



Spend an evening with us...

# We're RSU 22 Adult Education

Hampden | Newburgh | Winterport | Frankfort

## Fall 2018 Session

### Course Offerings



#### About Us

Director: Matthew Tardie [mtardie@rsu22.us](mailto:mtardie@rsu22.us)  
[www.riversideadulthoodpartnership.com](http://www.riversideadulthoodpartnership.com)

Please use the Maine Adult Education Portal for credit card registrations.  
<http://orono-hampden.maineadulthood.org/>

#### HAMPDEN OFFICE

RSU 22 Adult Education 207-862-6422  
Hampden Academy, 89 Western Avenue  
Hampden, ME 04444



#### Academic Courses/Programs

##### High School Completion Courses

Our program provides adult learners with the opportunity to earn an adult education high school diploma or a high school equivalency (HiSET) diploma. Class sizes are small and an experienced team of instructors provides courses designed to meet the different needs and learning styles of our students. Online courses and individual-paced courses are also available for students to take. Most of our high school completion courses start the week of September 17, but we do accept students into our program throughout the academic year on a rolling admission basis.

#### DISTANCE LEARNING COURSES

We are very excited to be able to offer nearly 500 interactive courses that you can take entirely over the internet. A wide variety of professional development and personal enrichment courses are now available for registration. All classes are led by expert instructors, fit into convenient six-week formats and are affordably priced. Some of the more popular courses available are:

##### Ed2Go Classes

- A to Z Grant Writing
- Introduction to Interior Design
- Using Social Media in Business
- Real Estate Law
- Introduction to QuickBooks
- Start Your Own Small Business
- Personal Finance
- Genealogy Basics
- Growing Plants for Fun and Profit
- Test Prep: SAT / LSAT / GRE / Praxis

##### Accounting Fundamentals

- Computer Skills in the Workplace
- Introduction to Photoshop
- Write Your Life Story
- Music Theory Made Easy
- Introduction to Statistics
- Writing for Children
- Grammar Refresher
- Introduction to Programming
- Music Theory Made Easy
- Helping Elderly Parents



To view a complete catalog of nearly 500 courses available, visit us at: [www.ed2go.com/rsu22](http://www.ed2go.com/rsu22)

#### College Transitions

Our College Transitions program is designed to help students successfully prepare for college. We help adult learners who are earning their high school diploma or HiSET certificate successfully transition to college. We also help adults who already have a diploma prepare for their college experience.

Contact us if you would like to discuss with us some of the following College Transitions services that we offer:

College Exploration and Planning    Advising Services

Courses: Algebra / Biology / Writing for College

College Readiness Courses    Accuplacer Prep and Testing

College Application Assistance

#### Fall Academic Courses

HiSET Prep/Testing	Tuesday/Thursday 6-8 pm	Old Town
Math Lab	Tuesday/Thursday 3-5 pm	Old Town
American History	Monday 6-8:30 pm	Orono
Individualized Math	Wednesday 6-8:30 pm	Orono
Developmental English	Wednesday 6-8:30 pm	Old Town
Writing Lab	Wednesday 6-8:00 pm	Orono
Real World Math	Monday 6-8:30 pm	Old Town
HiSET Pre/Testing *	Thursday 6-8:30 pm	Hampden

\* Instructor: Brad Veitch    Location: Hampden Academy  
Students can work on HiSET Prep & Testing, Accuplacer Testing, Online Courses, and Academic Tutoring

#### Technology

##### Have Fun with eBay

Over 170 million registered users are active on eBay worldwide! In this fun, interactive class, you will learn how to use eBay to shop for or sell products. We'll show you how to set up an eBay account, how to search for things, how to purchase items and how to sell products. The class is designed for the person who has little or no experience working with eBay. Bring your laptop if you have one. If not, we can provide you with one for the night.

Location: Hampden Academy    Wednesday, Oct. 17    6:00-8:00 pm  
Instructor: Matt Tardie    Cost: \$10.00



##### Basic Computer Skills Lab

In this 6-week course, students will be introduced to essential basic computer skills. This course is designed for the beginner to intermediate student. Instruction will be individualized to meet each student's ability level and specific needs. The class is limited to six students in order to better meet student needs.

