

A vibrant garden scene featuring a mix of pink tulips and small blue grape hyacinths. In the background, there are several light-colored tree trunks and dark green foliage. A small white sign is partially visible among the tulips in the lower right. The overall atmosphere is bright and colorful, suggesting a spring garden.

WINTER/SPRING 2024

LAWRENCE ADULT EDUCATION

Course Catalog

Our website name will be changing!

Find us at:

<https://fairfield.maineadulted.org/>



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4 School Street
Fairfield ME 04937

OFFICE HOURS

Monday through Thursday
9:00 a.m. - 9:00 p.m.*

Friday
9:00 a.m. - 2:00 p.m.

*Evening hours may vary.
Saturday & Sunday Closed



Like us on Facebook
www.facebook.com/lawrence.adulthoodeducation

Welcome

DIRECTOR'S MESSAGE

As we embark on a new semester at Lawrence Adult Education, I am thrilled to extend a warm welcome to both returning students and those joining us for the first time. Our commitment to empowering individuals through education remains unwavering, and we are excited to continue this journey of discovery and growth with you.

This semester, we have curated a diverse range of courses and programs designed to meet the unique needs and aspirations of our adult learners. Whether you are pursuing a new skill, enhancing your career prospects, or simply exploring a subject of personal interest, our dedicated team of educators is here to support and guide you.

At Lawrence Adult Education, we believe in the transformative power of education at any age. Our classrooms are not just spaces for learning; they are dynamic environments where ideas are exchanged, perspectives are broadened, and connections are forged. As you browse through the pages of this catalog, envision the possibilities that await you on this educational journey.

We encourage you to embrace the opportunity to challenge yourself, discover new passions, and build a community of like-minded individuals. As the director of this program, I am confident that this semester will be marked by both academic accomplishments and personal enrichment.

Thank you for choosing Lawrence Adult Education as your partner in learning. Together, let's make this semester a stepping stone toward your goals and aspirations.

Wishing you a semester filled with inspiration, growth, and success.

DIRECTIONS

From I-95: Take exit 132 and turn east on Route 139 (Western Avenue). Proceed a half mile and turn right on to School Street.

From Waterville: Take College Avenue from Waterville to Main Street in Fairfield. Go straight at the traffic light and turn left onto Western Avenue (by Circle K). Proceed .4 miles and turn left on to School Street.

From Skowhegan: Take Route 201 into Fairfield and turn right onto Route 139 (Western Avenue). Proceed .4 miles and turn left on to School Street.

We are the small gray building on the left as you drive on to School Street.

Entrance and parking are on the opposite side of the building that you face as you drive in.



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JANUARY 2024						
S	M	T	W	T	F	S
28	29	30	31			
FEBRUARY 2024						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		
MARCH 2024						
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17	18	19	20	21	22	23
24/31	25	26	27	28	29	30
APRIL 2024						
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28	29	30				
MAY 2024						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
JUNE 2024						
S	M	T	W	T	F	S
2	3	4	5	6	7	1/8

January 29	Winter/Spring Semester Begins
February 19	Patriot's Day - Office Closed
February 19-23	Winter Break - No School
March 13-14	LHS/LJHS Parent/Teacher Conferences
	No classes held at Annex, LHS, or LJHS
April 15	President's Day - Office Closed
April 15-19	Spring Break - No School
June 5	Lawrence Adult Education Graduation

HIGH SCHOOL COMPLETION

HIGH SCHOOL DIPLOMA

You can earn your high school diploma with Lawrence Adult Education! If you are at least 16 years old and no longer enrolled in high school, you can earn the missing credits you need to graduate. Previously earned credits and life experience credits can count toward your credit total. Credits can be earned in live classes and with distance learning options. All diploma classes are at no cost to you! Call us to schedule an appointment and find out how you can become a high school graduate!

AMERICAN STUDIES with Tonya Joler

Learn about American history and the related literature from the 1600's through to the Roaring Twenties through readings, video, and class discussion.

Tonya Joler has been teaching English at Lawrence High School since 2000. Many of those years also teaching for Adult Education. She loves U.S. History and music!

Monday from 5:00 PM to 8:00 PM

January 29 to May 20, 2024 (15 sessions)

at LHS, room 11, No cost for diploma students

INTRODUCTION TO GOTHIC & HORROR LITERATURE

with Marisellia Greenlaw

This class is an immersive and thought-provoking experience that will empower you to become a skilled writer and a critical thinker. Through the lens of horror fiction, we will dive into captivating narratives, analyze their themes, and examine the social, cultural, and psychological implications embedded within the genre. Led by our passionate instructor Marisellia Greenlaw, this course will aid in fostering critical literacy and facilitate transformative perspectives.

Monday from 9:00 AM to 12:00 PM

January 29 to May 20, 2024 (15 sessions)

at Adult Ed, Computer Lab, No cost for diploma students

STUDENT SUPPORT CENTER with Allison Burns

If daytime classes don't fit your schedule, this evening lab is available to study with the instructor on your HiSET, diploma, or college transitions program. You may work on Courseware, the HiSET Academy program, or college prep courses. Get one-on-one academic support, or use the computer lab.

Monday/Wednesday from 5:00 PM to 7:30 PM

January 29 to May 22, 2024 (15 weeks)

at Adult Ed, room 1, No cost for academic students

EGENUITY/COURSEWARE LAB with Marisellia Greenlaw

Work on your online diploma, college transitions, or HiSET courses with discussion and direction from our instructor. Diploma students are required to spend 3 hours per week per course in person during any time the lab is scheduled below.

