



SACOPEE VALLEY
ADULT & COMMUNITY EDUCATION

LIFELONG LEARNING...



NEVER LETS YOU DOWN!

SPRING 2024

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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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. Join 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. April 24, 5:30-7:30 p.m., 1 Meeting
Riverside United Methodist Church, Porter
Ron Armentino
\$15
Includes registration, materials, and dinner

ARTS & MUSIC

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 phototourismby-mike.com

ARTS & MUSIC

RESIN ART: PLANT LABELS

It's easy, fun, and unique! Use UV resin, paints, and embellishments to create plant labels this Spring! Make 4-6 in one evening. Materials fee \$10 Make 4-6 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.**

Mon. May 6, 6-8 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Kerrie Doyle
\$15

RELAX AND PAINT WITH SUE

It's been a long week, and it's 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.**

Session 1: Fri. April 12, 1-3 p.m.
Session 2: Fri. May 10, 1-3 p.m.
Session 3: Fri. June 14, 1-3 p.m.
1 Meeting Each
(You may attend as many classes as you like.)
Cornish Town Hall
Sue Cannafarina
\$30 Per Session
Includes registration and all materials

BUTTON ART

Welcome spring with beautiful colors and mosaics using buttons! Utilizing the pointillistic techniques of Neo-Impressionists to include Seurat, Signac, and Van Gough, you will use points of color to create a "bigger picture". Who knew a button could do so much? **Please pre-register as a minimum of 4 people is required to run the course.**

Mon. May 20, 10:45-Noon, 1 Meeting
Bonney Memorial Library
Marie Armentino
\$6

**REGISTER EARLY!
CLASSES FILL UP FAST!**

**PHOTO PLATE:
PRESERVING MEMORIES**

Cherish a special memory and keep your loved ones close all year long! Family, friends, a beloved pet-you choose what to commemorate using a single photo or a collage. Design, with love, this personalized photo plate for your table, as a keepsake, or to give as a gift to a loved one. Certainly, this makes a great Mother's Day Gift! **Please email your photo(s) to rpayer@sad55.org on or by May 3. Materials fee of \$5 is payable to the instructor at the time of the class. Please pre-register as we need a minimum of 4 people to run the course.**

Mon. May 6, 10:45-Noon, 1 Meeting
Bonney Memorial Library
Marie Armentino
\$6

FUN WITH CRAYONS!

Adult coloring books have become popular over the past few years and for good reason. Coloring is creative, relaxing, and fun. Join Ann in exploring a variety of types of crayons to include basic, pastel, oil, and watercolor crayons, and/or colored pencils as well as colors from mild to wild and everything in between. Draw your own picture or color a prepared one. So many colors, so little time! **Please pre-register as we need a minimum of 4 people to run the course.**

Sat. April 13, 1- 3 p.m., 1 Meeting
Cornish Town Hall
Ann John
\$5

COLLAGE ART

Collages can be used to express ideas, create works of art, or both! This versatile art form originated in the 1900s and was used by Picasso, Braque, and others as they experimented with different styles. Join Ann in exploring different colors, textures, and ideas to create a unique work of art. Variety is, after all, the spice of life! **Please pre-register as we need a minimum of 4 people to run the course.**

Sat. May 18, 1- 3 p.m., 1 Meeting
Cornish Town Hall
Ann John
\$5

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!

**UKULELE FOR BEGINNERS
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! 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 the email and documents carefully. Pre-registration is required to receive online link.**

Session 1: Wed. March 27-April 17
Session 2: Tue. April 23-May 14
6-7:30 p.m., 4 Meetings
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!

**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 March 18 for Session 1 and June 12 for Session 2. Pre-registration is required to receive online link.**

Session 1: Mon. March 25, 6:30-9:30 p.m.
OR
Session 2: Tue. June 18, 6:30-9:30 p.m.
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.

