

PVAEC

Spring
2025

Cover Photo art by Denise Hamlin, "Baxter State Park"

The PVAEC Team



The PVAEC Team (L to R): Stephen, Leah, Hilda, Eve, Josh

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PVAEC is an equal opportunity employer and service provider.

At PVAEC, we celebrate diversity and are committed to creating an inclusive environment for all.

The Penquis Higher Education Center



The Penquis Higher Education Center (PHEC) has been a vital cornerstone of our community since its establishment in 2000, made possible through legislative support. This vibrant hub is home to Eastern Maine Community College, Eastern Maine Development Corporation, Piscataquis County Economic Development Council, and Piscataquis Valley

Adult Education Cooperative.

From higher education to business innovation and workforce development, PHEC is your gateway to growth and success. Visit us at 50 Mayo Street in Dover-Foxcroft and see how we're shaping the future of our region, one opportunity at a time.



Contact: Christina Garneau
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**PISCATAQUIS
COUNTY**
ECONOMIC
DEVELOPMENT
COUNCIL

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Take the First Step in Your Academic Journey

The first step to enrolling in any of PVAEC's Academic Programs is scheduling an appointment with our Academic Coordinator, Eve Salley. During your intake appointment, Eve will review the program requirements, answer any questions you may have, and assist you in selecting the program that best fits your goals. She will also help you prepare for the next steps in your academic path, ensuring you are ready to succeed.



To get started, contact Eve today:

Call or Text: 207-341-5370

Email: esalley@pvaec.org

Academic Programs Include:

- *Academic Advising*
- *High School Diploma*
- *HiSET Diploma*
- *Maine College and Career Access*
- *Workforce Training Programs*
- *Accuplacer Testing (\$20 for non-PVAEC students)*

Learning Centers

PVAEC offers in-person and virtual instruction. You can learn exclusively face-to-face with your instructor or a in a combination of in-person and online/virtual instruction. PVAEC has a learning option that can help you be successful and earn your high school credential.

Academic Advising

At PVAEC, all academic students benefit from our Academic Advising program, which provides personalized guidance throughout your enrollment. This service is free for both new and current students, ensuring accessible support to help you navigate your academic journey with confidence.

Our Academic Advising program offers tailored solutions to meet your individual needs. Through one-on-one consultations, you'll receive focused attention to address specific questions, concerns, and challenges. Your individual learning plan will be created to align with your personal educational goals, ensuring your unique needs are met at every step.

For new students, we offer a comprehensive orientation to ensure you get off to a strong start. We also assist with goal-setting and career planning, helping you chart a clear path toward achieving both academic and career milestones. Our team will guide you in accessing and managing financial aid, ensuring you have the support you need to fund your education.

Regular progress reviews and goal assessments keep you on track, with continual guidance to help you stay focused on your objectives.

PVAEC's Academic Advising program is designed to ensure that you have all the tools and support you need to succeed academically and professionally. Enroll today and take full advantage of this essential service!

Our Academic Learning Centers are located in Dexter, Dover-Foxcroft, Guilford and Milo.

Learning Center Locations are listed on Page 16.

High School Diploma Program

Didn't finish high school? You're not alone—and it's never too late to graduate! Enroll in our Adult Education program to complete your high school diploma and take the next step toward your goals.

We'll evaluate your existing high school transcripts to see how many classes you need to meet our diploma requirements. You might be closer to earning your diploma than you think! Our flexible, supportive program is designed to fit your unique needs and schedule, making it easier than ever to complete your education.

Take the first step today—your diploma is within reach!

HiSET Diploma Program

Looking for a high school equivalency credential? The ETS® High School Equivalency Test (HiSET®) is here to help! Designed for out-of-school youth and adults, the HiSET® is a proven pathway to achieving your high school equivalency diploma.

The HiSET measures your knowledge in five essential areas:

- Language Arts: Reading
- Language Arts: Writing
- Mathematics
- Science
- Social Studies

Our program provides the guidance and support you need to succeed. Earning your HiSET® diploma can open doors to better job opportunities, college, and career training.

Start today and take the first step toward your future!



Maine College & Career Access

Looking to take the next step in your education or career? Maine College and Career Access (MCCA) is here to help. This comprehensive program is designed to prepare you for success in post-high school education, training programs, or credentialed pathways that lead to meaningful, high-quality employment.

With MCCA, you'll gain the skills and knowledge you need to achieve your learning and career goals. Whether you're working toward a high school diploma or already have one, MCCA provides tailored support to help you transition to college or advanced training.

What MCCA Offers:

Personalized Pathways: High-quality, cost-effective, and accessible routes to academic and career success.

College Preparation: Adults earning high school diplomas receive guidance for transitioning to college, while high school graduates receive preparatory support for their next steps.

Supportive Services: Comprehensive counseling, mentoring, and other resources to ensure you successfully navigate your journey to higher education and employment.

**CNA**

The PVAEC State of Maine-approved Certified Nursing Assistant (CNA) course includes classroom instruction, skills labs, and clinical experience. Enrollment is limited to 10 students. The admission process requires a criminal background check and reading comprehension testing. Tuition covers textbooks, background checks, and the state exam. Admittance to the course requires proof of all necessary healthcare worker vaccinations, including the full COVID-19 vaccine series. To apply or learn more, contact PVAEC Academic Advisor Eve Salley at 207-341-5370 or esalley@pvaec.org.

