

# RSU 24

## ADULT EDUCATION

WINTER/SPRING 2026 CATALOG

### NEW CLASSES

Canva Crash Course  
Living with Late Diagnosed ADHD  
Plant Imprinting on Fabric  
Small Engine Maintenance

### WORKFORCE TRAINING

Career Counseling  
Certified Nursing Assistant  
Personal Support Specialist  
Professional Housekeeping 101

### ACADEMICS

High School Diploma  
HiSET  
College Prep  
Basic Literacy  
ESL



Find your  
way to  
education!



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## Visit us Online

SCAN  
ME!



Scan the QR code above to visit our website and sign up for classes! Click "courses" to register online with no added fees.

### Please note:

Our online catalog contains the most up to date information about our class listings. While we make our best effort to ensure that the most accurate information is included in our print catalog, in some circumstances course details do change. Please visit our website at [rsu24.maineadulted.org](http://rsu24.maineadulted.org) by scanning the QR code above or contact our office at 207-422-4794 for any changes to class listings.

If you register for a class online, you may see a pop-up window asking if you wish to participate in "Active Advantage." You can DECLINE this offer. Active Advantage does not impact your registration status with RSU 24 Adult Education.

## Class Locations

<b>CSLC</b>	Charles Sumner Learning Center, 2456 US 1, Sullivan
<b>FTH</b>	Franklin Town Hall, 34 Main St, Franklin
<b>MCSV</b>	Maine Coast Sea Vegetables Facility, 430 Washington Junction Rd, Hancock
<b>PS</b>	Peninsula School, 71 Main St, Prospect Harbor
<b>SLC</b>	Sullivan Learning Center, 1888 US 1, Sullivan
<b>SSRC</b>	Sorrento Sullivan Recreation Center, 1776 US 1, Sullivan
<b>STH</b>	Sullivan Town Hall, 1888 US 1, Sullivan
<b>TSH</b>	True Serendipity Homestead, 28 Serendipity Lane, Hancock



Unless indicated by the livestreaming icon, all classes are held in person.

## Adult Education Office Hours

**Monday through Friday 8:30am – 5pm**  
**By appointment as needed.**

Our office will be closed on school holidays:  
Jan. 19, Feb. 16 – 20, April 20 – 24, May 25, and June 19

Cover art by Noelle Eastman.  
Find her art and photography at  
[Noelleeastmanphotography.com](http://Noelleeastmanphotography.com) & ArtfullyNoelle.



# RSU 24 Adult Education Welcomes You

Welcome to a new year of learning and possibility! From hands-on workforce training to high school completion pathways and new courses designed to spark curiosity, we invite you to try something new and invest in your future. Our workforce training programs continue to grow in impact and reach, helping more community members gain the skills and confidence needed in today's changing economy.

In this catalog, we highlight inspiring student successes in our Student Spotlights. We are thrilled that four adults have earned their high school degree already this year. As you'll see in the numbers below, our commitment to serving the community remains as strong as ever. When you grow, our community grows.

Please browse the catalog, find something that sparks your interest and give us a call or register online.

We hope to see you soon!

- Ander Thébaud, Director



29

High School  
Completion  
students enrolled



38

Maine College and  
Career Access  
students enrolled



77

Healthcare  
Certifications earned



248

Enrichment classes  
offered



4/4

State data targets  
exceeded

\*Data from FY25

## Meet the Team



Instructors Trudy Martin and Phil Wormuth with Josh W. ('24) at his graduation ceremony.

### Trudy Martin - Instructor

Trudy has a long history at RSU 24 Adult Education teaching College Transitions, high school completion, and workforce trainings. When she's not teaching math and technology, you can find her in the garden, hiking, or on her snow shoes.

### Jaime Nangle - Workforce & Community Education Coordinator

Jaime enjoys connecting with and advocating for adult learners, building relationships with instructors, and planning engaging programs and classes for the community. Grateful to be back home in Maine, she loves listening to podcasts, micro-crocheting, and family time.

### Silas Sifton - Administrative Assistant

When not at work, you can find Silas starting (and not finishing) new creative projects, beachcombing for sea glass, and misidentifying common birds.

### Ander Thébaud - Director

After 15 years working in college and high school environments, Ander found her home in adult education. She's been the director of RSU 24 Adult Education for over a decade; her focus is creating a learning center where all community members can learn and are welcomed. She is grateful to work with this amazing team of educators.

### Phil Wormuth - Instructor

Phil Wormuth is an author and 28-year public school educator who has spent the last 13 years teaching English, Social Studies, Work Readiness, and Creative Writing for the RSU 24 Adult Education program. Phil provides educational services to the Hancock County Jail, where he co-taught an art and writing class that generated material for the book "Inside Out: Art and Writing by Residents of the Hancock County Jail," published in 2025.



## Programs at a Glance

Our programs strive to offer quality instruction for adult learners at every stage of their education. From our foundation courses to academic and career advising, we support our students in achieving their personal, educational, and career goals.



### Foundational Skills

Improve your skills in reading, writing, math, and English in small classes or 1:1 tutoring. Together we will design a learning plan to meet your goals.



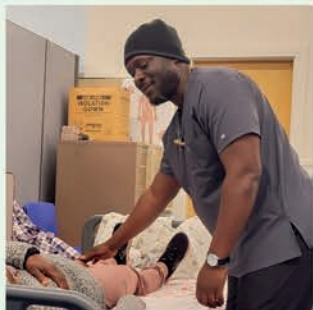
### High School Degree

Earn your adult education diploma or HiSET credential. Open doors to career opportunities by continuing your education.



### College Preparation

Prepare for college with classes and advising designed to help navigate college enrollment, academic preparation, and financial aid.



### Workforce Training

Find the path to your new or next career with computer classes, healthcare training and certification programs, career counseling, resume workshops, interviewing skills, and more.



### Enrichment

Explore new interests, connect with others, and build skills in creative art, digital tools, homesteading, hands-on craftsmanship, spiritual well-being, fitness classes, and more!



## Basic Literacy & Skills Building

Do you or someone you know want help with reading, writing, English, or math? We have classes to help you with any or all those subjects. Call to meet with an academic advisor and make a plan that's right for you.

### Foundation Courses

Foundation courses are designed to help develop a strong base in English, reading, writing, speaking, and/or math skills. **There is no cost for these classes.**

### Foundations in Mathematics

If you want to build basic math and arithmetic skills, this is the class for you.

### Foundations in Reading

Learn the tricks and strategies for building vocabulary and understanding what you read.

### Foundations in Writing

Work on the basics of grammar, punctuation, sentence structure, and vocabulary. Start with simple paragraphs and work your way up!

### English Language Learning (ELL)

Our English Language classes help students build skills in speaking, listening, reading, and writing. We focus on language for everyday life, work, and citizenship.

**We offer both in-person and online tutoring, along with technology instruction.**

**Visit: [www.rsu24.maineadulted.org](http://www.rsu24.maineadulted.org)  
Email: [adultedinfo@rsu24.org](mailto:adultedinfo@rsu24.org)**



## High School Degree Programs

### We offer two paths to graduation: Diploma and HiSET

**Getting Started:** For diploma or HiSET (formerly the GED), the first step is meeting with a student advisor to talk about your goals, past experience, and schedule. Together, you will plan your path to graduation. Classes are available in person and virtually.





#### Enroll now!

Winter semester begins on January 20, 2026

Call us at 207-422-4794 or email us at [adultedinfo@rsu24.org](mailto:adultedinfo@rsu24.org) to schedule your intake appointment!

There is **no cost** for taking classes to earn your diploma or HiSET. Don't have access to a computer or internet? Ask us about assistance and loaner laptops.

### High School Diploma

-  Transfer your past high school credits & complete your diploma with us. We require 20 credits to graduate.
-  Classes held Tuesday and Thursday, with evening labs.
-  Focus on your career and personal interests.
-  Earn credits for workplace training or work experience (ex: CNA, technology certifications, etc.).

#### Our academic classes are:

- Individualized
- Small group or 1:1
- Safe and engaging
- Open to everyone
- Accessible
- No cost






Tiffany T. ('25)

**Save the date!**  
**Adult Education Graduation**  
**June 9, 2026**



*A diploma student builds a cornhole set for Health Explorations class.*

### High School Equivalency Test (HiSET)

-  HiSET includes five tests: Reading, Writing, Math, Science, and Social Studies.
-  Small classes and targeted instruction focus on your specific needs.
-  Classes held Monday and Wednesday, with evening labs.
-  Flexible schedule; we recommend a minimum of four hours study each week.
-  Learn and practice test taking strategies.

#### Frequently Asked Questions

**How much do classes cost?** All high school completion classes are free!

**Do you have in person classes?** Yes, we have in person, remote on Zoom, and online options.

**What if I have a scheduling conflict?** If this schedule doesn't meet your needs, give us a call to discuss what modifications are needed.

**Will colleges accept the HiSET?** Yes, they will. Colleges accept Adult High School diplomas and HiSET.

**When can I start classes?** You can start classes with us anytime. Give us a call: 207-422-4794.

**What if I need accommodations for a disability?** We will work with you to provide accommodations in the classroom and for testing.





## Meet Noelle E.

Spending time at Adult Education has been a highlight for me. I've always struggled in school, but Phil and Trudy changed that. They're incredible teachers who help me focus and learn, creating systems that truly work. For the first time, I can honestly say I'll miss coming to school.

