



**MASSABESIC**

Center for Adult Learning

*Grow With Us!*

**Winter/Spring  
2017**

**Create a  
New You!**

Serving Alfred,  
Limerick, Lyman,  
Newfield, Shapleigh  
and Waterboro

207-247-2022  
[mymcal.com](http://mymcal.com)



**MAINE**  
Adult Education  
*Learning for Work and Life*

## From the Director ...

Welcome to our spring rollout of classes! Set a goal to learn something new in 2017! Enroll in one or more learning adventures from our new offerings or from our tried and true favorites.

Are you looking for academic preparation? MCAL offers Maine College Transition classes along with career exploration to navigate the preparation and application processes – at NO COST to you. Ease into the program step by step so you can be successful in your college experience.

Do you need to earn a high school completion credential? We have several options plus skill building to prepare you for classes and assessments. It's never too late to enjoy the satisfaction of completing your high school diploma. Call us to find out more at (207) 247-2022.

Do you need a flexible schedule? Consider taking one of our many online courses. Ask us about personal enrichment, technology, or career and workforce training programs available through several online providers.

We look forward to learning and growing with you, our community members. Set your goal for a new learning adventure with MCAL in 2017!

- Barbara Gauvin

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## Career Pathways

Career Pathways is a workforce development strategy used in the United States to support workers' transitions from education into and through the workforce. Contact MCAL at 247-2022 if you would like to meet with our Career Pathways Coordinator.

## PARTNERSHIPS

### In Partnership with:



THE CENTER FOR  
LEGAL STUDIES



*& Massabesic Center for Adult Learning*

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## General Information

### Payments

All course payments must be made in full at the time of registration.

### Cancellations

If we must cancel a class due to insufficient enrollment, you will be notified and fees paid to MCAL will be refunded.

### Enrollment Age

**Academic classes:** Anyone 17 years or older NOT attending day school may attend; high school students approved by administration for credit recovery may also attend.

**Other classes:** 17 years or older

### Changes

MCAL reserves the right to make changes in the starting or ending dates of courses when necessary and is not responsible for typographical errors.

### Weather Cancellations

Classes will be cancelled if day school classes are cancelled due to weather. If storm conditions develop late in the day, cancellations will appear on local radio and TV stations, websites and our Facebook page.

### Refunds

A refund is available if:

- The class is cancelled
- The class is full
- You withdraw at least 3 business days before the start date

Material costs paid to instructors cannot be refunded by our program.

All trips are non-refundable.

### Non-smoking Policy

In order to promote the health and safety of all students and staff and the cleanliness of the facilities, RSU#57 prohibits smoking on all school premises.

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## Arts & Crafts



### Muffin Basket

Let us make this rectangular (6" x 8" x 4") woven bottomed basket that is perfect for your table. Add color and two wrought iron side handles. There is a kit fee of \$16, payable to the instructor. †

Instructor: Martha Chessie  
 Tuesday 3/7/17 5:30-9:00 PM  
 Location: Room 22  
 Fee: \$22\*

### Casserole Carrier

Using two swing "D" handles, weave this rectangular basket and add color to carry your 9" x 13" baking dish. There is a kit fee of \$18, payable to the instructor. †

Instructor: Martha Chessie  
 Tuesday 3/28/17 5:30-9:00 PM  
 Location: Room 22  
 Fee: \$22\*

### Round Gathering Basket

Come make a basket big enough for lap quilts, toys or veggies. Using a 10" round solid base, this round basket with colored accents has two leather handles for transport. There is a kit fee of \$20, payable to the instructor. †

Instructor: Martha Chessie  
 Tuesday 4/25/17 5:30-9:00 PM  
 Location: Room 22  
 Fee: \$22\*

### Berry Picking Basket

Summer is coming! Using a solid round base and swing handles, this sweet 8" wide x 8" high basket has color woven in. There is a kit fee of \$16, payable to the instructor. †

Instructor: Martha Chessie  
 Tuesday 5/16/17 5:30-9:00 PM  
 Location: Room 22  
 Fee: \$22\*



†**Material list for all basket classes:** mop size bucket, sturdy scissors, pencil, tape measure, 12 spring type clothespins, jackknife, and old towel.

**\*Take ALL 4 Basket Classes for \$79.00. When registering online, add all four classes to your cart to receive the discount automatically.**

### Arts & Crafts, *Continued*

#### **NEW!** Drawing for Beginners I

Learn basic drawing techniques using graphite pencil and charcoal. Practice translating what you see in the 3D world to a 2D picture plane. This course is for beginners. There is a one time kit fee of \$20, payable to the instructor.

Instructor: Lindy Carroll  
 Monday 3/6/17-3/27/17 (4 wks) 5:00-7:00 PM  
 Location: Room 20  
 Fee: \$29

#### **NEW!** Drawing for Beginners II

This class is a continuation of Drawing for Beginners Part I. You will practice many drawing techniques learned in Part I.

Instructor: Lindy Carroll  
 Monday 4/3/17-5/1/17 (4 wks) 5:00-7:00 PM  
 Location: Room 20  
 Fee: \$29

#### **NEW!** Discover Acrylic Painting I

Learn basic techniques with acrylics that will enable you to create different styles of painting. This course will offer a foundation for color mixing, temperature, value, and design/composition. Please bring an apron or clothing that can get paint on it! Kit fee \$15, payable to instructor.

Instructor: Lindy Carroll  
 Tuesday 3/7/17 - 3/28/17 (4 wks) 6:00-8:00 PM  
 Location: Room 20  
 Fee: \$29

#### **NEW!** Discover Acrylic Painting II

Continue mastering the techniques learned in Part I. Acrylic is one of the easiest mediums to master and can be used to create any subject. Have fun as you explore the range of texture and effects that you can use with acrylics.

Instructor: Lindy Carroll  
 Tuesday 4/4/17 - 5/2/17 (4 wks) 6:00-8:00 PM  
 Location: Room 20  
 Fee: \$29



#### **Beginning Quilting Info Night**

Come and learn about Beginning Quilting class. Bring your questions, and ideas. Please register by calling 207-247-2022 or go online and register at: [www.mymcal.com](http://www.mymcal.com)

Instructor: Janet Carbone  
 Thursday 2/16/17 6:00 PM  
 Location: TBA  
 Fee: N/C

#### **Beginning Quilting**

Learn about patterns, colors and cutting techniques as you create your very own quilt in this 4-week class. Bring your portable sewing machine or use one of ours. Come and learn how to quilt while having fun, too!

