



Spend an evening with us...

We're RSU 22 Adult Education

Hampden | Newburgh | Winterport | Frankfort

Winter 2019 Session

Course Offerings



About Us

Director: Matthew Tardie mtardie@rsu22.us
www.riversideadulthoodpartnership.com

Please use the Maine Adult Education Portal for credit card registrations.
<http://orono-hampden.maineadulthood.org/>

HAMPDEN OFFICE

RSU 22 Adult Education 207-862-6422
 Hampden Academy, 89 Western Avenue
 Hampden, ME 04444



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

The College Experience: Year One



Location: Eastern Maine Community College
Day/Time: Mondays, 6:00 to 8:30 PM
Starting Date: March 11, 2019 6 weeks

Students who successfully complete this course will earn one college credit from Eastern Maine Community College. The purpose of this course is to empower students to achieve more success in college and life by focusing on principles such as personal responsibility, self-motivation, self-management, interdependence, self-awareness and emotional intelligence.

This 24-hour course will consist of 6 "live" in-class sessions and 3 self-paced online assignments. Other topics include:

- Accuplacer Prep / Testing
- Writing for College
- Personal Financial Literacy
- Test-Taking Strategies
- The College Application Process
- Choosing a Major and Career Pathway
- Developing Research Skills
- Applying for and using Financial Aid
- Improving Study Skills
- Living on or off Campus
- Developing an Educational Plan

Course Fee: Free (includes textbooks and course materials)

To register, contact the instructor: mtardie@rsu26.org or call Hampden Adult Education at 862-6422.



Academic Courses/Programs

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. On-line courses and individual-paced courses are also available for students to take. We do accept students into our program throughout the academic year on a rolling admission basis.

Winter Academic Courses



Most academic classes will start the week of January 21.

Biology	Thursdays, 6-8:30 PM	Old Town
Start Date: Thursday, January 24		
American Society Through Film	Wednesdays, 6-8:30 PM	Hampden
Start Date: Wednesday, February 13		
HiSET Prep/Testing	Tuesday/Thursday, 6-8 PM	Old Town
Math Lab	Tuesday/Thursday, 3-5 PM	Old Town
Individualized Math	Wednesday, 6-8:30 PM	Orono
Developmental English	Monday, 6-8:30 PM	Old Town
Real World Math	Tuesday, 6-8:30 PM	Old Town
HiSET Pre/Testing *	Thursday, 6-8:30 PM	Hampden

* Facilitator: Brad Veitch Location: Hampden Academy
 Students can work on HiSET Prep & Testing, Accuplacer Testing, Online Courses, and Academic Tutoring.

Orono / Old Town-Based Classes to Check Out

Call 866-4119 or visit us at: www.riversideadulthoodpartnership.com

- Tap Dancing
- Simple Home Repairs
- Intro to Mandarin Chinese
- Soap Making
- Tai Chi for Arthritis
- Snowmobile Safety
- Spring Bike Safety Check
- Intro to Quilting

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ECRWSS

POSTAL CUSTOMER

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, and are affordably priced.

To view a complete catalog of nearly 500 courses available, visit us at: www.ed2go.com/rsu22

New Self-Paced Ed2Go Online Courses **NEW**

Keys to Effective Communication	Real Estate Investing
Creating WordPress Websites	Secrets of Better Photography
Introduction to QuickBooks 2017	Computer Skills for the Workplace
Accounting Fundamentals	Speed Spanish
Introduction to Windows 10	Handling Medical Emergencies
Using Social Media in Business	Grammar Refresher
Beginning Conversational French	Teaching Students with ADHD
Math Refresher	Praxis Core Preparation
Teaching Students with Autism	Introduction to Statistics
Become a Veterinary Assistant	Write Fiction Like a Pro

These new courses let students work through the course material on their own time, at their own pace.

