Welcome to SCAE!

We are living at a historic time, and though we are navigating unchartered waters in the same ocean, we are all sailing different boats. Some have large sails that capture gusts of wind to propel us forward, while others have holes that threaten to sink us. What has struck me so profoundly through this time of uncertainty is the resiliency of our community—seen in the duct-taped patches on so many of our boats, and in the lifeboats casted to save one other. Whether you are swiftly sailing or just trying to keep from drowning, brighter days are ahead.

Spring brought unprecedented challenges that resulted in widespread employment insecurity and unemployment. Through periods of economic distress, many people find their way to adult education to set themselves apart from other applicants in the labor market—either through earning a high school diploma, enhancing English language skills, gaining workforce credentials, or preparing to transition to college. No matter your reason or your goal, we would love to talk with you. When you’re ready, we’ll be here, just as we have been since 1918.

The term “socially distance” has embedded itself in our language and our practices since March, but it is a misnomer. Though we must physically distance ourselves, we are social beings by nature, with an innate need for connection. Our enrichment courses provide participants with the ability to practice mindfulness and presence by learning new things, developing various interests, or practicing and perfecting cherished skills—all while connecting with likeminded community members and friends. In the pages that follow, you will see opportunities for both onsite and remote course offerings. Whether we are learning and moving together in classrooms or learning and moving together through computer screens, while connecting with likeminded community members and friends. In the pages that follow, you will see opportunities for both onsite and remote course offerings. Whether we are learning and moving together in classrooms or learning and moving together through computer screens, I encourage you to seize opportunities for connection this fall.

-Nichole Ivey, Director

Refund Policy, effective 7/1/2020:

• 100% credit or refund if course is cancelled.
• 100% refund less processing fees if participant withdraws at least five business days before the class. Refunds for online payments will be processed immediately. Refunds for cash or check payments may take up to two weeks to process.
• No refunds if participant withdraws within five days of the class.
• For multi-week (more than two) classes: 50% refund (by check) or 100% credit toward a future class if participant withdraws before the second class.
• In the event of closure, participants will receive 100% credit for onsite-only classes that have not begun. Participants will receive a prorated refund for incomplete onsite-only classes.
• No refunds or credits for onsite courses designed to transition to a remote format in the event of closure.

What’s Inside?

Welcome to SCAE ........... 2
Director’s Message, Information

Wellness ................. 9
Tai Chi - 3 levels, Meditation, Meditation in Motion

Come Back to School ........... 4
Academic Offerings at SCAE

Medical Training ............ 10
with Academy of Medical Professions

Workforce Training ........... 5
Welding, Machine Tools, Notary

Legal Training ............... 11
with Center for Legal Studies

Sewing with Style ........... 6
Napkins, Pillows, Runners, Apron, Valance, Gnomes

Enrich Your Life .............. 12
Dreams, Spanish, Writing, ASL, Become a Mystery Shopper

Hand Crafting .............. 7
Basket Weaving, Knitting, Macrame, Wet and Dry Felting

Enrich Your Life ............. 13
Birth Order; Substitute, Bullet Journal, Medicare, Parenting, Poverty Awareness

Fitness ..................... 8
Zumba, Barre-Lates, Gentle Yoga

Self Care Topics .......... 14
Freedom from Anxiety, Pain Survival

Weight Loss, Stop Smoking, Self Care

Online Certificates ........... 15
Bookkeeping, Time Management, Digital Marketing, More

Arts Afire Studio ............ 16
Clay Nights, Clay Ornaments, Marbled Paper, Beaded Bracelets

Arts Afire Clay & More ........ 17
Painting, Drawing, Holiday Fir Wreath, Print making, Woven Watercolor, More!

Computers ................ 18
Instagram for Business, Basic Game Design, Computer Skills, Excel, Web

Registration/Refund FAQ .... 19
Policies and Registration Form

Holiday Offerings ........... 20
Sanford Community Adult Education

21 Bradeen Street, Suite 201
Springvale, ME 04083
Phone: 207-490-5145
Email: AdultEd@sanford.org
Web: www.SanfordLearns.org

Adult Education
Learning for Work and Life

SCAE reserves the right to make changes to the start or end dates of courses when necessary and is not responsible for typographical errors. Let us 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 to ensure your safety.

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Classroom Location Key

ALC: Anderson Learning Center
CJL: Carl J. Lamb Elementary
SHS: Sanford High School
SRTC: Sanford Regional Tech Ctr.
Smith: Smith Home, Lebanon
Come Back to School!

