

# RSU 26 / RSU 34 Adult Education WINTER 2018

## DISTANCE LEARNING COURSES

We are very excited to be able to offer nearly 500 interactive courses that you can take entirely over the internet. A wide variety of professional development and personal enrichment courses are now available for registration. All classes are led by expert instructors, fit into convenient six-week formats and are affordably priced. Some of the more popular courses available are:

- \* Become a Veterinary Assistant
- \* Computer Skills for the Workplace
- \* Discover Sign Language
- \* A to Z Grant Writing
- \* Grammar Refresher
- \* Introduction to Oracle
- \* Introduction to Java Script
- \* PC Troubleshooting
- \* QuickBooks 2017
- \* Writing Your Life Story
- \* Publish and Sell Your E-Books
- \* Learn to Buy & Sell on eBay
- \* Teaching with SMART Boards
- \* Writing for Children
- \* Introduction to Windows 10
- \* Helping Elderly Parents
- \* Test Prep: GRE / LSAT / SAT / Praxis



View a complete catalog of the nearly 500 courses available at:  
[www.ed2go.com/rsu26](http://www.ed2go.com/rsu26) or [www.ed2go.com/rsu34](http://www.ed2go.com/rsu34)

## BOSTON MOTORCOACH BUS TRIPS

### **Boston Flower Show Trip** Saturday, March 17

You'll enjoy the beautiful gardens and exhibits at the 2018 Boston Flower and Garden Show. The show will feature garden writers, landscape professionals, master gardeners, local chefs and many vendors with instructional workshops and demonstrations. **No refunds after March 2.**

**Cost:** \$79.00 (includes admission to the show).

Departure times: Old Time-6:00 am / Orono-6:15 am / Bangor-7:00 am

Departure from Boston: 4:30 pm



### **Quincy Market Bus Trip** Saturday, May 12

Bring your family and friends with you on this one-day trip to Boston's Quincy Market. Once there, you'll have 6 hours to tour the city, visit historical sights, go shopping or dine at restaurants of your choice and at your leisure. There's no need to worry about driving down, paying tolls or finding a parking space in the city! **No refunds after May 4.**

**Cost:** \$79.00

Departure Times: Old Town-6:00 am / Orono-6:15 am / Bangor-7:00 am

Departure from Boston: 5:30 pm

## **ABOUT US**

Director: Matthew Tardie (mtardie@rsu26.org)

### **Orono Office**

Site Coordinator: Judith Santos (jsantos@rsu26.org)  
Address: 14 Goodridge Drive  
Orono, Maine 04473  
207-866-4119  
Phone: http://www.rsu26.org  
Web Site:  
Office Hours: Monday through Wednesday  
11:00 am to 3:00 pm & 6:00 to 8:30 pm

### **Old Town Office**

Site Coordinator: Sue St. Louis (sue.stlouis@rsu34.org)  
Address: 203 Stillwater Avenue  
Old Town, Maine 04468  
207-827-3906  
Phone: http://www.rsu34.org  
Web Site:  
Office Hours: Tuesday through Thursday 3:00 to 8:00 pm

[www.riversideadulthoodpartnership.com](http://www.riversideadulthoodpartnership.com)

## **RSU 26 / RSU 34 ADULT EDUCATION General Program Registration Form 2017-2018**

Semester: Winter Date: \_\_\_\_\_

Name \_\_\_\_\_

Address Last First Middle

Number Street City/Town

Email Address \_\_\_\_\_

Birth Date \_\_\_\_\_ Telephone \_\_\_\_\_

Home /Work

- \* Course Title: \_\_\_\_\_

- Method of Payment Enclosed with Registration Form:
- Check  Money Order

**NO REFUND UNLESS COURSE IS CANCELLED BY SCHOOL**

## HIGH SCHOOL COMPLETION COURSES

Our program provides adult learners with the opportunity to earn an adult education high school diploma or a high school equivalency (HiSET) diploma. Class sizes are small and an experienced team of instructors provides courses designed to meet the different needs and learning styles of our students. Online courses and individual-paced courses are also available for students to take. Most of our high school completion courses start in late-January, but we do accept students into our program throughout the academic year on a rolling admission basis.