Location: Hermon Middle School    Mondays, Starting Oct. 15  
6:00-8:00 pm    Instructor: Alison Schwamkrug    Cost: \$45.00

RSU 22  
24 MRN  
Hampden, ME 04444

Nonprofit Organization  
US Postage Paid  
Permit # 2  
Hampden, ME 04444

ECRWSS

# POSTAL CUSTOMER



## ONE DAY MOTOR COACH BUS TRIPS !

Call us for departure and return times for these trips.

### Keepsake Quilting Bus Trip

An early morning departure takes you to New Hampshire for the largest quilt shop you've ever seen, Keepsake Quilting & Country Pleasures. If you are an avid quilter, you'll lose yourself among the vast selection of fabric, quilting books, stencils, patterns, notions and more! Included in the trip fee is a late lunch at Hart's Turkey Farm before returning home. Space is very limited.  
Date: Sunday, October 21 Cost: \$129.00

### Haunted Happenings Bus Trip

An early morning departure will take you to Salem, Massachusetts, where you will have a frighteningly good time! You'll visit the Salem Witch Museum, which will bring you back to the dark events of 1692. You'll spend the rest of the day at your leisure enjoying all the Halloween activities going on in Salem during the month of October. This is a great, family-friendly trip.  
Date: Saturday, October 27 Cost: \$118.00

### Gardens Aglow Bus Trip

An afternoon departure will start your journey to the beautiful Coastal Maine Botanical Gardens in Boothbay Harbor for their annual "Gardens Aglow." Our first stop will be at Sarah's Café in Wiscasset, Maine for an included homemade Box Meal. Join us this winter for the biggest and brightest light display in Maine! Gardens Aglow is a special event for couples, friends or the whole family. From the light display, to the s'mores pit, popcorn stand and special art exhibits, Gardens Aglow has something for the whole family.  
Date: Saturday, December 1 Cost: \$100.00

## Wellness/Health/Fitness

### Hampden Academy Fitness Center

Hampden Academy Fitness Center is opened to the public 6:00-8:00 pm on Tuesday and Thursday evenings starting October 2.

### Fall Walking Club

Too cold, dark and slippery outside to get a walk in, join our indoor walking club. Start out at our drop-in center where you can sit down and change out of your boots, into a good pair of walking shoes. Stay on the ground level or challenge yourself by walking between the first and second floors. Independent program - no instruction provided.

Location: Hampden Academy 5:30-7:00 pm  
Tuesdays, Wednesdays & Thursdays, Starting September 25  
(No classes on Nov. 21 & 22) Cost: \$5.00 for the season

### Introduction to Square Dancing

In this fun, interactive 12-week course, you will learn the very basics to more difficult routines of what we call Mainstream Square Dancing. This is a great way to get a low-impact workout and to meet people. You don't need to have a partner to register. 12 sessions  
Location: Hampden Mondays, Starting September 17 6:00-8:00 pm  
Instructor: Bob Brown Cost: \$60.00

### Zumba

Zumba involves dance and aerobic movements performed to energetic music. We have new music and choreography. Come alone or bring a friend with you. You can use your 6 sessions whenever you want until December 31 and purchase more sessions if you want to.

Location: Hermon Tuesdays & Thursdays, Starting September 25  
5:30-6:30 pm Instructor: Morita Tapley  
Cost: \$30.00 for 6 Sessions

### Strong

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In a one-hour class you will burn calories while toning arms, legs, abs and glutes. You will need to bring water and a mat and wear comfortable clothes/shoes. 8 weeks (punch card)

Location: Hampden Academy Mondays, Starting Sept. 24  
6:00-7:00 pm Instructor: Danielle Johnson Cost: \$20.00

### PiYo Live

Stretch and strengthen every muscle with moves inspired by the best of Pilates and Yoga. It's low impact but high intensity. You will need to bring water and a mat and wear comfortable clothes/shoes. 8 weeks (punch card)