Tuesday, Wednesday, or Thursday from 1:00 PM to 4:00 PM

January 30 to May 23, 2024 at Adult Ed, Computer Lab, No cost for diploma students



HiSET® (HIGH SCHOOL EQUIVALENCY TEST)

If you are at least 17 years old and left school without a diploma, the HiSET might be the way for you to earn a high school credential. Accepted by colleges and employers, the HiSET tests allow you to demonstrate your knowledge in five subject areas: Reading, Writing, Social Studies, Science, and Math. Call us today to learn about HiSET preparation and testing requirements and get ready to achieve your goal of obtaining a high school credential.



HiSET PREP with Allison Burns

Build on your knowledge in reading, writing, science, social studies, and math to be successful on the HiSET High School Equivalency Test.

This class has open enrollment and students can enter at any time during the semester. Remote learning options are available in conjunction with classroom time. Morning and afternoon sessions are available. If you need evening hours, check out the Student Support Center!

HiSET®

Tuesday/Thursday from 9:00 AM to 11:00 AM

January 30 to May 23, 2024 (15 weeks)

at Adult Ed, room 1, No cost for HiSET students

OR

Tuesday/Thursday from 12:30 PM to 2:30 PM

January 30 to May 23, 2024 (15 weeks)

at Adult Ed, room 1, No cost for HiSET students

HiSET FACTS

- HiSET testing and preparation classes are FREE
- Testing is Computer-Based (paper-based testing is only available with accommodations)
- Score at least 8 out of 20 on each of the five subtests and at least a 2 out of 6 on the essay
- Achieve a total scaled score on all five subtests of at least 45 out of 100
- The HiSET pass score is based on a national study of high school juniors and seniors and indicates that 60 percent of graduating high school seniors could not pass the HiSET exam

MAINE COLLEGE & CAREER ACCESS

MCCA is a comprehensive academic and advising program leading to enrollment in post-high school education or training that results in a credential of value and high-quality employment. Participants in MCCA will acquire the skills and knowledge to pursue their learning and employment goals. This program provides high-quality, cost-effective, and accessible pathways to success. Support services, counseling, and mentoring are provided to help adults transition to college and earn degrees.

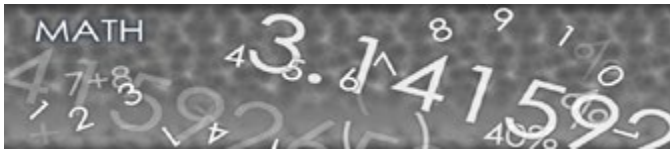


NUMBER SKILLS FOR COLLEGE & CAREER

with Allison Burns

This course is for those needing math remediation prior to taking college math classes. It covers basic math, whole numbers, fractions, decimals and percent, order of operations, rational numbers, ratios and proportions. Reduce your math anxiety and boost your confidence in math! 1 minimum / 8 max enrollment

Monday/Wednesday from 9:00 AM to 11:00 AM
January 29 to May 22, 2024 (15 weeks)
at Adult Ed, room 1, \$10 book fee



WRITING SKILLS FOR COLLEGE & CAREER

with Marisellia Greenlaw

For students who need further instruction prior to taking college-level writing, this course will provide instruction in grammar, sentence structure, conventions of Standard English, and essay writing. It is equivalent to the remedial courses offered at community colleges and universities.

Tuesday/Thursday from 9:00 AM to 11:00 AM
January 30 to May 23, 2024 (15 weeks)
at Adult Ed, Computer Lab, \$10 book fee

BIOLOGY WITH LAB with Allison Burns

Join us for an exhilarating journey into the intricate web of life in our biology class. Our biology class is designed to ignite your curiosity and deepen your understanding of the living world around us. Led by our experienced and passionate instructor Allison Burns, this course will provide you with a solid foundation in key biological concepts, critical thinking skills, and hands-on laboratory experiences.



Monday/Wednesday from 1:00 PM to 3:30 PM
January 29 to May 22, 2024 (15 weeks)
at Adult Ed, room 1, \$129 (free for diploma students with \$10 book fee)

COLLEGE AND CAREER PATHWAYS ADVISOR

Confused about your college and career options? Should you go to college or find a job? What courses would help you move ahead in the workplace? We can help! We offer one-on-one career advising, online career assessments, Maine College and Career Access courses, and college tours. Give us a call today!



Marisellia Greenlaw, Career Pathways Advisor
453-4200, ext. 3120

CAREER AND COLLEGE SUCCESS COORDINATOR

Our College and Career Success Coordinator, Carolyn Haskell, can help current KVCC students as well as anyone who is thinking about attending KVCC with the following:

- College Tours
- Completing the KVCC Application
- Applying for Scholarships
- Program and Course Selection
- Academic and Career Planning
- Academic Success Coaching and Tutoring Referrals
- Time-Management, Note taking, and Study Skills
- Learning how to Navigate BrightSpace
- Plus, many other additional services to help students SUCCEED



Carolyn is located on the KVCC campus and is available to assist both in-person and online students.
Call 453-3502 today for more information.



Introducing HUB 4

**CHOOSE COURSES FROM THE
LOCATION THAT'S BEST FOR YOU!**



Lawrence Adult Education

Fairfield 207-453-4200 ext. 3114
HiSET, Adult Diploma, College Transitions,
Workforce Training, and Enrichment Courses



RSU 54 Adult Education

Skowhegan 207-474-7553
HiSET, Adult Diploma, College Transitions,
Workforce Training, and Enrichment Courses



Spruce Mountain Adult Education

Livermore Falls 207-897-6406
HiSET, Adult Diploma, Workforce Training, and
Enrichment Courses



Franklin County Adult Education

Farmington 207-778-3460
HiSET, Adult Diploma, College Transitions,
WorkReady Certificate, and Enrichment Courses



MSAD 53 Adult Education

Pittsfield 207-487-5145 ext. 320
HiSET

More than 300 online courses

Online Courses

anytime, anywhere...
just a click away!



Learn
from the
comfort of
home!