\$1,300**Instructor Nancy Hoskins, RN** **CNA Med-Tech**

This course is designed to teach experienced CNAs how to administer selected injectable medications and non-injectable medications to patients 4 years and older under the on-site supervision of a licensed nurse. Potential students must be currently licensed CNAs, listed as “active” on the Maine CNA Registry, or have employer documentation of the equivalent of at least one year of full-time employment as a certified nursing assistant, provide two letters of recommendation from Registered Nurses, and achieve a qualifying reading score on our placement testing. Payment plans and financial assistance may be available to those who qualify. For more information or to enroll, please contact PVAEC Academic Coordinator, Eve Salley at 207-341-5370 or email esalley@pvaec.org. The application process for this program is extremely time sensitive. Space is limited! Start Date TBA (Spring/Summer 2025).

\$1,300**Instructor Nancy Hoskins, RN****Phlebotomy**

This course is designed to equip students with the essential skills for blood collection and laboratory procedures. Through a combination of classroom instruction and hands-on training, students will learn venipuncture techniques, anatomy, safety protocols, and patient care. Emphasis will be placed on real-world experience with various phlebotomy methods and equipment handling. By the end of the course, students will be prepared to pursue careers in hospitals, clinics, blood donation centers, and laboratories. Successful participants will be ready to sit for the National Healthcareer Association (NHA) national certification exam.

Students will gain a strong understanding of anatomy and physiology relevant to phlebotomy, master blood collection techniques, develop skills in patient communication and care, and learn infection control and safety protocols. The course will thoroughly prepare students for the NHA National Certification Exam, setting them up for success in the healthcare field. Payment plans and financial assistance may be available to those who qualify. For more information or to enroll, please contact PVAEC Academic Coordinator, Eve Salley at 207-341-5370 or email esalley@pvaec.org. Space is limited! Start Date TBA (Spring/Summer 2025).

\$3,500**Instructor Nancy Hoskins, RN****CDL-A**

Kickstart your career in the trucking industry with PVAEC’s comprehensive CDL-A training program. This course combines classroom instruction and hands-on driving experience, preparing you for the written and skills tests required for a Class A Commercial Driver’s License (CDL). A Class A CDL allows you to operate various commercial vehicles, including big rigs and tractor-trailers, and is required for vehicles with a Gross Vehicle Weight of 26,001 pounds or more.

The program includes instruction on vehicle inspections, air brakes, combination vehicles, and extensive behind-the-wheel practice. Students will spend significant time on the range and on the road, gaining the experience necessary to demonstrate safe driving skills. The course is designed to meet State of Maine standards and industry regulations for classroom and driving instruction.

To earn your CDL, students must pass both written tests (general knowledge, air brakes, and combination) and road tests. The course also includes a pre-employment drug test and DOT physical (included with tuition).

The program consists of 147 hours of training, with all materials provided. Students are expected to maintain professional conduct and attire at all times.

Start Date: Spring 2025 (TBA) For more information or to enroll, please contact PVAEC Academic Coordinator, Eve Salley at 207-341-5370 or email esalley@pvaec.org.

Start Date: April 2025**\$7,500****Instructor: Maryann Cupero**

Maine Educational Opportunity Center Essentials of College Planning Workshop

This workshop introduces people to the four steps in the college process: admissions, financial aid, career and study skills. The admission section reviews college options, the college search process and the application structure. The fundamentals of financial aid, including the filing process and the applications are covered in detail. Career options and counseling, college readiness and study skills are discussed.

One-on-one appointments can be made via Zoom or in person at PHEC in Dover! To apply, please go to: <https://meoc.maine.edu/application/> to fill out an enrollment application, or contact Kate with your questions at 207-949-6501 or by email, kevit@maine.edu.

NEW: You can now schedule your appointment with Kate via Appointlet.
Schedule yours at <https://appt.link/meet-with-kate-MEOC>

Spring 2025 Workshop Schedule @PHEC Thursdays, 12:00pm

January 30	April 17
February 13	May 8
February 27	May 22
March 13	June 5
March 27	June 26



Photo: Kate Walsh

This workshop and all MEOC services are FREE!
Questions or to Register: kevit@maine.edu; 207-949-6501



ACADEMY of MEDICAL PROFESSIONS

Our programs are all-inclusive: books, reference books, national certifications, practice exams and online resources, live instructors, and student support for self-paced students are included in tuition. Payment plans are available, and tuition assistance is available to qualifying students (WIOA Vouchers, Goodwill, MyCAA, MDOL, EMDC, HOPE etc).

For more information on our programs, go to www.academyofmedicalprofessions.com, email info@academyofmedicalprofessions.com or call 1-866-516-8274.

Be sure to mention that you learned about these classes through PVAEC!

Clinical Medical Assisting

16-week program that includes in-person skills labs live at PHEC in Dover-Foxcroft and live via Zoom class meetings that prepare you to pass the National Certification.

Start Date: 2/25/2025 or 6/17/2025, Live classes meet TU/TH 5:30-8:30pm \$3,500

Medical Office Specialist - Administrative Medical Assistant

2/26/2025 16-weeks or Online Anytime (self-paced) \$3,200

Dental Assisting

2/3/2025 or 6/2/2025 12 weeks or online anytime (self-paced)
\$3,200

Pharmacy Technician

Online Anytime - 14 Weeks \$2,850

Phlebotomy

3/11/2025 or 7/1/2025 - 10 weeks \$3,200

Medical Transcription

Online Anytime - Self-paced \$3,200

Medical Coding

3/13/2025 - 20-weeks or online anytime (self-paced)
\$3,950/\$5,150 with Practicode (6-10 additional weeks)

Learn ANYWHERE

Learn ANYTIME



To view all courses, learn more and enroll, visit:

ONLINE COURSES

ed2go.com/pvaec

2025 Start Dates: 1/17, 2/14, 3/13, 4/17, 5/15, 6/12, 7/17, 8/14, 9/11, 10/16, 11/13, 12/18

450+ Courses, series and suites to choose from!

