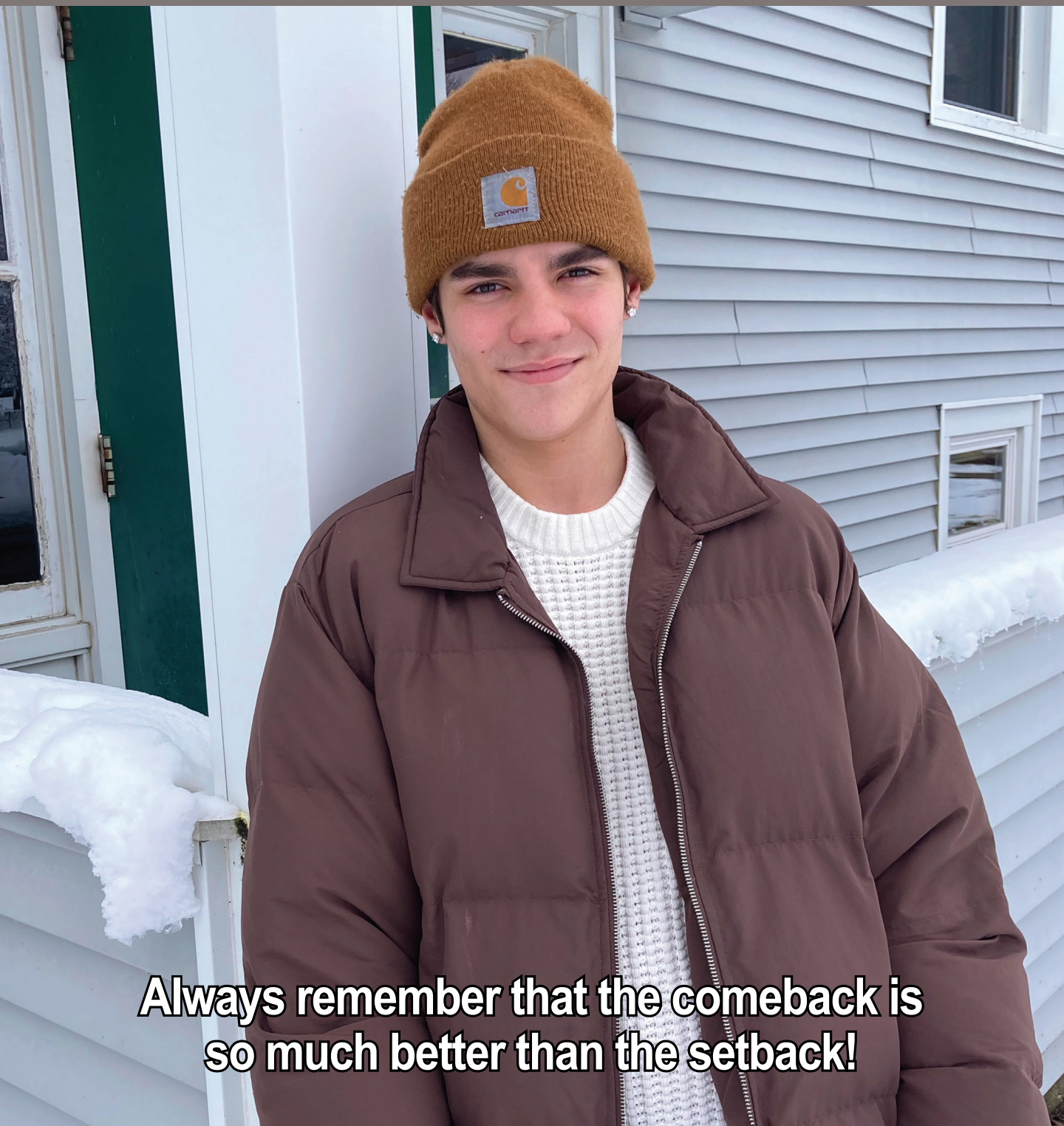


# MSAD 52 Adult & Community Education



**Always remember that the comeback is  
so much better than the setback!**

Call 225-1010 for more information  
Register ONLINE Anytime • [www.msad52.maineadulted.org](http://www.msad52.maineadulted.org)

