



Old Orchard Beach/Saco Adult & Community Education

Variety Freshly Picked!



FALL 2023
Sept-Dec
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EARLYBIRDF23



**INSTANT GUITAR
FOR HOPELESSLY BUSY
PEOPLE PG 21**



FERMENT THIS! PG 19



RETIRING WELL PG 4



**MILL GIRLS OF THE
PEPPERELL PG 24**

FAMILY, HOME & GARDEN 3-4

Buying Your First Home, AARP Smart Driver, Retire Well, Self Defense for Women, Estate Planning, MaineCare, Assisted Living, Downsizing & Moving, Dying To Do List

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Blacksmithing, Watercolor, Stamping, Wire Wrapping, Fiber Arts, Sewing, Card Making, Drawing, Color Theory, Photography, Art Unbound, Book Binding, Paper Marbling, Essential Oil Sprays, Digital Illustration

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Best Clothing & Makeup, Best Hairstyles, Glasses & Necklines

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Mindful Movement, Companions in Spirit, Happiness, Setting Boundaries

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Jazzercise, Aikido, Kempo Kickboxing, Aerial, Yin & Outdoor Yoga

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CULINARY ARTS 18-20

Knife Skills, Greek Cooking, Wine Pairings, Foodie Tour, Puddings & Popovers, Homemade Pasta, Fermenting, World Teas, Tea Blending & Tasting

MUSIC & DANCE 20-23

Hand Drumming, Country & Latin Line Dancing, Instant Piano, Guitar, Belly Dance, Become a DJ, Night Club Two Step, Contemporary Dance

RECREATION 23-25

Tour Ireland, Cemetery Tours, Pickleball, Pepperell Mill Girls, Cemetery Lantern Walk

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Essential Skills, High School Completion, ESOL, College Prep

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Follow Us!

WHY REGISTER EARLY?

WHY TELL FRIENDS?

EACH CLASS HAS A
MINIMUM ENROLLMENT IN ORDER TO RUN.
REGISTER WITH A FRIEND, IT COULD MAKE THE DIFFERENCE
BETWEEN YOUR CLASS RUNNING OR NOT!

ENSURE YOUR SPOT, ENROLL EARLY!

Important NEWS!

For LIVE ONLINE Classes

**YOUR Teacher will send your CLASS LINK
within a few hours of your 1st class.**

**Registration closes at noon the 1st day of
any class unless otherwise noted.**

NEW

REQUIRED: PROOF OF REGISTRATION

(printed or on your phone)

for weekend & off-site classes-

(classes NOT held at OOB High School).

Thank you!

My DYING To Do List

Do you know how much paperwork is involved in organizing your estate? This quick overview deals with matters involving family, finances, future, & funeral. Leave with a list of resources. This is an informational seminar only.

Mon 6-8 PM 9/11 \$25 OOB HS

Jill Braceland has designed and delivering management and writing tool seminars for over 30 years. She offers interactive, practical workshops in an easy, friendly manner.

DAY

BUYING YOUR FIRST HOME

LIVE ONLINE

This ME hoMEworks class covers all aspects of buying a home. Earn a Certificate of Completion required for certain mortgage programs, including USDA, ME State Housing Authority and other lenders. Free individualized counseling is available following the class. Please have a pen and notepad. Registration closes at noon on 11/2.

Required: You must respond to the email from YCCAC to finalize registration and receive the Zoom link.

Note: Register the person you are buying a home with when you register and get a \$10 rebate.

Sat/Sun 12-4:30 PM 11/4-11/5 \$30

Lee Sullivan has experienced the home-buying process multiple times and successfully redeveloped several bank-owned residential properties. She is a HUD and hoMEworks-certified housing counselor and homebuyer educator.

AARP SMART DRIVER

The nation's first refresher course specifically designed for drivers aged 50 and older. Refresh your driving skills and road rules. Topics include safe driving strategies, medications and driving; driver distractions, car safety features, road rules on left turns, right-of-way and roundabouts; state-specific rules and regulations in 19 key areas. 97% of participants change at least one driving habit, so join us to help reduce accidents and traffic tickets and learn something new!

Required: Instructor will collect \$25 (AARP members \$20) for materials.

Tue 6-8 PM 10/24-10/31 \$15 OOB HS
Andrew Grant: bio pg 4.

SELF DEFENSE FOR WOMEN

If your life is in danger you'll need to strike fast and hard to defend against larger, stronger attackers. Street survival tactics utilize deflecting, striking, kicking, trapping and disabling. Self-defense includes situational awareness and understanding how to deal with potential dangers. Students receive a Kubotan safety device and the knowledge to use it.

Required: Proof of registration. Wear loose-fitting clothing and comfortable shoes.

Tue 6-7:30 PM 9/19-10/10 \$65 Saco LC
Sensei Gil Dougherty: bio pg 15.

ESTATE PLANNING

DOCUMENTS FAMILIES SHOULD HAVE!

We all need a last will and testament, durable power of attorney, advanced health care directive and HIPAA authorization. Learn the purpose and significance of each and get your questions answered.

Wed 6-9 PM 10/18 \$15 OOB HS

Eleanor Dominguez, Esq., has worked at Ainsworth, Thelin, & Raftice, PA, in So. Portland since 2014, focusing on elder law, estate planning and administration. She is accredited in preparing, presenting and prosecuting claims for veterans' benefits before the Department of Veterans Affairs.

FAMILY, HOME & GARDEN

MAINECARE ELIGIBILITY, BENEFITS & ESTATE RECOVERY **WHAT SENIORS & THEIR FAMILIES NEED TO KNOW!**

Learn the eligibility requirements for MaineCare long-term care (nursing home) benefits and estate recovery. Discover how an individual, married or single, becomes eligible without unnecessarily impoverishing the spouse or losing one's life savings.

Wed 6-9 PM 9/27 \$15 OOB HS
Eleanor Dominguez: bio pg 3.

NEW GET READY TO MOVE

Moving to a new home is a lot of work! Make it easier with the right information! Learn about moving companies, packing, and downsizing tips so you will be ready before you set up a moving day. Leave with the resources needed to plan a smoother and more successful move to your new home.

Wed 6-8 PM 10/18 \$19 OOB HS
Jill Braceland: bio pg 3.

NEW RETIRING WELL

WORKSHOPPING YOUR RETIREMENT

Recently retired or on the verge? Maybe have a vague notion about how to spend your retirement but not sure how to make it happen? Researched the financial aspects but have not gone beyond that? We will not address financial planning in this class but rather give you an opportunity to share your thoughts, ideas and dreams in a safe space for exploration that will result in a concrete retirement plan! Share your plan with the group and give feedback to others so everyone leaves with great ideas about their retirement!

Optional: Bring a laptop or iPad/tablet.

Sat 9-11 AM 10/21-10/28 \$29 Saco LC

JoAnne Dowd is eager to share her experiences and the domains she has created to help people engage in a self-reflective process to enable the experience of happiness and success in retirement.



Get tips to make this difficult process easier!

DOWNSIZING?

Discover organizing strategies to establish your project priorities, what supplies you need and how to set realistic time constraints. Leave with an action plan to make your downsizing easier.

Wed 6-8 PM 11/29 \$19 OOB HS
Jill Braceland: bio pg 3.

MOVING A LOVED ONE INTO ASSISTED LIVING

Transitioning to an assisted living community can be intimidating. It's one of the most significant adjustments a senior will make. Unfortunately, there's no way to remove all worries and anxieties. Discover the steps to ensure a safe and stress-free transition. Topics include choosing the right community, researching costs, arranging a tour, what to bring and NOT to bring, closing their residence, acclimating to their new home and involved in their new community and much more!

Thu 6-8 PM 10/19 \$25 OOB HS

Kaitlyn Morse, founder of Maine Aging Partners, has spent time working in home healthcare and senior living. She realizes how difficult it is to find a clear and unbiased information and wants to share her knowledge with you.

NEW AARP SMART DRIVER TEK

Join your peers and discover how new vehicle technology can make driving safer and easier. Discuss new vehicle technologies like Smart Headlights, Blind Spot Warning Systems, Drowsy Driving alerts and much more. Discover how these new technologies can help keep you and those you love, safe on the road.

Tue 6-7:30 PM 10/10 \$15 OOB HS

Andrew Grant, certified Smart Driver instructor, also offers Smart Driver TEK, Car-Fit and We Need to Talk programs.

PROFESSIONAL SKILLS



Avoid the madness, sign up for a tutoring session!

PRIVATE COMPUTER TUTORING

Register for a one-hour, one-on-one appointment for your technology needs. Topics include Mac/PC information, social media, email, and attachments. Perhaps you need help with photos: saving, sending, editing; iTunes, MS Office programs, the internet, backing up your work, or virus protection. It's your hour and we want to ensure your needs are met!

Note: Please check your email for a four-question survey to return to us at adulthoodinfo@rsu23.org. This questionnaire will ensure your session perfectly suits your needs.

Required: Bring your MacBook or PC laptop, or use one of our Windows laptops.

All sessions are \$59 and held on Mondays at Old Orchard Beach High School.

