



Spend an evening with us...
RSU 22 Adult Education
 Hampden | Newburgh | Winterport | Frankfort



**Fall 2019 Session
 Course Offerings**



About Us

Director: Rebecca Cross rcross@rsu26.org

www.riversideadultedpartnership.com

Please use the Maine Adult Education Portal for credit card registrations.

<http://orono-hampden.maineadulted.org>

Please register at the Hampden Adult Education Office or online at orono-hampden.maineadulted.org.

Please make checks payable to: RSU 22 Adult Education

RSU 22 Adult Education
 Hampden Academy
 89 Western Avenue
 Hampden, Me 04444



Hampden Adult Education Office: 207-862-6422
esoule@rsu22.us

Class Cancellation Policy



Evening classes are automatically cancelled when schools cancel day or afternoon programming due to hazardous weather. Missed classes due to school cancellation will be rescheduled.

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 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

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, and are affordably priced.

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

New Self-Paced Ed2Go Online Courses

Keys to Effective Communication
 Creating WordPress Websites
 Introduction to QuickBooks 2017
 Accounting Fundamentals
 Introduction to Windows 10
 Using Social Media in Business
 Beginning Conversational French
 Math Refresher
 Teaching Students with Autism
 Become a Veterinary Assistant
 These new courses let students work through the course material on their own time, at their own pace.

Real Estate Investing
 Secrets of Better Photography
 Computer Skills for the Workplace
 Speed Spanish
 Handling Medical Emergencies
 Grammar Refresher
 Teaching Students with ADHD
 Praxis Core Preparation
 Introduction to Statistics
 Write Fiction Like a Pro

FREE ONLINE COURSES & TRAININGS!

Through a partnership with Atomic Learning, we are excited to offer to our residents free access to over 250 online courses and over 10,000 tutorials and individual trainings. Some of the more popular courses are listed below. To receive a password and login information to these free online-based courses, call one of our office at 862-6422.

Atomic Learning - Fall 2019

Tech for Students with Dyslexia
 Moodle Instructor Training
 HTML5 & CSS3 Basics
 Classroom Management Strategies
 Creating Digital Portfolios
 SharePoint Basics
 Moodle for Students
 Adobe Lightroom
 Textease CT
 SketchUp for 3D Printing
 Kid Pix Deluxe
 Boardmaker Plus!
 Cyberbullying
 Dreamweaver CS5
 Being Successful in College
 Using Gmail
 iBooks Author Training
 Supporting Gifted and Talented Learners



Career Skills Trainings
 Microsoft Office Applications
 Flash CS5
 Podcasting Workshop
 Office for iPad
 Photoshop
 Geometer's Sketchpad
 Being Savvy Online
 SMART Boards
 Google Sheets
 Minecraft in the Classroom
 Google Calendar Training
 Internet Safety
 WordPress
 Anime Studio Training
 Flickr Training
 Using iTunes
 Real-World Geometry

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 Hampden, ME 04444

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ECRWSS

POSTAL CUSTOMER



ONE DAY MOTOR COACH BUS TRIP !

Haunted Happenings Bus Trip



Saturday, October 26, 2019 Cost per person: \$135.00

Depart for Salem, Massachusetts, where you will have a frighteningly good time! Upon arrival, visit the House of Seven Gables. Learn about the curse Matthew Maule set on Colonel Pyncheon in revenge for stealing his land--and his life. Also, enjoy all the Halloween activities going on in Salem. Visit a museum, take a walking tour or shop for some souvenirs from the many street vendors. You are sure to leave Salem in good "spirits." **Space is limited, so please register early! There are no refunds after September 23. Departure Time/Location: 6:00 AM - Cyr Bus Lines, Old Town 6:20 AM - Walmart, Bangor**



Health/Wellness/Fitness

Hampden Academy Fitness Center is opened free to the public on Tuesday and Thursday evenings 5:00-7:00 PM, starting October 1 and ending on November 7. **You must register and fill out a fitness waiver to participate.**

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. This is an independent program with no instruction provided.

Location: Hampden Academy Cost: \$5.00 for the season 5:30-7:00 PM
Tuesdays, Wednesdays, and Thursdays, Starting October 1 and ending December 19.