*It's that time of year when the days are short, the ground is covered with snow and the temperatures keep us indoors. In short, it is the perfect time of year to learn something new, begin a new hobby or restart an exercise plan. It is also a great time to earn a high school credential, prepare for college or learn skills to explore a new career. MSAD 52 Adult & Community Education has a wide variety of offerings to take care of the winter blues and prepare you for the springtime green.*

*Find out more information about our NEW Rideshare program on page 6!  
Take #YOURNEXTSTEP with us!*

*R. Bryan Brito Ph.D/Director*

## WHAT WE OFFER:

**High School Diploma** • Build on previous credits from any high school and earn your high school diploma. **Call 225-1010 to get started!**

**The HiSET®** • If you're an adult without a high school diploma, the HiSET® is the best way to help you finish what you started! We offer classes to help you pass the test! FREE for Maine residents ages 17 & over.

**College Transitions at CMCC** • Thinking about College? This FREE program helps you prepare yourself for college or career training. We offer individualized support where you can increase your skills in time management, organization, note-taking, test-taking and much more! Want to take advantage of the Free College Scholarship? If you graduated high school (or earned the equivalent of a high school diploma, in 2020-2025), you're eligible! Enroll now and receive free tuition at any of Maine's community colleges!

**English Language Learners (ELL)** • Beginners to advanced levels! Strengthen your English skills to either enter the workforce, get a better job or continue in higher education. This FREE program welcomes all new learners! We now offer a BRAND NEW Rideshare Program. We will pay for your gas when you rideshare with other English Language Learner students! Call us today at 225-1010 to find out more!

**Enrichment Classes** • Based on the interests of local community members, our enrichment classes may include arts & crafts, cooking, community events, finance, exercise, wellness classes and more! You can also teach a class by becoming an enrichment instructor in our program. No training needed...just a skill to share!

**Check us out online [www.msad52.maineadulted.org](http://www.msad52.maineadulted.org) or Call 225-1010!**







### **Yoga & Meditation**

Discover how yoga harmonizes body and mind by practicing yoga postures (asana) followed by meditation. This wonderful class is led by a yoga practitioner, Ayurvedic practitioner and Licensed Massage Therapist with certification in Positive Neuroplasticity, taking in the good meditation teaching. Yoga mat, and props are helpful but are not necessary. A great class for beginners or anyone wanting to deepen their practice. Classes are via Zoom.

**MONDAYS 5:30-6:30pm**

**\$55 for one session OR \$95 for both!**

**SESSION 1: JAN 22 - FEB 26**

**(no class FEB 19)**

**SESSION 2: MAR 11 - APRIL 8**

### **Heartsaver First Aid CPR AED**

This course is geared towards anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements. A video-based, instructor-led course that teaches students critical skills needed to respond to and manage an emergency until emergency services arrive. This course uses AHA's research-proven practice-while-watching technique, which allows instructors to observe the students, provide feedback, and guide the learning of skills. Students receive a course completion card, valid for two years! Pick the date that works for you when you register. Four different dates to choose from!

**MONDAYS • 3:30-8:30pm \$102**

**FEB 5 • MARCH 4th • APRIL 8 • MAY 6**

### **Elementary Nordic Ski Program**

Do you have a child interested in Nordic skiing? Join the Leavitt Nordic community for some outdoor ski fun! Learn the basic skills of cross country skiing while playing games, being outside, having fun, and gliding on the skis. Designed for all elementary ages and ski levels! Parents are welcome! We have ski poles and skis to lend out but our boot selection is very limited. Sundays at the Maine Outdoor Wellness Center.

**SUNDAYS • JAN 28, FEB 4, 11 & 25**

**MARCH 3 & 10 1-3pm \$12**



### **Medicare Made Clear**

You have important decisions to make when you become eligible for Medicare. Our goal is to help you understand your options and make you feel confident about choosing coverage based on your needs. Three dates to choose from!

Classes are via Zoom.

**MARCH 5th, MARCH 12th 4:30-6:30pm &**

**MAY 11 6:30-8:30pm \$7**

### **Changing Jobs & Finding Work**

Are you considering a job change? This online class for women will help you identify work options and benefits that align with your interests, skills, and values. This course includes three 60 minute class sessions where we will explore current local and statewide workforce training opportunities, practice negotiating for better pay and benefits and connect with other women who are building confidence while exploring more rewarding careers!