Lawrence Adult Education

Online Courses are informative, fun, convenient, and highly interactive. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, six-week format, supplementary links, and more.

You can complete any course entirely from your home or office, any time of the day or night.

Courses include:

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction
- Hundreds of courses to choose from
- Monthly start sessions

Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

Grammar Refresher

Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

Write Your Life Story

Learn how to create and distribute an inspirational and professional autobiography for family, friends, and others.

Spanish for Medical Professionals

Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

Discover Sign Language

Discover the fun of learning sign language and using your hands to communicate with Deaf people.

Start Your Own Edible Garden

Learn how to grow delicious, nutritious fruit and vegetables in your own backyard.

For more information or to enroll visit:

www.ed2go.com/sad49

Some of the Top Courses at ed2go:

Speed Spanish
Accounting Fundamentals
A to Z Grant Writing
Introduction to Microsoft Excel 2019
Discover Sign Language
Introduction to QuickBooks Online
Project Management Fundamentals
Intermediate Microsoft Excel 2019
Accounting Fundamentals II
Introduction to SQL
Fundamentals of Supervision and Management
Grammar Refresher
Medical Terminology: A Word Association Approach
Explore a Career in Medical Coding
Computer Skills for the Workplace
Introduction to Interior Design
Real Estate Investing
Speed Spanish II
Effective Business Writing
Drawing for the Absolute Beginner
Stocks, Bonds, and Investing: Oh, My!
Introduction to Python 3 Programming
Advanced Grant Proposal Writing
Intermediate QuickBooks Online
Writing Essentials
Leadership
Beginning Writer's Workshop
Instant Italian
Becoming a Grant Writing Consultant
Discover Digital Photography
Administrative Assistant Fundamentals
Start Your Own Small Business
Beginning Conversational French
Speed Spanish III
Mastering Public Speaking
Human Anatomy and Physiology
Introduction to Microsoft Word 2019
Personal Finance
Intermediate SQL
Introduction to Microsoft Excel 2016
Introduction to Stock Options
Solving Classroom Discipline Problems
Conversational Japanese
Keyboarding
Advanced Microsoft Excel 2019
Creating Web Pages
Keys to Effective Communication
Spanish for Medical Professionals
Discover Sign Language II

CAREER TRAINING PROGRAMS

These online career training certification programs may be available at no cost to qualifying students* through Maine CareerCenters. If you are unemployed or under-employed, check with your local CareerCenter to see if you qualify. 207-623-7981

*Qualifying participant = unemployed or under-employed, must have a high school diploma or equivalent, must pass the CASAS reading and math assessment with a minimum score of 220 and must complete the Maine JobLink.



For more information on these and other career programs, visit:
<https://careertraining.ed2go.com/sad49>

Certified Medical Administrative Assistant with Medical Billing and Coding (Vouchers Included) \$3,695 (GES1015)

Upon completing this course, you should be well prepared to find your place in this rewarding healthcare career. You will be prepared for the Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA) and receive a voucher that covers the exam fee. You will also be able to choose a voucher for the professional certification that best aligns with your interests and career goals related to medical billing and coding.

- Certified Professional Coder (CPC) exam offered by the American Academy of Professional Coders (AAPC)
- Certified Coding Associate (CCA) exam offered by the American Health Information Management Association (AHIMA)
- Certified Billing and Coding Specialist (CBCS) exam offered by the National Healthcareer Association (NHA)

530 hours, 12 months

Certified Medical Administrative Assistant (CMAA) (Voucher Included) \$1,495 (GES147)

Upon completion of this course you will be prepared for the Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA). This course includes a voucher which covers the fee of the exam. 160 hours, 6 months

CompTIA™ A+ Certification Training (Voucher Included) \$1,995 (GES328)

This certification is the industry standard for validating the skills of entry-level computer technicians. It opens the door to an exciting career in computer technology, and ed2go's online program makes training convenient and interactive. 290 hours, 6 Months (National Certifications: CompTIA A+)

Comp TIA™ Certification Training: A+, Network+, Security+ (Vouchers Included) \$3,995 (GES327)

This program provides a comprehensive foundation for IT professionals. The specific training prepares you for the corresponding industry exams that are desirable for IT professionals. 480 hours, 12 Months (National Certifications: Comp TIA A+, CompTIA Network+, CompTIA Security+)

HVAC/R Certified Technician (Voucher Included) \$2,895 (GES793)

If you have more than a year of HVAC/R experience, this course will prepare you for the next step—certification. HVAC/R technicians are in demand, but certified technicians can earn more and have better career opportunities. 162 hours, 12 Months (National Certification: HVAC)

Pharmacy Technician (Voucher Included) \$2,495 (GES117)

Pharmacy Technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program. 400 hours, 12 Months (National Certifications: PTCB exam)

Professional Bookkeeping with QuickBooks 2019, \$2,095 (GES2004)

Professional Bookkeeping with QuickBooks 2019 will teach you how to utilize QuickBooks for everything from basic accounting to double-entry bookkeeping. You will learn bookkeeping skills, including handling accounts receivable and accounts payable, accounting for fixed assets, and recording and maintaining inventory accounts. By course completion, you will have the knowledge and skill set needed to ensure that your accounting methods meet all legal standards. 120 hours, 6 months

Chartered Tax Professional, \$1,895 (GES219)

A Chartered Tax Professional (CTP) is someone who has completed a specific series of tax courses in individual and small business income tax preparation. This nationally recognized innovative online certificate course enables you to start working and earning money while completing coursework toward the CTP professional credential.

