



SACOPEE VALLEY
ADULT & COMMUNITY EDUCATION

LIFELONG LEARNING...



HAS YOUR BACK!

WINTER 2025
www.sacopee.maineadulted.org

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



SACOPEE VALLEY ADULT & COMMUNITY ED

SACOPEE VALLEY FIVE TOWNS ONE COMMUNITY

TABLE OF CONTENTS

General Information.....3
 Culinary Arts.....4
 Art & Music.....5-6
 Health & Fitness.....6-7
 Gardening & Nature.....7
 Senior Central.....8-9
 Life Skills & Personal Enrichment.....10-11
 Community Information.....12
 Library Events.....13
 Family Activities.....13
 Vocational.....14-15
 Academics & Literacy.....16
 College & Career Readiness.....17
 Policies.....18
 Registration Info.....19

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!**

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
 Joline Perkins
 Ginny Day
 Renee Payeur
 Dawn Self-Cooper

STAFF

Director: David Durkee
 ABE Coord./Instructor: Renee Payeur
 HiSET Examiner: Ginny Day

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!

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

Fresh sourdough bread - it's easier than you think and as delicious as you imagine! 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 leaven (dough) and how to bake their sourdough loaves. 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.**

Sun. Feb. 16, 4:30-6 p.m.

AND

Mon. Feb. 17, 9:30-11 a.m.

Both Meetings are for the same course.

11 School Street, Porter

Certified Kitchen

Martine Grenier-Burtis

\$15

COFFEE & A TREAT AT NATURALLY JAMMIN (LIMINGTON)

Naturally Jammin is one of the "sweetest" shops in town, offering a variety of honey-sweetened products, such as jams, fruit butters, syrups, and their award-winning honey-sweetened ice cream. Join us for one of their signature honey cinnamon rolls, hot out of the oven, and your choice of a beverage. You will be in for a sweet experience! **Please pre-register as space is limited.**

Thu. Feb. 13, 10 a.m., 1 Meeting

802 Cape Road, Limington

\$8

FAVORITE RECIPE SWAP

Bring your favorite recipes for desserts, main dishes, appetizers, comfort foods, candy, dog treats, or anything else you like to make to swap. We will photocopy all of the recipes so everyone will bring copies home to try out for themselves. You may bring pictures of them or even samples of some too, if you wish for us to give some a try. This will be a fun way to get a new mix of recipes to try out on our families. Be bold! Let's get together and swap ideas. **Please pre-register as space is limited.**

Mon. Mar. 3, 1 p.m., 1 Meeting

Adult Learning Center

Ginny Day

Free

"The preparation of good food is merely another expression of art, one of the joys of civilized living." – Dione Lucas

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. We'll make a primary ferment in class. A secondary one will be demonstrated so you can make it at home once your primary has developed. We'll discuss kombucha's fascinating history, troubleshooting, glassware and SCOBYs (provided). Class will include the microbiology and the ferment creation. Easy, economical, and delicious! Zoom link and materials list will be provided upon registration. **Registration closes February 19 to ensure participants get all needed information and supplies including the scoby from the instructor. FMI, contact Emma via her site at emmaholder.com/fermentation. Pre-registration is required to receive online link.**

Thu. Feb 27, 6-7:15 p.m., 1 Meeting

Online: Zoom from your Kitchen!

Emma Holder

\$22

FERMENT THIS! SAUERKRAUT WITH DECORATIONS FOR GIFT GIVING LIVE ONLINE

You'll learn a basic tried and true sauerkraut recipe, technique, and troubleshooting. Then we'll add various vegetable shapes and designs along the sides for a beautiful presentation - these make excellent gifts. Local delicious cabbage makes ferments that last for months and maintains flavor and nutrient content. You'll learn about the marvelous microorganisms that surround us, give us "terroir", and keep us healthy by replenishing our microbiomes. Class will include both microbiology and ferment creation. **Zoom link and materials list will be provided upon registration. FMI, contact Emma via her site at emmaholder.com/fermentation. Pre-registration is required to receive online link.**

Thu, Mar. 6, 6-7:15 p.m., 1 Meeting

Online: Zoom from your Kitchen!