**THURSDAYS ONLINE**

**FEB 29, MARCH 7 & 14 6-7pm \$7**

**Offered by NewVenturesMaine.org**

### **Worm Composting for Beginners**

Discover the benefits of composting and how to harvest worm castings by creating an indoor worm composting bin! Jock has operated his worm farm for 12 years and has offered multiple workshops. All supplies provided! Limits: 5 Worm Bins, One worm bin per household, 5 Households (no limit on the number of individuals attending).

**THURS • FEB 15 6-8pm \$10**

**FREE HARVEST • MAY 9 6-8pm**

### **Instant Guitar for Hopelessly Busy People Ages 13+**

Have you ever wanted to learn play guitar but simply find it difficult to find the time? In just a few hours you can learn to play! This class is offered via Zoom and includes an online book, follow-up video lessons and class recordings!

**TUESDAY • MARCH 26 6:30-9pm \$70**

### **Kids After School YOGA**

Come have fun doing yoga after school with Gail Bussiere! Yoga is a great way for children to learn how to reduce stress, as well as improve concentration, mood, balance, and flexibility. Best of all, kids think yoga is fun! Classes will be held at Turner Primary School so that children can attend the class right after dismissal. A great way to unwind with friends! For kids ages 6-8.

**THURSDAYS • JAN 18-FEB 15**

**3:05-4:35pm (time allows students to have their snack before class begins) \$77**



### **So You Want to be a Beekeeper?**

Want to get into Beekeeping, but don't know what is entailed...This introductory class was made for you! We will discuss the basics of beekeeping, equipment, time commitment and cost. Learn the wonder of the bee and what you will need to become a beekeeper.

**TUESDAY JAN 23 @ 6-8pm \$20**



### **Hidden Gems Lurking on Your iPhone & iPad Virtual**

Our iPhones/iPads have time-saving features that allow you to be creative and have fun! Discover advanced features that you will find amazing!

**ONLINE & self-paced/no start or end time. \$39**

### **From Connection to Protection**

This course will help you to become more aware of your energy and stress levels, You will also develop tools to help better manage your stress overall.

**WEDNESDAYS/6 weeks 6-7pm/Take a class for \$20 OR \$122 for all classes!**

**Week 1-2: Energy Levels • Week 3:**

**Lens World View Tools • Week 4: Heart Tools • Week 5: Body & Self Care**

**SESSION 1: JAN 17 - FEB 28**

**SESSION 2: MAR 20 - MAY 1**

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

A step-by-step guide on how to take beautiful photographs! Learn about portraits, slo-motion, panos, camera settings for proper focus and exposure, High Dynamic Range, picture composition and much more!

**ONLINE & self-paced/no start or end time. \$39**

### **Piloxing® SSP Just for You!**

Piloxing® is back! A group exercise that blends Pilates, boxing and dance. A high-energy workout that involves heart-pumping, powerful boxing combinations & Pilates-influenced movements. Please bring a yoga mat and optional lightweight Piloxing® gloves (also available for purchase.) Class can be done barefoot, in yoga socks or sneakers. Class can be done in-person or virtually with a Zoom account (camera must be left on and participant visible.)

**WEDNESDAYS • 6:30-7:30pm \$37 per session OR \$10 drop-in rate!**

**SESSION 1: MARCH 6, 13, 20, 27, APRIL 3 (makeup date APRIL 10 if needed)**

**SESSION 2: APRIL 24, MAY 1, 8, 15, 22 (makeup date MAY 29 if needed)**

### **Leavitt Baseball Spring Training**

Get ready for the upcoming season by joining the Leavitt Baseball team and getting a jump start on your game! Training will be held on Wednesday evenings and will include two sessions that run for 45 minutes per age group. Players need to bring their own bat & helmet.

**AGES 8-11: 6:30-7:15pm**

**AGES 12-14: 7:15-8:00pm**

**MARCH 13, 20, 27 & APRIL 3 & 10 \$50**



### **Digital Camera Special Effects**

Learn how to star the sun, add depth to your landscape images, discover the various use of filters and so much more! You will also learn how to control motion with the shutter speed and how to use a zoom lens to create the zoom technique! Bring your camera and lenses to this awesome online class and learn how to create great effects with the equipment you already have! Classes are via Zoom.

**TUESDAYS APRIL 9, 16 & 23 7:30-9pm \$80**

**Page 4**

### **Zumba® Fitness!**

Your favorite dance party is back! Classes move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance. A fun class that feels more like a “night out” than a work out!

