

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

**SPRING
SEMESTER
2020**

**FREE
BROCHURE**

Northern Penobscot Tech Region III has outstanding Career and technical programs for all high school Juniors and Seniors, and post graduates in our Region! Planning to attend college? Region III is for you. Earn college credits, obtain certifications and licenses that will provide you with the knowledge and skills to gain meaningful employment. 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.mainecte.org

- **Academics**
- **Automotive Technology**
- **Career Prep/JMG**
- **Construction Technology/Cabinetmaking**
 - **Culinary Arts**
 - **Commercial Driving**
- **EMT/FF (Emergency Medical Technician/Firefighter)**
- **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 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, paid the course fee, and then opt to drop the course after the end of the second class, will not be refunded.

Students dismissed from a course following notice and a meeting to address the reason will not be due a refund.

Students wishing to attend EMCC classes held at Region III must register with KRHEC at 1-800-498-8200

Check out our Website and Facebook Page

www.region3.maine.cte.org / www.facebook.com/regionIII

TO REGISTER OR FOR MORE INFORMATION CALL OR EMAIL

- Medical Terminology
Welding: Basic Shielded Metal Arc
Basic Life Support for Healthcare Providers
CNA-M
EMS/EMT Basic
Heartsaver CPR/First Aid
Basic Mixology
CRMA
Pyrography (wood burning)
Business Planning Tips
Woodland Mapping with Avenza
ServSave Sanitation
Driving Dynamics
Managing your Woodlot for Wildlife
Basic Cake Decorating
Adult Career Guidance
A Taste of Italy
Quilting with Pre-cuts
The Traveling Paintbrushes
Zumba
Hunter Safety-Firearms
Hunter Safety-Archery
ATV Rider Education
Early Church History

A Taste of Italy NEW!!

Instr: Chef Herman Ammerman
Date: Tuesday, May 5th, 5-8 p.m.
Fee: \$45

Learn how easy it is to make your own homemade pasta. This hands-on class will provide technique and recipes. Use your pasta dough to create varieties of Ravioli, Noodles, and simple sauces to dress your pasta. Savory main dishes in various flavors, prepared using several techniques will have you thinking Italian!

Basic Shielded Metal Arc Welding

Instr.: Nicholas Thornton
Date: Monday & Wednesday, 1/22-3/16 7wks, 5:30-8:30.
Fee: \$430

No prior welding experience is necessary for the 7-week, 2-nights per week Basic SMAW course. This course is designed to allow students to progress at their own pace (self-paced). Estimated time to complete courses is :Basic1 E6010-45 hours, Basic2 E7018-45 hours. The course continues in SMAW-2 to prepare students for AWS certification (priced separately). These welding career courses will help prepare you to enter the workforce as a structural welder. Students continuing from the previous class will receive a \$50 reduction in class fee and are not required to repeat the full safety portion of the class. Students preparing for the AWS certification testing will receive a \$50 discount toward the test fee.

Leather Safety-Toed Boots are required.

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 794-3004.

MONDAY**ZUMBA**

Instr: Jessica Raymond

Date: 1/14 (Tue), 12 classes

Mondays & Tuesdays, 6:00-7:00 pm

Fee: \$50.00, \$25-1/2 session, \$8 Drop-in
 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 Tuesdays. **This is an ongoing class, call or email to join anytime**

Medical Terminology

Instr: Sara Downs, CMA

Date : TBD, 9 Wks. 6:30-8:30 pm

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.

Basic Mixology **NEW!**

Instr: Caitlyn Anderson

Date: March 9 & 16 ,(2wks) 5:30-8:30 pm

Fee: \$30 If you have ever wanted to expand your restaurant experience to include Bartending or you just would like to know how to make those cocktails from your favorite Pub at home, this is a fun class designed to accomplish both goals. Learn techniques and ingredients as well as responsibilities from a trained local Mixologist.

This class will be held at Gilmore's.

Basic Shielded Metal Arc Welding

Instr.: Nicholas Thornton

Date: Monday & Wednesday, 1/22-3/16
7wks, 5:30-8:30.

Fee: \$430

See Front page

The Traveling Paintbrushes

Instr: Debby Delano

Date: 2/24,3/30,5/4, 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 painting classes. Everyone goes home with a masterpiece. 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

CNA-M (Med Tech)

Instr: Kim Paradis

Date: 1/27, 5-8 pm

Fee: \$800

Enrollment in CNA-M requires: A letter from the CNA registry stating that the applicant is in good standing on the registry, a letter certifying a work history that reflects the equivalent of at least one year full-time employment as a CNA. Evidence of a 10th grade competency level on the SRI reading and comprehension test, and written references from two **SUPERVISING RN's**. State requirements for this class are 60 hrs Classroom, 20 hrs. Lab, and 40 hrs. clinical at your home facility. Applications are available at the Adult Education office. **Completed** applications and supporting documentation are due before January 10th.

