

BACK IN THE SADDLE FOR FALL 2024



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Learn a new skill!

through Maine
Adult Education!



RSU #3

Located at Mt. View High School



577 Mt. View Rd

Thorndike, ME 04986

rsu3.maineadulted.org

adulted@rsu3.org

207-568-3426

Adult & Community Education

AE PROGRAM STAFF

Director

Sue Brennan sbrennan@rsu3.org

Program Assistant/Secretary

Angel Frost afrost@rsu3.org

Instructors

Deb Avalone King dking@rsu3.org

Misha Sanborn msanborn@rsu3.org

Kenlyn Clark kclark@rsu3.org

LOCATION & OFFICE HOURS

We are located in the Mt View HS
Program Asst/Secretary—HS Office
Classroom—HS202 (Second floor)
Director’s office - HS113 (First floor)

NOTE

On your first visit we will meet
you in the HS main office :)

CALENDAR

We have day and evening classes and follow
the school calendar for Holidays and Vacations
(but not half days, early release days or K-12
professional development days.

CANCELLATIONS

If the district schools are cancelled for weather
or other unscheduled events, AE is also
cancelled.

Facebook

Share and follow our facebook page for news,
upcoming events and opportunities.

**CALL, EMAIL OR GO ONLINE
FOR MORE INFORMATION, TO
REGISTER OR TO SCHEDULE
A CONSULTATION.**



**For our college, career and diploma students we create
custom schedules that fit the student’s lives and schedules.
We offer a variety of delivery for classes including day and
evening, in person, live online or independent computer pro-
grams that can be accessed anytime.**

Statement of Non-Discrimination and Equal Opportunity RSU 3 does not discriminate in its education and employment programs on the basis of religion, age, race, color, national origin, gender, marital/parental status or disability and complies with Title VI of the Civil Rights Act of 1964, Title IX Education amendments of 1972, Section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act (ADA) of 1990. Inquiries regarding Title VI, Title IX, 504 and ADA may be made to the Affirmative Action Officer, 84 School Street, Unity Maine, 04988, or call 207-948-6136. Individuals with documented learning disabilities who require accommodations in order to access programs and services for HiSET should contact the RSU 3 Adult Education Director at 568-3426, Ext. 2.



Community



COMMUNITY FITNESS

RSU 3 has its own state of the art fitness center available for use by the community. Located at the high school, come join us and set up a fitness plan that will work for you! Sessions include a complete orientation with RSU 3 teacher Mary Manley who is also available on-site during the entire session.

The center is fully equipped with several **cardiovascular machines** including **treadmills, ellipticals, upright and recumbent stationary bicycles, a rowing machine, free weights, and a complete Life Fitness Pro circuit series of weight machines.** Requires medical clearance waiver. Must be 18 years or older. No street shoes allowed in the fitness facility. ***New members—not sure if you are ready to join? Give us a call and try it for free your first night.***

Open T & Th 6-8 pm

Get fit for only \$48 per Session or pay as you go \$5 per night.

Fall Session 1: September 24—Nov 5

Fall Session 2: Nov 7—Dec 19

LEARN HOW TO CURL with Belfast Curling Club

This one session course is for anyone who wants to learn how to curl and experience this great Winter Olympic sport. Instruction will be offered in one, two hour session at the facility located at 211 Belmont Ave/Rt 3, two miles west of Belfast. Space is limited! FMI go to BelfastCurlingClub.org or e-mail learntocurl@belfastcurlingclub.org.

Register with the Belfast Curling Club only. Provide your name, email address, phone number and desired session date and time. A \$40 per person club fee must be prepaid to secure a spot. Send a check, made out to "Belfast Curling Club" to Jacob Charles at 1390 Moosehead Trail, Jackson, ME 04921. All Learn to Curl participants who join the club right after the LTC session will have \$40 deducted from their membership dues!

Be sure to include your desired Learn to Curl session!