(No walking club on Nov. 26, 27, & 28)

Square Dancing Basics

NEW

Come learn the very basics of a great recreational pastime in just 10 lessons. You will learn dance names, positions, formations, arrangements and many of the "calls" used in the world of Square Dancing. It's fun, easy and great exercise! No partner is necessary. Location: Hampden-Citizens of Maine Building Mondays, Starting Sept. 30 6:30-8:30 PM Instructor: Bob Brown Cost: \$25.00 per person

Yoga

Please join certified yoga instructor, Jessica King for a 60-minute yoga class incorporating meditation and movement. Classes are adapted for every ability level, beginners are always welcome! Location: Hampden Academy 6 nights 6:00-7:00 PM Tuesdays, Oct. 1, 8, 15, 22, 29, & Nov. 5 Instructor: Jessica King **NEW** Cost: \$40.00

Vaping: the target is our teens

Parents, please join us for this very important presentation about teen vaping. Participants will learn what is in the vape liquid (as well as what is not in it), learn how the products work, understand current laws and regulations concerning vape products and components, as well as recognize how vaping devices are marketed. You will also learn strategies regarding how to talk to kids about vaping. Please come with your questions. Location: Hampden Academy Thursday, Oct. 3 6:00 PM Instructor: Roxane Dubay Cost: Free, but must register **NEW** Public Health Specialist for Bangor Public Health and Community Services

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, for 8 nights 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. Location: Hampden Academy Mondays, Starting Sept. 30 6:00-7:00 PM Instructor: Danielle Johnson Cost: \$20.00/8 weeks (punch card)

PiYo Live

Stretch and strengthen every muscle with moves inspired by the best of Pilates and Yoga. It is low impact but high intensity. You will need to bring water and a mat and wear comfortable clothes/shoes. 8 nights Location: Hampden Academy Thursdays, Starting Oct. 3 6:00-7:00 PM Instructor: Danielle Johnson Cost: \$20.00/8 weeks (punch card) **NEW**

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 level. Any non-marking athletic shoe is acceptable. Equipment is provided, if necessary. Location: Armstrong Tennis Center - 60 Mecaw Road, Hampden Instructor: Dean Armstrong, PTR Certified Cost: \$30.00

Tuesdays, Oct. 8, 15 & 22 7 PM-8:30 PM (Please register by Sept. 30)
OR
Saturdays, Oct. 19, 26 & Nov. 2 Noon-1:30 PM (Please register by Oct. 10)

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, is 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 Road, Hampden Instructor: Susan Starbird Cost: \$30.00

Tuesdays, October 15 & 22 6:30 PM-8:30 PM (Please register by Oct. 7)
OR
Mondays, October 21 & 28 9:00 AM-11:00 AM (Please register by Oct. 15)

Basic First Aid

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. 1 night

Location: Hampden Academy Thursday, November 14 6:00-8:00 PM
Instructor: Chad Kirkpatrick Cost: \$55.00 (includes cost of certificate)



CPR

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.

Location: Hampden Academy Thursday, November 21 6:00-9:00 PM
Instructor: Chad Kirkpatrick Cost: \$55.00 (includes cost of certificate)



Technology

Mapping Workshop for Woodland Owners

Have you ever wanted to learn how to map your property or woodland? Maybe you want to create a map to help you plan a timber harvest, manage for wildlife or recreation, determine acreage or simply because it is fun! Then this workshop is for you! We will spend the evening exploring many free and low-cost mapping applications that are available to everyone. Through real world examples and demonstrations, you will learn the steps and options available to collect field data and prepare maps for your woodland. We will look at internet based applications, as well as mobile apps for iOS and Android devices. Location: Hampden Academy Tuesday, Oct. 8 6:00-8:00 PM Cost: \$5.00
Instructor: Terri Coolong, Maine Forest Service District Forester



Photo Memories

Leave physical photo albums behind as you turn your memories into entertainment for friends and family to save for all time in digital format! This class will teach you how to take those family, project or vacation photos and turn them into jazzy slide shows or videos complete with neat effects and music! All with a free app. Send them to your loved ones with only a link! Please bring a flashdrive with personal photos and a laptop if you have one. Location: Weatherbee School Tuesdays, Oct. 15 & 22 6:00-7:30 PM
Instructor: Stephanie Shteirman Cost: \$20.00

NEW

NEW General Enrichment

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. Location: Fine Prints Tuesdays, October 1, 8, 15, 22, 29, & Nov. 5 6 nights 6:00-7:30 PM
Instructor: Michael Hallahan Cost: \$65.00



