

Winter/Spring 2021

# RSU 38 Maranacook Adult & Community Education



<https://maranacook.maineadulted.org>

(207) 685-4923 x1065

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*Find what you're looking for? If not, please let us know what courses you would like to see. Email [adulted@maranacook.com](mailto:adulted@maranacook.com) or call 207-685-4923 x 1065.*



# About Us

## Director's Letter - Steve Vose

Maranacook Adult and Community Education continues to thrive, in these uncertain times, by adapting and modifying its educational and enrichment programs to be taught in virtual learning environments. Online instruction incorporates live video conferencing (Zoom) and Google classroom, to provide participants with high quality programming. We are excited this Spring to further expand our online offerings and want to thank everyone in our surrounding communities and beyond for their patience and support as our program adapts to this new delivery system. Take care and be safe!

## What We Offer

Classes begin the week of January 4, 2021

### HiSET or high school diploma

These programs enhance success in a job market where a diploma is often required for employment. We also offer academic support through career counseling, assessment of educational needs, tutoring, the Odysseyware Learning Lab, and access to the Maranacook Media Center. Classes begin the week of January 4, 2021. See the Academics page for further details. HiSET /Diploma services are available by appointment. Please call Adult Education Director Steve Vose at 685-4923, ext. 1009.

### Higher education preparation

Through the Capital Area Adult Education Consortium, we have access to grants that support individuals pursuing post-secondary education options, including career/study skills, workshops, finding scholarships, completing financial aid applications, visiting colleges, and completing college prep classes. Please call Adult Education Director Steve Vose at 685-4923, ext. 1009.

### Enrichment & Professional Development

We offer a wide variety of courses and workshops to improve your health and well being, broaden your knowledge, enhance your skills, or just to have fun and meet others in your community. We also offer career and vocational courses to help you find a job or advance in your career. For courses, visit <http://maranacook.maineadulted.org>. If you have questions, email [adulted@maranacook.org](mailto:adulted@maranacook.org) or call 685-4923 x1065.

## Contact Us

**Email:** [adulted@maranacook.org](mailto:adulted@maranacook.org)

**Call:** 207-685-4923, ext. 1065 Fax: 207-685-9597

**Director:** Steve Vose, 207-685-4923 ext. 1009

**Staff:** Susan Simons, Phyllis French  
207-685-4923, ext. 1065

**Mail:** RSU 38 Maranacook Adult Ed, 2250 Millard Harrison Drive, Readfield, Maine 04355

## 10% off for veterans & seniors



A discount applies to most enrichment courses for veterans and senior citizens. Please inquire when registering for courses. Does not apply to the supply fee.

## Register online

We take credit and debit cards and have a new, streamlined process for mobile devices.

<https://maranacook.maineadulted.org>



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# HiSET/Academics

## Earn Your High School Diploma!

There has never been a better time to earn your High School diploma than now! With small class sizes and an individualized approach to learning, Maranacook Adult and Community Education offers adult students the perfect learning environment to achieve success! **The High School Equivalency Test (HiSET)** is now being administered in adult education programs across the state of Maine. The HiSET consists of the following five subtests: Language Arts Reading, Language Arts Writing, Science, Social Studies, and Mathematics. There is **NO COST** for Maine residents to prepare for and take the HiSET. Local adult education programs provide HiSET testing, preparation materials, pre-tests, and instruction, all at no cost to the learner.

**To learn more about our High School Diploma program, please call 685-4923 x1009 for more information.**

## Academic and Career Advising

Can't figure out what your career should be? Not sure exactly what kind of work you'd like? We can help you decide. Come take an interest inventory and find out what kind of career is right for you and how to get it!

*If interested, please contact [steve\\_vose@maranacook.com](mailto:steve_vose@maranacook.com) or 685-4923 x1009.*

*Location: MCHS*

*Registration: Free to diploma, HiSET and College Transition (CT) students*

## HiSET Test Preparation

HiSET pre-testing, test taking strategies and skill building are offered to prepare students for successful completion of the HiSET test. Accommodations are available for people with documented disabilities. If you are interested in earning a HiSET, call 685-4923 x1065 for more information.

*Instructor: Scott Harmon*

*By appointment*

*Begins: week of January 4, 2021*

*Location: MCHS*

*Registration: Free to diploma and HiSET students*

## Online HiSET Test Preparation

NEW to this year's educational program are the online HiSET tutoring and instructional resources. Students can study and achieve their dream of achieving a high school diploma from the comfort of their home. A limited supply of laptops and internet ports will be available for students who do not have the necessary technology.

