

**REGION III  
ADULT EDUCATION  
35 WEST BROADWAY  
LINCOLN, ME 04457**

**FREE  
BROCHURE**

Remember, Region III has outstanding high school programs for all high school students and post graduates in our Region! Just check out what we offer below. See your guidance counselor or call ours: Hugh Porter, 794-3004 Ext. 216. Also check out our website: [www.region3.maine.cte.org](http://www.region3.maine.cte.org)

- **Academics**
- **Automotive Technology**
- **Career Prep/JMG**
- **Construction Technology/Cabinetmaking**
  - **Culinary Arts**
  - **EMT/FF**
- **Health Science Careers**  
**CNA, RMA, MAS**

(Certified Nursing Assistant, Registered Medical Assistant, Medical Administrative Specialist )

- **Information Technologies**
  - **Law Enforcement**
- **Web Design / Digital Communication**
  - **Welding Technology**



35 WEST BROADWAY, LINCOLN, ME 04457 PHONE 794-3004 x 211 FAX 794-8049, EMAIL PMURRAY@MSLN.NET

Professional and Workforce Development
Personal Enrichment
Recreation Safety Courses

To register please call 794-3004 x 211 between 8am and 3pm Monday through Friday, or email pmurray@msln.net

Adult Education class fees are due and payable on or before the class starting date. Refunds are available until the end of the second class. Refunds will be given if the course is cancelled/not offered. Students who have registered and paid the course fee and opt to drop the course any time following the end of the second class, will not be due a refund.

Students dismissed from a course following notice and a meeting to address the reason will not be due a refund. EMCC classes are held here at Region III, but you must register for these classes with KRHEC at 1-800-498-8200

TO REGISTER OR FOR MORE INFORMATION CALL OR EMAIL

Check out our Website and Facebook Page

www.region3.mainecte.org / www.facebook.com/regionIII

- Medical Terminology
Certified Nursing Assistant
ServSave Sanitation
Driving Dynamics
Doula Workshops
Intro to Pyrography (wood-burning)
Intermediate/Advanced Pyrography
Introduction to Welding
Intro to Jewelry Design & Metalsmithing
Exploration of Jewelry Design & Metalsmithing
Raising Poultry
Artisan Breads
Landowner 101-Managing your Woodlot
Basic Computer mini-course
Intro to Excel, Word, & Email
Basic Life Support for Healthcare Providers
Heartsaver CPR/Firstaid
Quilting with Pre-cuts
No-Sew Fleece Throw
The Traveling Paintbrushes
Holiday Floral Design
Zumba
Yogalattes
Introduction to Dietary Theories
Cooking Like a Pro Series of classes
Composting Workshop
Hunter Safety-Firearms
Hunter Safety-Archery

Introduction to Welding

Instr.: Max Voisine

Monday, 11/13-12/18, 6wks, 5:30-8:30.

Fee: \$150.00

This short 6-week, 1-night per week class is designed to give you an introduction to the basics of welding, including machines, materials, safety, and initial procedures for some common types of welding. Following this exposure to the craft of welding, you will be more able to make the decision to take the next step to become a welder with certifications through our Basic Shielded Metal Arc Welding and Advanced Welding courses. This welding career exploration course is the first step in preparing you to enter the workforce as a structural welder. Leather Safety-Toed Boots are required.

Raising Poultry

Instr: Scott DeMoranville, 4D's Farm, Maine Poultry Connection

Date: 9/20-10/4,(3 wks) Wednesday, 6-8 p.m.

Fee: \$45

If you already are or are considering raising Poultry for fun or for profit, this class is a great place to learn what you need to know. From the beginning idea through the process of selecting the birds, preparing your coop, protection from predators and illness, and the best practices to care for and multiply your flock, the Founder of the Main Poultry Connection will share the tips, tricks, and pointers for what it takes to be a successful backyard breeder, seller, or sustainable farmer. Farm to Table movement is growing in popularity as it becomes more important to know where your food comes from.

Basic Life Support for Healthcare Providers

Instr: Rick Smart

Date: 11/28, Tuesday, 5:30-8:30 pm

Fee: \$ 60

The basic Life Support (BLS) for Healthcare Providers 3-hour classroom course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, and use an AED. This course is for healthcare professionals, direct care workers, and other healthcare workers in a wide variety of in-hospital and out-of-hospital settings.

