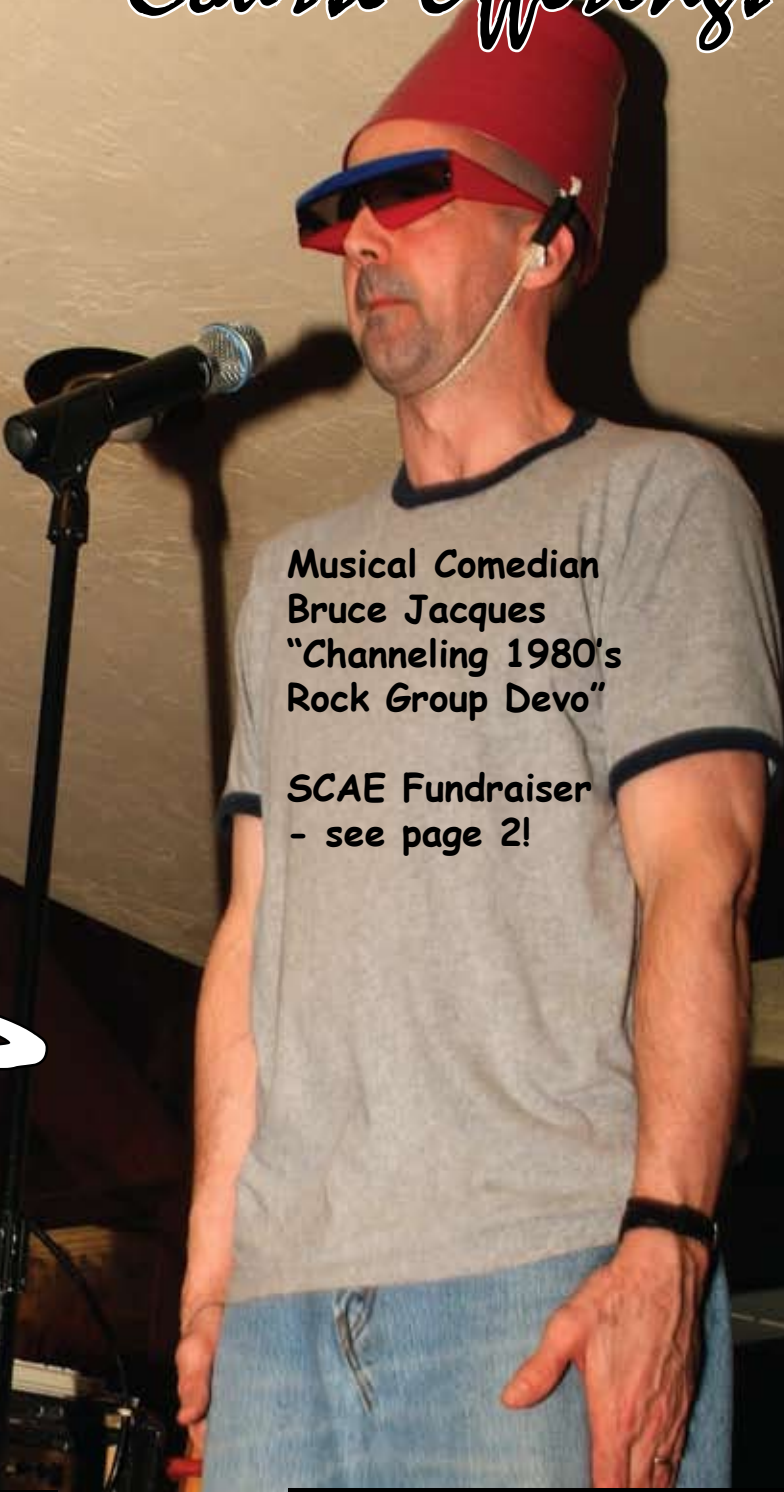


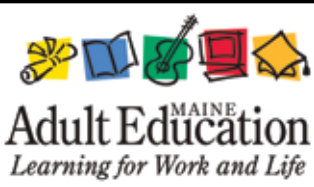
Sanford LEARNS

Winter 2012 Course Offerings



Musical Comedian
Bruce Jacques
"Channeling 1980's
Rock Group Devo"

SCAE Fundraiser
- see page 2!



Wow

SPECIAL EVENTS

Bruce Jacques... Entertainer Extraordinaire!!



DO NOT MISS THIS SHOW!!

Bruce is back for a third year! *To say that last year's show was a blast - is a complete understatement!*

Bruce incorporates comedy spoofs on artists such as Devo, Guns and Roses, Britney Spears and many

more. His repertoire is a mix of songs everyone knows by heart from the sixties to today's top hits. He also involves the audience with a six foot L.E.D. light board that displays the words for sing-a-longs. Bruce's ability to connect with audiences of all ages, through all moods and in all types of settings, is something that comes only with years of experience.

Friday, 3/23; 7:00-10:00 pm; Per person: \$23;

Reserve a table of 10 for \$200!

Location: Little Theater at Nasson Community Center

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Sanford Community
Adult Education



Follow Us!
SanfordLearns

Classroom Location Key

ALC: Anderson Learning Center
SHS: Sanford High School
SVTC: Sanford Vocational Tech. Ctr.

AES: Acton Elementary School
CJL: Carl J. Lamb Elementary School
MVP: Mousam View Place

CRAFTY STUFF!

Artistic Chaos: Collage

Gayle Fitzpatrick

Experiment

with different papers, techniques and ideas to create spirited and innovative collages while learning about color,

composition, texture, shape and execution. Collage is the ultimate playground of



materials and mediums. By pasting on a support, found materials such as old photos, magazine pages, maps, discarded artwork, greeting cards, buttons, stamped images, cut and torn papers of a variety of textures and patterns and using paint, ink and other mediums, wonderful surprises happen. To personalize, please bring old magazines, books, maps, trinkets and photocopies of photographs. Materials fee of \$6 payable to the instructor at class.

Monday, 4/9; 6:00-9:00 pm

Course: \$17; Room: 118

Basketweaving Make Up Night

Christine Smith

Make Up Night! Bring any unfinished baskets you have and put the finishing touches on them. Please let us know if you need any materials.

Thursday, 5/17; 6:30-9:00 pm

Course: \$14; Room: SHS 14

Beaded Bangle Bracelet

Michelle Wilson

This soft bangle bracelet is made with seed beads, a needle and thread, and a pretty bead or button for a clasp. Using small seed beads, that interlock with each other, then switching to larger beads, makes this bracelet curve on its own. Fun, quick and easy to make. Materials fee of \$15 payable to instructor at class.



Thursday, 2/16; 6:00-8:30 pm

Course: \$15; Room: ALC Alt.