### **Winter Academic Courses**

Algebra	Monday 6-8:30 pm	Old Town
Math Lab	Monday/Wednesday 3-5 pm	Old Town
American History II	Monday 6-8:30 pm	Orono
HiSET Testing	Tuesday/Thursday 6-8 pm	Old Town
Individualized Math	Tuesday 6-8:30 pm	Orono
Society Through Film	Tuesday 6-8:30 pm	Hampden
Writing for College	Wednesday 6-8:30 pm	Old Town
HiSET Testing	Thursday 6-8 pm	Hampden
High School Biology	Thursday 6-8:30 pm	Old Town

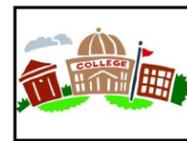


**All high school diploma and HiSET Prep classes are free to those who qualify.**

## COLLEGE TRANSITIONS

Our College Transitions program is designed to help students successfully prepare for college. We help adult learners who are earning their high school diploma or HiSET certificate successfully transition to college. We also help adults who already have a diploma prepare for their college experience.

Contact us if you would like to discuss with us some of the following College Transitions services that we offer:



### **College Exploration and Planning Advising Services**

- Courses: Algebra / Biology / Writing for College**
- College Readiness Courses**
- Accuplacer Prep and Testing**
- College Application Assistance**
- Online Career Exploration Courses**

Check out our new College Transitions Web Site at:  
[www.riversideadulthoodpartnership.com](http://www.riversideadulthoodpartnership.com)

RSU 26 Adult & Community Education  
14 Goodridge Drive  
Orono, Maine 04473

ECRWSS  
POSTAL CUSTOMER  
ORONO, ME 04473

Non-Profit Organization  
US Postage Paid  
Orono, ME 04473  
PERMIT NO. 1003

## **DANCE & MUSIC COURSES**

**Tap Dancing for Beginners:** Tap dancing is a great way to build strength and flexibility. In this fun, 6-week class, you'll start by finding the beat of a song and moving your feet rhythmically. You'll then move on to learning basic tap moves and combinations. Tap shoes are encouraged, but not necessary to begin. You'll get a great cardio workout while learning how to dance from an experienced instructor.  
**Instructor:** Raechelle Edmiston-Cyr **Day:** Mondays **Time:** 6:00-7:00 pm  
**Cost:** \$35.00 **Starting Date:** February 5 **Location:** Orono

**Intermediate Tap Dance Fun:** Break out your old tap shoes and get some exercise with us in this ongoing class. This class is designed for those who know the basics of tap and would like to practice and build their skills. We will start by practicing skills to some of your favorite songs and then we'll work to learn more complex dance numbers set to classics and contemporary songs. Have fun and exercise while building and maintaining your tap skills.  
**Instructor:** Raechelle Edmiston-Cyr **Day:** Mondays **Time:** 7:15-8:15 pm  
**Cost:** \$4.00 drop in rate **Starting Date:** January 29 **Location:** Orono

**Ukulele 101:** This 5-week introductory level course assumes that students have no prior musical or ukulele related knowledge or experience. In this course, you'll learn ukulele anatomy, tuning, elementary music theory, basic chords and strumming patterns. You'll learn what you need to begin playing the ukulele! Contact our office for information about purchasing a ukulele, if you need one. You should bring with you to class a pen, a notebook and a folder to store music sheets.  
**Instructor:** Alexander Karris **Day:** Mondays **Time:** 6:00-7:00 pm  
**Cost:** \$30.00 **Starting Date:** January 22 **Location:** Orono

## **PERSONAL ENRICHMENT COURSES**

**Introduction to Digital Photography :** Get the most out of your digital camera and learn from an experienced professional photographer how to take great photographs during this 6-week class. Some of the topics covered in this class will be: Basic Photographic Concepts, Digital Photography's Strengths and Weaknesses, Workflow from Camera to Print, Basic Adobe Photoshop Techniques and Long-Term Digital Image Storage. This course is designed for the beginning digital photographer.  
**Instructor:** Michael Hallahan **Day:** Tuesdays **Time:** 6:00-7:30 pm  
**Starting Date:** February 6 **Cost:** \$65.00 **Location:** TBA