Fall Academic Classes Begin September 8, 2020 but is never too early or too late to start! Contact us today to talk about how we can help you reach your goals! Call 207.490.5145, Text 312.767.7223, or Email AdultEd@Sanford.org.

High School Diploma

We can get your records to find out how many more credits you need to earn a traditional high school diploma.

High School Equivalency Diploma

The High School Equivalency Test (HiSET) is a five-part exam: reading, writing, math, science, and social studies. Upon successful completion of the exam, you earn a HiSET Diploma, which is widely accepted by employers, colleges, and the military.

“SCAE has inspired me to want to be a better version of myself and to reach higher for the life that I want to live.”

~2020 SCAE Graduate

Are you unemployed or underemployed?

Check out our workforce programs throughout this brochure, to include: welding, medical and dental professions, legal studies, accounting, and more!

Unsure about your next step?

We have a college and career counselor on staff, ready to explore options with you!

When I Grow Up

Christina Parks

“SCAE has helped me get my diploma so that I can be the best I can be.”

~2020 SCAE Graduate

Our ELL classes for communication, connection, and fun! We practice listening, speaking, writing, and reading with a focus on everyday life!

No diploma? Let us help!

“No diploma? Let us help!”

-2020 SCAE Graduate

Professional Notary Services

Certified Notary

“SCAE has helped me with my knowledge of the law and to better understand my duties as a Notary.”

~2020 SCAE Graduate

Becoming A Notary

Lisa Blanchette

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

Tues. & Thurs., 11/3-11/5, 6:00-8:00 pm; $37; ALC

Workforce Training

SCAE: 21 Bradeen St., Suite 201 • Springvale, ME 04083 • Phone: 207-490-5145 • web: www.SanfordLearns.org • E-mail: AdultEd@sanford.org
Sewing with Style

Custom Cloth Napkins
Lynne Stewart

Dress up your dining room table with a set of beautiful custom dinner napkins! Coordinate to your dishes or to your decor... or maybe go with a Christmas theme! Yardage: 1 yard (for 4 napkins).

Cover-me-Up! Aprons with Style!
Beth Wyatt

Fun, fun project! All you need are very basic sewing skills! Beth will share her expertise with you. She sells a lot of these aprons. Come make your own - just for you, or maybe for a thoughtful, home-made holiday present! See website for materials info.

Tuesday, 9/30-10/7; 6:00-8:00 pm; $35, Online via Zoom

Purse-sized Messenger Bag
Beth Wyatt

Create a purse-sized messenger bag made with upholstery fabric or canvas, fully lined with two outside pockets (one zipped) and one inside pocket. An adjustable strap (made from webbing or outside fabric) completes the look. See website for materials info.

Wednesday, 9/30-10/7; 6:00-8:00 pm; $35, Online via Zoom

Casual Couch Pillow
Lynne Stewart

Create a unique pillow to enhance your living or family room sofa. This pillow looks tailored and professional, but requires just a few special skills; you can do it! Finished product will have piping around it as well as a zipper. Yardage: 1/2 yards. Pillow forms, zipper, piping available from instructor for $20.

Tuesday, 9/15; 6:00-8:00 pm; $28, ALC, Arts Afire Studio

Custom Kitchen Valance
Lynne Stewart

Got that one window (over the kitchen sink? or in the bathroom?) that just needs a little punch of color and style? This is a super easy project that shows off in style - big time! Yardage: 1 Yard.

Tuesday, 11/3; 6:00-8:00 pm; $28, ALC, Arts Afire Studio

Gnome Sweet Gnome
Lynne Stewart

These are not your Grandma’s garden Gnomes. These cute little guys live inside a shelf or fireplace mantle. Using both machine and hand sewing techniques, Lynne will show you how to make these adorable Gnomes from fleece and recycled sweaters. Bonus: We’re adding a second session - dedicated to holiday gnomes! What a cute holiday display these guys will make!! Some sewing skills required (threading a needle/sewing a button). Please bring a sewing machine in working order. Materials fee $15 payable to the instructor. Tuesday, 10/6; 6:00-8:00 pm; $28, ALC, Arts Afire Studio Holiday Gnomes. Tuesday, 12/8; 6:00-8:00 pm; $28, ALC, Arts Afire Studio

Knitting Basics
Victoria Vaughn

Ideal for beginning or “rusty” knitters. Casting on, ending a project and repairing mistakes will be covered, as well as mastery of the basic knit and purl stitches, the foundation of all knitting. See website for materials list. Specify session. No class 10/12.

