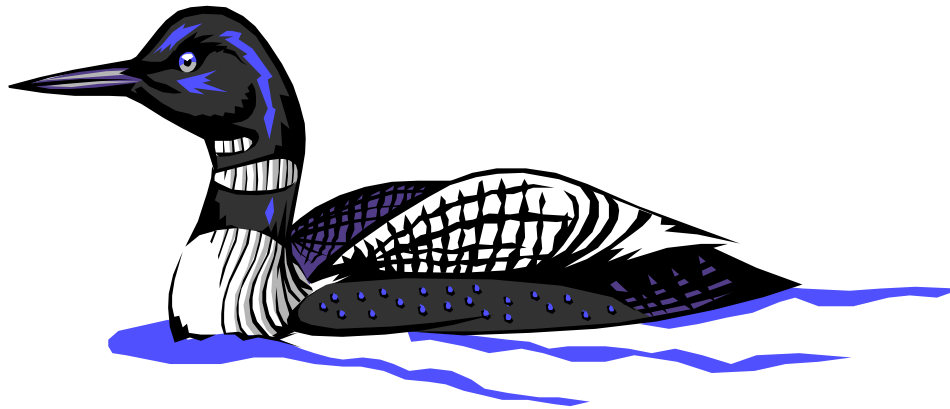


**Monmouth/Winthrop
Adult & Community
Education**



**Fall Course Guide
September - December
2008**

377-2265

www.winthropschools.org

**A MESSAGE FROM
THE ADULT EDUCATION DIRECTOR**

Over the past 8 years since I became the Adult Education director, I have witnessed many success stories from our students and for our program. Last year one of our teachers, Becky Armstrong, was named a Maine Adult Education Teacher of the Year. I am pleased that she continues along with Chris McEwan and Betsy Ladd who round out our small, but efficient academic staff.

In the last seven years, we have seen over 90 students receive their GED credentials and 75 students receive their Adult Ed High School Diploma, all from our part-time program. In addition, students have taken brush up courses to get ready for college, while others work on certificate type classes to improve their skills for job security and/or job advancement.

The enrichment classes have offered a wide variety of activities for anyone who wishes to participate. They include classes in computers, health, hobbies and more. Over 1200 area residents have signed up for these fun classes since 2000.

While I am always amazed at these numbers, I also want you to know that we continue to offer support to a portion of our population who either struggle with reading or who cannot read at all. Our program offers free tutoring for these students. **If you know of anyone who could benefit from this tutoring, please contact us.** And while we are talking about free classes, please remember that GED and Adult Diploma classes are free as well.

Visit our informational brochure on the web at www.winthropschools.org and click on Adult Education.

Mark Flight, Director

Adult Education Staff

Mark Flight, Director

Wendy Shoppe, Administrative Assistant

Jessica Folsom, Jeremy Ladd, ITV Coordinators

Chris McEwan, Instructor, Enrichment Coordinator

Rebecca Armstrong, Instructor

Betsy Ladd, Instructor

Steve Cottrell, Superintendent-Winthrop

Leon Duff, Interim Superintendent-Monmouth

Office Hours

Our office hours at the Winthrop Adult Learning Center are from **8:00 a.m. to 2:30 p.m. Monday through Thursday and Friday 8:00 a.m. to 11:30 a.m.**
Evening hours vary. Call 377-2265.

Snow Days – Adult Education & ITV

In the event Winthrop Public Schools cancels classes, so does the Adult Education day and evening programs which includes ITV classes. In the event Winthrop Public Schools cancels classes later in the day, our cancellation announcement is made by 3:00 p.m. for our evening adult education and ITV classes on **WCSH Channel 6** and on one of the following local radio stations: **WMME 92 Moose – WABK 104 F.M.**

Smoking Policy

We have a restrictive no smoking policy requiring that smoking be prohibited from school grounds and properties. **This means that there is no smoking anywhere on school grounds.**

OUR VISION STATEMENT

Provide learning in a safe and comfortable environment. Make learning an active process. Demonstrate patience, respect, empathy, and honesty towards all people. Improve students' self-esteem. Encourage students to take responsibility for their learning. Help students discover and pursue their goals. Assist students in fulfilling their potential as members of a family, a community, and a workplace.

ADULT HIGH SCHOOL DIPLOMA

Winthrop residents have the option of earning a Winthrop High School Diploma for 24 credits. Monmouth residents have the option of earning a Monmouth Academy High School Diploma for 20 credits. A total of 20 credits are required to earn a Monmouth/Winthrop Adult Education Diploma. Credits are awarded for classes successfully completed at other schools. In many cases life experiences such as being a homemaker, or work experiences may qualify for credits. Start earning your diploma today by calling **377-2265** to make an appointment. Please bring any transcripts you may have with you. Diploma classes are **free** to adults who are pursuing an Adult Education Diploma through Monmouth/Winthrop Adult Education. Candidates for this program must be 17 years old and not enrolled in day school although alternative high school programs may be acceptable.

