



**SACOPEE VALLEY**  
ADULT & COMMUNITY EDUCATION

**LIFELONG LEARNING...**



**MAKES THE WORLD A  
MORE BEAUTIFUL PLACE**

**SPRING 2025**

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

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



# SACOPEE VALLEY ADULT & COMMUNITY ED

## GENERAL INFORMATION

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

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

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

### ADULT EDUCATION TEAM

#### ADVISORY COMMITTEE

Carl Landry      Ginny Day  
Renee Payeur    Sylvia Pease  
Dawn Self-Cooper

#### STAFF

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

## CULINARY ARTS

### COOKING WITH RON: DEEP FRIED & DELICIOUS

Join our talented local chef, Ron Armentino, in preparing another complete, delicious meal! He will guide us through the best methods for deep frying, a wonderful cooking art where the outer batter is as yummy as the inside! **Please pre-register as a minimum of 5 people is required to run the course.**

Wed. May 28, 5:30-7:30 p.m., 1 Meeting  
Riverside United Methodist Church, Porter  
Ron Armentino  
\$15 (includes registration, materials, and dinner)

### INTRO TO SOURDOUGH: HOW TO FEED YOUR STARTER & 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. During the first half of the course students will learn how to feed their sourdough starter and make goodies from their excess sourdough. In the second half students will learn how to make and form the levain (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). 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.**

Mon. May 19, 10 a.m.-12 p.m., 1 Meeting  
11 School Street, Porter  
Certified Kitchen  
Martine Grenier-Burtis  
\$15

### FAVORITE SUMMER RECIPE SWAP

Bring your favorite quick and easy summer recipes for desserts, main dishes, appetizers, finger foods, candy, dog treats, or anything else you like to make that makes summer easier. 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 them 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 to make summer easier for all of us. **Please pre-register as space is limited.**

Wed. June 4, 1 p.m., 1 Meeting  
Adult Learning Center  
172 Main Street, Suite 3, Cornish  
Ginny Day  
Free

### "WELCOME SPRING" POTLUCK LUNCH

Please join us for a relaxed lunch to enjoy the spring weather, great company, and awesome food! Please bring a dish of your choice to share. (If you can't, no problem.) Take a few minutes to unwind and notice that spring is finally here. Chat with friends and maybe make new ones. All are welcome!! **Please pre-register if possible for space and planning purposes.**

Wed. April 9, 12-1:30 p.m., 1 Meeting  
Riverside United Methodist Church, Porter  
Free

## ART & MUSIC

### NATURE PHOTOGRAPHY LIVE ONLINE

Review camera settings, composition, and how to acquire great images of nature's best, such as moose, birds, seals, and other subjects! Learn how to set up a blind to get great images. Discuss the best options in lenses for this type of photography and in tripods to get the best stability for your images! **Required: a computer, a stable internet connection, and your fully charged digital camera. Registration closes at noon on May 11. Pre-registration is required to receive online link.**

Tue. May 13-20, 7:30-9 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! **Required: a computer, stable internet connection, and your fully charged smartphone (Android or Apple). Registration closes at noon on May 12. Pre-registration is required to receive online link.**

Wed. May 14-28, 7:30-9 p.m., 3 Meetings  
Online  
Steve McGrath  
\$49

### 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 March through May. **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. March 21, April 11, May 9, and/or June 13, 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

"Art, undeniably, is  
conductive to happiness."  
- Unknown

**“STAINED GLASS” VASE**

Stained glass is so beautiful! This vase represents that beauty using the simplicity of modpodge and colored tissue paper. Welcome spring, decorate your Easter table, or give this beautiful vase as a gift. **Please pre-register as a minimum of 4 people is required to run the course.**

Mon. April 14, 10:30-11:30 a.m., 1 Meeting  
Bonney Memorial Library  
Marie Armentino  
\$5

