenders. Free individualized counseling is offered after the class. **Please have pen and paper available. Preregistration is required, with registration closing at noon on 11/30. Register the person you are buying your house with at the same time you do and receive a \$10 refund. Reply to the email from YCCAC to complete the registration to receive the zoom link.** Sat./Sun. Dec. 5–6, 9 a.m.–1:30 p.m., 2 Meetings

Online  
Lee Sullivan  
\$45

Lee Sullivan is the Homebuyer Education Coordinator at York County Community Action Corp.

**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/](http://www.tickettailor.com/events/afamilyforme/)

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

**YOUR KID'S PHONE: A PARENT'S  
SURVIVAL GUIDE–LIVE ONLINE**

Keep your kid(s) safe on their phone with this empowering, yet practical, training for busy parents and caregivers. This class breaks down the essential insights everyone needs to understand in order to confidently protect their child online. Leave the training with a full understanding of recommended privacy settings, risky apps to avoid, screen time boundaries, and the warning signs that matter most. Walk away with the knowledge and tools to create a safer digital environment for your family. Recordings available upon request for registered students unable to attend the live class. **Pre-registration is required to receive online link.**

Thu. Nov. 5, 1–2pm, 1 Meeting  
Online  
Nickie Welsh  
\$30

**PHOTOSHOP ELEMENTS–LIVE ONLINE**

Learn Photoshop techniques and start using them right away! Through interactive teaching and student participation, we will cover workflow, file types, optimizing photos, layers, tools, panoramas, color balance, black and white, and archiving. Comprehensive handouts will provide step-by-step instruction for practice outside of class. **Required: computer, stable internet connection, and Adobe Photoshop Elements (any version) installed prior to class. Registration closes at noon on 10/1. Recordings available upon request for registered students. Pre-registration is required to receive online link.**

Fri. Oct. 2–23, 7:30–9pm, 4 Meetings  
Online  
Steve McGrath  
\$65

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

**SWIPE SMART: A SAFETY GUIDE TO  
DATING APPS–LIVE ONLINE**

Dating apps have changed the way we connect, but knowing how to protect yourself makes all the difference. This one-hour class covers how to navigate today's most popular dating apps, protect your personal information, and use built-in safety features so you can connect with others confidently and securely. Recordings available upon request for registered students unable to attend the live class. **Pre-registration is required to receive online link.**

Tue. Dec. 8, 1–2 p.m., 1 Meeting  
Online  
Nickie Welsh  
\$30

**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 (9/1–12/30).  
Online  
Jill Spencer, BoomerTECH  
\$45

**INTRO TO MAC BASICS–ONLINE**

Get your Mac running smoothly! Explore the operating system, Finder, Spotlight, browsers, keyboard shortcuts, and the App Store to become a confident and efficient Mac user. Personalized support is available. Required: a strong internet connection and knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. **Watch the course videos on a computer/iPad and have your iPhone in hand to try out ideas as you move through the videos. Pre-registration is required to receive online link.**

Time Varies: Course is “At Your Own Pace”  
Must be completed within the semester (9/1–12/30).  
Online  
Ed Brazee, BoomerTECH  
\$45

**IOS 26 UNLOCKED–ONLINE**

Get the Most from Your iPhone & iPad! iOS 26 was a major update packed with powerful new features. Discover Call Screening, Live Translation, and Hold Assist. Explore significant changes to the Camera and Photos app, Messages, Apple Intelligence, and System and Settings — and learn how to make the most of every improvement. Personalized support is available. Required: a strong internet connection and knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. **For best outcomes, watch the course videos on a computer/iPad and have your iPhone in hand to try out ideas as you move through the videos. Pre-registration is required to receive online link.**

Time Varies: Course is “At Your Own Pace”  
Must be completed within the semester (9/1–12/30).  
Online  
Jill Spencer, BoomerTECH  
\$45

**SAME MAC, NEW TRICKS–ONLINE**

Your Mac just got better — and this course shows you how to make the most of it! Modules cover a quick OS history and the changes macOS Tahoe brings; Apple Intelligence including Writing Tools, Mail, and Siri; iPhone Integration; Window Management; and the new Liquid GL. Personalized support is available. Required: a strong internet connection and knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. **For best outcomes, watch the course videos on a computer/iPad and have your iPhone in hand to try out ideas as you move through the videos. Pre-registration is required to receive online link.**

Time Varies: Course is “At Your Own Pace”  
Must be completed within the semester (9/1–12/30).  
Online  
Ed Brazee, BoomerTECH  
\$45

