



**SACOPEE VALLEY**  
ADULT & COMMUNITY EDUCATION

**LIFELONG LEARNING...**



**THE ROAD IS ALWAYS OPEN!**

**WINTER 2024**  
[www.sacopee.maineadulted.org](http://www.sacopee.maineadulted.org)

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



# SACOPEE VALLEY ADULT & COMMUNITY ED

## GENERAL INFORMATION

The Sacopec Valley Adult & Community Education (SVACE) office and learning center is located at 172 Main Street in Cornish. Instructional services (HiSET and Literacy), HiSET pretesting and testing, vocational counseling, and walk-in registration take place at this location. Other courses may be held at satellite sites in the Sacopec area or online as indicated at the end of each course description. **Register early as courses often fill up quickly. Courses with insufficient enrollment will be canceled, so don't wait!**

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### Remember to check all pages to access the variety of offerings:

ACADEMIC COURSES, CERTIFICATE PROGRAMS, HIGH SCHOOL EQUIVALENCY TEST (HiSET) PREPARATION AND TESTING, VOCATIONAL SKILLS, CAREER READINESS, COLLEGE TRANSITIONS AND CERTIFICATE COURSES AND COUNSELING, ENGLISH LANGUAGE ACQUISITION, ONLINE COURSES, BASIC LITERACY, COMPUTER LITERACY, ART, MUSIC, CULINARY CREATIONS, FAMILY ACTIVITIES, HEALTH AND FITNESS, HISTORIC HOME TOURS (FALL AND SPRING), GENERAL ENRICHMENT, SENIOR CENTRAL ACTIVITIES, AND MORE!

## ADULT EDUCATION TEAM

### ADVISORY COMMITTEE

Carl Landry  
Maggie Hoxie  
Sylvia Pease

Linda Brower  
Renee Payeur  
Joline Perkins

### STAFF

Director: David Durkee  
ABE Coord./Instructor: Renee Payeur  
HiSET Examiner: Martine Grenier-Burtis

## CULINARY ARTS

**ITALIAN NIGHT OUT: STUFFED SHELLS**  
Join our talented local chef, Ron Armentino, in preparing another complete, delicious Italian dinner! Everyone raves over his delicious meals. They seem so simple, but they taste so good. Now he will grace us with yet another special recipe as we all work together to prepare a feast! **Please pre-register as a minimum of 5 people is required to run the course.**

Wed. January 31, 5:30-7:30 p.m., 1 Meeting  
Riverside United Methodist Church, Porter  
Ron Armentino  
\$15 (includes registration, materials, & dinner)

### INTRO TO SOURDOUGH: HOW TO FEED YOUR STARTER AND BAKE SOURDOUGH BREAD

Join experienced breadmaker Martine for this two-part course. At the first meeting, students will learn how to feed their sourdough starter and make goodies from their excess sourdough. At the second meeting, students will learn how to make and form the levain (dough) and how to bake their sourdough loaves. Fresh sourdough bread - it's easier than you think and as delicious as you imagine! Please bring a large container for your starter (starter is provided by the instructor) and a cooking scale (preferable but not necessary) to the first meeting. For the second meeting, bring your fed starter (from the previous class), a large mixing bowl, and a cooking scale (preferable but not necessary). All ingredients will be provided. Materials fee of \$8 is payable to instructor at class. **Please pre-register as a minimum of 4 people is required to run the course.**

Thu. Feb 1, 5-6:30 p.m.

AND

Fri. Feb. 2, 9:30-11 a.m.

Both days are for same course: Come to both!

11 School Street, Porter

Certified Kitchen

Martine Grenier-Burtis

\$15

### FERMENT THIS! KOMBUCHA

#### LIVE ONLINE

You could buy a \$4 bottle of kombucha, or you could make your own for pennies. It's simply sweetened black or green tea with a culture added and allowed to ferment. We'll make both a primary and a secondary ferment with your favorite fruit/juice (yum! Blueberry kombucha!). Learn some fascinating history, some microbiology, troubleshooting, the right glassware, and what the heck a SCOBY is. Easy, economical, and delicious! **Zoom link and materials list will be provided upon registration. Registration closes February 20 to ensure participants get all needed information and supplies. The scoby will be available from the instructor. FMI, contact Emma via her site at [emmaholder.com/fermentation](http://emmaholder.com/fermentation)**

Tue. Feb. 27, 6-7 p.m., 1 Meeting

Online: Zoom from your Kitchen!

