

THE MELTING POT NEWSLETTER



Frederick Abisi Adult Education Center

408 Merrimack St, Lowell MA, 01854

www.lowelladulthoodeducation.com - 978-937-8989

September/October 2018 - Issue 1

WELCOME STUDENTS!



As the school year begins, I would like to welcome all the students to the Abisi Adult Education Center (AAEC). I wish you much success as you work hard to achieve your educational goals. In this year's first issue of The Melting Pot Newsletter, we give you helpful information about the Abisi Adult Education program. I encourage all of you to participate in the school life here.

How can you get involved at the Abisi Adult Education Center? Participate and have fun in your class while you learn. Participate in the cultural, health education, and community events at school. Represent your class on the Student Advisory Council.

My best wishes to you for all of your endeavors in the school year. The most important commitment you can make to yourself is, "I will come to school every day, and if I do, I will learn a lot!"

Best regards,
Betty McKiernan, Director

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@ Frederick Abisi Adult
Education

MISSION STATEMENT AND CULTURE OF RESPECT

Our mission is to provide each and every adult in Greater Lowell with opportunities to develop literacy and math skills needed to qualify for further education, job training and better employment, and to reach his/her full potential as a family member, productive worker, and citizen.

At the AAEC, all students and staff are considerate of each other. We learn from and respect each other's diverse talents and differences in culture, education, economic status, color, race, and religion.

ATTENDANCE MATTERS



**"The Road to Success Begins
with Good Attendance"**

It is important for you to be here and be on time for your classes. Many students are waiting for the opportunity to join our classes.

Don't forget to inform your teacher if you are going to be absent or call (978) 937-8989. Leave a detailed message, stating your name, teacher, and reason for your absence. You can also send an email to:

ESOL Classes—apearson@lowell.k12.ma.us
or

HSE Classes—swaterhouse@lowell.k12.ma.us

STUDENT INFORMATION AND ACTIVITIES

The Abisi Adult Education Center (AAEC) offers two types of classes for residents currently living in the Greater Lowell area: English for Speakers of Other Languages and High School Equivalency. We offer classes in the morning and in the evening.

To register for either class:

- You must register in person. No online or phone registration is available, and no one else can register for you.
- You must bring a photo ID and proof of address with **your** name on it.
- Do not bring your children with you. You will not be able to register if you do.
- Placement tests are given at the time of registration.
- You must be able to attend **all** of your scheduled classes every day.
- Classes may be full when you register. If classes are full, you will be placed on a waiting list until space becomes available.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)



ESOL classes are for adult learners whose native language is not English. Students are placed in introductory, beginning, or intermediate classes to improve their reading, writing, and speaking skills. All instruction is in English. Students must be at least 18 years old.

Registration for Morning Classes:

Where: **Abisi Adult Education Center**
408 Merrimack St, Lowell

When: • Monday—Thursday at 9:00am
• First come, first served basis
with limited registrations per day

Registration for Evening Classes:

Where: **Lowell High School**
50 Father Morissette Blvd
3rd Floor, Rm 610B

When: • Beginning November 5, 2018,
Monday—Thursday at 6:00pm
• First come, first served basis with
limited registrations per night.

HIGH SCHOOL EQUIVALENCY (HSE)

High School Equivalency (HSE) classes help students improve their reading, writing, and math skills in order to take the high school equivalency exams, increase their career readiness skills, and/or prepare for college entrance exams.



Students ages 16-18 must have a formal withdrawal form from the last school they attended.

Registration for Morning Classes:

Where: **Abisi Adult Education Center**
408 Merrimack St, Lowell

When: Monday—Thursday at 9:00am,
Lower Level

Registration for Evening Classes:

Where: **Lowell High School**
50 Father Morissette Blvd,
3rd Floor, Rm 657

When: Mondays & Wednesdays, at 6:00pm

If you have any questions, please refer to our website at www.lowelladulthoodeducation.com or call our main office at (978) 937-8989.

STUDENT INFORMATION AND ACTIVITIES

AAEC SATELLITE PROGRAM INFORMATION

Abisi Adult Education Center offers ESOL and HSE classes at other locations in Lowell. Satellite programs will require a photo ID and proof of address with your name on it when you register. You must be a resident of Lowell or the Greater Lowell area (Billerica, Chelmsford, Dracut, Dunstable, Tewksbury, Tyngsboro, or Westford) to register for classes.