**MOTHER'S DAY TRINKET BOX**

Make a hand-decorated trinket box for Mother's Day...or for any day! With just a small wooden box decorated with decoupage, paint, and/or stickers, or maybe a special picture printed on paper, you can create the perfect place for special souvenirs. **Please pre-register as a minimum of 4 people is required to run the course.**

Mon. May 5, 10:30-11:30 a.m., 1 Meeting  
Bonney Memorial Library  
Marie Armentino  
\$5

**MOSAIC STONE BUTTERFLY**

Make a beautiful butterfly to hang on your wall! This wooden butterfly is decorated with colorful cut-out mosaic stones. You choose the design and color to celebrate the beauty of these glorious creatures. **Materials fee of \$2 is payable to the instructor at time of class. Please pre-register as a minimum of 4 people is required to run the course.**

Mon. June 2, 10:30-11:30 a.m., 1 Meeting  
Bonney Memorial Library  
Marie Armentino  
\$5

**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. April 26, 2:30-4 p.m., 1 Meeting  
Cornish Town Hall (Lower entrance)  
Ann John  
\$8

**FUN WITH COLORS!**

Coloring is so 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. May 17, 1-2 p.m., 1 Meeting  
Cornish Town Hall (Lower entrance)  
Ann John  
\$3

**POST-IT DRAWINGS**

Yes, you can design your own post-it notes! Who knew? Join Ann who will guide you through the process of creating your own drawings, colors, and designs for sticky notes to make something creative, unique, and functional! **Please pre-register as a minimum of 4 people is required to run the course.**

Sat. June 7, 1-2:30 p.m., 1 Meeting  
Cornish Town Hall (Lower entrance)  
Ann John  
\$8

**DIAMOND DOT PICTURES/CRAFTS FOR MOTHER'S DAY**

Create pictures or small craft items for Mother's 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 images. 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 Mother's Day themed kits will be provided from which to choose. Many adults doing these have found that their children have started doing them also. Surprise someone special 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.**

Mon. May 5, 1-2:30 p.m., 1 Meeting  
Adult Learning Center  
172 Main Street, Suite 3, Cornish  
Ginny Day  
\$5

**FLORAL DOOR HANGING**

Spend some time creating a beautiful welcome door hanging. This project involves basic painting skills while tapping into your floral arranging skills and imagination. This class is designed to give you a couple of hours of talk, laughter, and creativity resulting in a finished work of art that can decorate your home or serve as a great gift. No experience needed. Check out the online site at [sacopee.maineadulted.org](http://sacopee.maineadulted.org) to see a picture of the finished project. **All materials, decorations, and tools are provided. Please pre-register as a minimum of 3 people is required to run the course.**

Sat. April 19, 1-3 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Lori Gehrs  
\$35

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. We realize that this is not always possible but appreciate your assistance in this endeavor. Thank you!

**ENCHANTED FAIRY MASON JAR**

Create a magical, mystical fairy jar that holds a special part of the woodland forest, a fairy, and fairy lights. Turn a mason jar into a fairy lantern complete with wire carrying handle. This is the perfect gift for the young person in your life who loves the mystical magic of the enchanted forest. It is so cute, unique, and very adorable. Check out the online site at [sacopee.maineadulted.org](http://sacopee.maineadulted.org) to see a picture of the finished project. **All materials, decorations, and tools are provided. Please pre-register as a minimum of 3 people is required to run the course.**

Sat. April 26, 1-3 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Lori Gehrs  
\$30

**RESIN ART: SPRING DECORATIONS, JEWELRY & MORE!**

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.**

Mon. April 14, 6-8 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Kerrie Doyle  
\$10

**SEA GLASS CHAIN 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

**UKULELE FOR BEGINNERS LIVE ONLINE**

This is your chance to learn to play this amazingly versatile instrument. You'll need a ukulele, some curiosity, a love of music, and time to practice. 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 6: Wed. April 16 - May 7, 6-7:30 p.m.  
Session 7: Tue. May 13 - June 3, 6-7:30 p.m.  
4 Meetings Each Session  
Online  
Duncan Perry \$79