[Sec. I: 4-5 PM 9/11 \\$59](#)

[Sec. II: 5:15-6:15 PM 9/11 \\$59](#)

[Sec. III: 6:30-7:30 PM 9/11 \\$59](#)

[Sec. IV: 4-5 PM 9/25 \\$59](#)

[Sec. V: 5:15-6:15 PM 9/25 \\$59](#)

[Sec. VI: 6:30-7:30 PM 9/25 \\$59](#)

[Sec. VII: 4-5 PM 10/2 \\$59](#)

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[Sec. IX: 6:30-7:30 PM 10/2 \\$59](#)

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[Sec. XIII: 4-5 PM 11/6 \\$59](#)

[Sec. XIV: 5:15-6:15 PM 11/6 \\$59](#)

[Sec. XV: 6:30-7:30 PM 11/6 \\$59](#)

[Sec. XVI: 4-5 PM 11/13 \\$59](#)

[Sec. XVII: 5:15-6:15 PM 11/13 \\$59](#)

[Sec. XVIII: 6:30-7:30 PM 11/13 \\$59](#)

Jeanne Cassidy, MA, CPCM, PMP, has worked with computers for 30+ years in the military and aerospace industries. She enjoys sharing her extensive experience with people who want to become more familiar with existing technology.

EXCEL SPREADSHEET BASICS

Discover this powerful tool for performing calculations, developing budgets, and analyzing and managing data. Master the essentials, including text and number formatting, sorting and filtering data, and basic formulas, in Microsoft Excel 2021. In class laptops are provided.

Prerequisite: Completion of a Computer Basics course, Microsoft Word or equivalent familiarity with using the mouse & keyboard, creating documents, formatting text and navigating menus/toolbars in software programs.

Tu/Th 5:30-7:30 PM 9/12-9/21 \$99 OOB HS
Jeanne Cassidy: bio this pg.

INTERMEDIATE EXCEL SPREADSHEET

Expand on the tools learned in the Excel Spreadsheet Basics course. Create, edit, and format professional-looking charts to present complex data in a meaningful way, and set up spreadsheets and worksheets for printing. Cover favorite intermediate and advanced formulas and their functions, as well as Pivot and Data Tables and so much more. Take your skills to the next level! In class laptops are provided.

Prerequisite: Completion of Excel Spreadsheet Basics or equivalent; familiarity with creating worksheets and spreadsheets; formatting text; navigating menus/toolbars in software programs.

Tu/Th 5:30-7:30 PM 10/10-10/19 \$99 OOB HS
Jeanne Cassidy: bio this pg.

BECOMING A NOTARY PUBLIC

Witness transactions involving paper documents and, in Maine, officiate at weddings. Learn the history of the office, its powers and duties, eligibility, procedures and record-keeping. Applicants must be residents of ME or NH residents who are employed or carry on a trade/business in ME. Leave with the test completed and action steps for submitting all paperwork. License is approximately \$50 and valid for seven years.

Mon 6-9 PM 10/16 \$39 OOB HS

Bethany Mulhern has been a notary public since May 2019 and has performed various notarial duties, including weddings. As a result, she is well-versed in all aspects of the role of a notary public and has a great deal of enthusiasm about the subject matter, which she's excited to share with her students!

PROFESSIONAL SKILLS

DAY SUBSTITUTE TEACHER INTENSIVE

Substitute teaching is valuable, benefiting the employee and the school. Enhance critical skills & understandings that lead to success at any grade level. Through presentations, discussion and readings, address behavior expectations, how to get and keep students on task and build positive relationships. Examine lesson plans at all grade levels, preview what to expect on any given day and the role of technology. Consider the variety of subbing opportunities in special education and review the behaviors that will ensure you're kept as busy as you wish. Leave with a notebook containing the course presentation, relevant readings and resources to support you. Tours of our schools will give you a sense of today's classrooms. You will receive the highest pay rate for the district if hired by RSU 23.

Requirements: State-mandated fingerprinting, Criminal History Records Check and submitting an application to RSU23 (unless already employed in the district). Access to a computer & valid email address.

Tu/Th 3:30-5 PM 9/21-10/24 \$99 OOB HS

Linda Roy taught primary grades in OOB schools for 39 years and has a Professional Teacher MS. Ed. degree. Since retiring, she has regularly substituted K-12 in our local schools.

HEARTSAVER® CPR & First Aid FOR ADULTS & CHILDREN

Acquire the critical skills needed to respond to and manage first aid, choking, or sudden cardiac arrest until emergency medical services arrive. Learn to treat bleeding, sprains, broken bones, shock, and other emergencies, as well as adult/child/infant CPR and automated external defibrillator use.

Note: First Aid and CPR cards are good for two years and meet the requirements for child care providers. Tuition includes \$18 fee for First Aid/CPR card.

Tue 6-9 PM 10/17-10/24 \$79 OOB HS

Karl Finley, volunteer firefighter for 20+ years with the Scarborough Fire Department, is an EMT/Paramedic and worked at the Saco Fire Department for 19 years. He has been the Public Education Coordinator for nine years and has 11 years experience teaching CPR.

BEHAVIORAL HEALTH PROFESSIONAL INFO SESSION

This is a fantastic opportunity for a FREE education and the chance to build a career in Behavioral Health! Learn about our Behavioral Health Professional Training Certificate Program. This informational session will help answer your questions about this FREE opportunity.

Thu 6-7:30 PM 9/14 OOB HS

FREE BEHAVIORAL HEALTH PROFESSIONAL TRAINING & CERTIFICATE PROGRAM - LIVE ONLINE

Children's Behavioral Health Services are vital to Maine's children with intellectual disabilities, autism, mental health disorders and their families. As an integral part of the child's treatment team, a Certified Behavioral Health Professional (BHP) has the opportunity to make an immediate impact while helping a child grow to their full potential. Prepare for employment through local social service agencies and learn to work with children who qualify for services. Complete 12 online modules and three 4-hour live or virtual sessions, followed by free online blood-borne pathogen training and Child and Adult First Aid & CPR certification. In just 40 hours you could be on your way to a life-changing profession.

Required: Must be a Maine resident and at least 18 years old with a high school diploma or equivalent to become certified.

Mon-Sun 9/1-12/30

Jeffrey Carpenter is the Workforce Recruitment Specialist through Woodfords Family Services, responsible for recruiting behavior health professionals by networking with schools, schools, state colleges, universities and adult education programs. He is here to help by providing answers to questions and technical issues, should any arise. He is also a resource to connect you with service agencies after completed the training.

PROFESSIONAL SKILLS

NEW REAL ESTATE SALES AGENT - ONLINE

INTRODUCTION TO THE ELEMENTS OF REAL ESTATE BROKERAGE

Topics include: industry overview/organization, Maine Real Estate Commission, agency relationships, product knowledge, property valuation, appraisal process, financing, contracts, closings and federal and state laws. Fee includes textbook PDF, one year course access, instructor feedback after quizzes and final exam and twice monthly Q&A sessions via Zoom. A certificate of completion is awarded with a grade of 75% or above, required for the state licensing exam (\$85 fee), which must be taken within one year of satisfactory course completion. When you affiliate with a real estate agency and apply for your license, there is a \$100 fee, along with a \$21 criminal records check fee.

Required: Attendees must be 18 or older and have a high school diploma or equivalency to get a license. A diploma is not required to take this class.

Mon-Sun 9/1-12/31 \$370

Bob Joslyn has been a licensed real estate broker in ME since 1988 and a solo agent at Keller Williams Realty for the past eight years. He has enjoyed helping many buyers and sellers make informed real estate decisions. Bob has been an instructor at Husson University for more than 20 years, teaching numerous business courses.

SOLOPRENEUR

Want to start your own company? Can you answer these five basic questions: Who are you? What are you offering? Who will be your customers and competitors? What are the cost estimates? What is your advertising strategy? Leave with the resources needed to get started on your own business.

Wed 6-8 PM 12/6 \$25 OOB HS

Jill Braceland: bio pg 3.

INTERMEDIATE FRENCH

Have you already completed an introductory French course? This class emphasizes basic grammar, pronunciation, oral exercises, improving listening and speaking skills through games, group activities and conversation. No class 10/31, 11/7.

Required: *Berlitz French Picture Dictionary* (Berlitz Publishing). ISBN: 978-1780044774 (approx. \$10 on Amazon). This compact dictionary combines images with French text and phonetic pronunciations that covers many categories of interest.

Tue 5:30-7 PM 9/19-11/21 \$129 OOB HS

Gregory Downs, BA in French with a minor in German, from USM, has a strong passion for foreign language acquisition and linguistics. He loves to share the knowledge he has gained.

INTRO TO ITALIAN EXPANDED COURSE!

Enjoy speaking the Italian language through written and oral exercises, discussion of cultural topics, and beginning your journey towards fluency! Get a solid understanding of the basics in a fun, light atmosphere while sharing your travel dreams and experiences. Learn to communicate effectively to travel, make friends, and so much more! No class 10/9, 10/16, or 11/1.

Required: Text to be determined.

M/W 6-7:30 PM 9/18-11/6 \$209 OOB HS

Stefani Sellers is certified Level C1 by Dante Alighiere in Italy. She taught Italian at the International Language Institute in Northampton, MA, and has been a personal tutor for years.