Emma Holder

\$20

### FERMENT THIS!

#### SAUERKRAUT VARIANTS: FERMENTED COLESLAW & CURTIDO

#### LIVE ONLINE

Lacto-ferment cabbage and add some twists to result in delicious, safe, home-made signature cabbage-based ferments. You'll learn a bit of microbiology and basic techniques to create basic sauerkraut, Salvadorean curtido, and coleslaw. Fermented vegetable salads and condiments add flair, probiotics, and nutrition to any meal. **Zoom link and materials list will be provided upon registration. Registration closes February 29 to ensure participants get all needed information and supplies. FMI, contact Emma via her site at [emmaholder.com/fermentation](http://emmaholder.com/fermentation)**

Tue. Mar. 5, 6-7 p.m., 1 Meeting

Online: Zoom from your Kitchen!

Emma Holder

\$20

### FERMENT THIS! GLOBAL TWIST ON FERMENTED VEGGIES: CURRIED CAULIFLOWER & SHISH TAOUK TURNIPS

#### LIVE ONLINE

Flavors from India and Lebanon will infuse these vegetable ferments. We'll discuss basic fermentation techniques, and then create a curry-style ferment using cauliflower, and Shish Taouk turnips. Learn how to create these yummy fermented veggies with turnips or white daikon radishes. The secret to both ferments is in the spice. **Zoom link and materials list will be provided upon registration. Registration closes March 7 to ensure participants get all needed information and supplies. FMI, contact Emma via her site at [emmaholder.com/fermentation](http://emmaholder.com/fermentation)**

Tue. Mar. 12, 6-7 p.m., 1 Meeting

Online: Zoom from your Kitchen!

Emma Holder

\$20

Emma Holder studied microbiology and immunology at McGill University, where she graduated with a BSc in 1991 and a masters degree in 1993. Her passion is fostering human connections and offering engaging educational opportunities to promote happy, healthy lifestyles.

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

**PHOTOGRAPHY: MAKE YOUR BEST SHOT, AN INTRODUCTION TO DIGITAL PHOTOGRAPHY****LIVE ONLINE**

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

Tue. Mar. 19, 7-8:30 p.m., 1 Meeting  
Online  
Mike Leonard  
\$20

**PHOTOGRAPHY: AFTER DARK****LIVE ONLINE**

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

Wed. Mar. 20, 7-8:30 p.m., 1 Meeting  
Online  
Mike Leonard  
\$20

Mike Leonard has been taking pictures for more than 40 years, and among his favorite subjects to shoot are nighttime scenes including lightning and the Aurora, and in the daytime, he likes shooting landscapes, seascapes, lighthouses, and more. His work is frequently featured on the covers of The Notes publication in Yarmouth, Maine, in the Maine Activities Guide, and on the local CBS affiliate in weathercasts. His work has also been featured in books, magazines, annual reports, brochures, textbooks, and nationally on the Weather Channel. Check out his site at [phototourismbymike.com](http://phototourismbymike.com)

**RESIN ART: KEYCHAINS**

It's easy, fun, and unique! Try out UV resin art and create a beautiful keychain to give as a gift, keep for yourself, or both! Make 2-3 unique pieces in this one-night class; no experience necessary. Bring a pair of scissors. Materials fee of \$10 is payable to instructor at class. **Please pre-register as a minimum of 4 people is required to run the course.**

Wed. Feb. 7, 6-8 p.m., 1 Meeting  
Cornish Town Hall  
Kerrie Doyle  
\$15

**RELAX & PAINT WITH SUE**

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

Fri. Jan. 12, Feb. 9, and/or Mar. 8, 1-3 p.m.  
1 Meeting Each  
(You may attend as many classes as you like.)  
Cornish Town Hall (Lower Entrance)  
Sue Cannafarina  
\$30 Per Class  
(Includes registration and all materials)

**INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE - LIVE ONLINE**

From the comfort of your own home, play the piano like a professional by using chords. The course includes an online book, online follow-up video lessons, optional periodic online Q&A sessions, and a recording of the class - enough materials to continue your practice and study on your own! Learn to form the three basic types of chords, handle a variety of keys and time signatures, avoid counting, and simplify more than 12,000 complex chords. The course is part lecture/demonstration and part hands-on instruction. **Please have access to a computer, tablet, or phone, a piano or keyboard, and a steady internet connection during class. Registration closes at noon on 3/18. Pre-registration is required for access to online link.**