ESOL Classes:

Cambodian Mutual Assistance Association (CMAA)

465 School St, Lowell
(978) 454-6200, ext. 1018

Evenings:

Tuesday & Wednesday or Thursday & Friday
5:00pm - 8:30pm
Registration is held during class time.

Citizenship Class:

Mondays—6:00pm - 7:30pm
(Students must be enrolled in ESOL classes to be eligible.)

Asian Adult Education Project @ CMAA

Mornings:

Tuesday, Wednesday, & Thursday
9:00am - 12:00pm
Registration is held at 8:30am on class days.



CTI—Headstart

126 Phoenix Ave
(978) 454-5100 ext. 7181—Ask for Jody

Mornings:

Tuesday, Wednesday, & Thursday
9:30am-12:30pm
Registration is held at 9:00am on class days.

First Service Community School at the Christ Jubilee Church

101 Smith St, Lowell—Ask for Martha.

Mornings:

Tuesday, Wednesday, & Thursday
10:00am - 12:00pm
Registration is held during class time.

McAvinnue Family Learning Center:

131 Mammoth Rd, Lowell
(978) 937-2871—Ask for Parent Liaison

Mornings:

Monday through Friday
9:30am - 11:30pm

**Eligible parents must have their child enrolled at the McAvinnue School.*

HSE Classes:

Community Teamwork Inc. (CTI)

155 Merrimack St , 3rd Floor
(978) 654-5724—Ask for Bob

Mornings:

Tuesday, Wednesday, & Thursday
9:30am-12:30pm
Registration is held at 9:00am on class days.

Out of School Youth (OSY) @ Middlesex CC (Includes job skill component)

33 Kearney Sq, Lowell Campus
(978) 656-3104

For youth between 16-22 years old not currently enrolled in high school.

Mornings:

Monday - Friday
9:30am – 12:30pm

STUDENT INFORMATION & ACTIVITIES

HIGH SCHOOL EQUIVALENCY (HSE) TESTING INFORMATION

The Massachusetts High School Equivalency credential is accepted by virtually all colleges, universities, and employers in the United States as exactly equivalent to a high school diploma. In order to earn the credential, you must take and pass one of two assessment tests, either the HiSET[®] or GED[®] test. These tests are comparable in terms of cognitive complexity and rates of passing but vary in significant ways as well.

Whichever test you choose, you must take it at an official test center in Massachusetts. The Abisi Adult Education Center offers classes that will prepare students to take either exam and is an approved test center. We offer *HiSET*[®] testing appointments for both Paper Based Testing (PBT) and Computer Based Testing (CBT) and *GED*[®] Computer Based Testing. Testing dates are posted below and on our website at www.lowelladulthoodeducation.com.

Detailed Information about the two testing options, state requirements, accommodation for testers with disabilities, eligibility requirements, and other important information can be found on the Massachusetts Department of Elementary and Secondary Education (DESE) website at www.doe.mass.edu/hse/. Denise, in the office, is also available to help you.

Which exam should I choose?



Total Cost	\$125	\$100
Format:	Computer Based Only	Paper and Computer Based • <i>Testers have the option to select either format for each test.</i>
Question Types:	Variety of computer question types, plus extended response.	Multiple Choice and Essay only.
Calculator:	Used for 3 tests: Math, Science, and Social Studies	Used for 2 tests: Math and Science
Language Arts Test:	Reading and Writing are combined into 1 test.	Reading and Writing are 2 separate tests.
Website for further information and to schedule tests:	www.ged.com	www.hiset.ets.org

HSE Upcoming Testing Dates:

HiSET Computer Based Testing

(Thursday afternoons @ 12:30pm)

October 4, 18, 25
November 8, 15
December 6, 13

HiSET Paper Testing Dates

(Friday evenings 5:00pm and 7:00pm
& Saturday mornings at 8:00am,
9:30am, & 11:00am)

October 12 & 13
November 16 & 17
December 14 & 15

GED Weekend Computer Testing

(Friday evenings starting at 5:15pm
& Saturday mornings beginning
at 8:15am)

October 12 & 13
November 16 & 17
December 14 & 15

STUDENT INFORMATION AND ACTIVITIES

MEET OUR AAEC STAFF

HSE TEACHERS



Christina and Maura are the Lead Teachers in our HSE Program. They teach along with Martha, Esther, Donna, Robin, Nancy, Jocelyn, and Barbara.