NEW SPANISH FOR BEGINNERS

Learn Spanish with a native speaker! No experience needed! Emphasize the basics of pronunciation, vocabulary and grammar to develop fundamental conversation skills in no time. No class 11/23.

Required: *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386 (approx. \$12, Amazon).

Thu 5-7 PM 10/12-12/7 \$209 Saco LC

Gustavo Gómez Coello is a native Spanish speaker and has been the Spanish teacher at Biddeford Middle School since 2019.

DAY PAPER MARBLING

Discover this centuries-old method of creating decorative papers useful in various projects, such as handmade books, scrapbooking, cards, boxes, picture frames, and more. Explore the materials and processes that allow you to pursue and expand the possibilities of this craft for future projects. Proof of registration required.

Sat 10 AM-1 PM 10/21 \$37 Saco LC

Gayle Fitzpatrick has taught in public and private schools, colleges, and adult and community programs for 30+ years. In addition, she is a practicing artist who creates and exhibits painted, printmaking and paper works.

NEW SENSATIONAL STENCILED CARDS

If you are a card maker, you probably have stencils. But are you using them? Join us to make three stenciled cards: one with distress inks, one with paste and one with embossing powder. Several different sentiments will be available to customize your cards. Faith will show you how to make a cloud stencil to take home. All materials are included. Registration closes at noon on 11/1.

Thu 6-8 PM 11/2 \$35 OOB HS

Faith Garnett began teaching card making in 2009. She sells her work at craft fairs, through private sales and online.

12 SPRAYS OF CHRISTMAS

Ahhhhh, the holiday aromas of spiced apple cider, peppermint and pine trees! Scented candles, plug-ins, and other odor-masking sprays can harm your health. Instead, save money, reduce your home's chemical load, and have fun making natural air fresheners with essential oils. They provide the perfect vibe while keeping your home chemical-free and smelling lovely! Explore essential oils and other nontoxic options while making two sprays to take home. All materials and handouts included.

Thu 6-8 PM 12/7 \$45 OOB HS

Jennifer Greiner: bio pg 14.

INTRO TO DRAWING

Working primarily in charcoal, explore contour, depth, composition and perspective derived from observing natural and still-life objects. Discuss the importance of various drawing media and papers. Whether repeating the class or joining for the first time you are bound to learn something new!

Required: Drawing pad, pencil-charcoal, soft or extra soft vine; Strathmore charcoal paper, gum or kneaded rubber eraser, and an easel (optional) (approx. \$20-\$30).

Thu 6-8:30 PM 9/14-10/12 \$119 OOB HS

Russel Whitten: bio pg 9.

DAY ART UNBOUND

Your art does not have to represent anything! Art can be a celebration of line, form, color, and contrast without looking like a teapot, flower, or lighthouse! Through a series of exercises, explore the childlike inner artist within you who likes to draw on walls and pour paint on the family dog! Let loose, relax, and enjoy the cathartic, unbound process. Wear clothes for making art or bring an apron. Leave with at least two unbound art masterpieces. All materials provided. Proof of registration required.

Section I:

Sat 12-2 PM 9/23 \$45 Saco LC

Section II:

Sat 12-2 PM 9/30 \$45 Saco LC

Brother Mark is a minister, healer and psychic medium with 40 years of study and experience. He has been a Reiki Master for over 20 years. He is a certified Life Coach and graduate certificates in Addiction Counseling and Ministry.

DAY DIY HARDCOVER JOURNALS & SKETCHBOOKS

Explore basic bookbinding techniques to create a one-of-a-kind hardcover journal or sketchbook while using the binding method of sewing a book. Focus on technique, structure, tools, materials and processes. Leave with a personally hand-bound book and the knowledge and skill to continue making more of your own! All materials provided. Proof of registration required.

Sat 9 AM-1 PM 11/4 \$49 Saco LC

Gayle Fitzpatrick: bio this pg.

NEW EVERY PICTURE TELLS A STORY

ORGANIZING PHOTOGRAPHS

Learn techniques to work through that box of photographs we all have. Integrating the stories behind the photos will also be explored. Please bring some of your own photographs to get started.

Tue 6-8 PM 10/24 \$19 OOB HS

Jill Braceland: bio pg 3.

CARDS FOR KINDNESS

In 2022, Cards for Kindness sent 438,643 handmade cards to their partner organizations (ex. Ronald McDonald House, Special Olympics, Soldiers' Angels). How would you like to be a part of that? Make four simple cards from a 6 x 6 piece of decorative paper with coordinating cardstock using a template. There will be various sentiments available, so you can personalize your cards. Choose one of the four cards you'll make to be donated to Cards for Kindness and receive information about the organization. Leave with the remaining three cards. Faith will take care of the paperwork and shipping of donated cards. Registration closes at noon on 10/20. All materials provided.

Mon 6-8 PM 10/23 \$37 OOB HS

Faith Garnett: bio pg 8.

HOLIDAY CARD MAKING

Create unique holiday cards using various techniques such as die cuts, a fold that allows the card to stand, embossing & embellishments. Send your handmade cards to your special people for the holidays, or you could even frame them! All card-making levels welcome! Registration closes at noon on 12/1. All materials included.

Mon 6-8 PM 12/4 \$35 OOB HS

Faith Garnett: bio pg 8.

MATERIALS NEEDED for Class?
Before purchasing, make sure your class is a GO!

Check our 'GO' Page: <https://oobsaco.maineadulted.org/go-list/>



NEW INTERMEDIATE WATERCOLOR

Get new ideas and build on the techniques you already established, including color theory, color mixing and application. Understand the use of positive and negative space and recreate still-life subjects with step-by-step demonstrations. Study how to create the illusion of distance and composition while working on slightly more complex still-life and landscape subjects.

Prerequisite: Watercolor Basics

Required: 1 small tube each: cadmium yellow (light), cobalt blue, alizarin crimson, 1 round #10 watercolor brush; 1 inch wide flat brush, 1 drawing pencil #3B, 1 eraser, 1 light board or piece of cardboard; and two sheets of Arches watercolor paper, 140 lb. cold press (approx. \$80).

Note: Please purchase Arches, as the quality of watercolor paper is essential for handling the techniques you will be taught in class. Feel free to bring any colors you may already have.

Mon 6-8:30 PM 10/30-11/27 \$119 OOB HS

Russel Whitten, a local artist and teacher, studied at The Art Students League of New York, Heartwood College of Art, and is a member of The Ogunquit Art Association/Barn Gallery. Students love his easy, supportive style.

INTRO TO COLOR THEORY FOR PAINTING

Having an understanding of color theory is essential for any visual artist. Discuss vocabulary and color relationships and explore hands-on applications of color theory and mixing. Paint a color wheel and charts—valuable resources you can take home to support your artistic endeavors! All materials provided.

Wed 6-8 PM 10/4-10/18 \$59 OOB HS

Tory Gordon: bio pg 10.

CREATIVE ARTS

DAY BEGINNER BLACKSMITHING

LEVEL I : 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.

Required: Proof of registration. Please wear long pants and closed-toe shoes (no polyester/synthetic material) and bring a drink/snack.

Section I: Sat 2-6 PM 9/9 \$179 Bridgton Forge

Section II: Sun 10 AM-2 PM 9/10 \$179 Bridgton Forge

Sam Smith is a Master Blacksmith & Guildmaster of the ME Blacksmith's Guild. Internationally renowned for his work on UNESCO World Heritage sites in Europe and with 20+ years of experience in the craft, Master Smith represents an unbroken line of blacksmiths dating back to 1836.

DAY NEW

INTRO TO BLADESMITHING

Work side-by-side with a traditional blacksmith to hand forge a simple, everyday carry knife. The knife will be forged from spring steel, have a forged steel handle, and will be tempered to hold an edge. This style of knife is sometimes known as the "Blacksmith's knife." Course fee is nonrefundable.

Required: Proof of registration. Please wear long pants and closed-toe shoes (no polyester/synthetic material) and bring a drink/snack.

Sun 10 AM-2PM 9/17 \$349 Bridgton Forge
Sam Smith: bio this pg.

DAY NEW AXE MAKING EXPERIENCE

Work side-by-side with a traditional blacksmith to construct a complete axe. The axe will be the size of a cruising axe, a large hatchet to be able to perform a variety of tasks. The handle will be made of hardwood and the axe-head and handle will be mounted in class. Course fee is nonrefundable.

Required: Proof of registration. Please wear long pants, closed-toe shoes (no polyester/synthetic material) and bring a lunch/drink/snack.

Sun 10 AM-3 PM 9/24 \$349 Bridgton Forge
Sam Smith: bio this pg.

Call us! 207-934-7922 Email us! adulthoodinfo@rsu23.org

NEW STAMPIN' A DOG BANDANA!

Stamping is a great way to add a personal touch to your fabric projects! Use rubber stamps and special fabric ink to create unique patterns and designs. Create a soft rubber stamp and use it to print on a bandana. Emphasis on tool safety and showing tips and tricks on how to start carving and printing at home. Leave with basic tools, materials and at least one custom-made block stamp to reuse along with a completed bandana for you or your furry friend. All materials included. Registration closes at noon on 12/4.

Tue 6-8:30 PM 12/5 \$49 OOB HS
Jessica Muise: bio pg 23.