After successfully completing this course, you will be qualified to prepare individual tax returns for almost all U.S. taxpayers and will also have the tax knowledge to successfully pass the Special Enrollment Examination (SEE). The Special Enrollment Examination (SEE) is a test that individuals can take to become an Enrolled Agent in the United States. The Enrolled Agent credential is issued and regulated by the Internal Revenue Service (IRS). 180 hours, 18 months





ACADEMY of MEDICAL PROFESSIONS

DENTAL ASSISTING PROGRAM

with the Academy of Medical Professions

This course is designed to train you for an entry-level career in dental assisting and to prepare you to sit for the DANB® RHS (Radiation Health and Safety) Exam. During each week you will build the confidence, skills, and knowledge to assist the dentist and be a valuable member of the dental healthcare team. Each week of the course covers a different area of dental practice, allowing students to grasp the material in manageable chunks. Includes optional 1-day lab.

Your tuition includes textbook, workbook, and color instrument guide; RHS Exam prep materials, include DALE Foundation RHS Practice Exam; DANB® RHS National Exam Fees.

All applicants must be 18 years of age or older. A high school diploma or GED equivalent is also required by program completion.

There are two options for this course:

1. Self-Paced, Online learning, starting anytime
2. Live via Zoom: Mondays from 6-8pm, 12 weeks starting February 5, 2024.

For more information or to register, contact the Academy of Medical Professions at 1-866-516-8274 or info@academyofmedicalprofessions.com.

\$3200 / \$3425 with payment plan

MEDICAL OFFICE SPECIALIST-ADMINISTRATIVE MEDICAL ASSISTANT

with the Academy of Medical Professions

16-week certification course: This course provides practical real-world skills essential for success in the healthcare field and meets entirely online. This all-inclusive course consists of Medical Terminology, Medical Front Office Skills, Electronic Medical Records Boot Camp, and Medical Billing. In addition, upon completion of all courses, you will sit for your CMAA (Certified Medical Administrative Assistant) Certification exam through the National Healthcareer Association (NHA). \$3200 includes national certification, all books, fees, and resume and job assistance. Payment plans available.

Live Classes meet Wednesdays 5:30-7:30 PM OR Online Anytime, Self-Pac

There are two options for this course:

1. Self-Paced, Online learning, starting anytime
2. Live via Zoom starting March 6, 2024.

For more information or to register, contact the Academy of Medical Professions at 1-866-516-8274 or info@academyofmedicalprofessions.com.

\$3200 / \$3425 with payment plan

SUBSTITUTE TEACHING 101 with Marisellia Greenlaw

Are you interested in exploring the world of substitute teaching? Do you want to make a positive impact on students' lives while fostering a dynamic and engaging learning environment? Designed for aspiring substitute teachers, this course will equip you with the knowledge needed to be a substitute teacher for any school in MSAD 49. Learn about school policies, the roles you will play as a substitute teacher, classroom management tips, how you get paid, and have the chance to fill out an application at the end of class if you wish.

Wednesday from 6:00 PM to 8:00 PM
at Adult Ed, Computer Lab, No Cost

Pick one date to attend this free workshop:
January 24, February 28, March 13, or April 10, 2024

BEHAVIORAL HEALTH PROFESSIONAL CERTIFICATION

Our community is looking for individuals who want to make a difference in a child's life. Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. The need in our area is great! As an integral part of the child's treatment team, a Certified Behavioral Health Professional (BHP) has the opportunity to make an immediate impact while helping a child grow and develop to their full potential. Woodfords Family Service provides this wonderful ONLINE training program. The program will equip you to successfully help children who are currently on a wait list for services and will prepare you for employment through local social services agencies. The program can be started at any time and finished at your own pace. You will complete 12 online modules then two 4-hour live sessions. Once the modules are completed, you will receive free online blood borne pathogen training and virtual First Aid & CPR training if you do not already possess those certifications. The entire training requirements will take about 45 hours. Any individual who has a high school diploma or equivalent and will be 18 years of age or older upon completion of the course may register.

Open enrollment until June 30, 2024. Call today for a registration appointment at 453-4200 ext. 3114. No Cost

BASIC ACCOUNTING & QUICKBOOKS ONLINE

with Valmond Landry

Learn basic accounting principles and how to apply them to setting up QuickBooks online for a small business or organization. You can sign up for a year of QuickBooks online at no cost by using a school email account which can be set up by Lawrence Adult Education. This is a live online class using ZOOM.

Tuesday from 8:30 AM to 11:30 AM 1/30/2024 to 2/13/2024 (3 sessions), Online via Zoom, \$59

QUICKBOOKS DESKTOP VERSION with Valmond Landry

Learn how to create a new company, set up preferences, explore and customize the dashboard, record transactions, customize lists, create recurring transactions, prepare estimates and reports, and create/edit lists. For this workshop you will need to have your own QuickBooks Desktop version or download a free copy to use for 30 days. This is a live online class using ZOOM.

Tuesday from 8:30 AM to 11:30 AM 3/5/2024 to 3/26/2024 (3 sessions), Online via Zoom, \$59

MICROSOFT EXCEL BASICS with Valmond Landry

Learn how to navigate a simple Excel worksheet, enter data in a worksheet, use basic math functions, do basic formatting, how to replicate data, use built-in functions and work with columns and rows. This is a live online class using ZOOM.

Thursday from 8:30 AM to 11:30 AM 3/7/2024 to 3/14/2024 (2 sessions), Online via Zoom, \$49

MICROSOFT EXCEL INTERMEDIATE with Valmond Landry

Learn how to navigate multiple worksheets, save your workbook, create formulas, use functions, change layouts, and create practical worksheets. 1040 Income Tax – Maintain tax information that is very useful when preparing your annual tax return. Examples of using Microsoft Excel as a practical tool: Grocery Shopping List; Contractor Estimate Calculator; Household Budget, etc. This is a live online class using ZOOM.