Credit Requirements

(4) English	(3) Math
(1) U.S. History	(1) Social Studies
(1) Career Development	(2) Science (One Lab)
(1) Fine/Practical Art	(7) Electives

SELF – DIRECTED STUDIES

This program offers busy adults with schedule conflicts the opportunity to earn adult high school completion credits independently.

Candidates must be self motivated learners and have tenth grade reading skills. In addition, you must meet with your instructor each week to submit assignments.

COLLEGE & CAREER COUNSELING

We will assist you with goal setting, resume writing, and college or career exploration. Day and evening hours are available.

GED

This free course of study prepares individuals to earn a high school equivalence certificate by passing General Educational Development (GED) tests. There are five subject areas in **Language Arts – Writing, Language Arts – Reading, Science, Social Studies, and Mathematics**. Small classes and individual tutoring are available in all five subject areas. Candidates for the GED tests must be at least 18 years old, not enrolled in day school, and participate in a minimum of **12 hours of contact time**. In addition, we will assist you in exploring options for continuing education. Testing accommodations are available to persons with documented disabilities. Call us at **377-2265** and start preparing to take your official GED tests.

GED INSTRUCTION

These classes will prepare you to succeed on the GED exams with individualized instruction for all 5 areas of the GED test. **These classes are FREE.**

Instructor: Betsy Ladd

Tuesday: September 9

5:30 – 8:30 p.m.

Monmouth Academy

Instructor: Rebecca Armstrong

Monday: September 8

5:30 – 8:30 p.m.

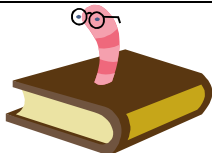
Winthrop Adult Learning Center

OFFICE SKILLS CERTIFICATE PROGRAM

Monmouth/Winthrop Adult & Community Education is pleased to offer certificate programs. The contents of these programs are for individuals preparing for an entry-level position, upgrading skills, re-entry into the business world, or seeking a promotion. To earn one or more of these certificates, the courses listed below must be completed. Students with prior skills may receive credit for up to three of these courses. Courses may be taken at any adult education location that offers these certificate programs, or through our ED2GO online courses. **To be officially enrolled you must meet with Chris McEwan, the coordinator for the program.** There is a one time registration fee of \$12 for the certificate program plus the cost of the class.

Office Assistant Certificate

Bookkeeping/Accounting I	MSO-Word Introduction
Business English	MSO-Word Int/Adv
Business Math	MSO-Excel -Introduction
Intro to Computers	MSO-Excel -Int/Adv
Keyboarding I (30 wpm)	Office Communication
Keyboarding II (50 wpm)	Career Exploration/Job Shadow
	Customer Service



LITERACY PROGRAMS

ADULT BASIC EDUCATION

This program allows students the opportunity to improve reading, writing and math skills individually or in small group settings. Emphasis is placed on how a student learns and what will work best for them to meet their educational goals. **These classes are free with flexible day and evening hours available.**

READING FOR ADULTS

This **free** class is designed to help adult readers become more confident in their reading by using the STAR reading method. We will consider the student's interests and needs in choosing material that will be most useful in everyday life. Unlock the door that reading can open.

Monday & Wednesday: September 8&10 (15 weeks)

Time: 9:00 a.m. – 11:00 a.m.

Location: Winthrop Adult Learning Center

Fee: FREE

LITERACY VOLUNTEERS OF GREATER AUGUSTA

Tutor Training Workshop

Tuesday evenings, 5:30 – 8:30pm, beginning September 30 through October 28

Location: LVA office in the Old Federal Building, Water Street, Augusta

No prior teaching experience necessary.

Cost: \$30 (scholarships available)

For more information, call 626-3440

HIGH SCHOOL COMPLETION & COLLEGE PREP CLASSES

Accounting I

Instructor: Nancy Kelley

Accounting I provides students with a solid foundation in and knowledge of the accounting cycle for a service and merchandising business. Students will learn how to analyze and record business transactions, post entries to the general and subsidiary ledgers, and how to prepare financial statements. Basic Microsoft Excel skills will be taught

Monday: September 8 (15 weeks)
Time: 6:00 – 9:00 p.m.

Location: Winthrop High School RM 113
Fee: \$35 resident/\$40 non-resident
(Diploma students free)



Algebra

Instructor: Rebecca Armstrong

This course covers equation, lines, and application. It can be used towards an adult education diploma or as a prerequisite for college.

Thursday: September 11 (15 weeks)
Time: 9:00 a.m. – 12:00 p.m.

Location: Winthrop Adult Learning Center
Fee: \$35 resident/\$40 non-resident
(Diploma students free)

Beginning Anthropology

Instructor: Rebecca Armstrong

Anthropology is the study of all humans throughout all time. In this class we will study the foundational elements of culture, as well as investigate material culture and what it tells us about a society. This course is intended to introduce students to the main questions raised in anthropology, to stimulate a curiosity about human nature, and how we can better understand it. For an elective or Social Studies credit.