Beaded Leather Wrap Bracelet

Michelle Wilson

All the rage, if you google “Leather Wrap Bracelet” you’ll see why they are so popular.

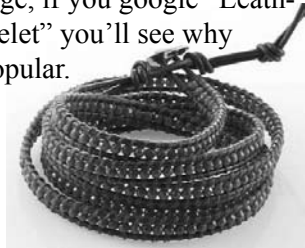
You’ll also wonder why they are so expensive.

I’ll show you

how to thread the beads between two thin straps of leather which then wraps around the wrist 1, 2 or 3 times and is clasped with a unique button. For this class we’ll wrap once around your wrist so you know the techniques to finish it off before you leave for the evening. Then you’ll know how to “wrap” to your heart’s content. Materials fee of \$20 payable to instructor at class.

Tuesday, 3/20; 6:00-8:30 pm

Course: \$15; Room: ALC Alt.



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CRAFTY STUFF!



Book Arts

Gayle Fitzpatrick

Create a soft cover book with signatures sew on tapes. We'll introduce the techniques, structures, tools, materials and processes. Materials fee of \$ payable to the instructor at class.



Monday, 2/6; 6:00-9:00 pm
Course: \$17; Room: TBA

Brittanie's Basket

Christine Smith

The added trim, ball feet, and swing handle make this a fancy basket, but it is not harder to weave than most of our baskets. It measures about 8" across at the widest point. Materials fee of \$12 is payable to the instructor at class.



Thursday, 2/2-2/9; 6:30-9:00 pm
Course: \$21; Room: SHS 14

Crochet Basics

Kathy Fink

Bring a light-colored four-ply yarn and a size "G" or "H" crochet hook and we'll learn on projects provided by the instructor. Or, bring a project you're working that's got you stumped and we'll sort it out! Students may register for all six weeks for \$47; or may register & pay by the week for \$9 per week.

Thursday, 4/5-5/3; 6:00-8:00 pm
Course: \$38; Room: ALC 103

Drawing for Beginners

Jane Garnsey

Loosely based on the book "Drawing on the Right Side of the Brain," this class is for beginners to intermediates. If you think you can't draw -you're just wrong! We'll explore the right brain/left brain connection, move onto contour drawing, use of negative shapes, perspective and shading. Recommended materials for the course include: Drawing on the Right Side of the Brain, a #2 pencil and eraser, a soft charcoal pencil and a kneaded eraser, an 11 x 14 sketch pad, and a drawing board. Release the artist within you in this fun, informative class.

Monday, 3/12-4/9; 6:30-9:00 pm
Course: \$62; Room: ALC 108

Fan/Light Pulls or Suncatchers

Michelle Wilson

By designing 2 different "pulls", you'll stop being befuddled by which



one is for the fan and which one is for the light. These lead crystal beauties can also be used as suncatchers and will provide your room


with hours of beautiful prism rainbows when placed in a sunny window. Materials will be provided for each student to make two fan/light pulls or suncatchers per class. Materials fee of \$15 payable to instructor at class

Thursday, 3/1; 6:00-8:30 pm
Course: \$15; Room: ALC Alt

The best time you can spend on yourself, for yourself, anywhere!

CRAFTY STUFF!

Glass Fusing Cheryl Rhoda




Create the fused glass piece of your choice in this awesome two-night class. We're very excited to be able to offer this great opportunity! Maybe a pendant, a pair of earrings, a small bowl or plate...project size is limited to a 6" square. Materials may be purchased from the instructor and range from \$10 for a small project to \$??? for something bigger. Class will be held at Glasworx in Sanford. Space is limited.

Wednesday, 2/8-2/15; 6:00-8:00 pm
Course: \$40; Location: Glasworx

Japanese Papermaking

Gayle
Fitzpatrick




Beginning with tree bark from the Orient, students will learn the processes of cooking, cleaning and eating the pulp by hand, as well as dying pulp, and how to form sheets using a traditional Japanese *sugeta*. Make and take as many sheets as we have time for. No papermaking experience required. Bring waterproof shoes or boots and expect to get wet. Materials fee of \$6 payable to the instructor at class.

Mon. & Tue., 3/5-3/6;
6:00-9:00 pm
Course: \$28;
Room: SHS 12



Grandma's Basket

Christine Smith



This basket was originally used to hold Grandma's quilt squares. Its flared shape is enhanced by both plain and twill weave. The top measures about 8" X 16". Materials fee of \$14 is payable to the instructor at class.

Thursday, 3/1-3/8; 6:30-9:00 pm
Course: \$21; Room: SHS 14

Knitting Circle

Christine Smith

Learn to knit or learn some new aspect of knitting. Bring your projects you need help with or bring your pattern and materials for a new project. Also bring an extra set of needles and yarn to learn new knitting skills and techniques. We will try to cover the topics that interest you! Specify session when registering.

Wednesday, 1/25-2/15; 6:00-8:00 pm
Wednesday, 3/7-3/28; 6:00-8:00 pm
Wednesday, 4/25-5/16; 6:00-8:00 pm
Course: \$34; Room: ALC 103

Lariat Necklace

Michelle Wilson

Create a pretty dangling focal point using a combination of accent and focal beads, then string the rest of this "clasplless" and very easy necklace that connects in front. Ideal gift for anyone who struggles with a clasp. Materials fee of \$15 payable to instructor at class.

Wed., 2/8; 6:00-8:30 pm
Course: \$15; Room: ALC Alt

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CRAFTY STUFF!



Magical Sea Glass Necklaces

Nancy McCallum

How is this “precious” material created? Where do you find it? What sort of artistic uses are there for sea glass? Nancy will cover those topics as well as the specifics of drilling, wrapping and capping pieces for artistic use. She’ll also bring with her everything needed to craft your own sea glass necklace. Materials fee of \$15 is payable to the instructor at class. Specify session when registering.



Thursday, 2/9; 6:00-8:00 pm
Wednesday, 4/11; 6:00-8:00 pm
Course: \$15; Room: ALC Alt

May Baskets

Christine Smith

April show-ers bring May flowers. Now is the time to weave a charming May basket for sharing bouquets of flowers. Each basket holds a jar for water.



Taller basket has a wire handle and is about 8” tall. Shorter is about 5” tall. These baskets go quickly so make both of them! Materials fee of \$8 is payable to the instructor at class.