Mon. Mar. 25, 6:30-9:30 PM, 1 Session  
Online  
Craig Coffman  
\$65

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

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

**UKULELE FOR BEGINNERS****SECTION I - LIVE ONLINE**

This is your chance to learn to play this amazingly versatile instrument. You'll need an ukulele, some curiosity, a love of music, and time to practice. Join our stress-free program for plenty of fun and learning. You won't want to stop once you have mastered the fundamentals. The nicest part is that you don't have to read music! Sign up, tune up, and show up to start your musical adventure now! Registration closes at noon on 1/29.

Buying a ukulele? Duncan can provide you with brand, price, style and size recommendations as well as local stores where you can purchase an excellent beginner's ukulele. Contact us and we'll have him reach out to you! **Required: Five days before the commencement of the program, important documents will be sent to the email address you provided at registration. Before attending the first session, please read this email carefully. Pre-registration is required for access to online link.**

Wed. Jan. 31 - Feb. 21, 6-7:30 PM, 4 Sessions  
Online  
Duncan Perry  
\$79

**UKULELE FOR BEGINNERS****SECTION II - LIVE ONLINE**

This is your chance to learn to play this amazingly versatile instrument. You'll need an ukulele, some curiosity, a love of music, and time to practice. Join our stress-free program for plenty of fun and learning. You won't want to stop once you have mastered the fundamentals. The nicest part is that you don't have to read music! Sign up, tune up, and show up to start your musical adventure now! Registration closes at noon on 2/22. Buying a ukulele? Duncan can provide you with brand, price, style, and size recommendations as well as local stores where you can purchase an excellent beginner's ukulele. Contact us and we'll have him reach out to you! **Required: Five days before the commencement of the program, important documents will be sent to the email address you provided at registration. Before attending the first session, please read this email carefully. Pre-registration is required for access to online link.**

Tue. Feb. 27-Mar. 19, 6-7:30 PM, 4 Sessions  
Online  
Duncan Perry  
\$79

Duncan Perry is a popular ukulele performer and teacher. He believes studying an instrument makes the brain sharper, helps reduce stress and brings joy to the uke players and audiences. He has taught the powerful ukulele to almost 700 individuals!

**REBUILDING ENERGY & ENDURANCE****THE WOMEN'S HEALTH SERIES****LIVE ONLINE**

The field of science and research has predominantly focused on male subjects. However, gender differences do affect breathing control, vulnerability to illness, and other issues. Join Carole as she addresses issues that can affect women's health to include the female brain and stress, pain conditions, hormones, pelvic floor dysfunctions and strengthening, managing menopause, and much more. **Pre-registration is required for access to online link.**

Mon. Feb. 5- Mar. 4, 6-8 p.m., 5 meetings  
Carole Freeman  
\$85 for 5 meeting modules

**A FEMALE ADVANTAGE: A COMPREHENSIVE GUIDE TO FEMALE FITNESS****LIVE ONLINE**

Understand your uniqueness and use it to your advantage! Topics will include why fitness is different for women, how to improve breathing capacity, increasing muscle strength and endurance, hormones and cardio, and core strength training for spinal stability. **Pre-registration is required for access to online link.**

Wed. Feb. 7- Mar. 6, 6-8 p.m., 5 meetings  
Carole Freeman  
\$85 for 5 meeting modules

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.

**INDOOR WALKING****FOR WINTER FUN & FITNESS**

Boy, it's cold out...but never fear! Just join us for a winter indoor walking activity that helps melt away stress, health issues, and maybe even a few pounds without battling cold, snow, or ice. Come on in, warm up, and just walk! **Meet in the lobby at Sacopee Valley Middle School. Please pre-register as we need a minimum of 3 people to run the course.**

Wed. Feb. 7-Mar. 27, 4:45-5:30 p.m.  
7 Meetings  
No Meeting Feb. 21  
SVMS Hallways  
Renee Payeur, Facilitator  
\$5

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



## 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.

### MONDAY MORNING: COFFEE & MORE!

SENIOR CENTRAL invites our local senior citizens to coffee, cornhole, cards, cribbage, and, of course, socializing! FMI: Leave a message at (207) 650-6665.

