



About Us



Director's Letter - Steve Vose

Maranacook Adult and Community Education is pleased to welcome you to the Fall 2019 brochure. Each semester we work to improve and expand upon our educational and enrichment programming as a means of both attracting new participants and also continuing to serve our regular students at the highest capacity possible. We greatly appreciate when community members assist us in spreading the word about all of our offerings. As you read our brochure, please share the information with family, friends, coworkers and others that you think would benefit or enjoy participating in our various classes and programs. Your encouragement could ignite a passion for learning in others, ultimately helping to change their life in a very positive way! Thank You!

What We Offer

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 September 16 2019. 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, please email adulted@maranacook.com or call 685-4923 x1065.

Contact Us

Email: adulted@maranacook.com

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

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

Staff: Susan Simons, Nicole Cushing
207-685-4923, ext. 1065

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

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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 supply fees.

Maranacook Senior Center- FREE!



For seniors, retirees, anyone 50 and over. Coffee, tea and muffins are provided. The center has special presentations, discussions, learning activities, socializing, games and crafts. Bring your interests, skills, books, writing, musical instruments and friends. Help students with special projects. The center is sponsored by Maranacook Adult Ed. Adult volunteers welcome!

Mondays, 9-11 am Begins September 9, 2019

Location: MCMS Cafeteria

Reserved parking in front of MCMS cafeteria.

Course Finder

About Us 2	Environmental Science	The 10 Critical Do's and Don'ts if you are Over 65
Contact Information	Trades Math	Becoming a Resource Family in Maine
Discounts for Veterans and Seniors	21st Century Workforce	The Most fun You'll Ever Have Talking About Funerals
Online Registration Information	Career Training 8-9	Maine International Travel
Maranacook Senior Center	CDL Class B Dump Truck or Bus	Laws U Need to Know if Over 65
HiSET/Academics 4	Welding Basics	Become Your Own Travel Agent
Academic and Career Advising	Lock Boxes for Teachers	Canvas Tote
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Odysseyware Learning Lab	Basic Small Engine Repair	Alaska - The Last Frontier
Literacy Volunteers	Health & Fitness 10-12	Maine's Archetctual History
College Transitions 5	Advanced Yogic Meditation	Fall Trips 18
Accuplacer Testing	Ageless Yoga	Cape Cod and Martha's Vineyard Wine Lovers Tour
Math Skills for College	Classic Yoga Nidra	Arts and Crafts 19
English Skills and Writing Fundamentals	Indoor Walking Trails	Watercolor Combo Class
History of the USA	Outdoor Walking Trails	Ceramics
College Transitions 6	Adult Coed Volleyball	Music and Other 19
Offered at Waterville Adult Ed.	Cardio Kickboxing	Beginning Ukulele
Pre-Algebra Essentials	Traditional Goju Ryu Karate	iPhone
Writing Skills for College	Intro to Hypnotherapy	Holiday Gifts and 2020 . . 20
Student Success	Hypnosis for Pain Management	Essential Oils
College Math Lab	Hypnosis for Stress Reduction	Needle Felting
Offered at Augusta Adult Ed.	Auras and Chakras	Maine Guide Training
Academic and Career Advising	Meet Your guardian Angel	Drivers Ed & Spring Trips 21
Reading and Writing for College	Reiki One	Driver Education
Number Skills for College	Reiki Two	New York City
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Virtual Learning Opportunities	Essential Oils 101	
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	Special Interests 14-16	
	Edible and Medicinal Plan Walk	
	MORE Essential Oils	
	Intro to Chair Caning	
	Tinctures Demystified	

Find what you're looking for? If not, please let us know what courses you would like to see. Email adulted@maranacook.com or call 207-685-4923 x1065. **Thanks!**



Earn Your High School Diploma Now!

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.org or 685-4923 x1009.

Location: MCHS

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

HiSET Test Preparation

HiSET 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.

Instructors: Scott Harmon

By appointment

Begins: week of September 16, 2019

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. *Please call 685-4923 x1009 for more information.*

Location: MCHS

Registration: Free

Odysseyware Learning Lab

Odysseyware offers individualized, self-paced modules designed to provide online classes across a diverse selection of units of study. Including Algebra, Math, Statistics, Geometry, Chemistry, Biology, Physics, Basic Reading, Geography, US History, and Writing. Odysseyware is perfect for those with limited time to have a chance to pursue a high school diploma.

Instructor: Scott Harmon

Tuesdays and Thursdays 5:30-8 pm

Begins: week of September 16, 2019

Location: MCHS

Registration: Free to diploma and GED students

Literacy Volunteers of Augusta

One in seven Maine adults lack the basic reading skills needed to put them on the path to reaching their career goals – YOU CAN HELP by becoming a literacy volunteer! No prior teaching experience necessary.

Orientation: Thurs, October 10, 2019

Time: 5:30-7:30 pm

Training: Tues/Thurs, October 15 & 17, 2019

Time: 5:30 pm - 8 pm

Location: Literacy Volunteer Offices at 12 Spruce Street, Suite 4, Augusta, Maine

Register: info@lva-augusta.org or 207-626-3440



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, steve_vose@maranacook.com, 685-4923, ext. 1009.

Launch Your College Career NOW!

Accuplacer Testing

Accuplacer is the college placement test required by local colleges to determine college readiness. Students can take it FREE through our program at Maranacook Adult Education. Convenient testing times and dates are available.

Call 207-685-4923 x1065 to get started on your college planning!



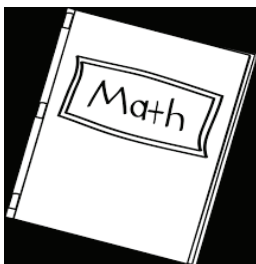
English Skills and Writing Fundamentals

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.



Instructor: Ben Bachelder
Mondays and Wednesdays, 5:30-8:30 pm
Begins: week of September 16, 2019
Location: MCHS
Registration: Free to diploma and HiSET students

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
Tuesdays and Thursdays, 5:30-8:30 pm
Begins: week of September 16, 2019
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!

Instructor: Ben Bachelder
Tuesdays and Thursdays, 5:30-8:30 pm
Begins: week of September 16, 2019
Location: MCHS
Registration: Free to diploma and HiSET students

Find what you're looking for?