**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 (9/1–12/30).  
Online  
Jill Spencer, BoomerTECH  
\$45

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

**CHILDREN'S BOOK PUBLISHING  
LIVE ONLINE**

Achieve your dream of getting your children's book published! Discover the various book publishing routes available: traditional, self, or online publishing. Learn how to format, design your cover, upload your book to Amazon, get printed copies, and more! This is not a writing class. **Registration closes at noon on 11/10. Pre-registration is required to receive online link.**

Tue. Nov. 10, 8–9pm, 1 Meeting  
Online  
Preethi Fernando  
\$35

**AUTHOR DAY–LIVE ONLINE**

A full day Author retreat, all online! This is a great online author event for anyone who has an idea for a book and wants to get it published, for retirees wanting to write a memoir, for seniors seeking inspiring enrichment classes, for working professionals curious about what it takes to get a book published, and for just about anyone who wants to attend an author retreat. An unique feature is that you, the aspiring author, get to share a little bit about your book or what you have in mind to write and publish someday. You can join all the classes or sit in only on the ones you like. Class titles: *Publish your own book*, *Amazon Book Publishing*, *Children's Book Publishing*, *Make an Income as an Author*, and *Your Spotlight* in which you get to share a little bit about your book and your dreams of becoming a published author. **Registration closes at noon on 12/4. Pre-registration is required to receive online link.**

Sun. Dec. 6, 10 a.m.–4 p.m., 1 Meeting  
Online  
Preethi Fernando

\$99

## LIFE SKILLS & PERSONAL ENRICHMENT

### AI EVENT–LIVE ONLINE

Get your artificial intelligence crash course in one day, all from the comfort of your couch! It's fun, easy to follow, and great for small business owners, retirees, seniors, managers, stay-at-home folks, parents looking for free money to send kids to college, and anyone curious about what AI can do to improve your professional or personal life. Attend all sessions or sit in only on the ones you prefer. Class titles: *How to Use ChatGPT*, *How to Use Google Gemini*, *AI Tools for Small Business Owners*, *Side Hustle with ChatGPT: 20+ Ways to Make an Income with ChatGPT*, *AI for Retirees*, *How to Grow Your Small Business with AI*, *Save Big! Discount Airline Tickets, Hotels, and Groceries Using ChatGPT and AI*, and *Find the Money You Need to Go to College Using ChatGPT + AI*. **Registration closes at noon on 10/2. Pre-registration is required to receive online link.**

Sun. Oct. 4, 9am–5pm, 1 Meeting  
Online  
Preethi Fernando  
\$99

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.

### 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? Perhaps you want to get started on that novel, memoir, screenplay, or collection of poems? In this six-week writer's workshop you will have the opportunity to share your developing pages and receive insightful peer and instructor feedback in a workshop setting. You will also practice writing strategies that focus on big-picture story elements like plot, character arcs, pacing, and voice. **Pre-registration is required to receive online link.**

Thu. Oct. 1–Nov. 5, 6:30–8 p.m., 6 Meetings  
Online  
Kristin Leonard  
\$50

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 [kristinleonard.com](http://kristinleonard.com)

### CANVA FOR AWESOME BEGINNER LIVE ONLINE

Unlock a world of creative possibilities! Canva is the perfect digital tool for beginners and novices! Open up a world of possibilities by learning how to use the easiest design website available all for free. In this class you will learn how to create designs from scratch or use templates with step-by-step guidance for any digital image you need. From online documents, business cards, email signatures and more, you'll leave this class with a practical guide to use Canva with confidence! Recordings available upon request for registered students unable to attend the live class. **Pre-registration is required to receive online link.**

Thu. Sep. 24, 1–2pm, 1 Meeting  
Online  
Nickie Welsh  
\$30

### CANVA CREATIVE PROJECTS LIVE ONLINE

Unlock a world of creative possibilities with Canva, the ideal digital tool for beginners and crafters! This online interactive class will teach you how to harness the power of Canva to bring your creative projects to life. You'll learn to design and create everything from custom greeting cards and party invitations to printable wall art, gift tags, and personalized crafts. Whether you're working from scratch or customizing templates, you'll receive step-by-step guidance to turn your ideas into beautiful, print-ready projects. Leave this 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. Oct. 20, 1–2pm, 1 Meeting  
Online  
Nickie Welsh  
\$30

### CANVA ACADEMY FOR BUSINESS LIVE ONLINE

Tired of spending hours trying to create graphics for your business, only to feel frustrated with the results? Learn to design professional-looking social media posts, flyers, and marketing materials using only the free version of Canva with no design experience required. Discover the exact tools, shortcuts, and strategies to make creating beautiful visuals quick and stress-free. Leave with the skills and confidence to create graphics that attract customers and make your business look polished and professional. Recordings available upon request for registered students unable to attend the live class. **Pre-registration is required to receive online link.**

