



SACOPEE VALLEY
ADULT & COMMUNITY EDUCATION

LIFELONG LEARNING...



**BRIDGES ALL
OBSTACLES!**

Fall 2022

www.sacopee.maineadulted.org

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



SACOPEE VALLEY

ADULT & COMMUNITY ED

GENERAL INFORMATION

The Sacopee 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 are held at satellite sites in the Sacopee area or on-line 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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ATTENTION LOCAL BUSINESSES: The Maine Community College System (MCCS), through the Harold Alfond Center for Workforce Advancement, is offering supplemental funding for training that upgrades frontline incumbent workers' skills, leading to career advancement and job security. Our organization has joined this initiative as a third-party training partner and will work with MCCS to determine grant-funding eligibility of educational programs that we offer or refer.

To qualify for funding, your organization will need to sign a memorandum of agreement to become an MCCS Workforce Development Compact member. Then you will be able to complete a funding request application(s) for training. As a Compact member, you are eligible to receive up to \$1,200 per employee during 2022 and up to \$600 per employee in subsequent years to be used toward training frontline incumbent workers. Funding is available now!

FMI: Email rpayeur@sad55.org or call our office at 625-3092.

ADULT EDUCATION TEAM

ADVISORY COMMITTEE

Carl Landry
Linda Brower
Renee Payeur

Jeni Barsanti
Maggie Hoxie
Sylvia Pease

STAFF

Director: David Durkee
ABE Coord./Instructor: Renee Payeur
HiSET Examiner: Cynthia Mason

BEGINNER ORIGAMI

Even a beginner can enjoy the ancient art of origami with Dan as a teacher! Watch him not only transform paper into three-dimensional designs but also make many of them move. He assures us that anyone can do it! **Bring a crisp dollar bill to class to be used for one of the creations. Please preregister as we need a minimum of 4 people to run the course.**

Mon. Oct. 3, 6-7 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Dan Bradley, Sr.
\$3

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 preregister as a minimum of 4 people is required to run the course.**

Sat. Oct. 1, 10:30 a.m.-12 p.m., 1 Meeting
Bonney Memorial Library
Ann John
\$8

BIRD FEEDERS

Winter is coming, and our fine feathered friends are hungry! Join Ann as she shows us how to create a bird feeder from a milk jug and a few other simple items and how to make them beautiful. Recycle and feed the birds? Sounds like a win-win! **Materials are included. Please preregister as we need a minimum of 4 people to run the course.**

Sat. Nov. 5, 11 a.m.-12:30 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Ann John
\$5

ZENTANGLES

Explore your creativity using line and design using this simple, creative yet structured approach to drawing that promotes creativity for all levels. Create interesting images with this relaxing, fun method. There is no pressure; the sky's the limit! **Please preregister as we need a minimum of 4 people to run the course.**

Sat. Nov. 19, 10:30 a.m.-12 p.m., 1 Meeting
Bonney Memorial Library
Ann John
\$8

ARTISTIC CARD MAKING USING VARIETY OF MEDIUMS

This holiday season is the perfect time to create beautiful, personalized hand-made card(s) using the medium you enjoy most! Paint or pen, print or calligraphy, and so many more options...the world is your oyster (and your easel)! Materials are included. **Materials fee of \$4 is payable to the instructor at time of class. Please preregister as we need a minimum of 4 people to run the course.**

Sat. Dec. 3, 11 a.m.-12:30 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Ann John
\$8

LEAF BOWL

Fall is in the air! Celebrate the autumn foliage and its beautiful colors while creating an attractive and useful vessel. This small bowl can be used as a trinket holder or a seasonal candy dish. **Materials fee of \$5 is payable to the instructor at the time of class. Please preregister as we need a minimum of 4 people to run the course.**

Thu. Oct. 20, 10-11 a.m., 1 Meeting
The Coffee Joint, Cornish
Marie Armentino
\$5

CANDY CANE/CINNAMON STICK CANDLE HOLDER

The votive in this glass candle holder warms the heart and the senses as it accentuates the delicious and aromatic candy cane or cinnamon sticks, as you choose, resulting in a lovely holiday decoration that smells wonderful to boot! **Battery operated votive will be used for class. Materials fee of \$5 is payable to the instructor at the time of class. Please preregister as we need a minimum of 4 people to run the course.**

Thu. Nov. 10, 10-11 a.m., 1 Meeting
The Coffee Joint, Cornish
Marie Armentino
\$5

GUMDROP CHRISTMAS TREE

This easy to make decoration is yummy and decorative, and makes a great table decoration. Just don't eat all the gumdrops before you are done! **Materials fee of \$2 is payable to the instructor at the time of class. Please preregister as we need a minimum of 4 people to run the course.**

Thu. Dec. 1, 10-11 a.m., 1 Meeting
The Coffee Joint, Cornish
Marie Armentino
\$5

SEA GLASS HANGING DECORATION

Create your own sea glass decoration hanging from a delicate six inch silver stainless steel chain. Enhance its decor with ribbons if desired. The design is all up to you! Create a beautiful ornament for the holiday season or all year round! **Materials fee of \$8 is payable to the instructor at time of class. Please preregister as we need a minimum of 4 people to run the course.**

Mon. Nov. 7, 11 a.m.-12:30 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Kathy Bodman
\$7