COURSE FEATURES:

- 100% Online
- 24/7 Course access
- 6-Week instructor-moderated or 3-month self-guided formats
- Learn from industry experts
- Certificate of completion

- Arts and Design
- Business
- Computer Applications
- Computer Science
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology
- Language
- Legal Studies
- Math and Science
- Teacher Professional Development
- Test and Exam Prep
- Writing and Editing

Are you an Adult Education student interested in a program at EMCC? Would you like to explore education and career opportunities available to you? Are you a current student at EMCC seeking extra support while finishing your program? If any of these scenarios apply please reach out to me!

I can help you with:

- Admissions Requirements
- Application Process
- Programs of Study
- Registration
- Networking and Mentoring Support
- Career Assessments and Planning
- Effective Study Skills
- Academic Support
- Any/All questions you may have



College & Career Success

The role of the College & Career Success Coordinator is to support students who are either considering Eastern Maine Community College (EMCC) or are currently enrolled. This position collaborates with Adult Education programs across Maine, specifically in Penobscot, Piscataquis, Hancock, and Waldo Counties. Through this partnership, the program provides enhanced support to meet the education and training needs of EMCC students and Adult Education learners in the surrounding communities.

FMI:
Contact PVAEC Director, Dr. Joshua McNaughton
Email: jmcaughton@pvaec.org
Call or Text: 207-341-5368

TECHNOLOGY

National Digital Equity Center (NDEC)

The National Digital Equity Center provides Digital Literacy classes that provide opportunities for professional growth, personal enrichment, the development of computer skills, and preparation for professional careers in a supportive environment.

PVAEC partners with NDEC to provide free digital skills trainings locally. NDEC classes are organized around three curricula: Work & Business, Home & Education and Aging Well with Technology. Class topics include:

For more information, and class listings, please visit
<https://pvaec.maineadulted.org/ndec/>



- Class topics include:**
- Internet Safety*
 - Identifying Frauds & Scams*
 - Using Facebook Securely*
 - Safely Creating Online Accounts*
 - Using Social Media*
 - Microsoft Office Programs*
 - Email/Internet*
 - Google Based Tools*
 - Apple Computers*
 - iPad/iPhone*
 - Android Smartphones & Tablets*

PENOBSCOT - PISCATAQUIS COUNTY DIGITAL SKILLS SUCCESS PROGRAM

- Are you interested in learning Digital Skills?
- Do you need help with getting internet access or a device you can afford?

The National Digital Equity Center can help! We have partnered with Eastern Maine Development Corporation to help Penobscot and Piscataquis County residents learn valuable skills and get connected with affordable internet and devices through our Digital Skills Success Plans

For more info, contact Nina at 207-825-2540 or nina@digitalequitycenter.org

Or fill out our referral form at: www.digitalequitycenter.org/need-help/



TECHNOLOGY

Val Landry's Quickbooks & Microsoft Excel

Unlock the full potential of Microsoft Excel and Quickbooks with our comprehensive courses designed for beginners to advanced users. Whether you want to streamline your workflow, improve your data analysis skills, or master complex functions, our classes have something for everyone!

Val is a lifelong business educator and academic advisor with over 45 years of experience. He has taught computer applications, accounting, and QuickBooks at Mid-State College and Kennebec Valley Community College, focusing on enriching students' educational and life goals.

Quickbooks: Basic Accounting Principles and Quickbooks Online \$89

Learn basic accounting principles and how to apply them to setting up Quickbooks for a small business or organization.

Winter/Spring Session: 2/4-2/18 8:30-11:30am

Microsoft Excel Basics \$89

Learn: Basic navigation, data entry, math functions, formatting, columns/rows.

Winter/Spring Session: 2/6-2/20 8:30-11:30am

Microsoft Excel Intermediate \$89

Learn: Multiple worksheets, formulas, functions, layout changes, practical uses.

Winter/Spring Session: 3/6-3/20 8:30-11:30am

Microsoft Excel Advanced \$89

Learn: Data hiding, window splitting/freezing, ranges, functions, sorting, filters.

Winter/Spring Session: 4/3-4/17 8:30-11:30am

Microsoft Excel Power Tools \$89

Learn: Power Query, Power Pivot, Power BI.

Winter/Spring Session: 5/1-5/15 8:30-11:30am

Visit www.pvaec.coursestorm.com, email hroberts@pvaec.org or call 207-564-6525 to register.

Location: Online via Zoom

Cancellations must be made at least five calendar days in advance to receive a refund. If our Adult Ed office or the instructor cancels class, refunds will be issued to students. These classes are listed for adult learners 18+.



One-on-One "Computer Lab" with Leah Gomes

Unlock the full potential of your digital experience with a personalized "Computer Lab" appointment featuring PVAEC Technology Instructor, Leah Gomes! This exclusive one-on-one session is tailor-made for addressing your specific concerns or questions related to your laptop, tablet, or smartphone.

Bring your fully charged device and come prepared with a list of questions or concerns you'd like to delve into with Leah. Whether you're troubleshooting, eager to explore new features, or seeking tips to optimize your device's performance, this session promises to be a valuable opportunity for enhancing your digital literacy.

To secure your spot, call or text Leah today at 207-341-5369 or reach out via email at

Lgomes@pvaec.org. Invest in your tech-savvy journey for just \$15 per hour, and let Leah guide you through a personalized learning experience to elevate your digital prowess. Don't miss out on this chance to unlock the full potential of your devices!