Instructor: Janet Carbone  
 Thursday 3/2/17-3/23/17 (4 wks) 6:00-9:00 PM  
 Location: Room 19  
 Fee: \$69

#### **More Quilting**

A continuation of Beginning Quilting, this course will enable you to continue working on your first quilt or start a second one. Bring your supplies and portable sewing machine or use one of ours.

Instructor: Janet Carbone  
 Thursday 3/30/17-4/27/17 (4 wks) 6:00-9:00 PM  
 Location: Room 19  
 Fee: \$69

#### **NEW!** Easter Table Runner with Applique

After a long Maine winter, freshen up your table with a new table runner in time for spring and Easter. In this fun quilt class, you will learn both simple machine applique and pieced flying geese border. Complete with simple straight line quilting for an "ontrend" Easter table accessory. Bring your own lunch.

Instructor: Nancy O'Connell  
 Saturday 3/11/17 9:00 AM-4:00 PM  
 Location: Room 18  
 Fee: \$31

## Simple Quilt with Applique Informational night

Come and learn about Simple Quilt with Applique class. Bring your questions, and ideas. Please register by calling 207-247-2022 or go online and register at: [www.mymcal.com](http://www.mymcal.com)

Instructor: Nancy O'Connell  
 Tuesday 3/28/17 6:00-7:00 PM  
 Location: Room 19  
 Fee: N/C

### NEW! Simple Quilt with Applique

What could be better than the first blush of a spring flower and the welcome song of a bird emerging from the long winter? Combine the two into a simple pieced quilt background for a winning combination sure to bring smiles of summer days ahead. This project will require work outside of class. Pattern fee \$9.00 payable to instructor. Bring your own lunch.

Instructor: Nancy O'Connell  
 Saturday 4/8/17 & 4/29/17 (2 wks) 9:00 AM-4:00 PM  
 Location: Room 18  
 Fee: \$31

## Repurposed Sweater Mittens

Baby, it's cold outside! Come create some toasty repurposed sweater mittens tonight. Bring along a washed sweater, preferably wool or wool blend and 1/3 yard polar fleece, thread to match, pins and fabric shears. If you have a portable machine in working order, please bring along. Instructor will have extra sweaters and fleece available for a small fee.

Instructor: Martha Chessie  
 Wednesday 2/8/17 5:30-9:00 PM  
 Location: Room 22  
 Fee: \$22

### NEW! Intro to Art Journals

What are Art Journals? Look through many of the various types of art journals and learn what they are and why people keep them. There will be a guided exercise to introduce you to some of the techniques used in art journaling. All materials will be provided by instructor.

Instructor: Tara Finlay  
 Thursday 3/23/17 6:00-9:00 PM  
 Location: Room 22  
 Fee: \$14

### NEW! Creating Art Journals

This is a continuation of Intro to Art Journals class. Explore more in depth techniques that were introduced in the intro class. Join us for fun-filled nights to paint, collage, stencil, draw, stamp and more. Bring your curiosity, creativity and desire for making your own art journal.

**Material List:** Scissors, permanent craft adhesive (found at any craft store, Tombow is a preferred brand), an old book, sketchbook or a journal.

Instructor: Tara Finlay  
 Thursday 3/30/17-4/27/17 (4 wks) 6:00-9:00 PM  
 Location: Room 22  
 Fee: \$49

### NEW! Beginner Jewelry Making

Making your own jewelry is easier than ever! This class will introduce you to common jewelry making techniques using tools, beads, and purchased findings. Learn how to attach clasps, ear hooks and string beads. Make a necklace, bracelet and/or a pair of earrings to bring home. You will also have the option to purchase more supplies, in addition to the basic kit. There is a basic kit fee of \$5, payable to the instructor.



Instructor: Tara Finlay  
 Wednesday 2/15/17 6:00-9:00 PM  
 Location: Room 22  
 Fee: \$14

### NEW! Intermediate Jewelry Making

Explore more complicated pieces to create. Work with chains and nature stringing materials, as well as wires. Attendance at Beginner Jewelry Making or prior experience necessary to attend this class. You will have the option to purchase more supplies in addition to the basic material kit, which is available for \$15, payable to the instructor.

Instructor: Tara Finlay  
 Wednesday 3/1/17-3/22/17 (4 wks) 6:00-9:00 PM  
 Location: Room 22  
 Fee: \$42



## Music & Dance

### Beginning Guitar

Have you always wanted to learn to play guitar? Here's your chance! Join us to learn finger placement, strumming, reading chord charts, sight reading, understanding grooves and chord placement. Gain knowledge about tuning and caring for your instrument. Focus will be on current popular music.

Instructor: Chris Jandreau  
 Monday 2/27/17-4/3/17 (6 wks) 5:00-6:30 PM  
 Location: Room 1  
 Fee: \$49

### Intro to Ballroom Dance

Come dance the night away! Learn the basics of the Foxtrot and the Waltz in a relaxed atmosphere. Please wear sensible, appropriate shoes.

Instructor: Ben Taylor  
 Tuesday 2/7/17-3/21/17 (6 wks) 7:00-8:30 PM  
 Location: MHS East Gym  
 Fee: \$74 per couple

### Bridal Dance Bootcamp

By popular demand this class is being offered again! Be ready for that next reception! Join us for lots of fun as well as a great workout while learning the basics of Foxtrot, Swing and Rumba! Please wear sensible appropriate shoes.

Instructor: Ben Taylor  
 Thursday 3/30/17-4/6/17 (2 wks) 7:00-8:30 PM  
 Location: MHS East Gym  
 Fee: \$32 per person

### Intro to Latin Dance

Join us for lots of fun as well as a great workout as you learn the basics of the Rumba, Cha-Cha and Bolero! Please wear sensible appropriate shoes.