Monday, 9/14-10/26; 6:00-8:00 pm; $52, ALC 141 Monday, 11/2-12/7; 6:00-8:00 pm; $52, ALC 141

Marvellous Macrame
Tish Rimmer

Macrame is back and better than ever! Old school hands-on knotting and beading meets today’s easy-but-impressive designs! Basic materials provided. See website materials info and fees! Specify date/project when registering. “Special” kid-friendly keychain project available - bring your child (ages 6 to 12) for an additional $18 to the Wall hanging session on 11/17!

Coasters: Tue., 9/29; 6:00-8:00 pm; $32, ALC Wallhanging: Tues., 11/17; 6:00-8:00 pm; $32, ALC

Kids’ Keychain: Tuesday, 11/17; 6:00-8:00 pm; $18, (when accompanied by registered adult); ALC

Four Seasons Basket
Christine Smith

The whole set of Four Seasons Baskets is now available. It makes a great set of storage baskets that look great together on a shelf. If you already have one or two, you can finish your set. Another option is to put a different tree on each side of one basket. Each basket measures about 11” across and 8” high. Materials fee of $20 is payable to the instructor at class. Thursday, 9/17-9/24; 6:30-9:00 pm; $34, Smith Homestead, Lebanon

Windows Basket
Christine Smith

The squares in the bottom of this window basket remind me of windows with lots of panes. It is a large, shallow basket that has a sturdy handle. It measures 15” square. Materials fee of $25 is payable to the instructor at class. Thursday, 10/8-10/15; 6:30-9:00 pm; $36, Smith Homestead, Lebanon

Basket Finishing Night
Christine Smith

If you have unfinished projects left over from Spring or extra kits, this is the time to wrap them up.

Thursday, 11/19; 6:30-9:00 pm; $25; Smith Homestead, Lebanon

Tall Footed Vase Basket
Christine Smith

This is a fun, artsy basket. It measures 16” tall. Materials fee of $20 is payable to the instructor at class. Thursday, 11/3-11/12; 6:30-9:00 pm; $34; Smith Homestead, Lebanon

Wet Felting
Flowers!
Beth Wyatt

Discover wet felting with wool, soap and water. Create colorful flowers that last forever. Select from a wide variety of colorful wool to personalize wearable art. Wear as a brooch or attach to your favorite hat! Have some fun with felt. Materials kit fee ($15) included in course fee. See website for details.

Thursday, 10/29; 6:00-8:00 pm; $43; Online via Zoom

Dry Needle Felting - Pumpkins & Acorns
Beth Wyatt

Create your own colorful fall pumpkin or cluster of acorns. Using felting needles and colorful wool roving you will make your very own felted autumn decoration. Kit included in course fee. See website for details.

Thursday, 11/12; 6:00-8:00 pm; $40, Online

Hand Crafting

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**Fitness**

**Zumba**

_Darcy Kent_

Zumba returns to SCAPE, courtesy of Darcy! Latin music, dance moves, and a great combination of aerobic work makes this class a super-fun way to get in shape! Bring a water bottle. No class 11/11 & 11/25.

- **Tuesday, 9/15-10/20; 6:15-7:15 pm; $60; CJL Cafeteria**
- **Tuesday, 10/27-12/1; 6:15-7:15 pm; $60; CJL Cafeteria**

**Barre-Lates!**

_Darcy Kent_

Barre-lates is the hottest new workout and Darcy is bringing it here! A combination of ballet-inspired moves, postures with elements of Pilates, dance, yoga and strength training for super-control in your core, this workout will make you work! Bring a water bottle and a yoga mat!

- **Tuesday, 9/15-10/20; 6:15-7:15 pm; $60; CJL Cafeteria**
- **Tuesday, 10/27-12/1; 6:15-7:15 pm; $60; CJL Cafeteria**

**Meditation in Motion**

_Cindy Simon_

This unique opportunity includes walking meditation, yoga/stretching/tai chi movements (in a chair or moving), as well as mindfulness exercises for improving awareness of each moment, for listening, observing, breathing, being still, and calm.

- **Wednesday, 9/30-10/21; 12:15-1:00 pm; $45; ALC 140**

**Gentle Yoga**

_Jazzmin Jade_

Gentle Yoga is great place to take it slow and still experience all the benefits of yoga. In this class we focus on releasing tension, connecting with the breath and helping students gain strength and flexibility. Jazzmin guides the class with a mix of classical hatha, restorative, and yin yoga with variations and modifications to accommodate all levels of yoga students. When you leave this class, you will be feeling refreshed and energized! All you need is your yoga mat, a pair of yoga blocks and some water! Namaste!