*If interested, please contact [steve\\_vose@maranacook.com](mailto:steve_vose@maranacook.com) or 685-4923 x1009.*

*Our HiSET testing and tutoring will be face to face. However, we will be enforcing all recommended CDC safety protocols. To schedule an appointment or to discuss protocols, please contact our Director, [steve\\_vose@maranacook.com](mailto:steve_vose@maranacook.com)*



Adult Education MAINE  
Learning for Work and Life

# College Transitions

*College Transitions* is a bridge program leading to college. Classes are for high school graduates or GED/HiSET recipients who plan to attend college. Registration is free; students pay for books and lab fees. College transitions students must participate in four of the following six activities: 1. Meet twice with a College Transitions coach; 2. Complete pre- and post-Accuplacer college placement assessment; 3. Enroll in a College Transitions course; 4. Participate in a College Transitions workshop; 5. Participate in a College Transitions cohort group; 6. Tour a college campus. To register, call Maranacook Adult Education Director Steve Vose, 685-4923, ext. 1009.

## Launch Your College Career NOW!

### Math Skills for College

This course is designed to provide students not ready for algebra with a strong foundation in basic arithmetic skills. Skills covered include: fractions, decimals, percents, word problems and variables. The goal is that all students pass the Accuplacer in arithmetic.



*Instructor: Scott Harmon*

*By appointment*

*Begins: week of January 4, 2021*

*Location: MCHS*

### History of the United States of America

This course explores the history of the United States from pre-Columbian times to the present day. The course focuses on the major events and personalities that have shaped the United States over its existence. This is a great opportunity for students to gain a better understanding of our great country!

*By appointment*

*Begins: week of January 4, 2021*

*Location: MCHS*

*Registration: Free to diploma and HiSET students*

### English Skills and Writing Fundamentals

The course focus is on developing reading and writing skills. You will learn to identify and correct common writing errors, and learn helpful techniques to get your ideas down on paper. We will read short stories, a novel, opinion essays and non-fiction articles. The class will benefit students preparing for the HiSET or college and credit recovery students needing English credits for their high school diploma.



*By appointment*

*Begins: week of January 4, 2021*

*Location: MCHS*

*Registration: Free to diploma and HiSET students*

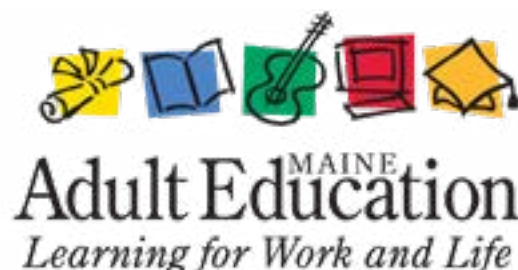
### Early College Planning

Open to all HS students, parents and adult education students to discuss college planning decisions and finances.

*Date TBD please call 685-4923 x1009 for more information.*

*Location: MCHS*

*Registration: Free*



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# Career Training

To help students bridge the gap between course completion and employment, we have connected with area businesses to provide information about potential job opportunities. These sessions allow students to gain employment information and make a face-to-face connection with employers even before class completion.



### Commercial Driving License (CDL) Class B: Dump Truck or Bus

This class prepares you to meet Maine DMV requirements and gives you the hands-on skills that employers demand. The course consists of 42 hrs of classroom instruction to prepare you for the CDL license process, including written and skills exam. The 30 hours of one-on-one range instruction will prepare you for the road test. Additional endorsements of Bus, Tank and Hazmat are \$25 each. For the bus driving endorsement you must be over 21, have a clean driving record and get a physical exam at your own expense.

*Instructor: Nancy Frost*

*Classes meet on the following dates and times:*

*Tuesday: 2/16, 2/23, 3/2, 3/9, 3/16 (3:30-9 pm)*

*Saturday: 2/27, 3/6, 3/13 (8-2:30 pm)*

*Driving time arranged individually.*

*Location: PDC, 75 North Road, Readfield*

*Registration: \$2,500*

<https://maranacook.maineadulted.org/course/cdl-class-b-spring-2021/>  
*or call (207) 624-4170.*

*Because of the current unprecedented need for financial assistance, a payment plan is available for this class. A \$250 deposit will reserve a class seat with the remaining balance made payable before the student begins their required driving instruction. If additional financial assistance is needed to help you reach your educational goals, the HOPE Program is able to assist qualified applicants. The Maine Department of Health and Human Services, Office for Family Independence, offers The Higher Opportunities for Pathways to Employment (HOPE) Program to parents who are pursuing training and education beyond high school that results in industry-recognized certificates or licenses. To learn more about the HOPE Program and see if you qualify for this student financial support program, please visit the HOPE website at <https://www.maine.gov/dhhs/ofl/programs-services/hope>*

### Register online

We take credit and debit cards and have a new, streamlined process for mobile devices.

<https://maranacook.maineadulted.org>





### Introduction to Mac Basics

In this course, students will learn how to make their Mac computer (laptop or desktop) hum! Areas of focus include: Mac features, choosing the best browser, using Spotlight Search, learning how to use the Finder and App Store, understanding the keyboard, and learning the icons that define a Mac computer. These are all essential elements that students will learn.