**Cooking Thai 1:** Roll up your sleeves and join us in this fun, one-night cooking class where you will create and taste, from start to finish traditional Pad Thai and spring rolls. This will be a great introduction to Thai cooking for those who have never tried to make it at home. Space is limited, so register early.  
**Instructor:** Amy Baron **Day/Time:** Monday, February 12 from 6:00-8:30 pm  
**Cost:** \$15.00 (includes materials fee) **Location:** Orono

**Cooking Thai 2:** Roll up your sleeves and join us in this fun, one-night cooking class where you will create and taste, from start to finish traditional Pad Thai and spring rolls. This will be a great introduction to Thai cooking for those who have never tried to make it at home. Space is limited, so register early.  
**Instructor:** Amy Baron **Day/Time:** Monday, March 19 from 6:00-8:30 pm  
**Cost:** \$15.00 (includes materials fee) **Location:** Orono

**Healthy Chinese Cooking:** In this hands-on, one-night class, you will learn about healthy and authentic Chinese cooking. You'll help prepare different meat and vegetable dishes and learn how to use different fresh, healthy and simple ingredients from our instructor, who grew up in Sichuan, China. **Location:** Orono  
**Instructor:** Yi Peng **Day/Time:** Tuesday, February 6 from 6:00-8:00 pm  
**Cost:** \$10.00 course fee and \$10.00 materials fee paid directly to the instructor.

**Introduction to Sichuan Cuisine:** In this one-night class, you will learn how to prepare delicious Sichuan dishes in your own kitchen. Sichuan cuisine is famous for its complex and spicy flavors. You'll learn some secret ingredients used in Sichuan cooking and how to adjust the spice levels to your liking. In this hands-on class, we will create two delicious dishes to share. **Location:** Orono  
**Instructor:** Yi Peng **Day/Time:** Tuesday, March 6 from 6:00-8:00 pm  
**Cost:** \$10.00 course fee and \$10.00 materials fee paid directly to the instructor.

**Preserving Cranberries:** In this one-night class, you will learn the basic steps for safely canning and freezing cranberries. All participants will receive a food preservation packet and will learn recommended methods for preserving foods. Everyone will go home with a jar of what we make that evening.  
**Instructor:** Laurie Bowen **Day/Time:** Tuesday, February 27 from 6:00-8:00 pm  
**Cost:** \$25.00 (includes materials and supplies) **Location:** Orono

**Introduction to Chinese Language:** This 6-week course offers students an introduction to modern standard Mandarin language for students who have little or no Chinese language background. The focus will be on basic pronunciations, vocabulary and sentence structure. We'll also practice listening and speaking in daily conversation. In addition to language skills, Chinese history, culture and writing will be introduced to help students better understand and apply what they are learning.  
**Instructor:** Yi Peng **Day:** Mondays **Time:** 6:00-8:00 pm  
**Cost:** \$38.00 **Starting Date:** January 29 **Location:** Orono

**Maine Driving Dynamics:** This course is a 5 1/2 hour defensive driving and driver improvement program developed by the Bureau of Highway Safety. Those completing the course will receive a three-point credit on their driving record and students may be able to receive an insurance discount from their insurer.  
**Instructor:** State of Maine **Cost:** \$40.00; 65 and older \$25.00 **Location:** Orono  
**Dates/Times:** Monday, April 10 and Wednesday, April 12 from 6:30-9:00 pm

**Introduction to Organic Gardening:** In this popular one-night class, you'll learn how to grow your own organic garden. We'll talk about the basics of soil science, composting, crop rotation, green manures, weed control and natural insect control. You'll leave with lots of information that you can use in your own garden.  
**Instructor:** John Jemison **Day/Time:** Wednesday, April 4 from 6:00-9:00 pm  
**Cost:** \$10.00 **Location:** Orono

**Creative Writing Workshop:** Do you love to write and long to improve writing? Whether you write poetry, fiction, prose, essays or letters, we will work together in this 6-week workshop to explore what works and what doesn't work in a friendly, nonjudgmental setting. Our instructor, a respected published author, will help you strengthen your skills and let your imagination soar.  
**Instructor:** Malcolm Herring **Day:** Mondays **Time:** 6:00-7:30 pm  
**Cost:** \$35.00 **Starting Date:** February 5 **Location:** Orono

