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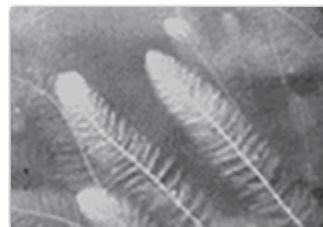
BOAT AMERICA PG 25



HANDMADE PAPER BOWLS PG 10



GET TO KNOW YOUR LOCAL LIBRARY: McARTHUR PUBLIC PG 25



INVASIVE AQUATIC SPECIES PG 25

FAMILY, HOME & GARDEN 3-4
Buying Your First Home, Medicare, Estate Planning, Maine-Care, My Dying To Do List, Death with Dignity

FINANCIAL FITNESS 5
All About Credit, Learn to Handle Your Money, Let's Talk About Money, How Money Works, Invest for Success

PROFESSIONAL SKILLS & LANGUAGES 6-9
CPR & First Aid, Behavioral Health Professional, Notary Public, Computer Tutoring, Excel, Real Estate Agent, Spanish, German, CRMA, Windows 11, Cyber Security

CREATIVE ARTS 9-13
Watercolor, Wire Wrapping, Fiber Arts, Shadow Box Cards, Painting, Book Making, Writing Children's Books, Paper Marbling, Pen & Ink, Felted Cactus, Punch Needle Ornaments, Digital Illustration, Perfumery

BEAUTY 14
Best Clothing & Makeup, Best Hairstyles, Glasses & Necklines, Dressing for Illusion

MIND, BODY & SOUL 14-15
Meditation, Hero/Heroin's Journey, Yoga for Healing, EFT, Tarot

FITNESS 16-17
Jazzercise, Yin Yoga, Aerial Yoga, Tai Chi, Pickleball Fitness

HEALTH 17
Health Benefits of Tea, Seasonal Wellness, Guasha

CULINARY ARTS 18-20
Knife Skills, Fermenting, Quick Meals, Northern Italian Cooking, Sourdough, Comfort Foods, Pie Crusts & Dough, Winter Wines, Cooking with Tea

MUSIC & DANCE 20-22
Hand Drumming, Ukulele, Just Swing, Country & Latin Line Dancing, Instant Piano, Guitar, Belly Dance, Texas Two Step

RECREATION 23-25
Birds, Boating, Library Tour, America's Music Cities & London/Paris Info session & Tours, Invasive Aquatic Species

ACADEMICS 26
Essential Skills, High School Completion, ESOL, College Prep

REGISTRATION/POLICIES 27

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!

FAMILY, HOME & GARDEN

Important NEWS!

NEW

REQUIRED: PROOF OF REGISTRATION

Printed registration or view on your phone for weekend & off-site classes-
NOT held at OOB High School. Thank you!

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.



Our Medicare class is very informative & easy to understand.

The A, B, C & Ds of Medicare

Learn more about how Medicare handles inpatient, outpatient and prescription drug expenses. Examine the enrollment windows and the different Medicare-compatible products such as prescription medication plans, Medicare Advantage and supplement plans. Current users, newcomers, adult children and loved ones of Medicare recipients will all benefit from this presentation!

Thu 6-8 PM 3/28 \$9 OOB HS

Barbara Hopkins is a qualified ME agent with 20 years of experience in health insurance operations. She has a Master's in Communications Management and a certification in corporate training.



Follow Us!

DAY BUYING YOUR FIRST HOME - LIVE ONLINE

All parts of purchasing a home are covered in this ME hoMEworks course, including making decisions, setting a budget for homeownership, improving credit, getting a mortgage approval, selecting a realtor, inspections, insurance, the closing process, energy efficiency and avoiding predatory lenders. Learn more about the closing cost and down payment assistance programs offered to veterans, first-time homebuyers and other groups. Learn about obtaining the Certificate of Completion needed by the USDA, the ME State Housing Authority and other lenders for their mortgage programs. Complimentary individualized counseling is offered after the class. Please have pen and paper available. Registration closes at noon on 1/11.

Required: To complete registration and receive the Zoom link, you must reply to the email that will be sent to you from YCCAC.