WIRE WRAPPED SEA GLASS JEWELRY

Twist, wrap and loop your way to a necklace or set of earrings using design elements drawn from the sea. Combine found materials with metal and learn easy wire-wrapped loop techniques to create your own unique jewelry. Bring your own sea glass or choose from the instructor's collection. Leave with a completed piece reflecting your creative design and resources to continue making similar jewelry at home. Registration closes at noon on 12/11.

Tue 6-8 PM 12/12 \$45 OOB HS
Jessica Muise: bio pg 23.

NEW DIGITAL ILLUSTRATION WITH PROCREATE

Transform your drawings into digital art with Procreate! Cover the basics of digital illustration, working in layers, planning a composition, setting up files for print and tricks to help you bring your visions to life.

Required: Proof of registration, iPad/tablet, stylus and the Procreate app.

Wed 6-8 PM 10/25-11/8 \$59 Banded Brewing

Tory Gordon: is a watercolor/pen & ink artist living and working in Biddeford. She is inspired by people, places and things, which lends a fluid style to her art. She believes everyone has an inner artist waiting to express in beautiful, surprising ways.

BEGINNER DIGITAL PHOTOGRAPHY

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 design and how to download and edit your photos to make them ready for distribution.

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

Required: DSLR camera, fresh batteries, memory card and your questions! Laptop computer (optional).

Wed 6-8:30 PM 9/27-10/25 \$125 OOB HS

Geri Lynn Smith, an award winning photographer. She shares her knowledge from personal experience through practical application and entertaining anecdotes.

TRAVEL PHOTOGRAPHY

Discuss what items to pack and travel considerations when taking a trip, including customs forms, finding the best light and what to consider when shooting in popular places. Receive some simple tips to instantly improve your vacation photos and come home with better-than-postcard-quality images to show off! Mike will share the secrets of creating of his vacation images from places like Hawaii, Utah National Parks, Florida, Maine and more!

Tue 6-9 PM 10/24 \$39 OOB HS

Mike Leonard, a photographer since the '80s with experience ranging from TV production to leading photography cruises, has been teaching for 12+ years. He enjoys teaching photographers of all levels to help them grow their talents.

NIGHT PHOTOGRAPHY

Take jaw-dropping photos in the dark! Anyone wanting to shoot through the night to sunrise with limited lighting will enjoy this slide lecture. Capture striking images using dim lighting from various sources, including the moon, Aurora Borealis, cars, trains, fire, moving lights, street lights, lightning and even fireflies. More hands-on time will be offered to go over camera settings.

Thu 6-9 PM 11/2 \$37 OOB HS
Mike Leonard: bio this pg.

CREATIVE ARTS



A fun, easy way to add color to your home!

SEASONAL FELT FLORAL WREATH

Looking to add some seasonal color to your home? Learn to make simple flowers and foliage from felt. Attach them to a metal hoop to make a unique and colorful floral wreath that's ready for fall or winter decor! All levels welcome. Materials included.

Mon 6-9 PM 10/16 \$39 OOB HS
Sarah deGrandis: bio pg 13.

DAY FOLK ART RUG HOOKING

Low-tech, simple, and lots of fun! Learn rug hooking from start to finish, with every step demonstrated. Easily incorporate rovings, hand-spun and commercial yarns, felting techniques, and embellishments after mastering the basics. Discuss the history and tradition of primitive rug hooking, finding and preparing materials, and researching sources for design inspiration. Choose a small mat or chair pad from a variety of simple kits, which includes hook, instructions, binding, burlap, a hoop and a selection of one-of-a-kind heirloom and hand-dyed wools (\$41-\$60, payable to instructor in class).

Required: Proof of registration. Bring lunch and a pair of sharp fabric scissors.

Note: Review designs/kits at jconnerhookedrugs.com. Email jconnerhookedrugs@gmail.com at the time of registration, specifying your kit choice(s).

Sat 9 AM-1 PM 11/18 \$47 Saco LC

Janet Conner, BS in Art Education, Moore College of Art & Design, is a member of the Saco Valley Fiber Artists. She exhibits regionally and at ME Fiber Arts Center. Janet's and her students' rugs have been featured in *Rug Hooking Magazine* and *Finishing Hooked Rugs*. Janet published *Rug Hooking Traditions* with James & Mercedes Hutchinson in 2016. In 2020, she published *Magnificent Hooked Rugs*, inspired by Western Art History. She teaches throughout the US and internationally.

Register online at www.oobsaco.maineadulted.org



A beautiful and useful addition to any home!

NEW DECORATIVE DOOR BASKET

This easy-to-weave basket is woven on a 10" x 14" oak D basket handle. We will be using 1/4" and 1/2" flat reeds for the entire basket, which are excellent for all levels. Your completed basket measures 10" long, 7" tall, and 3" wide. The small decoration on the front of the basket is not included. If you wish to put a decoration on your basket, you are more than welcome to bring one to class, and the instructor will provide instruction on attaching it. Registration closes at noon on 9/27.

Required: A bucket (for wetting reeds), sharp scissors, a kitchen sponge, or a spray bottle. The kit, including all basket materials, is \$20 and payable to instructor in class.

Wed 5:30-8:30 PM 10/11 \$49 OOB HS

Kim Crepeau, a basket weaver since 1984, has enthusiastically taught her craft for the past 25+ years. She chooses her baskets for all levels, from beginner to intermediate.

NEW GOURDS & GARLANDS

Who doesn't love autumn in New England? Make three-dimensional pumpkins, pine cones, acorns and a garland of leaves. Learn stitches such as the magic circle, single crochet, half-double crochet and double crochet. Explore shaping techniques like increases, decreases, invisible decreases and more! Whether you have years of experience or this is your first time picking up a crochet hook, join the fun and make your own fall décor. All levels of experience are welcome! Materials included.

Thu 6-8 PM 10/5-10/19 \$69 OOB HS

Myriah Davis has more than 20 years of crochet experience. Since 2017, she has owned and operated Davis Arts, a pop culture-based business where Myriah creates patterns and finished fiber-crafted pieces based on characters from films and television. Myriah's goal is to share her enthusiasm for all things yarn, but especially crochet, with everyone she meets.

DAY NEW SEW A HEM WITH ME!

Discover how easy it is to complete basic hems on clothing. View a demonstration of how a surger can easily complete a hem for you. Get the knowledge you need to feel comfortable doing it on your own. Basic sewing supplies and a sewing machine to share in class are provided.

Required: Proof of registration. Bring pieces of clothing that need to be hemmed (pants are easiest to start with) or old clothes to practice on and a sewing machine if possible.

Sat 9:30 AM-12:30 PM 10/28 \$35 Saco LC

Emily Loder is a recreational programmer who, through Girl Scouting and volunteer service, has learned many skills that she enjoys sharing with her community. She has extensive experience with both machine and hand sewing techniques.

NEW KNIT ALONG NOVEMBER

This beginner's level knit along will teach you how to cast on, knit and purl. Learn techniques for counting stitches and rows and working the stockinette stitch to create your first knitted garment-scarves! If you have some experience or have never picked up a pair of knitting needles, join the circle and have fun knitting along with us. Materials included.

Thu 6-8 PM 11/2-11/16 \$69 OOB HS
Myriah Davis: bio this pg.

NEW CROCHETED CHRISTMAS MAKE HAPPY HOLIDAYS!

Make different holiday decorations at each session, including miniature wreath ornaments, sprigs of holly or mistletoe and popcorn/cranberry garlands that keep year after year! Use a variety of stitches and skills ranging from single and double crochets to puff and post stitches, increases, decreases and picots. Even if you have never held a crochet hook these patterns are fun to make. Join the circle and spread some holiday cheer in your home or give these as amazing handmade gifts! All levels of experience are welcome. Materials included.

Thu 6-8 PM 11/30-12/14 \$69 OOB HS
Myriah Davis: bio this pg.



New to watercolor or not, Russel's class will up your game for sure!

WATERCOLOR BASICS

Build a strong foundation by studying color theory, mixing and pigment application. Create the illusion of distance and composition by demonstrated technique. You will be walked through your first painting, then the sky is the limit! Your instructor will help to build your skills and confidence throughout the class. No class 10/9.

Required: 1 small tube each: cadmium yellow (light), cobalt blue, alizarin crimson, 1 round #10 watercolor brush; 1 inch wide flat brush, 1 drawing pencil #3B, 1 eraser, 1 light board or piece of cardboard; and two sheets of Arches watercolor paper, 140 lb. cold press (approx. \$30-\$50).

Note: Please purchase Arches, as the quality of watercolor paper is essential for handling the techniques taught in class. Bring any colors you may already have.

Mon 6-8:30 PM 9/11-10/16 \$119 OOB HS
Russel Whitten: bio pg 9.

NEW PUNCH NEEDLE ORNAMENTS

Let's make some modern ornaments using a punch needle! Perfect for beginners who want to learn the basics and complete a small decorative project. Great as holiday decor or to give as a gift! All levels welcome. Materials included.

Mon 6-9 PM 11/13 \$45 OOB HS

Sarah deGrandis BFA in New Media from ME College of Art, is a formally trained artist and longtime crafter who knows a little bit about many things. She is passionate about learning different crafts and using modern, fun takes on traditional techniques.