KNITTING

WITH THE "KNOTTY KNITTERS"

The "Knotty Knitters" is a group of fiber enthusiasts with skill levels ranging from beginner to advanced. The members would like to invite new individuals to join. If you're a novice, instructional support can be arranged. If you're a pro, this is an opportunity to pass along your knowledge. **This group meets year-round except for major holidays.**

Thursdays, 12:30- 2:30 p.m.
Ongoing, join anytime!
Soldiers Memorial Library, Hiram
Sue Moulton
Free

GARDENING & NATURE

PLANTING GARLIC

Do you love garlic in your cooking? You can grow it yourself, even in Maine! Growing garlic in the north with our cold winters differs from growing it in the warmer south. Fall is actually when we plant it here. Get some tips on when and how to raise your own crop. It's good for your taste buds and your health, so come learn how to grow your own! **Please preregister as we need a minimum of 4 people to run this class.**

Tue. Oct. 11, 6-8 p.m., 1 Meeting
Pike Hall
Brigit McCallum
\$10

About Brigit: An avid gardener, researcher and teacher, Brigit loves teaching classes where everyone learns new things and where she goes home having learned more herself, for her own gardens, and for teaching future classes.

COMPOSTING 101: KEEPING THE STINK OUT OF YOUR TRASH - LIVE ONLINE

From your backyard to an industrial composting facility, we'll go over all the ways available to make sure your food scraps are contributing to local soil production instead of sitting in a landfill! Join ecomaine environmental educator Alexandria Miller to learn more about what's in your trash can and how to reduce your household waste. **Please preregister as we need a minimum of 3 people to run the course and in order to obtain online link.**

Wed. Sep. 28, 6-7:15 p.m., 1 Meeting
Online
Alex Miller of ecomaine
\$3

NATIVE PLANTS SHINE IN FALL

See for yourself as Sally Williams takes you on a tour of her extensive gardens designed for autumn show. She will point out native plants versus heirloom favorites. There are multiple species of perennials, such as amsonia, asters and goldenrods, and trees and shrubs in their fall foliage splendor. Plant list and garden plot plan will be provided. Attendees can dig and pot some plants to take home. **Wear comfortable shoes. Donations benefiting the Hiram Historical Society can be contributed at the time of the tour. Preregistration is required due to spacing and safety issues.**

Thu. Sep. 29, 11 a.m.-12:30 p.m., 1 Meeting
Hiram
Sally Williams
\$3

About Sally: Sally Williams is a life-long compulsive gardener. She has been gardening with native plants in Hiram, Maine for more than twenty years. She grows shrubs, small trees, and perennials for ornament, wildlife, and fruit in the sun and shade. Learn what plants thrive or merely survive while we tour her gardens. Sally is an active community member and president of the Hiram Historical Society.

hiramhistoricalsociety.org

APPRECIATING & EXPLORING MAINE'S FOREST

Maine is the most forested state in the country. It is more than just "a bunch of trees"; it is a tree "community", complete ecosystem, and vital against the ravages of climate change. Learn to identify the forest's tree species and how they communicate with each other. Discover why trees are frontline soldiers in the battle of climate change, what the difference is between "forest born" and "reclaimed forest" woodlands, what is a "nurse tree," and what causes those large "pot-holes" often seen in forest areas. The two-hour session will be one hour of outdoor classroom instruction followed by a one hour walk through Deborah's forest, weather permitting. You will get a chance to estimate a tree's age, discover how to distinguish between different species of oaks, pines, and maples, and learn much about forest anatomy. For example, did you know that blue jays are responsible for 99% of all "natural" (unplanted) beech groves? Or that oaks and beeches are cousins who grow up close together, but their relationship is a toxic one? Walk away with a deep appreciation of Maine's greatest gem! **Deb graciously volunteers her time and property. Donations in support of maintenance and set up are appreciated and can be contributed at the time of the course. The class will be held outdoors or, in case of intermittent weather, a small outdoor structure. Rain dates will be scheduled if needed. Bring a lawn chair and bug spray and dress for the outdoors. Please preregister as we need a minimum of 5 people to run the course.**

Sat. Oct. 15, 10 am-12 p.m., 1 Meeting
Baldwin, ME
Deborah Lipsky
\$5

About Deborah: In 2005, she became a registered Maine Guide guiding people in Maine's great outdoors. A former reserve police officer, EMT, firefighter, and crisis counselor, she was also part of the search and rescue team with the USAF and member of the USAF's critical incident stress management team. In addition, she has spent her entire life as an amateur archeologist, historian, and naturalist. In 2014, she retired from farming in Aroostook County and moved to her 50-acre wooded lot, living off the grid and close to nature.

Check
Your Weekly Shopping Guide,
sacopeevalleynews.com,
and sad55.org
for community news and
events.

SENIOR CENTRAL:

Stayin' Alive in Sacopee Valley

The goal of SENIOR CENTRAL is to create an active, engaged senior community through offering and encouraging a safe, stimulating, and supportive social environment. Appreciate the fun and stimulation of cultural, recreational, and intellectual activities, while enjoying the simpler things like games, coffee, books, and movies as well. It is hoped that many older members of our community will become involved partners. Come join our FREE offerings.