Reminder: To receive a \$10 refund, register the person you are buying your house with at the same time you do.

Sat 9 AM-5:30 PM 1/13 \$30 Online

Lee Sullivan has successfully renovated various bank-owned residential properties and has gone through the home-buying process multiple times. She is a licensed housing counselor and homebuyer educator with hoMEworks and HUD.

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



Don't procrastinate on this one!

My DYING To Do LIST

Join us for an instructional seminar which will discuss the documents required to organize and manage your estate. This quick overview covers family, finances, future and funeral. Leave with a list of valuable resources and the tools you need to tackle your dying to-do list.

Wed 6-8 PM 2/28 \$25 OOB HS

Jill Braceland has been designing and delivering management and writing tool seminars for more than 30 years. She has a reputation for offering interactive, practical workshops in an easy, friendly manner.

ESTATE PLANNING DOCUMENTS FAMILIES SHOULD HAVE!

A final will and testament, a durable power of attorney, an advanced health care directive and HIPAA authorization are legal documents that every one of us needs. Get your questions addressed while learning the significance of each and its purpose.

Wed 6-9 PM 2/7 \$15 OOB HS

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

NEW DEATH WITH DIGNITY - LIVE ONLINE

Maine's compassionate end-of-life care option is the subject of a great deal of confusion and false information. Although Maine's Death with Dignity Act has been in place since September 2019, most patients and medical personnel are still unaware of it. Learn how to talk about it with your doctor, how to comply with the law or how to help a family member who might qualify. Registration closes at noon on 1/29.

Tue 6:30-8 PM 1/30 FREE Online

Val Lovelace founded **Maine Death with Dignity**. She now also serves as its executive director. She spearheaded a campaign to pass Maine's aid-in-dying statute, the Maine Death with Dignity Act. She is committed to providing factual information regarding medical aid in dying in the US to politicians, healthcare professionals, patients and their families

MAINECARE ELIGIBILITY, BENEFITS & ESTATE RECOVERY

WHAT SENIORS & THEIR FAMILIES NEED TO KNOW

Find out the prerequisites for long-term care (nursing home) benefits and estate recovery under MaineCare. Learn how a person, whether they are married or single, can qualify without needlessly depleting their savings or their spouse's income.

Wed 6-9 PM 1/24 \$15 OOB HS
Eleanor Dominguez-see bio this pg.



NEW ALL ABOUT CREDIT

One of the most effective financial instruments available to customers is credit and maintaining excellent credit is crucial in today's culture. This class will cover a variety of credit-related topics such as obtaining or regaining credit, credit bureaus and credit reports, how creditors decide who to lend to and how to dispute inaccurate information on credit reports. Sponsored by Northeast Credit Union. Preregistration required.

Tue 6-7:30 PM 1/23 FREE OOB HS

Matthew Sudsbury-Francois has more than seven years of experience in the banking sector. He began as a teller and advanced to his current position as branch manager for the NECU branch in Biddeford. Matthew was raised in the community and is a native of Biddeford.

Sarah Holdsworth has almost five years of experience in the financial sector and has worked in a variety of roles, including retail and commercial. She presently serves as the Biddeford branch's assistant branch manager.

Michael Rumo, who has 13 years of experience in the financial sector and has held a number of positions with the business, is currently NECU's regional manager.

NEW LEARN TO HANDLE YOUR MONEY

A difficult economy, fewer job opportunities and rising living costs have been realities for people from all socioeconomic backgrounds. Join us for advice about managing debt, setting a budget and developing cash reserves. Discuss the steps you need to take to start building your financial road to stability and constructing a strong financial foundation for your life now and into the future. Sponsored by Northeast Credit Union. Preregistration required.

Tue 6-7:30 PM 2/13 FREE OOB HS

Matthew Sudsbury-Francois, Sarah Holdsworth and Michael Rumo-see bios this pg.



Money, always good to know how it works!

NEW LET'S TALK ABOUT MONEY

Understanding how a budget operates is among the most challenging areas of home budgeting. It's more involved than just keeping an accurate checkbook. Participants will get knowledge on how to start a budget, track it, set priorities and goals, save money, detect spending patterns and more. Sponsored by Northeast Credit Union. Preregistration required.

