



Riverside Adult Education Partnership

RSU 22 / RSU 26 / RSU 34



Spring 2018 Session



About Us

Director: Matthew Tardie mtardie@rsu26.org
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

ORONO OFFICE

RSU 26 Adult Education 207-866-4119
14 Goodridge Drive
Orono, Maine 04473

OLD TOWN OFFICE

RSU 34 Adult Education 207-827-3906
203 Stillwater Avenue
Old Town, Maine 04468



College Transitions

Our College Transitions program is designed to help students who have earned their high school diploma or their HiSET to successfully prepare for college. Contact us if you would like to discuss with us some of the following services that we can offer during the spring and summer months:

- College Exploration & Planning
- Advising Services
- College Readiness Course
- Accuplacer Prep & Testing
- College Application Assistance

Distance Learning Personal Enrichment Courses

We are able to offer nearly 800 interactive courses that you can take entirely over the internet through our partnership with Ed2Go. All of these classes are led by expert instructors, fit into convenient six-week formats and are affordably priced. Some of the more popular courses available are:

- A to Z Grant Writing
- Become a Veterinary Assistant
- Computer Skills for the Workplace
- Discover Digital Photography
- Test Pre: GRE / Praxis / LSAT / SAT
- Introduction to Guitar
- Introduction to Lightroom
- Intro to Photoshop
- Writing for Children
- Microsoft Excel
- Building Teams that Work
- Creating Web Pages
- Genealogy Basics
- QuickBooks
- Intro to Interior Design
- Intro to PC Security
- Learn to Buy and Sell on eBay
- Personal Finance

Academic Courses/Programs

High School Completion Courses

We provide adult learners with the opportunity to earn an adult education high school diploma or a high school equivalency (HiSET/ GED) diploma. Online and individually paced preparatory courses are available for students to take. We accept students in our program throughout the academic year on a rolling admission basis.

Online Health Care Courses

In 10 to 20 weeks, you can become nationally certified in these profitable, high demand healthcare jobs through our partnership with the Academy of Medical Professions. Students who complete their program also receive assistance with job searching and resume writing.



- Dental Assisting
- Medical Transcription
- Medical Billing and Coding
- Medical Office Specialist
- Pharmacy Technician
- Hospital Coding and Billing

For more information about any of these courses, including payment plan options and specific certificates awarded per course, please contact us at **862-6422, 866-4119, or 827-3906.**

View a complete catalog of the nearly 800 courses available at:
www.ed2go.com/rsu26; www.ed2go.com/rsu34 or
www.ed2go.com/rsu22

Quincy Market Bus Trip

Get your friends together and come join us for a one-day trip to Boston's Quincy Market. Once there, you will have 6 hours to tour the city, visit historical sights, go shopping or dine at restaurants of your choice and at your leisure. You don't have to worry about paying tolls, driving down and back or finding a parking spot in the city! Space is very limited, so register early if you are interested.
Saturday, May 12, 2018 Cost: \$79 per person
Departure Times: 6:30 am from Bangor
Arrival in Boston: 11:30 am (approximate)
Departure from Boston: 5:30 pm No refunds after May 4.



RSU 22
24 MRN
Hampden, ME 04444

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

ECRWSS

POSTAL CUSTOMER

Health/Fitness/Wellness



Dance Fitness with McSmitty

Featuring today's top music hits, this energetic, exciting and fun dance fitness class is designed to make you sweat! Get ready to hoot and holler, shimmy and shake it! It's time to boogie with McSmitty!

Location: Old Town Instructor: Amy McFalls-Smith
Mondays & Wednesdays, Starting April 2 6:00-7:00 pm
Fridays 5:30-6:30 pm
Cost: \$5.00 drop in fee / \$3.00 RSU 22, 26 & 34 Staff



Spring 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
Tuesdays & Thursdays, Starting April 3 5:30-7:00 pm
(No walking club on April 17 & 19) Cost: \$5.00 for the season

Tai Chi for Arthritis and Better Balance

The ancient art of Tai Chi can improve balance and confidence in walking, can help students relax and reduce levels of stress and tension and can provide you with a good workout. You'll learn from and work with a certified Tai Chi instructor in this 15-week, low impact fitness class.