Woodland Mapping with Avenza

Instr: Terri Coolong

Date: 4/27, 5:30-8:30 pm

Fee: \$5

This hands-on workshop will include classroom as well as field work with Avenza mapping program. Come have fun and learn what can be done with this technology using your smart phone and the Avenza app.

Managing your Woodlot for Wildlife

Instr: Terri Coolong

Date: 2/24, 5:30-8:30 pm

Fee: \$5

Learn simple things you can do to create habitat or natural food sources for a variety of wildlife

TUESDAY**Quilting with Pre-cuts**

Instr: Peggy Murray

Date: 1/7, 2/25, 3/31, 5/12, (on-going)
(5wks) 6-8pm

Fee: \$20.00

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 on 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 anytime**

Pyrography/Wood Burning

Instr: Roger Ryder

Date: 1/21,3/3 (on-going) (5wks) 6-8pm

Fee: \$20

This class is a gathering of those who are interested in learning or expanding their skills in pyrography. This group offers the opportunity to work with an experienced artisan and others who enjoy the craft of wood burning. Find your vision for perfecting your art, and explore the possibilities of entrepreneurship using your artistry. **This is an ongoing class, call or email to join anytime**

Adult Career Guidance

Instr: Hugh Porter

Date: By appointment,

Fee: no fee

Would you like some assistance in deciding what vocation you are best suited for? This course will focus on the special needs of adults in career exploration. An individual assessment of Career Aptitudes will be administered. The goal of the course will be to develop a career plan for each of the participants. Each student will meet one evening with the instructor for approximately four hours

Early Church History **NEW!**

Instr: Rev. Russell Hamilton, M.Div

Date: April 7th–May 26th,
7 wks, 5:30-8:30 p.m.

Fee: Free

Join this interesting class in exploring the history and dynamics of the Early Christian Church. This "Pre-quel" to the U.S. Church History class is sure to be informative and thought provoking.

WEDNESDAY

Basic Life Support for Healthcare Providers

Instr: Rick Smart
Date: TBD , 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.

Heartsaver-CPR/First Aid

Instr: Rick Smart
Date: T/TH, TBD- (2 nights) 5:30-8:30 pm
Fee: \$60

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.

ServSafe Sanitation

Instr: Chef Ammerman
Date: TBD, 4 wks., Time: 3-5:30 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.

Call now to register, class will be scheduled as demand warrants

A Taste of Italy NEW!

Instr: Chef Herman Ammerman
Date: May 5th, 5-8 p.m.
Fee: \$45
See Front Page

Entrepreneurship Tips NEW!

Instr.: Harold Higgins
Date: TBD,
Get business planning tips from an experienced Entrepreneur. From identifying a need for your idea through steps to start-up and run your new business.

Basic Shielded Metal Arc Welding

See Front Page for description

Driving Dynamics

Instr: Timothy Peters
Date: 4/8 (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. The State requires a minimum participation for this class so sign up early.

Basic Cake Decorating

Instr: Lexi Clark
Date: April 1,8,15,29, (4 wks) 5:30-8:30
Fee: \$45

Learn the basics of cake decorating from an award winning former NPT Student. Learn to make frosting, use a pastry bag, and master decorating techniques that will allow you to make beautiful special occasion cakes. After the first class, you will bring your baked cake, decorating tips, and frosting. Piping bags will be supplied.

Certified Residential Medication Aide (CRMA)

Instr: Kim Paradis, RN M.ed.
Date: 1/29, 5-8 p.m.
Fee: \$300

State of Maine regulations, some standard residential facility policies, basic anatomy and physiology of the human body, common medications in the majority of drug classes, and the practice of safe medication administration procedures will be covered in this 40 hour course. Register by calling the Adult Education Office before January 17th.

THURSDAY

Recreation Safety Courses from IF&W

Firearms Hunter Safety Course: (Home study)

Instr: IF&W Volunteers
Date: Friday,5/22, 6-9 p.m.,
Saturday, 5/30, 9 a-m.-4:30 p.m.,
Fee: \$10

This class, that new licensees need to complete before a hunting license can be obtained, teaches you the rules of safe hunting. In order to meet state requirements and obtain a certificate, participants must attend all sessions and complete the home study portion of the class as well as pass the final exam. Ages 10-14 must be accompanied by an adult. These classes fill up quickly, call soon or come in to register to secure your spot.

Archery Hunter Safety Course: (Home study)

Instr: IF&W Volunteers
Date: Friday, TBD (5/1 ?) , 6-9 p.m.,
Saturday, TBD (5/9 ?) , 9 a-m.-4:30 p.m.,
Fee: \$10

The Archery 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

ATV Rider Education

Instr: IF&W Volunteers
Date: Saturday, TBD (6/6?) 8:30 a.m.—3:30 p.m.
Fee: \$10

This 6-hour course teaches how to properly operate and maintain an ATV. Laws, personal safety, and responsibility will 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.



Special Note: Classes listed as TBD are open for registration. When the registration list is sufficient (minimum enrollment is satisfied), the class will be scheduled and you will be notified. Call to register EARLY. When scheduled, classes will be on the designated weeknight