Tue 6-7:30 PM 3/12 FREE OOB HS

Matthew Sudsbury-Francois, Sarah Holdsworth and Michael Rumo-see bios this pg.

NEW HOW MONEY WORKS

Are you struggling to make ends meet? Dealing with debt issues? How secure do you feel about your existing investment plan? Join us to discover the value of having a personalized strategy, gain an understanding of how markets operate, discover how to get beyond typical financial challenges, and discover how to avoid the costly errors!

Wed 6-7:30 PM 1/17 \$9 OOB HS

Sarah Blondin discovered her love of assisting others through training in the financial services sector. Her main priorities are developing relationships with individuals and helping them understand how money works and how to make it work best for them.

NEW INVEST FOR SUCCESS

You work hard for your money. Is your money working for you? Do you have faith in your present investment plan? Join us to learn how to manage risk, use compound interest to your advantage and invest wisely to achieve your objectives.

Tue 6-7:30 PM 2/6 \$9 OOB HS

Sarah Blondin-see bio this pg.

PROFESSIONAL SKILLS

BECOMING A NOTARY PUBLIC

The main responsibility of a notary is to formally witness transactions involving paper documents and, in Maine, to perform marriage ceremonies. Study the history of this office as well as its responsibilities, qualifications and record-keeping requirements. You must live in ME or be a NH resident regularly employed or with a business/trade in Maine. Leave with the test completed and a plan in place for turning in your paperwork. A notary license is \$50 and valid for seven years.

Mon 6-9 PM 2/26 \$39 OOB HS

Bethany Mulkern 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!

HEARTSAVER® CPR & FIRST AID FOR ADULTS & CHILDREN

Acquire the fundamental knowledge and skills necessary to handle first aid, choking or sudden cardiac arrest situations until emergency medical assistance arrives. Find out how to handle scenarios including bleeding, sprains, bone fractures and shock. Learn to operate an AED and give CPR to infants, children and adults. Certifications in first aid and CPR, are valid for two years and meet the requirements for child care providers.

Tue 6-9 PM 1/16-1/23 \$79 OOB HS

Karl Finley, an EMT/Paramedic who has served as a volunteer fireman with the Scarborough Fire Department for more than 20 years, previously spent 19 years at the Saco Fire Department. He has 11 years of experience instructing CPR and has been the public education coordinator for nine years.

BEHAVIORAL HEALTH PROFESSIONAL INFO SESSION

This is a fantastic opportunity to obtain FREE training on your path to pursuing a career in behavioral health! Get all of your questions answered and learn more about this certificate program.

Thu 6-7:30 PM 1/11 FREE OOB HS
Jeffrey Carpenter-see bio this pg.

BEHAVIORAL HEALTH PROFESSIONAL TRAINING & CERTIFICATE PROGRAM - LIVE ONLINE

Children with intellectual challenges, autism and mental health disorders in Maine as well as their families depend on children's behavioral health services. A certified Behavioral Health Professional (BHP) is an essential member of a child's treatment team and has the chance to have an instant influence while assisting children in reaching their full potential. You will be equipped to work with children who need services thanks to this program and also prepare yourself for employment with local social service organizations. Start whenever you choose and go at your own pace.

Complete 12 online modules and three live, four-hour sessions, after which you will receive free online training in blood-borne pathogens and certification in child and adult first aid and CPR. Our free remote training program can get you licensed and started in a career that will change your life in just 40 hours.

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

FREE Online

Jeffrey Carpenter, Workforce Recruitment Specialist for the State of Maine's OCFS through Woodfords Family Services, is here to help you through this learning opportunity by providing answers to questions and technical issues, should any arise. He is also a resource to connect you with service agencies once you have completed the training.

PROFESSIONAL SKILLS

DAY CERTIFIED RESIDENTIAL MEDICATION AIDE CERTIFICATE PROGRAM

CRMAs ARE IN HIGH DEMAND!