- **Specify session:**
  - Tuesday, 9/9-10/20; 6:15-7:15 pm; $60; CJL Gymnasium
  - Tuesday, 10/27-12/1; 6:15-7:15 pm; $60; CJL Gymnasium

**Tai Chi For Arthritis And Fall Prevention**

**Basic Core Movements**

_Dennis Fallo, Board Certified - Tai Chi for Health Institute_

Experience Sun style Tai Chi in this easy and enjoyable beginner’s program designed by Dr. Paul Lam. Improve balance, focus, fall prevention, health, and wellness. The program is approved by the Arthritis Foundation, the CDC, as well as other organizations. Please wear loose clothing and flat-bottom footwear suitable for exercise.

- **Thurs., 9/17-10/22; 9:00-10:00 am; $60; ALC 140**

**Extension Movements**

_Dennis Fallo, Board Certified - Tai Chi for Health Institute_

Continue with the next six lessons using Sun style Tai Chi designed for folks who have completed the Basic Core Movements. These contain a natural progression by Dr. Paul Lam and will help increase focus, balance, flexibility, and fall prevention. Please wear loose clothing and flat-bottom footwear suitable for exercise.

- **Thurs., 10/29-12/10; 9:00-10:00 am; $60; ALC 140**

**Wellness**

_Please Note!_ This class will be held onsite, face-to-face.

_Please Note!_ This class will be held remotely, with instruction taking place online.

- **This class is designed to "flip" from onsite to remote, should we need to close our buildings.**

**Extension Movements**

_Dennis Fallo, Board Certified - Tai Chi for Health Institute_

Sun style Tai Chi designed for folks who have completed and are comfortable with the first 12 lessons of Basic Core and Extension Movements. This innovative program, designed by Dr. Paul Lam, is for students who are looking for a more challenging set to complete the Tai Chi for Arthritis Program. Please wear loose clothing and flat-bottom footwear suitable for exercise.

- **Thurs., 12/17-1/21; 9:00-10:00 am; $60; ALC 140**
Certified Group Exercise and/or Personal Trainer

Academy of Medical Professions

Start a new career as a Group Fitness Instructor! Lead any type of group exercise program. Includes CPR and First Aid certifications. Work in any type of fitness facility (assisted living and colleges, childrens or kids’ sports.) If you are looking to change one life at a time and work closely with a client, this is a great career. Online. Choose your dates & times; $1500 - Group or Personal Training, $3000 - Both Programs

Dental Assisting

Academy of Medical Professions

Prepare patients to see the dentist. Sterilize and lay out dental instruments for the dentist and hand instruments to him/her during the exam. Take and process x-rays. Remove sutures. Apply anesthetics to gums and anti-cavity agents to teeth, and so much more! Monday, 10/19-12/21; 6:00-8:00 pm; $2500; Online

Medical Office Specialist

Academy of Medical Professions

Medical Administrative Assistant and Certified Medical Biller. Opportunities for employment are growing due to constant change within the medical profession and the surge of cross-training. Includes terminology, front office skills, EHR/EMR for the office, MedTrak electronic records system. Wednesday, 10/14-2/10; 5:30-8:30 pm; $3200; Online

Clinical Medical Assistant

Academy of Medical Professions

A CMA is a medical support professional who performs a variety of tasks for physicians in providing patient care, while ensuring that offices run smoothly and efficiently. Tues. & Thurs. 10/13-2/4; 5:30-8:30 pm; $3200; Online

Medical Transcription Certificate

Amy Collin, AMP

Turn dictated medical information into typed records through the use of various types of equipment, such as micro-cassette recorders, Wav files and phone systems. A Medical Transcriptionist is responsible for receiving verbal information and accurately typing it into a word processing program. Course is state licensed, insured and bonded and all instructors are at-home medical transcriptionists who will show you all the tricks of the trade. Online; Choose your dates & times; $2650

Phlebotomy (CPT Certification)

Academy of Medical Professions

Phlebotomy techs draw blood for testing to help in the detection and diagnosis of disease, transfusion, donations and research. They are employed in hospitals, clinics, private practices, diagnostic laboratories and blood banks. Tues. & Thurs., 10/13-12/15; 5:30-9:00 pm; $2400; Online

Medical Coding

Academy of Medical Professions

Medical billers/coders review doctor documents for assigning proper codes for submitting insurance claims, and then track those claims to completion. Upon completion of this program you will take your national certification of CPC. Thursday, 10/15-3/4; $3750; Online

Paralegal Certificate

Paralegalism is one of the fastest growing careers in the country with an annual salary of $44K+. Practice-oriented instruction, specific to applicable areas of law. Online. 8/24-10/9 or 10/19-12/4 Course: $1595; Books: $511