Thursday: September 11 (15 weeks)
Time: 2:30 – 4:00p.m.

Location: Winthrop Adult Learning Center
Fee: \$35 residents/\$40 non-residents
(Diploma students Free)

Computer Based Curriculum

American History, World History, or Math

Instructor: Rebecca Armstrong

Use our online curriculum to get a credit in Math, American History or World History. This class is broken into 2 1 ½ hour time blocks for those who have difficulty staying focused for 3 hours at a time.

Tuesday & Thursday: September 9 (15 weeks)
Time: 12:00-1:30 p.m.

Location: Winthrop Adult Learning Center
Fee: \$35 resident/\$40 non-resident
(Diploma student free)

Computer Based Curriculum

American History, World History, or Math

Instructor: Rebecca Armstrong

Upgrade your Math skills or get a missing credit in American or World History. Use our online curriculum to get the self paced instruction you desire.

Monday: September 8 (15 weeks)
Time: 2:30-5:30 p.m.

Location: Winthrop Adult Learning Center
Fee: \$35 resident/\$40 non-resident
(Diploma students free)

Literature – Novel Ideas

Instructor: Rebecca Armstrong

This is a diploma course for an English credit or an elective. It will explore several works of fiction focused around the theme of overcoming obstacles.

Tuesday: September 9 (15 weeks)
Time: 2:30-5:30 p.m.

Location: Winthrop Adult Learning Center
Fee: \$35 resident/\$40 non-resident
(Diploma students free)

Math Upgrade

Instructor: Betsy Ladd

Are you returning to school, changing careers, or just want to help your children with their schoolwork? This class introduces you to new math concepts and reviews those you may have forgotten. The material for this class is individualized to meet your personal math needs.

Tuesday & Thursday: September 9 (15weeks)
Time: 10:00 a.m.-12:00 p.m.

Location: Winthrop Adult Learning Center
Fee: \$35 resident/\$40 non-resident
(Diploma students free)

Reading for College

Instructor: Chris McEwan

This course is designed to help students prepare for college placement tests using the STAR reading method. We will focus on comprehension, vocabulary and fluency strategies to improve your skills and increase your confidence in reading. This course may also be helpful in preparing for the GED.

Thursday: September 11 (15 weeks)

Time: 2:30 – 5:30 p.m.

Location: Winthrop Adult Learning Center

**Fee: \$35 resident/\$40 non-resident
(Diploma students free)**

Transition to Careers

Instructor: Chris McEwan

Discover your career path by exploring computer software that provides self-assessment tools, career options, and current job market information. You will explore financial management tools, resume writing, the interview process, and job shadow experience to build confidence for future employment. **This class is required for an adult education diploma.**

Wednesday: September 10 (15 weeks)

Time: 2:30 p.m. – 5:30 p.m.

Location: Winthrop Adult Learning Center

**Fee: \$35 resident/\$40 non-resident
(Diploma students free)**

COMPUTER CLASSES

Excel Fundamentals

Instructor: Christopher Osgood

All core functions of Microsoft Excel will be covered in this 4 week class. Items to be covered include all aspects of the standard toolbars and a few select toolbars that will increase productivity. Charts and graphs, formulas and basic excel concepts will also be covered. By the end of this class, students will be able to confidently use Microsoft excel.

Wednesday: September 17 (4 weeks)

Time: 6:30 – 8:30 p.m.

Location: Winthrop High School Computer Lab

Fee: \$40 resident/\$45 non-resident

Keyboarding I & II

This self-directed course teaches basic keyboarding and typing skills using the Mavis beacon or the Ultra Key program. Work at your own pace to reach your goal of typing 30 – 60 words per minute by the end of the course. This course may be used towards the **Office Certificate Program.**

Monday-Thursday: September 8 (15 weeks)

Time: 12:30-1:30p.m.

Location: Winthrop Adult Learning Center

Fee: \$35 resident/\$40 non-resident

CAPITAL AREA ADULT ED CONSORTIUM

Don't see what you're looking for? The Capital Area Adult Ed Consortium has a variety of programs and classes. Call to request a brochure or to find out what classes are offered.

Augusta – 626-2470

Hall-Dale – 685-4923

Union 132/133 – 549-3261

MSAD 11, Gardiner – 582-3774

Maranacook– 685-4923

Monmouth/Winthrop – 377-2265

Aspirations Program

The Aspirations program offers adults the opportunity to take **TUITION FREE** college courses. In collaboration with Kennebec Valley Community College, adults can take these 15 week classes:

<u>College Composition (ENG101)</u>	<u>Elements of Math (MAT113)</u>	<u>Medical Terminology (MAS121)</u>
WED: September 17	THU: September 18	TUE: September 16
6:00-9:00 p.m.	6:00-9:00 p.m.	6:00-9:00 p.m.
Gardiner Area High School	Cony High School	CATC, Augusta
Book fee:\$72 (approximately)	Book fee:\$135 (approximately)	Book fee:\$150 (approximately)

These are 3 or 4 credit core courses and are required for many community college degree programs. Students registering for these courses must intend on enrolling in vocation/technical programs at a community college. These courses are offered at the local high schools with supportive instruction and are an excellent way for adults to get started with college level work. Students pay for their own textbooks and applicable fees. **Fee waivers are available for students having economic need.** Call 377-2265 to schedule an appointment with Chris McEwan. (Includes taking the Accuplacer College Placement test).