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

From the comfort of your own home, play the piano like a professional by using chords. Learn to form the three basic types of chords, handle a variety of keys and time signatures, and avoid counting and simplify more than 12,000 complex chords. This class is part lecture/demonstration and part hands-on instruction. Course includes an online book, follow-up video lessons, optional periodic Q&A sessions and a recording of the class—enough materials to continue your practice and study on your own! **Required: a stable internet connection; a computer, tablet or cell phone; and a piano or keyboard available during class. Registration closes April 6. Pre-registration is required to receive online materials and link.**

Mon. Apr. 14, 6:30-9:30 p.m., 1 Meeting  
Online  
Craig Coffman  
\$69

**HOW TO PLAY PIANO BY EAR LIVE ONLINE**

Learn one of music's deepest mysteries: playing songs without relying on written music. A very practical presentation of music theory, expressed in everyday language, will include predicting chord progressions, learning from recordings, and transposing. This is an ideal follow-up to the Instant Piano class and open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, free yourself from sheet music dependence, and be the life of the party! Prior experience with chords is recommended. Course includes the online book, follow-up lessons, a recording of the class, and an optional monthly Q&A session. **Required: a stable internet connection; a computer, tablet or cell phone; and a piano or keyboard available during class. Registration closes May 1. Pre-registration is required to receive online materials and link.**

Sat. May 10, 10 a.m.-12:30 p.m., 1 Meeting  
Online  
Craig Coffman  
\$65

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

Have you ever wanted to learn the guitar but simply found it difficult to find the time? In just a few hours, from the comfort of your home, learn enough to give you years of musical enjoyment! This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Course includes an online book and follow-up video lessons, an optional periodic Q&A session, and a recording of the class—enough material to continue your practice and study on your own. **Required: a stable internet connection; a computer, tablet or cell phone; and a guitar available during class. Registration closes June 8. Pre-registration is required to receive online materials and link.**

Mon. June 16, 6:30-9 p.m., 1 Meeting  
Online  
Craig Coffman  
\$65



**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.**

Earth Day! Tue. April 22, 6-8 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Brigit McCallum  
\$10

**BEST WAY TO PLANT A FRUIT TREE OR 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 we need a minimum of 4 people to run this class.**

Wed. April 30, 11:00 a.m.-Noon, 1 Meeting  
Rise and Shine Greenhouses & Nursery  
530 S. Hiram Road, South Hiram  
Todd Goselin  
Free

**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 [waysidemaine.org](http://waysidemaine.org)

**RIVERSIDE UNITED METHODIST CHURCH**

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

**BALDWIN AREA FOOD PANTRY**

26 School Street, Baldwin  
Tuesdays, 9:30-10:30 a.m.  
(207) 625-7083

**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

**HORSEMANSHIP: LEARN HOW TO BE SAFE WHILE HANDLING HORSES**

Effective horsemanship for both the horse and handler begins with mutual respect and understanding. In this course, you will learn how to be safe while grooming and handling horses. You will work individually with one of Mike's horses, getting right down and dirty! He will help you get comfortable working around these 1000 pound animals, enjoying your time together. **Wear old clothes and hard sole shoes. No sneakers. FMI: (207) 890-2959 Please pre-register as we need a minimum of 2 and a maximum of 5 people to run the course.**

Sat. May 3, 10 a.m.-Noon, 1 Meeting  
OR  
Sat. May 10, 10 a.m.-Noon, 1 Meeting  
Mike Benson  
77 Durgintown Road, Hiram  
\$30

**SPRING RABIES CLINIC**

What a great opportunity to get those rabies vaccinations! Don't miss out on this chance to get your pet vaccinated early this spring.