Instructor: Ben Taylor  
 Tuesday 4/4/17-5/16/17 (6 wks) 7:00-8:30 PM  
 Location: MHS East Gym  
 Fee: \$74 per couple

## Exercise & Outdoor Fun

### Adult Basketball

Do you love to play basketball and keep in shape? Bring your sneakers and join us for fun and exercise. Unofficial games are played weekly.

Instructor: Joseph Randall  
 Monday 2/6/17-5/22/17 7:00-9:00 PM  
 Location: MHS East Gym  
 Fee: \$3 per night

### Adult Coed Volleyball

If you like volleyball, bring your sneakers and join us each week for an evening of fun and exercise.

Instructor: Dan McAllister  
 Wednesday 2/8/17-5/24/17 7:00-9:00 PM  
 Location: Line Gym  
 Fee: \$3 per night

### Massabesic Pacers

Join our indoor walking program for adults. Enjoy protection from the elements as you get or keep in shape. Permission from a physician is needed, if you have health issues.

Instructor: MCAL Staff  
 Mon-Thurs 2/6/17-5/25/17 5:00-6:30 PM  
 Location: MHS East Hallways  
 Fee: N/C

### Tai Chi for Arthritis & Fall Prevention: Beginners 55+

Tai Chi for Arthritis and Fall Prevention is a combination of Sun Style Tai Chi and Ancient Qigong. In this beginners session you will learn the basic core movements, called "Forms" which are designed to relieve arthritis pain, reduce falls and improve quality of life. This program is approved by the Arthritis Foundation and is a fun way to gain mental and physical balance and relaxation. Participants should wear loose, comfortable clothing and smooth bottom shoes suitable for exercise.

Instructor: Dennis Fallo  
 Thursday 3/9/17-3/30/17 (4 wks) 9:00-10:00 AM  
 Location: Room 18  
 Fee: \$49

## Gentle Flow Yoga

This class is great for beginners! Experience gentle, relaxing meditative flow, with a mix of standing, seated, restorative postures. We will increase flexibility while quieting the mind to bring balance to the body and soul. Bring your yoga mat!



Instructor: Susan Faunce  
 Monday 2/6/17-3/20/17 (6 wks) 9:00-10:00 AM  
 OR 4/3/17-5/15/17 (6 wks) 9:00-10:00 AM  
 Location: Room 18  
 Fee: \$49

### **NEW!** Vinyasa Flow Yoga

Vinyasa Flow is a moving meditation on the mat. Both intermediate and advanced students will enjoy this flowing, breath-linked practice. Take class at your own pace. Modifications are offered and you are encouraged to listen to your body and make the practice what you need. Bring your yoga mat!

Instructor: Susan Faunce  
 Wednesday 2/8/17-3/22/17 (6 wks) 6:00-7:00 PM  
 OR 4/5/17-5/17/17 (6 wks) 6:00-7:00 PM  
 Location: Gym  
 Fee: \$49

### **NEW!** Trauma Sensitive Yoga

Are you interested in learning how trauma and a specifically designed yoga program may support a person's healing? Join Kelcy, one of only a few Trauma Center-Certified Facilitators in the state to learn about Trauma Sensitive Yoga (TSY), a SAMSHA-approved clinical treatment for complex trauma or chronic treatment-resistant PTSD. Through discussion and experiential practices, students will develop an awareness of what "interoception" is and participate in a full TSY class. This is suitable for yoga students, therapists, clinicians and yoga teachers. No experience is needed. Bring your yoga mat!

Instructor: Kelcy McNamara  
 Monday 2/27/2017 6:00-8:00 PM  
 OR 3/6/17 6:00-8:00 PM  
 Location: Room 18  
 Fee: \$14

## Community Life

### Beginning Spanish

Have you always wanted to learn another language? Learn one of the top five most spoken languages in the world - Spanish! Learning a language is good for your brain and for jobs and travel. It's great fun, too!

Instructor: Chris Jandreau  
 Monday 2/6/17-3/20/17 (6 wks) 6:30-8:00 PM  
 Location: Room 1  
 Fee: \$49

### More Spanish

If you loved Beginning Spanish and want to learn more, this class is for you! Brush up on vocabulary and grammar for use in everyday life and practice conversational Spanish!

Instructor: Chris Jandreau  
 Monday 3/27/17-5/8/17 (6 wks) 6:30-8:00 PM  
 Location: Room 1  
 Fee: \$49

### Small Engine Repair

Save money and maybe even make money!

Learn to repair or rebuild small engines and discover basic engine theory including ignition, fuel systems, cooling, troubleshooting and other related subjects.



Instructor: Dave Toothaker  
 Monday 3/27/17-5/22/17 (8 wks) 6:00-9:00 PM  
 Location: Room 32 West Bldg  
 Fee: \$99

“Overall a great class. Fun and worthwhile.”

~ Chet Sawtelle

SMALL ENGINE REPAIR  
 FALL 2015

## Community Life, *Continued*

### Introduction to Public Administration

Do you like to know the “roots” of things? Gain an overview of all of the foundational theories of Public Administration from the earliest (President Woodrow Wilson) to current times. Is the study of Public Administration relevant? How can the study of Public Administration assist with the delivery of services? What dynamics do you think public administrators should be aware of when executing the responsibilities of their positions? These presentations are for professional and personal enrichment.

Instructor: Jeannie Delahunt  
 Thursday 4/6/17-5/4/17 (4 wks) 6:00-8:00 PM  
 Location: Room 11  
 Fee: \$39

### Ethics and Leadership

Do you know the ethical compass of your business? Your organization? Even your own personal compass? How are ethics formed? Is there a relationship between ethics and leadership? What makes an effective leader? Studies reveal that a solid ethical base translates into a healthy culture. A healthy culture is all the better for business! These presentations are for professional and personal enrichment.

Instructor: Jeannie Delahunt  
 Thursday 3/2/17-3/23/17 (4 wks) 6:00-8:00 PM  
 Location: Room 11  
 Fee: \$39

### Welcome to Medicare

Our Welcome to Medicare Seminar offers participants valuable information presented in plain and understandable language. This seminar will cover all of the important basics you need to know as well as options that may be useful as you make your enrollment decisions.