Thursday from 8:30 AM to 11:30 AM 3/28/2024 to 4/4/2024 (2 sessions), Online via Zoom, \$49

MICROSOFT EXCEL ADVANCED with Valmond Landry

Learn how to hide data, split and freeze a window, create ranges, understand the name manager, learn additional functions, copy and paste special, sort data, and learn the power of filters. Examples of using Microsoft Excel as a practical tool: Amortization Table; Jeopardy Game; etc. This course also includes pivot tables and Top 20 functions of Excel. This is a live online class using ZOOM.

Thursday from 8:30 AM to 11:30 AM 4/25/2024 to 5/2/2024 (2 sessions), Online via Zoom, \$49

PERSONAL ENRICHMENT

We are pleased to offer a variety of personal enrichment courses to the community. These courses are provided as a service to the community and the school district and are supported by fees. No state or local funds are used toward these courses. Through partnerships with local agencies, some courses or workshops are provided at no cost. If you have an idea for a course and would like to share your talents with the community, give us a call! We're always looking for new programming!



MORE ENERGY HEALING FOR MIND, BODY, AND SPIRIT

with Kate Kelly

Kate is back offering new subjects to investigate on your path to using healing energy through alternative therapies. Already enjoyed by many, this second offering will give you the option to choose all six sessions or pick and choose the ones you want! Save \$6 if you choose all six!



Energy Healing is a form of complementary and alternative medicine based on the belief that everything in the Universe is composed of molecules that are constantly vibrating and radiating positive or negative, balanced or unbalanced, opened or closed frequencies. When our organs are misaligned energetically and radiating low-vibrational frequencies, it can materialize into physical ailments, like pains, sickness, and disease. This course will introduce and teach you how to use for your own energy healing. 5 minimum / 15 max enrollment.

Kate has been teaching and practicing Energy Healing for over 30 years at many locations, including Lawrence Adult Education. She is excited to be back at LAE for a second semester with new information, practices, and life experiences to share from her journey.

Wednesday from 6:00 PM to 7:30 PM
at the Annex, room C-8, \$11 each, self-supporting fee (or choose all 6 for \$60)

1. Dreams and Their Meanings - April 24, 2024

We all dream, often 5 times a night. Dreams are metaphors for our desires, hopes and fears. Learn about the 14 most common dreams as well as how to decipher your own dreams.

2. What's Your Sign? Astrology in Your Life - May 1, 2024

Many people check their daily horoscopes but these generalizations only scratch the surface of your sign. Learn about this in-depth topic to understand more about yourself.

3. What's Your Number? Numerology Investigated - May 8, 2024

Numbers are a part of life so why not try to understand them in a new way? Learn how to use them for balance in your daily life.

4. Signs and Omens in Everyday Life - May 15, 2024

Signs and Omens in Everyday Life: Signs and Omens abound daily in nature, life and other areas. We just miss or dismiss them and their meaning. Learn their meanings as you go through your day.

5. Auras: How to Interpret and See - May 22, 2024

Have you ever seen an aura? Not sure? This class will dive into how to see them and understand their many energies.

6. Reiki: A Basic Overview - May 29, 2024

Reiki is often the first step into the healing arts. You'll learn the basics of Reiki 1 and how you can use it on yourself and family members for balance and wellness.

GENTLE YOGA FLOW with Laurie Lefebvre

This is a gentle flow yoga class for all ages and body types, working on yoga postures in a flow format including breath work. Participants will learn yoga poses at a slow and gentle pace. Modifications given when needed. Please bring your yoga mat. Yoga blocks are helpful if you have them. 5 minimum / 12 max enrollment

Wednesday from 4:00 PM to 5:00 PM
January 31 to April 24, 2024 (10 sessions)
at the LJHS Multipurpose Room, \$65 self-supporting fee



STAINED GLASS with Wanda Shorty

This stained glass class is designed for beginner and intermediate learners. Beginners will be taught the step-by-step process of creating their own stained glass work of art in the Tiffany Style (or copper foil) method. The first class will teach participants to cut glass and construct a simple bird (all materials supplied). When this project is completed, participants will be asked to choose another project and will need to purchase the materials on their own. Materials include glass, flux, foil, and solder. (approximately \$50-\$75) Grinders, soldering irons, etc. are available for use in class. Intermediate learners who need guidance may bring their projects already in progress the first night. 5 minimum / 8 max enrollment

Wanda has worked in the field of stained glass for over 30 years and has been teaching for over 20! She enjoys working with people and helping them to create a piece they can be proud of. When not working on stained glass, she enjoys working in her gardens.

Tuesday from 5:00 PM to 8:00 PM
January 30 to March 5, 2024 (5 sessions) at LHS, room 41, \$81 self-supporting fee (No class Feb. 20 - winter break)

fa FOOD ADDICTS in recovery anonymous

Are You Having Trouble Controlling the Way you Eat?

Do you struggle with food obsession, overeating, undereating or bulimia?

There is a Solution, Free Information Session online and by phone

Tuesday May 21, 2024 6:30-8pm EST

For Phone and Online Access Information

call Sharon 207-250-7373 or email fa.newcastle.maine@gmail.com

INSTANT GUITAR FOR BUSY PEOPLE with Craig Coffman

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+. 1 minimum / 25 max enrollment

Topics include: How chords work in a song; How to form the three main types of chords; How to tune your guitar; Basic strumming patterns; How to buy a good guitar (things to avoid); How to play along with simple tunes.

Tuesday from 6:30 PM to 9:00 PM

April 16, 2024 (1 session)

Online on Zoom, \$64 self-supporting fee

INSTANT PIANO FOR BUSY PEOPLE with Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do - using chords. And since this course includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands-on instruction. 1 minimum / 25 max enrollment

Topics include: How chords work in a song; How to get more out of sheet music by reading less of it; How to form the three main types of chords; How to handle different keys and time signatures; How to avoid "counting"; How to simplify over 12,000 complex chords.