UNDERSTANDING MEDICARE

We know this is no easy task! Join Aaron Manning 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 pre-register as a minimum of 4 people is required to run the course.**

Tue. May 14, 5-6 p.m., 1 Meeting
Bonney Memorial Library
Aaron Manning
Free

**ARE YOU HAVING TROUBLE CONTROLLING THE WAY YOU EAT?
LIVE ONLINE**

Do you struggle with food obsession, overeating, undereating, or bulimia? Food Addicts in Recovery Anonymous (FA) offers a solution for all forms of food addiction. **There are no dues or fees. To preserve confidentiality, call Sharon, the FA Coordinator, for zoom access link (207) 205-7373 or email fa.newcastle.maine@gmail.com.**

Tue. May 21, 6:30-8 p.m., 1 Meeting
Online
FA Staff
Free

**THE FEMALE BRAIN ON STRESS
ONLINE**

This course is designed to help women understand how stress affects them differently than men. It explains how women's brains are wired to react to physical danger and life-threatening situations, and how this can impact their perception of reality and stress responses. The course also provides insights into how women can use their unique talents to approach stress in a healthy way. **Pre-registration is required to receive online link.**

Online at your convenience
Carole Freeman
\$29

**BREATH-TAKING 101
ONLINE**

Life is easier when you breathe easier. It's estimated that 85% of us unknowingly use some type of poor breathing pattern that's connected to feeling sick and tired. This class has helped many people feel healthier and stronger simply by learning to switch their every-day breathing to a more beneficial pattern. **Pre-registration is required to receive online link.**

Online at your convenience
Carole Freeman
\$37

**HIGH ALTITUDE VACATIONING
ONLINE**

Don't spoil your trip to a higher altitude - condition your body first. People often feel shortness of breath, light headed and fatigued at higher altitudes because their bodies work harder, while taking in less oxygen. Anxiety increases, your enjoyment decreases. You'll have more energy, feel better and enjoy your trip when you condition your body first to increase oxygenation and endurance. Do the same preparation that elite athletes do with this 4-week, self-paced course at home, even if you live at sea level. **Pre-registration is required to receive online link.**

Online at your convenience
Carole Freeman
\$47

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.

BIKING: GETTING HOME SAFELY

What happens if you get a flat? How do you take off your wheel? What if your chain falls off when you're out on a ride? What should you do if your brakes are rubbing? Don't be caught walking your bike home! The Local Gear is offering a class to teach you the skills needed to get home safe from common mishaps on a ride and how to address problems with your bike before they happen. **Limit 10 people. Register by emailing Dave at dave@thelocalgear.com or calling (207) 625-9400.**

Thu. May 16, 6:30-8 p.m., 1 Meeting
The Local Gear
74 Maple Street in Cornish
Local Gear Staff
Free

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

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. **There is no charge for this tour. The \$5 registration fee will be donated to the Parsonsfield-Porter Historical Society. If you would like to contribute other funds to the historical society, you may also do so at the time of the tour. Pre-registration is required due to spacing and safety issues. Extra sessions will be available as needed.**

Sun. May 5, 1-2 p.m.
515 North Street, North Parsonsfield
Peter Cyr
\$5



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 seven 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. **There is no charge for this tour. The \$5 registration fee will be donated to the Baldwin Historical Society. If you would like to contribute other funds to the historical society, you may also do so at the time of the tour. Pre-registration is required due to spacing and safety issues. Extra sessions will be available as needed.**

Sun. May 19, 1-2 p.m.
67 E. Saddleback Road, West Baldwin
Peter Cyr
\$5

LOCAL HISTORICAL SOCIETIES

BALDWIN
6 School Street, East Baldwin <https://www.baldwinmaine.org/historical-society.html>

CORNISH
40 Main Street, Cornish <https://www.cornishme.com/historical-society/>

HIRAM
20 Historical Ridge, Hiram <https://www.hiramhistoricalsociety.org/>

PARSONSFIELD-PORTER
92 Main Street, Porter, <http://parsonsfeldporterhistorical.org/>

HISTORIC HOUSE TOURS



CHADBOURNE HOMESTEAD TOUR

The Chadbourne Homestead was built in 1835 by Joshua Chadbourne. Most of the family went to California when the gold rush began, but some occupied the family home until the early 1900's. In 2017 the property was donated to the Baldwin Historical Society by Glenn and Norma Haines. Great care was used during the renovation to keep all of the original features intact. The building has been transformed into a beautiful museum that houses all of the historical societies' collections and 8 rooms of exhibits including a 2nd floor gallery of Baldwin iconic locations painted by local artists. Guided tours will include each room including the beautiful barn. Tours will be held on June 1st and 2nd at 10 a.m. and 2 p.m. each day. Every donation is very helpful to our work. FMI: (207) 625-8946. **Pre-registration is required due to space.**

Sat. June 1, 10 a.m. or 2 p.m.
or

Sun. June 2, 10 a.m. or 2 p.m.
Baldwin Historical Society
6 School Street, East Baldwin

Free - Onsite donations are appreciated.

