



Old Orchard Beach/Saco  
**Adult & Community  
Education**

*Learning for Better Living*



*FALL 2020*

**Educate Liberate Prosper**

**ONLINE & IN PERSON!**

**[www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)**





Learning for Better Living

**5% Discount**  
USE CODE:  
**EARLYBIRDF20**  
Register Online  
before  
9/15

**ALL students are REQUIRED to wear a mask in class & practice physical distancing for the safety of all.**

*On behalf of all our staff & students we Thank You for your cooperation!*

**This symbol**



indicates that the class is being offered LIVE ONLINE.



**Follow Us!**

## FITNESS

### **NEW ATTITUDE WORKOUT**

WITH **LINDA HOLMES**

Get comfortable being online with lots of virtual hands on instruction in this weight resistance dance workout is for the mature woman who likes a well-rounded fitness session with no floor work. Combine hand-held weights and resistance bands for strength, with dance combinations to Latin, jazz and more, to keep your interest and fitness intensity up! Wear loose clothing, sneakers and have water, hand weights and a band, belt or towel available.

#### Section I

Mon 5:45-6:45 PM 9/14-11/9 Sessions: 8  
\$89 Online No class 10/12

#### Section II

Wed 5:45-6:45 PM 9/16-11/4 Sessions: 8  
\$89 Online

### **NEW DAY** **WAKE UP WORKOUT**

WITH **LINDA HOLMES**

Start your day on a positive note with a warmup, strength training, core work, stretching and even some rhythmic movement to upbeat music all in a “work at your own pace” format. Get comfortable being online with lots of virtual hands on instruction and feel great! Wear loose clothing, sneakers and have water, hand weights and a band, belt or towel available.

#### Section I

Mon 8-9 AM 9/14-11/9 Sessions: 8  
\$89 Online No class 10/12.  
Registration closes at noon on Friday, 9/11.

#### Section II

Wed 8-9 AM 9/16-11/4 Sessions: 8  
\$89 Online

### **BEGINNER YOGA**

Mindfully move through a mix of standing and seated poses, focusing on the mind/body connection and awareness of the breath. Acquire an understanding of poses, how you can modify them for your own body and learn techniques to calm the mind whether on or off the mat. Laughter and questions are encouraged! Wear comfortable clothing and use a yoga mat.

Wed 6-7 PM 9/23-10/28 Sessions: 6  
\$39 Online N. G. DeLima

## REGISTRATION

closes for

## LIVE ONLINE

classes at noon the 1st day of class unless otherwise noted.



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## FITNESS

### **YIN YOGA**

This slow-paced, meditative practice holds poses for 3 to 5 minutes, with the focus on relaxing the muscles and stretching parts of the body rich in connective tissues. Postures may be held in seated or lying down positions. This calming and balancing practice supports joint flexibility, reduces stress and increases energy. No experience necessary. No class 10/12. Wear comfortable, loose fitting clothing and bring a yoga mat.

Mon 6-7 PM 9/14-10/19 Sessions: 5  
\$49 Elevate Yoga Cafe C. Cochrane, LMT

### **NEW DAY** **OUTDOOR YOGA** FOR EVERY BODY!

If you have a body, you can do yoga! That’s Emma’s motto when it comes to teaching her fluid vinyasa-style yoga classes. All experience levels welcome, but recommended for those who can easily move between reclined, seated, kneeling and standing positions. Wear loose, comfortable clothing. Registration closes at noon on Friday, 9/11.

**Required:** Bring a yoga mat, 2 yoga blocks (or 2 thick books), a yoga strap (or long scarf), a blanket, water and (optional) bug spray.

Sat 9-10 AM 9/12-10/3 Sessions: 4  
\$39 Saco Pepperell Park E. Bouthillette

### **YOGA NIDRA GUIDED MEDITATION**

Allow this guided relaxation to take you inward through the layers (koshas) of your being as you set a personal intention specific to your life. This method aids in healing, stress relief, addictions, feelings of loss and the release of long held behavioral patterns; leading to physical, mental and emotional relaxation. Bring a mat, wear comfortable clothing and minimize the use of perfumes.

Thu 7-8 PM 9/24-10/15 Sessions: 4  
\$45 Presence of Mind S. Giarolo

### **CHI KUNG WITH MARK GERARDI**

#### **LEVEL I**

An ancient Chinese exercise, pronounced ‘chee gong’, relieves stress without straining joints, muscles or ligaments. Control energy flow while increasing stamina and awareness through slow graceful movements with meditation. This practice combines intentional controlled breathing to encourage the flow of chi (vital energy) in the body elevating the immune system, releasing nervous tension and eliminating stress for optimal health. Wear loose-fitting clothing and comfortable shoes.

Thu 6:15-7:30 PM 10/1-10/29 Sessions: 5  
\$59 Jameson Elementary

#### **LEVEL II**

This class is a follow-up to Level I, exploring other aspects, forms and the how tos of this healing art form. No class 11/26.

Thu 6:15-7:30 PM 11/5-12/10 Sessions: 5  
\$59 Jameson Elementary

### **TAI CHI WITH MARK GERARDI**

#### **LEVEL I**

Learn the basic movements while keeping your focus on breathing and relaxation in this gentle exercise program. Tai Chi benefits people of all ages and has been proven to reduce the risk of falling by enhancing balance and body awareness. Increased coordination and flexibility can lead to stress reduction and pain management. Wear loose-fitting clothing and comfortable shoes. No class 10/12.

Mon 6:15-7:30 PM 9/28-11/2 Sessions: 5  
\$59 Jameson Elementary

#### **LEVEL II**

Strengthen and deepen your practice by expanding basic exercises and putting moves together to create a form. Some meditation practices may be included as an aid to further relaxation, stress reduction and pain management.