Students enrolling in this program must agree to the following:

- Must take pre-and post-Accuplacer tests
- Must meet with College Transition Coach
- Must enroll in class
- Must attend approved College Transition activity

KENNEBEC VALLEY ACADEMY

The KV Academy was developed in response to the need for developmental and college prep courses and is a bridge program leading to college. These classes are designed for high school graduates or GED recipients who intend to apply to post-secondary institutions. Registration is free to College Transitions participants. Students pay for books and lab fees. College Transition participants must agree to complete four out of six activities listed below:

- Meet at least twice with your College Transition Coach
- Complete pre- and post-Accuplacer tests
- Enroll in at least one KV Academy Course
- Participate in at least one College Transition workshop
- Participate in a cohort group
- Tour at least one college campus

Non-College Transition program participants will be charged a \$50 registration fee. Call Chris McEwan or Betsy Ladd at 377-2265.

The KV Academy courses offered this semester are listed as follows:

NUMBER SKILLS FOR COLLEGE

MON & THU: September 18, 6:00-8:30 p.m., 12 weeks, Buker Center Augusta
\$25 book deposit

ALGEBRA SKILLS FOR COLLEGE

TUE: September 9, 7:00-9:45 p.m., 15 weeks, UMA Student Center, Room 250
\$25 book deposit

WRITING SKILLS FOR COLLEGE

MON & THU: September 16&18, 6:00-8:30 p.m., 12 weeks, Gardiner Area High School
\$25 book deposit

READING FOR COLLEGE

TUE: September 9, 6:00-9:00 p.m., 15 weeks, Kennebec Learning Center
\$25 textbook fee

COLLEGE PREP CHEMISTRY WITH LAB

WED: September 3, 6:00-9:00 p.m., 15 weeks, Cony High School
\$90 textbook fee

COLLEGE PREP BIOLOGY

THU: September 4 at Gardiner

Thinking about taking a class but don't feel you have the time? Think again! Take a look at the Education 2 Go on-line classes. The instructor facilitated classes are fun and highly interactive. You will have the opportunity to interact with your instructor and fellow students. Classes are project orientated and include lessons, quizzes, hands-on assignments, discussion areas, and more. All classes can be completed right from your own home or office day or night. The on-line instruction center offers complete class description, lesson outlines, student class evaluations, course requirements, and instructor credentials. **On-line classes require Internet Access, e-mail, the Netscape Navigator or the Microsoft Internet Explorer.** Classes start monthly and are usually six weeks long. Two lessons are released each week with a final exam on week six. **There are more than 250 classes to choose from which include:**

Introduction to the Internet

Master the ins and outs of the Internet with this informative behind-the-scenes look at the Web, search engines, email, and more.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

Introduction to Microsoft Word 2007

Learn how to create and modify documents with the world's most popular word processor.

Introduction to Microsoft Excel 2007

Work with numbers? You need to know Excel. Learn the secrets of this powerful application.

Advanced Microsoft Excel 2003

Increase your potential and maximize your value by becoming an expert Microsoft Excel user.

Introduction to QuickBooks 2007

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

Introduction to Photoshop CS2

Learn how to use Photoshop to fix and process photos and create original images.

To get started, visit our Online Instruction Center at

www.ed2go.com/monwinaded.

Click the **Courses** link, choose the department and **Course Title** you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course.

Need help? Call 377-2265.



ITV-COLLEGE TELEVISION COURSES
UNIVERSITY COLLEGE
207-621-3408
1-800-868-7000

We are pleased to offer, once again, college ITV classes through University College which is part of the University of Maine System. These classes are taught on site via interactive television. We have two locations. The first location is at our Adult Education Center on **39A Highland Avenue** and our second location is at Winthrop High School on **211 Rambler Road**. The classes offered are determined by the University. We have the capability of offering one 1:00 - 3:45p.m. class, four 4:00- 6:45p.m. classes, and four 7:00 – 9:45p.m. classes. These classes are offered Monday through Thursday. Friday classes are offered at 10:00 a.m., 1:00 p.m. and 4:00 p.m. A site coordinator monitors classrooms, collects and distributes materials, proctors exams and records classes for review. Thousands of Maine’s people who are unable to take classes on a campus are able to pursue their goal to further their education or receiving a degree. Take a moment to visit their website www.learn.maine.edu and see if there is a class of interest or need for you. **Fall semester begins September 2, 2008.**

A sampling of ITV classes offered at Winthrop include:

Course	Title	
BUAA 216	Consumer Lending	Thu 7-9:45 pm
BUAA 270	Management Information Systems	Mon 7-9:45 pm
BUAA 301	Govt & Not-for-Profit Account	Wed 4-6:45 pm
BUAA 361	Human Resource Management	Fri 4-6:45 pm
CISA 270	Management Information Systems	Mon 7-9:45 pm
CISA 350	Database Design & Management	Tue 4 -6:45 pm
EOCA 201	Microeconomics	Wed 4-6:45 pm
EDUI 371	Teaching Social Studies in Elementary School	Mon 6-8:45 pm
ENGA 113	Intro to Humanities	Wed 7-9:45 pm
HTYA 103	U.S. History I	Tues 7-9:45 pm
MATA 112	College Algebra	Mon 4-6:45 pm
MUSA 123	Understanding Music	Mon 4-6:45 pm
PHIM 212	Topics in Philosophy	Fri 4-6:45 pm
PSYA 100	Intro to Psychology	Thurs 7-9:45 pm
SCIA 120	Intro to Natural Sciences	Thurs 4-6:45 pm
SCOA 120	Intro to Natural Sciences	Tue 5:30-6:45 pm
SEDM 310	Dimensions of Exceptionality	Wed 1-3:45 pm

**CLASSES WITH
TED ELLIOTT**

CONSTELLATIONS OF FALL

Jupiter is up and we'll look at it via telescope. We'll discuss how Galileo's 1610 observations forever changed the way we look at the universe. We'll look at Andromeda, Perseus, Pisces, Pegasus, Delphinus, Hercules, Cygnus, and more! Binoculars are helpful but not necessary. You'll need "The Stars: A New Way To Look At Them by H. A. Ray. We'll discuss the history of Astronomy on cloudy nights. **Class is limited to 5 students.**

Monday: October 20 (4 weeks)

Time: 6:00 -9:00 p.m.

Location: Winthrop High School Library

Fee: \$40 resident/\$45 non-resident

GREEK & ROMAN HISTORY

This class is for those interested in learning some roots of Western civilization. We'll cover, broadly, the founding of Carthage in 814 BC to the Anglo-Saxon invasion of "Angleland", AD 441. Bring in and discuss your own photos from trips to Europe if you like. Have you ever stared at the ruins and wondered, "How and when did the Mediterranean go Roman? Why does the "Cynic" snarl like a dog? Who invented the alphabet?" A film or two will be shown. Please bring a notebook. **Class is limited to 5 students**

Monday: November 24 (3 weeks)

Time: 6:00 – 9:00 p.m.

Location: Winthrop High School Library

Fee: \$35 resident/\$40 non-resident

WILD MUSHROOM HUNTING

Mushrooms are among the most mysterious of life forms. Found on the forest floor, they can be red, orange, yellow, green, blue, indigo, or violet. Less than 1% of mushrooms are dangerously poisonous and these will be identified first. We'll put the "Fun into Fungi" by doing spore prints and hunting for and identifying mushrooms. You will need to purchase Audubon's Field Guide to North American Mushrooms. You'll also need a hand magnifier, notebook, and basket. **Class is limited to 5 students. Register early!**

Monday: September 8 (4 weeks)

Time: 6:00 – 9:00 p.m.

Location: Meet at Winthrop High School

Fee: \$40 resident/\$45 non-resident

**ONE NIGHT CLASSES WITH
ANN LINDHOLM**

NATURAL SOAP MAKING

Learn a process called hand milling or rebatching to create fine natural herbal or natural "kitchen ingredients" soap. You will be supplied with a mold to create your own unique bar of soap. We'll learn about "real" natural soap as opposed to commercial soap and the chemicals it contains that can be harmful to you, and harsh to your skin. Each student will also gain hands on knowledge about making fancy molded soap and get to take one home.

Thursday: October 23 (1 night)

Time: 6:30 – 9:00 p.m.

Location: Maple Tree B&B

34 High Street, Winthrop

**Fee: \$10 resident/\$15 non-resident
plus \$5 supply fee payable to instructor**

NATURAL SOYBEAN CANDLE MAKING

Learn how to make an all natural soybean vegetable wax candle. Soybean is non-toxic, water soluble, and recyclable. This candle burns clean and safe around children and pets. Soybean candles burn 40% longer than a paraffin candle.

Thursday: November 13 (1 night)

Time: 6:00 – 8:30 p.m.

Location: Maple Tree B&B

34 High Street, Winthrop

**Fee: \$10 resident/\$15 non-resident
Plus \$6 supply fee payable to instructor**

ORGANIC HERBAL WREATH

Spend a relaxing evening making an all natural herbal wreath with organic herbs grown in Winthrop. We will have the old fashion smells of lavender, rosemary, and other herbs to accent your wreath completed with a pretty bow. **Bring hand pruners.**

Thursday: September 25 (1 night)

Time: 6:30 – 9:00 p.m.