**Interpreting Your Dreams:** We spend a third of our life dreaming, but few people understand them or the subconscious mind that solves problems, predicts events and revisits the past. In this new 6-week workshop, you will learn how to recall, understand, interpret and improve your dreams using a dream journal and other methods.  
**Instructor:** Malcolm Herring **Day:** Wednesdays **Time:** 6:00-7:30 pm  
**Cost:** \$35.00 **Starting Date:** February 7 **Location:** Orono

**Raising Backyard Pigs:** If you have ever wanted to raise your own homestead hams and bacon, then this one-night informational program will be an excellent primer to get you started on the right track. Topics covered include: keeping pigs from escaping, keeping neighbors happy, land needs, food, water, shelter, butcher considerations, costs, benefits and fencing. No farming experience is necessary to benefit from this program.  
**Instructor:** Randy Canaar **Day/Time:** Thursday, March 22 from 6:00-9:00 pm  
**Cost:** \$15.00 **Location:** Hampden Academy

**Natural & Poison-Free Backyard Orchards:** In this one-night workshop, you will learn how to grow healthy and nutritious fruit in your backyard without using chemicals, intensive management or causing damage to the environment. Whether you have 1/10th of an acre or 100 acres, you'll learn that growing healthy fruit doesn't have to be expensive or unsafe. The course fee includes an informational and instructional booklet.  
**Instructor:** Brian Mello **Day/Time:** Tuesday, February 13 from 6:00-8:00 pm  
**Cost:** \$35.00 **Location:** Hampden Academy

## **PERSONAL WELLNESS COURSES**

**CPR/AED:** The AHA's Heartsaver CPR-AED Course is a classroom, instructor-led one night class designed to prepare students to provide CPR and use an automated external defibrillator (AED) use in a safe, timely and effective manner. Students will receive a Heartsaver CPR-AED course completion card, which is valid for two years.  
**Instructor:** Chad Kirkpatrick **Day/Time:** Thursday, February 15 from 6-9 pm  
**Cost:** \$45.00 (includes \$20 certification card) **Location:** Orono

**Basic First Aid:** The AHA's Heartsaver First Aid Course is a classroom, instructor-led one night class designed to prepare students to provide first aid in a safe, timely and effective manner. Students will receive a Heartsaver First Aid course completion card, valid for two years, upon successful completion of this course.  
**Instructor:** Chad Kirkpatrick **Day/Time:** Tuesday, March 6 from 6:00-9:00 pm  
**Cost:** \$45.00 (includes \$20 certification card) **Location:** Orono

**Heart Rhythm Meditation:** Heart Rhythm meditation is a form of meditation that can provide you with immediate health benefits, combining ancient and western mystics with modern science. In this 6 week course, you will experience a weekly guided heart-centered meditation, learning to entrain your breath and heartbeat. Each class, you will be given daily practices that will help you improve decision-making, increase your energy level, function better under stress and develop your concentration abilities.  
**Instructor:** Stephen Hodgdon **Day:** Wednesdays **Time:** 5:30-7:00 pm  
**Cost:** \$30.00 **Starting Date:** January 31 **Location:** Orono

**The Subtle Body-An Overview:** This one-night informational program is designed to introduce students to the various interconnected levels of energy fields that surround and permeate the physical world. You'll better understand the correlations between chakras, meridians, astral, etheric, shiatsu and reiki. Come with an open mind and questions.  
**Instructor:** Ralph Parks **Day/Time:** Tuesday, February 13 from 6:00-8:00 pm  
**Cost:** \$15.00 **Location:** Veazie

## **HEALTH & FITNESS PROGRAMS**

**Flow Yoga:** Join us for Flow Yoga, a 6-week class designed to help you reconnect with your body. We will focus on the fundamentals of yoga and integrating the postures with breath to help you release stress and listen to your body. Each night, we will begin with gentler movements and move progressively to more challenging flowing sequences. All are welcome, whether you are a beginner or have practiced yoga before. Bring a mat.  
**Instructor:** Christine Conte **Day:** Tuesdays **Time:** 6:00-7:00 pm  
**Cost:** \$30.00 **Starting Date:** February 6 **Location:** Orono