**Required:** Tai Chi Level I

Mon 6:15-7:30 PM 11/9-12/7 Sessions: 5  
\$59 Jameson Elementary

### **WHY REGISTER EARLY? WHY TELL FRIENDS?**

Each class has a minimum required enrollment. If you find that class you always wanted to take, encourage a friend to join you! It could make the difference between a class running or not. Many classes fill quickly, so enroll early to ensure your spot!

Register online at [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)





# MUSIC & DANCE

## **BOLLYWOOD FUSION**

Explore the wonderful world of Indian Bollywood dance with fitness moves incorporated for a full cardio workout! Indian music will keep you inspired to open yourself to new movements while burning calories. No experience needed! Dress for a workout, go barefoot or wear dance shoes.

Thu 7-8 PM 9/24-10/29 Sessions: 6  
\$79 Online S. Patil

## **TAP YOUR WAY TO FITNESS** WITH LINDA HOLMES

Get a great workout with basic tap steps in fun combinations using jazz, Broadway, musical theater, rock, rhythm and blues and more. No experience needed. Wear loose clothing and flat/low-heeled tap shoes.

### Level I

Wed 7:15-8:15 PM 9/16-11/4 Sessions: 8  
\$89 Online

### Level II

A more intense workout for the tap enthusiast who has participated in Tap 1 or has previous experience.

Mon 7:15-8:15 PM 9/14-11/9 Sessions: 8  
\$89 Online No class 10/12.

## **BEGINNER BELLY DANCE**

Beginners learn basic movements and combinations while intermediate students refine their knowledge and begin experimenting with layers. The tummy-toning results are a positive side effect for inspiration! Safely explore movement, vocabulary, musicality and history. Wear comfortable clothing and have your water bottle handy. No class 11/11.

Wed 5:30-6:30 PM 10/7-11/18 Sessions: 6  
\$59 Online J. Barker

## **BEGINNER GUITAR**

Focus on the names of strings, notes in the first position and build to learning chords and strumming patterns. Before you know it you will be playing music!

**Required:** Nylon or steel stringed acoustic guitar, picks (plectrums), an electronic tuner and the book *Hal Leonard Method Complete Set* (approx. \$20-\$25).

Thu 6-7 PM 10/1-11/5 Sessions: 6  
\$69 Online T. Taylor

## **NEW BEGINNER AUTHENTIC JAZZ DANCE**

Authentic jazz classes cover the vernacular movements of the 1930s and 40s as used in solo and partnered swing dancing. The style is rooted in the dances originated by Black dancers in places like the Savoy Ballroom in Harlem, New York and is characterized by strong rhythms, musicality and individuality. Learn basic moves and short sequences with lots of time to practice to the big band and traditional jazz music of the 1920s through 1940s.

**Note:** Students should wear comfortable shoes or sneakers that aren't too sticky on the floor, allowing for some twisting and sliding.

Wed 6:30-7:30 9/02-10/21 Sessions: 8  
\$96 Online J. Kain

## **PIANO 101**

Students love this online class! It's personal, interactive, informative and fun! Start reading music and playing basic songs before you know it! Performance option in January, if interested, adding additional skills for the same price! No class 10/12.

**Required:** A touch-sensitive keyboard with sustain pedal. Midtown Music in Biddeford can help you find the right keyboard and book if needed. *Alfred's Basic Adult All-in-One Course, Book 1* by Alfred Publishing ISBN: 9780882848181.

Mon 5:30-6:30 PM 9/14-11/23 Sessions: 10  
\$95 Online M. Rachelle

## **PIANO 102**

Students love this online class! It's personal, interactive, informative and fun! If you can read music and play basic songs or have taken Piano 101, you are ready to explore melodies with simple chord structures to expand your playing. Performance option in January, if interested, adding additional skills for the same price! No class 10/12.

**Required:** A touch-sensitive keyboard with sustain pedal. Midtown Music in Biddeford can help you find the right keyboard and book if needed. *Alfred's Basic Adult All-in-One Course, Book 1* by Alfred Publishing ISBN: 9780882848181.

Mon 6:30-7:30 PM 9/14-11/23 Sessions: 10  
\$95 Online M. Rachelle

# FAMILY, HOME & GARDEN

## **DAY** **BUYING YOUR FIRST HOME**

This ME hoMEworks class covers the entire process of buying a home. Earn a Certificate of Completion required for certain mortgage programs, including USDA, ME State Housing Authority and other lenders. Free counseling available following class. Please have pen and notepad available. Registration closes at noon on Thursday, 11/12.

**Required:** You must respond to the email from YCCAC to receive your Zoom link.

**Note:** Register the person you are buying your home with at the time of your registration and get a \$10 rebate.

Sat 9AM-5:30PM 11/14  
\$30 Online L. Sullivan

## **RETIREMENT INCOME PLANNING**

Maximize your retirement income, prepare strategies to protect your savings, learn ways to maximize your social security benefits and more. .

Wed 6-7 PM 10/7  
\$5 Online S. Whytock

## **DAY** **HOME COMPOSTING & SOIL BUILDING**

Explore the basic composting, the right mix of materials, management and building easy, inexpensive compost bins. Learn what your soil has and what it needs, along with soil testing and interpretation. Registration closes at noon on Friday, 9/11.