Location: Orono KACH Instructor: George Manlove
Tuesdays/Thursdays, Starting April 3 10:00-11:00 am
\$5.00 Drop In Rates!

Flow Yoga

NEW

Join us for Flow Yoga, a 6-week class designed to help you reconnect with your body. We will focus on the fundamentals of yoga and integrating the postures with breath to help you release stress and listen to your body. Each night, we will begin with gentler movements and move progressively to more challenging flowing sequences. All are welcome, whether you are a beginner or have practiced yoga before. Bring a yoga mat.

Location: Orono Middle School Instructor: Christine Conte
Tuesdays, Starting April 3 6:00-7:00 pm Cost: \$30.00

Tap Dancing Fun

NEW

Tap Dancing is a great way to build strength and flexibility. Choose the class that meets your skill level and experience and have fun exercising while building and maintaining tap skills. Tap shoes are encouraged.

Location: Asa Adams - Orono Instructor: Raechelle Edminston-Cyr
Wednesdays, Starting April 4
Beginners (6:00-7:00 pm), Intermediates (7:15-8:15 pm)
Cost: Beginners \$35 for 6 weeks;
Intermediates \$4.00 drop in rate per night

Self-Defense for Women

NEW

Join us for a single session introduction to self-defense for women. This course covers 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.

Location: Orono Middle School Instructor: Geoff Wingard
Monday, May 7 1 night 6:00-8:30pm Cost: \$5.00

NEW General Enrichment



Conversational Spanish

The emphasis in this 6-week class will be on oral communication: listening and speaking skills. You'll learn to respond to basic questions, react in Spanish appropriately to situations in the classroom environment, follow directions in Spanish and react in simple social settings. You'll benefit from participating in this class, regardless of your level of ability speaking and understanding Spanish.

Location: Orono Middle School Instructor: Maria Elana Johnson
Mondays, Starting April 2 6:00-8:00 pm Cost: \$35.00

Tax Prep for New Tax Laws

\$ NEW

This new 3-week class will teach you about tax deductions, tax credits and itemizations as they apply to your tax return. We'll discuss W-2 employees, self-employed and landlord income and expenses. Special emphasis will be given to the impact that the new Tax Act passed by Congress in December 2017 will have on taxpayers.

Instructor: Scott Thomas 3 nights Cost: \$10.00
Orono Middle School Mondays, April 2, 9, & 23 6:00-8:00 pm
OR
Hampden Academy Tuesdays, April 3, 10, & 24 6:00-8:00 pm

Introduction to Latin



In this 6-week introductory level course, you will learn why Latin is not a "dead language." We'll read, speak and listen to Latin while also learning about the Latin culture in a relaxed, enjoyable and supportive setting. Any student in grades 8-12 who attends the course with a paying parent may take the course free.

Location: Hampden Academy Instructor: Bill Beck
Tuesdays, April 3, 10, 24, May 1, 8, & 15 (No class on April 17)
6:00-8:00 pm Cost: \$35.00 (high school students pay \$10.00)

Spring Bike Safety Check

Before you know it, spring will be here and it will be time to take your bike out of storage. Before you hop on, make sure that it's safe to ride. This one-night, hands-on workshop will show you how to spot unsafe conditions so you can feel confident and safe for your first ride of the season.

Location: Orono Instructor: Jim Rose
Wednesday, April 4 6:30-8:00 pm Cost: \$15.00



Organic Gardening

Interested in growing your own vegetables in an organic and sustainable manner? Join us for this annual workshop and learn how to grow your own organic garden. The class will include the basics of soil science, making and using compost, principles of crop rotation, how to incorporate green manures and manage nutrients. Other topics also include basic weed control strategies, as well as common insect pests and methods of natural insect control.