**Indoor Archery:** Interested in picking up the sport of archery, but don't want to invest a lot of money before you find out more about it. This one-night course will provide you with an introduction to the basic skills, equipment and safety of archery so that you can decide if you want to continue with this popular sport. This clinic will take place in an indoor range and is open to students 15 years and older.  
**Instructor:** Dan Sanborn **Day/Time:** Tuesday, February 13 from 5:30-7:00 pm  
**Cost:** \$25.00 **Location:** Old Town

**Tai Chi for Arthritis and Better Balance:** The ancient art of Tai Chi can improve balance and confidence in walking, can help students relax and reduce levels of stress and tension and can provide you with a good workout. You'll learn from and work with a certified Tai Chi instructor in this 6-week, low impact fitness class.  
**Instructor:** George Manlove **\$5.00 Drop In Rates!** **Location:** Orono  
**Day/Time:** Tuesdays/Thursdays from 10-11 am, starting January 16.

**Dance Fitness with McSmitty:** Featuring today's top music hits, this energetic, exciting and fun dance fitness class is designed to make you sweat! Get ready to hoof and holler, shimmy and shake it! It's time to boogie with McSmitty! **Location:** Old Town  
**Instructor:** Amy McFalls-Smith **Day/Time:** Mondays & Wednesdays from 6-7 pm  
**Starting Date:** January 15 **Cost:** \$5.00 drop in fee / \$3.00 RSU 34 & 26 Staff!

**Introduction to Fly Fishing:** This one-day workshop is designed to get you solidly grounded in the fundamentals needed to enjoy fly fishing. Topics covered include: tackle selection and assembly, knots, fly casting, fish foods, artificial flies, fishing strategies and wading safety. Our instructor is a registered Maine guide and published author on fishing.  
**Instructor:** Kevin Tracewski **Day/Time:** Saturday, March 3 from 9:00am to 4:00pm  
**Cost:** \$65.00 **Location:** UMaine

**Spring Bike Safety Check:** Before you know it, spring will be here and it will be time to take your bike out of storage. Before you hop on, make sure that it's safe to ride. This one-night, hands-on workshop will show you how to spot unsafe conditions so you can feel confident and safe for your first ride of the season.  
**Instructor:** Jim Rose **Day/Time:** Wednesday, April 4 from 6:30-8:00 pm  
**Cost:** \$15.00 **Location:** Orono

**Basic Fly Casting:** The goal of this one-day class is to provide students with the casting skills necessary to fish effectively on your own. This is a hands-on course, so your time will be spent with a fly rod in your hand, working on your own casting. You can bring your own fly rod and reel, or borrow one from the instructor. Instruction will be done in small groups and on an individual basis.  
**Instructor:** Kevin Tracewski **Day/Time:** Saturday, April 21 from 9:00am to 3:00pm  
**Cost:** \$65.00 **Location:** UMaine

## **CRAFTING & ART CLASSES**

**Intermediate Watercolor Painting:** In this 6-week class, we will move beyond the basics of watercolor painting and color theory and delve into more difficult elements. We'll cover each element step by step and then bring it all together into one large landscape painting. In this class, we will cover leaves and foliage, skies, water, reflections, rocks, weather and atmosphere. This is a great class for those who have painted in Watercolors before, and want to take their skill to the next level. Call our office for a "shopping list" of materials that you will need for this class.  
**Instructor:** Obrianna Cornelius **Day:** Wednesdays **Time:** 6:00-8:00 pm  
**Cost:** \$40.00 **Starting Date:** March 28 **Location:** Orono

**Beginning to Advanced Sewing:** Did you get a new sewing machine for Christmas or just need a refresher course? We will start off with basic instructions and move on to reading and making patterns. For all class sessions you will need to bring with you basic sewing tools: scissors, pins, measuring tape, seam ripper and caulk. Bring your machine and join the fun in this 6-week class.  
**Instructor:** Sharon Slamons **Day:** Wednesdays **Time:** 6:00-8:30 pm  
**Cost:** \$50.00 **Starting Date:** January 31 **Location:** Orono