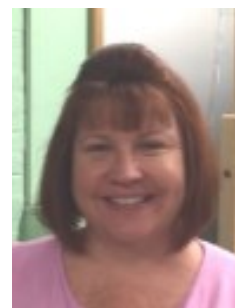
ESOL TEACHERS



Meg, Liz, and Susan are the Lead Teachers in our ESOL Program. They teach along with Carrie, Ann, Debbie, Eileen, Mary Gail, Paul, and Gerry.

CAREER AND EDUCATIONAL ADVISORS

Our Career and Educational Advisors are available to help you with your job search and/or education plans. They work together with you to create resumes, assist in the process of searching for a job, decide on which work training program or college to attend. They can also help you connect with services and activities in the community.



Cindy works with our morning ESOL students. She is here Mondays, Wednesdays, and Fridays from 8:00am—1:00pm. Her office is located in the back of Room 6 on the second floor.

Patty works with our HSE students. She is here Tuesdays, Thursdays, and Fridays from 8:30am—1:30pm. Her office is located in the back of Room 6 on the second floor.



Margie is your connection to the MassHire Lowell Career Center (formally known as the Career Center of Lowell). It is a community organization helping people search for a job or get a better job. Margie can help students become members of the MassHire Career Center and learn about different services they provide. Her office is located on the second floor, in the back of Room 5.

Margie is available to meet with students at:

- AAEC on Wednesdays from 8:30am-10:45am, Thursdays from 8:30am-1:00pm, or Fridays from 11:00am-1:00pm.
- MassHire Lowell Career Center on Wednesdays from 11:00-1:00pm and Fridays 8:30am-10:45am.

STUDENT INFORMATION AND ACTIVITIES

STUDENT SERVICES COORDINATOR AND HSE TESTING SPECIALIST



Adriana and Denise

Adriana is our Student Services Coordinator. She works closely with the Director, staff, and student representatives to implement different programs related to students' goals and coordinating special school activities. She can assist you in connecting with people at agencies in the community and give you information about cultural events and city services. You can find Adriana's office on the first floor in the back of Susan's room.

Denise is our HSE Testing Specialist. She facilitates the HiSET[®] and GED[®] Computer Based Testing and is available to help with test registration and answer your general testing questions. You can find her in the Main Office.

STUDENT REGISTRARS AND OFFICE ADMINISTRATION



Jennifer, Amanda, and Sarah work are our Student Registrars for the ESOL and HSE Programs. Amanda maintains student records and attendance for all our ESOL programs.



Gladys is our School Clerk. She is the first person to greet you in the Main Office and can provide you with information regarding classes and registration for our ESOL and HSE programs. Gladys also facilitates the HiSET Paper Based testing.



Betty is the Director of the Abisi Adult Education Program. Her office is located on the Main Floor of our building. Her door is always open to students.



Carl is our custodian. He keeps our building clean and running smoothly. His office is located on the Lower Level.



Barbara maintains the student records and attendance for all our HSE classes. She also teaches a Math class in the morning program.

STUDENT INFORMATION AND ACTIVITIES

STUDENT REWARD PROGRAM

The Student Reward Program is an incentive program rewarding students with points for having outstanding monthly attendance, achieving goals, and/or participating in school/community activities. Report your goal achievements to your teacher in order to receive credit for them. Each goal or activity has a pre-assigned point value.

The Reward Program statement is a monthly report given to students to show their point activity throughout the year. Once a month, students will receive an updated statement with their total Reward Points earned as of the statement date. These points can be redeemed for rewards (prizes/gifts) at the Abisi Adult Education Center. You only need to keep the most recent statement.