Available Sessions for Oct and January:

Sun Oct 13 4-6 pm
Mon Oct 14 1-3 pm
Mon Oct 14 4-6 pm

Sat Jan 4 10-12 am
Sat Jan 4 1-3 pm
Sun Jan 5 10-12 am
Sun Jan 5 1-3 pm



Try Curling this Fall!

Classes at Mt View High School!



207-716-6294
67 Cross Lane
Waldo, ME 04915
Email: info@coastalareadriving.com
Web: coastalareadriving.com

Intro to Yoga

Instructor: **Kassandra Ayer**

Monday's 5:15-6:15pm

1st Session begins Sept 23rd.

New Session every 6 weeks!

Cost: \$45 per 6 week session

Interested in learning something new and getting more fit in the new year? This may be the class for you! This introduction to basic yoga is great for a beginner or seasoned yogi!



COMMUNITY WALK (INDOOR)



Lace up your sneakers, grab your music and a friend and come on inside for some walking fun. Don't be a couch potato this fall! The Mt. View complex has been mapped out with a route so that community members can get some exercise. Add a spin around the track for some fresh air, tackle some stairs for extra credit :) Registration is required. First walk includes an orientation of the course. Cost for the year is only one \$5 registration fee.

T & Th 6-8pm Cost: \$5 Starts Tue Sept 24



Community



Welcome back Jessica Steele of Wood Thrush Wilderness LLC !

Jessica is a former director of the Outdoor Adventure Center at Unity College. Her credentials include: B.A. Ecopsychology and Outdoor Education from Prescott College, AZ., M.Ed. Adventure Education Plymouth State University, NH., Registered Maine Recreational Guide, National Registered EMT, SOLO Wilderness First Aid and Wilderness First Responder Instructor, American Red Cross First Aid & CPR Instructor and Lifeguard, American Canoe Association Level 1 & 2 Instructor, and a Leave No Trace Master Educator.



Protect your precious items with a pack basket! Compared to a soft backpack, pack baskets are sturdier and keep their shape, enabling the collection of delicate and breakable materials!



Explorer Pack Basket

Thursday October 24

4:00 pm-9:00 pm

\$80.00


Making a pack basket can be a fun and rewarding project and a perfect gift! A pack basket is a traditional type of backpack used for carrying items while hiking, hunting, or for general outdoor activities. Pack baskets have a long history dating back centuries and have been used by various cultures around the world. Here in Maine our Maine Guides walked the woods with these packs to transport supplies and game through rugged terrain. Come learn and make your own 1 foot basket!

Only registrations with payment can be accepted. Minimum of 8 to run the class. If the class does not run due to low enrollment, refunds will be issued. No refunds after the class starts.

NEW!  **COOKIE DECORATING**
With a Fall Theme
and CupKate's of Waldo

All the essentials are provided including your very own cookie kit with 10 sugar cookies, 4 Royal Icing colors, Sprinkles and a Take Home Box!
 Bring a friend, minimum of 10 and maximum of 25 for the class to run :)
 Fee: \$40 (\$30 for kit and \$10 class fee)
1 night with 2 opportunities to attend!
TH Nov 14 or TH Nov 21 from 6-8 p.m.


EVERYONE AGREES THAT PARENTING IS THE HARDEST JOB!



PARENTING

COMING SOON - CLASSES TO MAKE PARENTING EASIER!
 "ACTIVE PARENTING YOUR 5-12 OR TWEENS & TEENS"
 "CIRCLE OF SECURITY AND NURTURING PARENTING"

WALDO READS



TOGETHER

One Book, One Community
 FMI contact the new Coordinator for Literacy Volunteers of Waldo County via Belfast AE @ 338-3197.