STAR GAZING

Join us for a night of stargazing as we watch the night sky in awe of its celestial beauty. We'll view and identify stars and constellations and maybe even catch a meteor shower. Best of all, we'll re-learn to enjoy nature from our own backyards any time of day! **Date and time are to be determined by weather and predicted schedule of meteor showers and star alignments. Information will be available on our website and sent out through our mass email system.**

1 Meeting
Jen Lewis, Coordinator
Free

MEDITATION

Meditation is a way to achieve clarity and calmness. It is a self-empowering and scientific way to decrease stress and promote wellness in both body and mind. Stress less, even in the "busyness" of the upcoming holiday season! **Please preregister, allowing for individuals to be contacted if there is a cancellation.**

Wed. Oct. 12 & 19, 11 a.m.-12 p.m., 2 Meetings
Hiram Cultural Center
Marianne Wyer
Free

FOOD, INFLAMMATION, AND YOU

Ironically, even "healthy" foods can have adverse effects. Identify how food impacts inflammation in the body, causing increased joint and muscle pain, weakness, fatigue, and memory issues - and what you can do about it! **Please preregister, allowing individuals to be contacted if there is a cancellation.**

Wed. Nov. 2 & 9, 11 a.m.-12 p.m., 2 Meetings
Hiram Cultural Center
Marianne Wyer
Free

WEDNESDAY WALKS

The Grateful Undead helps local people get together to make our older lives more fun. All older folks are invited to get out their walking shoes Wednesdays at 10 a.m. for a level walk around the track at the Cornish Fairgrounds, weather permitting. Sadly, dogs are not permitted on the track. Call Eleanor at 207-408-3829 with questions. **Please preregister, allowing individuals to be contacted if there is a cancellation.**

Wed. Sep. 7-Dec. 14, 10-11 a.m., Ongoing
Cornish Fairgrounds
Eleanor Pansar
Free

TAI CHI – MEDITATION IN MOTION

One of the longest-running classes at SVAE since 2017 is Tai Chi, hosted by Bob Mason. In this easygoing course, Bob taught us to recondition the mind and body simply through movement, breathing, and focusing. He aptly called it "meditation in motion." This course is now listed under the SENIOR CENTRAL section of our brochure. Bob is retiring from our program, so a couple of loyal Tai Chi students will now lead the group in both the exercises and the Yang Style 24 forms. Eventually, new forms will be introduced. So, please join us this fall for our revamped course in the freshly renovated Pike Hall in Cornish to renew mind and body.

Please preregister as a minimum of 8 people is required to run the course.

Tue. Sep. 13 - Nov. 1, 10-11:30 a.m., 8 Meetings, \$25
Thu. Sep.15 - Nov. 3, 10-11:30 a.m., 8 Meetings, \$25
OR
Both Tue. and Thu.,16 Meetings, \$40
Pike Hall (Upstairs area at Cornish Town Hall)

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

Grow old with me
The best is yet to be.
Robert Browning

CULINARY ARTS

PRESERVING THE HARVEST: CANNING APPLESAUCE

Ever wonder how to preserve all those great fall apples? Come learn the many ways to preserve apples from University of Maine Cooperative Extension staff and Master Food Preserver volunteers. Then get hands-on as we make applesauce. Participants will learn about recommended food preservation methods, the latest and safest recipes, equipment to ensure safety, and how to check for properly sealed jars. Take home a food preservation packet of fact sheets, more recipes, and your finished jar of applesauce. **Bring a pot holder. Materials fee of \$20 is payable to the instructor in class. Please preregister as a minimum of 5 people is required to run the course.**

Tue. Oct. 25, 5:30-8:30 p.m., 1 Meeting
Greenleaf Masonic Lodge
142 Maple Street, Cornish
Kate McCarty
\$3

About Kate: Kate McCarty is a Food Systems Professional with the University of Maine Cooperative Extension and offers workshops and webinars throughout southern Maine. Visit extension.umaine.edu/food-health

ITALIAN NIGHT OUT

If you love the robust flavors of Italian food, you've come to the right place! Join our talented local chef, Ron Armentino, in preparing a complete dinner! Practice your knife skills, find just the right spices, compile ingredients, and assist in preparing a feast. Everyone will get to work for their supper, but it will be well worth it! **Please preregister as we need a minimum of 5 people to run the course.**

Wed. Oct. 5, 5:30-7:30 p.m., 1 Meeting
Riverside United Methodist Church, Porter
Ron Armentino
\$12 (includes registration, materials, and dinner)

HOLIDAY MEAL SURPRISE!

Holidays, family gatherings, or sharing a meal with friends? Ron will help you whip up something special and delicious. Join Ron as he walks you and your palate through a wonderland of possibilities! **Please preregister as we need a minimum of 5 people to run the course.**

Wed. Nov. 16, 5:30-7:30 p.m., 1 Meeting
Riverside United Methodist Church, Porter
Ron Armentino
\$15 (includes registration, materials, & dinner)

About Ron: From cooking to cars and more, Ron is an avid aficionado of many trades. He regularly cooks for community and family events.



