

TAKE #YOURNEXTSTEP!

MSAD 52 Adult & Community Education



*Make & Take A Succulent Garden
Register for this fun class!*

SEE PAGE 4



MSAD 52 Adult & Community Education
EDUCATE • EMPOWER • ENRICH

www.msad52.maineadulted.org • CALL US TODAY 225-1010

Let it snow, let it snow, let it snow...and let your learning flourish this Winter!

As the season unfolds, we're thrilled to offer a wide array of classes designed to keep your mind active and your skills sharp. Whether you want to grow professionally, explore a new hobby, or deepen your knowledge, our courses are here to help you stay engaged and inspired through the cold months.

Embrace the season of learning with us...because when it comes to personal growth, the more you know, the brighter the days ahead!

R. Bryan Brito Ph.D.

MSAD 52 Adult & Community Education Director • 207.225.1010 EXT 4

Expand Your Opportunities.

Take charge of your future with the *HiSET*® exam.

Pursue higher education



41%

of HiSET exam passers enrolled in CTE or college within one year after passing

Earn more

The average hourly income for HiSET exam passers increased

12%

over previous earnings in just one year after passing



Get ahead in your career



57%

of HiSET exam passers attributed getting a job or promotion to earning their HSE credential



HiSET exam passers tended to have high-growth occupations

Expanding Opportunities & Changing Lives! That's HiSET®

Are you ready to take #YOURNEXTSTEP in discovering new opportunities for college or a better career? By taking 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 and change your life!

We are an official testing center! Connect with us @ 225-1010 today!

TAKE #YOURNEXTSTEP HERE!

High School Diploma • We will analyze your current high school transcript and determine what classes you need to complete your diploma requirements. We have day, evening and distance learning options available to fit your busy schedule.

The HiSET® • We can help you achieve your goals and help you advance in your career! We offer classes and support to help you prepare and pass the HiSET® test. This FREE program is offered to Maine residents ages 17 and over.

The Maine College & Career Access @ CMCC • This program helps adults transition into education or training programs. We provide tutoring in English, Math and Computer Skills. We also offer advising to help with your college admissions and financial aid.

Multi Language Learners • This program helps students improve their English reading, writing, grammar, technology and life skills. These classes will also help students prepare for employment. All learners are welcome!

Enrichment Classes • Whether you're looking to continue a hobby or try something new, we offer something for everyone! There are online courses offered via MindEdge, BoomerTECH & ed2go. Want to make some extra money? You can teach a class by becoming an enrichment instructor and get paid to do so!

CALL 225-1010 to learn more or email: adulted@msad52.org



FREE COLLEGE TRANSITIONS • REGISTER TODAY!

Getting started in college is easier than you may think! Our college and career advisor can meet with you to complete career assessments, explore workforce placement options and create a learning plan designed just for you! Get support in the financial aid process, scholarship opportunities, resume writing, interview skills and so much more! Call 225-1010 OPTION 3 to find out more!

FOR THE COMMUNITY

SMARTPHONE Photography

Discover how to take and create great images, which editing apps to use, how to share images and how to print. Join Steve to learn more about

SESSION 1: WED JAN 8,15,22 5:30-7pm

SESSION 2: TUES MAR 4,11,18 7:30-9pm

\$60/per session.

Digital Photography for Newbies

Explore digital photography and discover tricks and tips to confidently snap that next photograph!

SESSION 1: WEDS JAN 8,15,22,29 & FEB 5 7:30-9pm

SESSION 2: TUES MAR 4,11,18,25 APR 1 5:30-7pm \$60/per session

Hunter Safety Field Day

This class is part of the Maine Department of Fish & Wildlife Certified Hunter Safety Program. **Students need to complete an online portion prior to attending the in-person field day** which involves discussions, demonstrations and shared field experiences. This is for anyone applying for a hunting license for the first time or as a refresher course. [Complete the online course at hunter-ed.com/maine](https://hunter-ed.com/maine)

(Fee: \$24.95) and bring voucher

SAT JAN 11th 9am-4pm/\$5 field day portion

Softball Skills & Drills

Do you want to get some swings in and work on your skills? Whether you're new to the game or an experienced player looking to refine your abilities, these softball fundamental drills will improve your performance on the field.