RISE & SHINE GREENHOUSES & NURSERY LEARN ABOUT THE ENTIRE AMISH COMMUNITY AT PORTER PLAINS

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. In the Sacopee area, there is a growing Amish Community on the Porter Plain off of South Hiram Road. You have most likely noticed the bicycles and horse-drawn wagons in our area and enjoyed fresh, delicious products from the First Fruits Produce Market on South Hiram Road. One of their newest community-friendly businesses is the Rise and Shine Greenhouses and Nursery with beautiful hanging baskets, ready to plant flowers, both annuals and perennials, vegetable and herb starts, and a full line of nursery products. Other ventures in the community include multiple sawmills providing rough-cut lumber, a furniture shop, an insulation business, a harness shop, and an egg farm. Join us and learn more about this unique and peaceful community. **No fees or donations are expected. You are welcome to make purchases from the Greenhouse; cash or check only. The Meeting place is located inside the Amish Community of Porter Plains at the Rise and Shine Greenhouses. Please note: This tour is to discuss our overall community. We will not be going to each property. Please pre-register as space is limited.**

Thu. May 16, 4-5:30 p.m., 1 Meeting
47 North Wind Road off of South Hiram
Road, Hiram
Free

AMISH OPEN HOUSE

The Amish Community of South Hiram invites you to an open house at the First Fruits Produce Market. Come learn more about this unique peaceful and hardworking, self-contained community and their traditions, beliefs, and way of life. Explore their markets and greenhouses, learn how their settlement was founded, and much more. There will also be farm tours, hay wagon rides, and special food samples. Bring your questions but remember to be respectful. Everyone is welcome! **No fees or donations are expected. You are very welcome to make purchases; cash or check only. Meet at the First Fruits Produce Market on South Hiram Road. Registration is not required. Check with the First Fruits Produce Market for specific tour times.**

Saturday, July 6
First Fruits Produce Market, South Hiram
Road, Hiram
Free

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.

SMAA 101

The Southern Maine Agency on Aging serves 28,000 clients annually with the help of over 400 volunteers. We are the focal point in Cumberland and York counties for resources, services and information, to empower older adults, adults with disabilities, and their caregivers to live to their fullest potential. Join us as we go over available services and activities to include adult day programming, benefit checks and application assistance, Medicare counseling, money management, caregiver education and support, volunteer opportunities, physical wellness classes, and nutrition services to include Meals on Wheels.

Mon. May 13, 10:30-11:30 a.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Deborah Condello
Community Outreach Coordinator
Southern Maine Agency on Aging
Free

AGING WELL & HAPPY

Class topic and discussion of getting older, living longer, and enjoying the process: What is a Blue Zone? What's love got to do with it? What moves you? What is in your genes? Let's explore these questions and share the journey! **Please pre-register as we need a minimum of 4 people to run the course.**

Tue. May 7-21, 11 a.m.-Noon, 3 Meetings
Hiram Cultural Center
Marianne Wyer
Free

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. RSVP is required by the third Friday: email 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

TAI CHI – MEDITATION IN MOTION

Tai-Chi is one of SVACE's longest-running classes 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. April 9 - June 25
12 Meetings, \$30
Thursday Only: Thu. April 11 - June 27
12 Meetings, \$30

OR
Both Tue. and Thu., 24 Meetings, \$45
10-11:30 a.m.
Pike Hall (Upstairs area at Cornish Town Hall)

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. April. 22 & 29, 2 Meetings
OR
Session 2: Mon. May 13 & 20, 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.**

Tue. April 23, 10:30 a.m.-12:30 p.m., 1 Meeting
Bonney Memorial Library
Megan Brown and Renee Payeur
\$8

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. May 16, 5-6 p.m., 1 Meeting
Poitras, Neal, & York Funeral Home
71 Maple Street, Cornish
Chad Poitras
\$3

DEATH CAFE

A Death Cafe is a safe place where you, your family, and your friends can share stories, question reality, and hear new voices as we ponder the mystery of death and dying. Death Cafes are not grief sessions or bereavement groups, but rather interesting and inviting gatherings held around the world to increase awareness of the importance of making the most of this life as we ponder what we know about death. Everyone is welcome at this open, relaxed, spontaneous discussion. Please join us. **Please pre-register if possible as space is limited.**

Mon. May 6, 10-11 a.m., 1 Meeting
Soldiers Memorial Library
Cait Bushnell, Facilitator
Free

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.**

Wed, May 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. She has been teaching adults in a variety of military and non-military organizations since 1981.