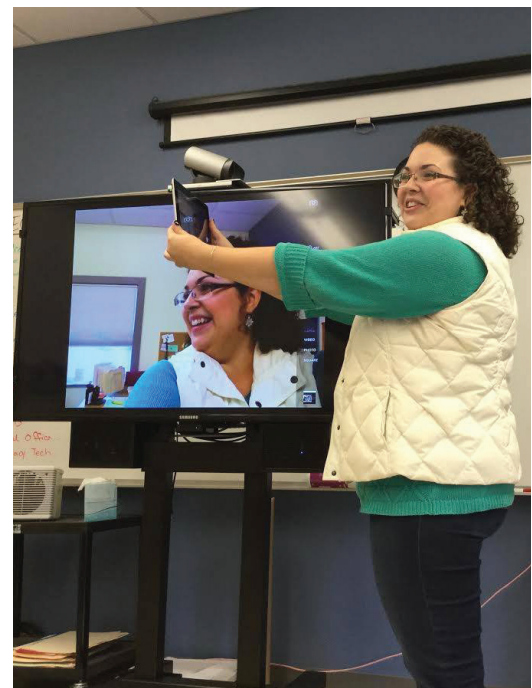


Photo: Leah Gomes,
PVAEC Academic & Technology Instructor

Arts & Crafts with Michelle

Join retired educator and lifelong crafting enthusiast Michelle Cross for a delightful series of hands-on art classes! Whether you're a beginner or a seasoned artist, you'll love creating beautiful works of art in a friendly, supportive environment. Michelle provides all the supplies you'll need to create something amazing—just bring your own brushes if you have them (optional). Each session offers a unique project, so you can sign up for one, two, or all three classes! Crafting together is not just about art—it's about community, creativity, and fun. Don't miss this opportunity to explore your artistic side and make new friends along the way!



Bluebird & Blossoms

Welcome spring with a delightful painting of a bluebird surrounded by a wreath of daisies and blue morning glories. This charming design will brighten any space and celebrate the beauty of the season. Join us for this inspiring class and create your own 12x12 tile masterpiece.

THURS 4/3-4/24 2-4pm
PHEC \$40



Shabby Chic Welcome

Create a warm and inviting welcome with this stunning magnetic painting! Featuring elegant roses on a soft blue background with delicate cursive lettering, this magnet is perfect for greeting guests in style.

THURS 5/1-5/29 2-4pm
PHEC \$50



Waterlily, Koi and Dragonfly

Celebrate strength and new beginnings with this serene painting of a waterlily, complete with a dragonfly perched delicately atop its petals. The scene features a glowing sun in the background, while below the water's surface, a koi fish swims among the underwater vegetation. Join us to create this calming yet motivational masterpiece on an 8x8 canvas board.

THURS 6/5-6/26 2-4pm
PHEC \$40

Drawing with Suzette

Explore the beauty and complexity of the wolf through art! This immersive workshop delves into the skeletal and muscular structures of canines, focusing on how these elements influence the creature's form, movement, and interaction with light. Through a series of exercises in mixed media, we'll study the wolf's features in detail, from its powerful limbs to its expressive face. Participants will also create a final artwork adorned with unique "track" embellishments, celebrating the spirit of this magnificent animal. Supplies Needed: 2h, 4h graphite pencils, assorted watercolors pencils, water colors, permanent fine line drawing pens (black, brown or sepia are preferred), liner brush, small short round, lg watercolor brush (ETC), waterbin, odorless turp. tortillions, kneaded eraser, 9x12 – or larger smooth bristol or mixed media pad.

\$40
Tuesday 4/1-5/20 9-11am Suzette East PHEC



Painting with Suzette

Dive deeper into the art of capturing the majestic wolf in this college-level painting class designed for wildlife enthusiasts. Building on foundational drawing skills, this workshop focuses on the use of sepia tones to establish base details, layering techniques to create depth, and specialized tools to mimic the texture of fur. Uncover the secrets of bringing a wolf's coat to life on canvas, from soft underfur to coarse guard hairs, while exploring the interplay of light and shadow across the animal's form.

Supplies Needed: 16x20 stretched canvas, 1-1 1/2" flat shader, 1/2 flat #10, #2 round, #1 script liner, 3/4 mop or soft scruffy old brushes, sea sponge, q tips, Divided water bin, paint trays, paper towel or cloth, lt brown watercolor pencil, acrylic retarding medium, SET of basic artist acrylic colors: Mars black, Titanium white, Burnt umber, Ultramarine blue, Thalo blue, Yellow light, Thio/Acra Magenta, or quinacridone, and cad red.

\$50
Tuesday 4/1-5/20 12-3pm Suzette East PHEC

STAY TUNED and keep an eye on our website and Facebook for an upcoming Kids Art Camp with Suzette East during April break!

ENRICHMENT - ARTS & CRAFTS

Needle Felting with Julie Knowlton

Valentine's Day - I really felt it!

Discover wet felting in this beginner-friendly class! Create an 8x10 piece of colorful felt art by layering fibers and using a wet-felting technique. Your hands will be in soapy water for a while, so bring gloves if desired. (Clothes may get damp.) Once your felt dries, frame it as is or join us next week to transform it into beautiful Valentine's or all-occasion cards. Card-making supplies will be provided. A fun, creative project with plenty of room for self-expression!