Technology **NEW**

GMail and Google Apps



Do you still have AOL, Yahoo, Hotmail, etc.? It is time to move up to FREE GMail and its FREE suite of applications. This 2-session course is designed for beginner and intermediate users. The instructor will give individualized instruction to help you sign up for GMail (if necessary) and learn how to use other applications that are part of the Google Suite (email, documents, slideshows, spreadsheets, etc.). Bring your laptops or use a school computer (or your personal smartphone) to become more productive using Google. Location: Hampden Academy 2 nights
Wednesday & Thursday, March 20 & 21 6:00-8:00 PM
Instructor: Shawn Kimball Cost: \$20.00

Mobile Device Learning Session



Did you recently get a new smartphone or other mobile device? This one-night course is designed for beginners who want to learn how to do more with your Android and/or Apple devices. Instruction will be individualized to meet each student's ability level and specific needs. Participants must bring their own phone or tablet. 1 night
Location: Hampden Academy Wednesday, March 27 6:00-8:00 PM
Instructor: Shawn Kimball Cost: \$10.00

WINTER ONE DAY MOTOR COACH BUS TRIPS


New England Aquarium & Faneuil Hall

Date: Thursday, February 21   **NEW**
Departure Time: 6:20 AM
Payment required by January 14
Cost Per Person: \$143.00 (includes admission to New England Aquarium)
Travel to historic Boston for a fun filled day of activities. Upon arrival at Faneuil Hall Marketplace, located in downtown Boston, steps away from the waterfront, Faneuil Hall Marketplace is alive today as it was in 1742. You will have free time for lunch, before enjoying a unique look at aquatic life at the New England Aquarium. View incredible mammals, take in a show or get hands-on experience at the touch tank.

Boston Flower & Garden Show

Date: Saturday, March 16  
Departure Time: 6:20 AM
Payment required by February 15
Cost Per Person: \$136.00 (includes admission to flower and garden show)
Travel to the Seaport World Trade Center in Boston for a fun day at the Boston Flower & Garden Show. Enjoy free time at the show along with the perfume of the season's first blossoms mixed with fresh, warm earth, the soft graze of a pussy willow, the gentle ripple of a gurgling stream and spring's first signs of renewal.

Maine Flower Show - Portland

Date: Sunday, March 31 
Departure Time: 8:20 AM
Payment required by March 1
Cost Per Person: \$104.00 (includes admission to the flower show)
Travel to Thompson's Point in Portland, Maine for a fun day at the Maine Flower Show. The Maine Flower Show is one of the biggest gardening and horticultural shows in the region. The 2019 show will have 100 exhibits of plants, hardscape, arbor and garden supplies, hands-on workshops and seminars led by experts in growing and outdoor living. You will have free time to enjoy the fresh flowers, the expert displays and even a delectable snack!

Quincy Market Bus Trip - Boston

Date: Saturday, May 8 Departure Time/Location: 6:20 AM, Bangor Walmart
Cost Per Person: \$79.00 Please call 862-6422 for more details.


Wellness/Health/Fitness

Hampden Academy Fitness Center is opened to the public on Tuesday and Thursday evenings 5:30-7:30 pm for 8 weeks starting January 29, 2019.




Wellness/Health/Fitness


Winter Walking Club

Too cold, dark and slippery outside to get a walk in, join our indoor walking club. Start out at our drop-in center where you can sit down and change out of your boots, into a good pair of walking shoes. Stay on the ground level or challenge yourself by walking between the first and second floors. Independent program - no instruction provided. Walk at your own pace. Location: Hampden Academy
Tuesdays, Wednesdays & Thursdays, Starting January 29 5:30-7:00 PM
Cost: \$5.00 for the season (school closed Feb. 19, 20, & 21) 


Strong

Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In a one-hour class you will burn calories while toning arms, legs, abs and glutes. You will need to bring water and a mat and wear comfortable clothes/shoes. New participants should register with RSU 22 Adult Education and previous participants should register with the instructor directly. Location: McGraw/Hampden Academy
Mondays, Starting January 28 6:00-7:00 PM
Instructor: Danielle Johnson Cost: \$20.00/8 weeks (punch card) 


PiYo Live

Stretch and strengthen every muscle with moves inspired by the best of Pilates and Yoga. It is low impact but high intensity. You will need to bring water and a mat and wear comfortable clothes/shoes. New participants should register with RSU 22 Adult Education and previous participants should register with the instructor directly. Location: McGraw/Hampden Academy 8 weeks
Thursdays, Starting January 31 6:00-7:00 PM
Instructor: Danielle Johnson Cost: \$20.00/8 weeks (punch card) 

Gentle Yoga


This new yoga class allows you to unwind, gently stretch out tense muscles, and release the stress carried throughout your day. Become fully present with mindful, gentle and slow yoga poses, which can be modified for participants with injuries or restrictions with advance notice to the teacher. 6 nights
Students should bring a yoga mat and a blanket. Location: Reeds Brook Middle School 6:00-7:00 PM
Thursdays, February 7 to March 21 (no class on Feb. 21) 
Instructor: Kelly Bean, LMT, RYT 200 Cost: \$40.00