Mondays, 10-11:30 a.m.  
No meeting on holidays.  
Parsonsfield Town Hall  
Free

### COMMUNITY CAFES FOR SENIORS

Join us once a month for lunch in the gym! The Community Cafe is sponsored by Senior Central of the Grateful Undead on the 4th Wednesday of every month, 11 a.m.-1 p.m. at the Parsonsfield Town Hall. Meals are provided by The Carriage House Bistro & Tavern, and the menu will be posted on [parsonsfield.org](http://parsonsfield.org). RSVP is required by the third Friday: email [pride04092@gmail.com](mailto:pride04092@gmail.com) or call 625-3781. Suggested donation for 60+: \$8; Cost under 60: \$10

### WEDNESDAY WALKS:

#### PUT ON YOUR WALKING SHOES!

Sacopee Valley Grateful Undead is again hosting a walking program for us older folks. It is a time for local people to get together to make our lives more fun. You are invited to enjoy an hour or so of easy but interesting walks. FMI, call 207-408-3829. **Please pre-register, allowing individuals to be contacted if there is a cancellation.**

Wednesdays, 10-11 a.m., Ongoing  
Cornish Fairgrounds  
Eleanor Pansar  
Free

### CHAIR YOGA

Gain the benefits of yoga exercise without being on the floor! The chair is used as your foundation and support. This program is beneficial to all, regardless of age or flexibility. Simple stretching, guided breathing, and individual adjustments aid in gaining strength, balance, and vitality. Bring water for hydration. You may also bring a mat to place under your chair if you would like. **Please pre-register as we need a minimum of 4 people to run the course.**

Tue. Mar. 5-26, 11 a.m.-Noon, 4 Meetings  
Hiram Cultural Center  
Marianne Wyer  
Free

### TAI CHI - MEDITATION IN MOTION

One of SVACE's longest-running classes is Tai Chi, which has experienced some gradual and wonderful changes over the years. It is now led by loyal volunteers who are willing to lead, learn, and practice the Yang Style 24 Form, the 40 Form, and the Qigong warm-ups for all attendees. Bring water and comfortable footwear. **Please pre-register as a minimum of 8 people is required to run the course.**

Tuesday Only: Tue. Jan. 9 - Mar 26  
12 Meetings, \$30  
Thursday Only: Thu. Jan. 11 - Mar. 28  
12 Meetings, \$30  
OR  
Both Tue. and Thu., 24 Meetings, \$45  
10-11:30 a.m.  
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!

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



### COMPUTER LITERACY FOR ADULTS & SENIORS

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

Session 1: Mon. Jan. 22-29, 2 Meetings  
OR

Session 2: Mon. Mar. 11-18, 2 Meetings  
3-4:30 p.m.

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 pre-register as space is limited.**

Wed. Feb. 28, 10:30 a.m.-12:30 p.m.  
1 Meeting  
Bonney Memorial Library  
Megan Brown and Renee Payeur  
\$8

### DEATH WITH DIGNITY LIVE ONLINE

There is still a lot of misunderstanding and misinformation about Maine's compassionate end-of-life care option. Many providers and patients are still not familiar with Maine's Death with Dignity Act. In effect since September 2019, the law permits physicians to practice medical aid-in-dying under specific circumstances. Join this class to get fact-based information and the details you need to know about Maine's law, how to have the conversation with your physician, and how to qualify for the law or support your loved one who may be qualifying. **Pre-registration is required to receive online link.**

Thu. Feb 22, 6:30-8 p.m., 1 Meeting  
Online  
Valerie Lovelace, Executive Director,  
Maine Death with Dignity  
Free

Valerie Lovelace was the grassroots leader and organizer from 2014 through passage of the law she co-authored in 2019. She is the founder and executive director of Maine Death with Dignity. Val believes people need good information to make good decisions. Shel has been teaching adults in a variety of military and non-military organizations since 1981.