Instructor: Warren Giering,  
 Southern Maine Agency on Aging  
 Wednesday 4/5/17 6:00-8:00 PM  
 Location: Room 11  
 Fee: \$3

### Genealogy Tips

Why is it important to prove the information you have heard over the years about your relatives? Was Dad really born in 1926, as printed on his marriage certificate? Is his birth record correct? Was Grandpa really Ivory or Wesley? Finding out the correct information can help you trace your family ancestry back for many generations. In this class we will go over different types of documents to figure out the real truth behind the family stories!

Instructor: Deb Whitehouse  
 Wednesday 5/3/17 6:30-8:30 PM  
 Location: Room 11  
 Fee: \$14

### **NEW!** Plan your Garden

Raised beds? Conventional? What are your goals for your garden? How much space do you have to work with? Come and learn how to prepare your soil to plant your garden. There will be a discussion on composting and soil testing. Discover what types of vegetables you want to grow, and how you can get the best yield from your garden.

Instructor: Linda Lehmann  
 Monday 4/3/17 6:00-8:00 PM  
 Location: Room 22  
 Fee: \$14

### **NEW!** Support your Immune System with Essential Oils

This is a make and take class with discussion on the science of how Essential Oils can support your Immune System to help protect you from Cold and Flu season! Come learn how a proactive approach with Essential Oils can prepare your body to fight any virus and bacteria you can come across this season. We will be making an Immunity Roller Bottle for your daily use as well as an All Natural Hand Sanitizer to use this winter. We can't hide from the germs, but we can protect ourselves! There is a kit fee of \$10, payable to the instructor.

Instructor: Trish Shapiro  
 Thursday 2/2/17 6:30-8:00 PM  
 Location: Room 22  
 Fee: \$14



## Intro to Essential Oils

Learn how to use Essential Oils to improve your physical and emotional health. We will discuss the science behind the oils to empower you with the knowledge to choose a natural healing solution that works for you and your family. This is a hands on class where you will be exposed to Certified Pure Therapeutic Grade Oils and you will leave the class with oil samples to take home to try for yourself.



Instructor: Trish Shapiro  
 Tuesday 3/14/17 6:30-8:00 PM  
 OR Thursday 4/13/17 6:30-8:00 PM  
 Location: Room 22  
 Fee: \$14

## Sign Language

Have fun learning the basics of a new language, which uses manual communication and body language to convey meaning. It can also be used as a tool to communicate with people on different levels of disabilities.

Instructor: Wanda Johnson  
 Wednesday 4/26/17-5/17/17 (4 wks) 6:00-8:00 PM  
 Location: Room 15  
 Fee: \$49

## **NEW!** Improve your Quality of Sleep with Essential Oils

Learn which Essential Oils you can use to help ease you into a deep, restorative sleep. Understand how daily stress can negatively affect your sleep patterns and the scientific ways that Essential Oils can work with your body to reduce stress and encourage a restful night's sleep. This is a make and take class. We'll be making Roller Bottles with an Essential Oil Blend to use before bed to help your mind and body relax. We'll also discuss which oils you can use during the day to reduce your overall daily stress load. There is a kit fee of \$10, payable to the instructor.

Instructor: Trish Shapiro  
 Thursday 3/16/17 6:30-8:00 PM  
 OR Tuesday 4/11/17 6:30-8:00 PM  
 Location: Room 22  
 Fee: \$14

## Drivers Education

**Students must be registered prior to Orientation - Fee is due at Orientation!** Can-Do Driving School offers this course on new driver safety, discipline, Maine laws, maneuvers, and the importance of parental involvement. Attendance at the orientation by one parent or legal guardian is mandatory. Bring an original birth certificate and Social Security Number. Fee for this course is \$500.00. **Forms of payment accepted are: Cash, Debit Card, Visa, Mastercard, Discover and Checks - Made payable to MCAL**

### Session 1

Orientation		
Monday	2/13/17	6:00-7:30 PM
Class Dates		
Mon-Thurs	2/14/17-3/22/17	2:05-4:05 PM

### Session 2

Orientation		
Monday	3/27/17	6:00-7:30 PM
Class Dates		
Mon-Thurs	3/28/17-5/3/17	2:05-4:05 PM

### Session 3

Orientation		
Monday	4/24/17	6:00-7:30 PM
Class Dates		
Mon-Thurs	5/8/17-6/6/17	2:05-4:05 PM

### Summer Session

Orientation		
Monday	6/12/17	6:00-7:30 PM
Class Dates		
Mon-Thurs	6/26/17-7/26/17	8:30-11:30 AM

**Location for all sessions: Room 18**



## 8 Maine College Transitions



Maine College Transitions is perfect for those who want to further their education and already have a high school diploma or equivalency. Hundreds of students have taken Maine College Transitions and gained entrance into trade schools, community colleges, and four-year colleges or universities.

If you have a dream and the desire, we have the tools that will help you get to your goal.

[MaineCollegeTransitions.org](http://MaineCollegeTransitions.org)



**MAINE**  
**Adult Education**  
*College Transitions*



## Maine College Transitions

### Math for College

Prepare for college math by becoming confident in your knowledge of basic arithmetic, fractions, decimals, percentages, ratio, and proportion, measurement, geometry, and the application of these concepts. Increase your skills by working with and without a calculator.

Instructor: Jim Cumiskey  
Tues & Thurs 2/7/17-3/30/17 9:00-11:30 AM  
Location: Room 11  
Fee: N/C

### Reading for College

Reading skills at the college level will require you to apply comprehension strategies appropriate to the type of text. You will learn to analyze and evaluate the usefulness and credibility of information contained in various informational texts, determine the purpose, make predictions and ask questions about text materials.

Instructor: Kassandra Foster  
Thursday 2/9/17-3/30/17 6:00-9:00 PM  
Location: Room 10  
Fee: N/C

### Algebra Skills for College

The basics of algebra skills required for success in college will form the content of this course. The goal is to help you master the skills presented and earn appropriate placement scores. The small class size will enable you to have the individual attention you need!