Grant Writing 101 **NEW**

This course will include discussion and hands-on activities to help you find, apply for, and secure grants for your organization. Topics include an introduction to grants, grant seeking, and grant writing; tools to get your organization grant ready; resources to find good funding opportunities; how to prepare applications and proposals; and how to manage awards and other grant activities. Location: Hampden Academy Tuesdays, Oct. 1, 8, & 15 3 nights 7:00-8:30 PM Cost: \$40.00
Instructor: Melanie Spencer, Certified Grant Professional, GPCI



Family Introduction to American Sign Language

This new 3-week course is designed for those who want to learn ASL to communicate with their family members. Students will learn basic conversational vocabulary, signing stories, and games to help develop ASL communication skills. Limited to 12 participants. 3 nights Location: Reeds Brook Middle School, Hampden Wednesdays, October 2, 9, & 16 5:30-7:00 PM
Instructor: Nieves Perez Besu Cost: \$30.00 per family **NEW**



Introduction to American Sign Language

This 6-week course will introduce students to American Sign Language (ASL) and deaf culture. You'll learn the alphabet, numbers, fingerspelling, basic vocabulary, and more. At the end of this course, you will be more confident in the use of sign language. No textbook required as handouts will be provided by the instructor. This course is open to students 16 years and older. 6 nights Location: Reeds Brook Middle School, Hampden Tuesdays, October 15, 22, 29, Nov. 5, 12, & 19 6:00-8:00 PM
Instructor: Nieves Perez Besu Cost: \$35.00



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 the skills portion of the course.



Location: Orono 2 nights
Monday, October 28 and Wednesday, October 30 5:30-9:00 PM
Instructor: State of Maine Cost: \$10.00



Beekeeping for Beginners

This 3 week class is designed to stimulate the interest in and answer the questions of those considering beekeeping as a hobby, to help pollinate their crops, or generally learn more about honeybee husbandry. Location: Hampden Academy 3 nights Tuesdays, October 15, 22, & 29 6:30-8:30 PM
Instructor: Peter Cowin Cost: \$45.00



A Walk Through Time and Nature Along Maine's Appalachian Trail



Dave Field, Overseer of Lands for the Maine Appalachian Trail Club and Trail worker in Maine for 64 years will tell the amazing story of how the Appalachian Trail was scouted and built through Maine from 1925-1937, why and how more than half of the original Trail was relocated from 1970-1990, and the 40-year challenge of finding protection for the surroundings of the Trail. All of this will be illustrated with a walk, south to north, that emphasizes the beauty of the Trail and the plants, animals and geography along the path.

Location: Hampden Academy
 Wednesday, October 23 1 night 6:30-8:00 PM
 Instructor: Dave Field Cost: \$5.00

NEW

Invasive Plants in Maine Natural Areas

Invasive terrestrial plants can colonize Maine's beautiful forests, marshes, and other natural areas, displacing beneficial native plants. Wildlife suffers when the habitats they depend on are invaded. Come learn what plants are invasive, how they got here, why they are so successful, and most importantly, what we can do about them!

Location: Hampden Academy 1 night
 Tuesday, October 29 6:30-8:00 PM
 Instructor: Nancy Olmstead, Invasive Plant Biologist
 Maine Natural Areas Program Cost: \$7.00

NEW

Foundations of Investing

This course is geared to people who want an overview of investing, including key terms and investment types. Foundations of Investing covers the basic features of bonds, stocks and mutual funds, and the importance of asset allocation. Please come with your questions.

1 night Location: Hampden Academy
 Wednesday, Oct. 16 6:30-8:00 PM
 Instructor: Rob Smith Cost: \$5.00

NEW

Retirement by Design

Retirement by Design is a 40-minute presentation that illustrates how you can translate your vision for retirement into tangible goals. Whether you are 10 or 40 years from retirement, you'll learn investment strategies to help design the retirement you want. We'll also discuss how you can add flexibility to your strategy to help you handle unexpected events and how you can keep your strategy on track. Please come with your questions.

1 night Location: Hampden Academy
 Wednesday, Oct. 30 6:30-8:30 PM
 Instructor: Rob Smith Cost: \$5.00

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 2 nights
 Tuesday & Thursday, November 19 & 21 6:00-8:30 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. This course is open to students 16 years and older.