Craig Coffman has over 30 years of experience in piano and guitar instruction and is a professional pianist and music director. He has a degree in Sociology from Illinois Wesleyan University (where he also studied piano) and a Master of Divinity degree from Western Seminary in Portland, Oregon.

Monday from 6:30 PM to 9:30 PM

April 15, 2024 (1 session)

Online on Zoom, \$64 self-supporting fee

PREPARE TO TAKE YOUR DRIVING TEST IN SPANISH

with Anna Thomas

In this Spanish-language course, we will study for the written test to obtain your driving permit in the state of Maine. All are welcome.

En este curso estudiaremos para el examen escrito para obtener un permiso de conducir en el estado de Maine. Todos son bienvenidos.

Tuesday from 4:00 PM to 5:30 PM, February 24, 2024 to May 7, 2024, 10 sessions, at Clinton Elementary School, room 120, No Cost

MAINE DRIVING DYNAMICS with BMV Staff

The Maine Driving Dynamics course is a driver improvement course that is aimed to improve a student's defensive driving awareness and abilities. This five-hour course includes discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. Our goal is to save lives, prevent injuries, and reduce vehicle-related crashes. A student who completes the course will receive a three-point credit on their driving record. 10 minimum / 20 max enrollment

Monday and Wednesday from 6:00 PM to 8:30 PM, April 8 & 10, 2024 (2 sessions) at the Annex, room C-6, \$70 self-supporting fee

MEDICARE 101 with Courtney Cowan

Whether you are newly eligible or have been enrolled for years, this class has something for everyone. Gain information on how to obtain Medicare when you are eligible, and many other important topics. We'll discuss supplemental insurance that can be purchased to complement original Medicare. There are many different products and carriers available, therefore it's important to become educated about the options. Medicare has various enrollment periods which gives you the opportunity to change your policy if appropriate. 4 minimum / 15 max enrollment

Courtney Cowan (license #PRR252278) offers insurance products through Maine Medicare Solutions, a licensed insurance agency.

Wednesday from 6:00 PM to 8:00 PM, April 3, 2024 at the Annex, room C-6, No Cost

WILLS AND TRUSTS with John Nale

Learn the difference between a Last Will and Testament and a Trust and what will a Last Will and Testament does that a Trust does not. Learn how to pass your assets outside of the probate process. Attorney Nale will be available after class to answer any questions. 5 minimum / 25 max enrollment

Attorney John Nale has been practicing law in Central Maine for over 40 years and one of the few attorneys who concentrates exclusively in elder law, speaking frequently to professional and community groups regarding long-term care planning, estate planning, advance directives, and MaineCare/Medicaid planning.

Wednesday from 6:00 PM to 8:00 PM, April 10, 2024 at the Annex, room C-9, No Cost

MAINE'S DEATH WITH DIGNITY ACT with Valerie Lovelace

Maine's compassionate end-of-life care option is the subject of a great deal of confusion and false information. Although Maine's Death with Dignity Act has been in place since September 2019, many patients and medical personnel are still unaware of it. Learn how to talk about it with your doctor, how to comply with the law or how to help a family member who might qualify.

Val Lovelace founded the 501(c)(3) not-for-profit organization Maine Death with Dignity and serves as its executive director. She spearheaded a grassroots campaign from 2014 to 2019 to pass Maine's aid-in-dying statute, the Maine Death with Dignity Act. She is committed to providing factual information regarding medical aid in dying to patients, their families, healthcare providers, and policy makers.

Tuesday from 6:30 PM to 8:00 PM, March 12, 2024
Online on Zoom, No Cost

HOME BUYERS AND HOME SELLERS SEMINAR

with Pamela Cairnie

Thinking of buying or selling a home, but you're not sure how to get started? Receive information to help with purchasing and selling homes, including some inspection, mortgage lending, title work, home insurance, appraisal, and more. Bring your questions and walk away with invaluable tips, plus a free guide to buying and selling a home. 5 minimum / 30 maximum enrollment

Pamela Cairnie is an Associate Broker at Allied Realty, Skowhegan.

Wednesday from 6:00 PM to 8:00 PM, February 28, 2024 (1 session) at the Annex, room C-7, No Cost

BOSTON BOUND!

We're off again to Boston. This time we'll have two options to choose from. Since the trip to the Aquarium didn't run last semester, we'll be offering either the Aquarium OR the Museum of Fine Arts - you choose!

MUSEUM OF FINE ARTS

The MFA is open. Open to new ideas that broaden our perspectives. Open to every visitor, from the curious to the lifelong learner. Open to new possibilities discovered through art. Showcasing ancient artistry and modern masterpieces, local legends and global visionaries, our renowned collection of nearly 500,000 works tells the story of the human experience—a story that holds unique meaning for everyone. We welcome diverse perspectives, both within the artwork and among our visitors. Where many worldviews meet, new ways of seeing, thinking, and understanding emerge. The conversations we inspire bring people together—revealing connections, exploring differences, and creating a community where all belong. For more information visit: <https://www.mfa.org/>

Dining: The Museum offers a diverse selection of dining experiences, with artfully prepared dishes for all tastes and budgets. From à la carte dining to a family-friendly cafeteria, visitors can find the right venue to suit the moment.

Shopping:

Linde Family Wing Bookstore and Shop: Located in the Druker Family Pavilion, the Linde Family Wing Bookstore and Shop features New England's premiere collection of thousands of books on art, photography, architecture, design, fashion, film, music, and children's books, as well as classic MFA gifts, including home décor, jewelry, stationery, prints, Custom Prints, fashion accessories, and toys.

Signature Shop: The Signature Shop is located across from the ticketing desks in the Huntington Avenue entrance. Begin or end your visit by browsing our exciting gift assortment highlighting the masterpieces of the MFA collections. The boutique atmosphere showcases handcrafted decorative arts, jewelry and apparel, and MFA and art-related gifts in an inviting, easily accessible location. The Signature Shop is the perfect place to pick up a souvenir of your visit or buy a distinctive gift featuring one of the many beautiful, iconic works in the MFA's collection.