**Stained Glass:** In this 3-session, 9-hour course, you will learn the basics of the copper foil, tiffany style method of stained glass work to make and take home with you a beautiful sun catcher. Topics will include: cutting glass, grinding glass to shape foiling with copper foil, soldering with a tin/lead solder, applying patina, chemical treatments, polishing and stained glass safety. All materials will be provided to students for this course.  
**Instructor:** Ralph Parks **Day:** Saturdays **Time:** 12:00-3:00 pm  
**Cost:** \$145.00 **Starting Date:** February 3 **Location:** Veazie

**Quilting:** This popular ten-week class is open to both beginning and experienced quilters. This fall we will be working on different projects which will appeal to quilters of all ability levels. Our instructor will be taking students on a 'shopping trip' the Saturday before class starts to help people purchase supplies for the class, so please register early.  
**Instructor:** Sue Randall **Day:** Thursdays **Time:** 6:00-9:00 pm  
**Starting Date:** January 17 **Cost:** \$40.00 **Location:** Old Town

**Evening Blossoms Paint Night:** This one-night 'paint and sip' style class is intended for people who want a fun and creative evening out. You'll create a beautiful acrylic painting of blooms in a twilight setting that you can display in your home or gift to others. Feel free to improvise and choose your own colors while the instructor explains the method. Bring a coffee or tea. A snack will be provided. A materials fee of \$15.00 will be payable to the instructor the night of class.  
**Instructor:** Obrianna Cornelius **Day/Time:** Wednesday, March 21 from 6:00-8:00 pm  
**Cost:** \$15.00 **Location:** Orono

**Introduction to Cartooning:** In this new 6-week class, you will learn about drawing, inking, communicating, composition and character design that will challenge you as an illustrator and cartoonist. We'll show you how to find your own personal style, create believable worlds and characters and much more. Come in with your own ideas and see them come to life. You'll walk away from this class more confident and skilled in creating living characters on a page. A materials fee of \$20 for art supplies will be payable directly to the instructor the first night of class.  
**Instructor:** Obrianna Cornelius **Day:** Wednesdays **Time:** 6:00-8:00 pm  
**Cost:** \$40.00 **Starting Date:** January 24 **Location:** Orono

## **PROFESSIONAL DEVELOPMENT COURSES**

**CNA Training:** This 180-hour state-approved course, will prepare students to become Certified Nurse's Aides. CNA's perform a variety of health care duties under the direction of a nurse. Classroom, lab and clinical work will be done at the Orono Commons Nursing Home and the Maine Veteran's Home in Bangor. The deadline to receive applications is March 12 The class will run for 14-15 weeks. The course is open to students 17 years and older. Payment plans are available.  
**Instructor:** Nyree O'Donald **Starting Date:** March 19 **Cost:** \$750.00  
**Days:** Saturdays (8am-2pm and Mondays & Tuesdays (6-9pm)

**Red Cross Baby Sitting Course:** Participation in this one-day workshop will help you learn how to be a safe, professional and reliable sitter. You'll also learn how to develop a babysitting business, keep yourself and others safe and learn about basic child care and basic first aid. This training is designed for youths ages 11-15. Students who successfully complete the course will earn a Red Cross Certificate.  
**Instructor:** Carrie Bonnefond **Day/Time:** Saturday, March 10 from 9am-4pm  
**Cost:** \$95.00 **Location:** Old Town High School

**Online Health Care Courses:** In 10-20 weeks, you can become nationally certified in these portable, high demand healthcare jobs through our partnership with the Academy of Medical Professionals (AMP). Students who complete their program also receive assistance with job searching and resume writing. Courses being offered include: **Dental Assisting, Medical Transcription, Medical Coding and Billing, Medical Office Specialist, Pharmacy Technician and Hospital Coding/Billing.** For more information about these courses, including payment plan options and specific certifications awarded per course, contact us at 866-4119 or 827-3906

**Substitute Teacher Training:** This one-night workshop will provide people who are interested in becoming a substitute teacher, the basic information that they need to know. We'll cover topics such as eligibility to substitute teach in Maine, classroom management, learning strategies, practical 'survival' tips, State law in regards to confidentiality and student rights, and the substitute teacher application process required by RSU 22 (Hampden), RSU 26 (Orono) and RSU 34 (Old Town).  
**Instructor:** Matthew Tardie **Day/Time:** Tuesday, February 13 from 6-8 :30 pm  
**Cost:** \$5.00 **Location:** Old Town