Personal Injury for Paralegals

Learn legal terms, causes of action, and remedies available to victims of personal injury accidents & more. Online; 8/24-10/9 or 10/19-12/4 Course: $995; Books: $235

eDiscovery for Paralegals

Broaden your knowledge of the eDiscovery process. Course covers preparation, collection, and review of Electronically Stored Information (ESI). Progress through the basics of eDiscovery prep, best practices for ESI collection, and the review process. Online. 8/24-10/9 or 10/19-12/4 Course: $995; Book (recommended) $49

Law School Preparation

Prepare for the first year of law school and beyond. Excel in, and not merely survive, your first year of law school. Discover what to expect from the Socratic teaching method and master the casebook method of instruction used at nearly all law schools. Explore case briefing, effective note taking, and mastery of your final exams. Make the most of your legal career, a career that begins now! Online; 8/24-10/9 or 10/19-12/4 Course: $3000; Books (recommended): $80

Other CLS Classes Available at SCAE

*Advanced Legal Research and Writing
*Employment Law Certificate Course
*Intellectual Property Law for Engineers
*Legal Nurse Consultant Training Course
*Prepare for GMAT, GRE, & LSAT Exams
*Software Essentials for the Law Office

Legal Investigation Certificate

Assist in the process of civil and criminal investigation: arson and product liability investigation, personal injury and traffic accident forensics, employment accidents and more. Online; 8/24-10/9 or 10/19-12/4 Course: $995; Books: $25

Victim Advocacy Certificate

Advocate for domestic violence shelters, crisis centers and hotlines. Assist crime victims in the justice system. Terminology, process, victims’ rights, jurisdiction and venue, ethics & more. Online; 8/24-10/9 or 10/19-12/4 Course: $995; Books: $60

Alternative Dispute Resolution (Mediation) Certificate

Learn both traditional and non-traditional dispute resolution options. Mediation is geared for all professionals who are focused on “interest-based bargaining.” Online; Online; 8/24-10/9 or 10/19-12/4 Course: $995; Books: $100

Legal Secretary Certificate

Improve skills and work efficiently within the legal office regarding legal terminology and process; jurisdiction and venue; ethics; communications (letters, pleadings, discovery, notices and motions) filing procedures; billing and accounting; time management; records management; commonly used software; research; memoranda and citation formats. Online; 8/24-10/9 or 10/19-12/4 Course: $995; Books: $109

If you complete a Center for Legal Studies course with SCAE, we will reward you with a $25 gift certificate toward any Enrichment class. Thank you!
Dream Interpretation
Cindy Simon
Learn how to make sense of your dreams, what they mean for you and how to receive wisdom and intuitive guidance from your dreams.
Tuesday, 12/8; 6:00-7:30 pm; $35; ALC

Spanish Basics
Angie Lambert
Come and enjoy a fun and interesting class. Explore the basics of Spanish. Although the focus will be on speaking and listening, you will also develop your reading and writing skills. Let’s talk about culture, art, food and fun. Get ready for your next trip with us!
Thursday, 9/17-10/22; 6:30-8:30 pm; $75; ALC 128

Creative Writing
Victoria Vaughan
Does spelling or grammar stop you from writing? Have you been fascinated by storytelling but don’t know where to start? Are you writing and simply looking for a place to get valuable feedback, a place to share your work with others? This judgement-free class will help you find an authentic voice. Come, support and learn from each other. Specify session.
Tuesday, 9/15-10/20; 6:00-8:00 pm; $63; ALC 128

American Sign Language I
Kandyleigh Provencher
ASL 1 is fun and designed for beginners and those who took ASL many years ago. Learn basic vocabulary for introduction, colors, food, family and basic directions. Not required, but an ASL dictionary is helpful. New vocabulary and assignments/activities will be handed out at each class.
Tuesday, 9/7-10/26; 6:00-8:00 pm; $63; ALC 128

Become a Mystery Shopper
Sandra Thompson
Do you enjoy shopping, eating out, and exploring new places? Are you interested in making money while patronizing local establishments? Become a Mystery Shopper and get paid for shopping in your spare time!! With as little as a few hours a month, you can earn money by shopping everything from fine dining and movie theaters, to fast food restaurants, gas stations, retail stores, and more. This course will arm you with the basics of working as a Mystery Shopper, including how to find reputable agencies and manage submissions, as well as provide you with a variety of tips and tricks to help you become a successful (and lucrative) Mystery Shopper.
Thursday, 11/13; 6:30-8:00 pm; $25; ALC