Community



American Heart Association.
Life is Why®

**AMERICAN HEART ASSOCIATION HEART SAVER
INFANT, CHILD & ADULT CPR/AED Instructor: Casey Holmes**
This course is designed to teach CPR and relief of foreign-body airway obstructions for victims of all ages. This course is particularly beneficial for those who are expected to respond to emergencies in the workplace. It is also ideal for any person interested in being trained for response to a sudden cardiac emergency in the home, school, or community. Knowledge and skills for the use of an AED (Automated External Defibrillator) will also be included. A 2 year AHA Heartsaver Certification awarded upon course completion. A minimum of 5 for the class to run with a maximum of 8 students. **CLASS TIME: TBA *** IF YOU ARE PLANNING TO ATTEND PLEASE CALL TO BE ON OUR NOTIFICATION LIST FOR WHEN THE CLASS WILL RUN!**



READING FOR ADULTS

Our English and Multi Lingual teacher, Misha Sanborn, has a passion for teaching reading! She is looking for adults who want to work 1:1 with her to learn or improve their reading literacy. If you missed the “how to read” window in elementary school it’s not too late to try! Please enroll and we will connect you with Misha to create a schedule that works for you.



It's Not If You Need An Estate Plan, It's When

Instructor: Randolph A Mailloux, Esq. FREE

This class will be a basic overview of estate planning, including discussion of essential documents and strategies. After attending this two night course students will be able to make informed decisions to prepare for the orderly transfer and protection of assets.

Class will be two nights, 5:30-7:30 p.m.

Minimum of 8 students

Session 1: Wednesday October 2 & October 9

Session 2: Wednesday November 6 and Nov 13

FREE VETERAN’S LAW CLASS



Thursday Nov 7 5:30 -7:00 pm

Instructor: Tyler Hadyniak

“Who doesn’t know a veteran” or “The VA”?

One phrase rings true, the other spurs thoughts of frustration, bureaucratic double-speak; and confusion. Tyler Hadyniak is a lawyer with expertise in navigating the VA benefits system and helping veterans get disability benefits for medical conditions they think are related to service. By the end of this class, participants will be able to explain to veterans, their friends, and family what is required to get compensation through the VA.

Me and My Car



PREVENTIVE MAINTENANCE

**WITH KERRI DAVIS: CERTIFIED MECHANIC,
EMCC GRADUATE & RSU 3 RESIDENT**

- ✓ Tires, wheels and lights
- ✓ Scheduled Maintenance
- ✓ State \$ to fix your car!
- ✓ What is that dash light?
- ✓ What should I really take care of?



**TIME: 6-7:30 PM COST: \$15.00
DATE: ONE TUESDAY, OCT 22
WE NEED 5 PEOPLE TO RUN THE CLASS!**

THERE'S MORE!
DEALER VS INDEPENDENT SHOPS
FINDING MONEY FOR TOOLS AND TUITION
WOMEN IN THE AUTOMOTIVE FIELD
WHAT IF I DON'T MAINTAIN MY VEHICLE?
ARE RECALLS REALLY NECESSARY?
START A NEW CAREER AT ANY AGE!
HOW TO BUY A GREAT USED CAR



Career



MEDICAL CAREER CREDENTIALS with the Academy of Medical Professions

Invest in yourself! Financial assistance and payment plans are available, possibly even 100% paid!

Pharmacy Technician

Online anytime/Self paced (14 weeks)

Cost \$2,850.00

Medical Transcription

Online anytime/Self Paced (16 weeks to 6 mo)

Cost \$3,200.00

Medical Coding

Online anytime/Self paced (20 weeks) OR

Online Live Classes

Live start on Oct 17, 2024 or March 13, 2025

Thursdays 5:30-8:30 PM

Cost \$3,950.00 (\$5150 with Practicode)

Medical Office Specialist/Administrative Medical Asst.