Emma Holder

\$22

FERMENT THIS! PEPPERS, CARROTS, & BEYOND - LIVE ONLINE

Fermenting vegetables preserves them and adds nutritional value and probiotics. It's so easy - you'll be a master in no time! Basic fermentation techniques will be demonstrated and you can then use them on pretty much any vegetable. Class will include microbiology basics, troubleshooting, and ferment creation. **Zoom link and materials list will be provided upon registration. FMI, contact Emma via her site at emmaholder.com/fermentation. Pre-registration is required to receive online link.**

Thu, Mar. 13, 6-7:15 p.m., 1 Meeting

Online: Zoom from your Kitchen!

Emma Holder \$22

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.

PHOTOGRAPHY FOR NEWBIES LIVE ONLINE

This five-week course covers multiple subject areas and includes assignments and sharing the students' work with the class. Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera ready and learn when and how to use its special features including program mode, manual mode, aperture priority, and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. **Please have a computer, stable internet connection, and your camera. Zoom link provided by instructor. Pre-registration is required to receive online link.**

Wed. Jan. 8-Feb. 5, 7:30-9 p.m., 5 Meetings

Online

Steve McGrath

\$75

PORTRAIT AND PET PHOTOGRAPHY LIVE ONLINE

Everything you need to know to take professional quality portraits! Learn how to work with all different types of subjects, from individuals and groups to children and pets. Understand the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work! **Please have a computer, stable internet connection, and your fully charged digital camera. Zoom link provided by instructor. Pre-registration is required to receive online link.**

Wed. Feb. 19-26, 5:30-7 p.m., 2 Meetings

Online

Steve McGrath

\$29

SMARTPHONE PHOTOGRAPHY LIVE ONLINE

Impress your family and friends with your photos! Learn how to use the camera settings on your phone, as well as how to share and print your photos. Discuss picture-taking techniques and the best free and low-cost tools for editing, finishing, and image management. This class will include time viewing photos and the instructor will provide feedback on student work. Come explore the magic of smartphone photography with Steve! **Please have a computer, stable internet connection, and your fully charged smartphone (Android or Apple). Zoom link provided by instructor. Pre-registration is required to receive online link.**

Tue. Mar. 4-18, 7:30-9 p.m., 3 Meetings

Online

Steve McGrath

\$49

Steve McGrath is a professional freelance photographer and teacher with 25 years of experience. His love of the great outdoors led him to his true passion—nature photography. Steve was an active member of the Gateway Camera Club for many years and has won many ribbons and awards at fairs and competitions through the group and on his own.

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 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. 10, Feb. 7, and/or Mar. 14, 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

ZENTANGLES

Explore your creativity using line and design. Join us for this simple yet structured approach to drawing that promotes expression for all levels. Craft interesting images with this relaxing, fun method. There is no pressure; the sky's the limit! **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. Jan. 18, 1-3 p.m., 1 Meeting

Cornish Town Hall (Lower entrance)

Ann John

\$8

FUN WITH COLORS!

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

Sat. Feb. 8, 1-2:30 p.m., 1 Meeting

Cornish Town Hall (Lower entrance)

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

Sat. Mar. 1, 1-3 p.m., 1 Meeting

Cornish Town Hall (Lower entrance)

Ann John

\$8

DIAMOND DOT VALENTINE PICTURES & CRAFTS

Create pictures or small craft items for Valentines Day such as key chains or sun catchers by placing small colored "diamond" pieces on a precoded background to make beautiful pictures and designs. These kits come in many sizes and thousands of patterns and pictures. There are some awesome kits for beginners to try to see if they enjoy doing them and some more difficult ones for the more advanced crafters. Small Valentine themed kits will be provided from which to choose. Many adults doing these have found that their children have started doing them also. Surprise your Valentine with a handmade gift to show how much you care or make one for yourself! **Materials fee of \$8 is payable to the instructor at time of class. Please pre-register to assure enough kits for a variety from which to choose are available.**

Wed. Feb. 5, 10-11:30 a.m., 1 Meeting
Adult Learning Center
172 Main Street, Suite 3, Cornish
Ginny Day
\$5

RESIN ART: JEWELRY, DECORATIONS & MORE!