Gund Gallery Shop: In the Art of the Americas Wing, Level LG, discover a shop filled with treasures relating to Gund Gallery exhibitions. This fresh space is the perfect way to enhance an exhibition visit or serve as a jumping-off point for your exploration.

Saturday, April 6, 2024 DEADLINE TO REGISTER: MARCH 1, 2024 (No refunds issued after this date.)

Tickets (including bus fee): \$104 adult; \$92 youth ages 7-17; \$79 youth ages 0-6 (see below - under New England Aquarium for departure and arrival times)

OR...

NEW ENGLAND AQUARIUM AND QUINCY MARKET

Join us for a fun day in Boston starting with a visit to the New England Aquarium! There you can experience exhibits such as the Indo-Pacific Coral Reef, the Atlantic Harbor Seals, the Giant Ocean Tank, Olympic Coast, and more! Don't forget to visit the gift shop!

When planning your visit, check out the website: www.neaq.org to see additional things to do, such as the Simons Theatre. The theater is newly renovated, so you'll enjoy comfortable, high-backed seats while watching films on a giant projection screen that is more than six stories high! Daily films include - Secrets of the Sea 3D, Incredible Predators 3D, Superpower Dogs 3D, and Cephalopods: Aliens of the Deep. The movies are between 45 and 49 minutes long. You must purchase tickets on your own for these films. This can be done ahead of time on their website and is strongly encouraged.

You can also book your own Animal Encounters online, such as Meet and Greet: Atlantic Harbor Seals, Make Art with Atlantic Harbor Seals and you can also have Virtual Animal Encounters. Check out the website for more information.

There are a number of food choices on site and nearby. The Harbor View Cafe' is located on Level 2 at the Aquarium. There may be a few outdoor cafes as well.

If you'd like to explore options for dining and shopping around the Aquarium, there are many only a short walk away: Quincy Market, North End, The Financial District, The Waterfront, The Theatre District & Chinatown.

If you trek out on an adventure, you must make your way back to the Aquarium to catch the bus back home! Wear comfortable walking shoes, layered outer wear, and bring totes or backpacks for purchases or the like. You may leave anything on the bus that you will not need while exploring.

The deadline to register for this trip is: MARCH 1, 2024 – so don't miss out and book today! No refunds can be issued after this date.

Saturday, April 6, 2024 DEADLINE TO REGISTER: MARCH 1, 2024 (No refunds issued after this date.)

Tickets (including bus fee): \$131 adult; \$118 ages 3-11; \$129 senior 65+

Depart: 7:00 a.m. at Lawrence Jr. High School parking lot (7 School Street, Fairfield)

Depart: 7:30 p.m. at the West Gardiner Park and Ride, across from the West Gardiner Service Plaza (Located between Routes 126 & 9 and the Turnpike Entrance)

Quick Rest Stop at the Kennebunk Service Plaza

Arrive: 11:00 a.m. Approximate arrival in Boston

Depart Boston: Approximately 4:00 p.m.



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COASTAL MAINE BOTANICAL GARDENS AND TUGBOAT INN, BOOTHBAY HARBOR RESTAURANT



Spring is blooming! Please join us as we visit the Botanical Gardens in Boothbay! Coastal Maine Botanical Gardens is a people's garden, a grassroots effort that began as a casual conversation between friends and evolved into the largest botanical garden in New England. Located on more than 300 acres along the MidCoast, the Gardens is a true Maine experience.

Explore all the gardens have to offer:

Butterfly House | Dahlia Garden | Bee Exhibit | Great Lawn | Founder's Grove | Lerner Garden of the Five Senses | Slater Forest Pond | Cleaver Lawn | Arbor Garden | Burpee Kitchen Garden | Bibby & Harold Alfond Children's Garden | Haney Hillside Garden | Vayo Meditation Garden | Fairy House Village | Shoreland Trail & The Landing | Giles Rhododendron & Perennial Garden

What's in bloom in May?

Narcissus (daffodils) add their bright, colorful blooms throughout the Gardens. Hellebores still put on a show. Additional bulbs such as Hyacinthus, Muscari, and Chionodoxa are also painting the ground with shades of pink, blue, yellow, and white. Be sure to check out the soft yellow flowers of Corylopsis glabrescens 'Longwood Chimes' in the Alfond Children's Garden; they smell really yummy! And many small leaved rhododendrons are in bloom in the Giles Rhododendron and Perennial Garden.

Be sure to wear comfortable walking shoes, bring a water bottle, sunblock never hurts! Pathways in the central gardens are all ADA compliant, and ramps are available anywhere there are stairs. The Lerner Garden of the Five Senses features sensory-stimulating plants and areas dedicated to each of the five senses. They supply wheelchairs and scooters on a first-come, first-served basis.

Shuttle Stops - Free 10-passenger shuttles offer service around the perimeter of the Gardens. They run every 20-25 minutes, with numerous hop-on, hop-off stops—guests should be aware that there is still walking required between shuttle stops and nearby destinations. We try to accommodate as many guests as possible, but the shuttle does get busy during high-traffic periods.

After our visit, we'll head to the Tugboat Inn in Boothbay Harbor for a late lunch!

Tugboat Inn's waterfront Boothbay Harbor restaurant is a favorite spot for locals and visitors alike. It was built around the original superstructure of the historic tugboat "Maine." Don't forget to climb up and visit the original wheelhouse.

Choose from:

- Haddock Monhegan: Baked with seasoned crumbs and lemon butter, or
- Chicken Pot Pie: Tender chicken with mushrooms, carrots and onions

Our lunch is accompanied by chef's choice of side dish, dessert (Maine Blueberry Pie), and non-alcoholic beverage.