### PLANNING FOR END-OF-LIFE ISSUES

If it weren't stressful enough to lose a loved one, the paperwork and details that need attention after a funeral can be overwhelming. Knowing what to expect helps you plan ahead. This course is designed to inform you of the steps you need to take to ensure that this process goes smoothly. **Please pre-register as a minimum of 3 people is required to run the course.**

Thu. Feb 8, 5-6 p.m., 1 Meeting  
Poitras, Neal, & York Funeral Home  
71 Maple Street, Cornish  
Chad Poitras  
\$3

### FOSTER CARE/ADOPTION Q & A LIVE ONLINE

Join the A Family for ME program for a live, virtual conversation about becoming a foster/adoptive parent in Maine. Recruitment Specialists will answer your questions about the different ways to provide care for infants, teens, and siblings. If you've ever considered foster care or adoption, this is an excellent opportunity to learn more and get your questions answered! Learn about the licensing process and explore the various ways to support youth and provide care, including respite care. Discover ways to support foster families. **Register directly:** <https://www.tickettailor.com/events/afamily-forme/783429VIRTUAL>

Second Monday of the Month  
12-1 p.m. or 6-7 p.m.  
Online  
Kasey McDonough  
Free

### RECYCLING, CONTAMINATION, & MORE: A VIRTUAL TOUR OF THE ECOMAINE RECYCLING AND WASTE TO ENERGY FACILITY -LIVE ONLINE

Have you ever wondered what happens to your recycling after it leaves the curb? Many of the products we buy and use every day rely on the use of recycled materials for manufacturing. In this class we will learn how to recycle more efficiently, why some materials are more challenging to recycle than others or at different sites, and how to find ways to divert more waste from landfills. Join ecomaine's environmental educator to find out where your recycling and trash go, how it's sorted, and get an in-depth look at how recyclables are valued and marketed in Maine and beyond! **Registration is required to access online link.**

Wed. Feb. 7, 4 p.m., 1 Meeting  
Online  
ecomaine  
\$3

## LIFE SKILLS & PERSONAL ENRICHMENT

### SNOWMOBILE SAFETY

Participation in a snowmobile education course will teach how to properly operate and maintain a snowmobile. Laws, responsibilities, and personal safety will also be covered. It's important to ride safely, responsibly, and to be prepared before you go. With over 95% of Maine's snowmobile trails on private property, it is critical all riders respect the trails and private landowners by riding responsibly. Educating yourself before you go is an important component of being a safe and responsible snowmobiler. In Maine, snowmobile safety certification is not legally required, but is encouraged. The Snowmobile Safety Course is available in two different formats: online and in-person. Students 12 and up may take the online course. Students 10 and up may take an in-person course. Passage of a final exam is required for certification. **FMI go to [maine.gov/ifw/programs-resources/education-al-programs/safety-courses/snowmobile-safety.html](http://maine.gov/ifw/programs-resources/education-al-programs/safety-courses/snowmobile-safety.html) or call (207) 287-5220**

### BUYING YOUR FIRST HOME

#### LIVE ONLINE

All parts of purchasing a home are covered in this ME hoMEworks course, including making decisions, setting a budget for homeownership, improving credit, getting a mortgage approval, selecting a realtor, inspections, insurance, the closing process, energy efficiency and avoiding predatory lenders. Learn more about the closing cost and down payment assistance programs offered to veterans, first-time homebuyers and other groups. Learn about obtaining the Certificate of Completion needed by the USDA, the ME State Housing Authority and other lenders for their mortgage programs. Free individualized counseling is available following the class. Please have a pen and notepad available. **Registration closes on January 9. Required: You must respond to the email from YCCAC to finalize registration and receive Zoom link. Note: Register the person you are buying your home with at the time of your registration and get a \$10 rebate.**

Sat. Jan. 13, 9 a.m.-5:30 p.m., 1 Meeting  
Online  
Leah Sullivan  
\$30

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.

### A WRITER'S WORKSHOP

#### LIVE ONLINE

Do you want to improve your writing skills for work? Write a poem to your beloved or finish that family memoir? Or maybe you've considered writing a script. If so, come join us in this 6-week writer's workshop where we will explore a variety of writing genres. This fall, our focus will be on STORIES—both real and imagined. In this class, we will analyze the elements of effective storytelling, including (but not limited to) plot, character, scene, point of view, voice, and tone. Participants will write and/or revise their stories of choice, and together we will examine successful writing strategies and tricks of the trade. And most of all, we will discover that writing can be fun! **Pre-registration is required for access to online link.**

Wed. Mar. 6 - Apr. 10, 6:30-8:30 p.m.