Curious about resin? No need to be intimidated! Try out UV resin art and design your own beautiful jewelry and decorations. You will be amazed at what you can create, and, best of all, it's so easy! No experience necessary. Bring a pair of scissors. **Materials fee of \$15 is payable to instructor in class. Please pre-register as a minimum of 4 people is required to run the course.**

Wed. Feb. 5, 6-8 p.m., 1 Meeting
Pike Hall (Upstairs area at Cornish Town Hall)
Kerrie Doyle
\$10

SEA GLASS HANGING DECORATION

Combine the beauty of sea glass with a delicate six-inch silver stainless steel chain and create your own unique hanging decoration. Enhance with ribbons if desired. The design is all up to you! Celebrate with us the promise of summer with sea glass and cake! **Materials fee of \$10 is payable to the instructor at time of class. Please pre-register as a minimum of 4 people is required to run the course.**

Fri. Mar. 28, 11 a.m.-12:30 p.m., 1 Meeting
Cornish Town Hall (Lower entrance)
Kathy Bodman
\$8

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

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 start 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 4: Wed. Feb. 5-26, 6-7:30 p.m.
OR
Session 5: Tue. Mar. 4-25, 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

HEALTH & FITNESS

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.**

Thu. Feb. 13, 5-5:50 p.m., 1 Meeting
Bonney Memorial Library
Aaron Manning
Free

BEATING THE WINTER BLUES

Winter can be a time of great beauty, rest, and rejuvenation or it can be a time of struggle, especially if you suffer from seasonal affective disorder or SAD. In this seminar, we will discuss how to overcome the winter blues, what supplements can help, how to get through winter with joy, and so much more. **Please pre-register as a minimum of 5 people is required to run the course.**

Mon. Jan. 27, 6-7 p.m., 1 Meeting
Riverside United Methodist Church
Julianne McLaughlin
\$10

Julianne McLaughlin is a holistic health coach and artist. She has been teaching seminars in person and online for over 12 years.

HEARTSAVER® CPR FOR ADULT, CHILD, AND INFANT

This course trains participants to give CPR and use an automated external defibrillator (AED) in a safe, timely, and effective manner and is designed for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory, or other requirements. Learn how, why, and when to administer CPR: the differences in use on adults, children, and infants; how to react to a choking adult or child; how and when to use an AED; and what the Chain of Survival is and why it is so critical. **Please pre-register as a minimum of 4 people is required to run the course.**

Tue. Feb. 4, 5-8 p.m., 1 Meeting
Baldwin Community Center
Ben McKenney
\$85

Note: CPR certification cards are good for two years and also meets the requirements for child-care providers.

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 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 a minimum of 3 people is required to run the course.**

Wed. Jan. 29-Mar. 12, 4:30-5:15 p.m.
No class Feb. 19
6 Meetings
SVMS Hallways
Renee Payeur, Facilitator
\$5

YOGA FOR COUCH POTATOES LIVE ONLINE

Take your yoga off the mat and onto the couch! Feeling unmotivated or too embarrassed to exercise in public? Join other beginners for this introductory workshop and learn basic yoga positions and breathing practices to add some exercise and movement into your day. Enjoy these short, easy yoga exercises and discover the simple changes you can make to adapt each pose to fit your body's needs. Practicing yoga has many benefits including increased blood flow and improved strength and flexibility. And the added mental health boost isn't a bad thing either! Join us and start your journey to better health! Wear comfortable clothing and have a couch handy! **Pre-registration is required to receive online link.**

Wed. Jan. 29, 5:30-6:30 pm, 1 Meeting
Online
Jessy Lynn Ostara
\$12

Jessy Lynn Ostara, a 500-hour Certified Yoga Instructor, has years of experience teaching several movement modalities. Her concentration is in meditative belly dance, yin, hatha and chair yoga. She is also a certified meditation teacher through the ShivaShakti School of Yoga and Healing Arts.

BEST WAY TO PLANT FRUIT TREES

Thinking of planting a couple fruit trees or even a small orchard? Todd from Rise and Shine Nursery will give you tips on the best way to start your trees from choosing them to fertilizing, pollinating, and planting. Join him for an informative session and give your trees the best start possible. Bring your green thumb and meet at the greenhouses! **Please pre-register as a minimum of 3 people is required to run the course.**

Wed. Feb. 12, 11 a.m.-Noon, 1 Meeting
Rise and Shine Greenhouses & Nursery
530 S. Hiram Road, South Hiram
Todd Goselin
Free