Location: Wintport
 Tuesday, November 19 1 night 6:00-9:00 PM
 Instructor: Nate Altimari Cost: \$25.00



The History of Riverside Park, Hampden

This new talk will be a continuation of the History of Hampden Presentations. Learn about the amazing recreational facility which furnished amusement for the people from Penobscot County during the summer months. Up to 10,000 people each weekend would visit this park on the Penobscot River in Hampden from 1898 to 1916. With its large theater and concession stands, to the trolley that was dedicated from Bangor to transport people to the park, this class will use old photos and documents and review this amazing amusement park.

Location: Hampden Academy
 Tuesday, December 3 1 night 6:00-7:00 PM
 Instructor: James Husson Cost: \$5.00

NEW

Arts & Crafts



Fall Foliage 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 colorful fall trees and foliage, perfect for the autumn crisp! Feel free to improvise and choose your own colors while the teacher explains the method! Feel free to bring along a pumpkin spice coffee or tea, a snack will be provided!

Location: Hampden Academy
 Tuesday, September 24 1 night 6:00-8:00 PM
 Instructor: Obrianna Cornelius, Fine Artist and Illustrator
 Cost: \$10.00 PLUS Materials Fee: \$15.00 (paid directly to the instructor)



Intermediate/Advanced Drawing **NEW**

Welcome to Intermediate/Advanced Drawing! This course is ideal for those who have been sketching and drawing for a while. In this course we will take a step beyond the basics into more advanced subjects such as perspective, portraiture, and life drawing. We will also be introduced to new materials such as charcoal, pen and ink, colored pencils, and chalks! This fun class will challenge you to try new things and give you a jump start along your artistic journey! Please call 862-6422 or email esoule@rsu22.us for a materials list before the first class. 4 nights

Location: Hampden Academy Cost: \$45.00
 Tuesdays, October 1, 8, 15, & 22 6:00-8:00 PM
 Instructor: Obrianna Cornelius, Fine Artist and Illustrator



Parent and Child Pumpkin Paint Night **NEW**

This new parent and child paint night will be a great time to get out and have some fun painting with your little one! Come wearing clothes you don't mind getting paint on. We will be doing our very own acrylic painting on a pumpkin! So sit back and enjoy a fun evening out! A great class to sign up with family and friends.

Please register by October 10 Location: Hampden Academy
 Thursday, October 17 1 night 5:30-7:00 PM
 Instructor: Obrianna Cornelius, Fine Artist and Illustrator
 Cost: \$10.00 per family PLUS
 Materials Fee: \$10.00 for each pumpkin and supplies (paid directly to instructor)



Primitive Rug Hooking

Learn the wonderful craft of old-fashioned rug hooking - pulling strips of wool! This class is for beginners, as well as for those who are experienced rug hookers. You may bring your own project or purchase one from the instructor. Beginners may purchase a kit for a chair seat. There are several project 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 participants. Please bring scissors.

Location: Hannibal Hamlin Plaza, Hampden
 Wednesdays, October 9, 16, 23, & 30 4 nights 6:30-9:00 PM
 Instructor: Toni Philbrick
 Cost: \$35.00 PLUS Materials Fee: \$35.00 (paid directly to instructor)

Applique Class - "Autumn Dreams" Wall Hanging

Please join us for this new class where you will create a lovely 11"x15" wool wall hanging, the second in the series. This one features a crow in front of a pumpkin, with gold daisies and autumn leaves. You'll learn the embroidery stitches that will enhance this project. Bring any Pearl Cotton threads or floss you may have, or purchase some from the instructor. Class is limited to 8 participants. Sharp scissors are required.

Location: Hannibal Hamlin Plaza, Hampden 2 nights
 Thursdays, October 10 & 24 6:30-9:00 PM
 Instructor: Toni Philbrick
 Cost: \$20.00 PLUS Materials Fee: \$28.00 (paid directly to instructor)



DIY Maine Pack Basket

Come in with no basket weaving knowledge and leave with an incredible pack-basket (backpack style) that you made yourself! The class size is limited so that the instructor may help everyone individually and ensure they leave with a beautiful and functional basket. Not only will you have a new creation, but you will also have the skills to make it again. Pack-baskets are traditionally used for ice fishing but can be used for picnics, laundry, hiking, gardening, you name it! Kits can be purchased at the class if you would like to make more than one.