Sun 10 AM-12 PM 9/13  
\$19 Moody's Nursery R. W. Moody Jr

## **DAY** **HOME LANDSCAPING MAINTENANCE CALENDAR**

Find the appropriate timing for each major component, including shrub and tree mulching, fertilizing, trimming and pruning. Move to lawn care with a cool season turf care calendar provided. Discuss the care of your garden: when and where to start seeds, weeding, mulches, fertilizers, compost, lime use and harvesting. Get an overview of annuals, perennials, soil and composting. Registration closes at noon on Friday, 9/18.

Sun 10 AM-12 PM 9/20  
\$19 Moody's Nursery R. W. Moody Jr

## **DAY** **DIY TREE CARE**

Trimming and pruning is an ongoing process, saving money and giving you a healthier, easier-to-maintain tree. Get the keys to pruning coniferous and deciduous trees, perform inspections and learn what to look for and when to prune. Proper cutting angles, how much to cut, caring for cuts, personal safety and tools for tree care will be covered. Registration closes at noon on Friday, 9/25.

Sun 10 AM-12 PM 9/27  
\$19 Moody's Nursery R. W. Moody Jr

## **RECYCLING FROM BIN TO BALE**

Take a guided virtual tour through ecomaine's Single Sort Recycling Facility! See how we sort your soup cans and laundry bottles and learn why wish-cycling is costing you money. Bring any questions you have about recycling, including examples of items you want answers about.

Tue 6:30-8 PM 10/6  
\$9 Online V. Berry

## **WISH-CYCLING & HOW IT HARMS**

Wishful recycling, or wish-cycling, happens when you put it in your recycling bin hoping the facility will sort it out and recycle the material. Despite good intentions, those items do more harm than you might think. Learn about ecomaine's recycling process and how wish-cycling has created a global problem for the recycling industry.

Thu 6:30-8 PM 11/5  
\$9 Online V. Berry

## **THE A, B, C & DS OF MEDICARE**

Review the way Medicare covers inpatient, outpatient and prescription drug costs. Discuss enrollment periods and the types of products designed to partner with Medicare including supplement plans, Medicare Advantage and prescription drug plans.

### Section I

Tue 6-8 PM 9/15  
\$5 OOB HS B. Hopkins

### Section II

Thu 6-8 PM 11/12  
\$5 OOB HS B. Hopkins

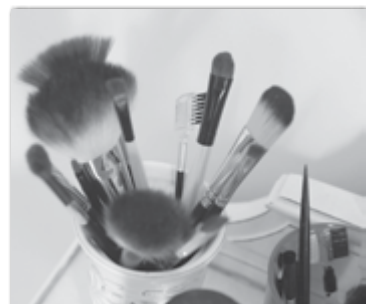
**Got a great idea? Have a special talent? Love to teach? Tell us about it!**

Email us for a short Course Proposal Form at

**adultedinfo@rsu23.org**



## BEAUTY



### **BEAUTIFUL YOU**

#### **COLOR & CLOTHING**

Learn to select clothing in colors and styles that flatter your skin, hair and coloring. Email two selfies of your face before class to [candace@radiantimage.me](mailto:candace@radiantimage.me), so your instructor can determine if you are warmer or cooler in coloring. You will be amazed as you watch how your appearance changes as the instructor virtually “drapes” different shades of colors over your photo to find the most flattering. You will receive general recommendations for eye shadows, blush and lipsticks specific to your coloring. Get ready for a new beautiful you!

Thu 6-9 PM 10/1  
\$29 Online C. Sanborn

### **NEW BEST STYLES**

#### **FOR YOUR BODY SHAPE**

Learn about body types and face shapes and get tips for choosing the most flattering clothing styles, hairstyles and glasses for your features. Email two selfies before class to [candace@radiantimage.me](mailto:candace@radiantimage.me) before the class start date and watch the instructor virtually “drape” you in different necklines showing which ones look best on you! Get ready for your great new look!

Thu 6-9 PM 10/15  
\$29 Online C. Sanborn

### **NEW MAKEUP TECHNIQUES**

#### **FOR YOUR FEATURES**

Learn easy makeup tips that give you an enhanced, natural appearance. Email a close-up photo of your face before class to [candace@radiantimage.me](mailto:candace@radiantimage.me) before class. Discover your face, eye and lip shapes so you can learn the best makeup application techniques for your features. Have your makeup available and be ready to apply what you learn as we go!

Thu 6-8:30 PM 11/5  
\$29 Online C. Sanborn

## HEALTH

### **HEALTHY GUT SERIES**

WITH **STEPHANIE WALSH**

Brain fog, fatigue, depression, weight gain, acne, joint pain, allergies, chronic infections, thyroid problems and more all relate to the health of your gut! Each week builds your knowledge of the digestive tract and how to optimize your gut health. Take any one class or all four!

### **IN ONE END & OUT THE OTHER**

#### **THE WHATS OF THE GUTS**

##### **SESSION 1**

Get to know the soups-to-nuts, from tongue to bum, anatomy of the digestive tract. Learn how your gut processes food, why those little bugs (called microbiome) are so important and the steps to take to get back on track to a healthier, happier you!

Thu 6-7:30 PM 9/10 \$15 Online

### **EAT YOUR GREENS & GASOLINE**

#### **WHAT YOU DON'T KNOW YOU'RE EATING**

##### **SESSION 2**

There are a lot of hidden toxins in our food supply. Learn where those artificial foods are coming from (hint: think of your car's gas tank), how pesticides and other toxins effect your overall health and why gut health is important in protecting you from these insults.

Thu 6-7:30 PM 9/17 \$15 Online

### **FATIGUE, FOGGINESS, FEAR & FOOD**

#### **WHAT YOUR BRAIN MAY BE TELLING YOU**

##### **SESSION 3**

What you eat can either support or compromise brain activity. Learn about the gut-brain connection, how stress, depression or anxiety effect your gut health and what foods or supplements are vital for optimal brain and gut health.