Sat. April 12, 10 a.m.-1 p.m., 1 Meeting  
Metcalf's Trading Post  
Pet and Garden Center  
218 Maple Street, Cornish  
FMI (207) 625-4994

Free events at:  
**ECHO VALLEY FARM**

1244 Sokokis Trail (Route 5)  
Cornish, ME 04020  
(207) 608-1441

FACEBOOK & INSTAGRAM:  
"Echo Valley Farm Maine"

Shetland Sheep Fleece, Roving, Hand & Mill-spun Yarns, Handmade Gifts and Registered Shetland Sheep

**UPCOMING EVENTS:** Mark your calendars!

**\*FARM STORE OPEN WEEKLY:**  
Beginning April 4: Friday 12 noon-4 p.m.,  
Saturday 10 a.m.-2 p.m., Monday-Thursday  
by appointment.

**\*SPRING TEA:** Saturday, May 24, Noon.  
Limited Seating-Call ahead for availability

**\*LAMB LOVER'S DAY:** Saturday, June 14

**\*GARDEN TOUR:** Saturday, June 28, 2 p.m.

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



**BLAZO-LEAVITT HOMESTEAD (1812 & 1817) TOUR**

William Blazo built the Blazo-Leavitt Homestead in North Parsonsfield. The ell, with one large chimney, was built in 1812. The main section of the house, with four more chimneys, was added in 1817. It is a two-story Portsmouth Federal-style home with elaborate doorways, ornate interior woodwork, a Palladian window over the front door, and a large central hall. It was in the same family until 1974. Then, from 1977 until 2008, the homestead went through four different owners. From 2008 until late 2013, the structure was vacant. The present owner has worked hard to restore the homestead. The Rufus-Porter type murals and graining by artist Sandy Howe are outstanding. The Blazo-Leavitt Homestead was featured in the October 2019 issue of *Early American Life*, a copy of which is at the Brown Memorial Library. The homestead is located on Route 160 South in North Parsonsfield, diagonally across the street from the Parsonsfield Seminary. **Please note: There is no charge for this tour. 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 4, 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. **Please note: 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 18, 1-2 p.m.  
67 E. Saddleback Road, West Baldwin  
Peter Cyr  
\$5

**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/>

**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. April 29-May 27, 10:30 a.m.-Noon  
5 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, 20 Meetings, \$45  
OR  
One Meeting a Week (T or TH), 10 Meetings, \$30  
April 15-June 17, 10-11:30 a.m.  
Pike Hall (Upstairs area at Cornish Town Hall)

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

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



**OLD TIME NEW ENGLAND BARN DANCE**

The Sacopee Valley Rec Council and Senior Central are again sponsoring this FREE and FUN event at Pike Hall in Cornish from 7-9 p.m. What a fun and festive way to get out, meet friends, and get moving! All ages are welcome...You can't be too old or too young! **This event is free, but donations are always welcome.**

Sat. May 17, 7-9 p.m., 1 Meeting  
Sat. June 28, 7-9 p.m., 1 Meeting  
Sat. August 2, 7-9 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Free

**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., June 2, 10-11 a.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
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](http://smaaa.org) to make an appointment.**

**SENIOR MONEY MINDERS: MONTHLY 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, on-line 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!

The focus of the April 24th workshop, Bite into your Benefits: Food, Home and Health Resources, is to ensure seniors are aware of benefits and resources available to reduce stress around finances. This workshop will review a list SMAA services, as well as those available in the community and how to access them. Topics include availability of SMAA nutrition programs, including Meals on Wheels, Simply Delivered, Community Cafes, and As You Like It (AYLI); how to apply for additional nutrition programs such as food stamps, Commodity Supplemental Food Program, Maine Senior FarmShare, and food pantries; and what home and health benefits you may qualify for, including Medicare savings, heating, tax credits, and prescription drug cost discount programs. **Workshop sizes are limited. Pre-registration is required at [www.smaaa.org/events](http://www.smaaa.org/events)**

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

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



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



## HEALTH & FITNESS

### HEARTSAVER® FIRST AID

This course is designed for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory, or other requirements. Learn the basics for the most common first aid emergencies, including recognizing them, calling for help, and performing lifesaving skills, as well as preventing injury and illness. **Please pre-register as we need a minimum of 4 people to run the course.**

Tue. April 29, 5-8 p.m., 1 Meeting  
Baldwin Community Center  
Ben McKenney  
\$60

Note: First Aid certification cards are good for two years and meet the requirements for childcare providers.