*Begins: Upon Registration*

*Registration: \$24.99*

*Location: Online*

*Class access available until June 30, 2021*

<https://maranacook.maineadulted.org/course/introduction-to-mac-basics/>

### Introduction to iPhone Basics

It is safe to say that the vast majority of iPhone users rarely use more than a fraction of the features available to them. In this course, students will learn to use their iPhones to the best possible advantage. Here are some of the critical features we'll cover: Apple ID and password; structure of the iPhone (buttons and how they work); best apps to have and how to get them; how to text, phone, FaceTime, and email; using the Control Center; mastering Settings; updating operating systems; using key apps; understanding the apps that come with your iPhone and more.

*Begins: Upon Registration*

*Registration: \$24.99*

*Location: Online*

*Class access available until June 30, 2021*

<https://maranacook.maineadulted.org/course/introduction-to-iphone-basics/>

### Taking Awesome Pictures With Your iPhone/iPad Camera

This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to significantly upgrade their photography skills. Students will learn to take photos, portraits, slo-motion, panos, and more. Also students will learn about camera settings for proper focus and exposure, High Dynamic Range, and picture composition.

*Begins: Upon Registration*

*Registration: \$24.99*

*Location: Online*

*Class access available until June 30, 2021*

<https://maranacook.maineadulted.org/course/taking-awesome-pictures-with-your-iphone-ipad-camera/>

### Fantastic Photo Finishes—Organize & Edit Images with Your iPhone/iPad Photos App

Most of us take hundreds of photos that languish on our iPhone/iPad or in the cloud. Knowing how to edit images and organize your photos on your iPhone and iPad is essential. Other areas of study include using the tabs in the Photos app — “For You” tab (ready-made slide shows), creating, using, and sharing albums, and the very useful search function.

*Begins: Upon Registration*

*Registration: \$24.99*

*Location: Online*

*Class access available until June 30, 2021*

<https://maranacook.maineadulted.org/course/fantastic-photo-finishes-organize-edit-images-with-your-iphone-ipad-photos-app/>

All of the courses are fully asynchronous and online, built around videos and readings. Students complete a course on their own time and at their own speed. Each course is a PDF booklet with information about the class, instructions for taking the class, and the content of the class (videos and articles accessible from direct links). Instructors provide personalized support for the class via email and online chat.

### Hidden Gems on Your iPhone & iPad

Did you know your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? Our iPhones/iPads have infinite and time-saving features that allow you to be creative, efficient, and have fun. These “hidden gems” will show you how to learn advanced features of your iPhone and iPad.

*Begins: Upon Registration*

*Registration: \$24.99*

*Location: Online*

*Class access available until June 30, 2021*

<https://maranacook.maineadulted.org/course/hidden-gems-lurking-in-your-iphone-and-ipad-new/in-your-iphone-and-ipad-new/>

### Take Fabulous Photos of the Flora and Fauna in Your World

This course shows you how to take beautiful photos of flowers, plants, and wildlife. Four easy-to-follow videos demonstrate and give examples of each of the topics which include: Using focus, exposure and HDR features to capture the beauty of your surroundings; ways to avoid blurry images; tips for composing your images; and editing options that turn so-so images into stunning images. In addition to the instructional videos, we have several articles with useful information to build your repertoire of photographic strategies. This course is made for you if you want to learn to use your camera or significantly upgrade your skills and abilities.

*Begins: Upon Registration*

*Registration: \$24.99*

*Location: Online*

*Class access available until June 30, 2021*

<https://maranacook.maineadulted.org/course/take-fabulous-photos-of-the-flora-and-fauna-in-your-world-new/>

### Introduction to Zoom Basics

Using Zoom more than ever? Here is a great way to learn everything you need to know about the Zoom Video Conferencing platform. The course videos demonstrate examples of using Zoom on different devices—smartphones, tablets, and computers. Course content includes: Muting audio and video; using chat; screen sharing; recording; troubleshooting; scheduling meetings; break-out rooms; and more. This course is appropriate for Zoom beginners as well as those who have used Zoom and want to learn more.

*Begins: Upon Registration*

*Registration: \$24.99*

*Location: Online*

*Class access available until June 30, 2021*

<https://maranacook.maineadulted.org/course/introduction-to-zoom-basics-new/>

### Create and Deliver Online Zoom Courses

This course is designed for those who want to develop an online course using Zoom, a video conferencing platform. This guide consists of step-by-step videos that explain and demonstrate how to use Zoom as well as appropriate instructional tips to build an engaging online course in any subject. You will learn everything you need to know about Zoom-tools, settings, security, instructional strategies, building community, Zoom tips for instructors and students, and much more.