Instructor: Jim Cumiskey  
Tues & Thurs 4/4/17-5/25/17 9:00-11:30 AM  
Location: Room 11  
Fee: N/C

### Grammar Refresher - Online

Whatever your goals, a grasp of English grammar will help you refine your communication skills. You'll explore the basics of English grammar - like sentence structure and punctuation - and more advanced concepts - like logic and clarity. View full class description at [mymcal.com](http://mymcal.com).

Instructor: Ed2Go  
2/15/2017 & 3/15/17  
Location: Online  
Fee: \$84

MCAL Office Hours: Monday - Thursday 8:00 AM - 9:00 PM, Friday 8:00 AM - 3:00 PM

## SAT PREP

Get the preparation that makes a difference in college admissions and scholarships. Discover critical test-taking strategies to achieve higher scores. Apply what you learn and measure progress with practice tests. **Register at:** [register.doorwaytocollege.com](http://register.doorwaytocollege.com) or call 1-877-927-8378.

Instructor: Doorway to College  
 Wed & Thurs 3/15/17 - 3/16/17 6:30-9:30 PM  
 Location: Room 26  
 Fee: \$89.99

## Career Pathways



### Get Hired

This course is designed to help you succeed in finding, getting & keeping the job that you want. Whether you are seeking your first job, a mid-career changer or re-entering the workforce. Let me support you in the process. Individual appointments can be made following this session. All employment services are free.

Instructor: Martha Roberts

Wednesday	2/15/17	6:00-8:00 PM
Location:	Limerick Public Library	
Tuesday	2/21/17	5:30-7:30 PM
Location:	Lyman Community Library	
Monday	3/13/17	6:00-8:00 PM
Location:	Parson's Memorial Library	
Thursday	3/30/17	3:00-5:00 PM
Location:	Newfield Village Public Library	
Monday	4/3/17	10:00-11:30 AM
Location:	Massabesic Center for Adult Learning	
Monday	4/3/17	6:00-8:00 PM
Location:	Massabesic Center for Adult Learning	
Monday	4/24/17	2:00-4:00 PM
Location:	Waterboro Library	
Tuesday	5/2/17	1:00-3:00 PM
Location:	Shapleigh Community Library	
Fee:	Free (please pre-register)	

## Computers & Technology



### Computer Basics

A FREE series, thanks to OTT Communications, for Adults of all ages! No experience necessary! Are you intimidated by all the technology surrounding you? This class is designated to be a friendly, informal introduction suited for those who are completely new to computers or have dabbled a little. Topics covered will include operating systems, web searching, storing files, e-mailing, safety, etc. We will be working with PC computers in our lab.

Instructor: Leesa Joiner  
 Location: Room 11  
 Fee: N/C

**Introduction to Computers - Session #1**  
 Tuesday 4/4/17-4/11/17 (2 wks) 6:00-8:00 PM

**Google and E-mail Basics - Session #2**  
 Tuesday 4/25/17-5/2/17 (2 wks) 6:00-8:00 PM

**Exploring the Internet - Session #3**  
 Tuesday 5/9/17 6:00-8:00 PM

**Social Media - Session #4**  
 Tuesday 5/16/17 6:00-8:00 PM

### **NEW!** iPhone/iPad

Come and join us to learn the basics of operating and getting the most out of your iPhone & iPad. Find out what apps can help support you with budgeting, finding recipes, utilizing mobile banking, etc. Please bring your device, along with log in information to log into the app store.

Instructor: Leesa Joiner  
 Wednesday 2/8/17 6:00-8:30 PM  
 OR 4/5/17 6:00-8:30 PM  
 Location: Room 19  
 Fee: \$14

## Computers & Technology, *Continued*



### Computer Skills for the Workplace - Online

Most jobs today require a working knowledge of certain computer skills. Employers seek and reward employees with the skills and knowledge to send messages across the country via e-mail; use a spreadsheet to create a graph and paste it into a report; add and edit data in a database; understand the implications of file sizes, memory limitations, and network arrangements; and recognize the function and features of modern computer components. View full class description at [mymcal.com](http://mymcal.com).

Instructor: Ed2Go  
 Wednesday 2/15/2017 & 3/15/17  
 Location: Online  
 Fee: \$84



### Video Conferencing

You don't have to travel to connect to that business meeting or workshop. Discover how you can hook up with many other locations in Maine using our Tandberg video-conferencing system.

For more information on the Tandberg system, call us at 207-247-2022.

### Need to Use a Computer?

MCAL will have an Open Computer Lab from 9:00 AM to Noon, Monday through Friday beginning 2/10/17.

Please call 207-247-2022 in advance to secure your space.

## Workforce Training

### Legal Studies - Online

Are you thinking of a career in the legal field or need legal knowledge for your business? Massabesic Center for Adult Learning is excited to announce a new online legal studies program in conjunction with the Center for Legal Studies. Course descriptions can be found at [www.legalstudies.com/vendor/massabesic-cal/](http://www.legalstudies.com/vendor/massabesic-cal/). Fee does not include books which are available at [www.legalstudies.com/bookstore/](http://www.legalstudies.com/bookstore/)

<b>Paralegal Certificate</b>	\$1,289 + books
<b>Advanced Paralegal Certificate</b>	\$1,800 + books
<b>Personal Injury for Paralegals</b>	\$729 + books
<b>Employment Law Certificate</b>	\$729 + books
<b>Legal Secretary Certificate</b>	\$645 + books
<b>Victim Advocacy Certificate</b>	\$645 + books
<b>GRE Preparation</b>	\$300 + books
<b>GMAT Preparation</b>	\$300 + books
<b>LSAT Preparation</b>	\$300 + books
<b>ACT</b>	\$150 + books
<b>SAT</b>	\$150 + books
<b>SAT/ACT Preparation (both)</b>	\$250 + books

Monday Classes Start 3/6/2017 & 5/1/2017  
 Location: Online

### Creating Wordpress Websites - Online

Learn how to create attractive, sophisticated blogs and websites - without any coding! WordPress is the world's most popular website publisher, powering more than 25% of all sites on the Internet. View full class description at [mymcal.com](http://mymcal.com).