Location: Maple Tree B&B

34 Main Street, Winthrop

**Fee: \$10 resident/\$15 non-resident
Plus \$8 supply fee payable to instructor**

**REGISTER EARLY! THESE CLASSES
FILL UP QUICKLY!**

GENERAL INTEREST

BASIC GUITAR II

Instructor: Bill Giasson

Students will take the basic knowledge learned in the beginning course and work towards becoming more proficient at accompanying themselves. Additional chords will be taught. Students starting at this level should have the ability to play A,C,D,E,F,G and Am and Em.

Tuesday: September 16 (7 weeks)

Time: 6:30 – 8:30 p.m.

Location: Winthrop Grade School Rm 142

Fee: \$35 resident/\$40 non-resident

BASIC GUITAR III

Instructor: Bill Giasson

This course gives students a chance to work with others who are still becoming proficient in playing a variety of musical styles. Still a beginner's course, but more advanced than I or II. The features of this course will be learning moveable barre chords. People interested in taking the course should have working knowledge of most major and minor chords.

Tuesday: November 4 (7 weeks)

Time: 6:30 – 8:30 p.m.

Location: Winthrop Grade School Rm 142

Fee: \$35 resident/\$40 non-resident

DIGITAL PHOTOS

Instructor: Linda Easterbrooks

Got a digital camera but don't know what to do next? Bring it to class! We will cover the basics of photographs, some tips and tricks for using all of those confusing settings, and how to get some great shots. Learn to upload the pictures to your computer then the fun really starts! We'll edit, remove red-eye, crop, adjust, and more.

Compare different ways to get prints from your pictures. Printing at home, uploading to a local store for pick-up or mail-order, or taking your memory card to the store. No computer experience necessary. **Two 3 week sessions available. Choose the dates that work for you.**

Session I: Tuesday September 16

Session II: Tuesday October 14

Time: 6:30 – 8:30 p.m.

Location: Winthrop Middle School Library

Fee: \$35 resident/\$40 non-resident

DOG OBEDIENCE-Basic and Beyond

Instructor: Cindy Dunham

This class covers the basics of dog obedience: sit, down, stay, come, and heel. The class is fast paced and recommended for dogs over five months. According to class progress, we will go beyond the basic in the second half of the class. Topics discussed include nutrition, spay/neuter, dominance, house breaking, jumping, nuisance barking, and more! The class is held outdoors and all dogs must be on a leash. **Commitment required.**

Thursday: September 11 (6 weeks)

Time: 6:00 – 7:00 p.m.

Location: Winthrop Grade School parking lot

Fee: \$60 resident/\$65 non-resident



IMAGES IN COLOR PENCIL

Instructor: Wade Lesperance

In our third installment of the "images" series we will revisit a childhood favorite; the colored pencil. This time, however, we will explore how truly advanced the colored pencil can be. Color combination, blending, overlaying and contrast will all be used to create a rich vision not often portrayed with this kind of tool. Change the way you look at the colored pencil and you'll be amazed how versatile and vibrant they can become. **Initial material supplied.**

Tuesday: October 7 (4 weeks)

Time: 6:00 – 8:00p.m.

Location: Winthrop Middle School Art Room

Fee: \$45.00 resident/\$50 non-resident

PAPER CRAFT TECHNIQUES

Instructor: Jamie Smith

Learn over a dozen creative skills to compliment card making, scrapbooking, journaling and more. Techniques include spirelli for journaling, embroidery on card stock, tea bag folding, iris frame, squash book and more. Please bring photos and tools that you may want to use. Tools will also be available at class.

Thursday: October 16 (3 weeks)

Time: 6:00 -8:00 p.m.

Location: Winthrop High School Library

Fee: \$40 plus \$10 material fee payable to the instructor

**WEAVING CLASSES WITH
LYNNE CHICK**

INTRODUCTORY WEAVING

This class is a one day seminar and introduction to weaving on a manual loom. You will learn all facets of the process from planning the project, warping the loom, weaving the project, removing it from the loom, and what is involved with the final finishing. **Materials provided by the instructor. Date of class decided with instructor. Call 557-0786**

**Time: 8:00 a.m. – 4:00 p.m.
Location: 562 Main Street
Monmouth
Fee: \$100.00**

WEAVE A RAG RUG

In this 6 hour class you will weave a rag rug on a manual floor loom that will be warped and ready for you to use. **Materials provided by the instructor. Date of class decided with instructor. Call 557-0786**

**Time: 9:00 a.m. – 3:00 p.m.
Location: 562 Main Street
Monmouth
Fee: \$75.00**



**INTRODUCTION TO GOLF
WITH
ED BALBONI**

Learn the fun and relaxing sport of golf. This six week clinic will cover short game, long game, golf course etiquette and rules with a goal of making you comfortable on the golf course. Students should have their own clubs.

**Monday: September 15 (6 weeks)
Time: 6:00 – 7:00 p.m.
Location: Springbrook Golf Course
Fee: \$65 resident/ \$70 non-resident**

Registration Deadline

Courses may be canceled due to insufficient registrations up to two working days prior to the start date. Be sure to register early!