Tue. Oct. 13, 1–2pm, 1 Meeting  
Online  
Nickie Welsh  
\$30

## LIFE SKILLS & PERSONAL ENRICHMENT

### PRACTICAL CHATGPT TIPS FOR BEGINNERS!–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. Don't be left behind in today's tech-savvy world! Recording is available upon request for registered students unable to attend the live class. **Pre-registration is required to receive online link.**

Tue. Nov. 10, 1–2pm, 1 Meeting  
Online  
Nickie Welsh  
\$30

### CHATGPT POWERHOUSE ADVANCED TIPS!–LIVE ONLINE

Unlock the full potential of ChatGPT in this dynamic one-hour masterclass designed for users ready to move beyond the basics. You'll discover advanced prompting techniques like system instructions, 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. Walk away with expert-level techniques to transform ChatGPT into a true powerhouse for your specific needs. Recording is available upon request for registered students unable to attend the live class. **Pre-registration is required to receive online link.**

Tue. Nov. 17, 1–2pm, 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.

### 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](http://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 [www.maine.gov/ifw/programs-resources/educational-programs/safety-courses/atv-safety.html](http://www.maine.gov/ifw/programs-resources/educational-programs/safety-courses/atv-safety.html)**

## 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/>

**PARSONSFIELD-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](http://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



### 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](mailto:rpayeur@sad55.org) if you have any questions or want to register for this FREE program. Bring the family and join us! **Pre-registration is required due to space issues and to keep everyone updated on any changes.**

**Thu. Sep. 17–Nov. 19, 5:30–7 p.m.**  
**9 Meetings**  
**No Meeting Oct. 15**  
Riverside United Methodist Church  
Renee Payeur  
Free

### FALL FAMILY FUN NIGHT

Join us for an evening of family fun as we celebrate fall! Parents and children come together for dinner, a story, and a fun fall inspired 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. Oct. 1, 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.

**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

**KNITTING WITH THE “THE BONNEY KNITTERS”**  
Mondays, 10 a.m.  
Bonney Memorial Library, Cornish  
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

**QUILTING WITH ANA & CYNDY**  
Project TBD  
Sat. Sep. 12, 9 a.m.–Noon  
Bonney Memorial Library  
Free

**QUILTING WITH ANA & CYNDY**  
Project TBD  
Sat. Oct. 3, 9 a.m.–Noon  
Bonney Memorial Library  
Free

**BONNEY MEMORIAL LIBRARY OPEN HOUSE**  
Attend the Open House to see the changes we've made to make the library more accessible, useful and fun, using money we received from four grants!  
Sat. Sep. 19, 10 a.m.–1 p.m.  
Bonney Memorial Library Free

**MONICA WOOD AUTHOR VISIT & BOOK SIGNING**  
Monica is the author of The One in a Million Boy, When We Were the Kennedys, How to Read a Book, and other amazing books.  
Sat, Oct. 3, 3 p.m.  
Bonney 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: 9 a.m.-2 p.m., T: 9 a.m.-6 p.m., TH: 11a.m.-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.

## LIBRARY EVENTS

**TECH QUERY SATURDAY**  
This is a technical assistance session for any device that you need help with!  
Third Saturday each month by appointment.  
9:30–11:30 a.m.  
Soldiers Memorial Library  
Free

**CRAFTS WITH CAT**  
Fourth Saturday each month, 10:30 a.m.  
Soldiers Memorial Library  
Free

**TODDLER STORY HOUR**  
Third Wednesday each Month, 11 a.m.  
Soldiers Memorial Library  
Free

**POSTPARTUM PARENT SUPPORT GROUP**  
Third Wednesday each Month  
10:30 a.m.–12:30 p.m.  
Soldiers Memorial Library  
Free

**MT. CUTLER COFFEE HOUR**  
Wednesdays, 10–11:30 a.m.  
Soldiers Memorial Library  
Free

**MINERAL MADNESS CLUB**  
Fourth Wednesday of each month, 3:45 p.m.  
Soldiers Memorial Library  
Free

**STEAM CLUB**  
First Thursday each month, 3:45 p.m.  
Soldiers Memorial Library  
Free

**IRIS THE THERAPY DOG**  
Iris will return beginning in September!  
First Tuesday of each month  
During Story Hour, 10 a.m.  
Soldiers Memorial Library  
Free

**HAWK PRESENTATION BY CHRIS LEWEY**  
Sat. Sep. 12, 1 p.m.  
Soldiers Memorial Library  
Free

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

In this nine-week class 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. **Required: Students will need either a PC or Mac desktop or laptop computer (no Chromebooks) and a reliable internet connection. Pre-registration is required to receive online link.**