6 Meetings

Online

Kristin Leonard

\$50

Kristin Leonard holds a Masters in English (Literature), as well as an MFA in Creative Writing from the University of Southern Maine. She is the 2019 recipient of the Maine Literary Award for Drama and Lit Fest's 2019 Dramatic Writing Fellow for Emerging Writers. Her critical and creative work has appeared in The Explicator, Ekphrastic Review, The Atlantic, New Hampshire Public Radio, and more. Follow her at [kristinleonard.com](http://kristinleonard.com) holds a Masters in English (Literature), as well as an MFA in Creative Writing from the University of Southern Maine. She is the 2019 recipient of the Maine Literary Award for Drama and Lit Fest's 2019 Dramatic Writing Fellow for Emerging Writers. Her critical and creative work has appeared in The Explicator, Ekphrastic Review, The Atlantic, New Hampshire Public Radio, and more. Follow her at [kristinleonard.com](http://kristinleonard.com)

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

## LIBRARY EVENTS

### 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

### BONNEY KNITTING & CROCHETING GROUP

The Knitting and Crocheting Group at Bonney Memorial Library is back! Meet at the library on Mondays o work on new projects and learn from other members! For more information, call 625-8083.

Mondays, 11 a.m.-12:30 p.m.

Ongoing, join anytime!

Bonney Memorial Library

Free

### 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](mailto:carolynjacobs6@gmail.com)

Second Thursday of each month

6:30-7:30 p.m., Ongoing

Bonney Memorial Library

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!

Bonney Memorial Library

Free

## FAMILY ACTIVITIES

### SACOPEE FAMILY READING CLUB

Join us for dinner, stories, and fun family activities! In addition, each child will be able to take home a book each week! This free Parent and Child Together (PACT) activity meets at the Riverside United Methodist Church on Thursday evenings as designated. If you have questions regarding this FREE program or want to register, please call Renee at 625-3092 or email [rpayeur@sad55.org](mailto:rpayeur@sad55.org). Bring the family and join us! **Pre-registration is required due to space issues and to keep everyone updated on any changes.**

Thu. Jan 11- March 14, 5:30-7 p.m.

No Meeting February 22

Please note: We will continue with

our spring session in April

Riverside United Methodist Church

Renee Payeur

Free



### LIBRARY STORY HOURS

Bonney Memorial Library  
Wednesdays, 10 a.m.

Brown Memorial Library  
Mondays, 10 a.m.

Kezar Falls Circulating Library  
Wednesdays, 11 a.m.

Soldier's Memorial Library  
Tuesdays, 10 a.m.

### 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: 9 a.m.-1 p.m. & 2-6 p.m., TH: 2-6 p.m.,  
SAT: 9 a.m.-12 p.m.

Kezar Falls Circulating Library, Parsonsfield, (207) 625-2424  
T: 2:30-7 p.m., W: 10 a.m.-4 p.m., TH: 2:30-5 p.m., SAT: 10 a.m.-12 p.m.

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

**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) can make an immediate impact while helping a child grow and develop to their full potential. We are excited to connect our community with this wonderful ONLINE training and certificate program. This training will prepare you for employment through local social service agencies and equip you to work with children who qualify for services. The program can be started at any time and finished at your own pace. You will complete 12 online modules and 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. **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" but must be completed within one year

Online  
Jeffrey Carpenter  
Free

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

**COMPUTER PROGRAMMING BASICS USING PYTHON LIVE ONLINE**

In this nine-week class, participants will learn the fundamentals of computer programming using the Python language. This course is for the complete beginner or someone with slight exposure to programming. Mr. Greer brings a wealth of experience, having worked in IT since 2004. **Students will need either a PC or Mac desktop or laptop computer (no Chromebooks) and a reliable internet connection. Pre-registration is required for access to online link.**

Mon./Wed. 1/29-4/3, 5-6 p.m.  
17 Meetings  
No Class Feb. 19 & 21  
Online  
Dean Greer  
\$70

**REAL ESTATE SALES AGENT COURSE: INTRODUCTION TO THE ELEMENTS OF REAL ESTATE BROKERAGE -ONLINE**

Topics covered include: industry overview/organization, Maine Real Estate Commission, agency relationships, product knowledge, property valuation, the appraisal process, financing the transaction, contracts, closings, and federal and state laws. Fee includes textbook PDF (hard copy available from Center for Real Estate for an additional fee), one year of access to the course, instructor feedback after the three quizzes and the final exam, and twice monthly Q&A drop-in sessions via Zoom. A certificate of completion is awarded with a grade of 75% or above, required for the state licensing exam (\$85 fee), which must be taken within one year of satisfactory course completion. When you affiliate with a real estate agency and apply for your license, there is a \$100 fee, along with a \$21 criminal records check fee (some companies may offer to pay this fee when you affiliate with them).