Sign up with your friends and join the fun! 2 nights
 Location: Hampden Academy 5:00-8:00 PM
 Tuesday & Thursday, October 22 & 24
 Instructor: Devon Kane Cost: \$85.00 (includes instructions and all materials)



Watercolor Maine Landscapes

Welcome to the wonderful world of watercolor! If you are interested in learning about watercolor for the first time, or maybe want to refine your skills, this is the class for you! The fun and fast paced class will keep you learning and challenged, while having fun. We will cover basic landscape techniques such as foliage, skies, natural textures, oceans, and architecture. Each week we will learn something new, and you will have a fun assignment to apply what you have learned! Dive in and learn how to create beautiful Maine inspired artwork all your own! Please call 862-6422 or email esoule@rsu22.us for a materials list before the first class.

Location: Hampden Academy 4 nights
 Tuesdays, October 29, Nov. 5, 12, & 19 6:00-8:00 PM
 Instructor: Obrianna Cornelius, Fine Artist and Illustrator
 Cost: \$45.00

NEW



Froebel Stars

Learn to make a Froebel star, which originated in German folklore. Similar to origami, these three-dimensional creations are made by folding four strips of paper into lovely stars that can be used as ornaments, as bows for gifts or for any other creative purpose of your choosing. Stars made for ornaments are generally dipped in paraffin wax and sprinkled with fine glitter to make them sturdy and even more festive. Once you master the process, you'll be hooked! Leave class with however many stars you can make, and additional strips of paper to make more at home. Paper provided will be enough to make 25 colorful stars.

1 night Location: Hampden Academy
 Wednesday, November 6 6:00-9:00 PM
 Instructor: Terry Deane
 Cost: \$10.00 PLUS Materials Cost: \$10.00 (paid to instructor)
 Note: No materials fee if you select white paper.



Wooly Tree Class



Learn to make an 18-inch evergreen tree. Wool is fringed, wrapped around wires, and attached to a dowel with floral tape. All materials are provided, including a rock maple tree stand. SHARP SHEARS are required. Bring a ruler and a rag for wiping hands of glue. Class is limited to 8. Bring lunch or order out. Location: Hannibal Hamlin Plaza, Hampden

Saturday, November 9 1 day 9:30 AM-3:00 PM
 Instructor: Toni Philbrick Cost: \$20.00
 Materials Fee: \$35.00 (paid directly to instructor)



Malas and Meditation Workshop

NEW

We will learn about the origin and meaning of malas (meditation or prayer beads) and make one with the guidance of Jessica King! A mala can make a wonderful addition to your meditation practice, your wardrobe or a beautiful gift for a friend or relative.

Location: Hampden Academy Thursday, November 14 6:00-8:00 PM
 Instructor: Jessica King Cost: \$15.00 PLUS Materials Fee: \$25.00 (paid to instructor)

Christmas Ornament Creativity Night

NEW

Welcome to an exciting night of creativity and fun! You will have the opportunity to create three different handmade ornaments for the tree in this new class. Come alone, invite friends, or bring your little one! This is a great opportunity to make some heartfelt gifts right in time for the holiday season! Location: Hampden Academy

Tuesday, December 3 1 night 6:00-8:00 PM

Instructor: Obrianna Cornelius, Fine Artist and Illustrator
 Cost: \$10.00 PLUS Materials Fee: \$15.00 (paid to instructor)



Holiday Wreath Making Workshop

Please join us for this creative class and make a traditional holiday wreath with fragrant, native balsam fir branches. Each participant will be able to make and take home a 15 inch holiday wreath. All materials will be included in the class, however,

you are encouraged to bring your own ribbon or embellishments, if you would like to personalize the class. Location: Reeds Brook Middle School

Tuesday, December 3 1 night 6:00-8:00 PM

Instructor: Devon Kane
 Cost: \$10.00 PLUS Materials Fee: \$15.00 (paid to instructor)



Santa Claus 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, invite friends, or bring your little one. This easy painting is a perfect environment to flex your artistic muscles and have fun with a loved one! This will be an acrylic painting of a cute Santa Claus face, perfect for your Christmas decorating! Feel free to improvise and choose your own colors while the instructor explains the method! Feel free to bring along a coffee or tea, a snack will be provided! Location: Hermon

Tuesday, December 10 1 night 6:00-8:00 PM

Instructor: Obrianna Cornelius, Fine Artist and Illustrator
 Cost: \$10.00 PLUS Materials Fee: \$15.00 (paid directly to instructor)