### UNDERSTANDING MEDICARE

We know this is no easy task! Join Aaron Manning of HealthMarkets 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.**

Mon. April 28, 5-6 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Aaron Manning  
Free

### AUTISM AWARENESS

Join us to observe Autism Awareness Month and meet the author of three books on autism including the world wide best seller, *Managing Meltdowns*, by Deborah Lipsky, B.S., M.Ed. Diagnosed with autism, she provides insight not just from a clinical standpoint but from personal daily experiences of living with autism in a non-autistic world. Don't miss this great opportunity to ask "anything autism" from a real world expert. Her sense of humor in conveying her personal experiences will leave you laughing and viewing autism from a positive point of view. Dubbed the "autistic comedian", she makes this presentation both inspiring and informative. **Please pre-register as a minimum of 3 people is required to run the course.**

Sat. April 12, 10 a.m.-Noon, 1 Meeting  
Cornish Town Hall (Lower entrance)  
Deborah Lipsky  
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 and to access the zoom link, email [fa.newcastle.maine@gmail.com](mailto:fa.newcastle.maine@gmail.com).**

Tue. May 20, 6:30-8 p.m., 1 Meeting  
OR  
Mon. June 16, 6:30-8 p.m., 1 Meeting  
Online FA Staff Free

## HEALTH & FITNESS

### THE SUGAR BLUES

Are you addicted to sugar? Do you find yourself craving a sweet treat in the late afternoon or after dinner? This workshop focuses on sugar in our modern diet, what forms it takes and where it hides in most of our foods. Is sugar the reason you've gained weight and can't lose it? How much sugar are your kids eating? The discussion examines how sugar affects you, your weight, your energy and your moods. Is it addictive? Are artificial sweeteners a safe alternative? In this seminar, we will learn the basics to "Clean Eating" and transform the foods that you eat into foods that fuel your body! Learn about whole foods vs. processed foods, hidden forms of sugar, ways to supercharge your metabolism, cooking outside the box, the secret to feeling full and reducing food cravings, and so much more. Determine between which sweeteners to avoid and which ones to enjoy. This workshop encourages lively discussion and questions from participants! **Please pre-register as a minimum of 5 people is required to run the course.**

Mon. April 28, 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.

### GET HOME SAFE: ADDRESSING POTENTIAL BIKE PROBLEMS

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 safely from common mishaps on a ride and how to address problems with your bike before they happen. **Please pre-register as space is limited to 10 participants per session. To register email Dave at [dave@thelocalgear.com](mailto:dave@thelocalgear.com) or call 207-625-9400.**

Thu. 6:30-7:30 p.m., 1 Meeting  
Session 1: June 26  
Session 2: July 17  
OR  
Session 3: August 14  
The Local Gear  
74 Maple Street, Cornish  
Free

### OLD TIME NEW ENGLAND BARN DANCE

The Sacopee Valley Rec Council and Senior Central is again sponsoring this FREE and FUN event at Pike Hall in Cornish from 7-9 p.m. What a fun and festive way to get out, meet friends, and get moving! All ages are welcome...You can't be too old or too young! **This event is free, but donations are always welcome.**

Sat. May 17, 7-9 p.m., 1 Meeting  
Sat. June 28, 7-9 p.m., 1 Meeting  
Sat. August 2, 7-9 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Free

## HEALTH & FITNESS

**DANCE WITH AMANDA –LIVE ONLINE**  
Have fun and get fit for FREE! This simple, adaptable dance fitness class is focused on body awareness, acceptance, and appreciation. All are welcome! Join us from the comfort of your home and dance along. **Please wear comfortable clothing and shoes. Pre-registration is required to receive online link.**

Tue. Apr. 1-June 10, 6:30-7:30 p.m.  
10 Meetings  
No class on April 22  
Online  
Amanda Carter  
Free