The Reward Center is located in the back of Susan's Room on the main floor. Throughout the school year, students can redeem their points when the Reward Center is open or accumulate their monthly points to save for a bigger reward. Students will find a variety of items for purchase: notebooks, dictionaries, calculators, pencils, pens, AAEC bags and apparel, gift cards, mugs, and more. Check our monthly newsletter for dates when the Reward Center is open. Each classroom will have a list of rewards available and their point value. Check the reward list to determine what items you are interested in and the point value for each item.

Reward Statement Example:

Abisi Adult Education Center Reward Program	
Student Name: Pedrito Perez	
Class: T-ZZ	
Statement November 2018	
Summary	
Previous Balance	2
Points Earned	2
Points Redeemed	0
New Balance	4
Activity	
Description	Amount
Goals	2
Attendance	0
<p>Your points are Non-Transferable. They are valid for 2018-2019 school year only.</p> <p><i>Remember redeem your points before the end of the school year or before leaving the program!</i></p> <p>You can redeem your points in the AAEC Reward Center. This statement is part of the Reward Program at Abisi Adult Education Center.</p>	

1 → *Period of time in which goals, attendance, or other activities have been accomplished or submitted. Usually, it is one month.*

2 → *General information about points earned and spent. The previous balance shows number of points from the previous statement.*

3 → *Shows the detailed information about points earned during the statement period.*

Remember:

- Reward Points are only valid for the 2018-2019 school year.
- Reward Points are non-transferable. You cannot give your Reward Points to another student.
- Remember to redeem your points before the end of the school year or before leaving the program.
- All sales are FINAL. There are no exchanges, no returns.

STUDENT INFORMATION AND ACTIVITIES

STUDENT ADVISORY COUNCIL (SAC)

Our Student Advisory Council (SAC) consists of AAEC students, the Program Director, and several staff members. Students who serve on the Student Advisory Council are elected by their peers or volunteer to represent their classmates.

This group meets monthly to discuss the concerns of students and to communicate their ideas on important aspects of the program. The SAC will work together with Adriana and staff members to bring a variety of activities and health programs to students of AAEC. Please help them by volunteering, participating, and sharing your ideas.

Being a student council member is a good opportunity to develop leadership skills and practice English. Reward points are also awarded.

First Meeting:

Tuesday, October 2nd,
from 10:30am—11:30am
HSE Center/Computer Lab



ESOL DISTANCE LEARNING

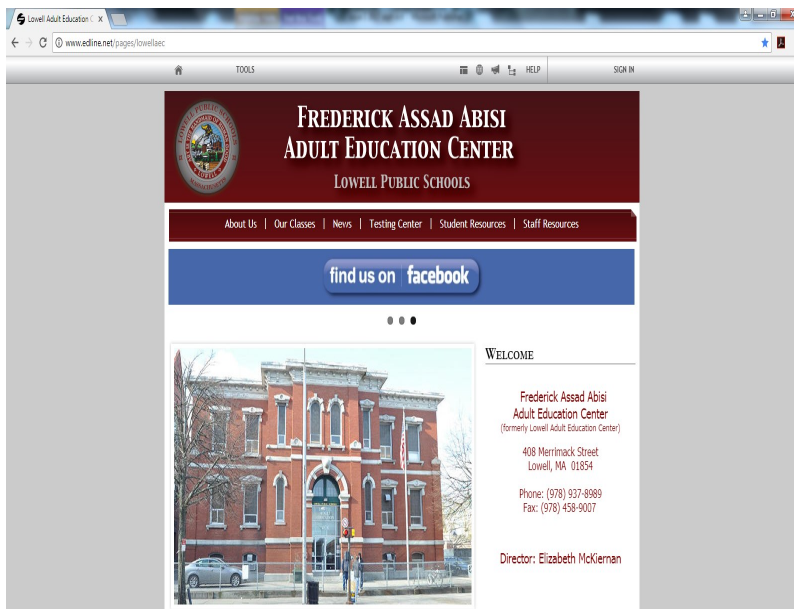


Distance Learning is learning outside of the traditional classroom through webinars and/or online courses. Students use email to communicate with the instructors and the internet to complete assignments.

A small group of ESOL students from Meg, Susan, and Liz's classes registered with Jocelyn to participate in the Fall USA Learns Distance Learning course. This online course helps students practice their speaking, listening, vocabulary, pronunciation, reading, spelling, writing, and grammar. It offers a combination of online instruction and face-to-face classroom support. The 11:00am classes will meet on Monday, October 1st, from 9:30am-10:30am. The 9:00am classes will meet on Tuesday, October 9th, from 10:30am-11:30am in the computer lab.