Location: Hampden Academy Thursdays, Starting Sept. 27  
6:00-7:00 pm Instructor: Danielle Johnson Cost: \$20.00

### Gentle Yoga

**NEW**

This new yoga class allows you to unwind, gently stretch out tense muscles, and release the stress carried throughout your day. Become fully present with mindful, gentle and slow yoga poses, which can be modified for participants with injuries or restrictions with advance notice to the teacher. Students should bring a yoga mat and a blanket. Location: Hampden Academy  
Wednesdays, Starting Date: September 26 6:00-7:00 pm 6 nights  
Instructor: Kelly Bean, LMT, RYT 200 Cost: \$40.00

### Hula Hooping

**NEW**

Hooping is a fun, low impact cardiovascular workout that strengthens core muscles, tones arms and legs, improves flexibility, and balance. Wear comfortable clothes that allow you to move freely. Hoops are provided for class. All fitness levels are welcome. 4 weeks  
Location: Hampden Academy Tuesdays, Starting Oct. 2  
6:00-7:00 pm Instructor: Trish Hayes Cost: \$20.00

### Fit Over 50 Personal Fitness

If you are over 50 and are curious what a personal fitness program could offer you, sign up for this one-night workshop. A certified trainer will show you how a customized exercise program can help you transform your life. You'll be introduced to different exercise equipment, shown how proper technique will ensure that exercises are performed to maximize the benefits of your workout and discuss different fitness goals that best match your needs. Come prepared to work out and bring your questions! 1 night  
Location: Old Town-Orono YMCA Tuesday, Oct. 9 6:00-7:30 pm  
Instructor: Cody Levensalor Cost: \$20.00

### Basic First Aid - Hampden Academy

Basic first aid principles will be covered in this hands-on, one-night course. Topics include bleeding, shock, injuries, sudden illness and more. Students will receive an American Heart Association Heart Saver certificate after completing the course.  
Location: Hampden Academy Thursday, October 11 6:00-8:30 pm  
Instructor: Chad Kirkpatrick  
Cost: \$45.00 (includes \$20.00 certification card)

### CNA Training

This 180-hour state-approved course, will prepare students to become Certified Nurse's Aides. CNA's perform a variety of health care duties under the direction of a nurse. Classroom, lab and clinical work will be done at the Maine Veterans' Home. **The deadline to submit applications is October 5.** The class will run for 15-16 weeks. The course is open to students 17 years and older. Flexible payment plan options are available.  
Starting Date: October 15  
Saturdays (8 am-2 pm) and Mondays & Tuesdays (6-9 pm)  
Instructor: Lynn Johnson Cost: \$795.00

### CPR - Hampden Academy

This one night course introduces immediate lifesaving principles to correct airway obstructions and cardiac arrest in adults, infants and children. Students will receive an American Heart Association Heart Saver certificate after successfully completing this course.  
Tuesday, October 30 1 night  
Instructor: Chad Kirkpatrick  
Cost: \$45.00 (includes \$20.00 certification card)

### Introduction to Tennis

This 3-week course (with your choice of morning or evening) will help you learn to play tennis or to refresh existing tennis skills. Basic Fundamentals and Rules will be taught. Players will also learn every stroke through fun games and drills. This is a lifetime sport - perfect for any age and level. Any non-marking athletic shoe is acceptable. Equipment is provided, if necessary.  
Location: Armstrong Tennis Center - 60 Mecaw Rd., Hampden  
Instructor: Dean Armstrong, PTR Certified Cost: \$30.00  
Wednesdays, Oct. 17, 24 & 31 11:00 am - 12:30 pm  
OR Fridays, Oct. 19, 26 & Nov. 2 5:30 - 7:00 pm