Receive 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 per Maine's regulations governing residential facilities. In addition, students must 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 of attendance, no exceptions. Participants must be 18 or older. No high school credential or background check required. Payment plans available for qualified applicants. Tuition includes fee for handbook. Course fee is nonrefundable. For questions about the program, please email the instructor at jennifercourtois@myfairpoint.net

Required: Proof of registration, a yellow highlighter, a 1.5-inch 3-ring binder. \$100 fee for medication pass payable to the instructor at your scheduled test.

Note: CASAS assessment testing is highly recommended. Please call our Saco Learning Center at 207-282-3846 or learningcenter@rsu23.org to set up a testing appointment.

Fri 8:30 AM-4:30 PM 3/1-3/29 \$325 Saco LC

Jennifer Courtois, RN, has 40 years of nursing experience in hospital, home health, diabetes & community education, and 10+ years teaching CNA, PSS & CRMA in both the classroom & clinical areas. In addition, she works as a consultant for an assisted living facility and as a full-time nurse educator.

EXCEL SPREADSHEET BASICS

Discover this powerful tool for performing calculations, developing budgets and analyzing and managing data. Learn Excel fundamentals using Microsoft Excel 2021, including text and number formatting, data sorting and filtering along with simple formulas. In class laptops 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 2/6-2/15 \$99 OOB HS

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.

NEW INTRO TO WINDOWS 11

Whether you are switching from a previous version of Windows or have never used Microsoft Windows before, learn about the newest features. Discover how to swiftly navigate, search, store, and retrieve documents and other information from your home computer, and customize it to your needs. Laptops running Windows 11 and MS Office 2021 provided in class.

Thu 5-7 PM 2/29 \$35 OOB HS

Jeanne Cassidy-see bio this pg.

NEW FREE INFO SESSION ON CYBER SECURITY

Are you and your loved ones safe online? Come learn about the internet world, malware protection, security updates, password vaults and scams. Get safety advice and other helpful information in this FREE workshop. This session could help safeguard you, your friends, and family, so don't miss it!

Tue 5-7 PM 1/30 FREE OOB HS

Jeanne Cassidy-see bio this pg.

PROFESSIONAL SKILLS

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. You might need assistance using iTunes, Microsoft Office, the internet, or saving, sending, or editing photographs. Get tips on backing up your work and virus prevention programs.

Required: Because it's your hour and we want to make sure your needs are satisfied, please respond to the brief questionnaire we will send you following registration! Bring your MacBook or PC laptop, or use one of our Windows laptops.

Jeanne Cassidy-see bio pg 7.

Computer Tutoring Section I

Mon 4-5 PM 1/22 \$59 OOB HS

Computer Tutoring Section II

Mon 5:15-6:15 PM 1/22 \$59 OOB HS

Computer Tutoring Section III

Mon 6:30-7:30 PM 1/22 \$59 OOB HS

Computer Tutoring Section IV

Mon 4-5 PM 1/29 \$59 OOB HS

Computer Tutoring Section V

Mon 5:15-6:15 PM 1/29 \$59 OOB HS

Computer Tutoring Section VI

Mon 6:30-7:30 PM 1/29 \$59 OOB HS

Computer Tutoring Section VII

Mon 4-5 PM 2/5 \$59 OOB HS

Computer Tutoring Section VIII

Mon 5:15-6:15 PM 2/5 \$59 OOB HS

Computer Tutoring Section IX

Mon 6:30-7:30 PM 2/5 \$59 OOB HS

Computer Tutoring Section X

Mon 4-5 PM 2/26 \$59 OOB HS

Computer Tutoring Section XI

Mon 5:15-6:15 PM 2/26 \$59 OOB HS

Computer Tutoring Section XII

Mon 6:30-7:30 PM 2/26 \$59 OOB HS



This exciting career may be for you!

REAL ESTATE SALES AGENT COURSE - ONLINE

INTRODUCTION TO THE ELEMENTS OF REAL ESTATE BROKERAGE

Topics covered include industry overview/organization, Maine Real Estate Commission, agency relationships, product knowledge, property valuation, the appraisal process, financing the transaction, contracts, closings and federal and state laws. Fee includes textbook PDF (hard copy available from Center for Real Estate for an additional fee), one year of access to the course, instructor feedback after the three quizzes and the final exam and twice monthly Q&A drop-in 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. Some companies offer to pay this fee when you affiliate with them.