The next session will start in January 2019. **Email Jocelyn at jmitchell@lowell.k12.ma.us if you are interested in participating.** Students are required to have access to email, the internet, and must be able to commit 5 or more hours a week outside of class.

ABISI ADULT EDUCATION WEBSITE



The AAEC website is a great tool for students to utilize outside of the classroom. It provides students with a variety of resources all in one place. Students can access websites offering practice activities for ESOL instruction and HSE classes; links to educational, career, and job resources; AAEC program information; the HiSET/GED testing schedule; color copies of The Melting Pot Newsletter; and more.

The website also has an online resource directory that gives students information about community agencies and services directly connected to the goals they want to achieve.

www.lowelladulthoodeducation.com

STUDENT INFORMATION AND ACTIVITIES

PARKING

Parking is often difficult in downtown Lowell and can be costly. Students driving to school are encouraged to park at the Ayotte Garage, 1 Post Office Sq, across from Lowell High School.

On-street, metered parking is also available. Meters have a 2 hour parking limit Monday through Saturday, from 8:00am-6:00pm. It costs \$3.00/2 hours. The kiosk accepts cash and credit/debit cards. If a pay kiosk is not working, go to another one, and enter your space number. Do not forget to feed the meter. You may get ticketed.

- Do not park in the school parking lot.
- Do not park in the library parking lot.
- Do not park in the Santander Bank parking lot.
- Do not park in the Olympia Restaurant parking lot.
- Do not park in the Lowell Housing Apartment parking lot.



Cars may be ticketed and towed.

CELL PHONE REMINDERS

Cell phones are not allowed to be used during class time unless your teacher says it's alright.



Remember to turn your cell phone off or put it on silent mode before you enter your classes, then put it away. When a cell phone goes off in class, it distracts everyone and takes away from your learning.

If you need to take a call due to an emergency, like work or child's school, quietly leave the classroom and take it outside into the hallway. Then, quickly return to your class.

VISITOR POLICY

Lowell Public School Visitor Policy states all outside visitors must report to the main office and sign-in and out.

For the safety of all our AAEC students, outside visitors are not allowed to contact students during class time or to interrupt classes. If you forget something at home or someone needs to leave something for you, make arrangements to meet them after class. Deliveries and drop-offs are not accepted in the office. Please make sure you have all of your materials and items before you leave for school. Your class time is short and important for your continued success.

If there is an emergency, please speak with the office staff, and they can assist you.

SCHOOL CLOSINGS/DELAYS

The weather is always unpredictable in New England. In case of inclement weather, the Lowell Public Schools may cancel school or have a delayed opening. For example, last October, stormy weather and high winds knocked out power to many Lowell schools and residents resulting in school closings or delays.



Remember, we are part of the Lowell Public Schools and follow their school closing and delay policies.

IF THERE IS NO SCHOOL IN THE LOWELL PUBLIC SCHOOLS—MORNING AND EVENING CLASSES ARE CANCELLED.

IF THERE IS A TWO HOUR DELAY IN THE LOWELL PUBLIC SCHOOLS—ONLY THE 11:00AM CLASSES WILL BE HELD. EVENING CLASSES MEET AT THE REGULAR TIME.

Students who have children attending Lowell Public Schools, may receive a phone call from the Office of the Superintendent of Schools informing you whether school is closed or delayed. You can also find this information by:

- Visiting our website, www.lowelladulthoodeducation.com
- Looking on Facebook
- Watching the local news
- Listening to WCAP (980AM) or WBZ (1030AM)

STUDENT INFORMATION AND ACTIVITIES

DOMESTIC VIOLENCE MONTH

October is Domestic Violence Awareness Month



There will be a Candlelight Vigil in Remembrance for Victims of Domestic Violence

Thursday, October 11, at 5:30pm.
Lowell's City Hall Steps

Important numbers if you or someone you know is a victim of domestic violence and needs help:

Alternative House 24-Hour Hotline (978)454-1436 or 1-(888) 291-6228

Family Services Unit Lowell Police Dept.
50 Arcand Drive, Lowell (Spanish & Khmer) - (978)970-4023

District Attorney's Regional Office
151 Warren St, Lowell - (781)897-8900

CONVERSATION CLUB



AAEC Conversation Club

Tuesdays & Thursdays
10:30-11:00am

Susan's Room (Main Floor, Rm 3)

This is a student led club. It's a great opportunity for our AAEC students to practice their conversation skills. Conversation Club will be held on Tuesdays and Thursdays from 10:30-11:00am in Susan's Room, on the Main Floor. It can help you improve your English language skills by speaking and interacting with other learners. All students are encouraged to join.

Want more conversation opportunities? The Pollard Memorial Library will be hosting an *ESL Conversation Café* on Monday evenings from 6:30-8:00pm. There will be guided conversations between native and non-native English speakers. It is free and no registration is required.

HUNGER - HOMELESS AWARENESS ANNUAL FOOD DRIVE



It is Hunger - Homeless Awareness Month in the City of Lowell. AAEC will be hosting its annual food drive October 22-26, 2018. Students can help by donating unopened, non-expired, non-perishable (food that does not need refrigeration) food items. Donations can be dropped off outside of Susan's room on the first floor beginning October 22. All food collected will go to the Merrimack Valley Food Bank, Inc.

Most wanted items:

<i>peanut butter & jelly</i>	<i>cereal & oatmeal</i>	<i>canned veggies & fruit</i>	<i>pasta & rice</i>
<i>soups, stews, & chili</i>	<i>ravioli & spaghetti O's</i>	<i>pasta sauce & gravy</i>	<i>condiments & spices</i>
<i>coffee, tea, & hot chocolate</i>	<i>shelf stable milk</i>	<i>juice</i>	<i>canned tuna, ham, & chicken</i>
<i>baby food & formula</i>	<i>gluten free items</i>	<i>personal care items</i>	

LOWELL COMMUNITY HEALTH CENTER (LCHC)

Lowell Community Health Center (LCHC) provides high-quality, affordable health care to children and adults in the Greater Lowell area regardless of the ability to pay. LCHC offers many specialty services, including dental and vision, in addition to health care. Visit their website at www.lchealth.org for more information.

LCHC has partnered with the Abisi Adult Education Center to bring several mini clinics to our students throughout the school year. Our first mini clinic was held on Thursday, September 27. Students were able to participate in either blood pressure screenings or blood glucose screenings (diabetes), get a flu shot, and get information about LCHC services, programs, and health insurance.

Every Wednesday, a Lowell Community Health worker will be available to answer any questions you may have about their health services, health insurance, or schedule appointments. They will be set up outside the Main Office on the first level from 9:00am-12:00pm.



COMMUNITY INFORMATION

MERRIMACK VALLEY HOUSING PARTNERSHIP (MVHP)

Looking to buy your first home? Project Genesis is a series of training seminars for first-time home buyers. It consists of 10 hours of instruction over four evenings. There is a fee to register for this course.

It is taught by MVHP staff as well as several volunteer real estate professionals. Instructors include lenders, attorneys, home inspectors, real estate brokers, and others.

Topics covered include an overview of the home-buying process, mortgage application process, down payment assistance, home inspections, building good credit, and more. These classes are offered in English, Spanish, and Khmer.

Register online at www.mvhp.org, or call (978) 459-8490 for English and Spanish speakers. Khmer speakers can call (978)459-6200.

If you are thinking about purchasing a multi-unit home, consider attending their Landlord Training program. It is a 4 hour course offered once a month.

Information about other programs, parking information, directions, etc. can be found on their website at www.mvhp.org.



Upcoming Home Buyer Training Sessions

English (4 sessions)	Tuesdays & Wednesdays 6:30-9:00pm October 9, 10, 16, 17 or November 6, 7, 13, 14
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Spanish (2 sessions)	Saturdays 8:00am-1:00pm September 8 & 15
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Khmer (2 sessions)	Saturdays 9:30am-2:00pm September 8 & 15 December 1 & 8
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Classes are held in Rooms 113 & 114 in the Middlesex Community College Building, 33 Kearney Square, across from the Lowell Auditorium, Downtown Lowell.