Edible Holistic Wellness 101


In this one-night workshop, you will learn about clean foods to have on hand, the importance of seasoning with herbs and spices and how to read ingredient labels. We'll also discuss clever marketing scams and how to shop and prep foods for success. Eating healthy foods doesn't have to be complicated or expensive. You'll take home with you useful information about healthy eating for your family. Location: Hampden Academy 1 night
Thursday, March 21 6:00-7:30 PM  **NEW**
Instructor: Alicia Randolph-Lucchesi Cost: \$8.00

General Enrichment


Tax Prep for New Tax Laws

Before you file your income taxes, take this one-night class! We'll teach you about tax deductions, tax credits and itemizations as they apply to your tax return. We'll discuss W-2 employees, self-employed and landlord income and expenses. Special emphasis will be given to the impact that the new 2017 Tax Act will have on taxpayers. Location: Hampden Academy 1 night
Tuesday, January 29 6:00-8:00 PM  **NEW**
Instructor: Scott Thomas Cost: \$10.00


Introduction to Latin

In this 6-week introductory level course, you will learn why Latin is not a "dead language." We'll read, speak and listen to Latin while also learning about the Latin culture in a relaxed, enjoyable and supportive setting. Any student in grades 8-12 who attends the course with a paying parent may take the course free. Location: Hampden Academy 6 nights Instructor: Bill Beck
Tuesdays, January 29 to March 12 (No class on February 19)
6:00-8:00 PM Cost: \$35.00 (high school students pay \$10.00) 

Guided Meditation

Guided Meditation helps to control your body's responses to stress and anxiety. Three sessions of "Just for You Meditation". Come relax, clear your mind and enjoy a 1-hour meditation. Escape the cold and let your mind take you to peace and tranquility. Please bring a blanket and pillow. Location: Hampden Academy
Thursdays, January 31, February 7 & 14 3 nights 6:00-7:30 PM
Instructor: Evelyn Conrad Cost: \$25.00 

Introduction to American Sign language

This 6-week course will introduce students to American Sign Language (ASL) and deaf culture. You'll learn the alphabet, numbers, fingerspelling, basic vocabulary, and more. At the end of this course, you will be more confident in the use of sign language. No textbook required as handouts will be provided by the instructor. This course is open to students 16 years and older. Location: Hampden Academy 6 weeks
Tuesdays, Start Date: February 5 (no class on Feb. 19) 6:00-8:00 PM
Instructor: Nieves Perez Besu Cost: \$35.00  **NEW**

Introduction to Fly Fishing



This course 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, fly fishing strategies, entomology, and wading safety. After completing this course, you should have all the understanding and skills necessary to catch fish with a fly rod on your own. This course will be taught in Orono by Kevin

Tracewski, a registered Maine guide and author of the best selling book, *A Fisherman's Guide to Maine*. Location: UMaine, Orono
Saturday, February 2 9:00 AM-4:00 PM (7-hour session) Cost: \$65.00

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 include: basic photographic concepts, digital photo strengths and weaknesses, basic Adobe Photoshop techniques and long term digital image storage.

This class is designed for the beginning digital photographer.
Tuesdays, Starting February 5 (no class on Feb. 19) 6:00-7:30 PM
Instructor: Michael Hallahan 6 nights Cost: \$65.00



Electronic Navigation

In this new class you will study the Global Positioning System and learn the ins and outs of satellite-based navigation. You will see how to enter waypoints, create planned routes and navigate them safely, as well as learn to navigate using charting software on computers, chart plotters, tablets, and even smart phones. You will learn how to plan routes on your home computer before setting foot on your boat. This course is designed to be taught to beginning boaters with no specific prerequisites. It does not cover traditional paper charting skills. For more detailed information contact the instructor Dave Field at 862-3674 or meeser3@roadrunner.com.