BEST CLOTHING & MAKEUP FOR YOUR COLORING

Is your closet full of black clothing? Would you like to learn what other colors look good on you? In this fun interactive class, you will be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You will also receive recommendations for eye shadows, blush and lipsticks. Let's create a more vibrant you!

Thu 5:30-8:30 PM 10/12 \$29 OOB HS

Candace Sanborn, owner of Radiant Image, has 30 years of branding and marketing experience. Her mission is to apply her wealth of knowledge to people, particularly women, to increase their self-confidence by helping them feel great about their appearance and support their connecting effectively with others.

BEST HAIRSTYLES, GLASSES & NECKLINES

Have a blast discovering what looks good for your face shape! Receive tips on hairstyle dos and don'ts as well as the best glasses, clothing patterns and necklines for your features. Come on your own or register with a friend to learn some great tips that will help you look your best!

Thu 5:30-8:30 PM 11/2 \$29 OOB HS
Candace Sanborn: bio this pg.

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

NEW

MINDFUL MOVEMENT WORKSHOP

Cultivate awareness, calm stress, and heal your body through meditation, breathwork, and yoga. Discover the physical and psychological benefits of these ancient modalities. Explore techniques that you can do at home, at work, or wherever you feel you could use more peace. Participate in a healing yoga practice that will highlight the ways that mindful movement can benefit both mind and body.

Required: Proof of registration, yoga mat, small blanket and (optional) yoga blocks.

Mon 6-8 PM 9/25 \$19 Saco LC

Heather Edgerly holds a Master's in Buddhist Studies and is a certified Fluid Yoga (RYT 200) and Yoga4Cancer teacher. She teaches Buddhism, meditation, and mindful movement classes.

NEW THE SCIENCE OF HAPPINESS

Explore the science behind happiness. Discuss and engage in practices that have been proven to increase an individual's happiness and overall well-being, including mindfulness, gratitude and kindness.

Mon 6-8 PM 10/16 \$19 Saco LC

Heather Edgerly: bio this pg.

DAY COMPANIONS IN SPIRIT

GUARDIANS & SPIRIT GUIDES

Do you know that you are never alone in this life? You have Companions in Spirit to support, uplift and love you as you become your beautiful self. So let's explore guardians and spirit guides together and start a toolbox to help us meet our special companions.

Section I: Sat 12-2 PM 10/14 \$29 Saco LC

Section II: Sat 12-2 PM 10/21 \$29 Saco LC

Brother Mark: bio pg 8.

NEW SERIES ON BOUNDARIES

WITH JENNIFER GREINER

Join ONE or all THREE sessions to better understand what boundaries are and how to use them!

BOUNDARIES 101

What are boundaries? What do they look like and how do you know if you need them? Explore what boundaries are and learn to identify what they are for and where you can use them. Leave with the knowledge to determine what areas of your life would benefit from setting boundaries. Please bring a notebook and pen.

Thu 6-8 PM 9/28 \$79 OOB HS

IMPLEMENTING BOUNDARIES

Are you struggling to set boundaries that feel good and will stick? Explore all the ways to implement boundaries. Discover how to self-regulate your emotions and communicate effectively to set boundaries with others. Discuss all the feelings that come along with creating boundaries. Bring the areas where you need to place boundaries as we discuss how to do it in your unique way. Please bring a notebook and pen.

Thu 6-8 PM 10/5 \$79 OOB HS

EXPLORING SELF-BOUNDARIES

Setting boundaries with ourselves can be the hardest of all. Together, we'll discuss and explore the areas where you need to place boundaries to live the life you desire. Leave with a plan on how to put them into place to benefit yourself in so many ways. We'll cover routine, mindset, and beliefs. Please bring a notebook and pen.

Thu 6-8 PM 10/12 \$79 OOB HS

Jennifer Greiner of Divine Vitality uses a unique approach of professional counseling and essential oil wellness to integrate alternative, natural methods into your health & lifestyle.

INTRO TO

AMERICAN KEMPO KICKBOXING

Learn the basics of American kickboxing, a full-body-strengthening martial art with origins in Far East Asia. Designed for any age, body type, or skill level, movements include punching, kicking, deflections, and evasions. Well-distributed balance and energy-efficient techniques are also included.

Required: Proof of registration. Wear sneakers, comfortable athletic clothing and bring a yoga mat for stretching, if desired.

Tue 6-8 PM 10/24 \$25 Saco LC

Sensei Gil Doughty: bio this pg.

AMERICAN KEMPO KICKBOXING

American kickboxing is designed for ANY age, body type or ability. Combine punching, kicking, deflections and evasions for a complete understanding of how to apply this confidence-building martial art. Practice delivering effective, balanced and energy-efficient techniques in the kickboxing ring or parking lot.

Required: Proof of registration. Wear sneakers and comfortable athletic clothing. Bring a yoga mat for stretching, if desired.

Tue 6-7:30 PM 11/14-12/5 \$59 Saco LC

Sensei Gil Doughty: Sensei Gil Doughty began practicing martial arts in the 1970s. He has trained with Maine Karate Association founder Sensei Reggie Groff, Master Seung Ook Choi of Choi's Kickboxing and Tae Kwon Do, and Sensei Bruce Cross & Master Steve DeMasco of Villari's Shaolin Kempo.



Get your relax on with Yin Yoga!

YIN YOGA

This slow-paced, meditative practice holds poses for 3 to 5 minutes, focusing on relaxing the muscles and stretching parts of the body rich in connective tissues. Hold postures seated or in lying down positions. Calming and balancing, this practice supports joint flexibility, reduces stress and increases energy. No experience necessary. No class 9/15.

Required: Proof of registration. Wear loose-fitting clothing; bring a yoga mat, yoga blocks, a bolster (couch pillows work) and a blanket.

Fri 5:15-6:15 PM 9/8-10/20 \$75 Saco LC

Jessy Lynn Ostara: bio pg 16.

AIKIDO THE ART OF PEACE

This traditional Japanese martial art teaches relaxation, mindfulness and compassion for oneself and others. The Japanese chant "Masakatsue, Agutsu, Katsu ha ya bi" in English means "true victory, self victory, let that day arrive right here, right now." Learn to blend and harmonize with the attacker and bring conflict to a peaceful resolution. The goal is to be able to do the same for ourselves, knowing that, at times, we can be our own worst enemies. In Aikido, we learn coping skills to enable us to become more intimate and loving toward ourselves. In traditional Aikido, there are major throws to the mat. In this class, however, we will explore the movements without the throws. If you can walk, you can do Aikido. Come and enjoy.

Required: Proof of registration. Wear loose, comfortable clothing, bring water and a towel.

Thu 6:15-7:15 PM 9/14-10/19 \$85 Jameson Elementary

Ron Houle is a 5th Dan in Aikido. He has been practicing and teaching for 35 years. He teaches at Portland Aikido and developed a program called Clinical Martial Arts.

ARE YOU A NEW COMPUTER USER?
SEE TUTORING SCHEDULE PG 5

NEW JAZZERCISE!

Blend high-energy dance cardio with a specialized toning segment including strength training to build strong, lean muscles. Explore two Jazzercise class formats: Cardio Sculpt and Power Sculpt. The best part is having so much fun you won't want to stop! Wear what's comfortable for you; fitted, flexible fabrics are always a solid start. Supportive cross-trainers or any athletic shoe should work.

Required: Bring proof of registration, a water bottle and yoga mat.

Tue 6:30-7:30 PM 10/10-11/14 \$85 Young School

Chelsea Hardy has been a certified Jazzercise instructor since 2016. Her favorite part is that each class is a total body workout perfectly blending fitness and fun!

DAY OUTDOOR YOGA

Enjoy the sights and sounds of nature while turning inward with this gentle movement class. Hatha yoga is accessible and all experience levels are welcome, but it is recommended for those who can easily move between reclined, seated, kneeling and standing positions.

Note: Class will be moved indoors to the Saco Learning Center in inclement weather. Jessy will text by 8:30 AM if class is to be indoors.

Required: Proof of registration. Wear loose, comfortable clothing, bring a yoga mat, two yoga blocks (or thick books), a yoga strap (or long scarf), a blanket, water and (optional) bug spray.

Sat 9-10 AM 9/23-10/14 \$49
Saco Pepperell Park / Saco LC

Jessy Lynn Ostara, a 500-hour Certified Yoga Instructor, has years of experience teaching several movement modalities. Her concentrations are in meditative Belly Dance, Yin, Hatha and Chair yoga. She is also a certified meditation teacher through ShivaShakti school of Yoga and Healing Arts.



Who said we cannot fly?

NEW AERIAL YOGA TIME TO FLY & GET FIT!

Aerial Yoga classes offer flips, tricks, and inversions! The swing is kept at hip height, becoming a hammock that supports you during back bends and inversions, while providing you with a unique way of strengthening your core, arms and legs. In these 50-minute sessions, you'll flow and fly in your aerial swing, combining the beauty of yoga while taking flight. No experience required. No class 10/9.

Required: Proof of registration. Please wear comfortable workout-type clothes but nothing too loose, and be prepared to go barefoot.