**TUESDAYS • 5:30-6:30pm \$37 per session OR \$10 drop-in rate!**

**SESSION 1: MARCH 5, 12, 19, 26, APRIL 2 (makeup date APRIL 9 if needed)**

**SESSION 2: APRIL 23, 30, MAY 7, 14, 21 (makeup date MAY 28 If needed)**

### **Want to Open an Airbnb?**

People choosing Airbnb for lodging in has increased exponentially! Total earnings from Airbnbs in Maine surpassed \$95 million in 2021! Did you know that an Airbnb host earns an average of \$13,000 extra? If you have entertained the idea of opening up your guest bedroom or camp for short term rental..this class is for you! Debra operates River Escape in Damariscotta and has developed this course with tons of good information, tips and stories of unusual events in the life of a landlord. We will discuss issues dealing with ordinance, insurance, expectations, fees, hosting, communication and much more! This workshop is via Zoom.

**TUESDAY • JAN 23 6-8:30pm \$42**

### **CIRCL Mobility™**

Based on the science of functional movement, CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises. Actively taking your body through movement patterns using macro and micro joint movers improves range of motion and flexibility, allowing your body to Release, Restore and Renew. Please wear comfortable clothing, sneakers, yoga socks, or barefeet. Class can be done in person or virtually with a Zoom account (camera must be left on and participant visible).

**TUESDAYS • 6:30-7:30pm \$37 per session OR \$10 drop-in rate!**

**SESSION 1: MARCH 5, 12, 19, 26, APRIL 2 (makeup date APRIL 9 if needed)**

**SESSION 2: APRIL 23, 30, MAY 7, 14, 21 (makeup date MAY 28 If needed)**

**225-1010**



### **Play The Ukulele!**

When folks hear you play this happy instrument, well, they just have to smile! Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques. You will need a playable ukulele and an electronic tuner or tuner app. What are you waiting for? Grab a uke for this musical online adventure!

**SESSION 4 • WED JAN 31, FEB 7, 14, 21**

**SESSION 5 • TUES FEB 27, MAR 5, 12, 19**

**SESSION 6 • WED MAR 27 & APR 3, 10, 17**

**SESSION 7 • TUES APR 23, 30 & MAY 7, 14**

**6-7:30pm \$79/per session**

### **Instant Piano for Hopelessly Busy People**

Play the piano the way professionals do - using chords. This class is offered via Zoom, allowing you to practice at your own piano or keyboard. This course includes an online book and follow up video lessons!

**MONDAY • MARCH 25 6:30-9:30pm \$70**

### **Self-Care for Winter**

Learn self-care for a healthy season with practices from sister sciences, Yoga & Ayurveda. This 5 week class instructed by a Certified Ayurvedic Practitioner will leave you feeling healthy and glowing!

**MONDAY JAN 22 - FEB 26 5:30-6:30 via zoom \$55**

### **Time for a NEW Career!**

#### **(BHP) Behavioral Health Professional**

This ONLINE training program will equip you with ways to help children who are currently on a wait list for services and will also prepare you for employment through local social services agencies.

Work at your own pace completing 12 online modules prior to attending three 4-hour live sessions, including the new ethics and boundaries training.

**MSAD 52 & Woodfords are partnering to offer this course • \$25 administrative fee.**

### **SEVERAL DATES TO CHOOSE!**

**[www.msad52.maineadulted.org](http://www.msad52.maineadulted.org)**

### **Would you like to become a Certified Nursing Assistant?**

This State-approved course consists of classroom learning, lab practice and clinical work. Time is spent on the aspects of caring for patients and residents, diseases and more! Clinical hours allow the student to practice what was learned in the classroom with actual hands-on experience. The Certified Nursing Assistant State Competency Test is administered upon completion of the course and leads to an industry-recognized certification.

**Classes will start in FEBRUARY!  
Call 225-1010 to get started!**



### **Home Buyer Workshops**

Discover everything you need to know about the home buying process! A Cory Scott Team representative will be at each workshop to answer questions.

Pick your date when registering!

**JAN 17, FEB 27, MARCH 12, OR  
APRIL 10 6:30-8pm ONLY \$12!**

### **Applied Workplace Technology**

Learn the skills needed to work in many office settings. Several certificates can be earned by completing this course!