THE POWER OF KINDNESS

Nearly 20 people came out for our first course on The Power of Kindness in the Fall of 2023! Join this growing movement of Sacopee Valley residents who are coming together to support each other and our communities through Acts of Kindness both large and small, and through kindness community activities, both new and time-tested. Meeting dates and locations will be determined. **Please pre-register if possible, allowing individuals to be contacted with further information.**

Date and Location TBD
Jeff Edelstein
Free

Jeff Edelstein is the founder of Acts of Kindness Maine (AOK Maine), a non-profit helping bring more kindness to life in Maine. Jeff recommends two books: The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life and Radical Kindness: The Life-Changing Power of Giving and Receiving. Please Note: These are not required reading, just suggestions.

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/afamilyforme/>

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

SENIOR CENTRAL is an initiative of the Grateful Undead and affiliated with the Sacopee Health Center. Check out our website: gratefulundead.org



COMPOSTING & FOOD WASTE - LIVE ONLINE

Each year, 40% of food in the United States is wasted. Where does this waste end up? Most likely the landfill. Examine the waste stream and find out how much of it can be redirected to other methods of disposal such as anaerobic digestion, composting, and recycling. Find out why it is so important to keep food waste out of landfills and look into options of food waste disposal. Discuss vermiculture, anaerobic digestion, eliminating sources of pollution, and possibilities for feeding the hungry. Find out how ecomaine handles waste and how you can contribute to managing your food waste effectively! **Pre-registration is required to receive online link.**

Tue. June 4, 6:30-8 p.m., 1 Meeting
Online
Bea Johnson
ecomaine Environmental Educator
\$3

OCEAN PLASTICS

Did you know that there are trillions of pieces of plastic trash floating in our oceans? Or that this staggering number continues to grow as people continue mismanaging their waste? Much of the plastic floats at the ocean's surface in areas like the Great Pacific Garbage Patch, where currents diverge. The rest of this errant trash can be found as microfibers floating throughout the depths of our oceans. These tiny plastic particles are a great concern for our environment and our health, as microplastics have even found their way into the human bloodstream. Join ecomaine for this special presentation about the future of ocean plastics. We'll learn how we can minimize our own pollution, no matter where we live or visit, and what technologies can help clean up the growing problem of plastics in our oceans. **Please pre-register as a minimum of 4 people is required to run the course.**

Tue. June 18, 6-7 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Bea Johnson
ecomaine Environmental Educator
\$3

Beatrice Johnson has a BS in Ecology and Environmental Sciences from UME Orono with a concentration in sustainability, environmental policy, and natural resource management. She has been working in environmental sustainability since she graduated and has a passion for both teaching and the environment. Bea has found her place in educating communities on sustainable waste management and loves to spread the word and see people begin to make simple steps to reduce their carbon footprint and better the future of the world.

If you are interested in teaching a course, please contact rpayer@sad55.org or call our office at (207) 625-3092.

HOME COMPOSTING

Tried composting and it didn't seem to work? Are you afraid of inviting pests if you try? There are some important ingredients to composting that make the difference in developing the "black gold" that can both transform your waste and nourish your gardens. We'll cover types of composting and containers, components of successful composting in rural and urban settings, and common problems in composting and their solutions. **Please pre-register as we need a minimum of 4 people to run this class.**

Mon. April 22, 6-8 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Brigit McCallum
\$12

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.

MAINE WEATHER CLIMATE CHANGE -LIVE ONLINE

The Maine Climate Council, formed in 2019, is a group of scientists, industry leaders, bipartisan local and state officials and engaged citizens. They are working to develop a four-year plan to address the impacts of climate change on Maine, build resilience to climate effects and meet state statutory targets to reduce greenhouse gas emissions. Join us to learn about the council's climate action plan, how individuals can take action on climate change and how climate change is impacting our state.