Let us know what courses you'd like to see.
 Email adulted@maranacook.com or call us at:
 207-685-4923 x1065



CT Classes Offered at Waterville Adult Education. For More Information Please Call: 873-5754

Pre-Algebra Essentials

Pre-Algebra is designed to strengthen students' problem-solving and reasoning skills in basic mathematics. Important topics include number skills, word problem and reasoning skills, basic data analysis, basic probability, intro to Geometry, spatial sense, symmetry and the language of Algebra.

*Classes begin the week of September 3, 2019
Wednesdays, 2:30-5:30 pm*

Waterville Senior High School, Room 33

Fee: \$35 non-diploma students

Instructor: Paula Raymond

Writing Skills for College

Achieve your goal of becoming a better writer and start your college journey today! The Next-Generation Accuplacer college entrance exam will be administered at the end of the course. (Limit 15 Student)

*Classes begin the week of September 3, 2019
Tuesdays, 5:00-8:00 pm*

Waterville Senior High School, Room 110

Fee: \$35 non-College Transitions students

Instructor: Kim Waite

College Math Lab

This course will prepare students for Algebra I and/or entry-level college math. (Limit 15 students)

*Classes begin the week of September 3, 2019
Mondays, 5:30-7:30 pm*

Waterville Senior High School, Room 242

Fee: \$35 non-College Transitions students

Instructor: Peter Macklin

College Tours

College tours present a fantastic opportunity to visit college campuses, talk with students and instructors and pick the campus that best fits your career needs and personality. For updated tour information please contact us at 685-4923 x1065.

CT Classes Offered at the Kennebec Learning Center in Augusta. For More Information Call: 626-2470

Academic and Career Advising

This course will prepare students for post-secondary education and the workplace. It covers in-interest inventories, learning styles, and personality preferences, self-evaluations of work abilities and skill toward career pathways. We will address the soft skills one needs to get and keep a job or stay in school.

*Mondays, 2:30-5:30 pm, September 9, 2019,
runs 8 weeks*

*Wednesdays, 2:30-5:30 pm, October 2, 2019,
runs 8 weeks*

Reading and Writing for College

This is a preparatory class for college-bound students who would like to increase their comprehension and vocabulary, and implement good reading practices.

*Mon. & Wed., 12:30-2:00 pm, September 4,
2019, runs 15 weeks*

Number Skills for College

This course will help adult learners prepare for placement testing and success in college level math courses.

*Mondays, 2:30-5:30 pm, September 9, 2019,
runs 15 weeks*

Free College Readiness Course at Winthrop/Monmouth Adult Education.

Begin your college experience and earn your first college credits with your local adult education! This free 15-week course will provide students with the tools and strategies needed to gain confidence and succeed in college.

High School Seniors are Welcome!

Orientation: Tuesday, September 5, 2019

Classes are Thursdays

September 12, to December 19, 2019

5 p.m. – 8 p.m.

To register call 377-2265



Academy of Medical Professions

Medical Office Career Information Night

Get nationally certified in high-demand jobs through the Academy of Medical Professions. This FREE informational night provides an overview of the medical courses and allow students an opportunity to ask questions, get answers and determine the career path that is right for them!

Location: Online at Maranacook Community School

Date/Time: Tuesday, September 17, 2019, 6 pm

Registration: FREE, please call 866-516-8274 or e-mail at info@academyofmedicalprofessions.com to register.

Academy of Medical Professionals Classes Included:

- Medical Coding with CPC Certification
- Medical Transcription Certificate Program
- Certified Group Exercise and Personal Trainer
- Medical Office Specialist with Billing Certification
- Dental Assistant
- Clinical Medical Assistant
- Pharmacy Technician Certification with PTCB National Certification Phlebotomy with CPT certification Certified Medical Scribe
- Phlebotomy with CPT certification
- Certified Medical Scribe

To register or for more information about these courses including pricing and payment plans, please call the Academy of Medical Professions at 866-516-8274 or email info@academyofmedicalprofessions.com.

Please be sure to mention that you saw the information in the Maranacook brochure or on our website, as we receive a percentage of the course registration fee, which in turn goes to support our local adult and community education program.

The Academy of Medical Professions is a VA, WIA, Aspire, Career Center, Dept. of Labor and DHHS approved vendor.

Virtual Learning Opportunities

Maranacook Adult and Community Education proudly offers career advising, high school and college preparatory level classes via our collaboration with the Virtual Learning Center. Classes may be taken at home on your personal computer or by using the computer lab at Maranacook High School (open Monday-Wednesday, 4-9 p.m.). Classes offer learning opportunities for those unable to attend more traditional face to face classes.

All classes in the “Virtual Center” are offered at no cost to learners!

For information or assistance on how to navigate or access the Virtual Center, please contact our office at 207-685-4923 x1009.

FREE High School Level For Credit Classes

Basic Math - no fee - Covers operations on natural numbers, integers, rational numbers, decimals and percents. Will be available for student to access as needed to improve their skill as well as a refresher for the computation of whole numbers.

Environmental Science - no fee - Introduces the student to interactions between the Environment and Society; the dynamics of Earth systems and ecology and conservation of water, air, land and agricultural systems.

Trades Math - no fee - This class provides the practical mathematics skills needed in a wide variety of trade and technical areas, including,

electronics, auto mechanics, construction, welding, food services, medical technology and law enforcement.

21st Century Workforce Certificate - no fee
This class is based on the Employment and Training Administration (ETA) to develop and maintain dynamic models of competencies that are necessary to compete in the American economy.

For more information about start dates and enrolling in the class, please contact us today!

Career Training

To help students bridge the gap between course completion & employment, we have connected with area businesses to provide information about potential job opportunities. These sessions allow students to gain employment information & 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 \$10 each. For the bus driving endorsement you must be over 21, have a clean driving record and get a physical exam.

Class fee includes: classroom and behind the wheel instruction, 1 endorsement, state physical exam, delivery of truck for road exam and all state testing fees.

Instructor: Nancy Frost & Catherine Dumais
Classes meet on the following dates and times:
Tentative start date is in November, please call 207-685-4923 ext. 1065 for more information.