HISTORIC HOUSE TOURS



JOHN CALVIN STEVENS COTTAGE TOUR AKA THE ISLAND HOUSE (CIRCA 1924)

The John Calvin Cottage was initially built for the local mill owner's family. The quaint structure is picturesquely situated on a 1.8-acre island in the Ossipee River, just above a waterfall. Mature landscaping complements the simplicity of the architecture, certainly a John Calvin Stevens design. Cathedral ceilings and lovely stained glass windows, along with period doors and woodwork, all capture the essence of the time. An antique cook stove in the kitchen and period fireplace in the living room further add to the cottage's charm. Definitely a historic jewel! **Please note: There is no charge for this tour, but donations benefiting the Porter-Parsonsfield Historical Society can be contributed at the time of the tour. Parking is available at the cottage or at the Parsonsfield Post Office. Preregistration is required due to spacing and safety issues.**

Sat. Oct. 22, 12-1, 1 Meeting
Rain Date Sun. Oct. 23
13 Elm Street, Parsonsfield
Linda Griffin
Free

AMISH OPEN HOUSE

History says that the Amish began arriving in Maine in the mid-1990s, buying reasonably-priced farmlands to practice their faith and raise their families. Maine's first Amish community was in Smyrna, west of Houlton. From there, communities popped up in Easton, near Fort Fairfield, and more recently in Waterville, Unity, and Thorndike. Now in the Sacopee area, there is a growing Amish Community being established at Sunrise Lane (on the Porter Plain) off the South Hiram Road. You have probably already noticed the bicycles and horse-drawn wagons in our area. They recently opened a produce stand at 510 South Hiram Road near the Durgintown Rd intersection. Humility and obedience are twin virtues in Amish culture. A spirit of humility signals respect for others, and their shyness sends the message of 'please, no photography allowed.' The SVACE office has approached this Amish group with the idea of visiting their unique and peaceful community. Fortunately for us, they humbly agreed and are willing to talk about how they build their homes and furniture, and how they prosper by farming and creating delicious, wholesome food-stuffs. **Please park at the First Fruits Farm Market (510 South Hiram Road) before 4 p.m., so we can carpool to Sunrise Lane to start the tour. No cameras, phones, or other electronic devices are allowed. Please preregister as space is limited.**

Thu. Oct. 6, 4 - 5:30 p.m., 1 Meeting
510 South Hiram Road, Hiram
Free

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, but donations benefiting the Parsonsfield-Porter Historical Society can be contributed at the time of the tour. Preregistration is required due to spacing and safety issues. Extra sessions will be available as needed.**

Sun. Sep. 25, 1-2 p.m.

515 North Street, North Parsonsfield

Peter Cyr

Free

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-porter-historical.org. **Please note: There is no charge for this tour, but donations benefiting the Porter-Parsonsfield Historical Society can be contributed at the time of the tour. Preregistration is appreciated.**

Sun. Sep. 4, 1-3 p.m. Open House

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 7 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, but donations benefiting the Baldwin Historical Society and the Brown Memorial Library can be contributed at the time of the tour. Preregistration is required due to spacing and safety issues. Extra sessions will be available as needed.**

Sun. Oct. 9, 1-2 p.m.

67 E. Saddleback Road, West Baldwin

Peter Cyr

Free



LIFE SKILLS & GENERAL ENRICHMENT

16 CRITICAL THINGS YOUR FAMILY NEEDS TO KNOW

Please bring one of your grown children to this significant class, if possible. You will become aware and inspired to get your papers in order. Margaret Heath explains which papers and actions are needed to help your family get informed and organized about your plans concerning health, emergencies, legal, etc. Don't leave your loved ones with a giant mess down the road. Be prepared! **Please preregister as a minimum of 4 people is required to run the course.**

Tue. Oct. 4, 6:30-7:30 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Margaret Heath
\$5

COMPUTER LITERACY FOR ADULTS & SENIORS

It's not just a matter of teaching old, young, or other such "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 preregister as space is limited.**

Mon. Sep. 26 - Oct. 3, 3-4:30 p.m., 2 Meetings
OR
Mon. Nov. 7 -14, 3-4:30 p.m., 2 Meetings
Adult Learning Center
Renee Payeur
\$3

HOW TO USE A SMARTPHONE: NO, YOU'RE NOT A DUMMY

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 preregister as space is limited.

Mon. Oct. 17, 10:30 a.m.-12:30 p.m., 1 Meeting
OR
Mon. Nov. 14, 10:30 a.m.-12:30 p.m., 1 Meeting
Adult Learning Center
Megan Brown and Renee Payeur
\$8

RECYCLED PAPERMAKING

Looking for a fun and sustainable craft project? Join ecomaine to learn how to make handmade paper at home! Dig into your recycling bins and create one-of-a-kind cards, seed paper, or journals pressed with native flowers. Try your hand at recycling and make new from old! For this session, ecomaine will provide all required supplies for making paper. To make seed or floral paper, please bring wildflower/herb seeds or flowers. **Please preregister as a minimum of 5 people is required to run the course.**

Wed. Sep. 14, 6-7:15 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Alex Miller of ecomaine
\$3

NIGHT PHOTOGRAPHY - LIVE ONLINE

Take jaw-dropping photos in the dark! Anyone wanting to shoot through the night to sunrise with limited lighting will wish to attend this slide lecture. This technique has recently evolved due to more sensitive sensors in your cameras. Learn to capture striking images using dim lighting from various sources, including the moon, Aurora Borealis, cars, trains, fire, moving lights, street lights, lightning, and even fireflies. **Preregistration is required to receive online link.**

Thu. Nov. 3, 6-8 p.m., 1 Meeting
Online
Mike Leonard
\$25

About Mike: Mike Leonard, a photographer since the 80s with experience ranging from TV production to leading photography cruises, has taught for 12+ years. He enjoys teaching photographers of all levels to help them develop their talents.