Thu 6-7:30 PM 9/24 \$15 Online

### **DON'T WORRY, I'VE GOT THIS**

#### **YOUR ROAD TO A HEALTHY GUT**

##### **SESSION 4**

Knowledge is power and now you have the power to optimize your gut health! Learn lifestyle steps you can take to support your digestive tract, improve your gut health and live a happier, healthier life!

Thu 6-7:30 PM 10/1 \$15 Online

## HEALTH

### **MAKE YOUR GOLDEN YEARS GLOW, NATURALLY**

As we age challenges such as joint pain and stiffness, decreased mobility and heart issues and more often arise. Discuss chronic inflammation, the underlying culprit for many of these progressive signs of aging. Learn where inflammation comes from, how it can be reduced and prevented by employing nutrition, lifestyle changes and movement. This rich discussion will provide you with simple changes you can make to feel strong, vital and energized for years to come!

Tue 6-8 PM 10/20  
\$19 Online Dr A. R. Potvin, ND

### **MANAGING IBS**

#### **UNDERSTANDING THE LINK BETWEEN STRESS, MICROBIOTA DYSBIOSIS & IRRITABLE BOWEL SYNDROME (IBS)**

Stress can imbalance the gut microbiota (bugs living in your digestive tract) and even exacerbate IBS symptoms. Shed light on this complicated condition of how the body responds to stress, the six contributing factors of IBS, the role stress plays and the gut microbiota and, best of all, nutrition and lifestyle changes that may help reduce or eliminate IBS.

Thu 6-7:30 PM 11/5  
\$15 Online S. Walsh

### **ESSENTIAL OILS FOR PAIN RELIEF**

Most people are aware of CBD (Cannabidiol) and, though legal, would prefer to use other effective essential oils for pain reduction. Focus will be on what high quality essential oils are and their appropriate application for pain. Informational materials on uses and properties will be made available.

Wed 6:30-7:30 PM 9/30  
\$9 Online Dr. J. Emlet, DC

### **LIVING 3 RIGHT**

#### **EAT RIGHT, THINK RIGHT, MOVE RIGHT!**

Build a foundation of knowledge and awareness to help change underlying behaviors. Focus on integrating how you eat, think and move with practical strategies and discussion for improvement in each area. This program works!

Wed 6:30-7:30 PM 9/9-9/23 Sessions: 3  
\$15 Online Dr. J. Emlet, DC

### **ESSENTIALS OF IMMUNE HEALTH**

Immune development begins before birth and a variety of factors influence its activity, both positively and negatively, throughout the life cycle. When these areas are out of balance it puts a tremendous burden on your immune system, leaving you vulnerable to disease. Develop a proactive plan to build immune reserves and strengthen your immune system. This class is especially recommended for those with immune challenges that include: allergies, asthma, eczema, Hashimoto's disease, frequent infections, Lyme, rheumatoid arthritis and irritable bowel syndrome.

Wed 6-7:30 PM 9/30  
\$15 Online M. Moskowitz, MS, CHHC

### **THYROID HEALTH, NATURALLY**

Hypothyroidism is a common issue, particularly for women. Medication may help only so much before fatigue, weight gain, brain fog and skin issues begin creeping in again. Explore why medication may not be the only answer and simple lifestyle strategies to get you on the road to recovery.

Tue 6-8 PM 9/22  
\$19 Online Dr A. R. Potvin, ND

### **NEW ELDERBERRY SYRUP**

Learn to make elderberry syrup to improve winter health. Elderberries are exceedingly high in vitamins A & C, possess antiviral properties and are a classic remedy for sore throat, colds and flu. They also contain powerful anti-inflammatory substances that help ease joint swelling and stiffness. Explore how to use herbs to make an easy syrup. Tuition includes materials.

Thu 6-8 PM 10/22  
\$35 OOB HS D. E. Mercier

**ALL students taking in person classes are REQUIRED to wear masks & practice physical distancing for the safety of all.**

*On behalf of all our staff & students we Thank You for your cooperation!*





## RECREATION



### FEEDING & IDENTIFYING WINTER BIRDS

Explore how birds adapt to the many challenges that Maine's harsh winters bring to our fine-feathered friends! Discover the migratory birds that visit us including ducks and birds of prey. Focus on the feeding and identification of winter birds and the various tools available to help you accomplish this.

Tue 6-8 PM 9/22  
\$19 Online L. Woodard

### DAY BEGINNER GOLF WITH SCOTT MAYER

Learn the technical aspects of the long and short game including full swings, chipping, putting and general rules. Clubs are provided or bring your own. Register early as class size is limited to nine students.

**Required:** Masks, physical distancing, sneakers/golf shoes and collared shirts. No jeans or T-shirts allowed.

Section I  
Mon 4:30-5:30 PM 9/14-10/5 Sessions: 4 \$105 Dunegrass Golf Club

Section II  
Wed 4:30-5:30 PM 9/16-10/7 Sessions: 4 \$105 Dunegrass Golf Club

**All materials are included in our course fees unless otherwise stated.**

### PLEASE NOTE:

**GET TO KNOW THE PEPPERELL MILLS AND DEEPER INTO THE PEPPERELL MILLS**

**Both of these classes have unfortunately been canceled. We certainly hope to offer them again in the future.**



## CREATIVE ARTS

### THE ART OF VISIBLE MENDING



Learn sashiko, the traditional Japanese form of decorative embroidery used for mending textiles and garments to extend their life.

The basics are simple with beautiful stitches for mending your garments which can be meditative and an eco-conscious practice. Registration closes at noon on Friday, 10/16.