Instructor: Ed2Go  
 Wednesday 2/15/2017 & 3/15/17  
 Location: Online  
 Fee: \$84



## Creating a Successful Business Plan - Online

Turn your business ideas into a solid plan for financing and long-term success. Committing your idea to paper in the form of a business plan not only increases your chances of obtaining financing, but also in keeping your business strategically focused. View full class description at [mymcal.com](http://mymcal.com).

Instructor: Ed2Go  
 Wednesday 2/15/2017 & 3/15/17  
 Location: Online  
 Fee: \$84

## Accounting Fundamentals - Online

If you're interested in increasing your financial awareness while also gaining a marketable skill, this course is for you. You'll get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities. View full class description at [mymcal.com](http://mymcal.com).

Instructor: Ed2Go  
 Wednesday 2/15/2017 & 3/15/17  
 Location: Online  
 Fee: \$84



## Intro to Microsoft Excel 2013 - Online

Do you work with numbers? Then you need to master Microsoft Excel 2013 - and this is the place to do it. Even "non-techie" beginners will find it easy to learn Excel in this fun, step-by-step online course. View full class description at [mymcal.com](http://mymcal.com).

Instructor: Ed2Go  
 Wednesday 2/15/2017 & 3/15/17  
 Location: Online  
 Fee: \$84

## Secrets of Better Photography - Online

Master your digital camera and learn the secrets behind outstanding photos! Whether you have a digital SLR, a point-and-shoot camera, or something in between, you'll learn how to use it the way you want to in this hands-on course! View full class description at [mymcal.com](http://mymcal.com).



Instructor: Ed2Go  
 Wednesday 2/15/2017 & 3/15/17  
 Location: Online  
 Fee: \$84

## Using Social Media in Business - Online

One of the biggest challenges for most business owners is to find a continuous supply of new customers. Whether you consider yourself a social media novice or a seasoned veteran, this course will give you a solid foundation and thorough understanding of what social media is and how you can use it to grow your business. View full class description at [mymcal.com](http://mymcal.com).

Instructor: Ed2Go  
 Wednesday 2/15/2017 & 3/15/17  
 Location: Online  
 Fee: \$84

## Want More? Get More! Ed2Go & MCAL Offer Hundreds of Online Courses!

To see a complete listing of courses, descriptions, starting dates, & costs go to [www.ed2go.com/mae](http://www.ed2go.com/mae)





# Healthcare Training

## Certified Nurses Assistant

Are you interested in working in the healthcare field? You will learn skills that will enable you to work in hospitals, nursing homes and home health care organizations. Certification is given after evaluation in theory and clinical performance along with the State Competency Exam. Clinical experiences will be scheduled from 4:00 to 9:00 PM.



Instructor: Patricia Nason, R.N.

### Certified Nurses Assistant - Informational Night

Come to hear an overview of the Certified Nurses Assistant program. Bring your questions. You will be given required text information to be purchased after attending this informational night.

Thursday 2/9/17 6:00 PM  
 Location: Training Center  
 Fee: N/C

### Certified Nurses Assistant - Class Room

Tuesday/Wednesday/Thursday  
 2/14/17-6/15/17 6:00-9:00 PM  
 Location: Room 18  
 Fee: \$1,039

## Certified Nurses Assist - Medication

Are you a C.N.A with at least one year of experience? Would you like to further your career by becoming a CNA-M? Certification is given after successful completion of class and clinical. Please call MCAL for a list of orientation requirements. Class begins when participants are each approved by the Maine State Board of Nursing. Information about required texts will be provided at the informational night.

Instructor: Patricia Nason, R.N.  
 TBA TBA 6:00-9:00 PM  
 Location: TBA  
 Fee: \$1,039

## **NEW!** Concussions: The Invisible Injury

A concussion is a brain injury that can drastically change the way the brain works. Even what seems like a small "bump" can be a serious injury. Learn & discuss the signs & symptoms of concussions, along with what resources are available in your community. This could happen to you, a loved one, child or student.

Instructor: Gina Mosher & Shelby Hutchinson  
 Thursday 2/16/17 6:30-8:00 PM  
 Location: Room 22  
 Fee: \$3

## Become a Hospice Volunteer

This training is offered with the expectation that participants will become Hospice of Southern Maine Volunteers. The HSM Volunteer training ensures that volunteers have the skills and confidence to be well prepared for a role as a Direct Care Hospice of Southern Maine Volunteer. The initial training provides a comprehensive program enabling volunteers to work with our patients and their families. Volunteers complete the professional circle of hospice care. In addition to being good listeners, our volunteers are compassionate, reliable and non-judgmental. They enjoy working with all types of people. As a Direct Care Volunteer, you will be training to provide non-medical aid and support in the following ways: \* Providing companionship and emotional support for patients, caregivers and families \* Providing respite care to allow caregivers time to themselves \* Assisting with errands \* Helping with light household chores or light meal prep \* Providing bedside companionship for patients alone in their final hours \* Offering grief support following the death of a loved one - Upon registration, registrants will receive Application/Informational packet.

Instructor: HSM Staff  
 Tues/Thurs 2/7/17-2/28/17 (3 wks) 1:00-4:00 PM  
 Location: Room 11  
 Fee: N/C

**NEW! Personal Care Aide**

If you would like to assist others with health and personal care needs, this is the perfect opportunity to learn how to respond to those special needs. Designed to help disabled or older clients stay within their homes, the Personal Care Aide course may lead to such employment or to prepare for the Certified Nursing Assistant program. Build your academic skills while learning to safely care for people with various medical conditions. A certificate will be awarded upon satisfactory completion of this 40-hour course.

Instructor: Julie Dyer & Patricia Nason, R.N.  
Location: Room 18

**Personal Care Aide - Orientation**

Discover what this new program will enable you to do upon completion.