Mon 5:30-6:20 PM 9/11-10/23 \$85 Forever Fit

Ashley Jolly holds an Associates degree in Nutrition, practices as a licensed Nutrition Dietetic Technician Registered and is certified in both barre and aerial yoga. She focuses on strength, stability and flexibility as she finds these to be the trifecta of great fitness.

Movement Options!

KEMPO PG 15

MINDFUL MOVEMENT PG 14

PICKLEBALL TASTER PG 23

AIKIDO PG 15

CEMETERY TOURS & AUTUMN

LANTERN WALK PG 24

MANAGING STRESS & IBS

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

Stress has been shown to imbalance the gut microbiota (the community of bugs in your digestive tract) and even exacerbate IBS symptoms. Learn about this complicated condition and understand better how the body responds to stress, the six contributing factors of IBS, the role stress plays in IBS, the gut microbiota, and nutrition and lifestyle changes that may help reduce or eliminate IBS. Now that's good news!

Tue 6-7:30 PM 12/5 \$15 OOB HS
Stephanie Walsh: bio this pg.

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. This seminar will be informative for current users, newcomers and the adult children and loved ones of Medicare beneficiaries.

Thu 6-8 PM 11/2 \$9 OOB HS

Barbara Hopkins, Master's in Communications Management & certification in Corporate Training, is a licensed ME agent with 20 years of experience in health insurance operations.

STABILITY, MOBILITY, FLEXIBILITY & ADAPTABILITY FOR DAILY LIVING

Activities of daily living require a variety of movements. We will focus on exercises that apply to real-world situations and enhance your ability to move through your day. Students should be able to bend and turn their bodies. Instruction will be for standing positions, but accommodations can be made for those who cannot stand. This class is part instruction/part movement.

Required: Proof of registration, yoga mat, a towel, water and wear workout clothes.

Sun 9 AM-12 PM 10/22-10/29 \$29 Saco LC
Andra Yanchenko: bio pg 23.

GUT HEALTH SERIES

WITH STEFANIE WALSH

Brain fog, fatigue, depression, weight gain, acne, joint pain, allergies, chronic infections, thyroid problems, and more all relate to your gut health! Develop your knowledge of your digestive tract and how to optimize your gut health.

IN ONE END & OUT THE OTHER THE WHAT'S OF THE GUTS

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

Tue 6-7:30 PM 9/12 \$15 OOB HS

EAT YOUR GREENS & GASOLINE

WHAT YOU DON'T KNOW YOU'RE EATING

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 affect your overall health, and why gut health is essential to protect you from these insults.

Tue 6-7:30 PM 9/19 \$15 OOB HS

FATIGUE, FOGGINESS, FEAR & FOOD

WHAT YOUR BRAIN MAY BE TELLING YOU

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

Tue 6-7:30 PM 9/26 \$15 OOB HS

DON'T WORRY, I'VE GOT THIS

YOUR ROAD TO A HEALTHY GUT

Knowledge is power and knowing what to do can help you 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!

Tue 6-7:30 PM 10/3 \$15 OOB HS

Stephanie Walsh is a Master Nutrition Therapist, Board Certified in Holistic Nutrition®, Certified Eating Psychology Coach, Personal Trainer and Pilates instructor. She uses a holistic approach, treating each person as unique.

HEALTH

NEW **A WOMAN'S GUIDE TO FITNESS** - LIVE ONLINE

GET ACTIVE, REGAIN LOST VITALITY & ENJOY LIFE!

Use what you know about your female body to exercise smarter, breathe deeper, boost your metabolism, strengthen your core and pelvic floor, and improve your endurance and performance. Discover how to optimize your breathing pattern to increase oxygen delivery to your muscles and brain, adjust your exercise intensity and duration to match your hormonal cycle, prevent common injuries and imbalances that affect women, burn more fat and build more muscle with effective workouts. Registration closes at noon on 10/17 with Zoom link to follow.

Note: This is not an exercise class but rather a guide to better understand how your body works to ensure more effective workouts.

Tu/Th 6-7:30 PM 10/17-10/26 \$85

Carole Freeman is a Respiratory Therapist and Breathing Specialist and holds a graduate degree in Health Sciences from Loma Linda University Medical Center. She focuses on the relatively new field of pulmonary medicine in recognizing and treating breathing disorders.

NEW **HEALTHY FOODS FOR BUSY PEOPLE** - LIVE ONLINE

A FAMILY OF FOUR ON AN AVERAGE MAINE INCOME CAN SAVE 4-6% OF THEIR EARNINGS!

Enjoy this extensive overview of food budgeting, planning and shopping. Learn to avoid food waste, make inexpensive nutritious meals quickly and discuss meal prep and food safety. Free professional materials from major institutions will be used. Class meets every other week, allowing students time to put what they learn into practice. Registration closes at noon on 9/12 with Zoom link to follow..

Tue 6-7:30 PM 9/12-10/24 \$59

John Kirk is director of the AOK Basic Skills Project in Portland, ME, a nonprofit that shares workshops to help people learn important basic educational and nutritional skills. John holds an AA5 Dietetic Technician certification.

NEW **EXCITING HOLIDAY WINE PAIRINGS**

We spend time planning the right dishes to create the perfect holiday menu. But which wine pairings will complement and enhance your dining experience? Join Gene Barber for expert advice on wine pairings and turn your dinner party into something memorable that your guests will be talking about well into the New Year and beyond! Sample four different wines paired with light, healthy appetizers, courtesy of Vic & Whit's.

Note: Register through OOB/Saco Adult Ed only. Free on-street parking available. Proof of registration required.

Thu 6-8 PM 11/9 \$45 Vic & Whit's

Gene Barber, a wholesale rep for Devenish wines, started his first wine tasting club in 1974 and has been an avid student since. He deals primarily in low-yield, low-production sustainable, organic, and natural wines.

BIDDEFORD FOODIE WALKING TOUR

Maine's hottest foodie town offers delicious dining experiences at various establishments like Palace Diner, Pizza by Alex and Fish & Whistle. Tour the town while exploring the best spots, learn to order wisely and tips for enhancing your dining experience. Participants should wear comfortable walking shoes and weather-appropriate clothing, bring a bag and money for any extra purchases.

Note: Proof of registration is required. Students will be notified by 11 AM in case of extreme weather. Light rain will not cause cancellations.

Rain date: Sunday, 9/17. No refunds when a class runs on the posted rain date.

Sat 2-4 PM 9/16 \$45 Shevenell Park

Kristen Bartlett, owner of Alley Oop Apothecary since 2020, has been passionately immersed in the foodie and holistic worlds most of her working life. She brings decades of experience and knowledge about both food and local producers of food through her work as a Local Producer Forager for Whole Foods Market.

NEW **YORKSHIRE PUDDINGS, POPOVERS & DUTCH BABIES**

Using simple ingredients found in most kitchens, you can make delicious, comforting treats that your family will love. Discuss the differences between each treat and the many ways to serve them. Cook one of each and pair it with various toppings, including gravies, butters, jams, and cinnamon sugar. This is a demonstration class with some hands-on work. Recipes will be provided. Please bring an apron and baggies for leftovers.

Thu 6-8 PM 10/5 \$45 OOB HS

Mary Bailey, pastry chef and past owner/chef of Thyme and Honey Bakery in Biddeford, is passionate about baking bread and teaching people how to incorporate homemade bread into their daily lives.

NEW **HOMEMADE PASTA ANYONE? IT'S EASIER THAN YOU THINK!**

Make pasta sheets for lasagna noodles, ravioli and tortellini with common kitchen ingredients. Watch demos on filling and folding and cook some filled pastas to enjoy with a browned butter and sage sauce or en brodo (in chicken broth). Chef Mary will bring a traditional family recipe to enjoy as a special treat. This is a demonstration class with some hands-on work. Recipes will be provided. Please bring an apron and baggies for leftovers.

Wed 6-8 PM 9/6 \$55 OOB HS

Mary Bailey: bio this pg.

HEALTHY GREEK COOKING NEW MENU!

Spend the evening incorporating new and exciting foods from Greece into easy-to-prepare meals. On the menu: skordalia, a classic Greek dip; a simple gyro with Tzatziki sauce; savory Greek-style roast chicken with orzo and tomato; a luscious Greek salad; and a couple simple spinach preparations. As a finale to this wonderful meal, we will finish with a delicious Greek cookie. Recipes will be provided. Come prepared to cook, taste and enjoy this hands-on class!

Required: an apron and sharp cutting knife.

Thu 6-9 PM 10/19 \$65 OOB HS

Moira Rascati: bio pg 20.

CULINARY ARTS

NEW **FERMENT THIS! - LIVE ONLINE**

Join us for ONE or all FOUR of Emma's Fermentation Presentations! Zoom in and create in your own kitchen! Discover some fascinating history, a bit of microbiology, trouble shooting, proper glassware and techniques to ferment almost any vegetable.

Note: Your Zoom link and materials list will be emailed by the afternoon of your class. A video of the process will be sent after class.

Kombucha Make it for pennies! It's simply sweetened black or green tea with a culture added and allowed to ferment. Make both a primary and secondary ferment with your favorite fruit/juice (yum! Blueberry kombucha!) and discover just what the heck a SCOBY is! Registration closes at noon on 10/13

Note: SCOBYs, included in course fee, will be available by 10/16/23; call (207) 934-7922 to set a pick-up time!