SATS: JAN 11-FEB 15th

2-4pm/\$40 6wk session OR \$10 drop in

Introduction to Cricut

Use your Cricut to make t-shirts, stickers, bulletin boards and more! If you have your own Cricut machine, please bring it to class with you. Beginners and advanced crafters will benefit from this course!

TUES JAN 14, 28, FEB 11 & 25

5-6:30pm/\$10 per class/\$10 material fee paid to instructor

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Make & Take Wire Wrapped Rings with Elise Marie DeSigns

Come join us for these fun and creative workshops where you learn how to make your very own wire wrapped rings with Elise Marie DeSigns. A great opportunity to unleash your inner artist and create unique jewelry pieces that you can wear or gift to loved ones. No experience is necessary, Elise will guide you through the process step by step. Participants do not need to bring anything but good vibes and friends!

WORKSHOP 1: TUES JAN 14

WORKSHOP 2: THURS JAN 16

WORKSHOP 3: THURS MAR 6

WORKSHOP 4: THURS MAR 13

5-6:30pm/\$65 per workshop



Taking in the Good - A Full Training in Positive Neuroplasticity

Fill yourself with calm strength, confidence and joy! This course includes a PNT (Positive Neuroplasticity Training) handbook filled with exercises for positive brain change. Past students stated that they received a firm grasp on the material presented and were able to apply it to their lives with positive results! Recommended for teachers and students or anyone who is looking for transformative change. Led by a Certified PNT Teacher.

TUES & THURSDAYS JAN 14-FEB 6th

6-7:30pm/\$110

Elementary Nordic Ski

Do you have a child interested in Nordic skiing? Get ready for skills, ski games and lots of fun. Some ski equipment can be provided if you register early. Parents are welcome!

SUNS JAN 26, FEB 2, 9 & 23, MAR 2 & 9th 1-3pm @ The Maine Outdoor

Wellness Center in Turner/ONLY \$10!

www.msad52.maineadulted.org

Art Club with Amy

Is there anything more fun than sitting down at a table full of art supplies and letting your imagination soar! Join Art Club with Amy once a month where you can create your own masterpiece! Have fun with friends and explore art. A popular class for ages 6 and up.

TUES JAN 28, FEB 11, MAR 11, APR 15 & MAY 13 5-6:30pm/\$35 all materials provided!



Learn To Play The Ukulele

Here's your chance to find out how to play this wonderfully versatile, go anywhere instrument. Join this Zoom, no-stress, class for some laughs and learning. Bring your sense of humor, a passion for music, curiosity and a willingness to practice. So grab a uke, sign up, tune up and show up.

SESSION 1: WED FEB 5, 12, 19, 26

SESSION 2: TUES MARCH 4, 11, 18, 25

SESSION 3: WED APR 16, 23, 30 & MAY 7

SESSION 4: TUES MAY 13, 20, 27 & JUN 3 6-7:30pm/\$85 per session

Worm Composting for Beginners

Learn how to construct and maintain a worm bin to compost your kitchen vegetable waste. Join Jock as he discusses the harvesting of worm castings and compost for gardening, houseplants and worm tea. Each student will set up their own bin to take home. All supplies are provided for this extremely popular workshop!

THURS FEB 13 6-8pm/\$10

HARVEST DAYS: 2/4 & 5/13

Make & Take A Succulent Garden

Join Amy to plant and create a succulent keepsake for your home or office! Bring your favorite plant container or use one of the provided planters. A fun class to enjoy with friends!

THURS FEB 13th 5-7pm/\$20 & \$10 material fee paid to the instructor.

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Portrait & Pet Photography

This online course is designed to teach you everything you need to know to take professional-quality portraits. You will learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work!