*We're thrilled to feature Noelle's artwork on this season's catalog cover. Noelle is earning her HiSET and will be a proud member of our class of 2026. Noelle is a budding entrepreneur and loves to create. While working on her HiSET, she is also busy working on starting her own art and photography business. You can find her work at Noelleeastmanphotography & ArtfullyNoelle.*

### College Preparation

#### Accuplacer, ASVAB, HESI, and TEAS Placement Tests

If you're preparing for a placement test and need to brush up on skills, we've got you covered. Brush up math skills, work on grammar and punctuation, and build the skills you need for your placement level. Take classes and practice tests at our center or remotely.

By appointment only. Call 207-422-4794 to schedule.

**Instructor: Adult Education Instructors**

**Cost: Free**

#### Algebra 1

This course is designed for students who need to earn a high school level Algebra credit towards their diploma or for college admission. Prepare for college level math courses, with practice in writing and solving equations, coordinate graphing, factoring, and systems of equations. We designed the course to help students develop the skills and strategies to solve mathematical problems using real world examples.

A once-a-week online class meeting and online homework make this an intensive course. Students should expect to spend 2-3 hours a week doing coursework outside of class. To enroll remotely, you must have a laptop, tablet or desktop (not a phone) with a camera and microphone, and hi-speed internet. If you do not have access to the required technology, you can participate in the class from our learning center.

**Instructor: Trudy Martin**

**Call for schedule.**

**Cost: Free**



*A student inspects tissue under a microscope for her Anatomy and Physiology class.*

### We offer no cost college prep and college prerequisite classes:

Algebra 1 • Writing • Biology • Chemistry  
Math • English • College Planning

**Contact us for more information!**

*Courses funded by Maine College and Career Access.*





## College Transitions & College Prep

### Hancock County College Transitions

February 3 – May 12, 2026 • Tuesdays, 8:30a – 2:30p

#### Have you been thinking about going to college or continuing your career training?

Our no cost **College Transitions** program (CT) might be right for you. Whether you've been out of school five months or 15 years, if you're motivated to continue your education, CT is a great next step.

#### College Transitions includes:

**Math & Technology:** an intensive brush up of basic skills with an introduction to Algebra. Review fractions, decimals, percents, and basic algebra for college math. Learn technology tips and skills for college success. Develop problem-solving techniques and strategies. Relieve your math anxiety! **Instructor: Trudy Martin**

**College Transitions English:** focus on foundational skills for college level writing. Emphasis is placed on the writing process: outlining, drafts, rewriting, and editing to a final copy. Fine tune your grammar, punctuation, clarity, and organization. Build critical reading skills with college level readings. **Instructor: Nate Berger**

**College Transitions College Readiness:** prepare for applying to and thriving in the college environment. College Readiness topics include: time management, study skills, navigating a college campus, campus resources, organizational skills, admission, and financial aid. Create learning routines that will work for you. **Instructor: Ander Thébaud**

*CT courses are held in person at UMA's Ellsworth location and can be attended remotely on Zoom. You can attend ANY college after CT.*

- Academic Classes
- Career Advising
- Admissions, Financial Aid & Scholarship Information
- Skills Assessments
- Accuplacer Prep
- Experience with Brightspace - used by U Maine and ME community colleges for class management.
- Access to technology (laptops, etc.) if needed
- College prerequisite classes



**Apply by January 27, 2026!**



## Career Planning & Training Workshops

### Individual Career Counseling

Looking for a new career or thinking about changing careers? We offer:

- Career exploration, planning, and assessments
- Instructors with local business experience and expertise
- Certification programs designed in partnership with local businesses and employers
- Hands-on, practical training
- Informational interviews with local employers
- Resume and cover letter writing workshops and mock interviews
- Connections to community partners and resources
- Assistance with finding further education or training

Call us at 207-422-4794 to meet with a trained career advisor and start planning your next move.

### Better Resumes and Cover Letters

Whether you have never written a resume or just need to update one, this course will teach you the best ways to present your experience, skills, and career goals. Create a cover letter that speaks to your strengths and shows why you're the right candidate to hire. We provide follow up assistance as needed. Call for an appointment, day or evening available.

**Instructor: Phil Wormuth**

**Cost: \$5**

### World of Work Inventory

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

The WOWI Career assessment combines your career interests, skills/strengths, and preferred work style into one assessment. It helps you explore career options that align with your unique profile, make informed decisions, and narrow your career search. You can take the WOWI at our center or at home. The results of this assessment can be used to help guide your individualized career plan. By appointment.

**Instructor: Ander Thebaud**

**Cost: Free**

### Professional Housekeeping 101

Master the art of professional cleaning in Professional Housekeeping 101: Tricks of the Trade. In this four-week course, you'll learn smart techniques to clean efficiently and safely for others, care for your tools, and maximize the effectiveness of your products. Discover unexpected cleaning solutions, share insights with fellow students, and gain practical strategies for delivering sparkling results in any home or workspace. Perfect for those looking to clean smarter and impress clients or guests!

**Instructor: Alicia Johnson**

**Tue • 2/24 – 3/17 • 6:30 – 8p • 4 weeks**

**Location: SLC, Room 1**

**Registration Fee: \$48**

## Medical Pathways: Healthcare Training and Certifications

### Behavioral Health Professional (BHP)

Ready to make a difference in the lives of children and families? This free BHP training program equips you with the skills, knowledge, and certification needed to start your career in behavioral health services. Learn at your own pace with 12 online modules and 1 day of live training (in-person or virtual). To enroll you must be a Maine resident, over the age of 18, and have a minimum of a high school diploma or equivalent. This class is a combination of online and in-person sessions. To learn more about this program, call us or visit [www.woodfords.org/bhp-program/](http://www.woodfords.org/bhp-program/)

**Instructor: Woodfords Family Services**

**Cost: Free**

### Certified Clinical Medical Assistant (CCMA)

CMA Certification is an ideal first step if you are considering an entry level clinical position or a nursing degree. Clinical medical assistants are critical to a patient care team, and their role is one of the fastest growing in the healthcare industry. Our program includes classroom and lab experience where you will learn about the responsibilities and skills that CCMA's have. You will also complete an externship placement in Hancock or Washington County.

**Call us now for application for our Fall 2026 program.**

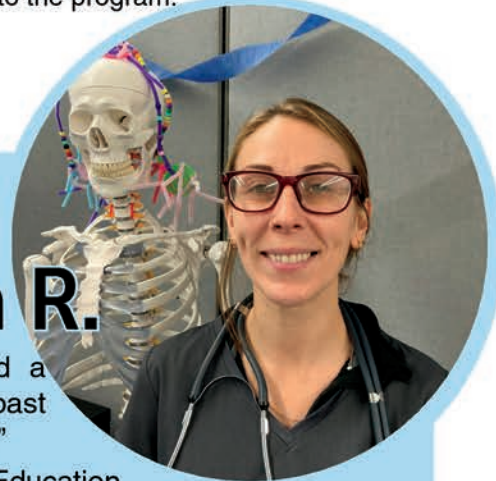
### Certified Nursing Assistant (CNA)

Earn your CNA credential once you complete the 130-hour program, pass the State exam, and are accepted to the State CNA Registry. Classes and labs meet in person at the Sullivan Learning Center and clinicals are held at local healthcare facilities and/or a hospital. You do not need to be a high school graduate to earn your CNA. Spring 2026 dates and times to be determined. Please call 207-422-4794 or email [adultedinfo@rsu24.org](mailto:adultedinfo@rsu24.org) for more information or to apply to the program.

## Meet Ashana R.

Ashana has carved a path from "a tough past to a beautiful future."

With RSU 24 Adult Education, Ashana earned several nationally recognized certifications, including Medical Administrative Assistant (2020), HiSET & National Adult Education Honor Society (2023), and most recently, Clinical Medical Assistant (2025).





**Scholarships Available:** if you are interested in taking a healthcare training program and looking for financial help, please contact us for scholarship and funding assistance.

### Office Skills & Certified Medical Administrative Assistant

*Interested in working in an office, but don't know where to begin? Learn office technology and workplace skills to prepare for a variety of administrative careers.*

#### CMAA topics include:

- Scheduling
- Medical Terminology
- HIPAA
- Medical ethics
- General medical office procedures
- Customer service
- Insurance forms
- General billing
- Common medical laws

**Office Skills:** Learn Microsoft Office, Google Workplace, communication skills, time and project management, QuickBooks, technical writing, email, office machines, and resumes and interviewing. Complete Remote Work for ME, a four-hour training focused on critical skills and technology for working remotely in Maine.

**Instructors:** Phil Wormuth & Trudy Martin

**Certified Medical Administrative Assistant:** If you are interested in working in any medical office (medical, dental, eye, chiropractic), this national certification shows that you have the skills for success. Learn office systems and procedures. You will use a model Electronic Medical Records system during training to build experience managing databases.

**Mon/Wed • 2/23 – 5/20 • 9a – 2:30p**

**Location:** SLC

**Cost:** \$400

### CNA Recertification

Are you listed as 'inactive' on the Maine CNA Registry? Even if it has been many years, you may recertify at RSU 24 Adult Education. Give us a call to find out what you need to start the process and ask us about funding options! Testing is scheduled once a month. Contact us for dates.