\$40 Wednesday 1/29 & 2/5 9am-12pm PHEC

Wet Felt a Wicked Bookmark

Learn the art of wet felting while creating a unique bookmark! Start with pre-felt as your base and design a poppy garden by layering decorative fibers, then roll everything together into a solid felt piece. Take home your creation to dry into a bookmark and learn optional edge-finishing techniques. Your hands will be in soapy water for a while, so bring gloves if desired and wear clothes you don't mind getting damp. This beginner-friendly project offers lots of room for creativity. Bring a bath towel and a hand or dish towel (extra towels welcome).

\$35 Wednesday 2/26 9am-12pm PHEC

Easter Eggs

Why should the kids have all the fun?! Let's decorate some Easter Eggs! Julie will bring pre-formed wool eggs and lots of colorful wool and you can decorate them any way you want! Julie will bring a few simple designs and coach you through them. You should have time for 2 - 3 eggs during this session. If you'd like to take extra eggs home to decorate, please let us know in advance—additional eggs are just \$1.50 each. This is a fantastic class for beginners!

Bring your multi-tool, if you have one.

\$35 Wednesday 4/2 9am-12pm PHEC

Painting with Wool

Create a stunning mountain and lake scene using wool! Learn to blend colors for the perfect sky and foreground shades, add light and shadows, and finish with a piece ready to sew onto a jacket or frame for display. Suitable for all skill levels—no painting experience needed, though painters can use their expertise to enhance design and color choices. All tools and materials are provided, but bring needle-felting tools and small scissors if you have them.

\$40 Wednesday 4/9 9am-12pm PHEC

Turtle Time!

Create a charming turtle using both wet and needle felting techniques. On the first day, you'll design, felt, and block the shell, and build the armature. The second day focuses on crafting the body, tail, legs, and face, before assembling the turtle by sewing the top and bottom shells together. Prerequisite: Previous wet felting experience is required, such as the bookmark or art felt class. Bring: 2 large pieces of bubble wrap, 2 bath towels, a dish towel, small pliers, wire cutters (if available), a sturdy long needle, scissors, and needle felting tools if you have them.

\$55 Wednesday 5/7&5/14 9am-12pm PHEC



Fabulous Fox

Create this fun little foxy fellow for a friend!

This little fox will be challenging, but do-able for a beginner, and offers enough challenge to keep experienced felters on their toes. Learn how to make lovely, thin, flat ears!

Julie will provide all tools and materials, but if you have your own pen tools and multi-tools feel free to bring them.

\$35 Wednesday 2/19 9am-12pm PHEC

Wooly Owl

"Owl teach you how to make this fine feathered fellow! Create a charming needle-felted owl with options to add legs for perching or leave legless to hang as an ornament. Using a simple core shape, you'll add wings, a face, and faux feathers. Great fun for those with some needle-felting experience, but beginners are welcome to try! All tools and materials are provided, but feel free to bring your own needle-felting pens, multi-tools, small pliers, or wire cutters.

\$35 Wednesday 3/12 9am-12pm PHEC

Lovely Lamb

Create an adorable little lamb just in time for spring! Using a cheater's armature, core wool, and soft lamb locks, craft a classic white lamb or get creative with fun colors like pink, blue, or rainbow. Suitable for adventurous beginners, though some felting experience is helpful. All materials are provided, but bring a pen tool or multi-tool if you have one.

\$35 Wednesday 3/26 9am-12pm PHEC

Spring Frog

Create an adorable leaping frog perched on an old bedspring—or customize yours to leap on a dowel or rest flat on a table. You'll craft a basic armature, shape core wool, and finish with a vibrant green top coat and optional sparkling water drops. This intermediate-level class is ideal for those with needle-felting experience. A limited number of bedsprings are available—let Hilda know when registering if you'd like one or bring your own. All tools and materials are provided, but bring a pen tool, multi-tool, small pliers, wire cutters, and sharp scissors if you have them.

\$40 Wednesday 4/23 9am-2pm PHEC

Flower Power

Create a vibrant spring flower to brighten your day while waiting for the real blooms! Wet felt a flower that can be turned into a brooch, magnet, or wired for a vase display. Choose your main color, embellish with accent fibers, and design a unique center. Your flower will be wet when you take it home, with its full color and shine revealed as it dries. Instructions for drying will be provided. Beginners are welcome, though attending the bookmark or art felt class beforehand can be helpful. Bring: 2 pieces of bubble wrap, a bath towel, a dish towel, and scissors.

\$35 Wednesday 4/30 9am-1pm PHEC

Stay Tuned for More Needle Felting Fun!

Keep an eye on our website and Facebook page for updates, as we'll be adding more needle-felting sessions throughout the spring and summer.

Prefer an evening class? Let us know! Julie is happy to hold evening sessions if we have at least three confirmed students.

ENRICHMENT - ARTS & CRAFTS

Traditional Crafts Series with Jessica Steele of Wood Thrush Wilderness:

Jessica Steele M.Ed. has a deep passion for the wilderness and for teaching. She has been working in the field of Adventure and Environmental Education for more than 30 years. This leg of her journey is about connecting more deeply with herself, others, and the wilderness. Join her for a program of connection, learning, and growing.

- B.A. Ecopsychology and Outdoor Education from Prescott College, AZ
- M.Ed. Adventure Education Plymouth State University, NH
- Registered Maine Recreational Guide
- National Registered EMT
- SOLO Wilderness First Aid/First Responder Instructor
- American Red Cross First Aid & CPR Instructor and Lifeguard
- American Canoe Association Level 1 & 2 Instructor
- Leave No Trace Master Educator

Hungry Gourd Workshop

In this exciting and hands-on class, students will have the unique opportunity to unleash their creativity by carving their very own wooden spoon and crafting a beautiful gourd bowl. As the class comes to a close, we will gather together to savor a delicious group meal, where we will proudly enjoy hearty soups and crusty bread. The best part is that this meal is on me, a delightful way to celebrate our accomplishments in this class.