Thursday, 5/5-5/12; 6:30-9:00 pm
Course: \$21; Room: SHS 14

Monoprinting Extravaganza

Gayle Fitzpatrick

Learn the basics or explore new possibilities of monoprinting with water-soluble inks. The class will include a demonstration of basic monoprint technique as well as advanced tricks and tips: addition of stencils, addition and removal of found objects for texture and surface design, including embossing and Chine collé. The focus of the evening is on making prints! Paint, roll or stencil your way to multiple magnificent prints. All supplies including inks and paper is provided for a \$6 materials fee, payable to the instructor at class.



Monday, 4/2; 6:00-9:00 pm
Course: \$17; Room: ALC 118

Paper Making

Gayle Fitzpatrick

Learn the basics of western paper-making, including use of dry pulps and plants, beating pulp, pigmenting pulp, how to form sheets using a mould and



deckle, and pressing and drying. Make and take as many sheets as we have

time for. No papermaking experience required. Bring waterproof shoes or boots and expect to get wet. Materials fee of \$6 payable to the instructor at class.

Monday, 2/13; 6:00-9:00 pm
Course: \$17; Room: SHS 12

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CRAFTY STUFF!

Paper Marbling

Gayle Fitzpatrick

Paper Marbling is a centuries-old method

of creating decorative papers that are useful in a variety of projects, such as handmade books, scrapbooking, cards,



boxes, picture frames and more. Using acrylic pigments, you will learn the basics of Western-style marbling. No artistic experience necessary!!

We will make marbled papers, floating watercolor pigments on

the surface of water and, laying a piece of paper on top of that, transferring the pattern to the paper. Each participant will be able to make a maximum of three marbled papers to take away. All supplies are included for a materials fee of \$6 payable to the instructor at class.

Monday, 3/26; 6:00-9:00 pm

Course: \$17; Room: SHS 12

Pull and Bind! Make your own Paper and Bind it into a Book!

Gayle Fitzpatrick

Join us for a unique opportunity to sample papermaking and bookbinding in one class! Night number 1 we'll learn to make paper by way of western sheet formation while also getting a taste of basic pulp painting and collage. Night number 2 we'll bind the paper we've created into an arty hardcover book which will be bound using Japanese stab binding. We'll use colorful waxed linen thread to bind the text block and will embellish the covers with decorative papers. Materials fee of \$6 payable to the instructor at class.

Monday, 3/12-3/19; 6:00-9:00 pm

Course: \$28; Room: ALC 118

Relief Printmaking

Gayle Fitzpatrick

Develop a basic understanding of single & multiple block woodcut



processes as you learn to design and develop a relief print by carving a linoleum

block. Advance your technique for carving, inking up and printing the block and learn how to sign and edition the finished prints. Composition, color, line, qualities of paper, and pulling of final editions will be covered in class. Materials fee of \$6 payable to the instructor at class.

Monday, 1/23-1/30; 6:00-9:00 pm

Course: \$28; Room: ALC 118A

Sculpey Clay Jewelry

Jane Garnsey

Design and make one-of-a-kind pins, necklaces, earrings, or bracelets.

using Femo

oven bake

clay, you will create

unique "beads"

of different colors, shapes and designs

to be strung on macrame cord or assembled to create pins or earrings.

Have a lot of fun while learning a new craft you can do at home! The

lab fee for the supplies used will be \$17 per student - payable to the instructor.

Monday, 4/23-4/30; 6:30-9:00 pm

Course: \$25; Room: ALC 108



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CRAFTY STUFF!

Spiral Beaded Rope Bracelet

Michelle Wilson



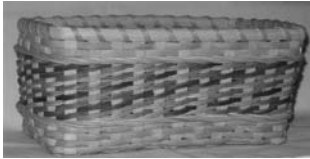
Learn this simple and elegant stitch using two colors of seed beads, to create a beautiful bracelet. Then the possibilities are endless - use this pattern to create bracelets, necklaces,

belts, purse handles, etc. You'll be addicted. This pattern can even be used as a base for embellishments and instructor will share these techniques as well. Materials fee of \$15 payable to instructor at class.

Tuesday, 1/31; 6:00-8:30 pm
Course: \$15; Room: ALC Alt

Tissue Basket

Christine Smith



This decorative basket is just the right size to hold tissues. It is made with a variety of materials and techniques. Materials fee of \$12 is payable to the instructor at class.

Thursday, 3/15-3/22; 6:30-9:00 pm
Course: \$21; Room: SHS 14

Watercolor for Beginners and Intermediates

Jane Garnsey

Build a strong foundation of watercolor painting by studying color theory, mixing, composition, light and application. This will be our focus for the first half of the course. Create the illusion of depth and volume. Students will be 'walked through' their first painting. Supply lists given at registration. Approximate cost of supplies is \$50-\$60.

Monday, 1/30-3/5; 6:30-9:00 pm
Course: \$62; Room: ALC 108

Weed Basket

Christine Smith

This quick, little



pocket basket is perfect to fill with dried flowers or potpourri. It measures about 5" wide and 8" tall. Materials fee of \$5 is payable to the instructor at class.

Thursday, 1/26; 6:30-9:00 pm
Course: \$14; Room: SHS 14

Woodworking

John Hutchins

A great opportunity for the beginner or experienced student to plan and develop a project approved by our expert instructor. Past creations have included end tables, side tables and bookshelves. Only very limited use of pressure treated wood will be allowed. Students will need to transport their projects each week. Limited space - register early!

Thursday, 1/26-3/22; 6:00-9:00 pm
Course: \$127; Room: SRTC V15

Wool Drying Basket

Christine Smith

This large (12" X 15"), footed



basket was traditionally used to dry wool. You will find all kind of storage uses for

this basket even if you aren't a spinner. Even though this is a large basket, it is fairly easy. Materials fee of \$25 is payable to the instructor at class.

Thursday, 5/3-5/10; 6:30-9:00 pm
Course: \$21; Room: SHS 14

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WORD TO THE WISE

Creative Non-Fiction Writing

Nancy McCallum

Writer and editor Nancy McCallum is offering a workshop for those who love to write non-fiction – whether for personal pleasure (a journal, a memoir, a blog) or with aspirations for publication – such as feature stories, columns and essays for newspapers or magazines. She'll discuss some of the tools a writer needs: a clear and strong writing voice; a good sense of structure and flow; an unblinking editorial eye! Bring in any writing work you would like to share with the class.

Monday, 1/30; 6:30-8:30 pm
Course: \$15; Room: ALC 103

Writing for Fun

Kathy Fink

Fun with “who, what, when, where and how” in life events and word challenges. Bring a dictionary, lined paper, pencils & erasers and let the fun begin.