**Location:** SLC

**Cost:** \$200

### Certified Residential Medication Aide (CRMA)

This 40-hour course includes classroom training and clinicals for learning about medications, their side effects, and how to document procedures. Successful students will be State certified to administer oral medications to residents in state-licensed facilities in Maine such as residential care, assisted living, and adult day settings. An intake appointment and assessments are required prior to the start of this course.

**Instructor:** Brenda Duggan

**Mon/Tue/Wed • 3/30 – 4/16 • 9a – 1p • 3 weeks**

**Location:** Online

**Cost:** \$200



## Meet Dannie B.

Caring for others has always been a part of who I am. Even after trying other jobs, I felt called to healthcare, and enrolling in the CNA program at RSU 24 Adult Education confirmed I was on the right path. Living with a chronic illness myself, I've seen how much our healthcare system needs compassionate, dedicated people—and this program helped me grow both in skill and understanding.

The class expanded on what I already knew and gave me deeper insight into the vital work CNAs do. Our instructor was incredible—patient, supportive, and always willing to explain more when we needed it. The adult education staff were just as encouraging, offering guidance and motivation every step of the way.

I'm grateful for this program, the confidence it's given me, and the caring community behind it. I look forward to making a difference as a CNA and eventually continuing my journey toward becoming an RN.

### CPR and AED Training

The AHA's Heartsaver® CPR and AED certification course is designed for anyone with little or no medical training who needs a course completion card for their job, regulatory, or other requirements, or anyone who wants to be prepared for an emergency. Covers adult/child/infant cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED).

**Instructor:** Tonya Chipman

**Session 1:** Tue • 1/27 • 5:30 – 8:30p • 1 day

**Session 2:** Wed • 2/25 • 5:30 – 8:30p • 1 day

**Session 3:** Tue • 4/14 • 5:30 – 8:30p • 1 day

**Session 4:** Tue • 5/19 • 5:30 – 8:30p • 1 day

**Location:** SLC, Room 3

**Cost:** \$70



## CPR for Healthcare Professionals: BLS

The American Heart Association's Basic Life Support Course (BLS) is designed for healthcare professionals and others needing CPR and essential life-support skills. Learn to recognize life-threatening emergencies, perform high-quality CPR on all ages, provide effective ventilations, use an AED, clear obstructed airways, and work as a team during rescues.

**Instructor: Tonya Chipman**

**Wed • 4/1 • 5:30 – 9:30p • 1 day**

**Location: SLC, Room 2**

**Cost: \$80**

## Personal Support Specialist (PSS)

Personal Support Specialists (PSS) are unlicensed assistive personnel employed to provide hands-on assistance with daily living for older adults and people with disabilities. PSSs provide services related to a client's physical requirements for help with Activities of Daily Living. A PSS provides these services according to an authorized plan of care, which can be different depending on where and with whom the PSS is working.

This 50-hour course prepares participants to work in home health care or residential settings. This is a great course to pair with a CNA certification. Class will be conducted online via Zoom. Clinical will be in-person and will be scheduled with students' input. This course is by application, and an intake appointment and assessments are required prior to the start of this course.

**Instructor: Brenda Duggan**

**Mon/Tue/Wed • 2/23 – 3/18 • 9a – 1p • 4 weeks**

**Location: Online**

**Cost: \$250**



CNA students develop positive, helpful attitudes while learning practical skills.

## Small Business & Technology

### Accounting & QuickBooks Classes

*Val Landry is a lifelong business educator and academic advisor focused on helping enrich and enhance students' educational and life purposes. His teaching experience covers 45+ years in the areas of computer applications, accounting, and QuickBooks training workshops.*

### Accounting Foundations for QuickBooks Users

Do you struggle with basic accounting concepts and the structure of financial statements AND want to adopt QuickBooks for your business or organization? This 3-hour course will give you the foundations of accounting so you can get the most out of QuickBooks Online.

*Serves as optional prerequisite for QuickBooks Online*

**Instructor: Val Landry**

**Session 1: Tue • 1/27 • 8:30 – 11:30a • 1 day**

**Session 2: Tue • 3/17 • 8:30 – 11:30a • 1 day**

**Location: Online**

**Cost: \$59**



### QuickBooks Online

During these three sessions, you will learn how to apply basic accounting principles to setting up QuickBooks online for a small business or organization. *For this workshop, you have the option to receive a year-long subscription to QB online.*

**Instructor: Val Landry**

**Session 1: Tue • 2/10 – 3/3 • 8:30 – 11:30a • 3 weeks**

**Session 2: Tue • 3/31 – 4/14 • 8:30 – 11:30a • 3 weeks**

**Location: Online**

**Cost: \$99**



## Unlocking Google: Everyday Essentials Series

*Learn how to make your Google suite work for you, from Gmail to Google Sheets and beyond. Join us from the comfort of your own home on Zoom, or come to our learning center and participate from our classroom. You will need an active Gmail account...we can help you make one prior to class.*

*Additional computer lab time will be available for practice and support.*

### Using and Organizing Google Drive

Google Drive is cloud based storage you have access to if you have Gmail. Join this class if you have little to no experience using Google Drive and would love to learn about saving, storing, organizing and sharing documents, folders, pictures, and much more.

**Instructor: Trudy Martin**

**Thu • 1/22 – 1/29 • 3 – 4:30p • 2 weeks**

**Location: SLC and Online**

**Cost: \$25**





## Introduction to Google Docs

Whether you need to learn Google Docs for your job or just want a place to write your stories, why not join this introductory course on using Google Docs? If you have an active Gmail account, you have access to the Google Docs app. Join us to learn how to create, edit, and share documents online.

**Instructor:** Trudy Martin

**Thu • 2/5 – 2/12 • 3 – 4:30p • 2 weeks**

**Location:** SLC and Online

**Cost:** \$25



## Introduction to Google Sheets

Join this class if you have little to no experience using Google Sheets. Many office jobs are using this app and this is the first step to improving your computer skills. If you have an active Gmail account, you have access to this spreadsheet app that is used for organizing, computing, and collaborating on data. Many people use this for their home budget!

**Instructor:** Trudy Martin

**Thu • 3/19 – 3/26 • 3 – 4:30p • 2 weeks**

**Location:** SLC and Online

**Cost:** \$25



## Setting up a Google Calendar

If you have an active Gmail account, you have access to this cloud-based calendar that can help you stay organized. You can set up reminders, repeating appointments, as well as share your calendar with others with Gmail accounts. Many office settings use Google Calendar. It's a great app to learn!

**Instructor:** Trudy Martin

**Thu • 4/2 • 3 – 4:30p • 1 day**

**Location:** SLC and Online

**Cost:** \$15



## Help! My Gmail is Overflowing!

It's easy to get overwhelmed by all the emails we get. Come learn about setting up labels, deleting several emails at once, and much more!

**Instructor:** Trudy Martin

**Thu • 4/9 • 3 – 4:30p • 1 day**

**Location:** SLC and Online

**Cost:** \$15



We have a new look!  
Visit us online at  
[rsu24.maineadulted.org](http://rsu24.maineadulted.org)  
or scan the QR code to  
visit our course catalog.

## Microsoft Excel Classes

*Microsoft Excel is a industry standard spreadsheet editor. You will need Excel on your computer for these classes. It is helpful, but not necessary, to have two monitors set up for this class.*

### Excel Basics

During this workshop, you will 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.

**Instructor:** Val Landry

**Thu • 3/12 – 3/26 • 8:30 – 11:30a • 3 weeks**

**Location:** Online

**Cost:** \$99



### Excel Intermediate

During this session, you will learn how to navigate multiple worksheets, save your workbook, create formulas, use functions, change the layout of your worksheet, and create practical worksheets for tax information. Prerequisite Excel Basics or equivalent experience.

**Instructor:** Val Landry

**Thu • 4/2 – 4/30 • 8:30 – 11:30a • 3 weeks**

**Location:** Online

**Cost:** \$99



### Excel Advanced

During this session, you will 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. Prerequisite Excel Intermediate or equivalent experience.

**Instructor:** Val Landry

**Thu • 5/14 – 5/28 • 8:30 – 11:30a • 3 weeks**

**Location:** Online

**Cost:** \$99



### Excel Power Tools

During this session, you will learn how to use Power Query to import and clean data; Power Pivot for data modeling, calculations, and analysis; and Power Business Intelligence for creating visual and interactive options for sharing graphs and data.