Monday 4/10/17 6:00 PM  
Fee: N/C

**Personal Care Aide - Class**

Tuesday/Wednesday/Thursday  
5/2/17-6/8/17 5:00-8:00 PM  
Fee: \$350

**CPR - First Aid - AED Training**

Acquire the basic techniques of adult, child and infant CPR/First Aid/AED and earn an American Heart Association 2-year certification upon completion. There is a \$5 charge, payable to instructor for certification and maint. fees. Optional: Books are available for purchase, \$25.00

Instructor: Roland Auger  
Thursday 2/16/17 6:00-9:00 PM  
OR Wednesday 4/5/17 6:00-9:00 PM  
Location: Training Center  
Fee: \$59

**Online E-Learning Healthcare Courses**

Massabesic Center for Adult Learning announces the availability of our new online e-learning healthcare courses from Health Ed Today! Visit us online at [www.healthtoday.com/rsu57](http://www.healthtoday.com/rsu57) to experience a Course Demo and to learn more about these exciting new programs! For Additional information, please call 207-247-2022.

**Medical Administrative Assistant - Online**

You will learn about the medical assisting profession, interpersonal skills, medical ethics and law, medical terminology, basics of insurance billing and coding, telephone techniques, scheduling appointments, medical records and practice finances management. This is a great course for medical office professionals!

Instructor: CCI  
Location: Online Open Enrollment  
Fee: \$1,299

**Medical Billing & Coding - Online**

You will learn the skills needed to perform complex coding and billing procedures. View full class description at [mymcal.com](http://mymcal.com).

Instructor: CCI  
Location: Online Open Enrollment  
Fee: \$1,995

**Medical Coding ICD-10 - Online**

Effective October 2014, the U.S. healthcare system moved from ICD-9 to ICD-10 for service coding purposes. This course includes a detailed review of both. View full class description at [mymcal.com](http://mymcal.com).

Instructor: CCI  
Location: Online Open Enrollment  
Fee: \$1,795

**Pharmacy Technician - Online**

This comprehensive course will prepare students to enter the pharmacy field and take the Pharmacy Technician Certification Board's PTCB exam. View full class description at [mymcal.com](http://mymcal.com).

Instructor: CCI  
Location: Online Open Enrollment  
Fee: \$1,995

**Phlebotomy Technician - Online**

This course prepares students to collect blood specimens from clients for laboratory analysis. View full class description at [mymcal.com](http://mymcal.com).

Instructor: CCI  
Location: Online Open Enrollment  
Fee: \$1,299

**Healthcare Training**, *Continued*

**Certificate in Gerontology - Online**

Gain a specialization in the field of gerontology in this 25-hour course as you develop knowledge and skills of older adults. With the population aging at a rapid rate, by 2030 one in five U.S. residents will be 65 or older. Health professionals who work with the older population will need continuing professional education to gain a broad understanding of the field of gerontology and to stay current with emerging trends. View full class description at [mymcal.com](http://mymcal.com).

Instructor: Ed2Go  
 Wednesday 2/15/17 OR 3/15/2017 (6 wks)  
 Location: Online  
 Fee: \$159

**Human Anatomy and Physiology - Online**

Beginning with an explanation of the nature of matter and a review of the principles of chemistry that are important to human physiology, you'll learn about the organization of the human body and the differences between nonliving matter and living organisms. View full class description at [mymcal.com](http://mymcal.com).

Instructor: Ed2Go  
 Wednesday 2/15/17 OR 3/15/2017  
 Location: Online  
 Fee: \$84

**Medical Terminology - Online**

Gain knowledge of medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word Associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. Root terms are combined with prefixes and suffixes as your learning will culminate in the interpretation of several paragraphs of medical notes.

Instructor: Ed2Go  
 Wednesday 2/15/17 OR 3/15/2017  
 Location: Online  
 Fee: \$174

**Trips**



**Boston Flower & Garden Show**

You've probably heard of Comic-Con, the huge celebration of comic books, video games and popular culture. This year's Flower Show will be a veritable Horti-Con, honoring the crusaders, innovative tools and legendary plants helping to make us all champions in the battle for garden supremacy! The gardens are created by landscape designers, garden centers and nurseries, farms, florists, schools and non-profit organizations to delight attendees and introduce themselves and their services. Gardens and displays feature dozens of examples of plants, methods and materials to increase the beauty, the bountiful harvest and the ecological friendliness of our gardens and outdoor spaces. \*Trip Fees are Non-Refundable.

Instructor: Massabesic Center for Adult Learning & VIP Tours  
 Location: Exit 32 / Rte. 111, Biddeford Maine 04005  
 Meet the bus at 8:15 AM; the bus leaves promptly at 8:30 AM  
 Sunday 3/26/17 8:30 AM-6:00 PM  
 Fee: \$62

## High School Diploma

### Massabesic Center For Adult Learning High School Diploma Program

Are you wondering, "Can I finish my High School Diploma courses at MCAL?"

The answer to that is "YES you can, and the process is fairly simple."

Here's how . . .

- You can take one or two classes per term to earn credit towards the completion of your High School Diploma.
- Our High School Diploma program runs from September - May with the same school vacations as RSU 57 schools.
- High School Diploma classes are from 6:00 - 9:15 pm from Monday - Thursday evenings.
- Call 207-247-2022 to leave a message for the Academic Advisor, Martha Gagnon.
- Classes will begin soon. Give us a call to schedule your appointment with Martha Gagnon so you can begin working on your goal of receiving your High School Diploma.



***Career Pathways*** helps academic students determine their next steps after high school completion. Will it be college, further training or employment? Schedule an appointment with Leesa Joiner by calling 247-2022.

## Literacy



### Literacy/Skill Upgrading

Do you need help with reading, writing or math, or simply need to brush up on skills?

MCAL has classes to help you with any or all of those subjects!

Meet with our academic advisor to determine the areas you wish to improve upon.

Attend classes and get the individualized help you need. Set your goal for a high school diploma or HiSET credential, or enroll in our Maine College Transition program. We can help you to be better prepared to enter employment or post-secondary education.

And the best part is . . . these services can be yours at no cost! Call us today at 247-2022.