Tue. Sep. 22-Nov. 17, 5-6:30 p.m., 9 Meetings  
Online  
Dean Greer  
\$80

INTERMEDIATE PROGRAMMING WITH PYTHON-LIVE ONLINE

Join experienced Python instructor Dean Greer as he takes you beyond the basics of Python. In this next phase, you'll 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 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. **Required: 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.**

Wed. Sep. 23-Nov. 18, 5-6:30 p.m.  
9 Meetings  
Online  
Dean Greer  
\$80

Dean Greer brings a wealth of experience, having 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.

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](https://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](https://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](mailto: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

#### SCHOOL IS IN SESSION: DIGITAL FINANCIAL WELLNESS FOR REAL LIFE

##### LIVE ONLINE

Affording higher education starts with building strong financial habits. In this session, we'll introduce a free online financial wellness platform with resources for budgeting, saving, and future planning that can help you make informed decisions about higher education, training, and other educational opportunities.

Fri. Sep. 4, Noon–1 p.m., 1 Meeting  
Online, Finance Authority of Maine  
Free

#### THE SURPRISING WAYS THAT FAME CAN HELP-LIVE ONLINE

FAME offers more than you might expect. Learn about the wide range of programs, tools, and resources available to support Maine families with education planning, college savings, financial aid, and financial wellness.

Tue. Sep. 8, 6–7 p.m., 1 Meeting  
Online, Finance Authority of Maine  
Free

#### YES, YOU CAN SAVE FOR COLLEGE (AND STILL GET FINANCIAL AID)

##### LIVE ONLINE

Explore easy-to-use digital tools that help you build everyday money skills. This session introduces an online financial wellness platform with resources for budgeting, saving, credit, and planning, designed to meet you wherever you are.

Fri. Oct. 2, Noon–1 p.m., 1 Meeting  
Online, Finance Authority of Maine  
Free

**Pre-registration is required to receive  
online link for FAME classes.**

#### FINANCIAL AID MADE SIMPLE LIVE ONLINE

Financial aid doesn't have to be complicated. This session walks through the basics, from the FAFSA to financial aid offers, so students and families understand what to expect and how to navigate the process with confidence.

Tue. Oct. 13, 6–7 p.m., 1 Meeting  
Online, Finance Authority of Maine  
Free

#### THE STUDENT LOAN REPAYMENT SURVIVAL GUIDE-LIVE ONLINE

Repayment can feel daunting, but you have options. Learn about current repayment plans, forgiveness programs, and strategies to manage student loans realistically and responsibly after graduation or leaving school.

Fri. Nov. 6, Noon–1 p.m., 1 Meeting  
Online, Finance Authority of Maine  
Free

#### SAVING FOR EDUCATION: HOW YOUR MONEY HABITS ADD UP-LIVE ONLINE

Small financial choices can make a big difference over time. This session explores how everyday money habits, like budgeting and saving, can support short- and long-term education goals.

Tue. Nov. 10, 6–7 p.m., 1 Meeting  
Online, Finance Authority of Maine  
Free

#### MORE THAN JUST COLLEGE: EXPLORING EDUCATION AND TRAINING PATHWAYS- LIVE ONLINE

College isn't the only path to success. Learn about alternative education and training options, including certificates, apprenticeships, and workforce programs, along with how to pay for them.

Fri. Dec. 4, Noon–1 p.m., 1 Meeting  
Online, Finance Authority of Maine  
Free

**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 ([wesh6.com/closings](http://wesh6.com/closings)), 8 ([wmtw.com/weather/closings](http://wmtw.com/weather/closings)), and 13 ([wgme.com/weather/closings](http://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](http://ywsg.com)

Sagehen Valley Recreation Council: [facebook.com/svrc.sagehenrecreationcouncil](https://www.facebook.com/svrc.sagehenrecreationcouncil)

Sacopee Valley Health Center: [svhc.org](http://svhc.org)

Baldwin Community Center:

[www.baldwinmaine.org/](http://www.baldwinmaine.org/)

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](http://sacopeevalleynews.com)

Senior Central (The Grateful Undead): [gratefulundead.org](http://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](http://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 |
|--------------|--------------|------------|
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|              |              |            |
|              |              |            |
|              | TOTAL AMOUNT |            |

Other Comments: \_\_\_\_\_



**SACOPEE VALLEY  
ADULT & COMMUNITY EDUCATION**

172 Main Street, Suite 3  
Cornish, ME 04020

Nonprofit Org.  
U.S. Postage  
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