\$75 **Wednesday** **3/5** **5-9pm** **PHEC**

Gathering Basket

Elevate your basket-weaving skills in this intermediate-level workshop! You'll create a beautiful and functional gathering basket, complete with a sturdy handle and intricate woven patterns added through advanced techniques.

This class is designed for those with some prior experience in basket weaving who are ready to take on a more detailed project. All materials will be provided, and you'll leave with a handcrafted basket perfect for collecting fruits, flowers, or other treasures.



\$120 **Sunday** **3/9** **9am-5pm** **PHEC**

Fiddlehead Basket

Whether you're hiking in the forest or exploring your garden, this handcrafted basket is perfect for gathering fiddleheads, mushrooms, or herbs. The finished basket measures approximately 4" wide, 8" tall, and 10" long.

\$100 **Saturday** **4/5** **9am-2pm** **PHEC**



Squirrel Pack Basket

Join us to weave a charming miniature pack basket, just the right size to fit a gray squirrel! Using reed, we'll create a basket approximately 5 inches tall while exploring the history of pack baskets and the various materials traditionally used to craft them.

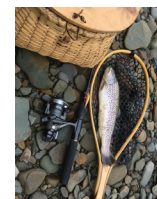
\$55 **Friday** **4/4** **5-8pm** **PHEC**



Fishing Creel

While traditionally used for fishing, this beautiful basket is perfect for picnics, gathering vegetables, or collecting treasures during your woodland foraging adventures. The basket measures approximately 13" wide, 8" tall, and 8" deep. In this class, you'll craft the lid, carefully cut to fit, and attach it with a durable piano hinge.

\$120 **Saturday** **5/3** **9am-5pm** **PHEC**



Dandelion Workshop

Did you know there are countless amazing things you can create from dandelions? Join us in this hands-on workshop to learn how to collect and process these versatile plants!

Discover recipes using dandelion greens

Learn how to make jams, teas, and wines from dandelion flowers

Explore the beneficial properties of dandelion roots

We'll taste, create, and enjoy some delicious dishes made from this incredible plant!

\$75 **Wednesday** **5/21** **5-9pm** **PHEC**



All classes are taught by instructor Jessica Steele and all materials are included.

Registration and payment are required to hold your spot in class. Space is limited! Cancellations must be made at least 48 hours in advance to receive a refund. If our Adult Ed office or instructor cancel class, refunds will be issued to students.

FMI: www.woodthrushwilderness.com

ENRICHMENT - ARTS & CRAFTS

Cookbook Rescue: Craft Your Own Recipe Journal

Is your old cookbook falling apart, or is your recipe box overflowing with hand-written treasures? This creative workshop will help you turn those cherished recipes into a personalized junk journal! You'll not only organize your favorite recipes but also create a beautiful keepsake that reflects your culinary journey. We'll leave plenty of space for photos, notes, and other meaningful mementos to make your journal truly one-of-a-kind.

Join us for a hands-on, crafty afternoon where you'll get to rescue and breathe new life into your cookbook or recipe box, and walk away with a treasured journal full of family recipes, memories, and more.

Please bring your own old cookbook or recipe box in need of rescuing, along with:

- Extra heavy-duty glue stick (such as Scotch Create)
- Clear glue (Beacon 3-in-1)
- Scissors
- Tape



Sharon Nichols
PHEC

\$30
Monday 5/5-6/2 1-3pm

ENRICHMENT - EXERCISE

Curious About Reiki

Are you curious about Reiki and how it can benefit you? Join us for an informative introduction to this powerful energy healing technique. Reiki involves a practitioner gently placing their hands on or above the body to help restore balance and promote healing.

In this class, you'll learn:

- What Reiki is
- How Reiki works
- What Reiki is used for
- The history and origins of Reiki
- The benefits of Reiki
- What to expect during a Reiki session

This class is a great opportunity to ask questions and experience a Reiki sampler, but please note: this is not a certification class to practice Reiki.

\$30 Barbara Joyce

Choose from the following sessions:

Monday	2/24	11am-1pm	PHEC
Saturday	4/5	2-4pm	PHEC
Wednesday,	5/28	6-8pm	PHEC

Tai-Chi/Tong Ren

Tai Chi is a moving meditation through slow, deliberate movements that promote relaxation and mental clarity. Come experience this gentle, mindful exercise that fosters balance and well-being.

Tong Ren is an energy-balancing practice designed to restore the natural flow of Chi (energy) in the body, allowing it to heal itself. No physical action is required—simply come and sit.

Please wear comfortable clothes and shoes. Children 14 and under are welcome to attend but must be accompanied by an adult.

Bob Grace, a dedicated practitioner of Tai Chi for over 40 years, also offers Tui-Na massage and Tong Ren Therapy.

Bob Grace, a practitioner of Tai-Chi for 40 years, also offers Tui-Na massage and Tong Ren Therapy.

\$50 Bob Grace

Monday 2/24-3/31 9-10am PHEC



ENRICHMENT - MUSIC

Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+.

\$69 Craig Coffman

Tuesday 3/4 6:30-9pm Online via Zoom

12 PVAEC Phone: 207-564-6525

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+

\$69 Bob Grace

Monday 3/3 6:30-9:30pm Online via Zoom

Text: 207-341-5371 www.pvaec.org

Food Plots 101

Dr. Josh McNaughton has been developing food plots in Maine for 20 years, utilizing his extensive knowledge in wildlife biology, ecology, dendrology, and environmental science.