Location: Hampden Academy Instructor: Dave Field
Wednesdays, February 6, 13, 27 & March 6 & 13 6:30-8:30 PM
Course Fee: \$10.00 (please register with RSU 22 prior to first class)
PLUS Power Squadron Fee: \$10.00 (Payable to instructor at class) and
Course Material (includes 180-page student manual): \$50.00
(payable to instructor)



NEW

Snowmobile Safety Training

Participation in this six hour education course will teach you how to properly operate and maintain a snowmobile. Laws, responsibilities and personal safety, first aid, map and compass reading and ethics will be covered. Participants receive a certificate after completing this program. Location: Orono High School 1 day
Saturday, Feb. 9 8:30 AM-4:00 PM Cost: \$10.00 Instructor: State of Maine

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-ups, the major elements of a business, and the many resources available to help you succeed. Location: Hampden Academy 1 night
Tuesday, February 12 5:30-7:30 PM Instructor: Sarah Joe Chaples Cost: Free

Substitute Teaching 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 regard to confidentiality and student rights, mandated reporting and the substitute teacher application process required by RSU 22 (Hampden), RSU 26 (Orono) and RSU 34 (Old Town). Location: Orono Middle School Cost: \$5.00
Wednesday, February 13 6:00-8:00 PM Instructor: Matthew Tardie



Pet Basic First Aid

This lecture will cover basic first aid for your cat or dog, what should be in your first aid kit, tick preparedness, how to tell if your pet is in pain, what to do in case of common household toxin exposure, quill emergencies, and a brief introduction to CPR for your pet. Whether it is an accident in the home or while hiking in the woods, basic preparedness can make a big difference in case of emergency. This will be a relaxed lecture with time for questions and basic demonstrations by a veterinarian with over 10 years emergency and critical care experience.

Location: Hampden Academy
Thursday, February 28 6:00-7:00 PM
Instructor: Ai Takeuchi Cost: \$10.00



NEW

Herbal Basics

This one-night class will introduce you to herbal medicine, focusing on six common herbs that may be growing in your own backyard. What many people consider to be weeds are actually quite healing and relaxing. Our instructor has a Masters degree in Holistic Medicine and will discuss how you can incorporate herbs into your daily routines and how to safely ingest them. Location: Hampden Academy
Thursday, Feb. 28 6:00-7:30 PM Instructor: Alicia Randolph-Lucchesi
Cost: \$10.00



NEW

Make & Take Organic Spray

In this hands-on, one-night class, you will create your own organic spray blend and learn the importance of organic skincare and essential oils. Your spray blend will be great for cars, clothes, skin, pillows, and rooms. We'll also talk about the importance of organic skincare and the proper use of essential oils that come from reputable companies.

Location: Hampden Academy Thursday, March 7
6:00-7:30 PM Instructor: Alicia Randolph-Lucchesi
Cost: \$15.00 (includes materials fee)

NEW

Organic Gardening

Interested in growing your own vegetables in an organic and sustainable manner? Join us for this annual workshop and learn how to grow your own organic garden. The class will include the basics of soil science, making and using compost, principles of crop rotation, how to incorporate green manures and manage nutrients. Other topics also include basic weed control strategies, as well as common



insect pests and methods of natural insect control.
Instructor: John Jemison 1 night Cost: \$10.00
Hampden Academy: Tuesday, March 12 6:00-9:00 PM



One Night Massage Workshop **NEW**

In this one-night workshop, you will be guided through easy-to-use self massage techniques to use at home or on the go. Different types of massage techniques will be introduced to you: myofascial release, lymphatic drainage, breathing into trigger point releases, scalp massage for headaches, and using therapeutic grade essential oils. Massage therapy benefits are wide-ranging and can help with pain, tension, anxiety, stress, insomnia, poor circulation, and lack of energy. People of all levels and body types are welcome! Bring a yoga mat or blanket with you to class.

Session 1: Orono Middle School: Wednesday, March 20 from 6:00-7:30 PM
Session 2: Old Town High School: Wednesday, March 27 from 6:00-7:30 PM
Instructor: Kelly Bean Cost: \$10.00 per session

Red Cross Baby Sitting Course **NEW**

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 11-16. Students who successfully complete the course will earn a Red Cross Certificate. Location: Old Town High School
Saturday, March 30 9:30 AM-3:30 PM Cost: \$95.00
Instructor: Eileen Lafland Cost: \$95.00



Choosing and Caring for Your Cat

This presentation will cover basic considerations, needs, and life long care for your feline companion. Age and breed related needs, indoor vs outdoor cats, vaccines, and challenges with cat ownership will be covered. From kitten hood to the golden years and fur balls to scratching post challenges, various aspects of feline ownership will be addressed. Common veterinary needs and diseases will also be covered as well as single versus multiple cat home challenges.

Location: Hampden Academy Instructor: Ai Takeuchi
Thursday, March 21 6:00-7:00 PM Cost: \$10.00



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 is 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.