**Introduction to Voice Over Acting:** This popular one-night workshop is designed to introduce adults to the voice over field in a manner that is easy to understand, upbeat and fun. Voice overs are everywhere, from commercials, audio books, cartoons, gaming and documentaries. You'll learn about the business and have an opportunity to record a script under the direction of a producer in a professional studio.  
**Instructor:** Nate Altimari **Day/Time:** Monday, February 12 from 6:30-9:00 pm  
**Cost:** \$25.00 **Location:** Winterport

**ACE Personal Trainer Course:** Participation in this 9-week course will give you the knowledge and skills needed to pass the ACE Personal Trainer Exam. The class will cover anatomy, physiology, training techniques, injury prevention, special populations and strategies for effective personal training. Each class, you will be hands-on demonstrations of case studies that introduce a variety of training equipment to you.  
**Instructor:** TBA **Days/Time:** Mondays /Wednesdays from 3:30-5:30 pm  
**Starting Date:** February 5  
**Cost:** \$75.00 (course only) or \$180.00 (course and books) **Location:** UMaine

**The College Experience-Year One:** This free 24-hour course is designed to assist who are interested in successfully transitioning to post secondary education. The course consists of 6 "in-class" sessions and 3 self-paced online assignments. Students who complete this course will earn one college credit from Eastern Maine Community College. Topics include: Accuplacer Prep & Testing, Writing for College, Financial Aid, College Application Process, Choosing a Major and Career Pathway, Financial Literacy, Research Skills and Campus Life. **The course will meet on the EMCC Campus.**  
**Instructor:** Matt Tardie **Day:** Mondays **Time:** 6:00-8:30 pm  
**Cost:** FREE (includes textbook and materials) **Starting Date:** March 5

**Self-Employment Seminar:** This free one-night workshop will help you decide if self-employment is the right choice for you. We'll talk about the pros and cons of owning and operating your own business, the steps needed for start-up, the major elements of a business and the many resources that are available to help you succeed.  
**Instructor:** Sarah Joy Chaples **Day/Time:** Tuesday, February 6 from 5:30-7:30 pm  
**Cost:** FREE **Location:** Orono

**Social Media for Small Businesses:** As a small business owner, social media can help you build relationships, watch market trends, promote content and engage customers in new and exciting ways. The question is no longer if you need social media, but how to use it so that it can measurably contribute to your business goals. In this one-night workshop, we will talk about evaluating the best media options for your business, discuss time and content management techniques, and survey successful accounts to see how they energize their brand.  
**Instructor:** Emily Baer **Day/Time:** Wednesday, February 7 from 6:00-8:00 pm  
**Cost:** \$10.00 **Location:** Orono

**What's Your Story-Developing a Small Business Brand:** A business brand basically is the story you tell about yourself as a company and every little thing counts. In this one-night workshop, we will talk about how your brand lives in the images you share on social media, the messages you post to your website, the ways you market your products, and the interactions you have with customers. You will learn about how to create consistent messaging for your business and develop the tools you need to tell your best story.  
**Instructor:** Emily Baer **Day/Time:** Wednesday, February 28 from 6:00-8:00 pm  
**Cost:** \$10.00 **Location:** Orono

## **FREE FINANCIAL LITERACY WORKSHOPS**

**Financial Planning-Rules of the Road:** This free one-night workshop will introduce you to basic saving and investment principles that will help you develop and reach long-term financial goals. Some topics include investing concepts, insurance, stock market basics, living on fixed income, bonds and saving for college. The road to financial independence begins with a few simple rules.

**Instructor:** Philip Barb **Day/Time:** Monday, February 26 from 6:00-8:00 pm  
**Cost:** FREE **Location:** Orono

**Protecting Yourself From Identity Theft:** In this free, one-night workshop, we will discuss how you can reduce the risk identity theft as well as how to deal with identity theft once it happens. We'll show you how to reduce your identity theft risk through awareness, education and the application of best identity protection practices in daily life.  
**Instructor:** Herbert Moyer **Day/Time:** Monday, March 19 from 6:00-8:00 pm  
**Cost:** FREE **Location:** Old Town High School

**To register for courses online, go to:**

**www.riversideadulthoodpartnership.com**



**Like us on Facebook: Riverside Adult Education**