

# 2012 Adult Education

## Winter/Spring Semester

Please Pre-Register by calling:

668-5291 EXT 16

Classes Begin Sunday, Jan. 22nd

*GED Testing: If you have not finished your high school diploma requirements, an alternative credential is the GED state diploma. By taking 6 tests of general knowledge in writing, reading, social studies, math (2), and science you may qualify for an equivalency diploma. GED testing at Forest Hills School is conducted on an ongoing basis. Call the Adult Education Department for more information at 668-5291 Ext 16. The GED program is a confidential testing service.*



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M.S.A.D. #12/RSU #82 Adult Education  
606 Main Street  
Jackman, ME 04945  
207-668-5291 Ext. 16

Bulk Rate  
U.S Postage Paid  
Jackman, ME 04945  
Permit No: 7

Postal Patron  
Jackman, ME 04945

Check out our online class offerings at [www.ed2go.com/forest](http://www.ed2go.com/forest). Classes start every month and run for 6 weeks. Over 300 classes available and there's something for everybody! Our online courses are affordable, fun, convenient and geared just for you.



**Gym Walkers:** Come join us each week-day mornings for a walk in a safe, controlled environment at no charge! The gym will be open based on the school calendar. Sneakers and/or walking shoes are required.  
*Monday-Friday @ 6:15-7:15a.m*



Search: Jackman Maine Adult Education

**We are currently looking for instructors in all areas, academic, recreational and enrichment. If interested, please contact us at:**

M.S.A.D. #12/RSU #82 Adult Education  
606 Main Street  
Jackman, ME 04945  
Phone: 207-668-5291 Ext. 16  
Fax: 207-668-4482  
E-Mail: [harald.moore@sad12.com](mailto:harald.moore@sad12.com)  
Or [theresa.crawford@sad12.com](mailto:theresa.crawford@sad12.com)

**Sundays:** Join us for a little competition and fun.

**Co-ed Volleyball** Time: 6-7:30p.m

\$25 per session or \$3 per night.

Facilitator: Melissa Carrier

**Monday-Tuesday-Thursday:**

**Adult Strength & Conditioning**

Time: 6:30-7:30p.m

Gain confidence as you gain strength and burn body fat. This total body workout applies the principles of training to tone your body and increase muscle strength and endurance. Proper lifting techniques and safety protocol are developed in a small group setting during the weightlifting portion of the program. The strength and conditioning can be adapted to challenge the individuality of every participant. Individual's progress is tested and measured to provide sound conclusive evidence of improvement throughout the course. This program will run 3 days a week. *(Dates and times may be subject to change)*

Instructor: Justin Neal

Fee: \$35

**Monday-Wednesday**

**Men's Basketball**

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

**Begins February 27th.**

Fee: \$25.

**Mondays:**

**Motivational "Lose Weight & Get Healthy" Group**

Time: 6:30-7:30 p.m.

- Get great tips & recipes
- Share triumphs & struggles
- Become a new you!

Bring a notebook and pen. Do it for every time you cried over your body. Do it for every time you hated what you saw in the mirror. Do it for yourself. Lose that weight!

Facilitator: Denise Neal Fee: \$25

**Tuesdays & Thursdays:**

**Jillian Michaels' Ult. Body Makeover**

Time: 6:30-7:30 p.m.

JM Body Makeover provides you with an intense workout sure to make you sweat. Eliminate those trouble zones and turn up the burn and melt off the fat with dynamic cardio circuit workouts

Instructor: Denise Neal Fee: \$25

**GPS Class**

Have you heard about GPS (Global Positioning System) and want to know more? Do you have a GPS receiver and wish you had a better idea on how to use it? Whether you are a beginner, or have some experience with GPS, this class is for you. There will be both indoor

instruction as well as an outdoor exercise, so come prepared to be outside.

**FEB. 16, 2012 6:30 PM FEE: \$10**

Facilitator: Bill Jarvis

**Tuesdays:**

**Scrapbooking**

Time: 6:30-8:00 p.m.

Need a space free from phone calls, kids, etc? Come join us for a night of scrapbooking, sharing ideas and finishing those "undeveloped" projects! Bring your tool kit, supplies and create memories. This class is for all levels of scrapbookers. Call now to reserve your space!