Pre-registration is required to receive online link.

Wed. April 24, 6-7 p.m., 1 Meeting
Online
Amalia Siegel
Free

Molly Siegel, BA, Dartmouth College, is the Climate Council Coordinator with the ME Governor's Office of Policy Innovation and the Future and brings experience in community development, stakeholder engagement, and project management to the team. Prior to joining GOPIE, she was the Program Manager for Electric Vehicle Initiatives at Efficiency Maine, where she played a key role in developing the state's first Plan for EV Infrastructure Deployment.

SOLAR 101

Interested in learning more about solar energy for your home? Join ReVision Energy for an overview of all things solar! We'll discuss how grid-tied solar and net metering works and the all-electric household models (including heat pumps, EV charging, and battery storage) and explain how we design and price systems. The cost of solar panels has dropped 75% in the past 10 years, and there's a 30% Federal Tax Credit for solar, so now is the time to explore solar energy for your home. Light refreshments will be provided. **Please pre-register if possible for the purpose of providing materials.**

Wed. April 24, 6-7 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Chris Jones
Free

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. Register the person you are buying your home with at the time of your registration and get a \$10 rebate. **Free individualized counseling is available following the class. Please have a pen and notepad available. Registration closes on May 15. Required: You must respond to the email from YCCAC to finalize registration and receive Zoom link.**

Sun. May 19, 9 a.m.-5:30 p.m., 1 Meeting
Online
Lelah 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.

FIRST TIME HOME BUYER

Tired of paying rent? Wondering how you can buy a home and start building equity instead of paying someone else's mortgage? Come learn all about the home buying process from industry experts! This is a chance to have all your questions answered. Best of all, participants can earn a closing cost credit by attending this class! Join us and learn how you can take the next step towards home ownership! **Pre-registration is not required but is very helpful due to available space.**

Session 1: Sat. April 20, 10:30-Noon

1 Meeting
Bonney Memorial Library
OR

Session 2: Sat. May 18, 10:30 a.m.-Noon

1 Meeting
Hiram Arts Center
Megan and Erl Brown
BrownMaineRealty.com
Free

HOW TO PREPARE YOUR HOME TO SELL FOR TOP DOLLAR

For many people, your home is the biggest investment you'll make over the course of your life. What steps can you take to make this investment more profitable? If you're considering selling your home, this class will teach you specific strategies that can help you walk away with more money. From easy changes to an in-depth look at the return on investment with larger projects, you'll leave this class with a plethora of ideas that can help you net more money in the sale of your home. **Pre-registration is not required but is very helpful due to space.**

Sat. May 4, 10:30 a.m.-Noon,
Bonney Memorial Library, 1 Meeting
Megan and Erl Brown
BrownMaineRealty.com
Free

ATV SAFETY

Riding an ATV can be a great way to enjoy the outdoors, whether it's in your own back yard, or exploring on the thousands of miles of trails available in Maine. ATVs (including UTVs and off-road motorcycles) can also be useful around the woodlot or farm and let's face it, they're simply fun to ride! It's important to ride safely, responsibly, and to be prepared before you go. Many ATV trails reside on private land. Respecting these generous private landowners by riding responsibly is critical to maintaining trail access. Educating yourself before you go is an important component of being a safe and responsible offroad operator. Youth ages 10 to under 16, must successfully complete an approved ATV Safety Certification course to legally operate on land other than their own. Anyone 16 years of age or older is encouraged to take the course to be educated and prepared for safe riding. The ATV Safety Course is available in two different formats: online and in-person. Students 12 and older can complete the Official Maine ATV/Snowmobile Safety course online at offroad-ed.com/maine. The cost to register for the online course is \$34.95. Upon successful completion of the online course, students will receive their Maine ATV/Snowmobile Safety Certification card. FMI or for a listing of live courses, go to <https://www.maine.gov/ifw/programs-resources/educational-programs/safety-courses/atv-safety.html>

Check Your Weekly Shopping Guide, sacopeevalleynews.com, and sad55.org for community news and 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 to 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 Inter-Library Loan. Join anytime. FMI: email 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. 10 a.m.-1p.m., Ongoing, join anytime!
Bonney Memorial Library
Free

**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. Bring the family and join us! **Pre-registration is required due to space issues and to keep everyone updated on any changes.**

Thu. April 4 - May 23, 5:30-7 p.m.
No Meeting April 18
Riverside United Methodist Church
Renee Payeur Free

FAMILY FUN NIGHT: CREATE A PINWHEEL GARDEN

Join us in April for a night of family fun! Parents and children come together for dinner, story time, and a fun spring activity! We will create outdoor Pinwheel Gardens in observance of Child Abuse Prevention Month in April. Bring the ENTIRE family! **Pre-registration is required due to space issues and to keep everyone updated on any changes.**

Thu. April 11, 5:30-7 p.m.
Riverside United Methodist Church
Kids Free to Grow Staff 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.