Wednesday, 3/7-3/28; 6:00-8:00 pm
Course: \$38; Room: ALC 118

Making Your Cover Letters & Resume Stand Out:

Essential Tools for the Job Hunt

Nancy McCallum

Professional writer and editor Nancy McCallum will help students create cover letters and resumes that are professional, polished and distinctive. It's important to make a strong first impression in your cover letter; too often people sell themselves short. It's also important that your resume highlight your experience and skills effectively. The class will be presented over two nights. For the first night, bring any existing cover letters or resumes you have. You can then fine-tune both at the second class.

Thursday, 3/1-3/8; 6:30-8:30 pm
Course: \$32; Room: 100

Writing Club

Cynthia Simon

Wanted writers of all levels and interests! Published fiction author Cindy Simon wants you to come have fun writing stories as a class and individually. Imagine tales of mystery, drama, adventure. Re-visit memories with humor and the detail of your five senses. Jumpstart writing projects you have longed to try but cannot seem to start! Bring a notebook and pen. Be ready to stretch your creative muscles with a variety of writing.

Thursday, 1/26-2/16; 6:30-8:30 pm
Course: \$39; Room: ALC 103

Maine Authors Book Club

*Sandra
Simonds*

Longing to curl up with a good book? Join us as we explore our rich heritage of Maine authors past and present. Please be sure to have read each book before discussion night! Course fee is to cover snacks!



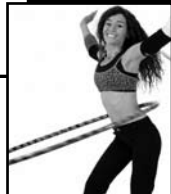
Reading Schedule:

Jan. 31 Arundel, Kenneth Roberts
Feb. 28 The Lobster Chronicles, Linda Greenlav
Mar. 27 Strong for Potatoes, Cynthia Thayer
May 1 Wanting June, Cindy Simon
June 4 Pink Chimneys, Ardeana Hamlin
Tuesday, specific dates: 6:00-8:00 pm
Course: \$10; Room: ALC TBA

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MOVE IT NOW!



Slow Flow Yoga

Susan Hampton

Down dog, up dog...what does it all mean? Find out and learn the basics of yoga in a slow-paced, flow style yoga class. Improve your breathing, balance, strength and flexibility. Modifications are given for all poses with a safe, judgment and competitive-free environment. Suited for beginners or those re-entering their yoga practice. Take a mid-week break and join Susan Hampton, a registered yoga teacher (RYT). Please wear comfy clothes and bring a yoga mat.

Wednesday, 2/1-3/14; 5:45-7:00 pm

Course: \$45; Room: CJL Gym

Hula Hooping Your Way to Health!

Jazmin Buck

Beginners welcome! Hula Hooping isn't just for kids anymore... Join us with the new and FUN way to get fit! Jazzy will show you an invigorating hula hoop work out series (inspired by Christine McDonald of MissFit Hooping in Portland, ME) that combines cardio, hoopedance, and hoop moves that are easy to learn, and put a smile on your face! Custom made hula-hoops will be provided by instructor with option to purchase later. Please wear form fitting comfortable clothing made mostly of cotton, comfortable shoes and bring a water bottle. Specify session when registering.

Wednesday, 1/25-3/7; 6:00-7:30 pm

Wednesday, 3/14-4/25; 6:00-7:30 pm

Course: \$45; Room: CJL Cafeteria

Power Yoga

Susan Hampton

Build core and arm strength, improve your performance in sports and attain a more flexible body with this Power Yoga class. In this class, you flow with the breath and add optional "power" moves. Recommended for those with previous yoga experience. Please wear comfy clothes, bring water and a yoga mat.

Tuesday, 1/31-3/13; 5:45-7:00 pm

Course: \$45; Room: CJL Gym

Men's Basketball

Lewis Fink

Guys - let's shoot some hoops! This is a great opportunity for men who want to combine conditioning with instruction and play of the game. Drop-in payments \$3 per week.

Tuesday, 1/24-5/15; 7:00-9:00 pm

Course: \$45; Room: SHS GYM

Zumba!

Nichollette Charlton

Beginners welcome!! Zumba® is the latest fitness craze for all ages and levels! This fun dance-based fitness class fuses Latin rhythms and easy-to-follow moves to create an exhilarating fitness program that will keep you coming back for more. The routines are set to upbeat music of many styles like Salsa, Calypso and Hip Hop and feature intervals of fast and slow tempos combined with resistance training to tone and sculpt your body while burning fat.

Mondays at CJL; Tuesdays at AES.

Monday, 1/23-3/5; 6:00-7:00 pm

Monday, 3/19-4/30; 6:00-7:00 pm

Course: \$45; Room: CJL Gym

Tuesday, 1/24-3/6; 6:00-7:00 pm

Tuesday, 3/20-5/1; 6:00-7:00 pm

Course: \$45; Room: AES Gym

M & T, 1/23-3/6; 6:00-7:00 pm

M & T, 3/19-5/1; 6:00-7:00 pm

Course: \$80; Location: CJL & AES Gym

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we got the beat!

Piano for Beginners Rose Erwin

Come learn the

fundamentals of music notation, chord playing, and musical form while learning to play songs like “Ode to Joy”, “Catch a Falling Star”, “Amazing Grace” and many more. This eight-week course will get you started on your way to becoming the pianist you’ve always wanted to be. Textbook for the course is “Adult Piano Adventures All-in-One Lesson Book 1” by Faber. It is available from the instructor for \$20.

Wednesday, 1/25-3/21; 6:30-8:30 pm
Course: \$75; Room: SHS Chorus



More Piano for Beginners Rose Erwin

A continuation of our January course, Piano for Beginners. In-

crease your knowledge, exposure and abilities! Play on!

Wednesday,
3/28-5/23;
6:30-8:30 pm
Course: \$75;
Room: Chorus

African Drumming Patsy Onatah

Have you attended a Drum Circle workshop? Maybe you have a drum, but aren’t sure how to play it? Bring your drum and we’ll create a unique drum circle with whatever assembles. Patsy will have her djembe and some other native percussion instruments. Feel the rhythm!

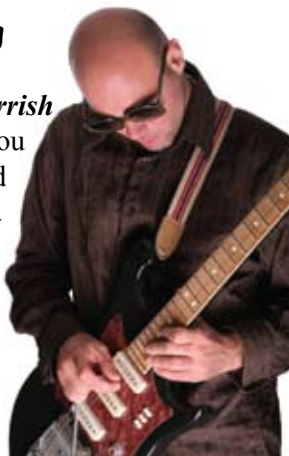
Tuesday, 2/2-2/9; 6:30-9:00 pm
Course: \$23; Room: SHS Choral



Beginning Guitar Merton Gerrish

Have you ever wanted to pick up a guitar & create a tune of your own, strum away at an old favorite or join your friends in an impromptu jam session? Here’s your chance to get a taste of learning to play the guitar! Bring your own guitar; but the instructor will also have a couple of his own instruments available for you to check out too.