Online anytime/Self Paced (16 weeks) OR

Online Live Classes

Live start on Oct 16, 2024 or Feb 26, 2025

Wednesdays 5:30-7:30 PM

Cost \$3,200.00

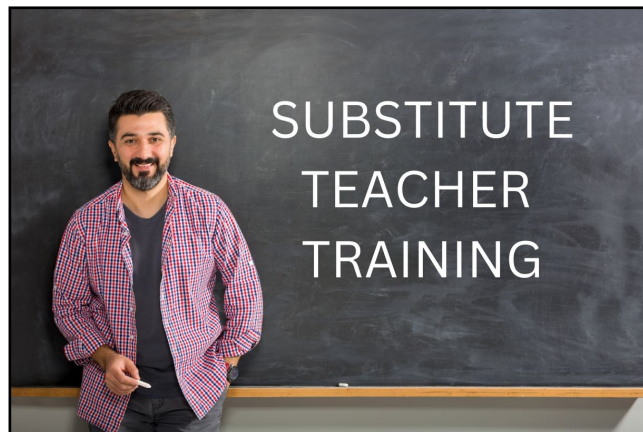
Dental Assisting

Online anytime/Self paced (12 weeks) OR

Online Live Classes

Live start on Sept 16, Feb 3 and June 2, 2025

Monday's 6-8 pm



With Instructor Deb Avalone-King

Free

Our schools and students need you—and not just as a teacher! Substitutes are hired in almost every job category—custodial, food service, educational technicians and bus drivers to name a few. Learn effective classroom and behavior management skills, teaching strategies to use in all situations, the best ways to be prepared and professional, activities to use with students who finish early, whole class activities and activities to use for those five minutes before the bell rings. Before you know it, in just two short sessions, taught by experienced RSU 3 substitute teachers and staff, you can be trained and earning \$100 plus a day! **Background and fingerprinting fees are 100% reimbursable for folks who are hired to sub! This is a hybrid class that can be joined either live online or in person.** Experienced Subs Welcome!

2 Thursdays Nov 5 and Nov 24 4-6:30 pm

2 Thursdays Feb 6 and Feb 13 4-6:30 pm

CAREER TESTING Advisor: Deb Avalone-King

We administer many free career inventories to help identify what is the right fit for you. Now is the time to explore new careers due to the great need for employees in Maine and all the financial help free trainings available including internships and apprenticeships.

CAREER ADVISING Advisor: Deb Avalone-King

Our goal is for every student to find the right job or career. We provide individual advising on your schedule. Take advantage of what your local Adult Education has to offer. **It's free and it's time!** Starting with conversations and career testing, we identify individual strengths, likes and dislikes in order to create a goal that is attainable. Students will explore funding sources and available trainings. Call or go online, set up an appointment to talk by phone or in person.



Our partners at NVME empower Maine people to define and achieve their career, self-employment, and financial goals.

Find free online courses at:
newventuresmaine.org

Fall classes include:

Work For Yourself	Oct 9
Exploring Self-Employment	Oct 16
Bookkeeping Solutions	Oct 31
Projecting Cash Flow	Nov 14



High School Diploma



A SPECIAL NOTE TO HOMESCHOOLERS,

The HiSET is an excellent and recognized credential to earn along with your Homeschool Diploma. College Admissions officers consider the scores in their evaluation. Student results in the 15-20 range are noted by HiSET to be "College Ready" in that subject area (with 20 being the highest score on each test).

In tandem with their homeschooling, students can also enroll in adult education for tutoring, to take other classes, explore college and career options and explore college and career options with personal and career inventories administered by our staff.

There is no charge and students may enroll at age 16.

Please give me a call send a text or shoot me an email if you have questions and please share with your friends.
Sue Brennan, Director
sbrennan@rsu3.org or 207-441-2211

HiSET® PREP

Instructors Deb Avalone-King and Misha Sanborn

This program prepares students to earn their High School Equivalency diploma. We begin with an overview of the test and continue with preparation for each subject of the HiSET® battery. Students and teachers work together to customize a program that may include direct instruction (in person or online), practice tests and working independently in the online HiSET® Academy App. Upon completion, students are encouraged to participate in the Adult Education HS Graduation Ceremony in the Spring of 2025.