VIRTUAL FOSTER CARE OPEN HOUSE - LIVE ONLINE

Join A Family for ME, a live, virtual conversation about becoming a foster/adoptive parent in Maine. Foster and adoptive parents will be joining professionals to answer your questions about providing care for teenagers, including respite and emergency care. If you've ever considered foster care or adoption, this is an excellent opportunity to learn more and meet community members. Learn about the licensing process, explore the various ways to provide care and support Maine youth, discover available resources for teens and their caregivers, meet current foster and adoptive parents, and hear positive feedback about parenting older youth. **Registration closes on September 12th. Register at www.tickettailor.com/events/afamilyforme/729190 or email Kasey at kmcdonough@spurwink.org**

Tue. Sep. 13, 6-8 pm., 1 Meeting
Online
Kasey McDonough
Free

MAINE DRIVING DYNAMICS

Sponsored by the Maine Bureau of Highway Safety, this five-hour course is designed to improve your defensive driving abilities. Topics include collision avoidance techniques, safety issues, driver habits, and attitudes in a format that engages students with lectures, videos, and class discussion/participation. Those completing the course will receive a three-point credit on their driving record. In addition, students aged 55 and older can receive a discount from their insurer. Best of all, we believe students will be safer drivers. **Please provide your date of birth and driver's license number on your registration form. Registration must be paid for this course by November 3. Please preregister as a minimum of 6 people is required to run the course.**

Sat. Nov. 12, 8:30 a.m.-2 p.m., 1 Meeting
Adult Learning Center
Bureau of Highway Safety Certified Instructor
\$40 under age 65, \$25 age 65 and up

BUYING YOUR FIRST HOME SECTION - LIVE ONLINE

This ME hoMEworks class covers all aspects of buying a home: deciding, budgeting for home-ownership, building credit, mortgage approval, choosing your realtor, inspections, insurance, the closing process, energy efficiency, and avoiding predatory lenders. Learn about the down payment and closing cost assistance available to first-time homebuyers, veterans, and others. Earn a Certificate of Completion required for certain mortgage programs, including USDA, ME State Housing Authority, and other lenders. Free individualized counseling is available following the class. **Please have a pen and notepad available.** **Note: Register the person you are buying your home with at the time of your registration and get a \$10 rebate. Registration closes at noon on 11/16. Required: You must respond to the email from YCCAC to finalize registration and receive Zoom link.**

Sat./Sun. Nov. 5 & 6, 12-4:30 p.m., 1 Meeting
Online
Lee Sullivan
\$30

About Lee: Lee Sullivan has experienced the home-buying process multiple times and successfully redeveloped several bank-owned residential properties. She is a HUD and hoMEworks-certified housing counselor and homebuyer educator.

BEGINNER DOWSING WITH PENDULUMS

Pendulums are often used as divining tools for spiritual healing and inner growth. Pendulums are objects attached at the end of a string or metal chain, when suspended from a stationary position, will swing back and forth or in a straight or circular motion. In this class you will learn about pendulum use, how to read a pendulum, clearing and programming this dowsing device and make your own to take home and start practicing with. These small classes fill up quickly so please sign up early. **Pre-registration is required due to limited space.**

Session 1: Sat. Oct. 22, 2:30-4:30 p.m.,
OR
Session 2: Fri. October 28, 3-5 p.m.
Amolette Herbal Apothecary's Sage Room
Amolette Herbal Apothecary Staff
\$45 (includes registration, materials, & handouts)

BASICS OF HERBAL OILS

Come learn how to infuse oils for culinary and topical use. We will discuss types of oils, various methods of infusion, and application for both skin nourishing oils as well as culinary oils to have on hand for the holidays. Each student will leave with recipes and instructions printed, as well as a packet of herbs to start their own home infusions using the oil of their choosing. A second date may be added if there is enough interest. **Pre-registration is required due to limited space.**

Sat. Sep. 10, 11 a.m.-1p.m., 1 meeting
Amolette Herbal Apothecary's Sage Room
Amolette Herbal Apothecary Staff
\$45 (includes registration, materials, & handouts)

BONNEY READERS

What are Bonney Readers? Bonney Readers is a book discussion group that meets on the second Thursday of each month to discuss themes of various fiction and/or nonfiction books. Love a good story? Come and enjoy! Books are available through the Bonney Memorial Library via InterLibrary Loan. Join anytime. FMI: email carolynjacobs6@gmail.com

Second Thursday of each month
6:30-7:30 p.m., Ongoing
Bonney Memorial Library
Free

THIRD THURSDAY BOOK DISCUSSION GROUP

Love to read? Wish you could share your thoughts about books with others? Then the "Third Thursday" Book Discussion Group wants you! This friendly group meets monthly, and discussions cover a wide range of genres – something for everyone! Books are available through the Soldiers Memorial Library via InterLibrary Loan.