Thu 7-8:15 PM 10/19 \$20

Sauerkraut & Wild Card Veggie Ferment Lacto-ferment cabbage and other veggies, resulting in delicious, safe signature ferments. Registration closes at noon on 10/23.

Thu 7-8:15 PM 10/26 \$20

Kimchi & Kraut-chi A vegetable ferment associated with Korean cuisine, and the most common variety involves Napa cabbage, other vegetables, garlic, ginger, fish sauce, mild-to-kick-butt red pepper (Korean gochuchang), or no pepper at all (Kraut-chi). Use interchangeably with sauerkraut, added to soups or almost anywhere a dash (or bucketful) of umami is needed. Registration closes at noon on 10/30.

Thu 7-8:15 PM 11/2 \$20

Fermented Hot Sauce/Chill-Out Sauce Hot or as mild as you like, make a basic mash and learn to spice it up or down, add flavors, monitor progress and how to store it. A delicious gift for the holidays! Registration closes at noon on 11/6.

Thu 7-8:15 PM 11/9 \$20

Emma Holder attended McGill University, earning a BSc in 1991 and a Masters in 1993 in microbiology and immunology. Her passion is to connect with people and provide enjoyable learning experiences to create healthy, happy lifestyles.

CULINARY ARTS / MUSIC & DANCE



Tea, a global passion!

INTERNATIONAL TEA TASTING

Take a trip around the world through the many cultures of tea! Taste the differences and similarities of one country's teas to another and learn a bit about their history, culture, traditions and the customs associated with drinking tea. Registration closes at noon on 10/22.

Tue 6-7:30 PM 10/24 \$29 OOB HS

Marianne Russo is a Certified Tea Specialist and owner of Nellie's Tea Company. She studied under experts including Pearl Dexter of *Tea, A Magazine*, and John Harney of Harney & Sons Fine Teas. She has traveled to China and Japan's tea fields and factories, the World Tea Expo, and tea rooms in the US and abroad.

MAKE YOUR OWN TEA BLEND

Develop a personal blend of tea to give as a gift or to serve to your friends and family. Have a blast creating a unique brew for you or someone you love! Leave with 1 ounce of a tea blend. Registration closes at noon on 11/14.

Wed 6-8 PM 11/15 \$29 OOB HS

Marianne Russo: bio this pg.

CULINARY KNIFE SKILLS

Sharp knives are essential for creative, efficient cooking. Become fast and accurate with your knife work. Enjoy demonstrations of the anatomy, handling techniques, the quality and types of knives to purchase, using a steel and sharpening stone. Various cuts, including dice, Julienne, herb techniques and boning will be performed. Bring a pen/notepad, baggies for what you chop, a knife to sharpen and a steel or stone, if you have one. There will be ample time to practice your new skill.

Thu 6-8 PM 9/28 \$39 OOB HS

Maira Rascati, a graduate of the Culinary Institute of America in NY, has been a sous-chef at Joseph's by the Sea for 25+ years. She has also taught the Garde Manger course at SMCC for 10+ years.

BEGINNER GUITAR

Playing guitar is a blast and learning with a seasoned teacher and musician like Travis, you cannot go wrong. Focus on the names of strings and notes in the first position, building up to learning chords and strumming patterns. Before you know it you will be playing music!

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

Wed 6-7 PM 9/27-11/1 \$79 C K Burns

Travis Taylor has played guitar for a couple of decades and with a local band for many years. In addition, he has been teaching guitar for the Saco school district for more than 10 years.

DAY HAND DRUMMING WORKSHOP

WITH VILLAGE MASTER, NAMORY KEITA
BEGINNERS & ALL LEVELS WELCOME!

Explore hand drumming through the traditional music of Guinea, West Africa. Play patterns, rhythms and participate in playing with Master Village Drummer Namory Keita and students. Fun and engaging, Namory pulls all levels together in a community experience with his exceptional style. Not to be missed!

Required: Proof of registration. Djembe, Ashiko, Conga, or other hand drum.

Note: Some rentals are available at \$5/drum, payable to instructor in class. Please reserve your drum by emailing info@namorydrum.com after you register.

Sun 1-3 PM 10/29 \$35 Saco LC

Namory Keita, Master Village Drummer, is a sought-after teacher and performer with a unique style and a wealth of traditional knowledge that is very rare to find outside the villages of Guinea where he was born. His resources include his remarkable ability to engage any audience and his relationships with dancers and drummers locally and worldwide as an international teacher and performer.

ONLINE MUSIC CLASSES WITH CRAIG COFFMAN

Required: A stable internet connection, a computer, tablet or cellphone and a piano or keyboard available during class. Pre-registration is required to receive the online link.

DAY INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE LIVE ONLINE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Play the piano like a professional by using chords in the comfort of your own home. Course includes an online book and online follow-up video lessons, optional periodic online Q&A sessions and a recording of the class: enough materials to continue your practice and study on your own! Cover how chords work, getting more out of sheet music by reading less of it, forming the three main types of chords, handling different keys and time signatures, avoiding counting and simplifying over 12,000 complex chords. The course is part lecture/demonstration and part hands-on instruction. Registration closes at noon on 10/12.

Sat 9 AM-12 PM 10/14 \$65

NEW DAY INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE LIVE ONLINE

Have you ever wanted to learn the guitar but simply found it difficult to find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online via Zoom, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session and a recording of the class are included as well. Registration closes at noon on 10/12.

Sat 1-3:30 PM 10/14 \$65



You CAN learn to play by ear!

NEW DAY HOW TO PLAY PIANO BY EAR - LIVE ONLINE

Learn one of music's deepest mysteries: playing songs without relying on written music. A very practical presentation of music theory, expressed in everyday language, that includes predicting chord progressions, learning from recordings, and transposing. This is an ideal follow-up to the Instant Piano class and open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, free yourself from sheet-music dependence and be the life of the party! Prior experience with chords is recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Registration closes at noon on 10/26.

Sat 1-3:30 PM 10/28 \$65

Craig Coffman, experienced piano and guitar instructor, professional pianist and music director, has 30+ years of experience teaching piano privately. His piano and guitar seminars, offered through Community Colleges and Community Education Programs, have been attended by 30,000+ students throughout the US over the last 27 years.

MUSIC & DANCE



Spin baby, spin!

NEW **BECOME A DJ** **FREE INFO SESSION**

What does it take to become a DJ? Join us for discussions about the equipment you need, whether to use vinyl, DJ software, or a mix of the two, how to market your skills, and how to break into the industry. If you are considering exploring a new career, this is a great way to get started! And it's FREE!

Tue 6-7 PM 9/12 OOB HS
Ryan Sligh: bio this pg.

NEW **BECOME A DJ!**

Learn the basics of how to use DJ equipment and the fundamental techniques of beat matching, mixing in key, and track selection. Learn to analyze song structure in order to make better transitions including mashups, drop switches, fade-outs and word play. Upon course completion, you will be able to smoothly make transitions and understand how to read a crowd.

Required: Please bring any DJ equipment you currently own, such as DJ controllers, as well as a power strip and extension cord. If you do not own any equipment, bring a personal laptop with internet access. No vinyl. Students are encouraged to bring their own music downloaded to their device (i.e., not on a streaming service).

Tue 6-7:30 PM 9/26-10/24 \$79 OOB HS

Ryan Sligh started DJing in high school and has played for private events in VT, VA, ME and at Flask Lounge in Portland. He plays various styles of dance, hip-hop and Top 40 music.

COUNTRY & LATIN LINE DANCING

Love to dance? Love music? Learn patterns to classic country line dances and popular Latin rhythms including rumba, cha cha, salsa and more! No partner required for this fun, energetic class. Requests for specific dances/music are welcomed and taught when possible. Course fee is per person. All levels welcome!

Required: Proof of registration. Wear comfortable clothing and soft-soled shoes.

Thu 6:30-7:30 PM 9/21-10/26 \$89
Young School

Elizabeth Richards has been teaching dance for more than 20 years. She loves watching the moment that steps 'click' for her students.

NIGHT CLUB TWO STEP

Are you looking for a versatile slow dance to use at weddings, parties and on small dance floors? Need a simple rhythm with a romantic feel? Learn the basics of this fun, flirty dance that you can use with almost any love song. Course fee is per couple and we will not be changing partners.

Required: Proof of registration. Wear comfortable clothing and soft-soled shoes.

Thu 7:30-8:30 PM 9/21-10/26 \$99
Young School

Elizabeth Richards: bio this pg.

**Got a great idea?
Love to teach?
Have a special talent?**
Teaching for Adult Education is a unique opportunity to interact with your community & have a blast sharing your talents!
Email us for a short Course Proposal Form at adulthoodinfo@rsu23.org

MUSIC & DANCE / RECREATION



Dance can open your body & your mind!

NEW **CONTEMPORARY DANCE** **WORKSHOP FOR BEGINNERS**

Explore the artistry and freedom of movement! Discover the fundamentals of this dynamic dance style as you learn to express yourself through fluidity, strength, and emotion. Join us and enjoy a supportive and inclusive environment where you can tap into your creativity and nurture your fitness and well-being.