HOW TO MAKE MAPLE SYRUP WITH A PANCAKE BRUNCH: HIGH ACRES MAPLE SYRUP AT OAK HILL FARM

From tree to final tasting, join hosts Nate Maclure and Samantha Person as they guide you through the steps of making maple syrup using the newest technology along with some older tried and true methods as well. Enjoy tasting the delicious final product with a traditional pancake brunch if you choose! **Please pre-register as a minimum of 4 people is required to run the course.**

Wed. March 19, 10 a.m.-Noon, 1 Meeting
Oak Hill Farm, 14 Husky Haven, South Hiram
Nate Maclure and Samantha Person
Free tours
\$5 Pancake Brunch
(Pay at site if you would like Pancake Brunch)

SNOWSHOEING THROUGH THE MAINE WOODS

We think of winter as a time when nature sleeps, animals hibernate, and birds have already flown south to warmer climates. Forest trees stand dormant, almost semi-comatose, as winter rages on, or do they! Bring your snowshoes and enjoy an approximately two-hour trek through the forest. Come learn how the forest is alive, caring for her wild inhabitants, sheltering and feeding her winter residents. Do all animals hibernate? Which species of birds remain all winter, and what do they do for food? Why is snow cover so vital in maintaining a healthy forest? These and many more questions will be answered during this hike in the woods. Following the hike, we will gather around the firepit, so come bring a chair, warm up by the fire, and enjoy a cup of hot chocolate or tea (provided). **Please note: Deb graciously volunteers her time and property. Donations in support of maintenance and set up are appreciated and can be made at the time of the course. Please pre-register as a minimum of 4 people is required to run the course.**

Sat. Mar. 8, 10 a.m., 1 Meeting
Baldwin, ME
Deborah Lipsky
\$5

In 2005, Deb became a registered Maine Guide, guiding people in Maine's great outdoors. She has spent her entire life as an amateur archeologist, historian, and naturalist. In 2014, she retired from farming in Aroostook County and moved to her 50-acre wooded lot, living off the grid and close to nature.

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, 11:30 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 and in the Shopping Guide. **RSVP is required by the third Friday; call 207-650-6665. Suggested donation: \$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

AGING WELL & HAPPY TAP INTO YOUR CREATIVE SIDE!

Explore the art of weaving, an ancient form of art that promotes wholeness and bridges broken connections. Create a small project for your enjoyment while promoting overall wellness. So let's relax, breathe, and get started! **Please pre-register as a minimum of 4 people is required to run the course.**

Tue. Mar 18-Apr. 1, 10:30-Noon, 3 Meetings
Hiram Cultural Center
Marianne Wyer
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. Sign up for Tuesday and Thursday meetings or choose to come once a week on Tuesday or Thursday. Please note: If you opt to come once a week, you are not locked in to either day. **Please pre-register as a minimum of 8 people is required to run the course.**

Tuesdays and Thursdays, 24 Meetings, \$45
OR
1 Meeting a Week (T or TH), 12 Meetings, \$30
Jan. 7-Mar. 27, 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



SENIOR MONEY MINDERS 101

Join Southern Maine Agency on Aging (SMAA) representatives and find out what this free financial literacy program is all about and the various programs and services that are available in helping seniors deal with financial issues in today's fast-paced economy. Volunteers make an incredible difference in helping people continue to live independently, without the fear of losing control of their finances. Money Minders might be just what you need! **Please pre-register as a minimum of 4 people is required to run the course.**

Mon. Mar. 17, 10-11 a.m., 1 Meeting
Online
Southern Maine Agency on Aging
Free

SENIOR MONEY MINDERS: LET'S TALK ABOUT CREDIT -LIVE ONLINE

Learn how to reduce your debt, improve your credit, and maintain a good credit score. In this one-hour workshop offered through the Southern Maine Agency on Aging (SMAA), you can start a step-by-step plan to pay down your debt. Topics will include: financial wellbeing, understanding your credit score, and credit and debt management. For more information, please contact Susan Bergeron at (207) 396-6515 or sbergeron@smaaa.org. **Workshop sizes are limited. Pre-registration is required at www.smaaa.org/events**