Third Thursday of each month
12 noon-12:30 p.m., Ongoing
Soldiers Memorial Library, Hiram
Free

SCRABBLE WITH FRIENDS

"Scrabble Meet" is a group of word game enthusiasts who enjoy the camaraderie of others as much as, if not more than, the challenges of finding "just the right" word match for scoring points in this ever-popular board game. We are always on the lookout for new players/friends.

Wed. 12-2:30 p.m.
Ongoing, join anytime!
Soldiers Memorial Library, Hiram
Free

LOCAL LIBRARY INFORMATION

Brown Memorial Library, Baldwin
(207) 787-3155
M: 9 a.m.-1 p.m., F: 3-6 p.m.,
SAT: 9 a.m.-1 p.m.

Bonney Memorial Library, Cornish
(207) 625-8083
M/W: 10 a.m.-1 p.m., T/TH: 2-6 p.m.,
SAT: 9 a.m.-12 p.m.

Soldiers Memorial Library, Hiram
(207) 625-4650
W/TH: 12-5 p.m., SAT: 9:30 a.m.-12:30 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.

HEALTH, WELLNESS, & FITNESS

BEHAVIORAL HEALTH PROFESSIONAL (BHP) TRAINING & CERTIFICATE PROGRAM - LIVE ONLINE

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 Behavioral Health Professional (BHP) has the opportunity to 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 ONLINE training and certificate program. This training will prepare you for employment through local social services 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. You will complete 12 online modules then three 4-hour live (in-person or virtual) sessions. Once the modules are completed, you will receive free online blood borne pathogen training and Child and Adult First Aid and CPR certification. In just 40 hours, our free remote training program can get you certified and on your way to a life-changing profession. **Note: The \$25 is an administrative fee. There is currently no cost for the training. Must be a Maine resident and at least 18 years old with a high school diploma, or equivalent, to become certified.**

Time Varies: Course is "At Your Own Pace"
Online
\$25

About Jeffrey: As the Workforce Recruitment Specialist for the State of Maine's Office of Children and Family Services (OCFS) through Woodfords Family Services, he recruits Behavior Health Professionals throughout the state. Jeffrey is here to provide answers to your questions and technical issues, should any arise. He is also a resource to connect you with service agencies once you have completed the training.

ARE YOU HAVING TROUBLE CONTROLLING THE WAY YOU EAT -LIVE ONLINE

Food Addicts in Recovery Anonymous (FA) offers a solution for all forms of food addiction. Many people are finding recovery in FA from obesity, under-eating, bulimia, and obsessions with food and weight. There are no dues or fees. Come join the one-night informational session. **To preserve confidentiality, call the FACoordinator for zoom access link (207) 529-5550 or email fa.newcastle.maine@gmail.com.**

Tue, Oct. 25, 6:30-8 p.m., 1 Meeting
Online
FA Staff
Free

LIVING WITH AUTISM: AN INSIDER'S PERSPECTIVE

This is a rare opportunity to learn about autism from someone who lives it daily. Whether you live with, work with, or know someone with autism, this presentation is for you! Come away with a better understanding of "why" and "how" individuals on the spectrum react to their environment and routine changes and what little things you can do to help. Learn intimate details of what triggers anxiety responses. Come and ask questions from a "true expert"! Dubbed the "autistic comedian," Deborah and her presentation will leave you smiling and have a greater appreciation of the "gifts" of autism that are often overlooked. **Please preregister as a minimum of 4 people is required to run the course.**

Sat. Nov. 5, 10 am-12 p.m., 1 Meeting
Bonney Memorial Library
Deborah Lipsky
Free

About Deborah: Deborah Lipsky, B.S., and M.ED is an international author who has written three books on autism and contributed to a fourth best-seller, "Autism All-Stars." Deb's international best-seller, "Managing Meltdowns" has helped countless people worldwide. Besides being a recipient of the Autism Society of America's "Temple Grandin" Award for Outstanding Achievement by a Person with Autism, she has spent the last 14 years traveling the country and Canada doing seminars, consultations, and numerous keynote addresses on autism. For years, she was a regular contributor to the Autism Society of Maine's newsletter featuring humorous stories of her misadventures as an autistic person trying to navigate non-autistic worlds.

STAY BALANCED AND STRONG!

Are you over 55 years old and feel that you have lost strength and stamina? Have you developed a fear of falling? Many people believe that falls "just happen" and that losing strength as we age is inevitable. However, one does not need to accept that they are more likely to become weaker or be more at risk for falling because they are getting older. In fact, you can still gain strength throughout life. Your physical therapist can guide you with safe and effective exercises to remain active, happy, and healthy as you age. Come join us for a free workshop at Foothills Physical Therapy. We will explain possible reasons for falling or "feeling off balance." Following this workshop, you will be invited to schedule a free screening with our therapists. In addition, we may have some suggestions as to how we can **help you to STAY BALANCED and STRONG! Please sign up soon as space is limited to 25 people.**

Wed. Oct. 12, 3-4 p.m., 1 Meeting
Foothills Physical Therapy
foothillsptmaine.com
Free