Instructor: John Jemison 1 night Cost: \$10.00
Hampden Academy: Tuesday, April 3 6-9 pm
OR Orono: Wednesday, April 4 6-9 pm

Penobscot Bay Sail & Power Squadron, America's Boating Course



The basic five-week (8 hours + exam) course is designed to familiarize the student with the fundamentals of safe boating and to qualify for certification in most states that require boating education before operating a watercraft. Coverage includes safety equipment, trip planning, navigation rules and aids, state and federal regulations, anchoring, dealing with adverse conditions and emergencies, communications, trailering, and knots and lines. An optional one-class course extension (two hours) introduces students to navigation and the use of charts. For more information, contact the instructor at 862-3674 or meeser3@roadrunner.com.
Location: Hampden Academy Instructor: Dave Field
Thursdays, April 5, 12, May 3, 10, 17, & 24 6:30-8:30 pm
Course Fee: \$10.00 (please register prior to first class.)
Power Squadron Fee: \$10.00 (payable to instructor)
Optional Course Book Fee: \$25.00 (payable to instructor)

Introduction to Acting Workshop

NEW

In this 8-week course, you'll see how the craft of acting can benefit anyone. Through theater games and script study, the class will explore what happens behind the scenes. It is more than just learning lines! Theater games are a great way to exercise the mind and improve concentration, and can result in a new sense of self-confidence. Our instructor has over 40 years of experience as an actor, director and teacher. No experience necessary to participate.

Location: Orono Middle School Instructor: Irene Dennis
Mondays, Starting April 9 6:00-8:00 pm Cost: \$50.00

Intermediate Acting **NEW**

Dig deeper into scene work in this 8-week class designed for those who have taken our Intro to Acting and/or have previously been on stage in theatrical productions. We'll explore the hidden meaning behind the words in the script, and how to create a multi-layered, dynamic performance.

Location: Orono Middle School
Tuesdays, Starting April 10
Instructor: Irene Dennis
6:00-8:00pm
Cost: \$50.00

Coaching Youth Basketball

This 6-week class is designed for the student, coach or parent who wants to improve your basketball coaching skills and knowledge. Our instructor has over thirty years of coaching experience working with high school and college athletes. Some topics include: basic skills development, planning practices, offenses and defenses, and coaching philosophy.

Location: Orono Middle School
Mondays, Starting April 9
Instructor: Edwin Kohtala
6:30-8:00 pm
Cost: \$25.00



Basic Fly Casting

This one-day hands-on workshop will provide you with the casting skills necessary to fish effectively on your own. Instruction will be done individually and in small groups and videotape analysis of your casting stroke will be provided. Students are encouraged to bring your own fly rod and reel, but equipment will be made available for anyone who needs it. We can offer a reduced rate for your son or daughter if you bring him/her with you.

Location: UMaine Orono
Saturday, April 21
Instructor: Kevin Tracewski
9:00 am-3:00 pm
Cost: \$65.00



Soccer Officiating

In this six hour course, 3-night course, you'll prepare to become a soccer official, eligible to referee middle school and high school games this fall. After the completion of this classroom portion of the course, you will participate in field training in August. The course fee covers your registration, insurance costs and National Federation of High School Soccer Rulebook.

Instructor: Mark Hundhammer
6:30-8:30 pm
Cost: \$25.00
Orono Middle School
Wednesdays, April 25, May 2, & May 9
OR
Hampden Academy
Thursdays, March 29, April 5, & April 12



Botany for Gardeners **NEW**

This one-night, hands-on workshop will give gardeners a new perspective on the life in your landscape and some helpful tools to better understand how our gardening techniques impact how well plants grow. Participants will also receive an introduction to plant ID and plant anatomy.

Location: Orono Middle School
Wednesday, May 2
Instructor: Kate Garland
6:00-8:00 pm
Cost: \$8.00



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.
Location: Winterport
Thursday, May 3
Instructor: Nate Altimari
6:30-9:00 pm
Cost: \$25.00



Self-Employment Seminar

This free one-night workshop will help you decide if self-employment is the right choice for you. We'll talk about the pros and cons of owning and operating your own business, the steps needed for start-up, the major elements of a business and the many resources that are available to help you succeed.

