



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

Professional 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.maine.cte.org / www.facebook.com/regionIII



Growing Fruit Trees in Maine—Workshop

Instr.: Kate Garland, Horticulturist

University of Maine Cooperative Extension— Thursday, April 13, 4-6 p.m.

Fee: \$10.00

Learn about selecting varieties, pollination requirements, planting and early care, maintenance of older trees, pest management and the basics of pruning from UMaine Cooperative Extension Horticulturist Kate Garland.

EMT-Emergency Medical Technician EMS 123-30 (EMCC Course)

Instr: Rick Smart

Date: 1/ 18 /17—5/10/17, Mondays & Wednesdays 6-9pm

Fee: \$ 902.55 plus Textbook

The EMS 123-30 course prepares ambulance and rescue personnel, police officers, and firefighters for administering out-of-hospital emergency medical care. This course includes clinical experience in a hospital emergency department and/or ambulance service. Students who successfully complete this course are eligible to sit for the State EMT-Basic Licensure Exams. 5.5 credit hours, 117 contact hours, 16 clinical hours.

Call EMCC at 1-800-498-8200 to register

Look Inside for Course Descriptions, Start Dates, Fees, Instructors , etc.



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.

Medical Terminology

EMT

ServSave Sanitation

Driving Dynamics

Doula Workshops

Basic Computer mini-course for Seniors-FREE

Computing for Beginners

Using PhotoShop

Quilting with Pre-cuts

Mindful Tangles

The Traveling Paintbrushes

Ukrainian Easter Egg Decorating

Pyrography (wood-burning)

Zumba

Growing Fruit Trees in Maine

Garden Pests

& Beneficial Insects

Buying Local Meat

Hunter Safety-Firearms

Hunter Safety-Archery

ATV Safety Education

MONDAY

ZUMBA

Instr: Jessica Raymond

Date: (Mon & Wed) 1/4, 5:00-6:00 pm

Fee: \$40.00—12 Sessions

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. Zumba magically motivates the body to efficiently burn calories, effectively tone all muscle groups, incorporate full range of motion and improve the cardiovascular system. 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.

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Medical Terminology

Instr: Sara Downs, CMA

Date : 1/23-4/10, 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. You’ll be amazed at how easily Medical Terminology becomes part of your vocabulary. 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.

Pysanka: Ukrainian Easter Eggs

Instr: Pat Cole

Date: 3/20,3/27,4/3 (3wks) 5:30-8pm

Fee: \$35.00 plus materials (approx. \$20)

Registration and materials payment (non-refundable) must be complete by 2/17.

Learn the traditional craft of making Pysanka. Eggs are decorated with traditional Ukrainian designs using a wax resist dye process similar to Batik

Using PhotoShop

Instr: Leigh Thurlow

Date: 4/24-5/22, 5 wks, 5-7 p.m.

Fee: \$75

Gain a working knowledge of this very powerful software. Learn how to retouch photos, work with layers, navigate the workspace, prepare imagines, and explore the latest features. Learn to correct and enhance your digital photos, create image composites, prepare images for print and web.

TUESDAY

Pyrography/Wood Burning

Instr: Roger Ryder

Date: Tuesdays, 2/28-3/28 (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.

Mindful Tangles

Instr: Debby Delano

Date: Tuesdays, 1/17-2/7 (4wks) 5:30-8pm

Fee: \$40.00 plus materials

Have you caught yourself mindlessly doodling while you talk on the phone? Do you look at the “adult coloring books” and think the designs are beautiful? Come and learn how to put that mindless energy to a meditative, restful and stress reducing use. Learn the techniques to be Mindful in your doodling as you create beautiful works of art. Materials charge of \$20 to instructor at the first class she will provide materials at the second class.

The Traveling Paintbrushes

Instr: Debby Delano

Date: 1/10, 2/14, 3/14, 4/11 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: 1/10—4 Wks.—6:00-8:30 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 and good company will be provided. A full materials list will be provided the first night of class.

Buying Local Meats Workshop

Instr: Donna Coffin,

UMaine Cooperative Extension

Date: March 28, 6:30-8:30

Fee: \$10

Buying meat directly from local farmers is a way to support the local agriculture community, but it can be confusing says Donna Coffin, Extension Professor. At this program you will learn about the different words used to describe how animals are raised and how meat is sold from local farms– natural, grass-fed, organic, dry-aged, pasture raised, free range, humane and prime. Also, how much meat to expect when you buy a side or quarter, where you can purchase directly from farmers and how to care for the meat until it is used will be discussed.

Garden Pest Management /Beneficial Insect Protection Workshop

Instr: Clay Kirby and Meghan Patterson

UMaine Cooperative Extension

Date: May 16, 4-6 pm

Fee:\$10

With an emphasis on insect pest control and beneficial insect recognition and protection in the garden and landscape, this workshop is built upon the components of Integrated Pest Management. Insect biology and how it relates to pest management , and pest and beneficial insect identification will be among the topics.

Doula Training Workshop

Instr: Ashley Mitchell CD CPD CBD
Date: April 25 and May 2, 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, assisting a laboring woman who chooses or chooses not to use medications, childbirth education and more. Successful students will be prepared to take the Madriella Doula certification exams.

COMPUTER CLASSES (Microsoft Office 2010 is used)

Basic Computer Mini-Course for Seniors

Instr: Pat Cole
Date: one night only 2/14, 3-6 p.m.
Fee: FREE to Seniors (55 and older) \$10 for others

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 appetizer of what the Computing for Beginners class offers in the Spring.

Computing for Beginners

Instr: Pat Cole
Date: 2/28-4/4, 4:30-7 p.m., 6wks.
Fee: \$80.00

If the idea of using a computer makes you nervous, calm your anxieties in this introductory class. At a slow pace, learn the basics of the personal computer, combining classroom work with hands-on computer use. Topics covered will include word processing, as well as basics like keyboard, disks, and other computer terms. An introduction to the Internet and how to send and receive e-mail messages will also be included in this fun and exciting class.

WEDNESDAY

Driving Dynamics

Instr: Deanna Witham
Date: April 12, 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.

ZUMBA

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THURSDAY

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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 in food service, at a restaurant, diner, convenience store or school nutrition program? 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.

OUTDOOR RECREATION SAFETY COURSES FROM INLAND FISHERIES AND WILDLIFE

ATV Education Course

Instr: IF&W Volunteers
Date: Saturday, April 29, 9am-4:30 pm
Fee: \$10

This 6-hour course teaches how to properly operate and maintain an ATV. Laws, personal safety and responsibility will also be covered. Passage of a final exam is required to receive your certificate. Students under 16 years-of-age must be accompanied by a parent or guardian.

Archery Hunter Education Course (Home study)

Instr: IF&W Volunteers
Date: Monday, May 8, 6:30-9:30 p.m.
Monday&Tuesday, May 15-16 6:30-9:30p.m.
Fee: \$10

New state law requires that in 2017 all bow hunters obtain an Archery License. This license requires that a bow hunter education course be completed. "An archery education course will provide a student with a wealth of knowledge regarding equipment, proper hunting methods, responsibilities, and general safety." Passage of a final exam is required and you must attend every day in order to receive your certificate. Don't wait for Fall hunting season, sign up and complete the course now so you are ready to hunt.

Firearms Hunter Safety Course: (Homestudy)

Instr: IF&W Volunteers
Date: Monday April 24, 6:30-9:30 p.m.
Monday& Tues May 1 & 2, 6:30-9:30p.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.

POSTAL CUSTOMER LOCAL

**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: Curt Ring, 794-3004 Ext. 216. Also check out our website: 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**