**Instructor:** Val Landry

**Session 1: Thu • 2/5 – 2/19 • 8:30 – 11:30a • 3 weeks**

**Session 2: Thu • 6/11 – 6/25 • 8:30 – 11:30a • 3 weeks**

**Location:** Online

**Cost:** \$99





## Personal Enrichment

### Arts and Crafts

#### Acrylic Pouring

Students will work with acrylic paint and canvas and experiment with colors and textures. Paint is poured onto a canvas and spread with your hands moving the canvas around. The fluid paint will blend the colors and create unique patterns on the canvas. Abstraction is the key here. Even if you've never worked with this technique before, everyone can be successful in expressing their inner creativity in a gorgeous finished product. *Wear old clothes and bring a towel that you are okay getting paint on.*

**Instructor: Sandi Cirillo**

**Sat • 4/10 • 1 – 4p • 1 day**

**Location: STH, Community Room**

**Cost: \$40**

**Materials Fee: \$20**

#### Ansel Adams: Beauty and Inspiration

One of the world's most celebrated 20th century photographers, Ansel Adams is famous for the impressive wilderness landscapes he photographed such as Yosemite Valley and the High Sierras. In this hands-on art history class, we'll delve into his artistic style and why he chose the subject matter that he did. Hands-on drawing and coloring will be part of this class as we learn more about the genius behind the camera. *"We all know the tragedy of dust bowls, the cruel unforgiving erosion of the soil, the depletion of fish and game and the shrinking of the noble forests, and we know that such catastrophes shrivel the spirit of man... the wilderness is pushed back, man is everywhere. Solitude, so vital to man, is almost nowhere."*—Ansel Adams

**Instructor: Sandi Cirillo**

**Fri • 4/17 • 12 – 3p • 1 day**

**Location: SLC, Room 2**

**Cost: \$40**

**Materials Fee: \$5**

*Please note that materials fees are to be paid directly to the class instructor!*



#### Basket Weaving: Fiddlehead Basket

Weave your own Fiddlehead Basket, the perfect companion for forest walks, garden strolls, or foraging adventures. Measuring about 4" x 8" x 10", it's just right for collecting fiddleheads, mushrooms, or herbs. Roll up your sleeves, join this hands-on class, and have a great time creating your very own basket!

**Instructor: Jessica Steele**

**Sun • 4/19 • 9a – 3:30p • 1 day**

**Location: STH, Community Room**

**Cost: \$110**

#### Blacksmithing: Serving Ladle or Kitchen Spoon

Design and forge a functional copper-and-steel ladle or a handcrafted copper kitchen spoon. Attendees can shape, hammer, and refine their piece while learning essential metalworking techniques. Safety is of utmost importance; we supply all essential safety equipment including eye protection, leather aprons, and gloves. *It is required for all participants to wear long pants, long-sleeved shirts, and closed-toe footwear. Cotton clothing is highly recommended.*

**Instructor: Michael Whitmore**

**Session 1: Sat • 1/31 • 1 – 4p • 1 day**

**Session 2: Sat • 3/21 • 1 – 4p • 1 day**

**Session 3: Sat • 5/16 • 1 – 4p • 1 day**

**Location: TSH, Instructor's Forge**

**Cost: \$65**

**Materials Fee: \$5**

#### Blacksmithing: Wall Hook with Feather Design

Forge a functional feather-shaped coat hook to take home. Participants will wield the hammer and work the bellows as they learn traditional techniques. Safety is of utmost importance; all essential safety equipment is provided including eye protection, leather aprons, and gloves. *All participants are required to wear long pants, long-sleeved shirts, and closed-toe footwear. Cotton clothing is highly recommended.*

**Instructor: Michael Whitmore**

**Session 1: Sat • 2/6 • 1 – 4p • 1 day**

**Session 2: Sat • 4/11 • 1 – 4p • 1 day**

**Location: TSH, Instructor's Forge**

**Cost: \$65**

**Materials Fee: \$5**



*A student paints a local landmark in a Bob Ross Oil Painting® class.*





### Ceramics: Handbuilt Textured Mug or Vase

Unleash your creativity and embark on a five-week journey into the world of hand building ceramics! Learn the art of slab building to craft a unique and personalized mug or vase. No prior experience is necessary; bring your enthusiasm and a willingness to get your hands dirty! All tools and supplies will be provided.

**Instructor:** Audra Christie

**Tue • 03/31 – 05/05 • 5 – 6:30p • 5 weeks**

**Location:** CSLC, Art Room

**Cost:** \$85



*Please note that materials fees are to be paid directly to the class instructor!*



*Explore color theory with mediums like watercolor and colored pencil.*

### Color Theory

Color theory is the art of combining colors based on the color wheel: an organized illustration of the primary, secondary, and tertiary colors. Accurately combining colors, using the color wheel, and understanding how colors relate to each other are critical skills for artists, designers, marketers, and brand owners. Color theory helps determine which colors look good together and goes beyond just eyeing color combinations.

**Instructor:** Sandi Cirillo

**Fri • 4/10 • 9a – 12p • 1 day**

**Location:** STH, Community Room

**Cost:** \$40

**Materials Fee:** \$8

### Bob Ross Oil Painting®

*You can learn to paint just like Bob Ross does on TV—in just a few hours! Join Annette Babcock, Certified Ross Instructor®, to learn the Ross Landscape Method® and create a unique painting with no experience necessary. All materials are provided, but please bring paper towels for your own use.*

#### Winter Sun

Paint a glowing sun over snowy trees using Bob Ross® techniques and Bob Ross Oil® materials.

**Sat • 1/31 • 1 – 4p • 1 day**

**Location:** SLC, Room 2

**Cost:** \$69

#### Mountain Waterfall

Paint a vibrant mountain waterfall with flowing water, rugged rocks, and rich foliage using classic Bob Ross® techniques.

**Sat • 2/7 • 1 – 4p • 1 day**

**Location:** SLC, Room 2

**Cost:** \$69



#### Black and White Seascape

Build depth and contrast in this painting of a glowing sun over snowy trees using Bob Ross® techniques and Bob Ross Oil® materials.

**Sat • 3/7 • 9a – 12p • 1 day**

**Location:** SLC, Room 2

**Cost:** \$69

#### Blaze of Color

Paint a bright, energetic landscape with Certified Ross Instructor® Annette Babcock, blending vivid skies, bold foliage, and dynamic terrain.

**Sat • 4/10 • 9a – 12p • 1 day**

**Location:** SLC, Room 2

**Cost:** \$69

#### Mark Island Lighthouse

Paint a tranquil lighthouse on Mark Island, complete with calm waters and evergreen trees.

**Sat • 5/1 • 1 – 4p • 1 day**

**Location:** SLC, Room 2

**Cost:** \$69



## Get to Know Your Sewing Machine

Familiarize yourself with your new (or preloved, newly inherited, recently thrifted, or dumped-upon-you) sewing machine with a simple, practical project. Learn how to thread your machine, troubleshoot issues you may encounter, maintain, and USE your sewing machine while making a bowl cozy (or two!) in this beginner class.

**Instructor:** Silas Sifton

**Sat • 3/7 • 9:30a – 12:30p • 1 day**

**Location:** SLC, Room 3

**Cost:** \$60

**Materials Fee:** \$10



*Learn to make this bowl cozy while you get to know your sewing machine.*

## Hungry Gourd Workshop: Gourd Bowl and Wooden Spoon Carving

In this exciting and hands-on class, students will have the unique opportunity to unleash their creativity by carving their very own wooden spoon and crafting a beautiful gourd bowl. Class instruction will include an introduction to whittling, wood selection, safety practices, use of tools and whittling techniques, sharpening and maintaining tools, and finishing techniques.

**Instructor:** Jessica Steele

**Fri • 5/1 • 12:30 – 6p • 1 day**

**Location:** STH, Community Room

**Cost:** \$95



*Learn carving while making a traditional gourd bowl and wooden spoon!*



We have a new look!  
Visit us online at  
[rsu24.maineadulted.org](http://rsu24.maineadulted.org)  
or scan the QR code to  
visit our course catalog.

## Learn to Sew an Apron

Learn how to use techniques like bias binding, top stitching, and more while you make a personalized apron! Make it perfect for your measurements, or for the cook or crafter in your life. Bring your own sewing machine or contact us to see if any are available. This class is suited for beginners.

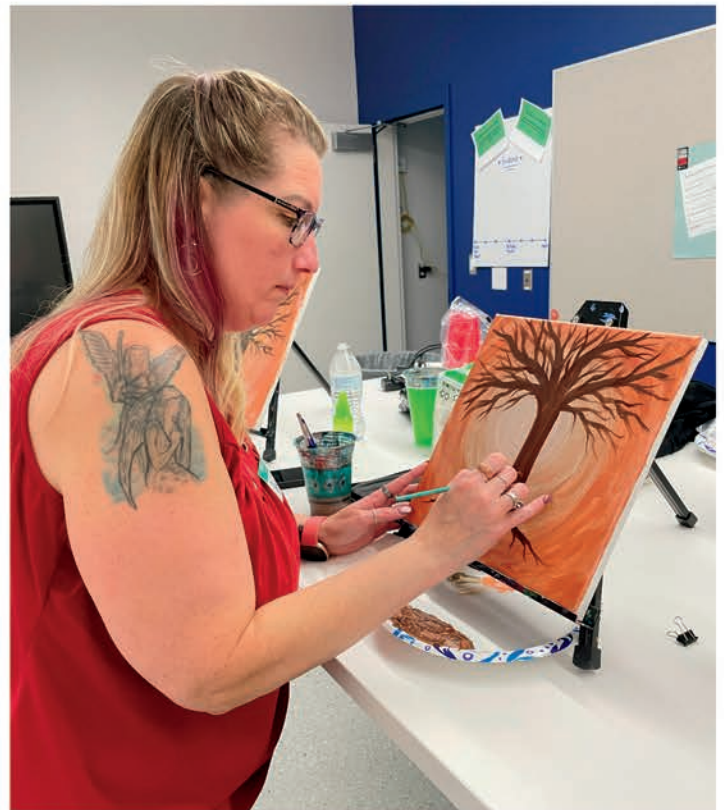
**Instructor:** Silas Sifton

**Sat • 4/4 • 10a – 3p • 1 day**

**Location:** SLC, Room 3

**Cost:** \$85

**Materials Fee:** \$20



*Discover what psychic messages come through your paintings with medium Angie Welch.*

## Messages and Masterpieces: Lotus with Om

No experience needed for this fun step-by-step painting class. But there IS a twist! I'm a psychic medium, so I also offer a brief intuitive message to each person based on their painting! I'm always amazed at the messages that come through just from the paintings! All supplies are included.