Location: Hampden Academy
Tuesday, May 8
Instructor: Sarah Joy Chaples
1 night
5:30-7:30 pm
Cost: Free



NEW

History of Hampden **NEW**

This course is designed to educate anyone interested in the History of Hampden, Maine. Using lectures, old photographs and documents along with tours of the museum at the Kinsley House, Hannibal Hamlin's Law Office, the Historical Societies barn, the churches and other important buildings around Hampden, grave sites of the English soldiers killed at Hampden the student will gain a comprehensive insight into the history of Hampden, Maine. This 6 hour course will take the learner from the very early days of Hampden to the present. Using old documents and photos along with field trips we will examine where, when and who was important in the History of Hampden.

Location: Hampden
Tuesdays, May 8 & 15
Instructor: James Husson
2 nights
6:00-9:00 pm
Cost: Free



Pest Management for the Home Gardener

Japanese beetles, slugs, squash bugs, powdery mildew, blight, grubs ... gardening joy can come hand-in-hand with gardening woes. This one-night workshop will help you develop a non-chemical strategy for managing some of the common pests we encounter in Maine gardens.

Location: Orono Middle School
Instructor: Kate Garland
Wednesday, May 23
Cost: \$5.00
6:00-8:00 pm



Arts & Crafts **NEW**

Sewing

Did you hear, they have sewing classes in Hampden at Simply Sewing? I heard they have lots of fun! They offer beginners to advance, including a parent and me class for the kids. Materials are provided in the cost for beginner class only.

Location: Sewing Studio - Main Road South, Hampden
Instructor: Sharon Slamons
6 weeks
Beginner's Class - Mondays, April 2 to May 7
9:30 am to Noon, 1:00-3:30 pm, & 6:00-8:30 pm
Cost: \$50.00



Advanced Class - Thursdays, April 5 to May 10
6:00-8:30 pm
Cost: \$50.00

Beginning to Advanced Sewing **NEW**

Did you get a new sewing machine for Christmas or just need a refresher course? We will start off with basic instructions and move on to reading and making patterns. For all class sessions you will need to bring with you basic sewing tools: scissors, pins, measuring tape, seam ripper and caulk. Bring your machine and join the fun in this 6-week class.

Location: Orono Middle School
Wednesdays, Starting April 4
Instructor: Sharon Slamons
6:00-8:30 pm
Cost: \$50.00



Evening Blossoms Paint Night **NEW**

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 blooms in a twilight setting. 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: Hampden Academy
Tuesday, April 10
Instructor: Obrianna Cornelius
1 night
6:00-8:00 pm
Course Fee: \$10.00
Materials Fee: \$15.00 (payable to instructor at class)



Primitive Rug Hooking

Learn the wonderful craft of old fashioned rug hooking - pulling strips of wool! This class is for both beginners and experienced hookers. Previous hookers may bring their own projects or purchase one from instructor. Beginners may purchase a kit for a small mat. 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, April 18, 25, May 9 & 16
Instructor: Toni Philbrick
4 nights
6:30-9:00 pm
Course Fee: \$35.00

Materials Fee for Beginner: \$35.00 (paid directly to instructor)

Penny Rug Class - Blossom Table Mat **NEW**

Small rose flowers are appliqued in a ring around a cream, wool background. This 12" x 17" delicate design has a second background of sage green and is beautiful for the summer! Sharp scissors are required. Bring any pearl cotton threads or floss you may have or purchase them from the instructor. Class is limited to 8 people.