### Introduction to Pickleball

This 2-week course (with your choice of morning or evening) will help you learn to play "the fastest growing sport in the USA." Sessions consist of general instruction and open play. Pickleball is a racquet sport that combines elements of badminton, tennis and ping-pong. Inexpensive to play, this sport provides good exercise, great for individuals of all ability levels and is easy to pick up to play. A very attractive sport for all ages - especially Seniors 50+. All equipment provided.  
Location: Armstrong Tennis Center - 60 Mecaw Rd., Hampden  
Instructor: Susan Starbird Cost: \$30.00  
Thursdays, Oct. 18 & 25 6:30 - 8:30 pm  
OR Mondays, Oct. 22 & 29 11:00 am - 1:00 pm

**NEW**



**NEW**

**NEW**



**NEW**

**NEW**



## Self-Defense for Women

This one-night workshop consists of a review of laws related to self-defense, gentle stretches and exercises that you can practice at home, and an introduction to defensive tactics and techniques for women of all ages and fitness levels. Be prepared to move and be active!  
1 night  
Location: Hampden Thursday, Nov. 1 6:00-8:00 pm  
Instructor: Geoff Wingard Cost: \$5.00



**NEW**

## General Enrichment

### Understanding Maine's Tree Growth Tax Law

Are you a landowner with some forested acres? Are you aware of Maine's Tree Growth Tax Law? Please join us for an informative evening with a licensed Maine Professional Forester to learn how you can enroll your forested land under Maine Tree Growth and save on your property taxes. While many people have chosen to enroll their property in TGLT, before enrolling, it's good to understand the requirements and potential penalties. This one night class will give landowners an opportunity to ask questions and obtain a good understanding of how the law will affect them. 1 night  
Location: Hampden Academy  
Tuesday, October 2 6:00-8:00 pm Cost: \$5.00  
Instructor: Terri Coolong, Maine Forest Service District Forester



**NEW**

### Introduction to Digital Photography

Get the most out of your digital camera and learn from an experienced professional photographer how to take great photographs during this 6-week class. Some of the topics covered include: basic photographic concepts, digital photo strengths and weaknesses, basic Adobe Photoshop techniques and long term digital image storage. This class is designed for the beginning digital photographer. Tuesdays, Starting October 2 6 nights 6:00-7:30 pm  
Instructor: Michael Hallahan Cost: \$65.00



**NEW**

### Building Better Soils

Healthy soil is the foundation for gardening success. Workshop participants will learn the best methods for analyzing soil quality and how to add amendments (fertilizer, compost, etc.) to optimize plant growth. Location: Hampden Academy 1 night  
Thursday, October 4 6:00-8:00 pm  
Instructor: Kate Garland, Univ. of ME Cooperative Extension Horticulturist  
Cost: \$5.00 plus Materials Fee: \$10.00 (paid directly to instructor)



**NEW**

### Substitute Teaching Training

This one-night workshop will provide people who are interested in becoming a substitute teacher, the basic information that they need to know. We'll cover topics such as eligibility to substitute teach in Maine, classroom management, learning strategies, practical 'survival' tips, State law in regards to confidentiality and student rights, mandated reporting and the substitute teacher application process required by RSU 22 (Hampden), RSU 26 (Orono) and RSU 34 (Old Town). Location: Old Town Wednesday, October 10 6:00-8:00 pm  
Instructor: Matthew Tardie Cost: \$5.00

### Growing Salad Greens Indoors

This new hands-on workshop will offer participants the opportunity to learn about an array of different easy-to-grow leafy green options for healthy eating options all winter long. No prior gardening experience or fancy indoor light set up is needed. Participants will leave with their own mini planter and loads of great ideas. 1 night  
Location: Hampden Academy Thursday, October 11 6:00-7:00 pm  
Instructor: Kate Garland, Univ. of ME Cooperative Extension Horticulturist  
Cost: \$5.00 plus Materials Fee: \$10.00 (paid directly to instructor)

**NEW**

### Hunter's Safety

To participate in this certification course, you must first complete the online portion of this course (Maine Dept. of Inland Fisheries & Wildlife website) and print off the voucher you receive from completing this portion of the course. Bring a copy of your voucher to one of our Saturday skills portion of the course.  
Instructor: State of Maine Cost: \$10.00 8:30 am to 4:30 pm  
Hampden: Sunday, October 14 OR Old Town: Sunday October 21