**Instructor:** Angie Welch

**Tue • 2/3 • 6 – 8p • 1 day**

**Location:** SLC, Room 2

**Cost:** \$45



## Needle Felting

Join Maureen Andrew to create some whimsical felted creatures and crafts. No experience is necessary, so come join us to take a stab at this delightful creative medium!



## Happy Cats

Jolly little cats make great "happy day" presents, or can sit on your desk to keep you company! An easy, fun, colorful craft to make in a couple of hours using the needle felting method.

**Thu • 2/12 • 6 – 8p • 1 day**

**Location: SLC, Room 1**

**Cost: \$40**

## Wooly Lamb

A wooly lamb is the perfect sign of spring! Create this sweet little one from sheep's wool using the needle felting method.

**Sat • 3/7 • 9a – 12p • 1 day**

**Location: SLC, Room 1**

**Cost: \$40**

## Wildflower Landscape

Breezy wildflowers bring thoughts of warm summer days! Create this 2-D scene using the needle felting method. Your scene will be framed in an embroidery hoop.

**Sat • 4/4 • 9a – 12p • 1 day**

**Location: SLC, Room 1**

**Cost: \$40**

**Materials Fee: \$5**

## Lobsterman/woman

Felt a fine fisher person using the needle felting method. Whether they be going for lobsters, haddock, or even seaweed or oysters, they will appreciate a sculpture made by you!

**Sat • 5/2 • 9a – 12p • 1 day**

**Location: SLC, Room 1**

**Cost: \$40**



Please note that materials fees are to be paid directly to the class instructor!

## Plant Imprinting on Fabric

Join us as we celebrate the beauty of the world around us. This workshop will teach you to imprint a design on a canvas tote bag using a variety of natural plant materials. We will begin by experimenting on various fabric surfaces to see how color reproduces, then move on to creating a finished tote bag that expresses a one-of-a-kind design. Participants are encouraged to bring favorite flowers or leaves from their own garden or yard. Just make sure they are kept in water until the workshop.

**Instructor: Sandi Cirillo**

**Sat • 5/9 • 9a – 12p • 1 day**

**Location: STH, Community Room**

**Cost: \$40**

**Materials Fee: \$10**

Why do we charge materials fees?

These fees allow instructors to purchase exactly the materials they need! This minimizes waste and ensures you get to use quality supplies in your class.



## Room With a View

Create a vibrant collage capturing the essence of an interior space in the style of Henri Matisse! Using an 11" x 14" canvas, you'll design a unique view of a room using cut paper and fabric, patterns, and color to express mood and personality. Explore composition, layering, and texture as you piece together furniture, décor, and architectural details. Perfect for beginners and art lovers inspired by design and creative self-expression. All materials supplied and included in the instructor fee, but feel free to bring any collage materials you may have.

**Instructor: Jean Girmscheid & Sandi Cirillo**

**Sat • 4/4 • 1 – 4p • 1 day**

**Location: STH, Community Room**

**Cost: \$40**

**Materials Fee: \$8**

## Shibori Silk Scarves

Just in time for Mother's Day and gift giving, this Japanese resist method of creating designs on silk scarves using a PVC pipe is unique and quite exciting. You'll leave this class with two silk scarves you have created using this resist method as well as having some time to paint directly on your scarves.

**Instructor: Sandi Cirillo**

**Sat • 5/9 • 1 – 4p • 1 day**

**Location: STH, Community Room**

**Cost: \$40**

**Materials Fee: \$20**



## Watercolor for Amateurs

Do you have a fear of white paper? Unleash your inner artist in our beginner-friendly watercolor class! Spend one fun hour with a friendly instructor learning the basics, from washes to color blending, then stay for two extra hours of creative practice with fellow painters. Relax, experiment, and watch your ideas come to life on paper. No experience needed—just bring your curiosity and a set of watercolor paints! Grab your spot now and let the colors flow! No class April 22.

**Instructor: Chris Woodcock**

**Wed • 4/8 – 4/29 • 9:30 – 10:30a • 3 weeks**

**Location: SLC, Room 1**

**Cost: \$30**

## Woodworking Workshop

This general woodworking/workshop class serves all abilities and levels from beginner through cabinet and furniture maker. Topics covered are fundamentals of hand and power tools, tool and machine maintenance, sharpening, shop safety, and product design. Come with a project in mind\*, work with the instructor to create one, or just work on specific skills. A project is not necessary to make this class a success. All tools and practice materials supplied. Participants are responsible for additional supply costs for their individual projects. Students are encouraged to bring in hand tools and small hand powered tools. Learning with your own tools is half the fun. \*Projects need to be transportable.\*

**Instructor: George Deans**

**Wed • 1/21 – 4/1 • 6 – 9p • 10 weeks**

**Location: CSLC, Woodshop**

**Cost: \$225**

## Cooking

### Cream Scones

Discover Sue's technique of creating scones that are flaky outside and soft and yummy inside using her easy raisins and candied orange peel recipe. She'll share her tips, from dough preparation to shaping, baking, and serving. Enjoy a hands-on experience in a friendly atmosphere. Suitable for beginners and seasoned bakers alike. And of course we get to try the delicious results!

**Instructor: Sue Croteau**

**Sat • 1/31 • 9a – 12p • 1 day**

**Location: SLC, Kitchen**

**Cost: \$45**

### Kopytka

Learn how to make one of Poland's traditional dumplings from scratch. Similar to Italian gnocchi, we start with leftover mashed potatoes, incorporate our other ingredients, cook them, and then learn how to finish the dish off to perfection. Sue will share her tips and tricks as we roll, form, cook, serve, and eat these tasty morsels of comfort food. Careful! These are addictively delicious. Please bring containers to take home what we create.

**Instructor: Sue Croteau**

**Sat • 5/9 • 9a – 12p • 1 day**

**Location: SLC, Kitchen**

**Cost: \$45**



### Pierogi

In this hands-on class we will make savory and sweet filled Polish dumplings from scratch (sweet cabbage & onion, cheese & potato, and blueberry). Learn tips and tricks as we roll, form, cook, serve, eat, and store these tasty morsels of comfort food. Please bring containers to take home what we create.

Sue is a second generation Pole on both her parents' sides. She learned to cook authentic recipes by taking notes while her mother and aunts cooked. Sue still prepares many Polish dishes, and she loves to cook and share recipes, techniques, and best practices.

**Instructor: Sue Croteau**

**Sat • 2/7 • 9a – 12p • 1 day**

**Location: SLC, Kitchen**

**Cost: \$45**

### Cooking with Seaweed

*Join Kara Ibarguan at Maine Coast Sea Vegetables to learn about the many varieties of seaweed, their unique flavor and nutrition profiles, and how to cook with them!*

*Each class includes a tour of the MCSV facility and a small cooking project on the first night followed by a multi-course meal on the second night.*

### Cozy Italian Feast with a Seaweed Boost

Learn how to combine seaweed and traditional Italian flavors! Over two nights, prepare a small cooking project and make a multi-course dinner that will include caprese salad and bruschetta, plus a Dulce-Chocolate Gelato. Bring your take-home containers and a healthy appetite!

**Thu • 2/26 – 3/5 • 5 – 7:30p • 2 weeks**

**Location: MCSV**

**Cost: \$69**

### Greek Seaweed Spring Fling

Join us to mix spring flavors and seaweed nutrition! Make a Greek-themed multi-course dinner that will include kelp-wrapped dolmas and tzatziki, plus a dessert. Opal! Bring your take-home containers and a healthy appetite!

**Thu • 5/14 – 5/21 • 5 – 7:30p • 2 weeks**

**Location: MCSV**

**Cost: \$69**



## General Enrichment

### Animal Spirit: Understanding Signs and Messages

Do you pay attention to the animals and nature beings that show up in your dreams, meditations, or even your waking world? Curious what messages they might have for you – or how to unfold the meaning and message in the moment? Ever wonder if you have your own personal animal spirit guide? Want to know how to incorporate their messages and energy into this crazy journey we call life? We'll practice a step by step exploration of a real animal encounter to understand the potential deeper meaning. Along with a great discussion, class will include a guided meditation to see what animal spirit or nature totem might be in your midst and also what message they have for you.

**Instructor: Angie Welch**

**Tue • 4/7 • 6 – 8p • 1 day**

**Location: SLC, Room 1**

**Cost: \$40**

### Awakening the Spiritual You

Curious about intuition, emotional sensitivity, or unexplainable experiences? This course offers an introduction to empathy, intuition, and energetic awareness, with practical tools for grounding, emotional boundaries, and understanding your feelings. Bring your lunch and explore Tarot, Oracle cards, and pendulums with Angie and her husband, Wachian. This is an ideal class for those seeking personal growth, clarity, or simply a starting point to better understand yourself and the world around you.