Location: Hannibal Hamlin Plaza, Hampden 2 nights
 Instructor: Toni Philbrick Thursdays, April 19 & 26
 Course Fee: \$20.00 6:30-9:00 pm
 Materials Fee: \$32.00/kit (paid directly to instructor)



Intermediate Watercolor Painting

In this 6-week class, we will move beyond the basics of watercolor painting and color theory and delve into more difficult elements. We'll cover each element step by step and then bring it all together into one large landscape painting. In this class, we will cover leaves and foliage, skies, water, reflections, rocks, weather and atmosphere. This is a great class for those who have painted in watercolors before, and want to take their skill to the next level. Call our office for a "shopping list" of materials that you will need for this class.

Instructor: Obrianna Cornelius, Fine Artist and Illustrator
 6:00-8:00 pm 6 nights Cost: \$40.00
 Orono Middle School Wednesdays, Starting March 28

OR

Hampden Academy Tuesdays, April 24, May 8, 15, 22, 29, & June 5

Card Making Classes

Come and make a variety of greeting cards with themes such as Mother's Day, a set of note cards and a birthday card.

Location: Hampden Academy Instructor: Joyce Schwarz
 Thursdays, April 26, May 3 & 10 6:00-7:00 pm
 Course Fee: \$6.00 Materials Fee: \$20.00 (paid directly to instructor)



Pink Trees Paint Night **NEW**

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 pink blossom trees with a cityscape 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: Hampden Academy Instructor: Obrianna Cornelius
 Thursday, May 10 1 night 6:00-8:00 pm
 Course Fee: \$10.00 Materials Fee: \$15.00 (paid directly to the instructor)



Cooking & Baking

Francophone Food Culture of France **NEW**



Pâtés and Panapés

Join us for this new very informative and fun class with an overview of the place of the pâté in French cuisine and of the diversity of pâtés on the French market accompanied by a review of recipes and a tasting of a pâté de campagne. The class also includes preparation of a variety of amuse-bouches including canapés, roulés, brochettes, tartelettes, verrines, cuillères chinoises. Participants will assist in the food preparation. The instructor is fluent in French and participants are invited to add the cultural ambiance of language to the course. Location: Hampden Academy

Instructor: Raymond J. Pelletier
 Tuesday, April 3 1 night 6:30-8:30 pm
 Course Fee: \$9.00 Materials Fee: \$12.00 (paid directly to instructor)

Eating Better on a Budget

In this free hands-on, 4-week class, you will learn the skills to shop, cook and eat healthier foods while staying within your food budget. Each night, there will be food prep and tastings. All participants will receive a colorful cookbook with 24 healthy, low-cost recipes and nutrition tips. Your instructor is a registered technician. This is a great activity to bring your kids with you to!

Location: Old Town Instructor: Deborah Weiskittel
 Thursdays, April 5 **NEW** 5:30-7:00 pm Cost: Free

Healthy Chinese Cooking **NEW**

In this hands-on, one-night class, you will learn about healthy and authentic Chinese cooking. You'll help prepare different meat and vegetable dishes and learn how to use different fresh, healthy and simple ingredients from our instructor, who grew up in Sichuan, China.

Location: Orono Middle School Instructor: Yi Peng
 Cost: \$10.00 course fee and \$10.00 materials fee paid directly to the instructor.



Healthy Chinese Cooking 1 - Tuesday, April 24 6:00-8:00 pm
 Healthy Chinese Cooking 2 - Tuesday, May 22 6:00-8:00 pm

Francophone Food Culture of Louisiana Gumbo and Boudin



Please join us for this wonderful new class! We will discuss the relationship of Acadia and Cajun country and the effect of French and Creole cultures on Louisiana cuisine. The class also includes the preparation of a traditional Cajun dish, Gumbo and a French recipe for boudin and boudin blanc créole. Participants will assist in the food preparation. The instructor is fluent in French and participants are invited to add the cultural ambiance of language to the course. Location: Hampden Academy

Instructor: Raymond J. Pelletier
 Tuesday, May 1 1 night 6:30-8:30 pm **NEW**
 Course Fee: \$9.00 Materials Fee: \$12.00 (paid directly to instructor)

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 ____ / ____ / ____

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

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