Saturday, 2/4-3/17; 10:00 am-Noon
Course: \$57; Room: ALC 126



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Say "cheese"



Professional Digital Photos by Amateurs!

Tonyia Karwanski

“M” (manual mode), “AV” (aperture setting mode) or “S” (shutter speed priority mode). Iso. White balance... Learn these basic modes that will allow you to manually control the light, film speed, shutter speed, focus and composition for every picture, so that you can take your DSLR out of the ‘Auto’ mode and take amazing photos! Bring a digital camera that has the option of the these different modes. You will need a memory card and a way to transfer your images to a computer, whether it is with the USB cord that came with your camera or a memory card reader. A tri pod would also be useful, but if you do not have one we can work around it.

Thursday, 1/26-2/9; 6:30-8:30 pm
Course: \$29; Room: SHS 11

Editing Digital Photos - the Easy Way!

Tonyia Karwanski

Use some free online sites for basic editing to make the most of your photographs. Learn what ‘auto fix’ can do for you images. Learn how to crop images, remove red eye, sharpen, add color, adjust the exposure and more. Improve your photographs while giving them some artistic character. Please have some of your own photographs to work with. They will need to be uploaded to a computer; if possible, please bring them in on a flash drive or email them to yourself.

Thursday, 3/1-3/8; 6:30-8:30 pm
Course: \$19; Room: SHS 11

In the Studio!

Tonyia Karwanski

Has photography been a dream or a hobby of yours? Take it to the next level and learn how to set up a photo shoot! Learn the basics to set up backdrops and lighting stands. Use different lighting techniques for effects. Learn how to position your subjects to achieve the best composition for your photographs. We will take turns being the photographer and the subject; be prepared to SMILE! Bring your own camera.

Thursday, 3/15-3/22; 6:30-8:30 pm
Course: \$19; Room: ALC Alt.

Protecting and Photographing your Valuables

Dusty Perin

According to police, it is no longer a question of “if” you will be the victim of theft; instead, it is a question of “when.” Learn to properly photograph and document your valuables using a simple set up you create at home to take studio-style pictures. Includes tips on photographing shiny objects to reduce glare and how to protect your valuables.

Wednesday, 2/1; 6:30-8:30 pm
Course: \$23; Room: ALC Alt.

Pet Photography

Dusty Perin

We adore our pets and probably take more pictures of the dog than we do of other family members; in fact, the pets ARE family members! But just because you have a camera in your hand doesn’t mean you can take a good picture. Learn to see photographically so that you get the picture you want!

Thursday, 1/26-2/16; 6:30-8:30 pm
Course: \$43; Room: ALC Alt.



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WORKIN' IT

Welding - Mig, Tig or Stick

David Pearsall

Instruction in electric, heliarc and oxygen-acetylene welding. Proper techniques and safety are stressed. Specify session when registering.

MIG - Mon., 1/23-4/2; 6:00-9:00 pm

TIG - Mon., 1/23-4/2; 6:00-9:00 pm

Stick - Mon., 1/23-4/2; 6:00-9:00 pm

MIG - Tues., 1/24-4/3; 6:00-9:00 pm

TIG - Tues., 1/24-4/3; 6:00-9:00 pm

Stick - Tues., 1/24-4/3; 6:00-9:00 pm

Course: \$154; Room: V-16

Beginning AutoCAD

John Hutchins

Looking to upgrade your work skills and you've figured out that workers with AutoCAD experience make the bigger salaries? Got a project specifically in mind? This is a very beginning introduction to AutoCAD, but this foundation will get you well on your way to proficiency with this program. Basic computer skills are absolutely required!

Tuesday, 1/31-3/27; 6:00-9:00 pm

Course: \$127; Room: SVTC

Becoming a Notary Public

Lisa Blanchette

Interested in becoming a Notary? Prepare to apply to become a Notary or to use your current Commission wisely and lawfully. You will learn about everything from the history of Notaries, to eligibility, powers and duties, procedures, troubleshooting, record keeping, documents, content and recommissioning. Fee includes workbook.

T & Th, 1/24-1/26; 6:00-8:00 pm

Course: \$21; Room: ALC 108

Zookeeping 101 aka Substitute Teacher Training

Theresa MacDonald

Fairly steady part time work with school hours and vacations! Many people find substitute teaching a very rewarding opportunity. If you're looking for a teaching position, substituting can sometimes be a great way to get your foot in the door too. We'll address classroom management, interpreting lesson plans, the scheduling process, and all the particulars you'll need to be a successful substitute for Sanford Public Schools.

Wednesday, 1/25-2/15; 6:30-8:30 pm

Course: \$39; Room: ALC 103

Marketing for Small Business

Gordon Platt

Small business owners! here's a great opportunity from the Small Business Development Center! We'll discuss market essentials, market research (what? how? why?) developing a marketing plan and determine how it can help your business grow!

Monday, 1/23; 6:00-8:30 pm

Course: \$17; Room: ALC 108

Pilot License Ground School

Southern Maine Aviation

FAA-certified flight instructors will present all the information you need to pass the written FAA examination required for either your "private" or "sport pilot" license in this 32-hour class. Getting a pilot license requires ground training and passing a written test, plus 20 hours of flight training (minimum) and passing a flight test. Course fee is \$300, not including books. For specific information on the class or books, call Southern Maine Aviation at 207-324-8919.

Saturday, 2/11-4/7; 8:00 am-12:00pm

Course: \$300; Location: So. ME Aviation

The best time you can spend on yourself, for yourself, anywhere!

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WORKIN' 4 HEALTH



Intro to BHP Certification

Lyn Dowler

Come learn about our new Behavioral Health Professional certificate programs. BHPs are in demand! This one-night informational session will lay out the requirements, curriculum and expected positions available to those certified in BHP.

Monday, 2/6; 6:00-8:00 pm

Course: \$15; Room: ALC 118A

BHP Provisional Certificate

Lyn Dowler

A BHP Provisional Certificate is required within 30 days of hire by employees of Maine agencies providing services to children and families receiving services under MaineCare Section 28 RCS (Rehabilitation and Community Support Services). Provisional BHP certification is obtained by viewing the Module I video, completing and receiving 75% or better on the student final exam and a "pass" on the student course book exercise. Certificates are valid for one year from completion date. Please provide evidence of a high school credential prior to enrollment.

Monday, 2/13; 5:30-9:30 pm

Course: \$89; Room: ALC 118A

School-Based Behavioral Health Professional

Lyn Dowler

BHPs are in demand! This 28-hour session is designed specifically for school-based settings. Participants must be at least 18 years of age, have a high school credential, and have completed or be scheduled to complete seven hours of CPR, First Aid and Bloodborne Pathogen trainings. Learn the basics of providing personal care through classroom and hands on hours.