He holds a Bachelor's degree in Wildlife Ecology, a Master's degree in Environmental Science from the University of Maine, and a Doctorate in Educational Leadership from the University of New England.

Come learn how to select the best location for your plot, learn tips and tricks when choosing the best forbs and plants to sow, how you can prepare your soil for optimized growth, and how to keep your plot healthy. Whether you love wildlife watching, filling your freezer, or putting trophies on your wall, planting your most successful plot this spring starts with Food Plots 101!

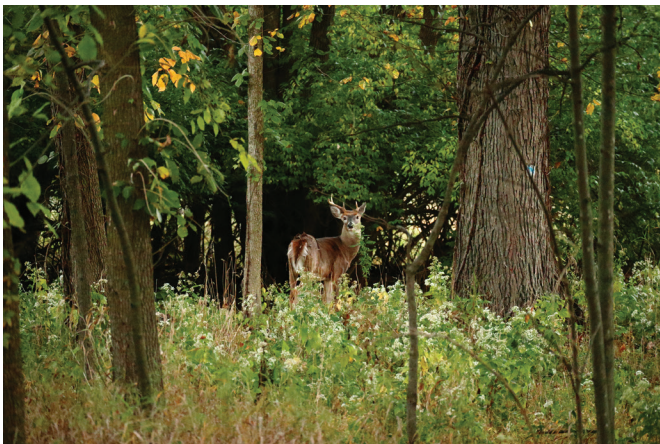
\$25 **Dr. Joshua McNaughton**
Tuesday **5/13** **6-8pm** **PHEC**

Land Management for Wildlife

Dr. Josh McNaughton brought you the Food Plots 101 class. He is now offering an opportunity to expand your knowledge and learn how you can better manage your land for whitetail deer. Learn the basics about hinge cutting, improving bedding habitat, planting beyond forbs, creating edge habitat, and learn about advanced no-till food plot methods that improve soil quality, food availability, and bedding habitat!

Make your piece of land into a deer magnet!

\$25 **Dr. Joshua McNaughton**
Thursday **5/15** **6-8pm** **PHEC**



White Stone Wilderness Survival Course

In this hands-on course, you'll learn essential wilderness survival skills, including:

- Building your own survival kit
- Fire starting techniques
- Shelter building
- Water sourcing and purification
- Identifying wild edibles
- Trapping for food
- Navigation and orientation
- Developing a survival mindset

This class will take place in both a classroom and outdoor setting. Please dress in appropriate clothing and footwear for the weather. Children under 14 are welcome but must be accompanied by an adult.

Jim Paine, with 50 years of survival and bushcraft experience, is an expert in wild plants and wild edibles. He also participates in search and rescue in Greenville, Maine This is his third program teaching wilderness survival.

\$5 **Jim Paine**
Tuesday **5/27-7/15** **6-7pm** **PHEC**

Introduction to Fly Fishing

This course is designed to get you solidly grounded in the fundamentals needed to enjoy fly fishing. Topics covered include tackle selection and assembly, knots, fly casting, fish foods, artificial flies, fly fishing strategies, entomology, and wading safety. After completing this course, you should have all the understanding and skills necessary to catch fish with a fly rod on your own. This course will be taught in Orono by Kevin Tracewski, a Registered Maine Guide and author of the best selling book, A Fisherman's Guide to Maine. Kevin has taught this class for 30 years and has two degrees in entomology and received an Outstanding Teacher Award at UMaine. All supplies are provided. Kids 14 and under should be accompanied by an adult.

\$25 **Kevin Tracewski**
Saturday 4/5 9 am-3:30pm **University of Maine Orono**



Grow Your Own Organic Garden

Grow Your Own Organic Garden covers all the basics of organic gardening -- such as supporting soil and plant health, starting seeds indoors and outdoors, interplanting, pest management, watering, and harvesting. Participants will have plenty of time to ask questions and connect with one another about shared experiences in their gardening journeys so far. By the end of this class, participants will be equipped with knowledge of how to grow an organic garden, be connected to resources and community members that will help them grow an organic garden, and feel ready to take the first steps toward doing so. We'll even send you home with some seeds to start in your own garden! This class is for beginner and seasoned gardeners alike.

The Maine Organic Farmers and Gardeners Association (MOFGA), formed in 1971, is the oldest and largest state organic organization in the country and is creating a food system that is healthy and fair for all of us. Through education, training and advocacy, MOFGA is helping farmers thrive, making more local, organic food available and building sustainable communities. Learn more at mofga.org.

\$10 **MOFGA/Jason Kafka**
Wednesday **4/2** **6-7:30pm** **PHEC**



REGISTRATION

REFUND POLICY

Most classes will be refunded if a student cancels within 24 hours of the first class meeting. Some classes have specific refund policies and are listed within the class descriptions. We will refund 100% (minus the \$1.99 registration fees if you registered online) if the class is canceled by the program or instructor. Students who registered online with a credit/debit card will receive refunds within 24 hours of request. Students who registered by check or cash will receive a refund check in the mail within 2-3 weeks of a refund request/cancellation. If a multi-session class is canceled while in session, a pro-rated refund will be available. Students can also choose to receive a credit towards a future class in lieu of a refund.

REGISTRATION CONFIRMATION

Students who provide a valid email address when registering, whether online, by mail, or in person, will receive a registration confirmation email.