**Required: Attendees must be 18 or older and have a high school diploma or equivalent to get a license, but a diploma is not required to take this class.**

Time Varies: Course is "At Your Own Pace" but must be completed within one year  
Online  
Robert Joslyn  
\$370

Bob Joslyn has been a licensed real estate broker in ME since 1988 and a solo agent at Keller Williams Realty for the past eight years. He has enjoyed helping many buyers and sellers make informed real estate decisions. Bob has been an instructor at Husson University for more than 20 years, teaching numerous business courses.



**The Maine Community College System has vocational options to meet the needs of individuals wishing to get a certificate or two-year degree in a chosen field. On campus or online, the flexible options may just fit your needs! Check out the MCCS site and locations at [mccs.me.edu](http://mccs.me.edu)**

**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](http://partner.careerstep.com/sacopee) or call (207) 625-3092. For information on payment issues, call (877) 225-7151.

**AVAILABLE COURSES INCLUDE:**

- |   |                     |
|---|---------------------|
| COMPUTER TECHNICIAN                     | DENTAL ASSISTANT    |
| MEDICAL BILLING                         | MEDICAL ASSISTANT   |
| MEDICAL TRANSCRIPTION EDITOR            | PHARMACY TECHNICIAN |
| MEDICAL ADMINISTRATIVE ASSISTANT        |                     |
| MEDICAL CODING AND BILLING PROFESSIONAL |                     |

**Condensed Curriculum International (CCI)** At our core, CCI is a content development and delivery firm offering workforce development solutions to educational institutions and corporate organizations of all sizes to help bring the most in-demand career advancement opportunities to every community across the country. CCI offers online classes on your time, on any device, anywhere you happen to be

For more information, visit [sacopee.edu2.com](http://sacopee.edu2.com) or call (207) 625-3092.

**AVAILABLE COURSES INCLUDE:**

- |  |                       |
|--|-----------------------|
| CLINICAL MEDICAL ASSISTANT               | PHARMACY TECHNICIAN   |
| MEDICAL BILLING & CODING                 | PHLEBOTOMY TECHNICIAN |
| SURGICAL TECHNOLOGIST                    | VETERINARY ASSISTANT  |
| EKG TECHNICIAN                           | DENTAL ASSISTANT      |
| MEDICAL ADMINISTRATIVE ASSISTANT         | DIALYSIS TECHNICIAN   |
| PATIENT CARE TECHNICIAN                  | MEDICAL TERMINOLOGY   |
| ELECTRONIC HEALTH RECORDS MANAGEMENT     |                       |
| REGISTERED BEHAVIOR TECHNICIAN           |                       |
| STERILE PROCESSING TECHNICIAN            |                       |
| STERILE PROCESSING & SURGICAL TECHNICIAN |                       |



**HIGH SCHOOL EQUIVALENCY TEST (HiSET)**

**EVENING HiSET PREPARATION**

If you have always wanted to get your high school equivalency diploma but need a general overview or refresher course, this is for you. Instruction will cover math, social studies, science, reading, and/or writing skills as needed in preparation for the HiSET.

Tuesdays, ongoing depending on learners' needs  
By appointment Renee Payeur FREE 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.

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. These are free services.



**MAINE COLLEGE & CAREER ACCESS (MCCA) PROGRAM**  
Success in college requires commitment, financial resources, and no small amount of hard work. Lives already full of everyday responsibilities have to shift and balance to accommodate new ones. For all of the challenges, however, college is a worthwhile investment in terms of expanded job opportunities and earnings over a lifetime. This program is here to support you in that process. Whether you are interested in attending college or are currently enrolled but in need of support, we are here to assist you in achieving your goals. Call the Adult Learning Center at 625-3092 for more information and/or to schedule an appointment.

**COLLEGE AND CERTIFICATE TRANSITIONS SERVICES ADVISING, APPLICATIONS, ACADEMIC PREPARATION COURSES, AND MORE!**

The following services are available free of charge: college and career counseling, support with the application process for admissions and financial aid, Accuplacer and other placement testing, and college preparation classes. Developmental courses in college reading, writing, technology, math and algebra are available.