**ONE NIGHT CLASSES WITH
NANCY YOUNG**

BUTTON MAKING

Try your creative ideas on making buttons out of polymer clay. Add a special touch to clothing or felted mittens. 20 buttons guaranteed. **Limit 5 students.**

**Wednesday: September 24 (1 night)
Time: 7:00 – 9:00 p.m.**

**Location: 120 Memorial Drive, Winthrop
Fee: \$10 resident/\$15 non-resident plus \$10
supply fee payable to instructor.**

FELTED MITTENS

Design, cut, and sew a pair of mittens from felted sweater. Basic sewing skills needed. Bring a pair of sharp scissors. Materials are supplied by the instructor.

**Tuesday: September 30 (1 night)
Time: 7:00 – 9:00 p.m.**

**Location: 120 Memorial Drive, Winthrop
Fee: \$10 resident/\$15 non-resident plus \$15
supply fee payable to instructor.**

SAFETY COURSES

ATV SAFETY

Instructor: Mike Feeney

This two week course will teach the proper operation, safety and riding skills as well as maintenance, ATV laws, emergencies and survival skills. You will also learn how to use a map and compass, self help first aid, and environmental/landowner ethics.

**Wednesday: September 10 (2 weeks)
Time: 6:00 – 9:00 p.m.**

**Location: Winthrop High School Cafeteria
Fee: \$5.00**

HUNTER SAFETY

Instructor: Mike Feeney

This course is required for all new hunters in order to obtain a Maine firearms hunting license. Students will learn ethics, safe firearms handling, survival and map reading skills from a 12 hour program.

**Monday: October 6 & Saturday: October 25
Time: 6:00 – 9:00 p.m. Time: 8 a.m. – 4 p.m.**

**Location: Winthrop Middle School Cafeteria
Fee: \$5.00**

HEALTH AND FITNESS

BALLROOM DANCE

Instructor: Debbie Sherman

“Dancing with the Stars” is the latest craze to be watched on TV. Now is your chance to learn the steps to 5 of the most favorite dances of all times. Not only will you learn the steps, but you will have fantastic exercise while doing the dances. Don’t miss the fun and excitement while learning: Waltz, Viennese Waltz, Foxtrot, Polka, Cha-Cha, and Jitterbug.

Wednesday: September 24 (6 weeks)

Time: 7:00-8:00 p.m.

Location: Winthrop Grade School Gym

Fee: \$20 per couple, per class payable to the instructor

CARDIO KICKBOXING

Instructor: Certified Instructor at Family Fitness Center

Cardio Kickboxing picks up the heart rate and keeps you in shape with punches and kicks.

Thursday: September 18 (6 weeks)

Time: 8:30 – 9:30 a.m.

Location: Family Fitness Center

Fee: \$35 resident/\$40 non-resident

PILATES/YOGA

Instructor: Certified Instructor at Family Fitness Center

In this class you go at your own pace, learning to stretch and strengthen your core and also relax the mind. **Wear comfortable, loose clothing.**

Monday: September 15 (6 weeks)

Time: 8:30 – 10:00 a.m.

**Location: Family Fitness Center
5 Union St., Winthrop**

Fee: \$35 resident/\$40 non-resident

TAE KWON DO FOR BEGINNERS

Instructor: Sensei Robert Dupuis

Introduction to Tae Kwon Do, a martial art from Korea. Here you will learn confidence, respect, and courage. Not only for self protection, but for everyday stressful situations either from school or work. In addition, you will learn practical self defense as well. Ages 12 and over.

Monday & Wednesday: September 15 (6 weeks)

Time: 7:00 – 8:15 p.m.

**Location: Family Fitness Center
5 Union St., Winthrop**

Fee: \$50 resident/\$55 non-resident

YOUR HEALTH IS IN YOUR HANDS! PRESENTED BY HEALTHY FUTURES

Take the first step to living healthier by scoring your own health. During this one night informal class you will be able to confidentially complete a Health Risk Assessment. Doing this HRA will give you facts about your health and food for thought about changing your lifestyle for better, healthier living. There will be handouts, education, advice, ideas, problem solving, guidance, and suggestions. So come to this one night class to discover YOUR health score!

Tuesday: October 7 (one night)

Time: 6:00 – 7:30 p.m.

Location: Healthy Futures MainSt. Winthrop

Fee: FREE



YOGA FOR BEGINNERS

Instructor: Steve Dawe

Learn the basics of yoga while developing a foundation for your personal yoga practice. Students will be introduced to breath work (pranayama), basic yoga poses (asanas) and relaxation (meditation). Join this class to slowly learn yoga and help relax your mind and open your heart while firming your body and help reduce stress.

Monday: September 22 (8 weeks)

Time: 5:15 – 6:15 p.m.

Location: Winthrop Grade School Music Rm

Fee: \$70 resident/\$75 non-resident

YOGA FOR BEGINNERS & INTERMEDIATES

Instructor: Steve Dawe

This class is for those students who have some experience with yoga and are ready to deepen their practice. During this class, students can expect to deepen and enforce the foundation of their yoga practice while integrating new and more challenging asanas, (poses).