It is the policy of Northern Penobscot Tech Region III to ensure equal employment / educational opportunities, affirmative action regardless of race, sex, color, national origin, marital status, sexual orientation, religion, age or disability in accordance with all federal and state legislation relevant to discrimination. ADA Notice: If you have special needs that must be met to allow you to fully participate in any courses, please call the office of the Director at 7974-3004. Brochures are available in alternate formats upon request.

**MONDAY**

**ZUMBA**

Instr: Jessica Raymond

Date: 9/6 & 11, -12 Sessions

**Mondays & Wednesdays, 5:00-6:00 pm**

Fee: \$50.00

Zumba eliminates the “work” from “working out” by combining amazing, irresistible Latin and International music with dynamic, yet simple exercise moves, using their unique intermittent training format. Fun and music are the two special motivational ingredients, so bring a friend and have some fun.. Classes will be held on Mondays and Wednesdays. **This is an ongoing class, call or email to join any time**

**Yo-lattes**

Instr: Lynn Robinson

Date: 9/6 & 11, -10 Sessions

**Mondays & Wednesdays, 6:00-7:00 pm**

Fee: \$50.00

This class introduces and continues the basic concepts of meditative stretching fitness program which combines elements of Yoga and Pilates. Lynn says that beyond the benefits of yoga and Pilates, low impact Yogalattes is believed to be particularly effective for improving muscle tone, developing a slimmer, strong physique and possible weight loss. Train your body, become more flexible and rest your mind. Wear comfortable clothes and be prepared to be in stocking feet. Bring a yoga mat or beach towel and a smaller hand towel. **This is an ongoing class, call or email to join every 6 weeks.**

**Landowner101-Managing your woodlot**

Instr: Terri Coolong, State Forester

Date: 9/25-11/6, 6-wks, 6:00-9pm

Fee: \$10.00

Woodlot owners in Maine manage their land for a number of different reasons: aesthetics, firewood, maintaining health and value, recreation, wildlife and forest products. This 6-week class designed by a State Forester will help you define your goals and make decisions on how to sustainably manage your woodlot for years to come. Optional Saturday class to visit a managed woodlot. This class is very popular, call or email to register.

**Introduction to Welding**

Instr: Max Voisine

Date: 11/13-12/18 (6wks) 5:30-8:30pm

Fee: \$150.00

See page 1

**Medical Terminology**

Instr: Sara Downs, CMA

Date : 10/2, 11 Wks. 6 - 8:30pm

Fee: \$250.00

Quickly master the basics of Medical Terminology and begin speaking and writing terms almost immediately! This course focuses on helping you build a working vocabulary of the most frequently encountered suffixes, prefixes and word roots. This class is valuable for those who plan to pursue jobs in medical offices as medical transcriptionists, medical coders and billers, or any other employment in health care.

**TUESDAY**

**Pyrography/WoodBurning Introduction**

Instr: Roger Ryder

Date: 10/3-10/31 (5wks) 6-8pm

Fee: \$40.00 plus tools & materials

Introduction and instruction for those interested in learning the art and craft of wood-burning (pyrography) on wood, paper and leather. Tools, equipment, safety, techniques, and burning mediums will be explored. Students will identify and work on their own projects with guidance and advice from the instructor. Learn a new artisan craft or refine what you have started. Explore the possibilities

**Pyrography-Intermediate/Advanced**

Instr: Roger Ryder

Date: 11/7-12/12 (6wks) 6-8pm, Fee: \$45

If you already have the basics of pyrography and want to explore further and refine and expand on your techniques, this class offers the opportunity to work with an experienced artisan. Find your vision for perfecting your art, and explore the possibilities of entrepreneurship using your artistry.

**Doula Training Workshop**

Instr: Ashley Mitchell CD CPD CBD

Date: 11/7 & 14,(2wks) 5:00-7:00 pm

Fee: \$40

Participants will learn labor assistant skills, serving a woman throughout pregnancy and postpartum periods, coping mechanisms, making birth plans, running your own birth business, bereavement care, breastfeeding support, birth ball and rebozo positioning techniques, relieving pain during pregnancy and birth, childbirth education and more. Successful students will be prepared to take the Madriella Doula certification exams.

**HeartSaver CPR/Firstaid**

Instr: Rick Smart

Date: 12/5 & 12/7, (Tuesday/Thursday)

(1 wk) 5-8 p.m.