Thu. Feb. 27, 10-11 a.m., 1 Meeting
Online
Southern Maine Agency on Aging
Free

SENIOR MONEY MINDERS: FINANCIAL SKILLS WORKSHOPS-LIVE ONLINE

Southern Maine Agency on Aging's (SMAA) Money Minders program is partnering with New Ventures Maine and other community partners to provide one-hour Financial Skills Workshops for adults 60+ the last Thursday of each month. Workshop discussions include money management attitudes and styles, setting realistic financial goals, creating and following a budget, how to consolidate credit card debt, online banking, and much more! Each workshop is unique and tailored to coincide with financial matters related to older adults throughout the calendar year. The more workshops you attend, the more your financial competence will increase, helping you gain greater confidence in your financial skills. Increase your financial literacy and boost your financial wellness, one month at a time! **Workshop sizes are limited. Pre-registration is required at www.smaaa.org/events**

Last Thursday of each month, 10-11 a.m.
Online
Southern Maine Agency on Aging
Free

PERSONALIZED MEDICARE GUIDANCE

In-person appointments for one-on-one counseling are now available at the Cornish Town Hall with certified counselors who provide free, expert advice on selecting the right plans, understanding benefits, and maximizing your coverage. Clients receive unbiased assistance with enrolling in Medicare, comparing plan options, and resolving issues related to claims and coverage. Please call the Southern Maine Agency on Aging (SMAA) at (207) 396-6524 or visit their website at smaaa.org to make an appointment.

“Youth is the gift of nature, but age is a work of art.”
Stanislaw Jerzy Lec



Check out our website: smaaa.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. 27-Feb. 3, 2 Meetings

OR

Session 2: Mon. Mar. 17-24, 2 Meetings

3-4:30 p.m.

Adult Learning Center

172 Main Street, Suite 3, Cornish

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.**

Mon. Mar. 24, 10:30 a.m.-12:30 p.m., 1 Meeting

Bonney Memorial Library

Megan Brown and Renee Payeur

\$8

IDENTIFYING FRAUDS & SCAMS

Learn about the different types of internet fraud and scams, the dos and don'ts of protecting yourself online and what to do if you have experienced online fraud or abuse. This course is held at the Adult Learning Center in Cornish, however, we will have an online instructor from the National Digital Equity Center delivering the material. **No devices are needed. Please pre-register as space is limited.**

Fri. Mar. 7, 10-11 a.m., 1 Meeting

Adult Learning Center

172 Main Street, Suite 3, Cornish

Nicole Moran

National Digital Equity Center

Free

CREATING A COMMUNITY FACEBOOK GROUP

Do you have a Facebook account and wish to know more about how you can create a "Group" for a community, family, or business use? In this webinar, learn about how to create a Facebook group and adjust the settings so that it meets your needs. This course is held at the Adult Learning Center in Cornish, however, we will have an online instructor from the National Digital Equity Center delivering the material. **Requirements for this class: A computer or tablet connected to the internet and a Facebook account. Please pre-register as space is limited.**

Thu. Feb. 6, 12-1 p.m.

Adult Learning Center

172 Main Street, Suite 3, Cornish

Nicole Moran

National Digital Equity Center

Free

FACEBOOK PAGES FOR BUSINESSES

This two-session class teaches participants how to create their first Facebook Page for a business, nonprofit, or cause. We also go over inviting friends to like your page, producing content, and page management in order to have a successful page on Facebook. This course is held at the Adult Learning Center in Cornish, however, we will have an online instructor from the National Digital Equity Center delivering the material.

Requirements for this class: A computer or tablet connected to the internet and a Facebook account. Please pre-register as space is limited.

Mon. Feb. 3-10, 5-6 p.m., 2 Meetings

Adult Learning Center

172 Main Street, Suite 3, Cornish

Marci Gaglione

National Digital Equity Center

Free

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. **Please pre-register if possible for the purpose of providing materials.**

Tue. Feb. 18, 6-7 p.m., 1 Meeting

Pike Hall (Upstairs area at Cornish Town Hall)

Chris Jones

Free

SNOWMOBILE SAFETY

Participation in a snowmobile education course will teach you 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/educational-programs/safety-courses/snowmobile-safety.html or call (207) 287-5220**

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

BUYING YOUR FIRST HOME**LIVE ONLINE**

The entire process of purchasing a home is covered in this ME hoMEworks course, including making the decision, setting a budget for home-ownership, improving credit, getting a mortgage approval, working with a realtor, inspections, insurance, the closing process, energy efficiency and avoiding predatory lenders. Learn about closing cost and down payment assistance programs available for first-time homebuyers, veterans, and others. Attendees will earn a Certificate of Completion required by USDA, ME State Housing Authority, and other mortgage lenders. Free individualized counseling is offered after the class. Please have pen and paper available. **Registration closes at 10 a.m. on 2/5. Note: You must reply to the email that will be sent to you from YCCAC to complete registration and receive the Zoom link. Register the person with whom you are buying your house at the same time and receive a \$10 refund.**