Birth Order
Cindy Simon
Learn about how birth order can influence relationship choices, career paths, interactions with children/grandchildren and how your birth order can make you more susceptible to specific illnesses. Understand yourself and those in your life better, by discovering birth order patterns.
Monday, 11/16; 6:00-7:30 pm; $35; ALC

Become a Substitute Teacher
Sandra Thompson
Learn the foundational skills to be a successful classroom sub. Discover the basic responsibilities of a sub, such as the process, duties, school and classroom orientation, interpreting/implementing plans, health and safety information, professionalism, and legal and ethical considerations. Explore working in the educational community, including behavioral and classroom management tips, age-appropriate learning strategies and more.
Tues. & Thurs., 10/20-10/22; 5:30-8:30 pm; $60; ALC

If Not Me, Then Who?
Poverty Awareness Training
Lisa Blanchette, SCAE
Do you want to make a difference for those who live in the crisis of poverty? Would you like to develop a deeper understanding of the many different life experiences of poverty? Develop tools for breaking poverty barriers, improving outcomes, and changing lives! Lisa has participated in a train-the-trainer session with Dr. Donna Beegle, author of this amazing training. Training: 7 segments. Participants will have a guide book, watch DVD/video segments, participate in learning/reflection activities, case studies, and role plays. This training is designed to assist individuals and organizations to go beyond addressing immediate needs (e.g., food boxes, temporary shelter, etc.) to a more systemic approach to help our neighbors. Course fee includes guide book and CEH certificate for educators.
Friday, 10/16-10/23; 8:30 am-3:30 pm; $25; ALC

Bullet Journaling
Sandra Thompson
Do you have a million different to-do lists floating around? Do you want to be more organized but don’t know where to start? Do you already have several systems of organization but need one way to keep track of it all? Bullet Journaling is the answer to your organizational prayers! Learn a few simple and life-changing tricks to organize your entire life in one place and walk away with your own personalized Bullet Journal and starter tools. Materials fee of $12 payable to the instructor at class.
Tuesday, 11/10; 6:30-8:00 pm; $19; ALC

Understanding Medicare
Robert Survey
When do I become eligible for Medicare benefits? What’s the timeline for enrolling for benefits without penalty? What does original Medicare cover and not cover? What additional plans are available? Come get the answers!
Wednesday, 10/14; 6:30-7:30 pm; $25; ALC 141

Nurturing Parenting
Katherine Adams, LSW, Kids Free to Grow
Parenting can be hard! You’re not alone! The Nurturing Parenting program will cover topics such as: communicating with respect, building self-worth, morals, values and rules, dealing with stress and anger and many more. Join us in this laid-back group that leaves room for conversation and sharing! Certification of completion available. No class 10/12. Pre-registration required. Monday, 9/14-10/26; 6:00-7:00 pm; FREE; ALC

Fascinated by art, food and fun. Get started today! Find your way to a more fulfilling, productive life with Sanford Learns. Whatever your interest or need for personal growth, Sanford Learns is your one-stop shop. Learn more at www.SanfordLearns.org or call 207-490-5145.
Mind - Body Weight Loss System
Caroann Cliche
This is a proven weight-loss system that the instructor uses with clients in her professional practice. It includes an easy holistic diet plan, powerful NLP Neurolinguistics techniques for changing your eating habits and stopping emotional stress eating. NLP has the power to change how you think about food, making all these positive changes permanent! Includes a powerful NLP recordable therapy script for home use that helps reinforce healthy habits and steady weight loss. Bonus: 20 minute NLP therapy session to change eating habits! Materials: Workbook ($20) payable to the instructor at class. Tuesday, 9/22-9/29; 6:00-8:00 pm; $69; ALC

Successfully Stop Smoking
Caroann Cliche
Quit for the Great American Smoke Out! Learn powerful NLP Neurolinguistics techniques, tips and strategies to successfully stop smoking.
NLP is an easy, modern approach to quitting, and has the power to release old habits, eliminate withdrawal symptoms and urges to smoke. It even changes how you think about cigarettes! Includes NLP techniques combined with hypnosis in a very powerful recordable therapy script for a home program. Bonus: 30 minute smoke cessation session in class to get you started! (Instructor previously taught the American Cancer Society Smoke Cessation program) Materials: Workbook ($10) payable to instructor at class. Thursday, 11/15; 6:00-8:00 pm; $49; ALC

Self Care 101
Caroann Cliche
During these stressful times self care is a luxury but actually a form of healthcare and an essential component to overall wellness. Concentrate on mental, physical, emotional and spiritual needs. Learn all-natural holistic therapy approaches that soothe and nourish the soul, help restore and replenish your energy, while reducing stress and anxiety. Bonus: 20 minute relaxing guided imagery meditation that promotes wellness, soothes the soul and reduces stress! Materials: Workbook ($10) payable to instructor at class. Wednesday, 10/21; 6:00-8:00 pm; $39; ALC
Adult Clay Nights
Amanda Williams

Explore a fun and easy beginner-level project. Learn to hand build sculptural forms. Decorate your pieces before firing. Great for those new to clay, or looking to try something new! Each week will be a new project. Register with a friend and make it a girls’ night or significant other or looking to try something new! Each week will be a new project. Great for those new to clay, or looking to try something new! And we’ll let you know when it’s ready for pick up!