Fee: \$60.00

The 6-hour Heartsaver course is designed to provide the lay-person with the skills and knowledge to be able to perform CPR, render basic first aid when needed, and use the AED. recognize when help is needed and feel confident that you know how to provide that help.

**The Traveling Paintbrushes**

Instr: Debby Delano

Date: 9/26, 10/24, 11/21, 12/12 5-8pm

Fee: \$40.00 per Session (All materials included.

Registration prior to class is required)

If you have always wanted to paint on canvas, come join us at our new painting classes. Everyone goes home with a masterpiece. Let your stress and anxiety melt away as you have a fun evening of creating your masterpiece. Join one night or come to all. Planned paintings will be posted on our facebook page and website

**Quilting with Pre-cuts**

Instr: Peggy Murray

Date: 9/5 -4 Wks.-6:00-8:00 pm

Fee: \$45.00

Do you like to sew and create quilts, or would you like to learn how? Join us for a weekly FUN evening of sewing and quilt making. Learn new tips and techniques while you build projects based largely pre-cuts. Many like to use this as time set aside with no distractions so you force yourself to sit at your machine. Along with your machine, bring fabric, thread and scissors. The Power, Pressing Station, Cutting Station will be provided. **This is an ongoing class, call or email to join any time**

**Introduction to Dietary Theories**

Instr: Brandie Smith, Certified Health Coach

Whole Health Essentials

Date: 10/3-11/7 (6 wks) 6:30-8:30

Fee: \$45

This six-week class will introduce a dietary theory each week including Weight Control Diets, Plant based/semi-plant based, crash diets & Detoxes, Diets for Medical Reasons, and “other” diets. The reasons why “dieting” doesn’t work and why one dietary plan doesn’t work for everyone, and how to find what works for you will all be explored. Find out what Health Coaching is all about.

**Artisan Breads**

Instr: Chef Herman Ammerman

Date: 10/17 & 24, (2 wks) 5-8 pm

Fee:\$45

You may have purchased some crusty artisan bread at the local farmer’s market or at a craft market and would like to learn to do this yourself. Join Chef Ammerman for an introduction to Artisan Bread Baking. Learn bread baking techniques by mixing, kneading, shaping and baking. Make savory and golden loaves of bread and enjoy a selection of rustic and tasty Artisan Breads. This popular class fills up quickly so call or email early to register.

**Basic Life Support for Healthcare Providers**

Instr: Rick Smart

Date: 11/28, Tuesday, 5:30-8:30 pm

Fee: \$ 60

See Page 1

**COMPUTER CLASSES (Microsoft Office 2010 is used)**

**Introduction to Computers**

Instr: Pat Cole  
Date: one night only 9/19, 3-6 p.m.  
Fee: FREE to Seniors (55 and older) \$10 for others

Are you considering rejoining the workforce or volunteering and know you need to be comfortable with using computers? This free community service will include topics such as mouse use, creating and saving a document on the computer, and a brief introduction to using the Internet. This 3-hour mini-course will provide an introduction to what the Computing for Beginners class offers in the spring.

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**Introduction to Word, Excel, and Email in the Workplace**

Instr: Pat Cole  
Date: 10/10-12/12 (10wks), 4:30-7pm  
Fee: \$85

This 10-week course will introduce the Microsoft Office programs Word and Excel and the basics of email. This class is focused toward students with little to no knowledge of these programs. Students will learn how to create, format, edit, save, and print. Focus will be on creating documents appropriate for the workplace. We may create email accounts to learn the basics of sending, receiving messages and dealing with attachments.

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**ServSafe Sanitation**

Instr: Chef Ammerman  
Date: TBD, 4 wks, Time: 3-5 p.m.  
Fee: \$175.00 (Includes testing and textbooks)

Do you work at a restaurant, diner, convenience store, or school nutrition program in food service? Did you know that the State of Maine requires all food establishments to have at least one full-time Certified Food Protection Manager on staff? Perhaps you volunteer at your organization's "Bean Suppers" and are concerned about proper food handling and safety. This 4-week ServSafe course provides that knowledge and a recognized certification.

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**No-Sew Fleece Throw**

Instr: Debbie Delano  
Date: 11/14, (1 wk) 5-8 p.m.  
Fee: \$15.00

Just in time for holiday gift giving ideas! Enjoy a relaxing afternoon creating a fleece throw/blanket in just two to three hours. You'll only need to bring sharp scissors and two yards of a patterned fleece and two yards of coordinating (solid) fleece material.