Driving time arranged individually.
Location: PDC, 75 North Road, Readfield
Registration: \$2,500



Welding Basics

This class teaches professional welding skills and technology for those wishing to enter the welding profession or a technical college program. Hobbyists welcomed. No previous welding experience is required.

Each class includes approximately 30 minutes of theory and safety training and 2 hours of hands-on welding. Safety glasses, welding gloves, and leather boots required. Book and supply fees are due at registration. Book rental fee is refundable if book is returned in good condition.

Instructor: Shawn Wells

10 Wednesdays, 6-8:30 pm

Begins: September 18, 2019

Location: MCHS

Registration: \$149

Book rental fee \$50, Lab fee \$60

Total due at registration: \$259

For periodic updates

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Career Training

Lock Boxes: Unlocking the Code to Success



Teachers, CEU credits are available...  This 3-hour workshop will include what a Lock Box is, how it engages learners of all ages and how it is a fun way to boost any curriculum. It will also

include how to begin creating lock box activities for your students while making meaningful connections to your curriculum. Participation is required by those in attendance, and all will receive a complete lock box game, 10+ examples of puzzles, and a map of step-by-step instructions for creating your own classroom Lock Box. A variety of locks will be given out as door prizes.

Instructors: LeRae Kinney & Christa Galipeau

Thursday, October 3, 2019

Time: 3:30-6:30 pm

Location: MCHS

Registration: \$49

Emergency Medical Technician (EMT) Course- Offered by United Training Center

Maine State Approved EMT Course which prepares students for entry level ambulance position. This course will require a majority of your course work to be done on-line, on your own computer. There will be, face to face, in class sessions with your instructor to learn the practical skills needed to be an EMT. A minimum of 20 clinical hours are required. All students required to provide immunization documentation and submit to a criminal background check. Students who successfully complete this course are eligible to sit for the National Registry EMT exam.

For more information or to register please visit www.unitedambulance.com or call 207-782-8414.

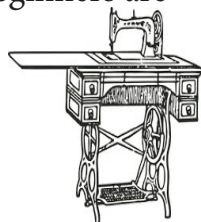
Begins: Oct 14, 2019-Feb 3, 2020 Mondays, 5p-9p

Location: PDC 75 North Road, Readfield

Fee: \$995.00 (Includes: Textbook, Online Platforms, Background Check, Clinical Polo, Practical Testing Fees if done through United Training Center).

Beginner/Intermediate Sewing

A basic level sewing class for individuals who have never used a sewing machine, or for those who want to expand on their sewing skills and take on larger projects. In the class you will learn professional sewing skills using 2 industrial machines (one for light/medium fabrics and one walking foot upholstery for heavy fabrics.) After training, there will be time for a project of choice. Beginners are encouraged to select a simple project such as a pillow cover or cover for an outdoor cushion. An advanced class may be offered later in the Fall, if there is interest.



For specific questions about this class, please email Carole Hicks at solsticeme@gmail.com

Instructor: Carole Hicks

Begins: September 17, 2019

Session I: 4 Tuesdays, 5-6:30 pm

Session II: 4 Tuesdays, 6:45-8:15

Begins: September 19, 2019

Session I: 4 Thursdays, 5-6:30 pm

Session II: 4 Thursdays, 6:45-8:15

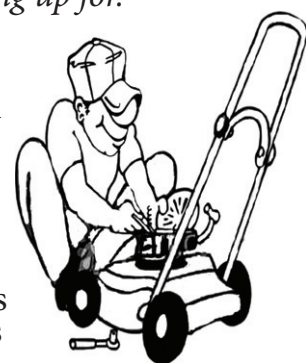
Location: MCMS

Registration: \$39

When registering, please specify which of the 4 sessions you are signing up for.

Basic Small Engine Repair

This course focuses on the fundamentals of what it takes to get an engine to run. With a combination of classroom and shop time, we will explore various small engine problems and the methods used to make repairs. Projects from home are always welcome!



Instructor: John Drogosek

6 Tuesdays, 6-8:00 pm

Begins: September 17, 2019

Location: MCHS

Registration: \$79

Health, Healing & Fitness

Yoga with Susan Coady

Instructor Susan Coady is a certified Kripalu Yoga Instructor and Ayurvedic body-worker. Susan has taught yoga for 36 years and is a longtime student of sound yogi Russill Paul. Yoga classes by Susan Coady are held at Maranacook Community High School

Advanced Yogic Meditation Practices Awakening your Kundalini through traditional practices from Sri Vidya Tantra.



This course is an in-depth training in how to live and work with your life force energy - the evolutionary force within you - to bring about awakening, healing, vitality and joyfulness.

Kundalini is seen as the Goddess, the sacred feminine energy, acknowledged as the creative, motivating force of the universe, around us and in us.

Each week we'll be focusing to an energy center. You will be initiated into sacred mantras, mudras, bandhas, pranayama and visualization to "wake up" the potential, the prana, in each. We will be systematically moving upward from root to crown. Each week has a plan for home practice. We will draw inspiration from the ancient yogic text the Vijnana Bhairava Tantra.

This series is a culmination of years of practice, initiation and study by Susan from Yogi Amrit Desai, Russill Paul, Raja Choudhury and pilgrimages to India.

Everyone interested is welcome.

Due to the nature of the course, no drop ins.
7 Mondays

Begins: September 16, 2019

Session 1: 4:30-5:45 pm

Session 2: 6:15-7:30 pm

Registration: \$108



Ageless Yoga

"Don't adapt yourself to yoga, adapt yoga to yourself" - Krishnamacharya

This practice looks slow to the outer eye. There's less happening outside, but more happening inside. This class is gentle, but deep. We explore our unique edges releasing resistance; we become more tolerant and flexible. We respect our bodies as they are, and their intelligence. Learn simple, but powerful ways to increase flexibility, build strength, and reduce stress. This class is suitable for seniors, for seasoned practitioners and beginners.

7 Thursdays, 4:30-5:45 pm

Begins: September 12, 2019

Registration: \$77

Drop in, per class: \$13 (Please register in front office before class.)