We would love to have you onsite for Amanda’s pottery classes, but the studio size does not allow for safe social distancing. We’ve trammed up with Amanda to provide these fun pottery classes right in the comfort of your own home or studio. Prior to the start of class, we will arrange pick up of material kits. On the day of class, Amanda will provide instruction through Zoom. Gather these homemade “tools” for your live, online session with Amanda: a butter knife, a ruler or straight edge, a fork or comb, an old plastic credit card or gift card, a dish for water, newspaper, and a plastic bag to cover the finished piece while drying. Optional tools: a sponge, a chopstick, a paint brush, and interesting objects with textures you can press into the clay to add visual elements.

Once the session is complete, and you’re satisfied with your project, you’ll bring it back to the studio, and we will get it in the next available kiln firing. and we’ll let you know when it’s ready for pick up!

Clay Ornament Night
Amanda Williams

We are one of our most popular sessions! We’ll be creating hand-built clay ornaments to decorate your holiday tree. Course fee includes clay and firing. Specify date when registering. All sessions 6:00-8:00 pm; $46; ALC-Online.

Materials fee of $20 payable to instructor at class. Thursday, 11/13; 6:00-8:00 pm; $35; ALC - Online.
**Certificate in Basic Game Design**

- **Basic Game Design Certificate (2)**
  - Online; 9/8-10/30; $395

- **Intermediate Game Design**
  - Online; 10/5-10/30; $245

**Newest and Most Popular Classes**

- **Graphic Design Software Essentials UGotClass Certificate**
  - Includes Illustrator Essentials, Photoshop Essentials, and InDesign Essentials.
  - Online; 9/8-10/2; 225

- **Web Design UGotClass Certificate**
  - A website’s design defines the organization’s credibility.
  - Producing effective web design is essential knowledge. Includes Intro to Web Design, Intermediate Web Design, and Advanced Web Design.
  - Online; 9/8-10/2; 225

**For Work**

- **MS Excel Mastering Computer Skills for the Workplace Betsy Flanagan, UGotClass**
  - Must-have skills to succeed in the workplace include the ability to create, edit and manage presentations in MS PowerPoint, documents in MS Word, email and calendars in MS Outlook, and spreadsheets in MS Excel.
  - Stay current with this class, as it is always up-to-date and will change as the features of MS Office change over time. Master the most common uses so that you can work faster and more efficiently and can take your computer skills from plain and drab to exciting and engaging.
  - Leave class with a set of skills that are a workplace requirement in today’s fast paced, ever-changing environment. Ensure your future career success.
  - Online; 9/8-10/2; $195

- **Intermediate Web Design**
  - Online; 10/5-10/30; $245

- **Advanced Web Design**
  - Online; 11/2-11/27; $195

**For Fun**

- **Graphic Design UGotClass Certificate**
  - Includes Illustrator Essentials, Photoshop Essentials, and InDesign Essentials.
  - Online; 9/8-10/2; 225

- **Intro to Web Design**
  - Online; 9/8-10/2; 195

- **Intermediate Web Design**
  - Online; 10/5-10/30; 245

- **Advanced Web Design**
  - Online; 11/2-11/27; 245

**For Business**

- **Marketing Essentials**
  - Please do not mail cash!

- **Graphic Design Software Essentials UGotClass Certificate**
  - Includes Illustrator Essentials, Photoshop Essentials, and InDesign Essentials.
  - Online; 9/8-10/2; 225

- **Web Design UGotClass Certificate**
  - A website’s design defines the organization’s credibility.
  - Producing effective web design is essential knowledge. Includes Intro to Web Design, Intermediate Web Design, and Advanced Web Design.
  - Online; 9/8-10/2; 225

**For Learning**

- **MS Excel**
  - Online; 9/8-10/2; 195

- **Intermediate Excel**
  - Online; 10/5-10/30; 195

- **Advanced Excel**
  - Online; 11/2-11/27; 195

**For Students**

- **Microsoft Word**
  - Online; 9/8-10/2; 195

- **Intermediate Microsoft Word**
  - Online; 10/5-10/30; 195

**For Teachers**

- **PowerPoint**
  - Online; 9/8-10/2; 195

- **Intermediate PowerPoint**
  - Online; 10/5-10/30; 245

- **Advanced PowerPoint**
  - Online; 11/2-11/27; 245

**For Adults**

- **Microsoft Excel**
  - Online; 9/8-10/2; 195

- **Intermediate Microsoft Excel**
  - Online; 10/5-10/30; 195

- **Mastering Microsoft Excel**
  - Online; 9/8-10/2; 195

**For Entrepreneurs**

- **Select Marketing**
  - Please do not mail cash!