Amanda Carter's lifelong love of dance led her to become a Zumba instructor in 2022. She has been teaching and developing dance fitness

## LIFE SKILLS & PERSONAL ENRICHMENT

### 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.**

Mon. May 5-12, 3-4:30 p.m., 2 Meetings  
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.**

Tue. May 6, 11:30 a.m.-12:30 p.m., 1 Meeting  
Adult Learning Center  
172 Main Street, Suite 3, Cornish  
Nicole Moran  
National Digital Equity Center  
Free

## PERSONAL ENRICHMENT

Every **BOOMERTECH ADVENTURES** course includes self-paced videos to watch at your own pace and convenience. Additionally, all of the courses offer PDFs containing class information, articles, and videos accessed directly through the links provided. Personalized support is available via email, phone, and Zoom. For best outcomes, it is recommended that you watch the course videos on a computer/iPad and have your iPhone in hand to try out ideas as you move through the videos.

### ESSENTIALS FOR IPHONES-ONLINE

Unlock the full potential of your iPhone with iOS 18! This comprehensive course for Mac/Apple users will provide essential knowledge and skills to master the latest iOS features and enhancements. Learn to streamline your workflow with a redesigned Control Center. Discover powerful shortcuts. Enhance your interactions with a more intelligent Siri. Explore innovative communication tools with Apple Intelligence. Capture stunning photos to unleash your creativity with upgraded photo editing tools and discover hidden camera features. Customize your iPhone and make it uniquely yours with personalized settings, widgets, and accessibility options. Finally, learn to keep your iPhone running smoothly and efficiently with expert tips and troubleshooting techniques. Whether you're a beginner or an experienced user, this course will provide you with the confidence and expertise to navigate the iOS 18 world with ease. Enroll today and become an iOS 18 expert! Appropriate for anyone using iOS 18 (iPhone XR, 11 through 16, and SE (2nd and 3rd generations)). **Required: a strong internet connection and a Mac computer, iPad, or iPhone to access videos and articles. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"  
Must be completed within the semester  
Online  
Ed Brazee, BoomerTech Adventures  
\$45

### CONQUER YOUR PHOTOS APP CHAOS: TAME YOUR MAC IMAGES ONLINE

Many Mac/Apple users have 1000 or more images stored in their Mac desktop/laptop Photos app. Frustration can arise when you try to find a picture or video among the multitude of saved images. Understanding the built-in organization of the Mac Photos app is the first thing you will learn. Next comes organizing your images and videos into albums and folders to develop your own management system. Plus, discover how to tag people in photos and create shared albums that you can invite friends and family to view! **Required: a strong internet connection and a Mac computer, iPad, or iPhone to access videos and articles. Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"  
Must be completed within the semester  
Online  
Ed Brazee, BoomerTech Adventures  
\$45

**CONQUER YOUR MAC PHOTOS APP: EDIT YOUR IMAGES-ONLINE**

Overexposed image? No problem—adjust the exposure in editing mode. Wish your photo could be black and white instead of color? Choose a filter and change the ambiance of your image. Does the main object of your picture seem lost among extraneous details? Use the cropping feature to focus the viewer's eye on the most important part of the image. These examples are just a few of the many ways you can turn an average image into something special. Have fun editing your pictures with the many options in your Mac's Photos app. **Required: a strong internet connection and a Mac computer, iPad, or iPhone to access videos and articles (as courses are Mac-based). Pre-registration is required to receive online link.**

Time Varies: Course is "At Your Own Pace"

Must be completed within the semester (3 months).

Online  
Ed Brazee, BoomerTech Adventures  
\$45

BoomerTECH Adventures courses are developed by three Maine educators, Ed Brazee, Jill Spencer, and Chris Toy with Ed as the primary instructor. He taught at the University of Maine for 25 years and 13 years before that as a middle and high school teacher in NY and CO.

**GRIEVANCE SUPPORT GROUP**

The Grievance Support Group meets at the Riverside Methodist Church the third 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.