Classic Yoga Nidra

In Yoga Nidra, you rest comfortably lying down. It is a guided meditation experience that takes you into a state between wakefulness and sleep. The effect is that you'll be rejuvenated and renewed with no effort. All you do is lie down and listen. Even if you drift off, your subconscious is listening. It's said that an hour of Yoga Nidra gives the benefit of four hours of deep sleep. Give yourself the gift of profound rest!

Before we lie down, we'll do a few simple stretches.

Everyone welcome!

3 Thursdays, 4:30-5:45 pm

Begins: November 7, 2019

Registration: \$33

Drop in, per class: \$13 (Please register in front office before class.)

For periodic updates

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Health, Healing & Fitness

FREE Fitness Opportunities at Maranacook High School



Indoor Walking Trails

Walk the halls at Maranacook HS.

Monday-Thursdays, 3-8:30 pm

Please stop at office for a visitors pass

Outdoor Walking Trails

Maranacook HS is surrounded by an extensive network of hiking trails. Take a leasurely stroll through the pines and enjoy the peace and quiet.

Monday-Fridays, Sunrise to Sunset

Adult Coed Volleyball

Join us for Sunday afternoon volleyball. Skill level not an issue – this is for fun!

Sundays 4-6 pm, free of charge.

Runs Late Oct. to mid April

Call Dick Watson at 293-2857 for details.



Cardioboxing

This high intensity aerobic workout will give you a great opportunity for aerobic exercise through guided routines building on four basic punches and four basic kicks. Some core strength building will also be included. All experience levels welcome.

Instructor: Carol Spaulding

Begins: Monday, September 16, 2019 (no classes on Monday holidays)

Time: 6-7 pm

Location: Mt. Vernon Elementary

Registration: \$10 per class (Drop-ins welcome, please pay Instructor.)



Traditional Goju Ryu Karate

The Martial Arts Institute teaches traditional Gojo Ryu Katate as it is taught by Kuniyoshikai of Okinawa, Japan. In this 4 week course, students will learn how to block, punch, ank kick. Partner training and Kata (forms) will also be introduced as a means to develop skill and application for the techniques.

Students will be exposed to the various components of traditional Karate training as it is hone in Okinawa including the language, philosophy and pohysical techinques. Ages 8-Adult. No experience necessary.

Instructor: Sensei Kevin Webb

4 Mondays, Beginning September 9, 2019

Youth/Teen (ages 8-14): 5:15-6:15 pm

Adults (15 and up): 6:15-7:15 pm

Location: Martial Arts Institute, 23

Leighton Rd, Augusta

Registration: \$35



\$25,000 in local grants since 2007.

Please join our supporters!

<http://www.maranacook.org/mef/>



<https://www.facebook.com/maranacookeducationfoundation>

Register online

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

<http://maranacook.maineadulted.org>



For periodic updates

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[facebook.com/MaranacookSchools](https://www.facebook.com/MaranacookSchools)

Health, Healing & Fitness

Reiki and more with Tanya Quarterman

Since 2002, Tanya has been certified in Hypnotherapy by the National Guild of Hypnotists, and became a certified hypnosis instructor with the Guild in 2009. She practices and teaches Usui Reiki, Violet Flame Reiki, Kundalini Reiki, Gold Reiki, and Ethereal Reiki. Tanya is a professional numerologist and provides private readings and consultations, and has written several published articles on the subject. All of Tanya's classes are held at Maranacook Community High School.

Introduction to Hypnosis and Hypnotherapy



Certified Hypnotherapist, and Certified NGH (National Guild of Hypnotists) Instructor Tanya Quarterman will share what hypnotism is, what it is not, the many benefits of hypnotic suggestion, and the many uses of hypnotherapy. Tanya invites counselors, therapists, healthcare professionals, social workers, guidance counselors, psychologists, life coaches and anyone interested in hypnotism for their own personal use, or as an added tool to their therapy toolbox to attend.

Session 1: Wednesday, September 18, 2019

Session 2: Wednesday, October 9, 2019

Time: 6-7 pm

Registration: Free, but please register in advance

Hypnosis for Pain Management



Everyone's pain is different. Everyone's experience of pain is different. In this class, participants experience the wonderful, relaxing state of hypnosis, and often relief of chronic pain symptoms. People are given tools to manage their pain after class. Participants should continue to take any medications that are prescribed by their doctors prior to the class.

Session 1: Monday, October 28, 2019

Session 2: Wednesday, November 20, 2019

Time: 6-8:30 pm

Registration: \$30 per session

Hypnosis for stress reduction



Enjoy the relaxation and stress relief of hypnotherapy. Participants experience hypnosis, and learn tricks and tips for reducing stress outside of the class. Please bring a pillow and blanket, (or yoga mat or beach chair) to class.

Session 1: Wednesday, October 16, 2019

Session 2: Monday, November 18, 2019

Time: 6-8:30 pm

Registration: \$30 per session

Auras and Chakras

Learn about your energetic body, also known as the subtle body. Learn to activate your chakras and begin to regulate your energy field, your aura.

This interactive Workshop consists of discussion, exercises and a meditation to clear your energy field and align your chakras.

Wednesday, October 2, 2019

Time: 6-8 pm

Registration: \$25

Meeting Your Guardian Angel



This interactive workshop focuses on our ability to communicate with our own guardian angel through the use of relaxation techniques and guided imagery. Please bring a pillow, mat and blanket to class.

Tuesday, December 3, 2019

Time: 6-8 pm

Registration: \$25

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 will receive their first degree attunement, an initiation process that creates the channeling ability. On completing the class you will receive a certificate of achievement.

Wednesday, September 25, 2019

Time: 5:30-8:30 pm

Registration: \$100

Reiki Level Two

Training in the 2nd degree consists of learning additional symbols and in absentia healing (also known as "long distance or psychic healing").

Your attunement increases your ability to channel Universal Life Force energy

Wednesday, October 23, 2019

Time: 6-8:30 pm

Registration: \$100



Biscuits/Scones

Remember the aroma of fresh biscuits just out of the oven? Come see how easy it is to make biscuits and impress your family. We'll make slight variations in the bis-

cuits then have a taste test. Scones are basically enriched biscuits, so if you can make one, you can make the other! Please bring a large bowl, fork or pastry cutter, rubber scrapper, measuring cup and spoons, and a baking tray. Ingredients and recipe will be provided.