*Begins: Upon Registration*

*Registration: \$24.99*

*Location: Online*

*Class access available until June 30, 2021*

<https://maranacook.maineadulted.org/course/create-deliver-online-zoom-courses-2/>



# Health, Healing & Fitness

*Tanya Quarterman is a Certified Hypnotherapist practicing since 2002, a Certified Hypnotic Instructor since 2009, and a Reiki Master Teacher since 2005. She has been teaching for Maranacook Adult Ed program since 2006. All of Tanya's classes will be held Online Live (Zoom)*

## Introduction to Numerology

Ever wonder if there is more meaning to your name? The ancients believed our destinies were written in our names. Tanya has studied, practiced and taught numerology for over 20 years. Have paper and pen ready for this fast paced session.

Wednesday, February 3, 2021

Time: 6-8 pm

Registration: \$20

Location: Online Live/Zoom

<https://maranacook.maineadulted.org/course/>

## Meet Your Spirit Animal

Class begins with a brief discussion of spirit guides and animal medicine. We finish with a guided meditation to meet your personal Animal Guides.

Wednesday, March 31, 2021

Time: 6-7 pm

Registration: \$10

Location: Online Live/Zoom

<https://maranacook.maineadulted.org/course/meet-your-spirit-animal-guide/>

## Reiki Level One

Reiki is an ancient Healing Art that channels universal life force energy through the hands to promote healing at all levels. You will learn the Hands-On method for self healing and for directly healing others. Participants receive a first-degree Attunement and a certificate of achievement upon completion of class.

2 Wednesdays, 6-8 pm

Begins: April 21, 2021

Registration: \$90

Location: Evolve Hypnosis Center, 153 Hospital St. Augusta

<https://maranacook.coursestorm.com/course/reiki-level-one?search=reiki>

## Stress Anxiety Reduction Course

Participants will learn and practice hypnotic suggestion and techniques to manage and reduce anxiety and stress. We do mini meditations to build a virtual tool box of coping skills.

Wednesday, March 3, 2021

Time: 6-7:30 pm

Registration: \$25

Location: Online Live/Zoom

<https://maranacook.maineadulted.org/course/stress-anxiety-reduction-course/>

## Online Dating for Mature Women

In two evenings you will learn tools and tips to create the right profile to attract what you really want. We cover steps on how to stay safe, create boundaries and use the laws of the universe to manifest the relationship you desire.

2 Wednesdays, 6-7:30 pm

Begins: February 10, 2021

Registration: \$25

Location: Online Live/Zoom

<https://maranacook.maineadulted.org/course/online-dating-for-mature-women/>

## Meet Your Spirit Guide

Class begins with a brief discussion of our many types of guides and finishes with a guided meditation to meet your unseen helpers in spirit.

Wednesday, March 24, 2021

Time: 6-7 pm

Registration: \$15

Location: Online Live/Zoom

<https://maranacook.maineadulted.org/course/meet-your-spirit-guide/>



# Special Interests

## The Hundred Years War: In a Nutshell

Why do the English and the French hate each other? We'll take a look back throughout the 14th and 15th centuries and talk about one of the longest running conflicts in European history. What started the Hundred Years War?

Why did it last a hundred years? How did it end? We'll cover all this and more!

Instructor: Matt Blazek

Tuesday, February 2, 2021

Time: 6:30-7:30 pm

Registration: \$15

Location: Online Live/Zoom

<https://maranacook.maineadulted.org/course/the-hundred-years-war-in-a-nutshell/>



## Fit for a King: Food, Feasting, and Festivals in Medieval England

Toss that turkey leg away; let's learn about what kings really feasted on in medieval times. We'll talk about some of the most outrageous feasts and foods from Medieval and Tudor England, then learn how to read medieval recipes, adapt them to modern cooking, so you can make a feast of your own! Due to the nature of historical cooking, recipes may contain nuts and gluten.

Instructor: Matt Blazek

2 Tuesdays, 6:30-8 pm

Begins: March 16, 2021

Registration: \$25

Location: Online Live/Zoom

<https://maranacook.maineadulted.org/course/fit-for-a-king-food-feasting-and-festivals-in-medieval-england/>



## Arms and Armour of the Medieval Knight

Knights were the elite fighting forces of their time. We'll learn about the armour and weapons they used in combat, why it evolved the way it did, and what brought about the end of those iron clad men.

Instructor: Matt Blazek

Tuesday, March 2, 2021

Time: 6:30-7:30 pm

Registration: \$15

Location: Online Live/Zoom

<https://maranacook.maineadulted.org/course/arms-and-armour-of-the-medieval-knight/>



## That Terrible Day at Agincourt

We'll discuss the motivations behind, the execution of, and the outcome of Henry V's 1415 campaign across France. We'll also delve into some of the myths

Shakespeare created in his play "Henry V," and how modern historians view Henry.

