

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

**FALL
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

Due to COVID-19 precautions, Temperatures will be taken, masks and hand sanitizing will be required upon entering the building.

We respectfully ask that if you are feeling ill, you stay home to help keep everyone healthy.

Class sizes may be limited to allow safe distancing. Register early to help ensure the class is offered and you are enrolled in it.

Check out our Website and Facebook Page

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

TO REGISTER OR FOR MORE INFORMATION CALL OR EMAIL

A Taste of Italy NEW!!

Instr: Chef Herman Ammerman Date: Tuesday, 12/1, 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!

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

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.

Artisan Bread Baking

CNA-M

CRMA

Heartsaver CPR/First Aid

Basic Life Support for Healthcare Providers

Pyrography (wood burning)

Woodland Mapping with Avenza

ServSave Sanitation

Driving Dynamics

Adult Career Guidance

A Taste of Italy

Quilting with Pre-cuts

The Traveling Paintbrushes

MONDAY

The Traveling Paintbrushes

Instr: Debby Delano
Date: 9/28, 10/26, 11/30 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: 9/14, 2:30-5:30 pm
Fee: \$800
This class continues from the Spring semester which was interrupted by COVID-19 concerns. If you would like to join this class, arrangements can be made IF your completed application is submitted by August 31st.
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.

Certified Residential Medication Aide (CRMA)

Instr: Kim Paradis, RN M.ed.
Date: 9/14, 6-9 p.m.
Fee: \$300
This class continues from the Spring semester which was interrupted by COVID-19 concerns. If you would like to join this class, arrangements can be made
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 September 4th.

TUESDAY

Woodland Mapping with Avenza

Instr: Terri Coolong
Date: 10/5, 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.

Quilting with Pre-cuts

Instr: Peggy Murray
Date: 9/1, (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: 10/6-11/3 (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.

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)

WEDNESDAY

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

Artisan Breads

Instr: Chef Herman Ammerman
Date: 10/13 & 10/20 (2wks) 5-8 p.m.
Fee: \$50

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 and learn how to make compound butters and spreads. This popular class fills up quickly so call or email to register early.

Driving Dynamics

Instr: Timothy Peters
Date: 11/18 (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.

A Taste of Italy NEW!!

Instr: Chef Herman Ammerman
Date: Tuesday, 12/1, 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!

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

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 week-night