### Foundations of Investing

This new course is geared towards people who want an overview of investing, including key terms and types of investments. The class will cover the basic features of bonds, stocks, and packaged investments, as well as the importance of asset allocation, the influence of inflation on your long-term goals and the importance of developing a strategy. Please come with your questions. Location: Hampden Academy Tuesday, Oct. 16 7:00-8:30 pm  
Instructor: Rob Smith Cost: \$5.00



### Red Cross Baby Sitting Course

Participation in this one-day workshop will help you learn how to be a safe, professional and reliable sitter. You'll also learn how to develop a babysitting business, keep yourself and others safe, and learn about basic child care and

**NEW**

basic first aid. This training is designed for youths ages 11-16. Students who successfully complete the course will earn a Red Cross Certificate.  
Location: Hermon High School Saturday, Oct. 27 9:30 am - 3:30 pm  
Instructor: Carrie Bonnefond Cost: \$95.00

### Focus on Fixed Income

Focus on fixed income is geared towards people who are interested in creating a reliable income stream. This new course covers bond characteristics and features, as well as key strategies to get the most out of your fixed-income investments. Please come with your questions. Location: Hampden Academy  
Tuesday, November 6 7:00-8:30 pm  
Instructor: Rob Smith Cost: \$5.00

**NEW**

**NEW**



### Maine Driving Dynamics

This course is a 5 1/2 hour defensive driving and driver improvement program developed by the Bureau of Highway Safety. Those completing the course will receive a three-point credit on their driving record and students 55 and older may be able to receive an insurance discount from their insurer.



Location: Hampden Academy Saturday, November 17  
8:30 am - 2:00 pm Instructor: State of Maine  
Cost: \$40.00; 65 and older \$25.00

### Introduction to Voice Over Acting

This popular, one-night workshop is designed to introduce adults to the voice over field in a manner that is easy to understand, upbeat and fun. Voice overs are everywhere, from commercials, audio books, cartoons, gaming and documentaries. You'll learn about the business and you'll have an opportunity to record a real script under the direction of a producer in a studio, and have it played back to be assessed. 1 night  
Location: Winterport Instructor: Nate Altimari  
Wednesday, November 28 6:30-9:00 pm Cost: \$25.00



## Arts & Crafts

### Introduction to Drawing

Have you always wanted to draw? Maybe you have never drawn before, or maybe you have tried at it for years? Well, now is your chance to learn! This class is ideal for beginners who want to improve, while having an enjoyable time with others who are just as passionate about drawing as you are! Skills and techniques will be acquired through exercises that acquaint students with the fundamentals of pencil drawing. We cover materials, value, proportions, perspective, and composition! Anyone can learn, dive in and see what you are capable of! Please call 862-6422 for a list of required drawing supplies for the first class.  
Location: Hampden Academy 6:00-8:00 pm  
Thursdays, September 27, Oct. 4, 11 & 18 Cost: \$40.00  
Instructor: Obrianna Cornelius, Fine Artist and Illustrator



### Primitive Rug Hooking

Learn the wonderful craft of old fashioned rug hooking - pulling strips of wool. This class is for both beginner and experienced rug hookers. Previous hookers may bring their own projects or purchase one from the instructor. Beginners may purchase a kit for a chair seat or small mat. There are several new designs to choose from. You will learn the basic techniques plus cutting wool, and how to finish your piece. Hooks and frames may also be purchased from the instructor. Class is limited to 8 people. Location: Hannibal Hamlin Plaza, Hampden  
Wednesdays, October 3, 10, 17, & 24 6:30-9:00 pm  
Cost: \$35.00 4 nights Instructor: Toni Philbrick  
Materials Fee: \$35.00 (paid directly to instructor)