Instructor: Matt Blazek

Monday, February 15, 2021

Time: 6:30-7:30 pm

Registration: \$15

Location: Online Live/Zoom

<https://maranacook.maineadulted.org/course/that-terrible-day-at-agincourt-henry-v-and-his-1415-campaign-to-reclaim-the-french-crown/>



# Special Interests

## Online Cooking with Chris Toy

Join best-selling cookbook author and cooking instructor Chris Toy, as he shows you step by step the secrets to some of his favorite recipes. Five Seasons Wok Roasted Whole Chicken, Wonton Soup, Stir-Fried Hoisin Pork, Egg Rolls and more! Start and finish in your own time! Students will have access to all the videos and Chris's new cookbook. Get started by viewing all the recipes and online videos. Decide what you'd like to try first, then make a shopping list. Practice, eat, repeat as often as you like. Upon registration, students will be sent links to access instructional videos as well as Chris's phone and email information for personalized support.

*Registration: \$24.99 and includes a copy of Chris's new cookbook, a \$16.95 value!*  
Class access available until July 31, 2021  
<https://maranacook.maineadulted.org/course/online-chinese-cooking-with-chris-toy/>



## Character Through Karate: Goal Setting Series

Goal setting is not just about starting from one place to get to another. It is about the process in between. "Goal Setting in Karate" is a class designed for all ages and abilities who wish to learn karate through an intentional step by step process. Goal setting application and strategies will be taught as well as how they can be translated into real life scenarios. The goal of the program is to demonstrate and articulate how traditional martial arts training can enhance and improve the quality of life of the student both inside and outside of the dojo. Whether it is for self improvement, our daily interactions with other people or how to handle different life situations, each component of the program is specifically geared to correlate and transform the benefits of traditional martial arts training with every-day life.

*Instructor: Kevin Webb*  
3 Tuesdays, 6:15-7:00 pm  
Begins: March 9, 2021  
Registration: \$25  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/character-through-karate-goal-setting-series/>



## Early Gravestone Symbols and Meanings

In this 2-part program rich with images, attendees will first learn the meaning of dozens of symbols found hand-carved onto slate and marble gravemarkers found in Maine. Then we'll examine how graveyards and gravestones have changed from the 1600s to today.

*Instructor: Ron Romano*  
2 Mondays, 7-8 pm  
Begins: February 1, 2021  
Registration: Free  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/early-gravestone-symbols-and-meaning/>



## Planning a Backyard Orchard

In this two-part course, we will discuss the steps involved in planning a backyard orchard or small fruit tree planting, starting with site selection, variety selection and soil preparation. In part two, we will cover tree planting, maintenance of young trees and management of common insect and disease pests. This course will focus on organic methods of fruit tree cultivation.

*Instructor: C. J. Walke*  
2 Wednesdays, 5-7 pm  
Begins: January 20, 2021  
Registration: Free  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/planning-a-backyard-orchard/>



# Special Interests

## Subtle Yoga- Beyond the Pretzel

Start the year with self care! Gentle, subtle yoga is transformative, integrating health and personal growth with breath, meditation, philosophy and postures. Often yoga is presented as physical fitness that requires agility. This class offers choices and modifications.....the approach is holistic, and allows you to realize the deeper, more contemplative aspects of yoga, while helping to improve your health regardless of age or ability. Subtle practices are great for immunity and resilience! Everyone welcome!

*Instructor: Susan Coady*  
6 Mondays, 4:30-5:30 PM  
Begins: January 25, 2021  
6 Mondays, 4:30-5:30 PM  
Begins: March 15, 2021  
Registration: \$60 per session  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/subtle-yoga-beyond-the-pretzel-january-session/>  
<https://maranacook.maineadulted.org/course/subtle-yoga-beyond-the-pretzel-march-session/>



*Susan Coady has been teaching yoga for almost 40 years. She is certified through Kripalu Center for Yoga and Health in Lenox, MA. Over the years, she's taken many programs at Kripalu, is certified in Ayurvedic studies and bodywork, is a graduate of Russill Paul's 4 year Yogic Mystery School, and is currently an advanced student of Raja Choudhury, avidly exploring the Shakti tradition of mantra and meditation. Susan believes yoga should be accessible and enjoyable for everyone!*

## Visible Mending Techniques

In this workshop, you will learn basic embroidery stitches, patching, darning, sashiko stitching patterns and more! Alone or combined, apply these techniques to mend or embellish your tattered garments, quilts and other textiles. The most sustainable option is the one you already own! Materials List: embroidery hoop, embroidery floss, sewing thread, needle variety pack, scrap fabric, scissors, water soluble marker  
*Instructor: Ashley Arnett-Shipley*  
Online Videos - Learn at your own pace. Students will have access to videos for 6 months after registration. Instructor will also schedule a one-on-one Zoom meeting with each registrant.  
Registration: \$38  
Class access available until June 30, 2021  
<https://maranacook.maineadulted.org/course/visible-mending-techniques/>