WED FEB 19 & 26th 5:30-7pm/\$60

**Call us at 225-1010 to
find out how to become
an enrichment instructor
with us!**

Digital Photography Intermediate

Explore the use of intermediate camera controls such as metering, exposure, ISO, aperture and shutter priority. We will also take an in-depth look at manual focus, fill flash and flash modes, as well as controlling motion, composition and many other advanced techniques!

A great online class!

SESSION 1: WED FEB 19, 26, MAR 5 & 12 7:30-9:00pm

SESSION 2: TUES APR 15, 22, 29, MAY 6 & 13 5:30-7pm/\$120 per session.



www.msad52.maineadulted.org

Make Your Own Moisturizers

Come learn how to make moisturizers using just a few ingredients. Take home samples and instructions for making your own at home! A fun class to take with friends!

WED FEB 26 6-8pm/\$15



Tuesday Creative Art Workshops

Join Nancy Clark and explore beginning techniques of drawing, soft pastels, oil pastels, collage and watercolors! Kids ages 8 and up will enjoy these one-of-a-kind art classes of creativity and artistic fun! Adults are welcome!

TUES 5-6:30pm/\$25 per class, per person

MAR 4 Drawing

MAR 11 Soft Pastels

MAR 18 Oil Pastels

MAR 25 Collage

APR 1 Textures & Design

APR 8 Watercolor Painting

APR 15 Peace Totems



DID YOU KNOW?

We offered 132 Enrichment courses & Summer camps with over 900 participants from Fall 2023 to Summer 2024!

**Want to offer a course or camp with us this Summer?
Call 225-1010 to learn more!**

Instant Piano for Hopelessly Busy People Online

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. Class is held online using zoom and is partly hands-on instruction and lecture demonstration.

Online MON MAR 3 6:30-9:30pm/\$49



Instant Guitar for Hopelessly Busy People Online

Playing the guitar can give you years of musical enjoyment! This crash course for ages 13+ will teach you some basic chords and get you playing along with your favorite songs right away.

Online TUES MAR 4th 6:30-9:30pm/\$49

What a GOOD Dog!

Start your dog off on the right paw! This course will help you and your dog begin working as a team. We use methods that will teach your dog to come when you call, walk politely on leash and interact appropriately. Each class includes plenty of socialization, question/answer time and problem solving! Dogs must have non-chain leashes, a well-fitting collar and current rabies shots.

WEDS APR 30th-MAY 28 6-7pm/\$65



A FAMILY FOR ME

Join A Family for ME for a live, virtual conversation about becoming a foster/adoptive parent in Maine. This online class is a great opportunity to learn more about fostering and adoption.

The 2nd MONDAY of every month at 12pm OR 6pm for 1 hour (zoom link provided upon registration) \$10 AE ADMIN FEE

NATURE Photography Online

Explore camera settings, compositions and how to get great images of the nature's best like moose, birds, seals and other subjects! We will also discuss how to set up a blind to capture great images in nature! A great online class that will also bring you outdoors!

THUR & TUES MAY 1 & 20 7:30-9pm/\$60

Introduction to Voiceovers

Want to earn income using your talents from the comfort of your home? If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices For All, in a one-on-one, personalized, video chat setting. **Upon registration you will be contacted by VFA to schedule your class.**

Online/\$49

CHECK OUT BoomerTECH Adventures Courses!

- Conquer Your Mac Photos App
- Intro to Mac Basics
- Intro to iPhone Basics
- Intro to Zoom Basics
- Deliver Online Zoom Courses
- Cooking Adventures
- Digital Tools for the Memoir Writer

**\$40/per ONLINE courses •
SELF-PACED & FUN!**

Lighthouse Photography Workshop

In the first online class, we'll start with learning camera settings, aperture, shutter, ISO, white balance and other compositional techniques critical to lighthouse photography. The following Saturday, during the cruise, we'll focus on photographing the wildlife and lighthouses, sharing techniques and approaches. Finally, we'll meet back up online the following week to share, learn and critique our images. This workshop is for beginner and intermediate photographers and is limited to 15 students. **Students need to purchase their own cruise ticket.**

THUR MAY 15 Online 5:30-7pm/\$85

SAT MAY 17 On the Cruise Time TBD

FRI MAY 23 Online Critique Class 5:30-7pm



Time for a NEW Career as a Behavioral Health Professional (BHP)

***MSAD 52 & Woodfords partnering
to offer this course!***

Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism and Mental Health Disorders and to their families.