IMPORTANT COMMUNICATIONS

Providing a valid email address is the best way to receive important information regarding upcoming classes and cancellations. PVAEC staff and instructors are not always available for making individual phone calls to students, though we do make our best efforts to reach everyone with class updates, postponements, and cancellations. You can also sign up for our text message alert system at <https://www.remind.com/join/3eh9fc>.

Students who provide a valid email address will also receive updates regarding upcoming classes and other important information throughout the year. We do not share your email address with anyone, and we will not fill your inbox with junk.

Academic students will receive a school email address. It is the student's responsibility to check their school email regularly for important communications from their instructor.

Prepayment is required for some of our programs.

PRIVACY POLICY

PVAEC respects your privacy. Personal information collected during registration is securely stored and used only for program-related communication. We do not share your information with third parties.

No-SHOW POLICY

Students who register but do not attend and fail to notify us at least 24 hours before the class start date may forfeit their refund eligibility.

WAITLIST POLICY

If a class is full, students can request to be added to the waitlist. Should a spot become available, we will contact students in the order they joined the list.

MATERIALS POLICY

Unless otherwise noted in the class description, all materials are provided for enrichment classes. Students will be informed of any additional items they need to bring prior to the class.

Feedback and Complaints

We value your input! For feedback, suggestions, or concerns, please contact Hilda at hroberts@pvaec.org or call (207-564-6525).

TECHNICAL SUPPORT FOR ONLINE PAYMENTS

If you experience any issues with online registration or payment, please contact Hilda at hroberts@pvaec.org or call (207-564-6525) for assistance.

AGE POLICY

The minimum age for participation in our academic program is 17 years unless our director gives special permission. Some of our enrichment programs allow for students 10 and up to attend if accompanied by a parent or guardian and is listed within that class description.

PVAEC is an equal opportunity employer and service provider. At PVAEC, we celebrate diversity and are committed to creating an inclusive environment for all.

NON-ACADEMIC (ENRICHMENT) COURSES: You may register and pay online. You may register online and pay by mail. Just click “pay by check” on the registration page, and then mail in your payment. You may mail in your payment with the registration form below. You can also print a mail-in registration form at www.pvaec.org. You may register by phone (207-564-6525) and pay by credit/debit card. **Prepayment is required for some of our programs.**

PAYING ONLINE: Paying online with your credit card is safe and secure. A **non-refundable** \$1.99 processing fee is charged for each course registration by credit/debit card.

STORM CANCELLATIONS: Adult Education classes are cancelled whenever local K-12 schools have been cancelled for the day. Academic classes are held remotely when possible. Afternoon and evening classes are sometimes cancelled due to late developing storms. Cancellations will be announced on our Facebook page (www.facebook.com/pvaec). You may also sign up for our text message alert system at www.pvaec.org. Cancelled enrichment classes will be rescheduled whenever possible.

SCHOOL VACATION: There will be no classes on Monday, February 7 (Presidents Day), Monday, April 21 (Patriots’ Day), Monday, May 26 (Memorial Day), Thursday, June 19 (Juneteenth Independence Day), and Friday, July 4 (Independence Day). PVAEC reserves the right to make changes to the starting or ending dates, times and locations of courses when necessary. We are not responsible for typographical errors. Let us know at the time of registration if there is anything we can do to accommodate your needs.

PVAEC REGISTRATION FORM

Name: _____ Phone: _____
 Address: _____ Date of Birth _____
 Town: _____ State _____ Zip _____
 Email: _____

COURSE	Day/Date	Total Fee(s)
1: _____		\$ _____
2: _____		\$ _____
3: _____		\$ _____
4: _____		\$ _____
	Total Enclosed:	\$ _____

Credit Card: _____ Visa Mastercard
 Exp: (MM/YY) _____ Code: (3 digits on back) _____

Signature _____

*Credit Card charges apply (\$1.99 Convenience Fee per registration). Save money by paying by cash or check.



Scan with your smartphone camera to register online. You can register and pay online or register online and pay by mail. Just click “pay by check” on the registration page.

Register online at www.pvaec.coursestorm.com

Make checks payable to PVAEC and mail with this form to PVAEC, 50 Mayo Street, Dover-Foxcroft ME 04426
Please DO NOT send CASH by mail!

PVAEC

Fiscal Agent: MSAD 68
63 Harrison Ave., Suite C
Dover-Foxcroft ME 04426

Piscataquis Valley Adult Education Cooperative
50 Mayo Street
Dover-Foxcroft ME 04426
(207) 564-6525
www.pvaec.maineadulted.org
www.facebook.com/pvaec

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Do You Want to Teach?

Do you have a special talent or hobby you'd love to share? We're always looking for passionate individuals to join us in sharing their skills with the community!

Whether you're a seasoned professional or simply someone with a unique hobby, PVAEC is the perfect place to inspire and connect with others.

For more information, contact PVAEC Director, Dr. Joshua McNaughton at jmcnaughton@pvaec.org or go to www.pvaec.org for more info

LEARNING CENTER LOCATIONS:

PVAEC serves students in Dexter, Dover-Foxcroft, Guilford, Milo and everywhere in between.

Come see us at a Learning Center near you!



Dexter
Dexter Learning Center (DLC)
16 Church Street, Dexter



Dover-Foxcroft
Penquis Higher Ed Center (PHEC)
50 Mayo Street, D-F



Guilford
Guilford Fire Station (GFS)
4 School Street, Guilford



Milo
Milo Free Public Library
4 Pleasant Street, Milo

Website



www.pvaec.org

Facebook



facebook.com/pvaec

Instagram



[@pvaec_adulted](https://www.instagram.com/pvaec_adulted)

Register Online



www.pvaec.coursesform.com