## Get That Novel Started!

A 6 week course designed to provide practical steps for aspiring fiction writers. The course will focus on specific aspects of the writing process including: setting, character development, dialogue, theme, plot and outlining. It's geared toward beginners or experienced writers who need that extra spark of encouragement or help getting the process started.  
*Instructor: Karri Moser*  
6 Mondays, 6-7 pm  
Begins: January 11, 2021  
Registration: \$60  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/get-that-novel-started/>



# Special Interests

## Registered Maine Guide Training

Registered Maine Guide training through blended learning, using an online textbook and 10 live weekly online sessions. Focus is on learning how to guide the specialties of Recreation, Fishing, Hunting, Sea Kayaking, or Tidewater Fishing. Course will not include needed to test for Registered Maine Guide: \$55 fingerprint background check, First Aid and CPR certificate, and \$100 specialty IF&W test application fee. Students need access to a computer/tablet with audio and video capabilities a printer, and a 2 degree baseplate compass.



*Instructor: Alice Bean Andrenyak*  
10 Tuesdays, 7-10 pm  
Begins: January 19, 2021 (No class Feb. 16, 2021)  
Registration: \$500  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/registered-maine-guide-training/>

## Coastal Navigation Level 1

Become a safer boater by learning coastal navigation. Learn how to read a chart, symbols, colors, dangers, plotting course bearings, latitude and longitude position locating, tidal course planning and more. Students must have: Printed Casco Bay chart, old/new/borrowed (doesn't matter if it is paper, waterproof, or part of a chart pack, can not be digital) parallel rulers, chart dividers, computer printer to print homework and internet access with video/audio capabilities.

*Instructor: Alice Bean Andrenyak*  
2 Thursdays, 7-8:45 pm  
Begins: March 4, 2021  
Registration: \$50  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/coastal-navigation-level-1/>

## Map & Compass Level 1

Learn how to: read a topographic map and DeLorme Gazetteer, map colors, symbols used, topography, latitude and longitude location finding, parts of a compass, how to create a bearing on maps and outside, determine distances. Online class on Zoom with a separate online textbook. Students must have a baseplate 2 degree compass, access to a computer with audio and video and a printer. All handouts will be in their online textbook course at [www.maine-learning.com](http://www.maine-learning.com).

*Instructor: Alice Bean Andrenyak*  
2 Thursdays, 7-8:45 pm  
Begins: February 4, 2021  
Registration: \$50  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/map-compass-level-1/>



## Weather for Outdoor Enthusiasts

We're spending more time outside. Learn how to better use weather forecasts to plan ahead and to read weather signs to best manage your outdoor activities. Learn from a Master Maine Guide and Total Weather Spotter. Good for: walkers, cyclists, hikers, campers, paddlers, boaters, playing games and those that exercise outdoors.

*Instructor: Alice Bean Andrenyak*  
Tuesday, April 13, 2021  
Time: 7:30- 8:45 pm  
Registration: \$25  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/weather-for-outdoor-enthusiasts/>



# Special Interests

## Malaga Island History

Malaga Island is a 41-acre island at the mouth of the New Meadows River in Casco Bay. It was the site of an interracial community from 1860's -1912, when residents were forcibly evicted. Learn about who used the island before the colony, about the colony, and post colony use. Take a virtual tour of the island.

*Instructor: Alice Bean Andrenyak*  
Tuesday, April 27, 2021  
Time: 7:30- 8:45 pm  
Registration: \$25  
Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/malaga-island-history/>



## Songwriting 101

Do you have imaginative ideas to share that might be said in a song? Would you like to make your personal stories sing? Through inspiring writing prompts, inventive exercises, and enjoyable writing 'games' Martin Swinger engages participants in the beginning steps of turning original ideas into songs. In a safe and positive community, you'll have fun expressing ideas while building songwriting skills. Anyone can learn and succeed at their own pace and level - no experience necessary, and experienced writers are welcome. Classes will be held on Zoom, so computer access is a must. Be willing to write in-the-moment and share ideas. Be prepared with a notebook and your favorite pen.