**Instructor: Angie Welch, Wachian Welch**

**Sat • 4/4 • 9a – 4:30p • 1 day**

**Location: SLC, Room 1**

**Cost: \$175**



### Be an EMPOWERED Empath!

Do you read or feel people's emotions without even trying? Are you highly sensitive, feeling everything very deeply? Are you known as a human lie detector to your friends? Do you find people always gravitate towards you for help or advice (even when you don't offer it)? Do you often feel overwhelmed in large crowds? Feel overly sensitive to the news? You might be an empath! Instead of feeling overwhelmed, frustrated, and drained, Angie will teach you how to be an empowered empath so you can use these "sensing" abilities to feel confident, set and hold boundaries, become a manifesting queen (or king), and an incredibly compassionate healer and friend.

**Instructor: Angie Welch**

**Tue • 3/10 • 6 – 8p • 1 day**

**Location: SLC and Online**

**Cost: \$40**



We have a new look!  
Visit us online at  
[rsu24.maineadulted.org](http://rsu24.maineadulted.org)  
or scan the QR code to  
visit our course catalog.

### Canva Crash Course

Canva offers a user-friendly platform for creating visual materials. This workshop will teach you how to use Canva's free tools and templates to create anything from posters to social media posts to party invitations. You'll create something of your own while learning about Canva's editing tools, tips and tricks, and how to share your creations. Bring your own laptop (or borrow one of ours). No account necessary, we will walk you through the steps of signing up!

**Instructor: Silas Sifton**

**Session 1: Mon • 1/26 • 6 – 7p • 1 day**

**Session 2: Mon • 3/30 • 6 – 7p • 1 day**

**Location: SLC, Room 1**

**Cost: \$25**

### Car Safety and Maintenance

This class invites drivers of all experience levels to take charge of their vehicle's health with confidence. In this engaging, hands-on class, you'll learn how to check and top off engine oil, stay ahead of recommended maintenance, and keep your tires properly inflated for safer, smoother driving. Empower yourself with practical skills, helpful tips, and the know-how to prevent common car troubles—your future self (and your car!) will thank you.

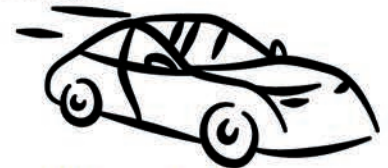
**Instructor: Louis Babcock**

**Sat • 5/9 • 1 – 4p • 1 day**

**Location: SLC, Room 1**

**Cost: \$30**

**Materials Fee: \$2**



### Coed Concealed Carry and Home Defense Fundamentals

Over two 3.5-hour sessions in a safe environment, you will learn the mindset and skills to protect yourself and those that you care deeply about with and without a firearm. You will learn about firearms, how to choose a firearm, the basics of handling a firearm, and self-defense. Learn the difference between accurate target shooting and defensive shooting. Practice will be inside the classroom using a SIRT Laser Pistol, but you will be seriously challenged. Holsters and special clothing will be used. No firearms are to be brought to class.

Additional two-hour, semi-private instruction at Blue Hill Rifle and Pistol Club will cost \$65, payable to the instructor. If you rent a pistol from the instructor, she will have 50 rounds of ammunition for you for an additional cost of \$25. You'll sign up for your shooting lesson at the first class. A \$35 textbook is included. This course meets Concealed Carry Permit application requirements.

**Instructor: Alice Bean Andrenyak**

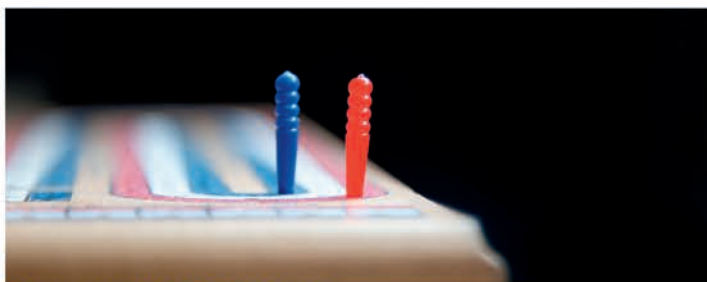
**Sat/Sun • 5/2 – 5/3 • 1 – 4:45p • 2 days**

**Location: STH, Community Room**

**Cost: \$199**

**Range Fee: \$65 & \$25**





### Community Cribbage

Join us for a fun and friendly cribbage game every Thursday! Whether you're a seasoned player or just starting out, everyone is welcome. It's a great way to meet new people, enjoy some light-hearted competition, and unwind at the end of the week. This is a great chance to connect with other cribbage players in the community. We will provide boards and cards. You do not need a partner to come and play. This is intended as a fun, community event; all are welcome. Don't know how to play? We can teach you. Feel free to bring your lunch with you.

**Instructor: Ander Thebaud**

**Thu • 1/8 – 5/28 • 11:30a – 12:30p • 21 weeks**

**Location: SLC, Room 2**

**Cost: Free**

### Creative Writing: Beginner Class

Are you looking to join a creative writing community where participants share their original works, engage in facilitated discussions, and receive informed and meaningful feedback from fellow writers? If so, this dynamic and interactive creative writing forum is for you. If you have already taken a creative writing class or developed your own voice, join us and share critiques with other inspiring and inspired writers. Please call to register 207-422-4794.

**Instructor: Phil Wormuth**

**Wed • 3/4 – 3/25 • 5 – 6p • 4 weeks**

**Location: Online**

**Cost: \$10**



### First Time Homebuyer Education

Not sure what to do when buying a home? What is all that financial jargon your banker is throwing at you?

MaineStream is a certified Homebuyer Education provider for HUD and Maine State Housing Authority. Your certificate of completion allows you to access special loan programs through MSHA, FHA, and VA and is good for two years.

This class is offered to make you a wiser consumer when, and if, you purchase a home. You are under no obligation to purchase a home. If you choose to, you are free to use any lending institution, real estate agent, or other professional. This class teaches you how to make good decisions about choosing the lender, real estate agent, and other professionals that will best serve your interests. Information regarding mortgage lending is general. Please remember that each individual lender has its own policies and each loan program has its own guidelines.

**Instructor: Heather Massow**

**Sat • 5/9 • 8:30a – 5p • 1 day**

**Location: SLC, Room 2**

**Cost: \$60**

### Fix-a-Bike

Are you curious about bicycle mechanics? Would you like to maintain your bike better, do repairs yourself, or get your bike ready for the upcoming season? Be better prepared to fix breakdowns when you are out on the road? Join us for this bike maintenance workshop for teens and adults! Bring your bike; all tools will be provided. A parent or guardian must accompany students ages 13-16. Donations are welcome to the Bicycle Coalition of Maine by cash or check or via their website [www.bikemaine.org/donate](http://www.bikemaine.org/donate).

**Instructor: Erik daSilva**

**Thu • 4/30 • 5 – 7p • 1 day**

**Location: SLC**

**Cost: \$10**



**BICYCLE  
COALITION  
OF MAINE**

### Genealogy for True Novices

Ready to explore your family history? Join RSU 24 Adult Education teacher Trudy Martin, with 20+ years of genealogy experience to guide you step-by-step. Day one (3/5) on Zoom covers research skills, record-keeping, genealogy websites, and census research. Day two (3/12) in person lets you view pedigree charts and start your own. The chart is included in the course fee. New to online classes? Join us in Sullivan, where we'll broadcast the Zoom meeting.

**Instructor: Trudy Martin**

**Thu • 3/5 – 3/12 • 5:30 – 7p • 2 weeks**

**Location: SLC and Online**

**Cost: \$35**



### Grow Your Own Organic Garden with MOFGA

Discover the joy of growing your own organic garden! This beginner-friendly class covers soil and plant health, seed starting, interplanting, pest management, watering, and harvesting. Led by a local garden educator, Jenny Minard, and supported by MOFGA's materials, it gives you the confidence, knowledge, and resources to start your garden with ease. Seasoned gardeners are also welcome to join. Participants leave inspired, connected, and with seeds to kickstart their very own thriving organic garden.

**Instructor: Jenny Minard**

**Wed • 4/1 • 6 – 8p • 1 day**

**Location: STH, Community Room**

**Cost: \$25**





### Instant Piano for Hopelessly Busy People

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. You CAN learn to play the piano and you don't have to read notes to do it! Give this a try. You'll be glad you did!

**Instructor: Craig Coffman**  
**Mon • 3/2 • 6:30 – 9:30p • 1 day**  
**Location: Online, Zoom**  
**Cost: \$69**



**Open Mic  
Morning!**  
**Saturday, 4/11**  
**10a – 12p**



Now an annual tradition! Share your music, poetry, written word, or simply enjoy the creativity of others in a relaxed, welcoming setting. Families are welcome to attend this event. Come hear performers share their work and celebrate community through story, sound, and expression.

**Location: SSRC**

### Introduction to Pranic Healing

Pranic Healing is an energy-based therapy that uses Prana, Chi, or the Body's Life Energy to improve health and well-being. Pranic Healing as a science was developed and introduced in 1987 by GrandMaster Choa Kok Sui. One can learn Pranic Healing to do self-healing, as well as healing ailments of others around them, including children, people of all ages, and even animals! Pranic Healing is done without touching the physical body and can address physical, emotional, mental, and spiritual issues. Come learn a little about this amazing healing modality, participate in a special Pranic Healing meditation, AND even receive a sample healing if you desire. Angie Welch is a Certified Pranic Healing Instructor.