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

1/2-12/31 \$370 Online

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.

LANGUAGE / CREATIVE ARTS

INTRO TO GERMAN

Learn basic grammar rules, verb tenses, common questions and expressions, as well as pronunciation and vocabulary that will be useful when traveling to a German-speaking nation. Additionally, get ready to read poetry, short stories, newspaper articles, road signs and more! For a more engaging learning environment, the textbook also includes extensive audio recordings and flashcards in addition to in-person Google Slides presentations. No class 2/20.

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

Note: It is best to purchase a new book with code so you can use the extra resources we will use in class.

Tue 5:30-7 PM 1/23-3/19 \$129 OOB HS

Gregory Downs holds a BA in French and minored in German at USM. With a strong passion for foreign language acquisition and linguistics, he loves sharing this knowledge.

SPANISH FOR BEGINNERS

LEARN SPANISH FROM A NATIVE SPEAKER!

Focus on the foundational concepts of pronunciation, vocabulary and grammar. Your confidence will increase with more practice and you'll soon be able to communicate in Spanish! No experience needed. No class 2/22.

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

Thu 5-7 PM 2/1-3/28 \$209 Saco LC

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

WATERCOLOR BASICS

Studying color theory, blending and the use of pigments will help build a solid foundation in watercolor painting. Create the illusion of distance and composition by demonstrated technique. You will be guided through the process as you create your first painting - after that the possibilities are endless! Russell will assist you in building skills and confidence throughout the course.

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 you will be taught in class. Bring any colors you may already have.

Thu 6-8:30 PM 1/11-2/8 \$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 adore his laid-back, encouraging teaching style.

INTERMEDIATE WATERCOLOR

Learn new concepts and expand on your existing skills in color theory, color blending, and application. With step-by-step instructions, you can learn how to recreate still-life themes and comprehend the utilization of positive and negative space. Work on slightly more difficult still-life and landscape subjects while learning how to create the illusion of distance and composition.

Prerequisite: Watercolor Basics

Required: Please see the above class, Watercolor Basics, for requirements and notes.

Thu 6-8:30 PM 2/29-3/28 \$119 OOB HS

Russel Whitten-see bio this pg.

CREATIVE ARTS

DAY PAPER MARBLING

Learn to make ornamental papers using this time-honored technique. These papers may be used for a variety of projects, including handmade books, scrapbooking, cards, boxes, picture frames and more. Learn about the tools and techniques that will enable you to develop this craft and its potential for future projects. All materials provided. Proof of registration required.

Sat 10 AM-1 PM 2/3 \$39 Saco LC

Gayle Fitzpatrick has taught in public and private schools, colleges, and adult and community programs for 30+ years. She also works as a practicing artist, producing and showing paper, print and painted pieces.

DAY NEW

HANDMADE PAPER BOWLS

Seize the opportunity to create beautiful handcrafted paper bowls! These unique bowls make fantastic presents or home decor. Decorative papers, handmade papers and adhesive are provided.

Required: Proof of registration, please bring a small plastic cereal bowl.

Sat 10 AM-12:30 PM 3/23 \$39 Saco LC

Gayle Fitzpatrick-see bio this pg.

DAY DIY HARDCOVER

JOURNALS & SKETCHBOOKS

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

Sat 9 AM-1 PM 3/2 \$49 Saco LC

Gayle Fitzpatrick-see bio this pg.

PUNCH NEEDLE ORNAMENTS

Use a punch needle to create some contemporary ornaments! Ideal for novices looking to learn the fundamentals and great for those looking for a refresher to get back into practice. These little ornaments are excellent gifts or for use as home decor! All supplies are provided and all skill levels are welcome.

Wed 6-9 PM 1/17 \$29 OOB HS

Sarah deGrandis is a formally trained artist and lifelong crafter with a BFA in New Media from the ME College of Art. She is passionate about learning different crafts and using modern, fun takes on traditional techniques.