MASSHIRE LOWELL CAREER CENTER

On September 10, 2018, the **Career Center of Lowell** changed its name and brand to **MassHire Lowell Career Center**. MassHire is part of the Massachusetts One-Stop Career Center System serving the communities of Billerica, Chelmsford, Dracut, Dunstable, Lowell, Tewksbury, Tyngsboro, and Westford.

The Lowell Career Center offers a variety of services for anyone looking for a new job or to learn a skill that is in demand to help you stay competitive in today's workforce. Their team can help you learn to do a successful job search, find a better job, network with area employers, and connect with the right tools and resources and more.

Members of the Lowell Career Center can access webinars, attend a variety of workshops, participate in computer trainings, use their resource center, learn about upcoming job fairs, and more.

Margie, our Career Advisor, can help answer any questions about the MassHire Lowell Career Center and also help you become a member. Her office is on the second floor, behind Room 5. She is here Wednesdays, Thursdays, and Fridays.



MassHire Lowell Career Center
107 Merrimack St, Lowell MA

(978) 458-2503

www.masshirelowellcc.com

COMMUNITY INFORMATION

CITIZENSHIP INFORMATION

Citizenship Corner at The Pollard Memorial Library

The Pollard Memorial Library has many resources available for anyone interested in becoming a U.S. Citizen. Their *Citizenship Corner* is located in the Reference Room on the 2nd floor. Here you will find citizenship preparation books, civics and vocabulary flashcards, CD's & DVD's, and free information on the citizenship process.

You can also:

- * Schedule a free informational appointment to discuss the general citizenship process and how best to prepare for the citizenship test (Please note: No legal advice is given or offered at appointments).
- * Register for a FREE U.S. Citizenship Preparation Class. The library offers three 10-week citizenship preparation courses during the year and free one-on-one citizenship interview practice sessions.
- * Visit the Virtual Citizenship Corner at <https://lowelllibrary.org/services/citizenship>. There you will find information about eligibility requirements, applying for citizenship, information on filing a Fee Waiver, a reduced fee request, and preparing and practicing for the Citizenship Test.

Citizenship Classes

Free Citizenship Classes

Middlesex Community College in Lowell

Fridays, October 19th - December 21st
From 11:00am-12:30pm



In this class, students will learn the information necessary to prepare for all major parts of the U.S. Citizenship exam. You must be able to read, write, and speak English at an intermediate level; have a valid Green Card; and be eligible for citizenship.

If you are interested in participating in this class, you should contact Professor Jessica Bethoney via email at jessicabethoney@gmail.com or call Maria Cunha at (978) 656-3104.

Citizenship Legal Services

The International Institute of New England's Legal Immigration Forms Services program is designed to deliver low-cost legal services, expert advice, and guidance to immigrants living in Massachusetts and New Hampshire. Their professional staff is available in Boston, MA; Lowell, MA; and Manchester, NH.

Here are some of the services they can help you with:

- Green Card Applications
- Refugee Travel Document
- Employment Authorization Document
- U.S. Citizenship Application
- Marriage Green Card Applications



International
Institute of
New England



For detailed information about the international Institute's services; visit their website at www.iine.org, or call (978)459-9031.

COMMUNITY INFORMATION

LOWELL GENERAL HOSPITAL

Lowell General Hospital wants you to know keeping you healthy is as important as taking care of you when you're ill. They can help you take care of yourself inside and out with a variety of programs, workshops, classes, and special events that are offered throughout the year. Most are free.

Wellness programs, support groups, health resources, special programs, and more are available to all in the community. We invite you to take part in them and put yourself on the road to wellness.

For a full description or to register for these and other programs, classes, and support groups, please visit www.lowellgeneral.org/health or call (877)544-9355

These are just a few of their upcoming offerings:

- *Anxiety Relief*—October 25, 6:00-7:30pm
- *Caregiver Burnout*—November 14, 6:00-7:30pm
- *Stress Management with Self-Hypnosis*—November 6 & 13, 6:30-8:00pm
- *Living with Diabetes and Learning to Care for Your Body*—November 5, 8:00-7:30pm
- *Circle Health and Wellness Expo*, November 3, from 11:00am-2:00pm at the Pheasant Lane Mall, Nashua

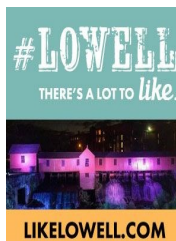


LOWELL NATIONAL HISTORICAL PARK

At the Lowell National Historical Park, you can explore the rich history of Lowell through its guided tours, museums, lecture series, and family fun activities. The Visitors Center is located at 246 Market Street, downtown. Their website, www.nps.gov/lowe, lists all their upcoming events.