Required: Proof of registration. Wear comfortable clothing for movement and sneakers.

Tue 6:15-8:15 PM 11/28 \$25 Jameson Elem.

Jessica Muise, a multidisciplinary artist and educator with expertise in dance, printmaking, painting, metalworking, and ceramics, has been teaching and making art throughout New England for the last 15 years. She is passionate about using the arts and arts education as tools for social change and serves as a creative economy advisor to several arts organizations and artist-led coalitions.

BEGINNER BELLY DANCE

Enjoy a judgment-free space focusing on dance and a positive body image along with encouragement and support! Explore basic moves and combinations while intermediates refine their knowledge and experiment with layers. The tummy-toning results are a positive side effect for inspiration! Explore movement, vocabulary, musicality and history. No class 9/15.

Required: Proof of registration. Wear comfortable clothing and bring water.

Fri 6:30-7:30 PM 9/8-10/20 \$75 Saco LC
Jessy Lynn Ostara: bio pg 16.

DAY **TRY PICKLEBALL!**

Required: Proof of registration, pickleball paddle and ball (approx. \$15-\$40 on Amazon, deals for packs of 2 paddles), active wear, weather-appropriate clothing, tennis shoes and water.

Note: No refunds given if class runs on the posted rain date. Instructor will notify you of any location changes between 7:30-8 AM (look for a 713 area code).

DAY **PICKLEBALL TASTERS** **ABSOLUTE BEGINNER LEVEL**

Learn the rules of scoring, court basics, the non-volley zone, common terms, faults, hot tips and serving, the most significant difference from tennis.

Note: Held at Loranger Memorial Courts. If inclement weather, they will be moved indoors to the Saco Learning Center.

Section I: Sun 9-11:30 AM 9/3 \$29 Loranger Memorial Courts

Section II: Sun 12-2:30 PM 9/3 \$29 Loranger Memorial Courts

For the player with some limited experience we offer more advanced classes below!

Note: Students should have the ability to sustain a short rally with players of equal ability or who have completed one of our Pickleball Taster sessions and have practiced playing.

NEW **PICKLEBALL: SERVE & RETURN**

Learn the basics, rules, techniques and strategies to use the Serve and Return to win points.

Rain date: 9/17.
Sun 9-10:30 AM 9/10 \$19 Loranger Memorial Courts

NEW **PICKLEBALL: DINKS & VOLLEYS**

A lot of double play occurs at the non-volley zone, aka 'the kitchen'. Practice dinks and volleys, while learning when to use them. Cover the rules, techniques and strategies for these two shots.

Note: Some Experience Required.

Rain date: 9/17.
Sun 11 AM-12:30 PM 9/10 \$19 Loranger Memorial Courts

Andra Yanchenko specializes in fitness, functional movement, and racquet sports. She is a NASM Certified Personal Trainer, ACE Health Coach, USTA, USPTA, PTR Coach, and YogaFit Instructor.

SKILLS TRAINING & CERTIFICATE PROGRAMS pgs 5-7

Call us! 207-934-7922 Email us! adulthoodinfo@rsu23.org

Register online at www.oobsaco.maineadulted.org



Whether your walking in moonlight or sunlight, Laurel Hill is a wonderful adventure!

NEW AUTUMN LANTERN WALK

As we near the Full Hunter's Moon on October 28th, join us for a sunset stroll through the winding paths of the Laurel Hill Cemetery. As the sun sets, our lanterns and the moon will light our way. Discuss spiritual centering, enchanted herbs and how the veil between worlds is particularly thin this time of year, creating a portal to an otherworldly realm of magic and fairies! An oracle reading and guided meditation will be offered to center our energy.

Required: Proof of registration. Wear comfortable, weather-appropriate clothing and walking shoes.

Fri 5-7 PM 10/27 \$35 Laurel Hill Cemetery
Jessy Lynn Ostara: bio pg 16.

DAY GUIDED TOURS OF LAUREL HILL CEMETERY

Saco's Laurel Hill Cemetery is a Local Treasure!

As a garden or rural cemetery, Laurel Hill was designed to encourage visitation. Its inviting pathways, sloping landscapes and lush plantings provide a backdrop for a fine variety of gravestone styles, materials and symbols. Join cemetery historian Ron Romano on this walking tour that focuses on monuments versus family genealogies. Held rain or shine. Wear comfortable shoes for this 90-minute stroll. Proof of registration required.

Section I: Sat 12-2 PM 10/7 \$15

Section II: Sat 2-4 PM 10/7 \$15

Ron Romano is a cemetery historian, author of cemetery-themed books and an officer on the national board of the Association for Gravestone Studies. He lectures on early Maine gravestones and their makers. Formerly the tour leader for Portland's 350-year-old Eastern Cemetery, he's guided visitors through that and many other historic cemeteries in ME.

Call us! 207-934-7922 Email us! adulthoodinfo@rsu23.org

NEW MILL GIRLS OF THE PEPPERELL

Join us at the historic brick mill structure along the Saco River for an introduction to the Mill Girls and the part they played in building Biddeford/Saco's textile industry's prosperity. What conditions existed for those who worked there in the 1840s? Discover how the use of female labor came about, what their daily lives were like, how the girls and the community as a whole were changed and when and why the practice came to an end. Leave with a new appreciation of this unique part of history that happened right here in our own community.

Note: Use the Main Entrance to Building 18, on Pepperell Campus, found at the rear of the North Dam parking lot.

Wed 5:30-7:30 PM 11/1 \$9 Pepperell Mill

Liz Mansfield and her family have lived in Biddeford/Saco since 1983. Childhood summers spent in her great-great-grandparents' house, still full of their possessions, led to a lifelong interest in local history. She taught elementary school for a time and then taught adults for nearly 20 years as a Customer Service Trainer at L.L. Bean. Now retired, Liz volunteers as a tour guide for the Biddeford Mills Museum.

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.

SHADES of IRELAND 10 Day Fall 2023 Tour!



The beauty of Ireland is known worldwide. Truly a destination worth visiting!

Experience Ireland's charms on a journey through the Emerald Isle, from history-filled Dublin to the rolling green hills and dramatic coast. Choose how you explore the city of Dublin. Kiss the Blarney Stone at historic Blarney Castle. See Killarney from an Irish jaunting car. Pick from a selection of the best restaurants with our Diner's Choice program. Experience the world-famous beauty of the Ring of Kerry. See border collies in action during a traditional sheepdog demonstration. Stand in awe at the top of the stunning 700-foot Cliffs of Moher.

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For more info

To register for the tour and view cost options, please visit the link below:

<https://gateway.gocollette.com/link/1132849>

Register online at www.oobsaco.maineadulted.org

ACADEMICS



A LOT HAPPENS at the Saco Learning Center!

NEW & RETURNING STUDENTS

PLEASE CONTACT US TO SCHEDULE YOUR STUDENT REGISTRATION APPOINTMENTS

NO COST ADULT ACADEMICS

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Literacy: Reading, Writing, Math
Learn English, improve reading comprehension, practice writing,
develop practical math skills, nurture other life skills.

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MAINE COLLEGE & CAREER ACCESS (MCCA)

Check out our FREE MCCA program and take the classes you need
to prepare for college! Learn about college, financial aid applications
and explore career options.

**For info, scheduling intakes, registration and
appointments, call, text or email us!**

Saco Learning Center, 80 Common St, Saco ME 04072
(207) 282-3846 (Call/Txt) • learningcenter@rsu23.org

www.oobsaco.maineadulted.org/Academics

Facebook.com/sacolearningcenter • @SacoLearningCenter

REGISTRATION

MAIL

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

Make checks payable to:

OOB/Saco Adult Education

PHONE (207) 934-7922

TXT (207) 370-9622

EMAIL

Scan & send to adultedinfo@rsu23.org

STOP BY 10 AM - 4 PM

Please call to make sure we are there for you!

Online at www.oobsaco.maineadulted.org

Student Name (First, Last)

Check if new address ☐

Address (please use credit card billing address, if applicable)

Birthdate (mo/day/yr) 18 + only

City

State

Zip

Cell/Home Phone (With Area Code)

E-mail Address

Course Title

Start Date

Course Fee

| | | |
|-----------------------|--|--|
| | | |
| | | |
| | | |
| TOTAL amount enclosed | | |

Credit Card Information By signing our Registration Form you acknowledge and accept our
policies (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

FOR REGISTRATION FORMS OR ADDITIONAL POLICY INFO PLEASE VISIT:
WWW.OOBSACO.MAINEADULTED.ORG/GENERAL-REGISTRATION-AND-POLICY-INFO/

STORMS & CLOSINGS If RSU23 (OOB) day school closes then OOB/Saco Adult Ed will also be
closed. For weather cancellations visit: www.oobsaco.maineadulted.org/weather-cancellations

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

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

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's running. Check our
'Go' list online: www.oobsaco.maineadulted.org

Register online at www.oobsaco.maineadulted.org

**TRY
SOMETHING
NEW!**



BECOME A DJ! PG 22



**BLADESMITHING &
AXE MAKING PG 10**



CONTEMPORARY DANCE PG 23



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