- **WorkReady State Credential**
- **IC3 Digital Literacy Certificate**
- **MS Office Word Certificate**
- **MS Office Excel Certificate**
- **Applied Workplace Technology Courses Completion Certificate**

***A FREE integrated course designed for your employment success!***

**Call 225-1010 for more information.**



## Meet Amy Hatch!

*My name is Amy and I am the STEAM Coordinator at MSAD 52 Adult & Community Education. I teach HiSet prep, Diploma and College Transition courses. I have worked in Adult Education for almost 15 years and have helped hundreds of students achieve their academic dreams. Whether a student desires a high school credential, a college degree, or an apprenticeship opportunity, I can help with **#YOURNEXTSTEP!***

*I have previously taught at Region 9 and Lewiston Adult Education and have statewide connections to the Department of Labor, and Career Centers to help students get the training they need to succeed. I can help you find your way to a new career!*

## Earn a High School Equivalency Diploma!

To earn the HiSET® high school equivalency certificate, you must pass five subject area tests: reading, writing, science, social studies, and math. All five tests are multiple choice, and the writing test also includes an essay component.

By passing the HiSET®, you can earn a state-issued high school equivalency credential allowing you to advance your career, join the military, begin a training program or continue your education.

**You are also eligible for two years of FREE Community College in Maine!**

**NOW is the time! This is #YOURNEXTSTEP!**

**Call 225-1010 TODAY!**

## NEW RIDESHARE PROGRAM!

*This NEW program will pay for your gas when you rideshare with other English Language Learner students!*

Call or email us to find out more about this AWESOME opportunity!

email: [adulted@msad52.org](mailto:adulted@msad52.org)  
**207-225-1010**

## MSAD 52 Substitute Teacher Training • Available On Request!

Learn about school expectations, lesson plans and assertive discipline. Individuals will come to the office to watch a training video, receive resources, ask questions and begin/complete the onboarding process. Once the online registration is completed, our Human Resources Specialist, Amy Pelletier will connect with you. Valid CHRC is required and help with this process is available. A high school diploma is required/college degree preferred.

Contact: [amy.pelletier@msad52.org](mailto:amy.pelletier@msad52.org)  
Call 225-1028 for more information.

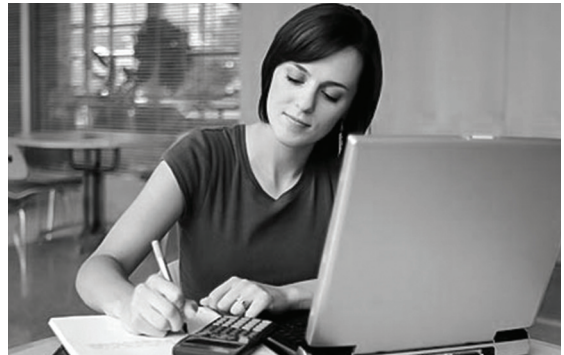
**MSAD 52 Adult & Community Education**  
486 Turner Center Road Turner, Maine 04282  
**225-1010 • [www.msad52.maineadulted.org](http://www.msad52.maineadulted.org)**  
email: [adulted@msad52.org](mailto:adulted@msad52.org)

NON-PROFIT  
U.S. POSTAGE  
PAID  
PORTLAND, ME  
PERMIT NO. 454

## Take #YOURNEXTSTEP in your Career!

**HUNDREDS of COURSES!**  
Affordable, Fun, Online &  
Convenient!

[www.ed2go.com/msad52](http://www.ed2go.com/msad52)



**Become Nationally  
Certified with a new  
career in as little as  
16-20 weeks!**

## Live & Online Classes!

**CERTIFIED NURSING ASSISTANT  
CNA PLUS HYBRID**

**PHLEBOTOMY**

**MEDICAL CODING**

**MEDICAL OFFICE**

**MEDICAL TRANSCRIPTION**

**PHARMACY TECH**

**DENTAL ASSISTING**

**REGISTER ANYTIME!**

[www.academyofmedicalprofessions.com](http://www.academyofmedicalprofessions.com)

**MENTION MSAD 52 ADULT EDUCATION**

## LOOKING FOR Driver's Education Courses?



**Wouldn't you rather your  
child learn to drive in the  
snow with an expert?**

**A new Driver's Ed Class  
starts every 2 weeks!**

**NO WAITING LIST!!!**

**Sign Up Today!**  
**@ [www.A-LDRE.com](http://www.A-LDRE.com)**