Adult Learning Center, 172 Main Street, Cornish  
Renee Payeur Free

**CAREER PATHWAYS SERVICES**

Looking for a new job, a better job, or even a new career? Let us help! Career Pathways services include career counseling and guidance, job seeking skills, cover letter writing and resume design, self-paced keyboarding instruction, computer literacy skills, educational goal setting, vocational and career research, and career and college readiness assessments (World of Work Inventory, Accuplacer). Give us a call and let's get started!

**Career Navigation!**

The **Maine Jobs and Recovery Plan (MJRP)** has Career Advancement and Navigation Specialists throughout Maine. Whether you are looking for your first job, training to land a better job or making a middle career change, we offer help with:

- career planning
- resume writing, job applications & interview preparation
- trainings & certifications
- HiSET & apprenticeships
- support services and more!

**ALL CAREER NAVIGATION SERVICES ARE AVAILABLE AT NO COST TO YOU!**

Contact Frank today and he'll "navigate" to a location near you! (Zoom, Google Meets and phone meetings are also available). **TELL HIM SACOPEE VALLEY ADULT ED SENT YOU!**

**SACOPEE VALLEY**  
FIVE TOWNS, ONE COMMUNITY

**MISSION STATEMENT**

Sacopee Valley Adult and Community Education’s (SVACE) mission is to provide a safe, mutually respectful, and collegial learning environment for students who seek an alternative to the traditional school system and to assist other adults in our community in their pursuit of lifelong learning.

**CHANGES AND CANCELLATIONS**

**Please register** for all courses promptly. Courses with insufficient enrollment are canceled prior to the first class meeting. Some courses have specific registration deadlines as noted in the course description. Other courses fill up quite quickly. In this case, registrants will be contacted by email or phone, placed on a waiting list if desired, and reimbursed if needed. Preregistration is also necessary for free courses for the reasons listed above. SVACE reserves the right to cancel or reschedule classes, move locations, and/or change instructors as necessary.

**STORMS AND CLOSINGS**

If MSAD #55 schools are canceled for any reason, adult education classes are canceled as well. Generally, adult education courses are also canceled if after-school activities are canceled. If there are any exceptions, we will contact specific learners as needed. MSAD #55 weather cancellations are on television channels 6 ([wesh6.com/closings](http://wesh6.com/closings)), 8 ([wmtw.com/weather/closings](http://wmtw.com/weather/closings)), and 13 ([wgme.com/weather/closings](http://wgme.com/weather/closings)). If possible, you may also get an email regarding a specific course.

**REFUNDS**

Due to planning and preparation needs of our instructors and staff, notification of withdrawal for full refund or course credit is required a week or more in advance. There are no refunds after a course has started except in special circumstances.

**WHAT’S GOING ON IN SACOPEE VALLEY**

Check out these sites:

- Your Weekly Shopping Guide: [ywsg.com](http://ywsg.com)
- Sacopee Valley Recreation Council: [facebook.com/svrc.sacopeereccouncil](https://facebook.com/svrc.sacopeereccouncil)
- Sacopee Valley Health Center: [svhc.org](http://svhc.org)
- Baldwin Community Center: [baldwinmaine.org/baldwin-community-center.html](http://baldwinmaine.org/baldwin-community-center.html)
- Local Libraries: Bonney Memorial Library, Brown Memorial Library, Kezar Falls Circulating Library, and Soldiers Memorial Library
- Local town hall and historical society sites
- Sacopee Valley Community News, [sacopeevalleynews.com](http://sacopeevalleynews.com)
- Senior Central (The Grateful Undead): [gratefulundead.org](http://gratefulundead.org)

**DISCLAIMERS**

SVACE is not responsible for typographical errors, nor are the views and ideas expressed by course instructors necessarily those of SVACE. Course attendees are urged to utilize their best independent judgement in evaluating statements or suggestions made by course instructors.

Minimum age for enrichment courses is 18 unless otherwise noted.



There are many ways to register:

In Person: M/W/TH- 10:30 a.m.-4 p.m.

Online: [sacopee.maineadulted.org](http://sacopee.maineadulted.org)

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

By Phone: 625-3092 for free courses (Don’t wait for the beep)

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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

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

COURSE TITLE	START DATE	COURSE FEE
<b>TOTAL AMOUNT</b>		

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





**SACOPEE VALLEY  
ADULT & COMMUNITY EDUCATION**

172 Main Street, Suite 3  
Cormish, ME 04020

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

**REGISTER ONLINE AND RECEIVE  
A 10% DISCOUNT!**

Just type **Online Discount** in the  
Promo Code box.