**Third Thursday every month, 2 p.m.**  
Riverside United Methodist Church  
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.**

Thu. 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.

**GRAVESTONE CARE**

The Cornish Historical Society invites you to join us at Riverside Cemetery in Cornish to learn more about the mystique of gravestones, how to add to their care, and maybe some exciting history, too. Gary Mason, who has been trained by the MOCA (Maine Old Cemetery Assoc.) instructors, will demonstrate the proper cleaning techniques, the appropriate products to use, and the history of the stone itself. The class will begin at "The Town Lot" (called the Paupers' Lot in the ol' days) where the "Baby Indian" is buried. After that, the mystique will begin. **Please pre-register if possible for planning purposes.**

Sat. May 31, 10-11:30 a.m.

Rain date Sat., June 7  
Riverside Cemetery, Route 25, Cornish  
(Across from Call's Shop N' Save)  
Gary Mason, Cornish Historical Society  
\$5

**MAINE GEOLOGY**

At the first meeting, Fred will introduce you to the historical geology of Southern Maine to include, but not limited to, how this area was formed and the events which made it happen. From plate tectonics to volcanism and glaciation, the geological formation is astounding. Discussion of local wells, radon, earthquakes, and Mount Cutler will also be included. The second meeting, focusing on physical geology, will include a field trip to Hiram Falls. Along the way, you will be introduced to pegmatite granite, basalt dikes, faults, and minerals. Then return to the classroom to discuss what we saw and other local features. Please feel free to bring your locally found rocks and minerals. **Please pre-register as a minimum of 4 people is required to run the course.**

Mon. May 12-19, 5:30-7 p.m., 2 Meetings  
Hiram Cultural Center  
Fred Conner  
\$15

**SOLAR 101 RENEWABLE ENERGY**

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. May 13, 6-7 p.m., 1 Meeting  
Pike Hall (Upstairs area at Cornish Town Hall)  
Chris Jones  
Free

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

**RECYCLING 101-LIVE ONLINE**

Where does it go? Take a virtual tour through ecomaine's Single Sort Recycling Facility to discover how we sort your soup cans and laundry bottles and why wish-cycling costs you money. Bring your questions and examples of any questionable recyclable items. Registration closes on April 9. **Pre-registration is required to receive online link.**

Thu. Apr. 10, 6-7:30pm, 1 Meeting

Online  
Annie Hayes  
\$9

Annie Hayes, BA in Environmental Planning and Policy with a minor in Ecology from USM, joined ecomaine in 2022 as an education and outreach intern, transitioning to the role of Environmental Educator following her graduation in 2024. Her commitment to education and advocacy drives her efforts to make a positive impact in the Maine community.

**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: [www.tickettailor.com/events/afamilyforme/](http://www.tickettailor.com/events/afamilyforme/)**

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

**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 homeownership, 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 on May 14. 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.**

Sun. May 18, 9 a.m.-5:30 p.m., 1 Meeting  
Online  
Lee Sullivan  
\$45

**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.**

Sat. April 26, 10:30-Noon, 1 Meeting  
Bonney Memorial Library  
Megan and Erl Brown  
[BrownMaineRealty.com](http://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. April 12, 10:30 a.m.-Noon,  
Location TBA, 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](http://offroad-ed.com/maine). FMI or for a listing of live courses, go to [maine.gov/ifw/programs-resources/educational-programs/safety-courses/atv-safety](http://maine.gov/ifw/programs-resources/educational-programs/safety-courses/atv-safety).