A Certified BHP Behavioral Health Professional has the opportunity to make an immediate impact while helping a child grow and develop to their full potential.

**MORE INFO & DATES ONLINE
www.msad52.maineadulted.org**

Health & Wellness

Kids After School Yoga

Yoga helps kids grow stronger, more focused and confident! Kids ages 6-9 are invited to join Gail Bussiere after school to learn and practice a variety of poses. Yoga helps improve flexibility, balance, strength & coordination! Wear comfortable clothing for stretching and movement. Students will need a yoga mat, a water bottle and a light snack.

3:05-4:30pm/\$60 per session.

SESSION 1: THURS JAN 16-FEB 6

SESSION 2: THURS FEB 27-MAR 27



Gentle Ayurvedic Yoga Meditation: A Journey of Transformation

Discover secrets for lifelong wellness from the ancient roots of Ayurveda, the Science of Life, with her sister Science of the Mind, Yoga. Each class contains a healing matrix of Hatha yoga, sound yoga, mantra and meditation. Please have a yoga mat, blanket, blocks and a bolster for your home practice.

5:30-6:30pm/\$65 per session/\$95 for both

SESSION 1: MONS/JAN 20-FEB 24

SESSION 2: MONS/MARCH 10-APRIL 14

Zumba® Fitness

These classes are not only fun, but challenging! If you like to dance and want to stay fit, Zumba® Fitness was made for you! A total workout, combining all elements of wellness - cardio, muscle conditioning, balance, flexibility and some serious fun!

TUES 5-8pm/\$40 6wk session/\$10 drop-in

SESSION 1: FEB 25 - APR 1

SESSION 2: APR 8-MAY 20 No class APR 22

CIRCL Mobility™

Release stress, restore your range of motion and renew your ability to move better! Discover dynamic stretches to help improve joint flexibility along with resistance and conditioning exercises that can help you build strength. Please bring a yoga mat, water and wear comfortable clothing, You can drop in for \$10!

TUES 6-30-7:30pm/\$40 6wk session

SESSION 1: FEB 25-APR 1

SESSION 2: APR 8-MAY 20 No class APR 22

Strength & Balance for Seniors

Work on strengthening and stretching the muscles and improving cardiovascular and bone density health.

MONS 8:30-9:30am/\$35 per session

SESSION 1: JAN 20-MAR 3 No class FEB 17

SESSION 2: MAR 17-APR 28 No class APR 21

Gentle Fitness for Health

This virtual class offers seated strength and flexibility exercises to improve mobility.

MONS 10-11am/\$35 per session

SESSION 1: JAN 20-MAR 3 No class FEB 17

SESSION 2: MAR 17-APR 28 No class APR 21

Tai Yoga

In this online class, discover poses that will calm the nervous system, stretch your muscles and help you relax!

TUES 9-10am/\$35 per SESSION

SESSION 1: JAN 21-MAR 4 No class FEB 18

SESSION 2: MAR 11-APR 15

SESSION 3: APR 29-JUNE 3

Stress Reduction & Relaxation with Therapeutic Yoga

Calm the nervous system, along with stretching and warming the muscles and preparing the mind to rest.

TUES 5:30-6:30pm/\$35 per SESSION

SESSION 1: JAN 21-MAR 11 No class FEB 18

SESSION 2: MAR 18-APR 29 No class APR 22

SESSION 3: MAY 6-JUNE 17

Chair Yoga

This morning online class offers mind and body benefits without having to get up off the floor! A great online class!