Sat. Feb. 8, 9 a.m.-5:30 p.m., 1 Meeting

Online

Lelah Sullivan

\$30 per person or \$40 a couple

Lee Sullivan is the Homebuyer Education Coordinator at York County Community Action Corp. In addition to experiencing the home-buying process multiple times, she is Certified by hoMEworks, HUD and the USDA RD Direct mortgage program.

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

GRIEVANCE SUPPORT GROUP

The Grievance Support Group meets at the Riverside Methodist Church the fourth Thursday of each month and is open to anyone who has experienced a loss. Connect with others, learn ways to cope, and receive support with the grieving process. FMI: Call 625-8712 or 625-8269.

4th Thursday every month, 2 p.m.

Riverside United Methodist Church

Free

"There is no timeline for grief, no template for healing, no guideposts to follow. There is only our heart letting us know when we're ready to heal in our own way and time." Melvina Young

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 for both near the end and after the end of life. 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.

Fri. Feb. 7, 2-3 p.m., 1 Meeting

Poitras, Neal, & York Funeral Home

71 Maple Street, Cornish

Chad Poitras

\$3

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. Jan. 23, 6:30-8 p.m., 1 Meeting

Online

Valerie Lovelace

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.

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 six-week writer's workshop where we will explore a variety of writing genres. In this session, we will be taking some time to address the concepts of time and place in our stories, poems, and plays. More specifically, how do they impact the scenes that unfold and the images we create, in both our earliest, developing rough drafts and in our polished, almost-final revisions? Pre-registration is required to receive online link.

Wed. Mar. 5 - Apr. 9, 6:30-8:30 p.m.

6 Meetings

Online

Kristin Leonard

\$55

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. Follow her at kristinleonard.com

COMMUNITY INFORMATION

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/>

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

RECREATION

SACOPEE VALLEY RECREATION COUNCIL

The Sacopee Valley Recreation Council (SVRC) serves the residents of Baldwin, Cornish, Hiram, Parsonsfield and Porter in Maine School Administrative District #55 offering traditional competitive youth sports, imaginative summer camps, a low-cost learn to swim program, and a variety of free offerings for all ages! sacopeerec.org

FOOD PANTRIES

WAYSIDE FOOD PROGRAM

Senior Food Boxes: Anyone 60 years old or older is eligible for a monthly senior food box, available from all food pantries. (207) 775-4939
www.waysidemaine.org

RIVERSIDE UNITED METHEDOIST CHURCH

5 School Street, Porter
1st and 3rd Friday, 9:30-11:30 a.m.
(207) 400-2866 or (207) 625-4886

FIRST CONGREGATIONAL CHURCH OF EAST BALDWIN

26 School Street, Baldwin
Tuesdays, 9-11:30 a.m.
(207) 625-2360

BROWNFIELD FOOD PANTRY

Lions Club Building
701 Pequawket Trail, Brownfield
3rd Thursday, 1-4 p.m.
(207) 935-2620

ST. MATTHEW'S FOOD PANTRY

19 Dora Lane, Limerick
1st Monday, 6-7 p.m.
Tuesdays, 10 a.m.-noon
(207) 793-2244

BRIDGTON FOOD PANTRY

United Methodist Church
214 Main Street, Bridgton
Tuesdays, 11 a.m.-6 p.m.
(207) 647-3704 or (207) 318-4467

WAKEFIELD FOOD PANTRY

1500 Wakefield Road, Wakefield, NH
Wednesday, 10 a.m.-1 p.m.; 5-7 p.m.
(603) 522-3094

Serves Wakefield, Brookfield, Milton, and Effingham, NH; Newfield, ME

LIBRARY EVENTS

**KNITTING WITH THE
"KNOTTY KNITTERS"**
Thursdays, 12:30-2:30 p.m.
Soldiers Memorial Library, Hiram
Free

**SOLDIERS MEMORIAL LIBRARY
COFFEE HOUR & SHARE A
FAVORITE BOOK**
Wednesdays, 1-2 p.m.
Soldiers Memorial Library, Hiram
Free