Location: Orono 1 night
Thursday, March 28 6:30-8:00 PM



Instructor: Jim Rose
Cost: \$15.00

Basic Fly Casting



The goal of this course 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 hand, working on your own casting. Most instruction will be done in small groups, but casting suggestions will also be offered on an individual basis. Videotape analysis of your casting stroke will be provided. Students are encouraged to use their own fly rod and reel, but equipment will be available for anyone who needs it. Please do not buy new equipment just to take this course. This course will be taught in Orono by Kevin Tracewski, a certified fly casting instructor and author of the best selling book, *A Fisherman's Guide to Maine*.

Location: UMaine, Orono Saturday, April 13 9:00 AM-3:00 PM Cost: \$65.00

Penobscot Bay Sail & Power Squadron, America's Boating Course

The basic five-week (8 hours + exam) course is designed to familiarize the student with the fundamentals of safe boating and to qualify for certification in most states that require boating education before operating a watercraft. Coverage includes safety equipment, trip planning, navigation rules and aids, state and federal regulations, anchoring, dealing with adverse conditions and emergencies, communications, trailering, and knots and lines. An optional one-class course extension introduces students to navigation and the use of charts.

For more specific information, contact the instructor at 862-3674 or meeser3@roadrunner.com. Location: Hampden Academy 5 nights
Wednesdays, April 24 through May 29 6:30-8:30 PM
Instructor: Dave Field
Course Fee: \$10.00 (please register with RSU 22 prior to first class)
PLUS Power Squadron Fee: \$10.00 (payable to instructor at class)
Optional Course Book Fee: \$26.00 (payable to instructor)



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 55 and older may be able to receive an insurance discount from their insurer. Location: Hampden Academy

Saturday, May 11 8:30 AM-2:00 PM Instructor: State of Maine
Cost: \$40.00; 65 and older \$25.00



Arts & Crafts



Wooly Tree Class

Welcome to my forest! Learn to make an 18" evergreen tree out of wool. Wool is fringed, wrapped around wires, and attached to a dowel with floral tape. All materials are provided, including a rock maple tree stand. SHARP SHEARS are required. Bring a ruler and a rag for wiping hands of glue. Class limited to 8. Bring lunch or order out. Location: Hannibal Hamlin Plaza, Hampden Saturday, February 2 9:30 AM-3:00 PM Cost: \$20.00 (please register with RSU 22) Instructor: Toni Philbrick PLUS Materials Fee: \$35.00 (paid directly to instructor)

NEW

Primitive Rug Hooking

Learn the wonderful craft of old fashioned rug hooking - pulling strips of wool. This class is for both beginner and experienced rug hookers. Previous hookers may bring their own projects or purchase one from the instructor. Beginners may purchase a kit for a chair seat. Several new designs to choose from. You will learn the basic techniques, plus cutting wool and how to finish your piece. Hooks and frames may also be purchased from the instructor. Class limited to 8. Bring your lunch or order out.



Location: Hannibal Hamlin Plaza, Hampden 2 days
Saturdays, February 9 & March 2 9:30 AM-3:00 PM
Cost: \$35.00 (please register with RSU 22) Instructor: Toni Philbrick PLUS Materials Fee: \$35.00 (paid directly to instructor)

DIY Maine Pack-basket

Come in with no basket weaving knowledge and leave with an incredible pack-basket (backpack style) that you made yourself! The class size is limited so that the instructor may help everyone individually and ensure they leave with a beautiful and functional basket. Not only will you have a new creation, but you will also have the skills to make it again. Pack-baskets are traditionally used for ice fishing but can be used for picnics, laundry, hiking, gardening, you name it! Kits can be purchased at the class if you would like to make more than one. Sign up with your friends and join the fun!

Saturday, February 9 9:00 AM- 5:00 PM
Instructor: Devon Kane
Cost: \$85.00 (includes instructions and all materials)



NEW

Pink Trees Paint Night

This one night paint and sip style class is intended for people who want a fun and creative evening out. The instructor is fun and easy to follow as she teaches you through creating your own painting. Come alone or invite friends, this is a perfect environment to flex your artistic muscles and have fun! This will be an acrylic painting of pink blossom trees with a cityscape in the background. Feel free to improvise and choose your own colors while the teacher explains the method! Feel free to bring along a coffee or tea, a snack will be provided! Location: Hermon High School

Tuesday, March 5 6:00-8:00 PM 1 night
Cost: \$10.00 PLUS Materials Fee: \$15.00 (paid directly to instructor)
Instructor: Obrianna Cornelius, Fine Artist and Illustrator