THURS 9-10am/\$35 per SESSION

SESSION 1: JAN 23- MAR 6 No class FEB 20

SESSION 2: MAR 13-APR 17

SESSION 3: MAY 1-JUNE 5

Brought to you by Leeds Broadband/National Digital Equity Center

Basic Internet Safety

Learn about staying safe online in today's world. This class teaches you how to keep your devices & information safe.

**WED JAN 29th 6-7pm @ Leeds Town Hall/\$10
AE Admin Fee**

Identifying Frauds & Scams

Discover all of the different types of internet fraud and scams, the do's and don'ts of protecting yourself online and what to do if you have experienced fraud.

**WED FEB 5 6-7pm @ Leeds Town Hall/\$10
AE Admin Fee**

Using Facebook Securely

Designed to teach you how to use Facebook securely, how to understand privacy options and how to change options so the information that you share is more private.

**WED FEB 26 6-7pm @ Leeds Town Hall/\$10
AE Admin Fee**

Safely Creating Online Accounts

Create an online account, discuss how to recover your passwords, navigate issues for privacy and safety and much more!

**MAR 5 6-7pm @ Leeds Town Hall/\$10
AE Admin Fee**

Cutting The Cord

Discover what it means to "Cut the Cord". Cancel cable landline phone service. Learn how to enjoy streaming television and internet phone service.

**WED MAR 26 6-7pm @ Leeds Town Hall/\$10
AE Admin Fee**



Cloud-Based Backup Solutions

Explore the most popular, free, cloud-based platforms to safely back-up the information that is important to you.

**WED APR 2 6-7pm @ Leeds Town Hall/\$10
AE Admin Fee**



DEVELOP YOUR DRIVING SKILLS!

**A NEW Driver's Education Course starts every
2 weeks @ Leavitt Area High School!**

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MSAD 52 Adult & Community Education powered by MindEdge courses and certificates, help you master the concepts and skills needed to grow and thrive in your career.



Each affordable, self-paced course is packed with real-world examples, case studies, expert analysis, current research and interactive learning activities. Courses and certificates that award CEUs, PDUs and other education credits.

Whether you are looking to expand your skills, earn professional credits or learn something new, our online professional development courses and certificates pair perfectly with a busy schedule.

Courses are self-paced and online, accessible from anywhere and even available on mobile! CHECK OUT: www.mindedge.com/MSAD52

FEATURED COURSES:

Gardening in Small Spaces \$29

When you're hoping to breathe new life into your yard, the idea of nurturing a flourishing garden sounds like a great new hobby. But, when you only have a small outdoor area to work with, it can be a high-stakes endeavor. This course will guide you through the basics of garden design, plant selection, planting and maintaining your small garden.

MindEdge Studio: Knitting Basics \$39

Knitting is a versatile skill and a rewarding activity, and there is very little that is more satisfying than creating something with your own hands. This course covers the basics of knitting, teaching you how to choose your materials, read patterns and create several different simple knitting projects.

QuickBooks® Desktop Pro Basics (2021 Windows) \$99

An introductory-level course designed to build a foundation of essential skills in QuickBooks®. In this course, learners will develop a greater understanding of the basic bookkeeping and accounting functions that the software enables.

Check out <https://catalog.mindedge.com/MSAD52> to view course offerings!

Master a new subject with ed2go online courses!

Hundreds of highly interactive online courses designed for you!

Led by expert instructors! Affordable, fast, convenient and fun!

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Computer Skills for the Workplace • Intro to Microsoft Excel 2019
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CAREERS WITH NATIONAL CERTIFICATIONS!

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Go to www.academyofmedicalprofessions.com to learn more.**

LIVE & ONLINE CLASSES!