**Required:** Garment for mending, fabric to make patch (of a similar weight to the garment), sewing needle, sashiko or embroidery thread, scissors and 4 - 10 straight pins (approx. \$10).

Sun 10 AM-12 PM 10/18  
\$25 Online A. Hewitt

### CROCHET BASICS

Get started with an overview of basic stitches including chain, turning, single and double crochet. Learn techniques to complete a basic blanket started in class.

**Required:** One size H or larger crochet hook and whatever yarn you have on hand.

Mon 6-7:30 PM 9/21-9/28 Sessions: 2  
\$29 Online M. Erikson

### AN INTRO TO BASIC BLACKSMITHING

**JEWELRY, HOOKS & HANGERS**  
Blacksmith like it's 1899! Join "Forged in Fire" contestant, Sam Smith, and gain the fundamental skill of pounding iron in this age-old craft. Tend a coal fire and forge iron into nails, hooks and simple bracelets to bring home and amaze your family and friends! Course fee is nonrefundable. Space is limited to 5 students so register early. Registration closes at noon on Friday, 10/23.

**Required:** Long pants, closed-toe shoes. No polyester or synthetic material. Please bring a drink and a snack.

Sat 9 AM-1 PM 10/24  
\$159 Sokokis Lodge S. Smith

### BEGINNER DIGITAL PHOTOGRAPHY WITH YOUR DIGITAL SLR

Get all the benefits your Digital Single Lens Reflex (DSLR) camera has to offer. Learn to take a photograph by understanding and practicing the controls of your camera. Gain an understanding of composition and design and how to download and edit your photos to make them ready for distribution.

**Required:** DSLR camera, fresh batteries, a memory card and your questions!

**Note:** This class is not for point & shoot only digital cameras.

**Recommended:** Laptop computer.

Mon 6-8:30 PM 9/28-11/2 Sessions: 5  
\$99 OOB HS G. L. Smith

### DECORATIVE MODERN PUNCH NEEDLE

Punch needle is traditionally used in the art of ancient cultures and in contemporary rug hooking. Use basic punch needle techniques, worsted weight yarn and embroidery hoops to create a modern piece of art. Your kit is included in tuition and includes all supplies needed.

Mon 6-8 PM 10/19  
\$49 OOB HS S. J. deGrandis

### INKS FOR DRINKS

#### ALCOHOL INK COASTERS WORKSHOP

Explore the wild world of alcohol ink art and design your own set of 4 one-of-a-kind coasters. Learn various techniques, tips for creating desired aesthetics and how to make your own alcohol ink with items you have around the house. Wear clothing for making inky art and bring a snack. Registration closes at noon on Friday, 9/11.

Sun 10 AM-1 PM 9/13  
\$45 Saco LC K. Bartlett

### INTRO TO DRAWING

Working primarily in charcoal, explore contour, depth, composition and perspective derived from the observation of natural and still life objects. We will also discuss drawing media and papers.

**Required:** Drawing pad, pencil-charcoal, soft or extra soft vine; Strathmore charcoal paper, gum or kneaded rubber eraser and an easel (optional, for physical distancing) (approx. \$20).

Thu 6-8:30 PM 10/1-10/29 Sessions: 5  
\$105 OOB HS R. Whitten



# CREATIVE ARTS

## **Therapeutic Drawing** **WHAT IS TANGLING?**

Create tangles using a combination of dots, lines, simple s-curves and orbs. It is unplanned so no worries about results. Increase focus, creativity, self-confidence and aid in problem-solving, self-image and provide an increased sense of well-being. It has been shown to help with addictions, pain, conflict resolution, stress relief and reduce blood pressure. Registration closes at noon on Friday, 9/18.

Tue 6-7:30 PM 9/22-9/29 Sessions: 2  
\$35 OOB HS D. Pouliot

## **Watercolor Basics**

Build a strong foundation by studying color theory & color mixing, application, how to create the illusion of distance and composition. Build your skills and confidence. No class 10/12.

**Required:** 1 sm tube ea: Cadmium Yellow (light), Cobalt Blue, Alizarin Crimson, 1 Round #10 watercolor brush, 1 inch wide flat brush, 1 #2 pencil, 1 eraser, 1 light board or piece of cardboard, two sheets of Arches watercolor paper, 140 lb. cold press and an easel (optional, for physical distancing) (approx. \$25-\$30).

Mon 6-8:30 PM 9/21-10/26 Sessions: 5  
\$105 OOB HS R. Whitten

## **NEW DAY** **Pepperell Mills** **Plein Air Study**

Take in the beautiful textures, shapes, light and shadow of the Mills' architecture. See the landscape as broad areas of value and shape to create sophisticated sketches. All drawing levels welcome. Please arrive by 9 AM. Drawing materials included.

**Note:** Bring an easel (optional), sunscreen, water bottle and a folding chair or blanket.

Sat 9 AM-12 PM 9/19-9/26 Sessions: 2  
\$65 Mechanics Park V. Gordon

## **Intro to Color Theory**

Discuss vocabulary, color relationships and hands-on applications of color theory and mixing. Paint color wheels and charts - useful resources that you can take home for future artistic endeavors!

**Required:** Watercolor paper, watercolor palette w/ brush, pencil, round watercolor brush (if not bought with palette), cup for water (available at Michael's, approx. \$12).

Tue 7-9 PM 9/22-9/29 Sessions: 2  
\$45 Mill Bldg #18 #204 V. Gordon

# MIND, BODY & SOUL

## **Mediumship Level I**

Discover the mechanics of mediumship and what it means to be a medium. Learn meditations, how they benefit you and how they work in your daily life. Gain an understanding of the different abilities and touch upon chakras and building and practicing your mediumship ability.