Saturday, 2/18-3/31; 9:00 am - 1:30 pm

Course: \$189; Room: ALC 108

Heartsaver CPR & First Aid with AED

Lyn Dowler

Reinforcing healthcare professionals' understanding of the importance of early CPR and defibrillation, performing basic steps of CPR, relieving choking, using an AED, and the role of each link in the Chain of Survival will be topics covered. Training for basic first aid for adults, CPR, use of an AED, and obtain a Heartsaver course completion card (cost included).

Saturday, 2/11; 9:00 am -2:30 pm

Course: \$36; Room: ALC 108

Certified Nursing Assistant

Gayle Pinchot

A 195-hour program of classroom instruction, lab, and clinical experience in area health care facilities. Successful completion will lead to State of Maine certification. Pre-testing and orientation session will be held 1/10, 1/11, 1/12 from 4-7 pm at the SCAE offices in the Anderson Learning Center in Springvale. Plan to attend all three days. At that time, applicants will take a reading and math test, be scheduled for an interview, and sign a release for a criminal background check. Applicants should bring: (1) a letter of recommendation from an employer, (2) a work history, and (3) a verification of high school completion (diploma or GED) to be submitted with an application. Ten applicants from the qualified pool will be selected to participate in the course.

T, W, Th, 1/10-5/24; 4:00-9:00 pm

Course: \$800; Room SRVC V-11A

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LET'S HAVE FUN!

Card Basics with Kathy

Kathy Fink

Learn to play Pinocle and Rummy card games. Two weeks of Pinocle and two weeks of other card games.

Tuesday, 5/1-5/22; 6:00-8:00 pm

Course: \$38; Room: ALC 103

Get Smart! (Smarter than your Smart Phone!)

Amy Redlevske

How "Smart" are you about your Smart Phone? Have you accessed all its features? Does it keep your life running smoothly or does it take more time than



you thought? Or are you completely frustrated with certain components or apps? Amy is a Smart Phone Pro and she'll be here to help pave the way to complete harmony with your critical cellular device!

Wednesday, 2/1; 6:00-8:30 pm

Course: \$17; Room: ALC 108

Fly Tying for the Beginner *Ty Mercier*

As a beginner fly tyer, you'll discover bench set up and tools required, understanding recipes, proportioning and will gain an introduction to materials used. Materials/tools list available online. There is a \$10 materials fee payable directly to the instructor for hooks, feathers, hair, tinsel, etc..

Tuesday, 1/24-2/14; 6:30-8:30 pm

Course: \$32; Room: ALC Alt.

Let's Play!!

Jessica Regis

Too often we look at play as a "break from learning" when in fact it is during play that some of the most valuable learning occurs. Join Life is Good trained "Playmakers" as they discuss recapturing the joy of play and demonstrate techniques to connect with and guide children in play and learning through the use of exuberant physical play, storytelling, yoga, and movement. Learn innovative games and activities that can be easily integrated into play-group settings with preschool-age children. Learn how to use play to promote healing and resiliency in children. This is an action-based workshop - wear comfy clothes! Specify session when registering.

Tuesday, 1/31; 6:00-8:30 pm

Wednesday, 2/29; 6:00-8:30 pm

Course: \$15

Location: First Steps Childcare

Bike Repair Rodeo

Peter Chace

Bring your bike in for a professional overhaul and tune-up - performed by you! Learn to overhaul brackets, hubs, headsets. Adjust a freewheel or cassette, true the wheels and replace a tube, install and adjust brakes, break and reassemble a chain, and clean and adjust the derailleur. A safety inspection will be the final touch! Open to ages 15 and up.



Thursday, 3/1-4/12; 6:30-8:30 pm

Course: \$56;

Location: Nasson Community Center

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SAY WHAT??



American Sign Language I & II *Kandyleigh Provencher*

Communicate with deaf or hearing-impaired family members and friends, or learn a new, desirable work skill. Level I covers basic beginner's vocabulary and sentence structure, including colors, numbers, greetings, family, animals and food. Level II increases non-verbal communication and signing. Specify level when registering.

Level I: Tuesday, 1/24-3/6; 6:30-8:30 pm

Level II: Tuesday, 3/13-4/24; 6:30-8:30 pm

Course: \$52; Room: ALC 132

Spanish Conversation: **Beginners Level 2+** *Irene Guzman-Rothwell*

This is a continuation for the fall class. If you're interested in jumping in - a simple conversation with the instructor will let you know if you're ready! More fun and learning!

Tuesday, 1/24-2/28; 6:30-8:30 pm

Course: \$47; Room: ALT TBA

CAN YOU FEEL IT?



What's all this Energy Stuff? *Mary Nason*

Are you wondering about Reiki, Reconnection, Shamanism or other natural health healing? Does all the hype about 2012 make you nervous? Mary will give you a brief description of some of the many different natural healing techniques (with suggestions for local shops/practitioners) and suggest things we can do to help find peace and calm amidst the chaos of daily living. She will also show you breathing techniques and do a guided meditation with helpful tips to slow down a busy mind.

Monday, 2/13; 6:30-8:30 pm

Course: \$19; Room: ALC Alt.

Get the Point? **Acupuncture & Traditional Chinese Medicine** *Jessica Peck*

Ever wondered how a medicine that was developed thousands of years ago can have application in modern day health care? Or how tiny needles being placed in strategic points on the body can make pain go away? We'll learn this and more as we gain a basic understanding of Acupuncture and Traditional Chinese Medicine.

Monday, 1/30; 6:30-8:30 pm

Course: \$19; Room: ALC 118A

It's Not About Snap, Crackle and Pop! **Maintaining a Healthy Center** *Dr. Aaron Cloutier*

Did you know that your spine isn't really your back? It's actually your center! Headaches, dizziness, jaw pain, aching fingers, wrists, knees, elbows and feet can many times be traced back to your spine. A chiropractic adjustment is an amazing non-invasive, drug-free way to tackle many of the body's ailments. A good chiropractor will listen to your body's energy systems and will be guided by what your body is saying. Dr. Aaron Cloutier practices in Wells and Portland.

Monday, 2/6-2/6; 6:30-8:30 pm; Course: \$19; Room: ALC TBA

The best time you can spend on yourself, for yourself, anywhere!



MOUSE CLICKIN'

Computers for Grown-Ups I
Lyn Dowler

Designed for grown-ups age 55+. In this slow-paced class you will move beyond basic computer skills to gain more knowledge, comfort and skills with using the operating system, internet, email, and word processing. Don't worry - we won't let you get lost!