FLOATING EMBROIDERY

Create a piece of embroidery that seems to be floating in the air! Learn basic embroidery stitches on tulle in a 6-inch round embroidery hoop to create beautiful artwork for your home or as a present. All materials are provided and all skill levels are welcome.

Wed 6-8 PM 3/13 \$29 OOB HS

Sarah deGrandis-see bio this pg.

NEW FELTED

CACTUS PINCUSHION

Create a charming little cactus using felt and basic hand sewing skills. It can serve as a pincushion, home decor or a sweet gift for someone special! Who doesn't love a plant that can't die? All materials are provided and all skill levels are welcome.

Wed 6-8 PM 2/7 \$29 OOB HS

Sarah deGrandis-see bio this pg.

NEW BALMS & BUTTERS

Chapped hands and lips can be a challenging part of winter. Having all-natural, DIY options for your lip balm and body butter needs can be a lifesaver! They also make wonderful presents to help us get through the colder months. Make your own custom-scented lip balm and take home two jars and a sample of body butter! Please bring a pen/notepad. Tuition includes all materials.

Wed 6-8 PM 1/31 \$45 OOB HS

Jennifer Greiner-see bio pg 11.

CREATIVE ARTS

DIGITAL ILLUSTRATION WITH PROCREATE

Transform your drawings into digital artwork with the Procreate app! Cover the basics of digital illustration, working in layers, planning a composition, setting up files for print and tips 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 1/24-2/7 \$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.

BRUSHES & BREWS

PAINT YOUR PINT!

Tip a brew with friends at Banded Brewing while exploring your creative side. Enjoy a casual, fun opportunity to design and paint your pint glass to take home. Tuition includes paint materials, a pint glass and one 8-ounce beer, soda or seltzer. Registration closes at noon the day of class. Proof of registration required.

Thu 6-8 PM 3/21 \$35 Banded Brewing

Tory Gordon-see bio this pg.

TECHNIQUES IN PEN & INK

Explore a variety of techniques for creating tonal values and details in pen and ink to render striking illustrations. Some previous drawing experience is helpful but not required. Registration closes at noon the 1st day of class.

Required: Proof of registration. Mechanical pencil, eraser, four pieces of Bristol paper (8x10-inch recommended, or preferred size), India ink, dip pen, nib, .05 Micron Pigma pen (approx. \$25 at Michael's or Amazon).

Tue 6-8 PM 2/27-3/19 \$79 OOB HS

Tory Gordon-see bio this pg.



Perfume is a very personal thing. Make your own!

THE ART OF NATURAL PERFUMERY

Discover the science and art of making natural colognes and perfumes. Learn how to blend top, middle and bottom scent notes to create seductive aromas that balance the body and mind as well as the emotional effects of a variety of essential oils. Create your own perfume or cologne to take home. This class is great for any gender interested in their own personalized scent.

Thu 6-8 PM 2/8 \$29 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 and lifestyle.

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 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 2/27 \$45 OOB HS

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

DAY EARLY AMERICAN

PENNY RUG

Anyone who enjoys quilting, rug hooking, or braiding will love penny rugs, often known as coin, button, or money rugs. Along with a discussion of history, old examples and the materials that can be used, the entire process of making geometric and pictorial scenes with the penny—which uses tiny circular patches of wool—will be presented. Kits, ranging from \$25-\$75 and payable to Janet in class, include a unique kind of pre-washed and hand-dyed wool, a pattern, some design ideas, an embroidery needle and threads. Review designs/kits at jconnerhookedrugs.com and email jconnerhookedrugs@gmail.com at the time of registration, specifying your kit choice(s). No experience necessary.

Required: Proof of registration, bring small, sharp fabric scissors and a bagged lunch to class.

Sat 9 AM-1 PM 1/20 \$47 Saco LC

Janet Conner, BS in Art Education from Moore College of Art & Design, is a member of the Saco Valley Fiber Artists, and exhibits regionally and at ME Fiber Arts Center. Her hooked designs and her students' have been highlighted in *Finishing Hooked Rugs* and *Rug Hooking Magazine*. In 2016, Janet co-authored the book *Rug Hooking Traditions* with James and Mercedes Hutchinson. She released *Magnificent Hooked Rugs*, which were influenced by Western art history, in 2020. She teaches both domestically and internationally.