Tue 6-8 PM 10/6-10/13 Sessions: 2  
\$39 Online J. Laflin

## **Mediumship Level II**

Continue to develop the mechanics of meditation in broadening your mediumship. Learn to use personal objects to pick up messages from loved ones, understand the importance of having ethics when reading people, being aware of spirits communication and how to pass on messages as we read other class participants.

Tue 6-8 PM 10/20-10/27 Sessions: 2  
\$39 Online J. Laflin

## **FREE Falon Gong** **Introduction**

This ancient, traditional Chinese practice of "self cultivation" is a way to improve mental and physical wellness through five easy-to-learn exercises, meditation and the elevation of one's mind. Based on the universal values of truthfulness, compassion and tolerance, this demo class will provide a brief overview, plus a demonstration of the exercises.

Thu 6:30-8:30 PM 10/1  
Free Online M. Gale

## **What is EFT?**

### **EMOTIONAL FREEDOM TECHNIQUE** **WITH LEAH WENTWORTH**

Tap your way to better health and joy with an introduction to your body's energy system. Use EFT/Tapping (on the body) to create better health, reduce stress and pain to bring more balance, peace and joy into your life. Experience the power of this simple tool and leave with the information you need to start using it!

[Section I](#)  
Mon 6-7:30 PM 10/5 \$15 Online

[Section II](#)  
Tue 6-7:30 PM 11/17 \$15 Online

Our Adult Education program is made possible through the support of Regional School Unit #23 and the Saco School Department.

## **Intro to** **Meridians & Acupressure**

Acupressure is the traditional Chinese technique of finger pressure on the body's acupuncture points to relieve symptoms. Shiatsu and Reflexology are the most common forms of acupressure. Learn the locations of your meridians (energy channels) and some major acupressure points and how to use them to eliminate physical and emotional pain. Cover EFT tapping and Meridian Therapy as related modalities.

Fri 6-7:30 PM 10/2-10/23 Sessions: 4  
\$59 Saco LC M. Gerardi

## **De-stress with Hypnosis**

Stress can be incapacitating and crippling, contributing to many diseases in our minds and bodies. Hypnosis can help you release your habitual reaction to stress and replace it with a positive, relaxed response. Learn to enter the hypnotic state whenever you desire, using it to reinforce a satisfying way of handling your stress. Bring a mat and/or pillow for extra comfort.

Mon 6-8 PM 11/9  
\$19 OOB HS H. Sadlier, MEd, BCH

## **Enjoy the Benefits of** **Self-Hypnosis**

Enter a comfortably relaxed self-hypnotic state and be able to return to that state anytime you desire. Be completely free of conscious mind interference and benefit from, and interact with, your subconscious mind. Simply enjoy the deeply relaxed feelings or work with your inner mind to make changes within yourself and your life. Bring a mat and pillow for extra comfort.

Mon 6-8 PM 10/5  
\$19 OOB HS H. Sadlier, MEd, BCH

## **Hypnosis for Sugar Cravings**

Repeated messages, experiences and influences cause habits to take hold in our subconscious mind. Discover the underlying mental and emotional connections not available to your conscious mind. Release and replace them with positive outcomes to support your success in beating those sugar cravings. Bring a mat and/or pillow for extra comfort.

Mon 6-8 PM 9/14  
\$19 OOB HS H. Sadlier, MEd, BCH

# PROFESSIONAL SKILLS

## **Intro to German**

Learn pronunciation, vocabulary, verbs, grammar fundamentals and common questions and phrases that are helpful to know when traveling in a German-speaking country. Prepare to read newspaper articles, short stories, poetry, signs and road maps! The textbook comes with digital resources including flashcards and extensive audio recordings and supplemented by Google Slides presentations for a more interactive learning experience.

**Required:** *Practice Makes Perfect: Basic German* by Jolene Wochenske, ISBN 9781260120912 (approx. \$16 on Amazon).

**Note:** It is best to purchase a new book so you can use the code that comes with the book for the extra resources, which will be used in class.

Thu 6-8 PM 9/17-11/5 Sessions: 8  
\$149 Online G. M. Downs

## **Etsy 101**

### **Selling Your Crafts Online**

Basic computer, internet and email skills are required for this course. Learn to set up a FREE Etsy store and PayPal account, basic terminology, list items, decode the mystery of quality packing and shipping. Cover the basics of branding, picture taking, description writing and pricing. Get ready to create your online shop!

Mon 6-7:30 PM 10/19-11/2 Sessions: 3  
\$29 Online M. Erikson

## **Excel Spreadsheet Basics**

A powerful tool for performing calculations, developing budgets, analyzing and managing data. Master the essentials including: text and number formatting, sorting and filtering data, basic formulas and charts.

**Prerequisite:** Completion of a Computer Basics course, Microsoft Word or equivalent familiarity creating documents, formatting text, navigating menus/toolbars in software programs.

**Required:** Excel on your home computer (2010 version or newer).

Wed 6-8:30 PM 10/7-10/28 Sessions: 4  
\$79 Online D. A. Chandler-Smith

OOB/Saco Adult & Community Education is not responsible for typographical errors.





## NEW COMPUTER USER WORKSHOPS WITH JEANNE CASSIDY

Learn new skills in a stress-free, nonjudgmental environment. Each workshop is designed to build on the next to give you the basic building blocks to become comfortable using a laptop keyboard, screen & mouse to navigate between programs, websites and communicate via email. The following two-hour workshops are prerequisites for other introductory courses. In class laptops with MS Office 2016 provided. Enjoy a 6 person class maximum for a supportive learning experience.