Facilitator: Tina Jarvis Fee: \$25

**Wednesday:**

**Creative Home Cooking**

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

Need some inspiration in the kitchen? Come join Chef Ryan Campbell, on Wednesday evenings as he guides you to creating new meals that your family can enjoy. Ryan will teach you about appetizers, soups, salads, entrees, and some quick desserts that are sure to please all at home. Depending on the size of class we may place participants in groups of 3 or more. Each group will be responsible for one part of the meal. **We will be eating the meal after it is prepared! PRE-REGISTRATION NEEDED!!!**

Chef Ryan Campbell Fee: \$35

# WANTED

LIFELONG LEARNERS TO SIGN UP FOR THE FOLLOWING CLASSES:

## FIRST AID/CPR

M.S.A.D.#12 Adult Education Department would like to conduct a First Aid/CPR class. However, in order to do so, we must have a minimum number of participants. If you are interested in such a class, please contact us. Once we have enough interest, we will be able to schedule a class and notify pre-registered students/businesses. **We have several sign-ups but still need a few more to make this happen!**



The Forest Hills Adult Education program is in the process of becoming your Community Connection for information on how you can use Maine's expanding high-speed, broadband internet connectivity to help you meet educational goals, enrich your life, obtain health information, access governmental services and enhance economic and community development. In the near future, you will be able to contact our office and arrange a special presentation on the importance of high speed internet for your civic or social organization. The symbol below will identify courses and workshops where you will learn about high-speed internet connectivity. This community education program is presented in cooperation with the Maine Department of Education and the ConnectME Authority. Learn more at [www.maine.gov/connectme](http://www.maine.gov/connectme) and check the speed on your internet connection.

The MARTI project is funded by the American Recovery and Reinvestment Act State Broadband Infrastructure Program.



Look for this symbol in future mailings.



# ONLINE LEARNING

ANYTIME, ANYWHERE  
...JUST A CLICK AWAY!

has some exciting new online learning options.

To see all that we have available visit our website at:

## ed2go Instructor-Led Courses

These courses run for six weeks (with a 10-day grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any course entirely from your home or office. Any time of the day or night.

### Speed Spanish

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

### Become an Optical Assistant

Learn what it takes to become an optical assistant and discover why it's one of today's most popular and fascinating career opportunities.

### Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

### Designing Effective Websites

Learn powerful graphic design techniques and build Web sites that are both attractive and wickedly effective.

### Starting a Nonprofit

Industry veteran shows you how to take a nonprofit business from vision to reality.

### Secrets of Better Photography

Explore strategies and learn a variety of tricks to create excellent photographs in all types of situations.

### Everyday Math

Gain confidence in your basic math skills and start using math to your advantage.

### Creating a Successful Business Plan

Turn your business ideas into a solid plan for financing and long-term success.

### 12 Steps to a Successful Job Search

World-renowned author and career advisor shows you how to get the job you want quickly and easily and in any economy.

## ReadyMATH

Are you college bound and need to improve or refresh your math skills?

*ReadyMATH* provides the most comprehensive and efficient math curriculum designed to teach you only what you need to know. The custom-tailored tool gives you the foundation knowledge required to pass the college math placement exam or prepare you for successful completion of a college level math course.

*ReadyMATH* covers:

- Basic Arithmetic
- Beginning Algebra
- Pre-algebra
- Intermediate Algebra

*ReadyMATH* is an effective way to prepare for the following exams:

- Compass, Accuplacer, Asset tests
- SAT or ACT exam
- GED exam

## Summer School Credit Recovery

Are you a high school student that needs to make up or retake a course?

Enroll in a credit recovery course to get on track to earn your high school diploma!

- **Flexible:** Online courses are available anytime, anywhere
- **Accredited:** Southern Association of Colleges and Schools
- **Convenient:** Work at your own pace on your schedule

*One semester course  
is equivalent to  
0.5 Carnegie unit*

Nine Courses Available:

- |                    |                |                      |
|--------------------|----------------|----------------------|
| <b>Mathematics</b> | <b>Science</b> | <b>Language Arts</b> |
| • Algebra I        | • Biology      | • English I          |
| • Geometry         | • Chemistry    | • English II         |
| • Algebra II       |                | • English III        |
|                    |                | • English IV         |



## Career Online High School

Are you an adult looking to earn your high school diploma?

Now you can train for a new career while earning your high school diploma. Career Online High School offers career-credentialed certificates programs for in-demand careers, such as:

- Early Childhood Education
- Criminal Justice
- Homeland Security
- Transportation Services
- Office Management

Our customized online high school program provides you with an opportunity to learn at your own pace, as you manage your day-to-day lives.