HiSET MATH PREP CLASS

Online with Kenlyn Clark

Due to the amount of material to learn or review, most students work on math and one other subject until all 5 tests are completed. In a relaxed, no stress environment, we review the arithmetic, measurement, basic geometry, data analysis, probability, statistics and algebra that are needed to pass the math test.

ONLINE HIGH SCHOOL BIOLOGY WITH LAB

Deb Avalone-King Days and Times set with Instructor

This is a virtual (online) class with the instructor one hour per week. Students are required to study at least 4.5 hours per week to earn the credit. This class prepares students for acceptance into a college health career program and for credit toward a High School Diploma. You will learn the basics of cell biology and how that relates to human body systems. You will also gain a basic understanding of the Environmental Biology systems we live in and their potential impacts on our health. Students will gain research, observation and laboratory skills that will prepare them to transition into college level coursework.

ONLINE HS ENVIRONMENTAL SCIENCE WITH LAB

Deb Avalone-King Days and Times set with Instructor

This course introduces students to interactions between the Environment and Society, The Dynamics of Earth Systems & Ecology, Population Dynamics and the Importance of Biodiversity, as well as Conservation of our Water, Air, Land and Agricultural systems. Students will examine Mineral and Energy Resources, and our Health and future as it is related to environmental concerns. To earn the adult education credit, students will complete virtual (online only) assignments that require a minimum of 4.5 hours homework per week, plus a one-hour online class meeting each week (Thursday); as well as Lab Assignments that are adapted for independent completion at home.



ACCEPTING DIPLOMA, COLLEGE, AND CAREER

STUDENTS YEAR ROUND!



Computer



**Improve your computer, social media and device skills
for work or personal use!**



**All classes are 1 hour (with some classes
having more than one meeting).**



Bring your device or use ours.

Register at rsu3.maineadulted.org

Internet Safety	2 Wed sessions	10-11 a.m.	9/25, 10/2
Safely Creating Online Accts	1 Th session	5-6 p.m.	9/26
Telehealth-Connecting w/your Healthcare provider from home	1 Wed	10-11 a.m.	10/9
Cloud-based Solutions	1 Th Session	3-4 p.m.	10/10
Microsoft Word	3 Wed Sessions	10-11 a.m.	10/16, 23, 30
Chromebook Basics	1 Tue Session	3-4 p.m.	11/5
Intro to Microsoft Excel	3 Wed sessions	10-11 a.m.	11/6, 13, 30
Cutting the Cord-Getting TV and PHONE services over the internet	1 Th	4:30-5:30	11/14
Online Games - Finding and playing good games for 55+	1 Fri session	11:30-12:30	12/6

Don't see what you want? Contact us!

Northstar Digital Literacy Certifications

Instructor: Deb Avalone-King

Using the nationally recognized **Northstar Digital Literacy** program, earn a credential (s) of value for your resume by completing one or all of the Northstar Digital Literacy units. These include: Basic Computer Skills, Internet Basics, Using Email, Windows, Mac OS, Microsoft Word, Excel, Powerpoint, Google Docs, Social Media, Information Literacy, Career Search Skills, Accessing Telehealth Appointments, Your Digital Footprint and Supporting K-12 Distance Learning.

Coming Soon! IC3 Digital Literacy Certification!

IC3 is a certification for anyone who wants to demonstrate critical computer and internet skills. Students who achieve IC3 certification possess the validated skills and knowledge required for basic use of computer hardware, software, networks, and the Internet. Not only do you receive tools for success in the 21st Century classroom but also for higher education, employment, and life. To become IC3 certified, you must pass 3 level exams. The course includes training and practice tests. Certification exams are held after you successfully complete the course and pass the practice exam. Watch our fb page as more info arrives!



College



FREE COLLEGE IN MAINE

Students earning their HiSET diploma or graduating with another high school diploma in **2025** are now eligible to attend a Maine Community college without paying any tuition or mandatory fees—a **value of more than \$3800 a year.**

ON CAMPUS COLLEGE & CAREER SUCCESS COORDINATORS

Maine Adult Education has a coordinator at each of the 7 Community College Campuses. Meet our 2 closest campus coordinators! Contact them directly or through RSU 3 AE!