**Instructor: Angie Welch**  
**Tue • 2/10 • 6 – 7:30p • 1 day**  
**Location: SLC, Room 1**  
**Cost: \$40**

### Introduction to Fly Fishing

This course is designed to get you solidly grounded in the fundamentals needed to enjoy fly fishing. Topics covered include tackle selection and assembly, knots, fly casting, fish foods, artificial flies, fly fishing strategies, entomology, and wading safety. After completing this course, you should have all the understanding and skills necessary to catch fish with a fly rod on your own. This course will be taught in Orono by Kevin Tracewski, a registered Maine guide and author of the best selling book, A Fisherman's Guide to Maine.

**Instructor: Kevin Tracewski**  
**Sat • 4/4 • 9a – 4p • 1 day**  
**Location: Orono, University Of Maine**  
**Cost: \$85**



### Prepping Your Small Engine for Spring

Join us for a hands-on class led by a seasoned Army mechanic. Participants will learn essential spring-readiness steps for mowers, trimmers, and other small-engine equipment. Using models and sample components like spark plugs, the class provides clear, practical instruction to improve performance, extend equipment life, and build confidence in basic maintenance skills.

**Instructor: Louis Babcock**  
**Sat • 4/4 • 1 – 4p • 1 day**  
**Location: SLC, Room 1**  
**Cost: \$30**

### Psychic Self Defense for Empaths

We often hear about ways to physically protect ourselves from danger with self defense classes, but what about protecting ourselves and our personal spaces energetically? After all, we are energy and much of what affects us isn't even intentionally directed at us! Many empathic people feel the energy (positive and negative) from those around us, from the locations we are in and especially as we are exposed to situations that are stressful. Register to learn more!

**Instructor: Angie Welch**  
**Tue • 3/24 • 6 – 8p • 1 day**  
**Location: SLC, Room 1**  
**Cost: \$40**

### Seed to Sprout: Get Your Garden Growing

Join us for a relaxed, hands-on class that makes vegetable gardening both enjoyable and approachable. We'll explore how to choose the right seeds and materials, plus when and how to start different types of seeds for the best results. You'll pick up useful tips on watering, potting up, hardening off, and transplanting, along with simple succession sowing techniques to keep your garden productive and interesting all season long. Come learn and grow with us.

**Instructor: Jenny Minard**  
**Sat • 2/7 • 2 – 3:30p • 1 day**  
**Location: STH, Community Room**  
**Cost: \$20**





## So You Want to be a Chicken Tender?

Thinking about raising chickens but want to do it responsibly? This course covers everything you need to know to start your flock on the right foot. Learn about maintaining safe and comfortable coops and runs, proper feeding and watering, common health issues, and keeping your chickens happy and healthy through hot summers and cold winters. Perfect for beginners who want practical, expert guidance before bringing home their first feathered friends.

**Instructor: Chris Woodcock**

**Sat • 3/7 • 1 – 3p • 1 day**

**Location: SLC, Room 1**

**Cost: \$25**



## Spanish Made Simple 2

This Spanish course is a continuation of our fall Spanish course and will begin with Chapter 10 of our textbook. This course is perfect for previous students or those who have taken basic Spanish and could use a refresher. Learn to speak and understand Spanish quickly and easily. The course helps you build a foundation by presenting interesting conversations followed by progressive grammar lessons and exercises. It is a slow to medium pace course. Textbook included. Open to those who wish to refresh their Spanish skills.

**Instructor: Carlos Rosales**

**Thu • 2/5 – 4/2 • 5:30 – 7p • 8 weeks**

**Location: SLC, Room 3**

**Cost: \$110**



We have a new look!  
Visit us online at  
[rsu24.maineadulted.org](http://rsu24.maineadulted.org)  
or scan the QR code to  
visit our course catalog.

## Women's Discussion Forum

Join us for an hour of meaningful conversation, connection, and community. This weekly discussion group offers women a supportive space to share experiences, explore topics relevant to your stage of life, and enjoy the company of others. Discussions may include social changes, physical health, emotional well-being, life transitions, and anything else participants wish to explore. Facilitated by Karen Dove, the group encourages open dialogue, mutual support, and plenty of laughter. All are welcome.

**Instructor: Karen Dove**

**Mon • 1/26 – 5/18 • 3 – 4p • 17 weeks**

**Location: STH, Gallery**

**Cost: Free**

## Women's Only Basics of Pistol Handling

In a safe, women's only environment, with no live ammunition present, learn the basics of handgun safety at home; how to handle a pistol safely; parts of a pistol and ammunition; fundamentals of pistol shooting including holding, stance, and aiming; common malfunctions; cleaning; and selecting a pistol just right for you. No firearms are to be brought to class. You will be shooting in class using a SIRT Laser Pistol. The two-hour, semi-private range time is separately scheduled (on 5/4 at the Blue Hill Rifle and Pistol Club) and has a fee of \$65 payable to the instructor. At the range, you will need 50 rounds of ammunition for your personal handgun. If you rent a pistol from the instructor, she will have 50 rounds of ammunition for you for an additional cost of \$25. You'll try to put five rounds of ammunition through four separate target circles at ten feet using only twenty rounds. This course meets the Concealed Carry Permit application requirements. To pass this nationally rated course and get certified, you must attend all sessions and actively participate, pass a written examination, and pass the ten-foot shooting qualification within two weeks of the last class session.

**Instructor: Alice Bean Andrenyak**

**Sat – Sun • 5/2 – 5/3 • 8a – 12:15p • 2 days**

**Location: STH, Community Room**

**Cost: \$199**

**Range Fee: \$65 & \$25**



English and Social Studies instructor Phil Wormuth takes a break outside with two high school completion students.



## Health & Wellness

### Free Fitness Classes

Classes below are offered both in person and online via Zoom. Class meets regularly, and you can start and stop at any time. It is recommended that you have 1-2lb weights; wear comfortable clothes that let you move, and gym shoes to give your feet support. *Always check with your doctor before beginning an exercise program.*

### Adult Fitness

Here's everything to get YOU ready for your next phase of personal growth. Step aerobics using 4 or 6 inch steps or "step mats" (to keep you at ground level) for low impact to set your own intensity. Strength training with weights: meet your own needs for bone density and isolated muscle work to maintain a stronger you. Students should have their own weights and steps or step mats. It is recommended that you have 1-2lb weights; wear comfortable clothes that let you move; and gym shoes to give your feet support.

**Instructor: Karen Dove**

**Tue/Fri • 1/27 – 5/22 • 10 – 11:30a • 17 weeks**

**Location: STH, Gallery and Online**

**Cost: Free**



### Senior Fitness

Designed with the mature person in mind, this class will address the components of over-all fitness at each person's ability level. The class helps you become stronger through cardiovascular activities (strengthening the heart and lungs), muscular strength and endurance (using weights) and flexibility through warm-up and cool-down stretching and yoga. Class meets regularly, and you can start and stop any time. It is recommended that you bring 1-2lb weights; wear comfortable clothes that let you move and gym shoes to give your feet support.

**Instructor: Karen Dove**

**Mon/Thu • 1/26 – 5/21 • 10 – 11:30a • 17 weeks**

**Location: STH, Gallery and Online**

**Cost: Free**



### Infant Massage

Parents/caregivers will learn massage techniques to enhance their baby's development and promote well-being. For babies, research shows measurable improvements in weight gain, decreased fussiness, improved sleep patterns, decreased anxiety, and improved motor behavior/muscle tone. The benefits for parents/caregivers include improved relaxation, reduced stress, increased confidence by enhancing the baby's health and development, quality bonding time, and increased awareness of the baby's physical condition. A calmer, happier baby = a calmer, happier family! Instruction is modeled on a life-sized baby doll and parents will practice on their baby.

**Instructor: Karen Dove**

**Session 1: Sat • 1/31 • 9 – 10a • 1 day**

**Session 2: Sat • 2/7 • 9 – 10a • 1 day**

**Session 3: Sat • 3/7 • 9 – 10a • 1 day**

**Session 4: Sat • 4/4 • 9 – 10a • 1 day**

**Location: STH, Gallery**

**Cost: \$10/baby and 1-2 caregivers**



### Let's Get Fit and Stay Fit

This low-impact workout allows you to work at your own pace and level. It is 50-60 minutes of simple moving, with options to add some light weights, use stretch tubing for resistance training, and incorporate an abdominal workout and flexibility stretches. Anyone can do this. All levels are welcome. The drop-in fee is \$8 each class.

**Instructor: Donna Abbott**

**Session 1: Mon/Wed • 1/26 – 3/6 • 9 – 10a • 6 weeks**

**Session 2: Mon/Wed • 3/16 – 4/24 • 9 – 10a • 6 weeks**

**Session 3: Mon/Wed • 5/4 – 6/12 • 9 – 10a • 6 weeks**

**Location: FTH, Community Room**

**Cost: \$74**

### Living with Late Diagnosed ADHD: For Neurodivergent People and Their Loved Ones

Do you know that people with ADHD are extremely smart, funny, and creative? They make great problem solvers, entrepreneurs, and strategists. In order to really shine, they just need systems in their lives to help manage symptoms. Join ADHD coach, Shannon Lindsay, to help you understand ADHD diagnosis and learn techniques that set ADHD people up for success. This six week workshop will cover what ADHD is, how it affects your body, systems and strategies to make your life easier, the ADA and work accommodations, and the strengths of those with ADHD.