- *Lowell Waterpower Sites and Systems Tour*—October 6, 11:30am-1:00pm at the Visitor Center.
- *Hands-On History Workshop*—October 13, 1:00-4:00pm at the Boott Cotton Mills Museum
- *Your City Saturdays*—October 20, 1:00-4:00pm. Various locations around downtown Lowell.
- *Parker Lecture*—Black Flags, Blue Waters: The Epic History of America's Most Notorious Pirates October 21, 2:00-3:00pm at the Visitors Center.

LOWELL HAPPENINGS



Looking for something to do in Lowell? Check out the City of Lowell events/activities website at www.likelowell.com, where you can find information on upcoming events, things to do, and places to visit in the city. Not all the events listed are free, so check first before you go.

Here are a few upcoming events:

- Western Avenue Studios Artoberfest, October 6 & 7, from 12:00-5:00pm. Admission is free. You can enjoy a huge display of art, visit with artists in their studios, see demonstrations, and more.
- Mill City Grows Harvest Festival, October 13, from 11:00am-3:00pm at North Common Park and Community Gardens. Enjoy a day of live music, delicious local food, and family-friendly games and activities. Admission is free for everyone.
- Monster Bash & Halloween Stroll, October 27 For children ages up to 12 years old, must be accompanied by an adult. Free event.
 - 12:00-2:00pm—Enjoy downtown trick-or-treating at participating businesses.
 - 12:00-3:00pm—Come to Lowell High School Café for costume contests, kids' games, and a Haunted House.

LOWELL'S FARMERS MARKET

Experience Lowell's Original Urban Outdoor Market!

Experience Lowell's Urban Farmers Market offering a variety of fresh foods, prepared meals, baked goods, hand-crafts, cooking demonstrations, and more.



*Fridays through October 26th
from 12:00pm-5:00pm*

*Lucy Larcom Park, 258 Merrimack St,
Downtown Lowell*

Major credit cardss, WIC coupons, SNAP/EBT & Senior coupons are accepted.

SCHOOL ACTIVITIES CALENDAR**October 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 ESOL Orientation 8:30am & 10:30am in Susan's Rm.	2 Student Advisory Council Mtg. Computer Lab 10:30am	3 <i>LCHC Outreach</i> 9:30am—12:00pm	4 Outstanding Attendance Certificates ESOL Conversation Club 10:30-11:00am Susan's Room	5 HSE Orientation 9:30am Computer Lab	6
7	8  Columbus Day No School	9 ESOL Conversation Club 10:30-11:00am Susan's Room	10 <i>LCHC Outreach</i> 9:00am—12:00pm	11 ESOL Conversation Club 10:30-11:00am Susan's Room  CBT @ 12:30pm	12  CBT starting @ 5:15pm  PBT stating @ 5:00pm	13  CBT starting @ 8:15am  PBT stating @ 8:00am
14	15 ESOL Orientation 8:30am & 10:30am in Susan's Rm.	16 ESOL Conversation Club 10:30-11:00am Susan's Room	17 <i>LCHC Outreach</i> 9:00am—12:00pm	18 ESOL Conversation Club 10:30-11:00am Susan's Room  CBT @ 12:30pm	19	20
21	22	23 ESOL Conversation Club 10:30-11:00am Susan's Room	24 <i>LCHC Outreach</i> 9:00am—12:00pm	25 ESOL Conversation Club 10:30-11:00am Susan's Room  CBT @ 12:30pm	26	27
AAEC HUNGER AND HOMELESS ANNUAL FOOD DRIVE						
28	29	30 ESOL Conversation Club 10:30-11:00am Susan's Room	31  <i>LCHC Outreach</i> 9:00am—12:00pm			