### WORKSHOP 101

#### MOUSE & KEYBOARD

Get comfortable with the use of the laptop keyboard and mouse and/or touch pad to control the cursor. An introduction on navigating between websites, applications and programs will be presented.

Tue 5:30-7:30 PM 9/15  
\$19 OOB HS

### WORKSHOP 102

#### NAVIGATING THE INTERNET

Become a whiz at creating and using bookmarks and searching with a popular browser. A brief introduction to Windows 10 navigation will also be presented.

Tue 5:30-7:30 PM 9/22  
\$19 OOB HS

### WORKSHOP 103

#### EMAIL

Create your own email address, compose, send & reply to messages. Become comfortable with basic Gmail setup and functions so you can communicate using email with ease.

Tue 5:30-7:30 PM 9/29  
\$19 OOB HS

OOB/Saco Adult & Community Education endeavors to provide a diverse listing of course offerings to our community. The views and ideas expressed by course instructors are not necessarily those of OOB/Saco Adult & Community Education. Course attendees are urged to utilize their best independent judgment in evaluating statements or suggestions made by course instructors.

### The following sessions

are offered for those who have mastered the basics taught in the above workshops. In class laptops with MS Office 2016 provided. Enjoy a 6 person class maximum for a supportive learning experience.

### WORKSHOP 201

#### INTRODUCTION TO WINDOWS 10

Whether you are migrating from an older version or have never used Microsoft Windows before, become familiar with the latest features. Set up your personal computer to suit your preferences, discover how to easily navigate and search, as well as file and retrieve documents and other files.

Tu/Th 5:30-7:30 PM 10/6-10/8  
\$39 OOB HS

### WORKSHOP 202

#### INTRODUCTION TO MS OFFICE 2016 - WORD

This powerful word processing program allows users to type and manipulate text in a graphic environment that resembles a page of paper. Learn to use the basic functions to create customized documents that can wow!

Tu/Th 5:30-7:30 PM 10/13-10/15  
\$39 OOB HS

### NEW WORKSHOP 203

#### INTRODUCTION TO MS OFFICE 2016 - PUBLISHER

This entry level desktop publishing tool is often included in the Microsoft Office suite. Learn the basic functions to create greeting cards, flyers, handouts, newsletters, certificates and more! Complete a project during the workshop.

**Prerequisites:** For those who have mastered the basics taught in the New Computer User Workshops or comfortable with laptop and/or desktop keyboards and software. A proficiency with Microsoft Word and/or other MS Office products is a plus.

Tue 5:30-7:30 PM 10/20  
\$19 OOB HS

## NEW UGotClass

### CERTIFICATE PROGRAMS

#### PARTICIPATE WHEN YOU WANT!

The online classroom is open 24/7. There are no live real-time requirements or meetings. For the best learning, participants should log into the course on 2-3 different days of the week. Courses provide continuing education credits.

To register and for more details on the certificate programs below visit:  
<https://yougotclass.org/index.cfm/OOB>

Registration closes Saturday, 9/12.

### BOOKKEEPING CERTIFICATE

How do you manage your business finances and measure and manage the financial health of your business? This 48 hour certificate program consists of three 16 hour courses: Understanding Debits & Credits, General Ledger and Month End Procedures and Closing Procedures and Financial Statements.

9/8-11/27 \$495 Online S. deFonteny

### DATA ANALYSIS CERTIFICATE

Whether your business is home based or a large company, this certificate will take you to the next level where important decision-making is concerned. This 48 hour certificate program consists of three 16 hour courses: Introduction to Data Analysis, Intermediate Data Analysis and Advanced Data Analysis.

9/8-11/27 \$495 Online UGotClass Instr.

### DIGITAL MARKETING CERTIFICATE

Get an intro to eMarketing: improving email promotions, analyzing web site traffic, search engine optimization and employing successful online advertising. Relevant for any type of business, non-profits and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions. This 48 hour certificate program consists of three 16 hour courses: Improving Email Promotions, Boosting Your Website Traffic and Online Advertising.

9/8-11/27 \$495 Online UGotClass Instr.

## FREE INFO SESSION FOR OUR CERTIFIED RESIDENTIAL MEDICATION AID (CRMA) CERTIFICATE PROGRAM

Your instructor, Jennifer Courtois, RN, will answer all your questions about the industry. If you are thinking about a new career, this is a great way to get started - and it's FREE to explore!

**Note:** Participants must be 18 or older to enter this certificate program. A High school credential is not needed and background checks are not required.

Tue 6-7 PM 9/29  
FREE OOB HS

### DAY CERTIFIED

#### RESIDENTIAL MEDICATION AID CERTIFICATE PROGRAM

#### CRMAs ARE IN HIGH DEMAND!

This course provides standardized training for professionals working in state-certified residential care homes. State of Maine regulations, standard residential facility policies and basic anatomy and physiology are covered. Discuss medications, safe administration procedures, practice taking vital signs, transcribing physician orders and documenting procedures on the Medication Administration Record in accordance with Maine's regulations governing residential facilities. Students are required to complete a Clinical Medication Administration of three medication passes for three different residents with 100% accuracy. Full certification and medication pass awarded on successful completion with 40 hours attendance, no exceptions. Course fee is nonrefundable. Registration closes at noon on Friday, 10/16.

**Required:** \$100 fee for med pass payable to instructor at your scheduled test. The PDR *Pocket Guide to Prescription Pills Book* ISBN# 9780553593563 (approx. \$10, Amazon), a yellow highlighter and a 1 to 1.5 inch 3-ring binder. **Note:** CASAS pre- and post-testing in Math & Reading is highly recommended before your class starts. Our staff will contact you to set up a testing appointment so register early! Participants must be 18 or older. No high school credential or background check required. Payment plans available for qualified applicants.