Instructor: Libby Harville

Wednesday, October 2, 2019

Time: 6:30-8:30 pm

Location: MCHS

Registration: \$10

Supply fee \$2, payable to the instructor

Perfect Pie Crust

Making pie crust is becoming a lost art, but it's not as difficult as you may think. You will leave this class with a pie crust to fill at home or that can be frozen for later use. Please bring a large bowl, fork or pasrty cutter, rubber scrapper, rolling pin, measurinfg cup and spoons, and a pie pan. Ingredients and recipe will be provided.

Instructor: Libby Harville

Wednesday, October 16, 2019

Time: 6:30-8 pm

Location: MCHS

Registration: \$10

Supply fee \$2, payable to the instructor

French Macarons

Learn to make french macarons, a perfect Valentine's Day dessert!

Instructor: Kathryn Booth

Monday, February 3, 2020

Time: 5:30-7:30 pm

Location: MCHS

Registration: \$10

Soups for Fall

Fall is a perfect time for comfort-ing soup. Learn to make 2 favorites: Lemony Chicken Orzo and a Winter Squash with Gruyere Croutons.

Instructor: Kathryn Booth

Monday, October 21, 2019

Time: 5:30-7:30 pm

Location: MCHS

Registration: \$10



Essential Oils 101

What they are and how to use them

Do you want to increase the overall quality of life for you and your family toxin free? Do you want more energy to do the things you love without the side effects of stimulants? If you answered YES to any of these questions, this class is for YOU!

Instructor: Mary Alderman

Tuesday, September 17, 2019

Time: 6:30-8:30 pm

Location: MCHS

Registration: \$10



Essential Oils Rollerball Make and Take

Come learn some basics about essential oils, how Essential Oils can improve your family's health and wellness! Make a Rollerball combining essential oils with a carrier oil for a specific purpose, such as stress, headache or muscle pain.

Charge for the cost of supplies \$10/10

ML-\$5/5ML – Value discount, make 5 10ML for the price of 4- \$40 for all 5 bottles of your choice

Instructor: Mary Alderman

Tuesday, October 29, 2019

Time: 6:30-8:30 pm

Location: MCHS

Registration: \$10

Supply fee: Payable to instructor. (See above.)

Spa Series with Essential Oils

Come pamper yourself or someone special and join us in this three-night hands-on class and take home some beautiful and useful spa inspired items. Night one we will make, bath salts to soften and scent your skin and scented soap, night two we will make a coordinating candle to heighten the senses and set the mood and a foaming face wash and the third and final night we will make sugar scrub to soften the rough spots on your skin such as feet, elbows, back of arms and a moisturizing lotion. All items will be made with essential oils.

Instructor: Mary Alderman

3 Tuesdays, 6:30-8:30 pm

Begins: September 24, 2019

Location: MCHS

Registration: \$25

Supply fee: \$45, payable to Instructor.



Supply fees, where noted, are paid to the instructor at the first class.

Special Interests

Edible and Medicinal Plant Walk

Some of our common weeds are not only nutritious foods but have wonderful healing properties. On this 2 hour walk through fields and woods you will learn how to add vitamin and mineral rich wild plants to your diet, treat bee stings, heal wounds, aid digestion, treat UTI's and protect yourself from cancer.

Instructor: Linda Nelson, Certified Herbalist
Saturday, September 14, 2019

Time: 10 am-Noon

Location: MCHS

Registration: \$15



Introduction to Chair Caning

This class is intended to introduce students to materials, tools, and techniques for restoring and re-caning old chairs and broken seats.

All participants will come away with the basic knowledge to pursue more skilled caning on your own. Please bring to class: bucket, 10 clothespins, 10 golf tees, an awl, spray bottle, craft scissors, and a sponge. Caning reed may be purchased from instructor (approximately \$25.) **Note: This is not a weaving class; the chair you want to restore must have holes.**

Instructor: Glen Hawes

5 Thursdays, 6-8:30 pm

Begins: September 12, 2019

Location: MCHS

Registration: \$49



MORE Essential Oils!! (A Make and Take Class)

Learn about essential oils, how they're made, and all the ways they can be used: from making our houses smell good to replacing health and beauty products (less expensive, too!) to supporting our physical and emotional health. We'll even cover the use of essential oils with and around our pets, as they're part of the family, too! You'll get to make a couple goodies, along with the recipes to make more! These are easy to make and are great to use yourself or to give as gifts. We'll be making sugar scrubs (for that winter dry skin) and room/linen sprays. And there will be an extra surprise bonus, too, plus some additional easy-peasy but good recipes!

Instructor: Joanna Wilhelm
Wednesday, October 30, 2019

Time: 6-8 pm

Location: MCHS

Registration: \$25 (Includes all supplies)

Supply fees, where noted, are paid to the instructor at the first class.



Tinctures Demystified

NEW Join Linda for this hands-on workshop where you will discover just how simple it is to make powerful medicine from the plants growing in your own backyard.

Tinctures are not only a good way to preserve your herb but convenient to take. You will learn a few different methods using alcohol as a means of extraction and each student will make a 2 oz tincture to take home. (\$20 value)

Instructor: Linda Nelson, Certified Herbalist

Wednesday, September 18, 2019

Time: 6-8 pm

Location: MCHS

Registration: \$20

Supply fee: \$8, payable to instructor



Special Interests

The 10 Critical Do's and Don'ts if You are Over 65

This class helps those approaching/over 65 organize an effective life plan. Critical information will be shared about the 10 legal issues that everyone needs to know. Each legal topic will be 10 minutes, just long enough to go over the very basics.

The topics will include:

- Who will speak for you if you cannot speak for yourself?
- The most important document needed to protect your assets.
- How not to lose everything to long-term care costs.
- What is the 5-year look back and why does it matter?
- Who does and does not need a will?
- The pros and cons of a trust.
- The truth and myths of probate.
- Can I give my home to my child and still live there until I die?
- How can you make things easier for the people who are helping you?
- The most common question/concern from the group.

Instructor: Patrice Putman, Esq.

Tuesday, September 10, 2019

Time: 6-8 pm

Location: MCHS

Registration: \$15

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!