*Instructor: Martin Swinger*  
7 Thursdays, (every other Thursday) 7:00-8:30 pm  
Begins: January 21, 2021  
Registration: \$75  
Location: Zoom  
<https://maranacook.maineadulted.org/course/songwriting-continued/>

## Songwriting 201

Are you an experienced songwriter wishing to upgrade your skills? Do your songs 'work' but not 'inspire'? Do you experience writer's block or seem to keep writing the same song over and over? In this 7-week course, you'll learn how to inspire listeners with imaginative and evocative lyrics, create melodies that are fresh and memorable, develop songs that move bodies and hearts and originate songs that are intriguingly intricate or simply profound. This class will help you elevate songs from a passive 'listening' experience into eloquent investments in the exchange of ideas and values with your listeners through the power of songs. You don't have to have the ability to sing 'well', play an instrument, understand music theory, or transcribe music to gain insight and improvement from this class. This class will help songwriters with experience become songwriters with skill.

*Instructor: Martin Swinger*  
7 Thursdays, (every other Thursday) 7:00 – 8:30 pm  
Begins: January 28, 2021  
Registration: \$75  
Location: Zoom  
<https://maranacook.maineadulted.org/course/songwriting-201/>



*Martin performs 80+ gigs a year sharing award-winning original songs and a surprisingly eclectic mix of covers: Americana, swing & jazz, traditional, show tunes, klezmer, and improvisational music. He's known for his sterling performance and vocal range, brilliant songs delivered well with an engaging stage presence for adult and family audiences.*

# Special Interests

## Ukulele for Beginners Part 1

The magical ukulele is capturing hearts and minds in Maine and around the world! Why not yours? Come join our adult beginners' series and share in the fun of learning to play. The ukulele is versatile and a blast to play (with a bit of regular practice, of course). On it you can knock out folk music, rock, blues, jazz, pop, country, tunes grandma knows -- even classical music. In Part 1 of the course, Duncan Perry, who has taught more than 500 students of all ages, will introduce you to essential chords and strumming techniques using familiar songs -- truly a fun way to learn ukulele. Oh, and there are lots of laughs along the way. And here's a bonus: you do not need to know how to read music! However, you must have a playable soprano, concert, or tenor ukulele (no baritones please) and an electronic tuner or a tuner app on your cell phone or tablet. Ukes are affordable and compact and you can take them most anywhere. And when folks hear you play this happy instrument, well, they just have to smile! So grab a uke and get ready for a low-stress, fun-filled musical adventure, then spread the joy!



NEW

*Instructor: Duncan Perry*  
 4 Thursdays, 6:00- 7:30 pm  
 Begins: Thursday, March 11, 2021  
 Registration: \$79  
 Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/ukulele-for-beginners-part-1/>



## Ukulele for Beginners Part 2

The ukulele adventure continues in Ukulele for Beginners, Part 2! Now it's time to notch up your ukulele playing skills. Of course, you'll acquire still more chords and learn more complex strumming techniques. You'll also add finger picking techniques to your toolbox and explore how to find the "right" strumming or picking pattern for the songs you want to play. Along the way there will be familiar music and more laughs, as well as learning special skills like discovering melody notes, transposing keys, and ornamenting your playing in ways that will make your ukulele journey increasingly interesting and more exciting. So, tune up, and let's uke onward! This course is designed for those who completed Ukulele for Beginners, Part 1 or who possess equivalent skills.



NEW

*Instructor: Duncan Perry*  
 4 Thursdays, 6:00- 7:30 pm  
 Begins: Thursday, April 8, 2021  
 Registration: \$79  
 Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/ukulele-for-beginners-part-2/>

*Duncan is an experienced multi-instrumentalist who has been performing and teaching folks how play the ukulele for the last 13 years. Having served as a volunteer music therapist in medical and hospice settings, he quickly came to understand that music is medicine and that learning to play an instrument not only sharpens the brain but helps reduce stress. It also brings joy to the ukulele player and to her or his audience. Duncan has taught in a variety of Maine communities and has not let the COVID-19 epidemic stop him. He simply moved from teaching in person to an online format last June.*

# Special Interests

## Planning a Successful Event During These Challenging Times!

All kinds of parties and events come into our lives: engagements, weddings, anniversaries, baby showers, bridal showers, retirements, holiday parties and much more. Let's talk about ways to make your day special while reducing the stress that often surrounds these events. And even though you may not be able to make the reservations or plan the exact day just yet, let's prepare! This class is an overview of what you need to know so that when we are allowed to meet in groups (hopefully soon!!), you can hit the ground running, knowing exactly what you want. This time of enforced social distancing will give you time to make decisions without the normal rush that usually surrounds large events. It will allow you to make sound decisions that reflect what you really want in your event from a large lavish wedding to a smashing Christmas party.



NEW

*Instructor: Mary Alderman*  
 Tuesday, February 16, 2021  
 Time: 6:30-8:30 pm  
 Registration: \$20 per couple  
 Location: Online Live/Zoom  
<https://maranacook.maineadulted.org/course/planning-a-successful-event-during-these-challenging-times/>

**Why Was My Class Cancelled?**  
 Sometimes a great class gets cancelled because people wait to register until the last possible minute! **SIGN UP EARLY!**  
 In fairness to the instructors and students, we try and decide to cancel or run a class seven days before the class is scheduled to begin. If later, you have a change of heart, get busy at work or your schedule changes, just call us and we will refund your class fee.  
**SIGN UP TODAY** to help keep classes running, you have nothing to lose!