**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! Please note that this is a continuation of the winter session through the spring session as well. **Pre-registration is required due to space issues and to keep everyone updated on any changes.**

Thu. April 3- May 22, 5:30-7 p.m.  
No Meeting April 24  
Riverside United Methodist Church  
Renee Payeur  
Free

**SPRING FAMILY FUN NIGHT**

Join us for an evening of family fun as we celebrate spring and May Day! Parents and children come together for dinner, a story, and a fun spring activity, as well as other "goodies"! Bring the ENTIRE family! **Pre-registration is required due to space issues and to keep everyone updated on any changes.**

Thu. May 1, 5:30-7 p.m., 1 Meeting  
Riverside United Methodist Church

**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.

**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**

Saturday Mornings  
Bonney Memorial Library  
Free

**BROWN MEMORIAL LIBRARY CRAFTERS**

Saturdays, 9-1 a.m.  
Brown Memorial Library  
Free

**BROWN MEMORIAL LIBRARY RUG HOOKERS**

First and Third Monday, 9 a.m.-12 Noon  
Brown Memorial Library  
Free

**LOCAL LIBRARY INFORMATION**

Brown Memorial Library, Baldwin, (207) 787-3155  
M: 9 a.m.-1 p.m., W: 2-5 p.m., F: 1-5 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  
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.

**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](http://sacopeerec.org)

**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"  
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.

**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"  
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.

CareerStep is an online school offering career-focused education designed to help students quickly enter the workforce. We are committed to providing the best educational interactive learning tools, one-on-one instructor support by phone, email, and/or chat, and comprehensive graduate resources to help students transition from education to employment. For more information, visit [partner.careerstep.com/sacopee](http://partner.careerstep.com/sacopee) or call (207) 625-3092. For information on payment issues, call (877) 225-7151.

**AVAILABLE COURSES INCLUDE:**

COMPUTER TECHNICIAN

DENTAL ASSISTANT

MEDICAL BILLING

MEDICAL ASSISTANT

MEDICAL TRANSCRIPTION EDITOR

PHARMACY TECHNICIAN

MEDICAL ADMINSTRATIVE ASSISSTANT

MEDICAL CODING AND BILLING PROFESSIONAL



## 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](mailto: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!

### FINANCE AUTHORITY OF MAINE (FAME) OFFERINGS

#### SPRING INTO COLLEGE SAVINGS:

#### THE ALFOND GRANT & MAINE'S COLLEGE SAVINGS PROGRAM

FAME presenter K. Parsons will be joined by College Savings Superstar Alford Foundation member, Caroline Palmatier to update Maine residents on some available funding opportunities. Maine families have access to two valuable programs to assist with saving and paying for education after high school: the \$500 Alford Grant and Maine's College Savings program. While these initiatives offer great benefits, understanding each of their features can sometimes be challenging. Whether you're a parent, guardian, or student, this session will provide you with information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future! **Pre-registration is required to receive online link.**

Wed. April 2, 7-8 p.m., 1 Meeting  
Online  
Finance Authority of Maine  
Free

#### STUDENT LOAN REPAYMENT STRATEGIES & PRO TIPS

There are many different facets to the student loan programs that can be powerful in helping you achieve your financial goals but also can be confusing. If you are struggling with your payments, did you know there are several income-based repayment plans as well as deferment or forbearance? Did you know you could get .25% off your interest rate if you sign up for auto-debit on your federal loans? Do you know you can work towards loan forgiveness now if you work for a non-profit, government, or tribal agency? Whether you have recently graduated from college or have been repaying your student loans for a long time, join us to learn how to best manage your student loan repayment. Join Nikki Vachon, College Access Counselor from the Finance Authority of Maine as she shares pro-tips and answers questions. **Pre-registration is required to receive online link.**

Wed. May 7, 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 ([wssh6.com/closings](http://wssh6.com/closings)), 8 ([wmtw.com/weather/closings](http://wmtw.com/weather/closings)), and 13 ([wgme.com/weather/closings](http://wgme.com/weather/closings)). If possible, you may also get an email regarding a specific course.

**REFUNDS**

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

**WHAT'S GOING ON IN SACOPEE VALLEY**

Check out these sites:

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

**DISCLAIMERS**

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

Minimum age for enrichment courses is 18 unless otherwise noted.



There are many ways to register:

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

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

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

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

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

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

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

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

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

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

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





**SACOPEE VALLEY  
ADULT & COMMUNITY EDUCATION**

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Cormish, ME 04020

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Promo Code box.