Becoming a Resource Family in Maine



Did you know that YOU could be the life-changing person for a child here in Maine? Yes, YOU can become a foster or adoptive parent! Come learn about the licensing process and the different ways you can help Maine children. There is a special need for people who can care for infants, sibling groups, and adolescents, while also supporting the reunification process. There are also over 100 children waiting to find a forever family. Join us for this informational meeting and take that very first step to becoming a resource family. Class is for ages 21 and over.

Presenters: Erin Hamlin, DHHS Community Care Worker and Kasey McDonough, A Family for ME Program

Wednesday, October 2, 2019

Time: 5:30-7:30 pm

Location: MCHS

No charge, but please register in advance.

The Most Fun You'll Ever Have Talking About Funerals

Do you find this topic scary? This class isn't; it's informative, even funny at times. At the end of the class you'll have learned about all the options you have in funeral arrangements for burial, cremation or body donation. Half the class time is devoted to answering your questions. Do your survivors a favor and sign up for this class. Take a look at www.lastthings.net to see what you'll learn.

Instructor: Chuck Lakin

Tuesday, October 8, 2019

Time: 6-8 pm

Location: MCHS

Registration: \$10



Register online

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

<http://maranacook.maineadulted.org>



Special Interests

Maine International Travel

Would you love to travel but not alone? We are a group of Maine adults with a common interest in travel who meet for local adventures, outdoors and indoor, to get to know each other, and many of us travel together here and abroad. Join us for an evening of images and stories of adventures from recent years: Tanzania, Egypt, Greece, Ireland, Peru, Italy, France, Switzerland and more, and learn about upcoming trips!

JOIN US AND TRAVEL WITH FRIENDS!

Upcoming in 2019 and 2020: Sicily, Provence and French Riviera, Belgium, Germany, Scotland, Italy and Venice, Galapagos, Machu Picchu and Tanzania and Kenya! see link for dates, itineraries and pricing all tours:

<http://www.grouptoursite.com/annroy>

Instructor: Ann Pratt Roy

Tuesday, October 8, 2019

(Snow date: Wednesday, October 9, 2019)

Time: 6:30-8:30 pm

Location: MCHS

Registration: \$5

The Laws You Need to Know if You (or someone you care about) Are Over 65

As you grow older, you may worry about how you can remain independent, pay for the care you need, and preserve your home and savings. Or you may be responsible for an older relative who is starting to fail and is worried about these things. In this class you will find out what laws are most important to know about, what documents are most important for your protection, and what opportunities there are to preserve your estate for you and your family's benefit. Subjects will include: home care, nursing home and residential care; government programs such as Medicare and MaineCare; long term care insurance; protecting the spouse at home; and preserving your home, camp and savings.

Instructor: Patrice Putman, Esquire

Tuesday, January 29, 2019 (Snow date: Thursday, January 31)

Time: 6-8 pm

Location: MCHS

Registration: \$15

Become Your Own Travel Agent

This class will provide resources and information for anyone who wants to find the best deals for hotels, cruises, RV travel, Airbnb, escorted tours and more. We will answer questions about RV driving to Alaska and the western US, how to get the lowest prices for escorted tours to almost anywhere, and getting great deals on hotels while traveling at home and abroad. Information will be presented on river cruises for less, as well as airfare tips. In addition, you will go home with valuable online resources.

Instructor: Becky Ranks

Tuesday, December 3, 2019

Time: 6-8:30 pm

Location: MCHS

Registration: \$20

Canvas Tote

Make your own tote similar to the large LL Bean canvas bag!



Please bring to class:

1 piece canvas or other heavy material 26" x 38"
1 piece contrasting fabric for bottom of bag 16" x 26"

2 pieces of contrasting fabric or 1" webbing* for handles 2" X 44"

Scissors

Ruler - quilting ruler if you have one

Pencil

Pins

Iron + portable ironing board helpful

(Above based on based on large tote. You can make a smaller one if you prefer)

Instructor: Libby Harville

2 Thursdays, 6:30 - 8:30 pm

Begins: October 17, 2019

Location: MCMS

Registration: \$15

Register online

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



<http://maranacook.maineadulted.com>



Historical/Educational

Understanding Sacrifice: Researching Mainers Served in War



Over the past 6 years students at Maranacook working with teacher Shane Gower have researched the stories of 8 Mainers killed in War (2 in WW1 and 6 in WW2) and have published mini-biographies of each soldier on the Award winning **website: nhdsilentheroes.org**. Shane has been to 8 American Cemeteries in Europe and visited various WW1 and WW2 Battlefields and historic sites from Italy to France and Belgium thanks to funding from National History Day, The World War One Centennial Commission, and the American Battle Monuments Commission. This presentation will discuss travel to these sites, researching soldiers from Maine who fought in these wars, and the attempts to preserve these stories within our community.

Presenter: Shane Gower, MCHS Social Studies Teacher

Wednesday, October 30, 2019

Time: 6:30-8 pm

Location: MCHS

Registration: Free, but please register in advance.

Donations accepted to support students' work in National History Day

Living, Working and Socializing in 19th Century Readfield

In this class participants will gain insights into how residents lived, in Readfield and the surrounding rural communities, during the last half of the 19th century. During that era Readfield had four distinct centers that included industries, churches, schools, hotels and farms; after 1850 lakeside resorts and camps began to emerge on our four lakes. Readfield is known as the home of four Maine governors but there is so much more to tell.

Presenter: Dale Potter Clark

Wednesday, October 16, 2019

Time: 6:30-8:30 pm

Location: MCHS

Registration: \$12.50

(No fee for Maranacook students who are enrolled in a Maine history class)

Alaska – The Last Frontier



The presenters have traveled to Alaska 4 summers, most recently in 2018. We will visit Denali National Park, Glacier Bay and other tourist areas but we will also get off that trail and explore the Gates of the Arctic – one of the continent's greatest wilderness areas - as well as the huge industrial complex of the Prudhoe Bay oil fields.