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**Cooking Like a Pro Series**

Instr: Chef Herman Ammerman  
Date: see below, 5-8 p.m.  
Fee: \$35.00 per topic

Come join Chef Ammerman in the kitchen where you will discover a world of new and fun flavors for your table. This four-week series covers the fundamental methods and techniques of Soups & Chowders (11/7), Appetizers (11/14), The Center of the Plate (11/28), and Easy Desserts (12/5). Take just one class or sign up for all four. Whatever you choose, you are guaranteed not to leave hungry. This introduction to the world of a Culinary Professional may leave you hungry to learn more!

**WEDNESDAY**

**Driving Dynamics**

Instr: TBD  
Date: 11/15, (1wk) 3-8 p.m.  
Fee: \$40.00 under 65, \$25 age 65 and older

Maine's Driving Dynamics Course offers all drivers the opportunity to improve their defensive driving abilities. This five-hour course will include discussion of collision avoidance techniques, safety issues, driver habits and attitudes and the basic elements that constantly challenge drivers on Maine's highways. Check with your insurance carrier as there may be discounts available in addition to the three-point credit on your driving record for those who complete this class.

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**Holiday Floral Design**

Instr: Creative Blooms  
Date: 11/15, 1 wk, Time: 6-7:30 p.m.  
Fee: \$45

Create your own fresh Boxwood tree decorated and embellished to your taste with lights, bows, and ball ornaments. Come and show your creative side at Creative Blooms. Limited to 20 students. Fee includes all materials. Boxwood trees usually last up to 30 days. Register early.

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**Certified Nursing Assistant (CNA)**

Instr: Kim Paradis, RN M.Ed.  
Date: TBD when class seats are filled 3:30-7:30 p.m.  
Fee: \$1000.00

This 180-hour course fulfills the Board of Nursing requirements to work as a CNA in the state of Maine. This includes 90 hours of classroom, 20 hours of skills lab instruction, and 70 hours of clinical training at approved healthcare facilities. Upon successful course completion, students will sit for the state exam administered at Region III. Enrollment requires background check, immunizations, an application process including a reading test and interview. Call or email NOW to arrange for an application.

**Introduction to Jewelry Design & Metalsmithing**

Instr: Amanda Coburn  
Date: 9/13-11/1 (8 wks) 5:30-8:30 p.m.  
Fee: \$100 plus tools & materials

This class can start you on the path of a possible new business / career in Jewelry Design. You will learn the various aspects of Metalsmithing as it relates to the fabrication of jewelry, including the properties of metals used, etchings, enameling, making stone settings and more. Begin the process of taking your new skills from Design to Fabrication. A tools/materials list will be provided prior to the beginning of class, additional materials will be available from the instructor.

**Exploration of Jewelry Design & Metalsmithing (Prereq. Introduction)**

Instr: Amanda Coburn  
Date: 11/8-12/13 (5 wks) 5:30-8:30 p.m.  
Fee: \$70 plus tools & materials

This class expands upon the introductory class. Continue to explore the Design process to find your own style. Explore how your new craftsmanship can be used in the job market, from working for others, attending Artisan markets, or opening your own studio.

**THURSDAY**

**Composting Workshop**

Instr: Kate Garland, Horticulturist  
Date: 9/28, 4-6 p.m. Fee: \$10  
Kate Garland from UMaine Cooperative Extension will help you turn your yard debris, kitchen scraps, and lawn clippings into a great soil amendment for your yard and garden. Fall is a great time to get started.

**Archery Hunter Education Course (Home study)**

Instr: IF&W Volunteers  
Date: Friday, TBD 6-9 p.m.,  
Saturday TBD 9 a.m.-4:30 p.m. Fee: \$10

This license requires that a bow hunter education course be completed. Passage of a final exam is required and you must attend every day in order to receive your certificate.

**Firearms Hunter Safety Course: (Homestudy)**

Instr: IF&W Volunteers  
Date: Friday/Saturday, 9/15 6-9 p.m.,  
9/23 9 a.m.-4:30 p.m., Fee: \$10

This class teaches you the rules of safe hunting that many need to complete before a hunting license can be obtained. In order to meet state requirements, participants must attend all sessions and complete the homestudy portion of the class as well as pass the final exam. These classes fill up quickly, call soon and come in to register to secure your spot.