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

SURVIVING STRESS - LIVE ONLINE

Moving Emotions From Depletion to Renewal
Everyone knows how to breathe and that if you stop breathing, you die. But what if you've been breathing all wrong? Dysfunctional breathing is the #1 reason people are sick and tired, and 90% of people who suffer from chronic anxiety or stress have a breathing pattern disorder. The nervous system's normal response to stress, anxiety, frustration, and fear all simulate fight-or-flight breathing patterns. This unhealthy breathing pattern becomes our default if we are under chronic mental, emotional, or physical stress. **With successful practice, learn to breathe well for your health and feel less sick and tired. Preregistration is required to receive online link.**

Wed. Oct. 12, 5-8 p.m., 1 Meeting
Online
Carole Freeman
\$28

REBUILDING ENERGY AND ENDURANCE AT ANY AGE - ONLINE

Breathe new life into your body. Literally! Every cell in your body is dependent on oxygen to create energy, and the amount of oxygen available to every cell in your body and brain is dependent on the breath. And not only your breath but the quality of your breathing pattern and function. Learn how you and your respiratory system can be more efficient at delivering blood, oxygen, glucose, and nutrients to all of those cells that keep you moving. Whether you're an athlete or not, the secret to greater strength and endurance starts and ends with the strength of your respiratory system. No matter how long you train or how hard you work out when your breathing gives out - your body follows. This pre-recorded, on-demand 3-6 week class allows you to view course content where/when it is most convenient. In addition, you will have access to downloadable resources, exercises, and activities. **Preregistration is required to receive online link.**

Online at your convenience
Carole Freeman
\$37

About Carole: Carole Freeman is a Respiratory Therapist and Breathing Specialist and holds a graduate degree in Health Sciences from Loma Linda University Medical Center. She focuses on the relatively new field of pulmonary medicine in recognizing and treating breathing disorders.

UNDERSTANDING MEDICARE

We know this is no easy task! Join Robert Harvey of HealthMarkets Insurance Agency as he explains some of the "ins" and "outs" to include when an individual is eligible for Medicare benefits, the timeline to enroll for benefits without penalties, what original Medicare does and doesn't cover, what additional plans are available that work in conjunction with Original Medicare, and even possible financial assistance options. Come with your questions and concerns! **Please preregister as a minimum of 5 people is required to run the course.**

Tue. Oct. 18, 6:30-7:30 p.m. 1 Meeting
Bonney Memorial Library
Robert Harvey
Free

MOUNTAIN BIKING

Let's kick up some dirt! Learn to ride a mountain bike on single-track trails (hiking type) designed for novice mountain bikers and and at the same time feel safe and in control. Why ever worry about cars and traffic? With almost 30 years as an instructor and offering trails that will be appropriate for novice riders, Cliff will outfit you with a good mountain bike and adjust it accordingly, then instruct you on best skills and safety techniques for fun and safe trail riding. This course is designed for beginner-intermediate level cyclists. **Materials fee of \$10 is payable to the instructor in class. Mountain bikes and helmets are included. Feel free to bring your own helmet if possible. Please preregister as a minimum of 3 people is required to run the course with a maximum of 6.**

Sun. Oct. 16, 1:30-3:30 p.m. 1 Meeting
Backcountry Excursions, Parsonsfield
bikebackcountry.com
Cliff Krolick
\$5

SHINE DANCE FITNESS - LIVE ONLINE

Join in for an hour of power that brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape daily stress. Each class is the perfect balance of high cardio and toning to ensure you receive a full-body workout with actual results. SHINE leaves you feeling capable, confident, and connected in a class led by an enthusiastic instructor. Please have water and a towel and wear tennis shoes. No floor or mat work- all dance! **Registration closes on 9/8. Preregistration is required to receive online link.**

Mon. Sep. 12 -Nov. 7, 5:45-6:45 p.m.
8 Meetings; No Class Oct. 10
Online
Linda Holme
\$89

PILATES

Mat Pilates is a gentle form of exercise that focuses on your core (trunk) muscles while also training your arms and legs. Mat Pilates is based on the original exercises Joseph Pilates developed to strengthen his own body as a very young man and then began teaching others. The Mat work came before any of the Pilates equipment he developed. It includes many exercises, can be practiced anywhere, and is easily modified for any age, body, or fitness level. Pilates is wonderful for every body of every age. Balance, strength, flexibility, focus, and your breath are all areas you may notice have changed with age. Pilates, at its core, works on improving all of those things. We meet virtually online. **ALFA Pilates sends a link to zoom one hour before the class begins. You will need a device to attend the class on, a mat, and enough space to move around. For information on more Pilates classes and private Pilates sessions visit alfapilates.com Please preregister, which allows for individuals to be contacted with link, payment options, and other information.**

Tuesdays, DATE 1-2 p.m. Ongoing
Online
Angela Luem
\$15 Drop in Rate

FAMILY ACTIVITES



SACOPEE FAMILY READING CLUB

Join us for dinner, stories, and fun family activities! Each child will be able to take home a book each week! This free Parent and Child Together (PACT) activity meets at the Riverside United Methodist Church. If you have questions regarding this FREE program or want to register, please call Renee at 625-3092 or email rpayeur@sad55.org. Bring the family and join us as we “re-open” this wonderful event. **Pre-registration is required due to space issues and to keep everyone up to date on any changes.**

Thu. Oct. 13, 5:30-7 p.m.
Riverside United Methodist Church
Renee Payeur
Free

FAMILY FUN NIGHT

Join us for a night of family fun! Parents and children come together for dinner, a fun fall activity and story, parenting information, and door prizes! Bring the ENTIRE family! **Pre-registration is required in order to keep everyone up to date on any changes.**

Thu. Oct. 20, 5:30-7 p.m., 1 meeting
Riverside United Methodist Church
Kids Free to Grow Staff
Free

KIDS FREE TO GROW offers parenting programs in a group setting to promote healthy, nurturing, and non-violent ways of parenting. All meetings are free and led by Kids Free to Grow Staff.