*Presenters: John & Elizabeth Reinsborough
Monday, November 18, 2019*

Time: 6:30-8 pm

Location: MCHS

Registration: \$8

Central Maine's Architectural History



Learn about 250 years of Maine architecture, and maybe something about YOUR house! Dan Mitchell is a restoration-minded carpenter who lives in Sidney. This course hopes to develop an appreciation for local, vernacular architecture while at the same time making connections to broad architectural themes. Also, learn how to be an advocate for historic preservation. This class is eight weeks of presentations covering five major architectural periods (18th Century, Federal, Greek Revival, Victorian, Modern). Students are encouraged to enhance the class with experiences from their own homes. Student photos can be integrated into the slide presentations and students are encouraged to share their own old house stories or problems. There will be slides of MANY local, central Maine examples, numerous hands-on artifacts (including vintage prints, periodicals, stereoviews, tools, and books) as well as general discussions of methods of construction, technology changes, style changes, and the ideas behind them. Also, we'll cover topics of restoration and historic preservation, as well as how to solve common old house problems.

Instructor: Daniel Mitchell

8 Thursdays, 5:30-7:30 pm

Begins: September 12, 2019

Location: MCHS

Registration: \$45

Fall Travel Trips

Cape Cod & Martha's Vineyard!

Enjoy 5 splendid days and 4 glorious nights in beautiful Cape Cod and Martha's Vineyard. We will visit the lovely and artistic Martha's Vineyard along with participating in a guided tour of the historic seaside towns of Hyannis, Sandwich and the "Outer Cape". The JFK Museum, the Sandwich Glass Museum and the Eastham Windmill are a must see. Our spacious, video and restroom equipped Motorcoach will take us to the picturesque Massachusetts coast. Four breakfasts and 4 dinners are included!



Wine Lovers Tour!

Depart in a spacious, video and restroom equipped motorcoach¹ as we head to Cellardoor Winery in picturesque Lincolnville. Every bottle of wine is produced in their state-of-the-art winemaking facility. Learn where their "hobo symbol", that dons every bottle, came from. After wine tasting and browsing in the gift shop, enjoy a personalized tour of the vineyard. After the tour the next stop is Rockland where you can have lunch on your own and shop. After lunch we head to Savage Oaks Vineyard and Winery for another wine tasting and guided tour. The owners have spent the past 14 years growing their vineyard from the ground up and advancing their wine making from hobby level to a small-scale commercial production.



Sept. 30 – October 4, 2019 - Bus departs from Augusta @ 8am and makes one stop in So. Portland.

Prices:

\$499 double occupancy plus a \$10 non-refundable fee=\$509

479 triple occupancy plus a \$10 non-refundable fee=\$489

\$634 single occupancy plus a \$10 non-refundable fee=\$644

\$75 deposit upon booking

Travel Insurance available for \$35 per person for double and triple occupancy and \$59 for single occupancy.

Registration fee includes motorcoach transportation, wine tasting and tours at 2 Maine wineries, souvenir glass, hors d'oeuvres at Savage Oaks and all tips.

Date: Saturday, October 19, 2019

(Deadline to register is October 1, 2019)

9:30 am departure from Walmart, Augusta

6:00 pm return (No cancellations after October 1st unless number of participants exceeds 40.

Register online

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



<http://maranacook.maineadulted.org>



For periodic updates

Like us on Facebook



facebook.com/MaranacookSchools

Instructor bio: Linda graduated from the University of Maine at Augusta with honors holding a Bachelor's degree in Studio Art. She has participated in many juried shows, and won numerous art competitions. Linda's paintings are held in public and private collections throughout the United States and the United Kingdom. Her artwork can be viewed at www.artbythrriver.com

Watercolor Combo Class



This class will accommodate both beginner and more advanced watercolor students. Beginner students will be asked to purchase "Watercolor for Beginners" for \$25. We shall work from this book during class. More advanced students will be given handouts each week to work from. Class time will be spent going over the elements of the landscape with beginners, including a demo. More advanced students will work on handouts in class with the instructor's help. Each class will include new techniques, gentle critiques and instructor demos. Students will be encouraged to work at their own skill level and are responsible for their own materials. Materials list available from Maranacook Adult Ed.

Instructor: Linda Murray

8 Mondays, 9:30 am-Noon

Begins: September 16, 2019

Location: PDC, 75 North Rd, Readfield

Registration: \$79

Ceramics: Beginning/ Intermediate

In this ten week course, you will explore the beauty of clay by learning to make coil pots, boxes, tiles and functional pottery.



Students may personalize their approach to learning new wheel-thrown and hand-building methods. Tools will be available during class.

Students will be responsible for purchasing their own clay, which will be available the first night of class for \$15.00 per bag.

Instructor: Jeremy Smith

10 Thursdays, 6:30-8 pm

Begins: October 3 2019

Location: MCHS

Registration: \$89

Beginning Ukulele

Over the past several years the Ukulele has made a huge comeback. From chart topping singles such as "Riptide" and "Hey Soul Sister", to classrooms and full blown ukulele orchestras, this instrument has so much to offer. Whether you have always wanted to learn an instrument or are looking for something new, the ukulele with its unique sound and convenient portability may be for you. This course will cover chords, strumming, fingerpicking, and personalized instruction of selected songs. It is recommended that you purchase "Hal Leonard Ukulele Method Book 1" (\$6.99 on Amazon) and that you bring your own soprano, concert, or tenor sized ukulele. If you do not have one Musician's First Choice in Augusta has some affordable ones on hand. If you have any questions, email Maranacook Adult Ed or your Instructor Mike Burd at msburd@gmail.com



Instructor: Mike Burd

Evenings 6:30-7:30 pm

Sessions TBD, please call office for more information.

Registration: \$49 per session

Master the iPhone

There are over 90 million Apple iPhones in use in the U.S. Packed with power, this device has the capability to enhance our lives and change the way we do everyday tasks. We'll talk about the obvious and not-so-obvious features that the Apple iPhone has to offer. Topics will include iCloud, privacy, photos, App Store, iTunes, Apple Pay, Health Apps, Siri, Spotlight Search, iBook, and much more. Whether you have the newest version or an older one, you're sure to pick up valuable information!



Instructor: Becky Ranks

Thursday, December 5, 2019

Time: 6-8:30 pm

Location: MCHS

Registration: \$29

Holiday Gifts with Essential Oils

Come join us and make some unique and useful gifts for that special person in your life or even yourself! We will be making hand made gifts with Essential Oils. These gifts will be appreciated as a thoughtful expression of your caring. You will have several choices, such as: Shampoo, Conditioner, Moisturizing Cream, Shaving Cream, Aftershave, Beard Oil and possible more.