Monday: September 22 (8 weeks)

Time: 6:30 – 7:30 p.m.

Location: Winthrop Grade School Music Rm

Fee: \$70 resident/\$75 non-resident

DRIVER EDUCATION

These classes are held at the Winthrop High School and Monmouth Academy. Please contact the Augusta Driving Academy or Area Driving School for information or to register. Monmouth/Winthrop Adult Education does not handle registrations or questions regarding driver education classes.

Area Driving School Inc. – Monmouth 1-877-917-5158 or www.aredrivingschool.com

“A Quality Driver Education Saves Lives”

The driver education class consists of 30 hours of classroom instruction and 10 hours of behind the wheel instruction. Students are taught the latest driving theory, skills, technology, and time and space management. Driving instruction is done when the student and instructor’s schedules agree. Driving is done in the Monmouth, Winthrop, Augusta, and Lewiston areas. All of our instructors are licensed by the State of Maine and certified in First-Aid. Our vehicles are fully insured and inspected by the bureau of Motor Vehicles. Students must be 15 years old by the first class. The first class you need to bring your birth certificate, social security card, corrective lenses (glasses or contacts), blue or black ink pen and paper. Upon satisfactory completion of the class, you are issued your Maine Learners permit and a course completion card.

Days: Tuesday, Wednesday, Thursday

Time: 2:30 – 5:30 p.m.

Fee: Contact Area Driving School at 1-877-917-5158 or e mail admin@aredrivingschool.com for information and registration.



Augusta Driving Academy: 622-1953 or www.DriveADA.com

Instructor: Brent Larrabee

The Responsible Driving Program includes 30 hours of classroom instruction and 10 hours of one on one driving time. The main thrust of the class will be learning to think behind the wheel and anticipating the actions of other roadway users. You must be at least 15 years old and have an original birth certificate. (The State of Maine will not accept a copy.) Your permit will be issued upon successful completion.

Dates: Classes begin monthly three days a week from 3:00 – 6:00 p.m.

Location: Winthrop High School

Fee: contact Augusta Driving Academy at 622-1953 for information and registration.

REGISTRATION INFORMATION

Registration & Enrollment

Mail-in registration begins immediately, walk in registrations at the adult education office begin August 25, 2008, and both continue throughout the semester. Clip and complete the registration form below and bring in or mail along with your check or money order to: **Monmouth/Winthrop Adult Education, 39A Highland Avenue, Winthrop, ME 04364**. You are registered for a class upon receipt of your registration information and payment. **We do not confirm mail-in registrations, although you may call to check on the status of your registration. Registration will NOT be accepted by phone for classes with a fee. Classes fill up quickly! Send your registration today.**

Refund Information

A refund is available if:

1. Your class is canceled.
2. Your class is full when payment is received.
3. You **withdraw** from the class at least **3 normal business days in advance** of your class start date.
4. **No refunds are issued after your first class.**

Senior Citizen Discount

Are you over 60 years of age? Take \$5.00 off any class registration **except one or two** night workshops.

Registration Form: Make checks payable to Monmouth/Winthrop Adult Ed. and mail to 39A Highland Avenue, Winthrop, ME 04364		
Name: _____		
Mailing Address: _____		

Telephone: Home _____	Work _____	
E-mail: _____		
Class(es) _____	Night _____	Fee _____

Total _____		

NEW

FOR MEN ONLY

Instructors: Jason Frake & Pastor Sam Richards

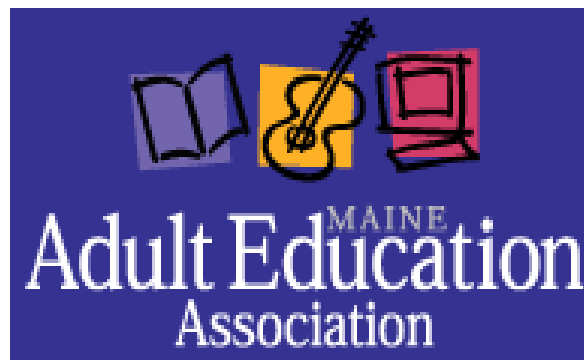
Using “Shepherding a Child’s Heart: by Ted Tripp as our main textbook, we will be team teaching a course covering issues such as bonding, genuine masculinity, identity, discipline, structure, finances, time management and the “husband piece” (for those who qualify). Finally, some help for fathers who want to be more effective parents from a non-denominational perspective. There will be collaborative problem-solving and case study, support and direction for those who are baffled, confused, or overwhelmed, or all of the above! There will be reading, homework, and class discussion. A few movies may be viewed and critiqued.

Thursday: Sept 18 (8 weeks)

Time: 7 – 8:30 p.m.

Location: Winthrop High School

Fee: \$75 plus course materials fee payable to the instructor



**Monmouth/Winthrop Adult Ed.
39A Highland Ave.
Winthrop, ME 04364**

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