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)

Beginning 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.

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. Pre-registration is required to receive online link.**

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.



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

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. Pre-registration is required to receive online link.**

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

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 (207) 625-3092. For information on payment issues, call (877) 225-7151.

AVAILABLE COURSES INCLUDE:

- COMPUTER TECHNICIAN
- MEDICAL BILLING
- MEDICAL TRANSCRIPTION EDITOR
- MEDICAL ADMINSTRATIVE ASSISSTANT
- MEDICAL CODING AND BILLING PROFESSIONAL
- DENTAL ASSISTANT
- MEDICAL ASSISTANT
- PHARMACY TECHNICIAN

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 or call (207) 625-3092.

AVAILABLE COURSES INCLUDE:

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



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
- HSET & 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!**

MAEA
Maine Adult Education
EDUCATE • EMPOWER • ENRICH

FRANK SPURR
Career Advancement and Navigation Specialist
Androscoggin and Oxford County Adult Education
Adult Learning Center, Longley School
145 Birch St., Lewiston ME 04203
fspurr@lewisstonpublicschools.org



FINANCE AUTHORITY OF MAINE (FAME) OFFERINGS

ADULTING 101: MONEY STARTS

Adulting is tough, and finances can be one of the trickiest parts. Whether you've been adulting for decades or are just getting started, we have good news—banking basics, spending plans, credit scores, and useful tools and apps are available to help make the whole adulting thing a little bit easier. Join FAME Financial Education Programs Specialist Steve Kautz for this 1-hour virtual workshop as we dive into some adulting money basics together. **Pre-registration is required to receive online link.**

Wed. April 3, 6:30-7:30 p.m., 1 Meeting
Online
Finance Authority of Maine
Free

ADULTING 102: MONEY GROWS

So you're on a budget and managing a bank account. What's next? If you're wondering about the next steps in your financial journey, join FAME Financial Education Program Specialist Steve Kautz for Adulting 102: Money Grows in this one-hour session. We'll look at the differences between saving and investing, and if you're ready to invest, how to get started. Other topics will include protecting your assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life. **Pre-registration is required to receive online link.**

Wed. April 10, 6:30-7:30 p.m., 1 Meeting
Online
Finance Authority of Maine
Free

GETTING A JUMPSTART ON PLANNING FOR YOUR CHILD'S HIGHER EDUCATION

Is higher education in your family's future? Join us for this virtual event, where you'll learn about the aspirational and financial impacts of savings for students of all ages, as well as the program highlights of Maine's Section 529 plan, a tool many families use to prepare for higher education expenses. You'll also take home helpful tips and tricks for getting a jump-start on the scholarship search while your child is in middle school/early high school. Led by FAME College Savings Specialist Maine Pelletier, this one-hour virtual session will help you get a jump-start on planning for your child or grandchild's higher education. **Pre-registration is required for access to online link.**

Tue. April 23, 6-7 p.m., 1 Meeting
Online
Finance Authority of Maine
Free

PLANNING & PAYING FOR COLLEGE

Do you have children who'll be looking at college in the next few years or thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you'll feel when it's time to apply for financial aid. Join FAME College Access Counselor Jessica Whittier for this one-hour workshop as we talk all things paying for college. **Pre-registration is required for access to online link.**

Wed. May 15, 7-8 p.m., 1 Meeting
Online
Finance Authority of Maine
Free

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 (wvsh6.com/closings), 8 (wmtw.com/weather/closings), and 13 (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
- 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/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 (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
TOTAL AMOUNT		

Other Comments: _____



**SACOPEE VALLEY
ADULT & COMMUNITY EDUCATION**

172 Main Street, Suite 3
Cornish, 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.