ONLINE CERTIFICATE PROGRAMS!

CareerStep is an online school offering career-focused education designed to help students quickly enter the workforce. We are committed to providing the best educational interactive learning tools, one-on-one instructor support by phone, email, and/or chat, and comprehensive graduate resources to help students transition from education to employment. **For more information, visit partner.careerstep.com/sacopee or call 625-3092. For information on payment issues, call (877) 225-7151.**

COMPUTER TECHNICIAN

Developed by a Computer Technology Industry Association (CompTIA) education partner, this online program is specifically designed to prepare students for the CompTIA A+ certification exams. Learn about hardware, operating systems, networking, security, and troubleshooting as well as more specialized topics such as mobile devices, laptops, and printers.



Students receive ebooks, two quick-reference exam study guides, a computer repair tool kit, a power supply tester, a USB drive, and two vouchers to cover the cost of the CompTIA A+ certification exam. In addition, we offer one-on-one support from experienced instructors throughout the course and access to personalized support after graduation. This program is designed to be completed in three months of full-time study. However, the online course format allows you to

study on your own schedule, so your enrollment includes six months of program access in case you need extra time.

Online Course: Enroll Any Time!

Instruction provided by CareerStep Certified Trainers

\$2499 Covers course tuition and all materials and supplies as outlined above

MEDICAL TRANSCRIPTION AND EDITING

Approved by the Association for Healthcare Documentation Integrity (AHDI), the online Medical Transcription and Editing program focuses on teaching the skills needed to work as a medical transcriptionist and medical transcription editor. Students study medical terminology, anatomy, healthcare documentation, and editing theory and technique as they develop and practice their typing and listening skills on hundreds of authentic, employer-provided dictations from a variety of specialties. **In addition to one-on-one instructor support and personalized graduate support, enrollment includes ebooks, a transcription foot pedal, an AHDI membership, a subscription to an online reference library, and a voucher to take the RHDS exam. This program is designed to be completed in four months of full-time study. However, the online format allows you to study on your own schedule, so your enrollment includes twelve months of program access to ensure you'll have the time you need to complete your training.**

Online Course: Enroll Any Time!

Instruction provided by CareerStep Certified Trainers

\$3499 Covers course tuition and all materials and supplies as outlined above.

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 Ages 17+
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 can 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)

Begining 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.

HELP a friend, relative, or neighbor access our services. If you know someone who may find reading to be a challenge, please encourage and assist them in contacting SVACE at (207) 625-3092 or rpayeur@sad55.org.

Help us to help others!

Literacy and ESOL instruction is a **free** service.



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!

To register for academic,
literacy, college transitions,
and career readiness services,
please contact us at 625-3092
to schedule an appointment
for intake, assessment,
and placement.

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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 (wcsh6.com/closings), 8 (wmtw.com/weather/closings), and 13 (wgme.com/weather/closings).

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

The Cornish (Area) Association of Businesses: cornish-maine.org

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

Sacopee Valley Health Center: svhc.org

Baldwin Community Center: baldwinmaine.org/baldwin-community-center.html

Local Libraries: Bonney Memorial Library, Brown Memorial Library, Kezar Falls

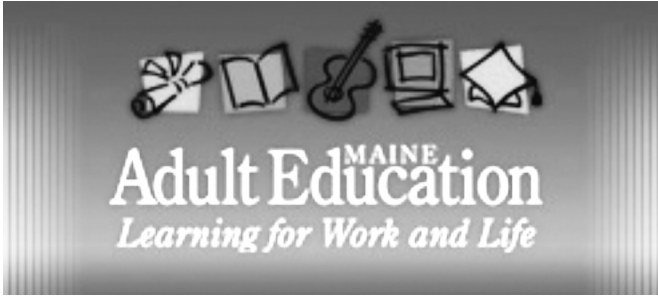
Circulating Library, and Soldiers Memorial Library

Sacopee Valley Community News, sacopeevalleynews.com

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: sacopee.maineadulted.org

By Mail: SVACE, 172 Main Street, Suite 3, Cornish, ME 04020

By Phone: 625-3092 for free courses

If sending a check, please make it payable to SVACE unless otherwise noted in course description.

Name: _____

Address: _____

Phone: _____ E-Mail: _____

How did you hear about our program? Brochure? Website? Friends? Family?
Other? _____

COURSE TITLE	START DATE	COURSE FEE
	TOTAL AMOUNT	

Other Comments: _____



**SACOPEE VALLEY
ADULT & COMMUNITY EDUCATION**

172 Main Street, Suite 3
Cormish, ME 04020

Nonprofit Org.
U.S. Postage
PAID
Portland, ME
04101
Permit No. 454

**REGISTER ONLINE AND RECEIVE
A 10% DISCOUNT!**
Just type **Online Discount** in the
Promo Code box.