Cooking/Baking & Food Preparation

Seasonal Plant-Based Cooking Demo

NEW

Create and take home seasonal, 100% plant-based recipes: Garden Rotini - pasta, cashew cheese, vegetables, gluten-free options will be offered, Chia puddings - your new breakfast or dessert bowl, full of Omega-3! We'll have a "question & answer" session and discuss other options for getting more Omega-3 into your diet! Recipes & Alicia's seasonal eating guide will be included. Please bring an apron & container for

leftovers. Alicia has offered plant-powered meals since 2007. She has a Masters in Holistic Wellness and has been teaching healing and nutrition to all ages since 2013. Location: Hampden Academy 1 night Thursday, October 10 6:00-7:30 PM
 Instructor: Alicia Randolph-Lucchesi, BA, MA, CLO **NEW**
 Cost: \$10.00 PLUS Materials Fee: \$5.00 (paid directly to instructor)



Crockpot Cooking

If you have a busy schedule and would like dinner ready when you get home, then this class is for you. We will prepare three recipes that can be kept in your freezer and when you have a busy day, just thaw and throw in your crockpot!

Location: Hampden Academy Thursday, Oct. 17 5:30-7:00 PM

Instructor: Kim Nason 1 night
 Cost: \$7.00 PLUS Materials Fee: \$20.00 (paid to instructor)

NEW



Gluten and Soy-Free Plant-Based Salad Demo

Create and take home seasonal recipes (Gluten & Soy-Free): Chickpea Salad - chickpeas, spices, lots of variations, Clean Start Kale Salad - if you're not already a kale lover, you may be at the end of this demo! We'll have a "question & answer" session and discuss other bean options along with the importance of these protein powerhouses! Please bring an apron and container for leftovers. Alicia has offered plant-powered meals since 2007. She has a Masters in Holistic Wellness and has been teaching healing and nutrition to all ages since 2013. Location: Hampden Academy Thursday, October 24

Instructor: Alicia Randolph-Lucchesi, BA, MA, CLO 6:00-7:30 PM

Cost: \$10.00 PLUS Materials Fee: \$5.00 (paid directly to instructor)

NEW

Freezer Meals

This new class will include several recipes and materials to choose from. Each meal is designed to serve two people, however, if you would like to prepare a recipe for more, the material fee doubles for families of four, and can be increased from there. There will be many recipes to choose from, so pick your favorite four... Mix and match! Each participant will go home with a recipe book for 20 easy freezer meals.

Location: Hampden Academy Tuesday, November 5

Instructor: Devon Kane 1 night 6:00-8:00 PM

Cost: \$10.00 PLUS Materials Fee: \$25.00 (paid directly to instructor)



NEW

Kids in the Kitchen

In this new parent and child class we will prepare a full meal of an appetizer, entree, and dessert. This is a great opportunity for kids to feel more comfortable and confident in the kitchen. Be prepared to have fun, create, and eat some yummy food!

Location: Hampden Academy Thursday, November 7 5:30-7:00 PM

Instructor: Kim Nason Cost: \$7.00 per adult & child

PLUS Materials Fee: \$25.00 per adult & child



NEW

Community Programs

NEW



Creative Writing Group

Whether you're interested in fiction, non-fiction, or poetry, this is the group for you. In a relaxed and supportive setting, we'll explore new writing prompts and exercises each week for four weeks. This group is geared for adults, new to writing or with an already high word count. Bring along a notebook and pen. This program is free, but limited to 12 participants, so please register with RSU 22 Adult Education.

Location: Edythe Dyer Library (862-3550) Mondays, Oct. 7, 21, 28 & Nov. 4

Maine Author Visit

NEW

Maine author Julia Spencer-Fleming is coming the Edythe Dyer Library! She is the author of the very popular Clare Fergusson and Russ Van Alstyne books. This program is free, but space is limited to 40 people, so please register with RSU 22 Adult Education and call the library (862-3550) to reserve your seat.

Location: Edythe Dyer Library, Hampden Wednesday, Nov. 13 5:00 PM

RSU 22 Adult Education Registration Form

Date: _____

<u>Course Title</u>	<u>Start Date</u>	<u>Course Cost</u>	<u>Method of Payment</u>
Course 1 _____	_____	\$ _____	Cash / Check # _____
Course 2 _____	_____	\$ _____	Cash / Check # _____
Name _____	Total \$ _____		
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**