Sat 8:30 AM-4:30 PM 10/17-/14  
Sessions: 5 \$300 Saco LC  
J. Courtois, RN



# PROFESSIONAL SKILLS



## BECOMING A NOTARY PUBLIC

A notary's duty is to formally witness transactions involving paper documents and, in Maine, officiate at weddings. Prepare to be commissioned as a notary public, learn the history, its powers and duties, eligibility, procedures and record-keeping. Applicants must be residents of ME or NH who are regularly employed or carry on a trade/business in ME.

Leave with the testing and paperwork ready to submit to the State. License is (approx.) \$50 and valid for seven years.

Thu 6-9 PM 12/3 \$39  
OOB HS M. T. Foley

# ACADEMICS

## NEW & RETURNING

Student Registration at our Saco Learning Center

80 Common St, Saco ME 04072 - Thursday, August 27th, 2020  
Noon to 6 PM

**Just drop in!**

To register or for more info call (207) 282-3846 or (207) 934-7922 or visit:  
[www.oobsaco.maineadulted.org/Academics](http://www.oobsaco.maineadulted.org/Academics)

**Masks & physical distancing required at all our classes & events**

### NO COST ADULT BASIC EDUCATION CLASSES

**ESSENTIAL SKILLS IMPROVE READING, WRITING & MATH!**

**HIGH SCHOOL COMPLETION BE A HIGH SCHOOL GRADUATE!**

**HiSET PRETESTING SESSIONS**

**ESOL ENGLISH FOR SPEAKERS OF OTHER LANGUAGES**

## MAINE COLLEGE & CAREER ACCESS

We offer college preparation classes and workshops. Prepare for college-level math and English, brush up your computer skills and more. Check out our FREE MCCA program and take the classes you need to prepare for college. Take the Accuplacer test, learn about college and financial aid applications, explore career options and more.

**FREE INFO SESSIONS FOR OUR NO COST MCCA PROGRAM**

**AT OUR SACO LEARNING CENTER**

10 AM-12 PM OR 4-6 PM

Come to one of the FREE Info sessions and bring all your questions. See what options we have to support your transition into college. MCCA classes run September - December, 2020.

Register online in late August or call (207) 282-3846 or (207) 934-7922 for dates and info.

# REGISTRATION

## MAIL

OOB/Saco Adult Ed  
28 Jameson Hill Rd  
Old Orchard Beach, ME 04064

Make checks payable to:  
OOB/Saco Adult Education

## EMAIL

Scan & send to [adultedinfo@rsu23.org](mailto:adultedinfo@rsu23.org)

**PHONE (207) 934-7922**  
Please have your chosen courses & credit card handy.

Office hours: 10 AM - 5 PM

Student Name (First, Last) \_\_\_\_\_ Check if new address

Address (please use credit card billing address, if applicable) \_\_\_\_\_ Birthdate (mo/day/yr) \_\_\_\_\_ / /

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell/Home Phone (With Area Code) \_\_\_\_\_ E-mail Address \_\_\_\_\_

Course Title	Start Date	Course Fee
<b>TOTAL amount enclosed</b>		

**Credit Card Information** By signing our Registration Form you acknowledge and accept the refund policy (see below) and release OOB/Saco Adult Education from any and all responsibility in case of accident and approve the charge made to your credit card account.

MasterCard  DISCOVER  VISA  AMEX

Credit Card Number (Please print clearly) \_\_\_\_\_ Sec. code \_\_\_\_\_ Exp. Date \_\_\_\_\_ / /

Print name as it appears on your credit card \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ / /

NEED ANOTHER REGISTRATION FORM? Visit [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)

**STORMS & CLOSINGS** If RSU23 (Old Orchard Beach) day school closes then OOB/Saco Adult Ed will be closed as well.

For weather cancellations visit: [www.oobsaco.maineadulted.org/weather-cancellations](http://www.oobsaco.maineadulted.org/weather-cancellations)

**REGISTRATION & FEES** All fees must be paid in full at the time of your registration. Credit Cards are subject to a nonrefundable \$1.99 fee per class. All courses are open to persons age 18 and older. Academic courses are open to persons age 17 and older and often have open enrollment.

**REFUNDS & WITHDRAWALS** To receive a course fee refund, notify our office seven calendar days prior to the course start date. Course fee refunds are not an option on or after the start date of a course or when the course is listed as nonrefundable.

**CHANGES & CANCELLATIONS** We reserve the right to cancel classes, reschedule or change instructors when necessary. Courses with insufficient enrollment will generally be canceled one to five business days prior to the class start date. We notify all registered students of any changes whenever possible. PLEASE do not buy materials for a class unless you know it will run. Check our 'Go' list online: [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)

**FOR MORE ON OUR POLICIES PLEASE VISIT:**

[WWW.OOBSACO.MAINEADULTED.ORG/GENERAL-REGISTRATION-AND-POLICY-INFO/](http://WWW.OOBSACO.MAINEADULTED.ORG/GENERAL-REGISTRATION-AND-POLICY-INFO/)

Register online at [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)

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/online-classes/](http://www.oobsaco.maineadulted.org/online-classes/)

**NEW**  **UGOTCLASS  
ONLINE**

**CERTIFICATE PROGRAMS**

SEE PG 13

**BOOKKEEPING**

**DATA ANALYSIS**

**DIGITAL MARKETING**

**WE HAVE VARIETY.  
YOU'VE  
GOT CHOICES!**

[www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)

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