### Penny Rug Class - Ode to Autumn

Do you want to try something new? Please join us in this new class where you will create a lovely 14 1/2" x 24" wool table runner featured with a crow, pumpkin, and autumn leaves on each end. You may stuff the crow and pumpkin, if you choose. It gives a great 3D look! You will learn the technique of wool appliqué, and stitches that make it come alive! Sharp scissors are required. Bring any Pearl Cotton threads or floss you may have, or you may purchase them from the instructor. Class is limited to 8 people. 2 nights  
Location: Hannibal Hamlin Plaza, Hampden  
Thursdays, October 4 & 18 6:30-9:00 pm  
Instructor: Toni Philbrick  
Cost: \$20.00 plus Materials Fee: \$30.00 (paid directly to instructor)



**NEW**

### Starry Night in the Pumpkin Patch Paint Night

This one night paint and sip style class is intended for people who want a fun and creative evening out. The instructor is fun and easy to follow as she teaches you through creating your own painting. Come alone or invite friends, this is a perfect environment to flex your artistic muscles and have fun! This will be an acrylic painting of a pumpkin patch with a Van Gogh starry sky in the background. Feel free to improvise and choose your own colors while the teacher explains the method! Feel free to bring along a coffee or tea, a snack will be provided! Location: Hermon Thursday, October 25 5:30-7:30 pm  
Instructor: Obrianna Cornelius  
Cost: \$10.00 plus Materials Fee: \$15.00 (paid directly to instructor)

**NEW**

**Penny Rug Class - High and Dry** **NEW**  
 Come join the fun! We will be creating a lovely, seasonal 10 1/2" x 24" blue, wool table runner featuring (on each end) two snowmen in a wagon being pulled by a sheep. Use this table runner for Christmas and right through the winter, or make it for a holiday gift! You will learn the technique of wool applique, and stitches to make it. Sharp scissors are required. Bring any Pearl Cotton threads or floss you may have, or you may purchase them from the instructor. Class is limited to 8 people. Location: Hannibal Hamlin Plaza, Hampden  
 Thursdays, November 1 & 8 2 night 6:30--9:00 pm  
 Instructor: Toni Philbrick Cost: \$20.00  
 Materials Fee: \$28.00 (paid directly to instructor)



**Wreath Making Workshop**  
 In this new hands-on, one-night class, you will design, create and take home with you a beautiful holiday wreath that will last for many seasons. Think outside of the box this holiday season and discover how talented and creative you really are. Please bring scissors with you to the class. Location: Hampden Academy  
 Monday, November 19 6:00-9:00 pm  
 Instructor: Jackie Devlin  
 Cost: \$35.00 (includes all materials)



**Cartooning and Illustrating with Watercolor**  
 Learn about drawing, painting, inking, finding a style, communicating, composition, and lettering in this course, designed to challenge you as a cartoonist and illustrator. Come in with your ideas and see them come to life in this exciting class. You will walk away more confident and skilled in creating living characters on a page! Please call 862-6422 for a list of required painting supplies for the first class. 4 nights  
 Location: Hampden Academy 6:00-8:00 pm  
 Thursdays, Nov. 8, 12, 29 & Dec. 6 (no class on Nov. 22)  
 Instructor: Obrianna Cornelius Cost: \$40.00





**Cooking/Baking/Food Preparation** **NEW**  
**Basic Beer Brewing Workshop**  
 In this one-night class, you will learn how to brew your own craft-brew-quality beer at home, using minimal equipment and good quality ingredients. Our knowledgeable instructors will walk you through the brewing process, covering everything from mashing, hop additions, wort chilling, aeration, proper yeast pitch rates, fermentation, priming, bottling and more. Location: TBA  
 1 night Wednesday, Oct. 17 6:00-8:00 pm  
 Instructor: Zeth Lundy Cost: \$10.00


**Chinese Cooking - Vegetarian Rice Noodle Stir Fry**  
 Come join us for a colorful vegetarian rice noodle stir fry and a homestyle spicy/sour soup! Learn how to combine different vegetables from the garden or farmer's market, and transform them into a beautiful and healthy dinner.  
 Location: Hampden Academy 1 night  
 Tuesday, October 30 6:00-8:00 pm Cost: \$10.00  
 Materials Fee: \$15.00 (paid directly to the instructor)  
 Instructor: Yi Peng