- **SEO Essentials**
  - Please do not mail cash!

**For Educators**

- **PowerPoint**
  - Online; 9/8-10/2; 195

- **Intermediate PowerPoint**
  - Online; 10/5-10/30; 245

- **Advanced PowerPoint**
  - Online; 11/2-11/27; 245

**For Professionals**

- **Data Analysis**
  - Please do not mail cash!

- **Python Programming**
  - Please do not mail cash!

**For Community**

- **Web Design UGotClass Certificate**
  - A website’s design defines the organization’s credibility.
  - Producing effective web design is essential knowledge. Includes Intro to Web Design, Intermediate Web Design, and Advanced Web Design.
  - Online; 9/8-10/2; 225

- **Intro to Web Design**
  - Online; 9/8-10/2; 195

- **Intermediate Web Design**
  - Online; 10/5-10/30; 245

- **Advanced Web Design**
  - Online; 11/2-11/27; 245

**For Students**

- **Microsoft Word**
  - Online; 9/8-10/2; 195

- **Intermediate Microsoft Word**
  - Online; 10/5-10/30; 195

- **Advanced Microsoft Word**
  - Online; 11/2-11/27; 195

**For Teachers**

- **PowerPoint**
  - Online; 9/8-10/2; 195

- **Intermediate PowerPoint**
  - Online; 10/5-10/30; 245

- **Advanced PowerPoint**
  - Online; 11/2-11/27; 245
**Sanford Public Schools**
917 Main Street, Suite 200
Sanford, ME 04073

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ECRWSS

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**Prepare for some Happy Holidays at SCAE!**

Here are a few of our featured courses with a holiday theme!

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**Clay Ornament Night**
**Amanda Williams**

Here’s a fun project for everyone! Last year this was one of our most popular sessions! We’ll be creating hand-built clay ornaments to decorate your holiday tree. Course fee includes clay and firing.

Friday, 12/4; 6:00-8:00 pm; $40; (or group/family $65); ALC - Online

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**Custom-made Table Runner**
**Lynne Stewart**

Adding a runner to your dining room table creates a unique decor. Incorporate a runner into your decoration scheme or let it shine as the theme itself. Basic, beginner sewing skills needed.

*Yardage: 1 yard for 36” runner.*

Tuesday, 10/27; 6:00-8:00 pm; $28; ALC; Arts Afire Studio

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**Fresh Fir Holiday Wreath**
**Tish Rimmer**

Create a beautiful, lush, full fir wreath to perfect your holiday door this season. Greens, form, wire and bow will be provided ($12 payable to instructor at class). Please feel free to bring in any embellishments you wish to add! Light work gloves are recommended. Bring wire cutters and hand brush cutters if you have them!

Tuesday, 12/1; 6:00-8:00 pm; $28; ALC, Arts Afire Studio

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**Gnome Sweet Gnome**
**Lynne Stewart**

These are not your Grandma’s garden Gnomes. These cute little guys live inside on a shelf or fireplace mantle. Using both machine and hand sewing techniques, Lynne will show you how to make these adorable Gnomes from fleece and recycled sweaters. **Bonus:** We’re adding a second session - dedicated to holiday gnomes! What a cute holiday display these guys will make!! Some sewing skills required (threading a needle/ sewing a button). Please bring a sewing machine in working order.

Materials fee $12 payable to the instructor at class.

Tuesday, 10/6; 6:00-8:00 pm; $25; ALC, Arts Afire Studio

Holiday Gnomes: Tuesday, 12/8; 6:00-8:00 pm; $25; ALC, Arts Afire Studio

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**Clay Ornament Night**
**Amanda Williams**

Create several colorful decoupage holiday ornaments with mod podge glue and layers of decorative napkins and tissue paper! Build a theme for your holiday decorating.

Materials fee of $12 payable to the instructor at class.

Thursday, 12/3; 6:00-8:00 pm; $28; ALC, Arts Afire Studio

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**Decoupage Ornaments**
**Tish Rimmer**

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