Medical Coding (CPC)

Clinical Medical Assistant (with CCMA National Certification)

Phlebotomy Technician (CPT)

Certified Nursing Assistant

CNA Plus

Hybrid Offering

Medical Transcription Certificate Program

Medical Office Specialist (CMAA, Medical Billing Certificate)

Dental Assisting (RHS)

Pharmacy Technician (PTCB)



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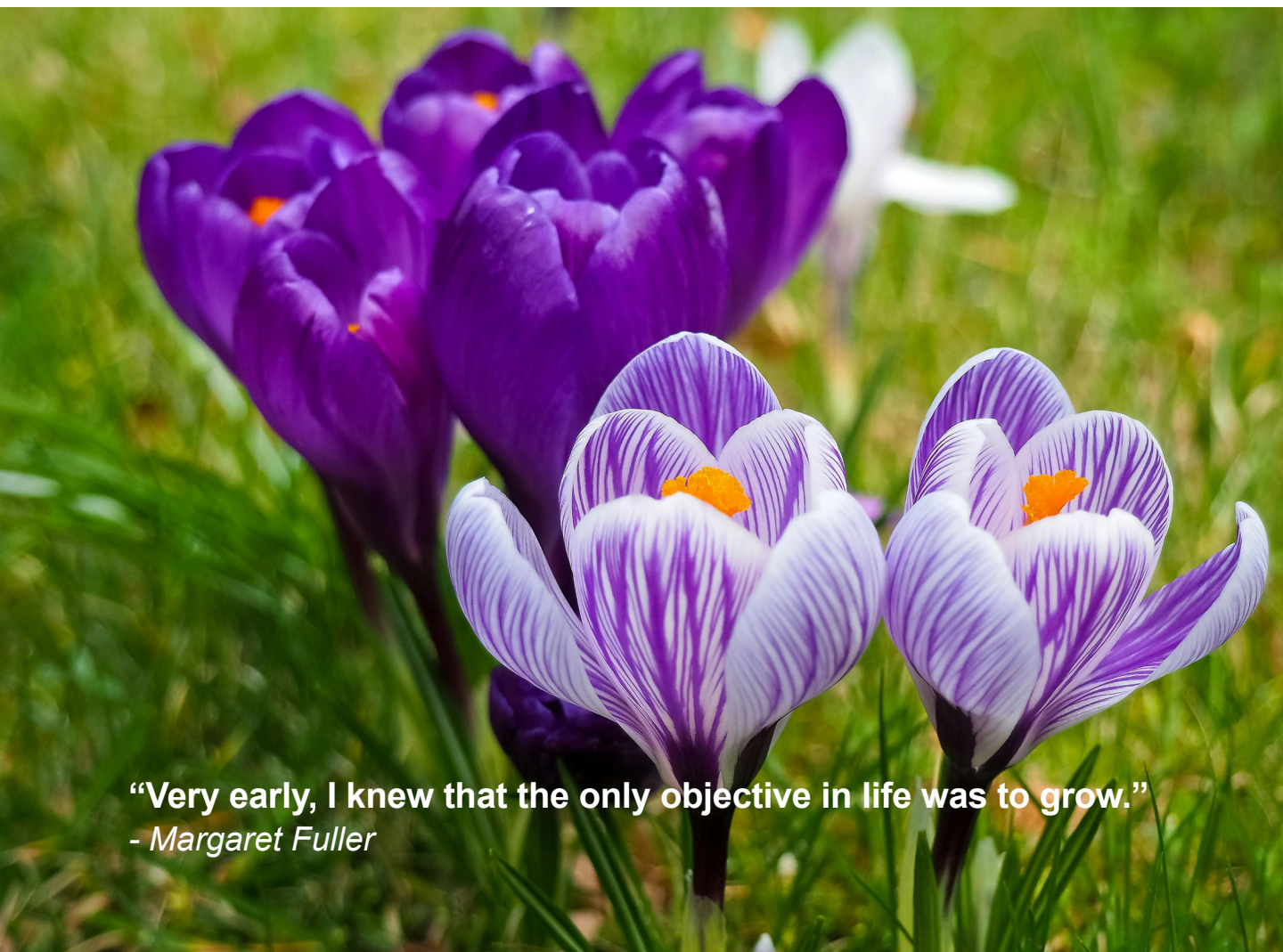
**CHECK OUT ALL THE COURSES HERE:
www.academyofmedicalprofessions.com**

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“Very early, I knew that the only objective in life was to grow.”
- Margaret Fuller