There will be a supplies charges for this class of \$10 per item. Make 1 or more, maximum of 4 per class.

Instructor: Mary Alderman

Tuesday, November 5, 2019

Time: 6:30-8:30 pm

Location: MCHS

Registration: \$10

Supply fee: \$10 per item, Payable to instructor

Needle FELTING

Needle felting for beginners, novice, expert. Learn how to use needles and wool as you create a holiday decoration or ornament. All supplies available at class for a fee payable to the instructor or bring your own.



or

Instructor: Lori Twiss

Monday, November 18, 2019

Time: 6:00-8:30 pm

Location: MCHS

Registration: \$15

Supply fee: \$6 per item, Payable to instructor



Registered Maine Guide Training Spring 2020

This training prepares you for all 3 licenses: Recreation, Fishing and Hunting (with emphasis on Map and Compass), Search & Rescue and Canoeing & Canoe Rescue. You will be 100% ready to take one of Maine's toughest outdoor tests.



A manual with practice tests will be provided on the first day of class. Anyone pursuing their Maine Guide License will also need First Aid, which is available for students on a date TBA. An enrollment form will be sent with class confirmation

Instructor: John A. Rogers, Maine's Outdoor Learning Center

Thursday, Friday, Saturday & Sunday, 9 am to 5 pm

May 7 -10, 2020

Location: Professional Development Center, 75 North Rd, Readfield

Registration: \$495



Driver Education

Maranacook Adult Education and Nicole Cushing (Nicole's Academy of Driving) offer driver education classes at Maranacook High School for students ages 15 & up in the towns of Augusta, Fayette, Hallowell, Kents Hill, Manchester, Monmouth, Mt. Vernon, Readfield, Wayne, and Winthrop. The class includes 30 hours of classroom instruction and 10 hours of behind the wheel training.

Registration forms are available through adult education or may be emailed to you. Please contact Nicole Cushing at ncushing03@gmail.com or at 207-215-0533 with any questions about the course and registrations. *Instructor: Nicole Cushing Nicole's Academy of Driving*
Start dates for Fall classes: September 10th, October 8th (this class will be an evening class from 6-9 pm), November 5th, and December 3rd. (Dates are subject to change due to weather)



\$25,000 in local grants since 2007.

Please join our supporters!

<http://www.maranacook.org/mef/>



<https://www.facebook.com/maranacookeducationfoundation>

New York City and The Statue of Liberty Bus Tour



Enjoy 5 days and 4 nights in "The Big Apple". Great experiences and beautiful sights include a guided tour of New York City. See Central Park, Rockefeller Center, Times Square, Wall Street, the 9/11 Memorial and much more! Visit Ellis Island and Liberty Island, the home of the Statue of Liberty. Visit the new National 9/11 museum and see the stunning One World Observatory. Our spacious, video and restroom equipped Motorcoach will take us to New York City. Four breakfasts and 4 dinners are included.

May 15 - 19, 2020 - Bus departs from Augusta @ 8am and makes one stop in So. Portland

Price - \$649 double occupancy plus a \$10 non-refundable fee

\$75 deposit upon booking; final payment due March 8, 2020

Travel Insurance available for \$59 per person

Niagara Falls and Toronto Bus Tour



Enjoy 5 days and 4 nights in the Niagara Falls area. This trip includes guided tours of Niagara Falls & Toronto, A Journey to The Falls on a "Hornblower Niagara Cruise", gaming at Fallsview Casino, a visit to Niagara-on-the-Lake & Queen Victoria Park and a visit to Casa Loma: Canada's most magnificent castle. Our spacious, video and restroom equipped Motorcoach will take us to an en route hotel the first night of our trip then take us to Niagara Falls. Six breakfasts and 4 dinners are included.

September 20 - 26, 2020 - Bus departs from Augusta @ 8am and makes one stop in So. Portland

Price - \$669 double occupancy plus a \$10 non-refundable fee

\$75 deposit upon booking; final payment due July 13, 2020

Travel insurance available for \$59 per person

Register online

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



<http://maranacook.maineadulted.org>



Program Information & Policies

Diploma Courses

Diploma classes begin the week of September 16, 2019. 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: 9/2, 10/14, 11/11, 11/27-11/29, 12/23-1/3.

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 typically 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. For safety, only the front doors are open in the evening.

Smoking

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

Office Hours

Monday-Thursday, 1-9 pm, during the academic year, except holidays and school breaks.

Contact us

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

Maranacook Adult Education Staff:

Director: Steve Vose, ext. 1009
Staff: Susan Simons, Nicole Cushing, 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

Four Ways to Register for Classes



Online

On the web, go to maranacook.maineadulted.org. Credit and debit cards are accepted for online registrations only, not by mail or in the office.



Mobile

With your mobile device to visit our website and register with your credit or debit card.



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.



Walk In

Pay by check or cash at Maranacook Community High School, 2250 Millard Harrison Drive, Readfield, during regular office hours.

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.

Registration Forms

Name: _____

Email: _____

Address: _____

Cell phone: _____ Home phone: _____

Emergency contact: _____ Phone: _____

Course Name	Start date/Session	Fee
One form per person, please. Make check/money order payable to: RSU 38 Adult Ed. Mail to: RSU 38Adult Ed, 2250 Millard Harrison Dr., Readfield ME 04355		Total:

Name: _____

Email: _____

Address: _____

Cell phone: _____ Home phone: _____

Emergency contact: _____ Phone: _____

Course Name	Start date/Session	Fee
One form per person, please. Make check/money order payable to: RSU 38 Adult Ed. Mail to: RSU 38Adult Ed, 2250 Millard Harrison Dr., Readfield ME 04355		Total:

RSU 38 Maranacook Adult & Community Education
2250 Millard Harrison Drive
Readfield, ME 04355

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RSU 38 Maranacook Adult & Community Education
maranacook.maineadulted.org (207) 685-4923 x1065 Fall 2019

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Look for the  Symbol Inside!!

For the BEST Customer Service:

E-mail us: adulted@maranacook.com

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