T & Th, 2/7-2/16; 3:30-5:30 pm
Course: \$57; Room: ALC 100

Computers for Grown-Ups II
Lyn Dowler

Designed for grown-ups age 55+.



Continuing gaining speed and confidence with the computer. Pre-requisite: Computers for Grown-Ups I as many of the projects will be continua-

tions from the first session.

T & Th, 2/28-3/8; 3:30-5:30 pm
Course: \$57; Room: ALC 100

Intro to Computers I
Lyn Dowler

All about the basics...Distinguish between hardware and software, power up computer and monitor and successfully maneuver mouse, learn keyboard and practice keyboarding, explore and manage computer's desktop, create Word documents, and save files.

T & Th, 2/7-2/16; 6:00-8:00 pm
Course: \$57; Room: ALC 100



Intro to Computers II
Lyn Dowler

Build on Computer I skills: design and manage documents in Excel, access the internet and understand security measures that should be taken, send, receive and open emails and attachments/photos, conduct searches on the Internet. Must take level

I first.

T & Th, 2/28-3/8; 6:00-8:00 pm
Course: \$57; Room: ALC 100

Coming in the Spring & Summer of 2012

CAMPS FOR KIDS

& BIGGER KIDS & NOT REALLY KIDS ANYMORE!

This isn't your parents' adult education program!

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MOUSE CLICKIN'



PC Knowledge is PC Power!

Laura Utgard

Feel like you're in the dark ages when your whole family is living on the web? Is your computer slow & clunky? Or is it you?? No clue what you're doing on the computer? That's OK! We'll help you sort it out! Laura will provide you with a CD-Rom with free virus scan and free Mel ware and free spy ware - and she'll tech you how to use it to clean things up. We'll also explore with setting up a free email account and a Facebook page.

Thursday, 1/26-2/2; 6:30-8:30 pm

Course: \$32; Room: SHS 11

Selling on eBay or Craigslist

Lyn Dowler

This two hour informative presentation will review the basics of selling/buy-

ing items

on both

eBay and

Craigslist

and provide ample time for you to ask questions as to which venue might work best for you!

Wednesday, 2/8; 6:30-9:00 pm

Course: \$17; Room: SHS 11



Offerings from our Friends at... SANFORD PARKS & RECREATION

Pickle Ball for Adults & Seniors

Tuesdays, 10:30 am; Wednesdays, 12:15 pm;

Thursdays, 10:30 am

Nasson Community Center

Snow Skiing and Snow Boarding

Shawnee Peak: 5 trips for \$170; Sundays in January

Sunday River: Feb 22 & March 9; \$45 teens; \$62 adults

Gunstock: Mondays in February; \$35 adults

Red Sox Tickets

May 26, July 21, or Sept. 7; \$65 ticket/transportation

Red Claws Tickets

Thursday, Jan. 19; \$11/ticket @ Portland Expo

For more information:

call 207.324.9130

www.sanfordmaine.org

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EMPLOYMENT SKILLS

EMPLOYMENT SKILLS CERTIFICATE PROGRAM

This program is designed to help people improve their employability skills or to move on to a better job. Call Lisa Blanchette at 490-5145 for info.

General Certificate

General Career Skills Certificate: For those interested in improving basic skills for employment.

Prerequisite: High School completion and CASAS Reading score of 236.

Requirements: Business Ethics, Computer Literacy, Employment Communications, Employment English Reading

Clerical Certificate

Clerical: For those interested in gaining entry-level clerical work or preparing for the next two certificates

Prerequisite: General Career Skills Certificate

Requirements: Customer Service, Computer Applications, Accounting I, Employment English Writing and 30 wpm typing on a three-minute timing without errors.

Advanced Certificates

Administrative Assistant: An advanced certificate for those interested in moving up from an entry-level clerical position to positions with more responsibility

Prerequisite: Clerical Certificate

Requirements: Acct. II, Advanced Computers, Office Simulation, Job Shadow

Accounting Clerk: An advanced certificate for those interested in clerical positions with financial components

Prerequisite: Clerical Certificate and CASAS Math score of 245

Requirements: Acct. II, Acct III, Payroll Acct., Computerized Acct.

Medical Secretary: An advanced certificate for those interested in clerical positions in a medical setting

Prerequisite: Clerical Certificate

Requirements: Job Shadow, Medical Term., Anatomy & Physiology, Medical Billing & Coding I, Medical Billing & Coding II, Medical Office Simulation.

Deborah Woodward Bangs attended classes at SCAE in the Spring of 2009 after the manufacturing plant where she worked as an office employee closed. "Knowing I wanted a change of work, I entered into the Medical Secretary Certificate program. I found my niche, excelled and finished the certificate in June."



Recently, Bangs called to thank SCAE and the Employment Skills Certificate Program for being instrumental in helping her get a job at a home health and hospice agency affiliated with a hospital in Portland with excellent benefits.

The best time you can spend on yourself, for yourself, anywhere!



ACADEMICS



Interested in Completing your High School Diploma?

SCAE offers classes day and evening to help you reach your goal. Students may attend up to four classes per session to complete graduation requirements. Classes meet twice per week. Please call 490-5145 to set up an intake meeting and to schedule math and reading assessments. All previous credits earned count, and credits may be earned for military, work, volunteer and homemaking experiences. For complete listing of available classes, please visit www.sanfordlearns.org.

Graduation requirements for Adult Education Students

Successful completion of the following core requirements:

- Four (4) credits in English
- Two (2) credits in Mathematics
- Two (2) credits in Science
- Two (2) credits in Social Studies
(including one (1) in U.S. History/
Modern History)
- One (1) credit in Fine Arts
- One (1) credit in Computer Literacy
- One (1) credit in Computer Applications
- One-half (1/2) credit in Health
- One (1) Community Service Project per school year, up to a maximum of four (4) - a non-course requirement as defined in the

SHS student handbook.

- A tenth grade or higher grade equivalent on the CASAS (Comprehensive Adult Student Assessment System) test in Reading and Math.

Please Note:

1. Students who would have graduated prior to 1998 will need a minimum of twenty (20) credits.
2. Students who would have graduated in 1998 will need a minimum of twenty-two (22) credits.
3. Students who would have graduated in 1999 or later will need a minimum of twenty-four (24) credits.

Interested in getting your GED?

The GED diploma is earned by passing a five (5) part test that includes: Reading, Writing, Math, Social Studies and Science.

You need to be 18 or older to take the tests or must prove you have been out of school for more than one year if you are 17. If you have a documented job offer dependant on receiving your GED, or a college or the military will accept you if you pass the GED, you may also take the GED at 17. GED preparation classes can start at age 17.