## Driver Education

Maranacook Adult Education and Nicole Cushing (Nicole's Academy of Driving) offer driver education classes for students ages 15 & up in the towns of Winthrop, Monmouth, Fayette, Kents Hill, Hallowell, Readfield, Wayne, Mt. Vernon and Manchester. The class includes 30 hours of classroom instruction and 10 hours of behind the wheel training. The cost of the class is \$550.00. Registration forms are available through Adult Education or may be emailed to you. All questions about the course and registration may be directed to Nicole Cushing at 207-215-0533 or ncushing03@gmail.com.  
*Instructor: Nicole Cushing*  
 Start dates for Winter/Spring 2021 classes:  
 January 4, February 1, March 1, April 5, May 3, June 7, 2021  
<https://www.maranacook.org/o/Adult%20Education/page/driver-education--5>

**Register online**

We take credit and debit cards and have a new, streamlined process for mobile devices.

<https://maranacook.maineadulted.org>



# Program Information & Policies

## Diploma Courses

Diploma classes begin the week of January 4, 2021. Please check individual class start dates and times. General/vocational classes and workshops will begin at varying times throughout the semester. There will be no classes on the following holidays and school vacations: 1/18, 2/15-19, 4/19-23, 5/31.

## Class cancellations

Classes without sufficient enrollments are cancelled. Please sign up early to ensure minimum enrollment requirements are met.

## Storm cancellations

When day school is cancelled, Adult Education classes are generally cancelled and our office is closed. To verify cancellations, check TV channels 6, 8 and 13 or our district website.

## Parking & Security

To allow passage of emergency vehicles, obey posted parking signs. Parking in the circle at Maranacook Community High School is prohibited.

## Smoking

There is no smoking on school property, indoors or out. Thank you for your cooperation.

## Office Hours

Office hours are by appointment, to align with current health practices. Monday-Thursday, 1-9 pm, during the academic year, except holidays and school breaks.

## Maranacook Adult Education Staff:

Director: Steve Vose, ext. 1009  
Staff: Susan Simons, Phyllis French, ext. 1065  
RSU 38 Superintendent: James Charette

## Class Locations noted in course listings

MCHS: Maranacook High School, 2250 Millard Harrison Drive, Readfield  
MCMS: Maranacook Middle School, 2100 Millard Harrison Drive, Readfield  
MES: Manchester Elementary, 17 School St., Manchester  
RES: Readfield Elementary, 84 South Road, Readfield  
PDC: Professional Development Center, 75 North Road, Readfield

## Register for Classes Online

On the web, go to [maranacook.maineadulted.org](http://maranacook.maineadulted.org). Credit and debit cards are accepted for online registrations only, not by mail or in the office.

## Register for Classes By Mail

Please complete a separate registration form for each person. Include a check (no cash or credit) made payable to RSU 38 Adult Ed. Send form and check to: RSU 38 Maranacook Adult Education, 2250 Millard Harrison Drive, Readfield, ME 04355.

## Registration Policies

**Reservations:** We do not reserve a space in class until payment is received. Register early to avoid class cancellations. You will be notified only if registration difficulty is encountered or if a class is cancelled due to low enrollment. We do not accept telephone registrations, except for free classes as payment is required at registration.

**Discount for Seniors & Veterans:** Residents age 65+ and veterans with proof of service are eligible for a 10% discount on registration fees over \$10, except for CDL Training.

**Refunds:** We refund fees if class is cancelled or full when we receive payment. We will notify you before the first class. Please allow 3 weeks for processing refunds when you pay by check. Online registrations are credited to the account used in the transaction. Refunds given for withdrawals at least 7 days before the class start date. A processing fee may apply. Refunds in other circumstances are at the director's discretion.

**Special Circumstances:** Fee waivers given for academic, computer, or career courses for those who meet financial eligibility requirements. Special needs are accommodated with advance notice. Call Steve Vose at 685-4923, ext. 1009.

## Contact us

Email: [adulted@maranacook.org](mailto:adulted@maranacook.org)  
Phone: 207-685-4923, ext. 1065 Fax: 207-685-9597  
Mail: RSU 38 Maranacook Adult Ed  
2250 Millard Harrison Drive  
Readfield, Maine 04355

# Registration Forms

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

Email: \_\_\_\_\_

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

Cell phone: \_\_\_\_\_ Home phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Course Name	Start date/Session	Fee

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

Email: \_\_\_\_\_

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

Cell phone: \_\_\_\_\_ Home phone: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Course Name	Start date/Session	Fee