**Fermenting Sauerkraut** **NEW**  
 In this one-night, hands-on class, you will learn how to make your own sauerkraut through the wonders of fermentation. You will start a batch of sauerkraut, learn the basic steps of fermentation, and take your first batch home to finish.  
 Location: Orono Middle School 1 night Wednesday, Nov. 7 6:00-8:00 pm  
 Instructor: Laurie Bowen Cost: \$23.00 (includes materials and supplies)

**Francophone Food Culture** **NEW**   
**Provence (Southern France)**  
 Please join us for this wonderful new class! Find out about the three stars of the southern galaxy: Tapenade, Ratatouille, and Bouilla braise. Class will consist of a brief lecture on Provence and the preparation of Ratatouille and Bouillabaisse by participants. The instructor is fluent in French and participants are invited to add the cultural ambiance of language to the course.  
 Location: Hampden Academy Tuesday, November 13 6:00-9:00 pm  
 Cost: \$9.00 plus Materials Fee: \$12.00 (paid directly to the instructor)  
 Instructor: Raymond Pelletier

**Thanksgiving Pie Night** **NEW**   
 Be ready this Thanksgiving with your own beautiful homemade pie! In this one-night, hands-on class, you will learn to make your own tasty apple pie, crust and all. At the end of class, you will have your apple pie to take home with you, which you can freeze and bake on Thanksgiving or sooner. You'll also learn how to make our chef's famous, from scratch, chocolate cream pie. When you register with us, we will give you a list of baking items and utensils that you should take with you to the class or purchase from our host.  
 Location: Veazie Monday, November 19 5:30-8:00 pm  
 Instructor: Chef Cathy Speronis Cost: \$40.00 per person

**Chinese Style Stew** **NEW**   
 This so-called Chinese style stew is inspired by the beautiful fall harvest. Come join us for a creative stew cooking class to taste the wonderful local produce, as well as a Chinese style salad!  
 Location: Hampden Academy Tuesday, November 27 6:00-8:00 pm  
 Cost: \$10.00 plus Materials Fee: \$15.00 (paid directly to the instructor)  
 Instructor: Yi Peng

**Tea Party** **Community Programs** **NEW**  
 Please join us at the Edythe Dyer Community Library in Hampden for an afternoon tea party with special guest, Peter Cowin, who will talk about bees and honey.  
 No fee. Wednesday, September 26 2:00 pm 

**Tea and Essential Oils 101!** **NEW**  
 Please join us at the Edythe Dyer Community Library in Hampden for this free, informative and fun class! What you need to know to safely use oils, plus tips on buying them on a budget! Enjoy an elegant tea party and relax during this helpful class. Space is limited, so please register by calling the library at 862-3550 to hold your place.  
 Wednesday October 17, 2018 2:00 pm


**Orono / Old Town-Based Classes to Check Out**  
 Call 866-4119 or visit us at: [www.riversideadulthoodpartnership.com](http://www.riversideadulthoodpartnership.com)  
 Fall Bike Tune Up Intro to Ballroom Dance Cooking Thai  
 Intro to Indoor Archery Tap Dancing Intro to Beekeeping  
 Heart Rhythm Meditation Intro to Ukulele Hospice Care Training  
 Scene Study Acting

**RSU 22 Adult Education Registration Form**

Date: \_\_\_\_\_

Course Title	Start Date	Course Fee	Method of Payment
Course 1 _____	_____	\$ _____	Cash / Check # _____
Course 2 _____	_____	\$ _____	Cash / Check # _____

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town \_\_\_\_\_  
 Telephone (Home/Cell/Work) \_\_\_\_\_  
 Email \_\_\_\_\_  
 Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Adult Education Office Phone: 207-862-6422   
 Please make checks payable to: **RSU 22 Adult Education**  
 Mail completed registration form and course fee(s) to:



**RSU 22 Adult Education**  
**Hampden Academy**  
**89 Western Avenue**  
**Hampden, ME 04444**

To register online visit: <http://orono-hampden.maineadulted.org/>