**Instructor: Shannon Lindsay**

**Session 1: Mon • 2/2 – 3/9 • 6 – 8p • 5 weeks**

**Session 2: Mon • 3/30 – 5/4 • 6 – 8p • 5 weeks**

**Location: SLC and Online**

**Cost: \$80**



### Partner Massage

Learn the basic massage strokes and techniques to help soothe muscles and reduce stress with your spouse or partner. The class is presented by a licensed massage therapist who will introduce and guide you through some of the easier basics. Please wear work-out clothes (shorts, sports bra) that allow access to the body while maintaining modesty in a class setting. Students should bring a bath towel, small blanket, or throw.

**Instructor: Karen Dove**

**Session 1: Wed • 1/21 – 2/4 • 6 – 7:30p • 3 weeks**

**Session 2: Wed • 2/25 – 3/11 • 6 – 7:30p • 3 weeks**

**Session 3: Wed • 4/1 – 4/15 • 6 – 7:30p • 3 weeks**

**Location: STH, Gallery**

**Cost: \$50/couple**



### Reiki: Level One Certification

Reiki is a Japanese Healing Method that brings physical, mental-emotional and spiritual harmony by balancing Chi. This Gendai Reiki Ho school particularly emphasizes meditation, breathwork and the role of Nature in healing. Empowered with grounded, subtle vibrational energy, you learn to give/receive a full hands-on session for yourself or others (including plants and animals). Reiki can increase intuition, insight, creativity, connection with Higher Self, strengthen goals, and benefit relationships. Invaluable in emergencies/acute conditions, it calms stress and pain, resulting in greater well-being and peace.

**Instructor: Gianna Settin**

**Sat • 5/16 • 9a – 4p • 1 day**

**Location: Instructor's Studio, Sorrento**

**Cost: \$179**

### Supporting Children with ADHD: A Workshop for Caregivers

Join ADHD coach Shannon Lindsay for a 3-hour session designed for parents, teachers, and caregivers who want to better support children with ADHD, whether they are medicated or not. Together, we'll explore what's really happening in the ADHD brain, how executive dysfunction affects behavior, and how routines, structure, and simple tools can make daily life more manageable. We'll also discuss setting realistic expectations to reduce frustration and foster confidence for both you and the child. This session is for adults only and not intended for children.

**Instructor: Shannon Lindsay**

**Sat • 4/4 • 1 – 4p • 1 day**

**Location: SLC and Online**

**Cost: \$39**



### Yoga for Fun and YOU!

Learn to listen to your body for what it wants and needs. Using Kripalu Yoga techniques, learn your own version of postures with modifications as needed. Yoga helps with stress relief, better breathing, increase in strength and flexibility, improved circulation, cardiovascular conditioning, inner peace, and more. (All classes will be designed to meet the needs of Beginning yogis and Advanced Beginners practicing yoga). Bring a mat and wear comfortable clothes. Space is limited in the in-person class, so please register early to reserve your spot. Drop in fee is \$15.

**Instructor: Karen Dove**

**Location: STH, Gallery and Online**

**Cost: \$72**



#### Monday PM

**Session 1: Mon • 1/12 – 2/16 • 6 – 7:30p • 6 weeks**

**Session 2: Mon • 3/2 – 4/6 • 6 – 7:30p • 6 weeks**

**Session 3: Mon • 4/20 – 5/25 • 6 – 7:30p • 6 weeks**

#### Wednesday AM

**Session 1: Wed • 1/14 – 2/18 • 10 – 11:30a • 6 weeks**

**Session 2: Wed • 3/4 – 4/8 • 10 – 11:30a • 6 weeks**

**Session 3: Wed • 4/22 – 5/27 • 10 – 11:30a • 6 weeks**

#### Thursday PM

**Session 1: Thu • 1/16 – 2/19 • 6 – 7:30p • 6 weeks**

**Session 2: Thu • 3/5 – 4/9 • 6 – 7:30p • 6 weeks**

**Session 3: Thu • 4/23 – 5/28 • 6 – 7:30p • 6 weeks**

# RSU 24 Adult Education is here for you.

Can you be there for others?

We work hard to keep our programs welcoming, affordable, and accessible for all adult learners. To support this mission, we're introducing new tiered tuition options when you register online. Every tuition level offers the same high-quality class experience. If you choose the sustainer rate, you're making an extra contribution that helps keep our programs open to everyone who wants to learn.

If you're able to give at the sustainer level, your support helps ensure that our enrichment and workforce classes remain available to learners who want to explore new interests or build new skills.

No matter which option you choose, we're grateful you're part of our adult education community.



Michaela D. ('25)



### Registration Confirmation

To be considered registered for a course, we MUST have payment at least 1 week prior to the start of class. A \$35.00 fee will be charged for any returned check. A course registration confirmation will be sent electronically, and a course reminder will be emailed 2 days prior to the class start date. You may email us at [adultinfo@rsu24.org](mailto:adultinfo@rsu24.org) or call us at 207-422-4794 to confirm your registration and the class status. If there are insufficient registrations, a class will be cancelled five (5) business days in advance of the start date, so please register early!

### Refunds

A full refund will be issued if a course is cancelled by RSU 24 Adult Education. Students cancelling at least one week prior to the first class will receive a refund. Students cancelling their participation in a class seven (7) days or less before the start of the first class will not receive a refund. If a student is dissatisfied with the course after it begins and wishes a refund, please submit a letter of explanation to Ander Thébaud, Director. We strive for 100% satisfaction, and your input is important to us.

### Holidays & Vacations

Most classes will not meet on holidays or during RSU 24 school vacations. The course schedule is reviewed at the first class.

### Weather Related Cancellations

When RSU 24 schools are cancelled or dismissed early due to inclement weather, in-person classes will also be cancelled. If the weather deteriorates during the day, a decision is made by 2:00 pm. Whenever possible, our staff will contact students. Most online classes will continue as scheduled. A message is usually posted on our website and on Facebook. Instructors will schedule make-up time as needed.

### Age Policy

Unless otherwise noted in the course description, all courses are open to individuals 17 years and older and who are not attending elementary or high school. In some cases, special permission can be granted in writing by the Director.

### Disclaimer

RSU 24 Adult Education strives to provide a diverse listing of course offerings to the community. The views and ideas expressed by course instructors are not necessarily those of RSU 24 Adult Education. Students are encouraged to use their best independent judgment in evaluating statements or suggestions made by instructors.

### Disability Access Statement

It is the policy of the RSU 24 School Committee to ensure equal employment and/or educational opportunities/ affirmative action regardless of race, sex, color, national origin, marital status, religion, age or handicap in accordance with all federal and state legislation. The committee will fully comply with Section 504 of the Rehabilitation Act of 1973 and intends not to discriminate on the basis of handicap in any of its employment practices or educational programs.

Individuals with a disability who may need accommodations are requested to contact Ander Thébaud, Director, at least two weeks in advance of the event, so appropriate accommodations/arrangements may be made.

This brochure is available in alternate formats upon request. If you would like a large print version of this catalog, please contact us.

Accommodations on the HiSET Test are available for qualified individuals with a disability. For more information contact us.

### Veterans & Eligible Dependents

Funds may be available for you to go back to school! If your benefit period has not expired, you may be eligible for monthly payments of up to \$800 while you prepare for a new career. To inquire about your eligibility, call the Veterans Administration at 207-941-3005. You may be able to take adult education classes for free.

### Gift Certificates

Gift certificates are available for purchase at the RSU 24 Adult Education Office or contact us by email.

### How to Register for Classes

- 1. Online:** Visit our website at [www.rsu24.maineadulted.org](http://www.rsu24.maineadulted.org) and click "classes" to view our full online catalog. Credit/debit card is accepted for payment through our secure web portal with no additional fees.
- 2. By mail:** Mail in the registration form to our office at 1888 US-1, Sullivan, ME 04664. Include payment by check or credit/debit card information.
- 3. By phone:** Registrations are accepted over the phone. Call our office during regular business hours and pay by credit/debit card through our secure web portal.
- 4. Stop on by!** Stop by our Adult Learning Center in Sullivan and we will be happy to assist you with registering for classes.

## RSU 24 Adult Education Mail-In Registration Form

Name	
Phone	
Address	
Email	
Birth Date	

Course Name	Start Date	Fee*

### Payment Method

☐ Cash

☐ Check # \_\_\_\_\_

*Please make your check payable to  
RSU 24 Adult Education.*

☐ Credit/Debit Card

- Card # \_\_\_\_\_
- Expiration date: \_\_\_\_\_
- CVV: \_\_\_\_\_
- Name on card: \_\_\_\_\_
- If the billing address for your card is different from the address you listed above, please provide it here:  
\_\_\_\_\_  
\_\_\_\_\_

Please mail this registration form  
and payment to  
**RSU 24 Adult Education**  
**1888 US Hwy-1, Sullivan, ME**  
**04664**

*\*Please note that any materials fees associated  
with a class are to be paid directly to the instructor.*





## Adult Ed Open House

Wednesday,  
January 21  
4 – 6pm

Interested in learning more  
about our programs? Join us to  
meet instructors, tour our space,  
and find your adult education  
path!

### RSU 24 Adult Education

1888 US Highway 1, Sullivan, ME 04664

Phone: 207-422-4794

Fax: 207-422-3612

Email: [adulthoodinfo@rsu24.org](mailto:adulthoodinfo@rsu24.org)

*Serving the communities of Eastbrook, Franklin, Gouldsboro,  
Mariaville, Sorrento, Steuben, Sullivan, Waltham, and Winter Harbor.*