**BONNEY KNITTING, SEWING,
& FABRIC ARTS**
Mondays, 10:30 a.m.-Noon
Bonney Memorial Library
Free

BONNEY SCRABBLE CLUB
Wednesdays, 10 a.m.-1p.m.
Bonney Memorial Library
Free

**BONNEY READERS
BOOK DISCUSSION GROUP**
Second Thursday each month, 4 p.m.
Bonney Memorial Library
Free

BONNEY KIDS' CRAFT CLUB
Wednesdays, 11 a.m.
Bonney Memorial Library
Free

**BONNEY KIDS
TAKE YOUR CHILD TO THE LIBRARY DAY!**
Saturday, Feb. 1
Time TBA
Bonney Memorial Library
Free

FAMILY ACTIVITES

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 rpayer@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 9- March 27, 5:30-7 p.m.
No Meeting February 20
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
T: 4:30-7 p.m., TH: 2-6 p.m., F: 2-6 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
T: 9:30 a.m.-12:30 p.m., W/TH: 10:30-5 p.m.,
SAT: 9:30 a.m.-12:30 p.m.

BEHAVIORAL HEALTH PROFESSIONAL (BHP) TRAINING & CERTIFICATE PROGRAM 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 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.

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 to receive online link.

Tue. Feb. 11 - Apr. 8, 5-6 p.m., 9 Meetings
Online
Dean Greer
\$65

"Commit yourself to lifelong learning. The most valuable asset you'll ever have is your mind and what you put into it."
Brian Tracy

INTERMEDIATE PROGRAMMING WITH PYTHON

Join experienced Python instructor Dean Greer as he takes you beyond the basics of Python. In this next phase, you'll build upon the fundamentals with topics like data structures, intermediate control structures, how to practice coding effectively, and module importation. Problem solving using previously learned fundamentals will be emphasized in addition to further instruction material. The typical prerequisite for this course is "Programming Basics Using Python," but those with adequate experience should feel free to sign up. Students will need either a PC or Mac desktop or laptop computer (no Chromebooks) and a reliable internet connection. Pre-registration is required to receive online link.

Thu. Feb. 13 - Apr. 10, 5-6 p.m., 9 Meetings
Online
Dean Greer
\$65

REAL ESTATE SALES AGENT COURSE: INTRO 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 | 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 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
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 may 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 or email rpayeur@sad55.org 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!

ADULTING 101: FOR THE LOVE OF MONEY

Adulting is tough! Finances can be one of the trickiest parts of adulthood. Whether you've been adulting for decades or are just getting started, banking basics, spending plans, credit scores, and budgeting tools are available to make things a little bit easier. Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine, as we explore fundamental money skills. **Pre-registration is required to receive online link.**

Wed. Feb. 12, 6:30-7:30 p.m., 1 Meeting
Online
Finance Authority of Maine
Free

ADULTING 102: MONEY GROWS

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing, and, if you are 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. Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine, for this virtual workshop as you take the next steps into adulting. **Pre-registration is required to receive online link.**

Wed. Mar. 19, 6:30-7:30 p.m., 1 Meeting
Online
Finance Authority of Maine
Free

SUCCESSFUL SCHOLARSHIP SEARCHES AND APPLICATIONS

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. In this session you'll learn to build and work on your own scholarship application plan. You'll also learn about and explore different scholarship websites, how to best use a scholarship information tracker, and to avoid some of the challenges of the scholarship process. Students and parents interested in learning about the scholarship process should join Jessica Whittier, College Access Counselor with the Finance Authority of Maine, as we "talk scholarships". **Pre-registration is required to receive online link.**

Wed. Feb 26, 7-8 p.m., 1 Meeting
Online
Finance Authority of Maine
Free

PLANNING AND PAYING FOR COLLEGE

Do you have children who will be looking at college in the next few years or might you be 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 will feel when it is time to apply for financial aid. Join Michelle Radley, College Access Counselor with the Finance Authority of Maine, as we talk all things paying for college. **Pre-registration is required to receive online link.**

Wed. Mar. 5, 6-7 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 (wesh6.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
- Local town hall and historical society sites
- Sacopee Valley Community News, sacopeevalleynews.com
- Senior Central (The Grateful Undead): 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

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
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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.