Froebel Stars

Learn to make a Froebel star, which originated in German folklore. Similar to origami, these three-dimensional creations are made by folding four strips of paper into lovely stars that can be used as ornaments, as bows for gifts or for any other creative purpose of your choosing. Stars made for ornaments are generally dipped in paraffin wax and sprinkled with fine glitter to make them sturdy and even more festive. Once you master the process, you'll be hooked! Leave class with however many stars you can make, and additional strips of paper to make more at home. Paper provided will be enough to make 25 colorful stars. Location: Hampden Academy 1 night

Thursday, March 7 6:00-9:00 PM Instructor: Terry Deane
Cost: \$10.00 (please register with RSU 22)
PLUS Materials Cost: \$10.00 (paid directly to instructor)



NEW

Note: No materials fee if you select white paper.

Applique Class - The Rockwood Moose

The Rockwood Moose can be made into a pillow or wall hanging with wool applique. Learn the technique of making 'Penny Rugs' and the hand stitching that enhances the design. Sharp shears are required. Bring any Pearl Cotton threads or floss you may have, or purchase from the instructor. Class is limited to 8. Bring your lunch or order out.

Location: Hannibal Hamlin Plaza, Hampden
Saturday, March 9 9:30 AM--3:00 PM Instructor: Toni Philbrick
Cost: \$20.00 (please register with RSU 22)
PLUS Materials Fee: \$30.00 (paid directly to instructor)



NEW

Red Cardinal Paint Night

This one night paint and sip style class is intended for people who want a fun and creative evening out. The instructor is fun and easy to follow as she teaches you through creating your own painting. Come alone or invite friends, this is a perfect environment to flex your artistic muscles and have fun! This will be an acrylic painting of a proud red cardinal in the winter. Feel free to improvise and choose your own colors while the



teacher explains the method! Bring along a coffee or tea, and a snack will be provided! Location: Hampden Academy Tuesday, March 19 6:00-8:00 PM 1 night

Cost: \$10.00 PLUS Materials Fee: \$15.00 (paid directly to instructor)

Cooking/Baking

Francophone Food Culture - North America Comfort Foods of New England, Quebec, and Acadia: Pate Chinois, Poutine, and Rappy Pie



Class will consist of a brief lecture on Francophone North American traditions and the preparation of dishes by participants. Raymond Pelletier, the instructor, is fluent in French and participants are invited to add the cultural ambiance of language to the course. Class is limited to 10 participants, so please sign up early with a friend! Location: Hampden Academy
Tuesday, February 5 6:00-9:00 PM
Instructor: Raymond Pelletier

Cost: \$9.00 PLUS Materials Fee: \$12.00 (paid directly to instructor)

NEW



Easy Plant Based Cooking

In this one-night interactive workshop, you'll prepare and sample a great 100% plant-based, gluten and soy-free meal. The menu will include sautéed baby greens in a cashew crème sauce alongside a pandorable patty—possibly the healthiest, easiest and tastiest veggie burger you've ever had. You'll also receive great information about plant-based foods and take home with you many healthy recipes. Please bring to class an apron, mixing bowls, spoons and a container for food.

Location: Hampden Academy 1 night
Thursday, March 14 6:00-7:30 PM

Instructor: Alicia Randolph-Lucchesi
Cost: \$15.00 (includes materials fee)



NEW

Flavored and Infused Oils for Cooking

Flavored or infused oils can add excitement and new tastes to your meals. They can be used in salads, marinades, sauces, and dips. But, like many other low-acid homemade foods, infused oils can pose food safety risks. Learn how to safely prepare oils. Class size is limited, so please sign up early!

Location: Hampden Academy 1 night
Tuesday, March 26 6:00-7:30 pm Cost: \$25.00

Instructor: Laurie Bowen,
UMaine Extension Community Education Assistant



NEW

RSU 22 Adult Education Registration Form

Date: _____

Course Title	Start Date	Course Fee	Method of Payment
Course 1 _____	_____	\$ _____	Cash / Check # _____
Course 2 _____	_____	\$ _____	Cash / Check # _____

Name _____

Address _____

Town _____

Telephone (Home/Cell/Work) _____

Email _____

Date of Birth ____/____/____

Adult Education Office Phone: 207-862-6422



Please make checks payable to: **RSU 22 Adult Education**

Mail completed registration form and course fee(s) to:



RSU 22 Adult Education
Hampden Academy
89 Western Avenue
Hampden, ME 04444



To register online visit: <http://orono-hampden.maineadulted.org/>