# Academics/Adult Literacy

## High School Diploma *(All academic classes: 6:00 - 9:15 PM)*

Monday	Tuesday	Wednesday	Thursday
<b>The Art of Debate</b> Cassandra Foster 2/6/17 - 3/29/17	<b>Ancient World History</b> Shawn Magaw 2/7/17 - 3/30/17	<b>The Art of Debate</b> Cassandra Foster 2/6/17 - 3/29/17	<b>Ancient World History</b> Shawn Magaw 2/7/17 - 3/30/17
<b>Will You Survive?</b> Cassandra Foster 4/10/17 - 5/31/17	<b>History of Rock &amp; Roll</b> Shawn Magaw 4/11/17 - 6/1/17	<b>Will You Survive?</b> Cassandra Foster 4/10/17 - 5/31/17	<b>History of Rock &amp; Roll</b> Shawn Magaw 4/11/17 - 6/1/17
<b>Technology for Today</b> Leesa Joiner 2/6/17 - 3/29/17		<b>Technology for Today</b> Leesa Joiner 2/6/17 - 3/29/17	

## ABE/HiSET®

Monday	Tuesday	Wednesday	Thursday
<b>Language Arts/ESOL 103</b> 2/6/17-3/29/17 <b>Language Arts/ESOL 104</b> 4/10/17-5/31/17 Kim Rollins 7:00-9:00 PM	<b>HiSET Prep</b> Julie Dyer 6:00-8:00 PM	<b>Language Arts/ESOL 103</b> 2/6/17-3/29/17 <b>Language Arts/ESOL 104</b> 4/10/17-5/31/17 Kim Rollins 7:00-9:00 PM	<b>HiSET Prep</b> Julie Dyer 6:00-8:00 PM
<b>Math Concepts 103</b> 2/6/17-3/29/17 <b>Math Concepts 104</b> 4/10/17-5/31/17 Kim Rollins 5:00-7:00 PM		<b>Math Concepts 103</b> 2/6/17-3/29/17 <b>Math Concepts 104</b> 4/10/17-5/31/17 Kim Rollins 5:00-7:00 PM	<b>HiSET Official Testing</b> Tue: 3:30-6:00 PM; Wed: 6:00-9:00 PM Thu: 9:30-11:30 AM (2nd Thu only) Examiner: Martha Roberts

- > **REGISTRATION:** To register for the above classes, call 207-247-2022 to schedule an appointment with Martha Gagnon, Student Advisor.
- > **ABE/HiSET™ Students:** Students may also "Skype" into classes. Call us for more information.
- > **ACCUPLACER:** First Thursday of each month, February through May. Time: 3:30 - 5:30 PM. Call Martha Roberts at 207-247-2022 to make an appointment
- > **CAREER PATHWAYS** helps academic students determine their next steps after high school completion. College, further training or employment? For appointments call **MCAL** at 207-247-2022.
- > **CAREER PATHWAYS** guides community members who want to explore employment or training opportunities. This is a free service. Schedule an appointment with **Martha Roberts** by calling 207-247-2022.



# Massabesic Center for Adult Learning

## Spring 2017 Registration Form *Feel free to photocopy this form if you need additional copies*

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_  
Where did you hear about us? \_\_\_\_\_

Course Name	Day	Course fee	Totals
1. _____			
2. _____			
3. _____			

TOTAL \_\_\_\_\_

### We Accept Credit Cards!

Office Use Only: Date: _____	Check# _____
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover	
Credit Card# _____	3-digit security# _____
Exp. date: _____	Signature: _____

Payment must be enclosed to hold your space in a class. Make check payable to MCAL and mail to:  
MCAL, 84 West Road, Waterboro, ME 04087.

### 4 Ways to Register for Classes!

**Online:**  
mymcal.com

### By Phone/Fax:

Pay by Mastercard, Visa or Discover.  
Tel: 207-247-2022  
24-Hour Fax: 207-247-6842

### In Person:

At Massabesic Center for Adult Learning  
Massabesic East Building  
84 West Road  
Waterboro, ME  
Mon-Thu 8:00 AM - 9:00 PM  
Friday 8:00 AM - 3:00 PM

### By Mail:

Use registration form at right (one form per person).  
Mail to:  
MCAL  
84 West Road  
Waterboro, ME 04087

# ETS High School Equivalency Test



Out-of-school youth and adults who are pursuing a high-school equivalency credential have another choice of tests to show what they know — the ETS High School Equivalency Test (HiSET).

Educational Testing Service (ETS) and Iowa Testing Programs (ITP), two trusted names in educational assessment, have developed this program that will provide a pathway to attaining the credential you need to succeed in higher education or the workplace.

## The HiSET program measures your knowledge in five core areas:

- Language Arts - Reading
- Language Arts - Writing
- Mathematics
- Science
- Social Studies

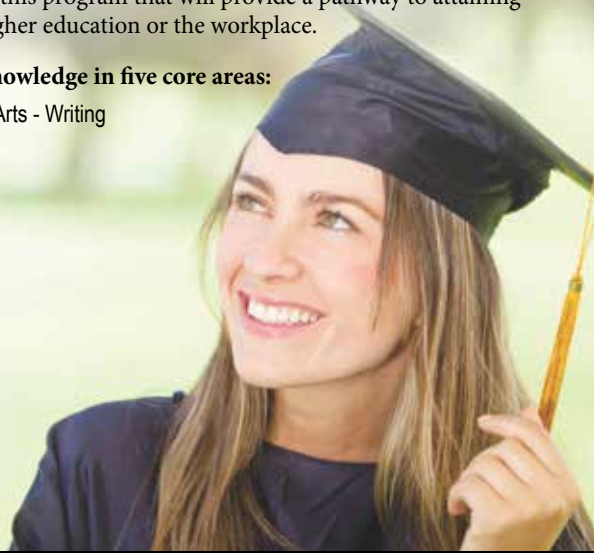
For more information on each area go to [www.HiSET.ets.org](http://www.HiSET.ets.org)

## HiSET Prep Classes

Instructor: Julie Dyer  
Tue/Thu 6:00 - 8:00 PM

## HiSET Official Testing

Examiner: Martha Roberts  
Tue 3:30 - 6:00 PM  
Wed 6:00 - 9:00 PM  
Thu 9:30 - 11:30 AM (2nd Thu only)



Scan the QR code at the left or go to: [mymcal.com](http://mymcal.com)

## Follow us on Facebook and Twitter!

Find us on [www.facebook.com](http://www.facebook.com) or [www.twitter.com](http://www.twitter.com)

Search "Massabesic Center for Adult Learning"



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