Saturday, May 18, 2024, \$109 self-supporting fee (includes transportation, entry to Gardens, and meal at Tugboat Inn)

DEADLINE TO REGISTER: APRIL 25, 2024 (No refunds after this date.) 30 minimum / 45 maximum enrollment

9:00 a.m. Depart from Lawrence Jr. High School parking lot, 7 School Street, Fairfield

10:30 a.m. (approximately) Arrive at Coastal Maine Botanical Gardens

1:30 p.m. Depart Gardens and head to the Tugboat Inn for a late lunch

3:30 p.m. Depart Tugboat Inn and head home



BEEKEEPING FOR BEGINNERS with Kevin McFadden

This beginner beekeeping course will educate those interested in getting started with BEES and BEEKEEPING. Topics of discussion will be Langstroth beehives, assembling bee equipment, installing a nuc, controlling swarming, and dealing with varroa mites. Other topics include how and when to harvest honey, splitting hives, and winterizing the bees.

The instructor will collect \$55 from each participant to cover the cost of the textbook and for a one-year membership to the Somerset Beekeepers Club. Assignment of a mentor will be available. 25 max enrollment
Kevin McFadden is a science teacher at Mount Blue High School in Farmington. He has a B.S. in Zoology and an M.S. in Curriculum and Instruction. He has taught a summer beekeeping class for high school students at Skowhegan Area High School for the past three years. He loves educating the public about honey bees!

The course will meet on these dates from 6:00 p.m. to 9:00 p.m.:

Thursday, February 15 - Wednesday, February 21 - Wednesday, February 28 - Wednesday, March 6 - Wednesday, March 13, 2024

This course will meet at the Poulin-Turner Union Hall, 653 Waterville Road, Skowhegan, \$5 registration fee

REGISTRATION INFORMATION

Register online:	https://fairfield.maineadulted.org/
Register by phone:	207.453.4200 ext. 3114
Register by fax:	207.453.4225
Register by mail:	Lawrence Adult Education, 4 School Street, Fairfield, ME 04937
Register in person:	Stop by the office during regular business hours.

REGISTRATION FOR ACADEMIC STUDENTS

All registrations for high school completion, HiSET, and College Transitions students must be done in person. Please call to set up an appointment for your Intake. This includes data collection, assessment testing, and class placement.

REGISTRATION FOR ENRICHMENT COURSES

Adult participants may register for personal enrichment courses online, by phone, by mail, or in person. Persons under the age of 17 must be accompanied by a paying adult.

PAYMENT TYPES

We accept all major credit/debit cards, cash, check and money orders.

CONFIRMATION OF REGISTRATION

All online registrations will receive an email confirmation and receipt. To receive a receipt for mail in registrations, please indicate that on the registration form.

FEES

Registration Fees: These are noted in each course description and includes materials required for the class unless otherwise noted. Some personal enrichment courses may require the purchase of other materials or fee to be paid directly to the instructor. This will all be noted in the course description. There are no fees for high school completion or HiSET students and no testing fees.

Facilities Use Fees: The school district charges \$5 per student enrolled in personal enrichment courses that are held in district buildings other than the adult education building. This fee is included in your registration fee.

Online/Credit Card Fees: **When registering for courses on our website, please note that there is a fee of \$1.99 plus credit card fees of 2.9% plus 30 cents. Other credit card payments are 2.6% plus 10 cents.**

Fees associated with online registrations are non-refundable.

DISCOUNTS (Call and ask for Promo Code to use at checkout online!)

Frequent Learner Discount: If you took a course with us during the previous semester (January - June 2023), you may take \$5 off your registration fee of \$25 or more.

Senior (65+) and Veteran Discount: If you're a senior citizen or veteran you can take 10% off your registration fee of \$25 or more.

Please indicate upon registration that you would like to take the discount. .

REFUND POLICY

If a course is full, cancelled, or if you withdraw prior to the start date, you will receive a refund (**less credit card and online fees**).

Credit card payments will be credited back to the card used. All others will be issued by check and may take up to four weeks to process. Refunds requested after a course has begun will be considered at the discretion of the adult education director.

CANCELLATIONS

Complete Cancellation: Courses may be cancelled if there are too few enrollments. Students will be notified at least 24 hours prior to the start date and refunds will be issued.

Class Meeting Cancellation: If an instructor has to cancel a class session, students will be notified and a make-up class will be scheduled.

Weather Cancellation: If MSAD #49 schools are closed due to weather then adult education courses are automatically cancelled. If inclement weather develops during the day a decision will be made by 3:00 p.m. and announced in local media and on our webpage. Again, a make-up class will be scheduled.

MAIL-IN REGISTRATION FORM

1ST REGISTRANT FULL NAME: _____

MAILING ADDRESS: _____

TOWN/STATE/ZIP CODE: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

4 DIGIT YEAR OF BIRTH: _____

COURSE TITLE: _____ FEE: _____

COURSE TITLE: _____ FEE: _____

2ND REGISTRANT FULL NAME: _____

MAILING ADDRESS: _____

TOWN/STATE/ZIP CODE: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

4 DIGIT YEAR OF BIRTH: _____

COURSE TITLE: _____ FEE: _____

COURSE TITLE: _____ FEE: _____

DISCOUNT: _____

PAYMENT TYPE: _____

If applicable

TOTAL FEE: _____

___ CASH

___ CHECK OR MO (CH# _____)

___ CREDIT/DEBIT CARD

___ PLEASE SEND ME A RECEIPT/CONFIRMATION.

CARD#: _____

EXP DATE: _____ 3DIG SEC CODE: _____

SIGNATURE: _____

Office Use: Receipt #: _____

POSTAL CUSTOMER

LAWRENCE ADULT EDUCATION



Here's what's coming up at Lawrence Adult Education:

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