The GED process starts with a required three day orientation that includes GED pre-testing, and the CASAS test. Your pre-test and CASAS scores tell us if you are ready to take the official tests. If your pre-test scores are not high enough, we offer classes to help you raise your scores. The classes are free, but books may cost \$25-\$35. We pre-test four times a year. Please call to register. You must attend all three days of pre-testing. Child-care is only available during morning testing.

You may official test if your pre-test scores show you are ready. Official testing follows pre-testing. You MUST bring an official picture i.d. to test.

GED Orientation & Pre-Testing - 3 days

9-Noon (childcare may be available) or 6-9 pm
Feb. 27, 29, March 5 • May 15, 17, 22

GED Official Testing - 3 days

9-Noon (childcare may be available) or 6-9 pm
Mar. 7, 12, 14 • May 24, 29, 31

See our web site www.sanfordlearns.org,
or call us at 490-5145 for classes
and more information.

ELL English Language Learners

English Language Learner (ELL) classes are offered at varying ability levels from beginning to advanced. For ELL students enrolled in high school diploma classes, a support class is offered as well.

Registration is free, but there are book and materials costs.

The best time you can spend on yourself, for yourself, anywhere!



REGISTRATION & INFORMATION

Welcome to the new Face of SCAE!

We are so delighted with our new evening receptionist! Leanne Hutchins joined the SCAE team in September and she really hit the ground running! Leanne provides support and customer service in all of our locations each evening. When you see her popping in to your class, stop and say "Hi!" She would love to meet you!

REGISTER ON-LINE WITH PAYPAL!

www.sanfordlearns.org



By PHONE

Only if paying with a credit card, for free courses, or to put your name on a waiting list. *Only a paid registration holds a spot.* Phone: 490-5145

WALK-IN

To Anderson Learning Center Monday through Thursday, 9 am-9 pm; Friday 9 am-3 pm (for payments of cash, check, money order, or credit card).

FEES AND PAYMENTS

REGISTRATION FEES: Payable by cash, check or money order, Chamber of Commerce gift certificates or credit card at time of registration. Make checks payable to SCAE. Please note - There is a \$10 charge for all checks returned due to non-sufficient funds. Please do not mail cash!

REFUNDS: 100% refund if course is cancelled or if participant withdraws at least five business days prior to the first class, unless otherwise specified. 50% refund (or 100% credit) if participant withdraws prior to second session (does not apply to one-night courses). No refund of materials /lab fees with a cancellation within five days of the class. No refund or credit after the second session. No refunds on trips/events after the registration deadline.

WHO MAY ENROLL: Minimum age for participation is 17 years unless otherwise noted in the course description or unless special permission is granted in writing by the director. Adults not residing in Sanford/Springvale are always welcome to register.

HOW TO ENROLL: For Enrichment registrations, please use the form provided on the next page. As noted above, you may mail this form with payment to SCAE, 21 Bradeen St., Suite 201, Springvale ME 04083 or drop it off at our office at the Anderson Learning Center in Springvale.

LAB/MATERIALS FEES: Payable at registration unless otherwise noted in the course description.

CLASS LOCATIONS: See course descriptions for locations. ALC = Anderson Learning Center, SHS = Sanford High, SVTC = Sanford Voc. Tech. Center CJL = Carl J. Lamb Elementary, AES = Acton Elementary School

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MAIL-IN REGISTRATION FORM



Name: _____

Address: _____

Town: _____ Zip: _____

Phone (h): _____ Phone (w): _____

E-mail address: _____

For programming purposes, please provide the year of your birth: _____

Course	Session/Day/Date	Total Fee(s)
1. _____	_____	\$ _____
2. _____	_____	\$ _____
3. _____	_____	\$ _____
4. _____	_____	\$ _____
	Adult Graduation Scholarship Fund Donation	\$ _____
	Total Amount Enclosed	\$ _____

Paying by Credit Card?

Card #: _____ - _____ - _____ - _____

Expiration: _____ cvv code (last 3 digits in the signature line on back of the card): _____

Mailing address for card (if different from above) _____

Mailing a Check or Money Order?

Make check or money order payable to: Sanford Community Adult Education (SCAE). Mail registration and payment to: **SCAE, 21 Bradeen St., Suite 201; Springvale ME 04083.** Upon receipt of registration and payment, you are enrolled. You may call 490-5145 to check on your course status, or we will e-mail you confirmation if you provide your e-mail address and request confirmation.

Stopping by with Cash, Check, Money Order or Credit Card?

The SCAE office is open Monday - Thursday from 9 am to 9 pm (closing at 4 pm during summer months!), and Friday 9 am to 3 pm. Feel free to stop in and say "hello!" Mail form & payment (not cash) to SCAE or drop off at the SCAE office at the Anderson Learning Center. Total fee for each course is mentioned in the description.

THE FINE PRINT: (POLICIES)

SMOKING: No smoking on school premises, please.

CONFIRMATION: Assume your class is running unless you hear from us. Provide an e-mail address and you'll receive an e-mail confirmation. Call 490-5145 for verbal confirmation.

BOOKS: Books are usually available for purchase (pickup if prepaid) at the first class.

AGE POLICY: Minimum age for participants in SCAE is 17 years unless otherwise noted in the course description or unless special permission is granted in writing by the director.

NON-RESIDENTS: Residents from other communities are welcome to enroll in any of our programs. Nonresidents pay the second of the two listed fees (i.e. \$15; \$20 NR).

STORM CANCELLATIONS: All classes will be cancelled if day school is out. Cancellations due to late-developing severe weather conditions will be announced on local TV and radio, as well as on the adult education office answering machine after 4:00 pm.

OTHER: SCAE reserves the right to make changes in the starting or ending dates of courses when necessary and is not responsible for typographical errors. Let the SCAE office know at the time of registration if there are any conditions or limitations of which we should be aware in order to accommodate your needs and ensure your safety.

THE REAL FINE PRINT: It is the policy of Sanford Public Schools to ensure equal employment/educational opportunities/affirmative action regardless of race, sex, color, national origin, marital status, religion, age or handicap in accordance with all federal and state legislation. Inquiries and/or grievances can be made to David Theoharides, Affirmative Action/Title IX/504 Coordinator, 917 Main Street, Suite 200, Sanford ME 04073.

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Bruce Jacques... Musical Comedian and Entertainer Extraordinaire!!



"Kid Rock"



"Wayne's World"



"Britney Spears"

Friday, 3/23; 7:00-10:00 pm; Per person: \$23

Reserve a table of 10 for \$200!

Location: Little Theater at Nason Community Center

The best time you can spend on yourself, for yourself, anywhere!