Brian Loring at EMCC

207.974.4674

bloring@emcc.org



Carolyn Haskell at KVCC

207.453.3502

chaskell@kvcc.me.edu



Coordinators are available to assist current and prospective students with the following:

- * College Tours
- * Completing the Application
- * FAFSA completion
- * Applying for Scholarships
- * Program /Course Selection
- * Academic/Career Planning
- * Career Assessments
- * Academic Success Coaching
- * Tutoring Referrals
- * Time-Management
- * Notetaking and Study Skills
- * Navigating BrightSpace
- * Networking and Mentoring

TEAS & ASVAB PREP

Call for scheduling



COLLEGE SUCCESS ADVISING with Deb Avalone-King

Are you wondering if you are college material or maybe don't feel ready to enroll but are searching for the right path? We offer all the preparation and assistance you need, including the topics covered by the Community College Success Coordinators!!!

COLLEGE SUCCESS CLASS with Deb Avalone-King

Save your money and time by preparing ahead! In this class we provide instruction on all of the topic areas needed for success. This is a with in person or live Zoom Meetings and online/at home assignments. It's free and start anytime!

COLLEGE PREP MATH

In Person: Sue Brennan

Online: Kenlyn Clark

Call for appointment


COLLEGE MATH TUTORING

In Person: Sue Brennan

Online: Kenlyn Clark

Call for appointment

WHO PUT ALL THE MATH BOOKS IN THE HORROR SECTION?



DON'T SPEND YOUR TUITION \$\$\$ ON A REMEDIAL CLASS THAT DOESN'T COUNT TOWARD YOUR DEGREE!

CALL US! WE HELP WITH WRITING TOO!

 **Trips** 

Take a trip with one of our partner Adult Education locations!

For trips offered by all Maine Adult Education locations go to:
maineadulted.org

SHADES OF IRELAND
MAY 14-23, 2025
WITH CENTRAL LINCOLN COUNTY AE
AND COLLETTE TOURS

INFORMATIONAL MEETING
OCT 17 5:30 PM RSVP 563-2811
CLC.MAINEADULTED.ORG



 **Multi Lingual Learners** 



- * Reading, Writing and Speaking English—Live and Online options
- * Individual & Group Instruction
- * Online Learning the Burlington English program
- * Citizenship Instruction
- * Job Application Assistance, English targeted for specific work areas



Registration Form



PRE-REGISTRATION is very important to ensure your place in the class. Many courses have limited space and are filled on a first-come, first-served basis.



Mail or walk in your registration with payment today!

Make checks payable to: RSU #3 Adult Education, 577 Mount View Road, Thorndike, ME

(Please Print)

Name: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Please contact each program for fee information.

Course Name	Day of the Week	Amount Due
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

Total Amount Enclosed _____

Upon completion of registration and payment, you are enrolled. No confirmation will be sent. Mail form (do not mail cash) or drop it off at the adult education office. Register early to reserve your space!

How to Register

1. Call:
207-568-3426
2. Email:
adulted@rsu3.org
3. Go online:
rsu3.maineadulted.org
4. Mail in:
577 Mt View Rd.
Thorndike 04986

Payment Methods

1. Cash
2. Check
3. Debit or Credit -
We accept card payments over the phone or in person. Fees apply.

Register early! & Refund info

Fee bearing classes are self supporting and the class fees must meet the class expenses, including the instructor salary. This is why we have minimum enrollment numbers for some classes.

* Payments are refunded for cancelled classes.



Maine Adult Education

EDUCATE • EMPOWER • ENRICH



Get.
Career.
Skills.
Now!



maineadulted.org

It takes a community to have a great adult education program. Please let us know if you would like to teach a class or want us to try and find one of interest to you.