MATERIALS NEEDED for Class?
Before purchasing, make sure your class is a GO!
Check our 'GO' pg: <https://oobsaco.maineadulted.org/go-list/>



Create new accents to spice up your kitchen!

NEW KITCHEN CROCHET

Learn crochet basics by making dishcloths, scrubbers and even those iconic hanging towels! Or try your hand at making a trivet! All supplies are provided and all skill levels are welcome.

Wed 6-8 PM 3/6-3/20 \$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 art business where Myriah creates patterns and finished fiber-crafted pieces based on characters from popular films and television series. Myriah's goal is to share her enthusiasm for all things yarn, but especially crochet, with everyone she meets.

NEW SHADOW BOX CARDS

Create cards that don't just stand out but actually stand up! Learn to make three distinct cards: one that looks like a storefront and two window fronts using decorative paper and stamps. Although they are in a shadowbox format, they easily flatten to fit a standard A2 envelope. All materials are included. Registration closes at noon on 3/8.

Mon 6-8 PM 3/11 \$35 OOB HS

Faith Garnett began teaching card making in 2009. She sells her original greeting cards at craft fairs and at Seacoast Crafters in Portsmouth.

NEW CREATE THE STORY

EDITORS SEEK - LIVE ONLINE PLAY WITH YOUR WORDS!

With the assistance of an award-winning, published children's book author and illustrator, learn to create a narrative in your own voice. Transform your writing into a compelling submission that any major publishing house would be proud to receive. Overcome stale writing habits and learn fresh approaches to developing your own distinctive style. Discover how editing can boost your creativity and give you more freedom. A significant portion of the program will consist of class discussions and critiques.

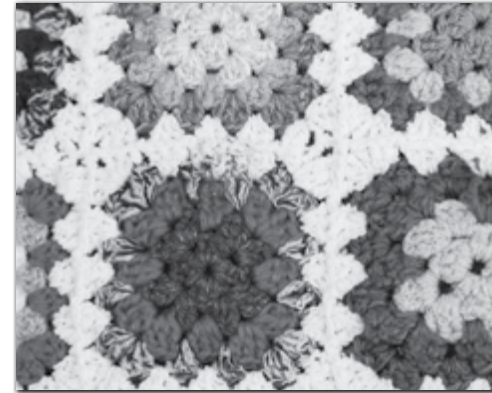
For our first session, kindly provide a writing sample of a few sentences. Give yourself a time limit, no longer than an hour, on one of the following topics, or choose your own:

- a) Yourself as child, you choose the age, what was your favorite thing to do?
- b) Your favorite food
- c) A joyful moment.
- d) The best gift you have ever received.
- d) An important lesson you have learned.

Mon 6-9 PM 3/11-3/25 \$119 Online

JoAnn Adinolfi, award-winning author and illustrator, has published dozens of children's books with over 30 years experience in the bunny-eat-bunny world of children's publishing.

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



Granny Squares are back! Let's get busy!

NEW GRANNY SQUARE GREATNESS

Improve your granny square designs! Learn to create squares and put them together to make purses, blankets, even a skirt or sweater! All skill levels welcome. Patterns provided by instructor. No class 2/21.

Required: Please bring a 5mm crochet hook, sharp scissors, a yarn needle and at least 5 Oz of yarn per color, in up to 4 colors.

Wed 6-8 PM 2/7-2/28 \$69 OOB HS
Myriah Davis-see bio pg 12.

NEW BUNDLING UP WITH BEANIES

Make mittens and hats to keep you warm when the snow begins to fall. Learn to read patterns and create stitches as you craft simple hats in the beanie style and full mittens or fingerless gloves. For knitters or crocheters of all skill levels! Patterns provided by instructor.

Required: Please bring one 5 OZ or larger skein of worsted weight yarn in a color of your choosing, a 5mm crochet hook or circular knitting needle, sharp scissors and a yarn needle.

Wed 6-8 PM 1/10-1/24 \$69 OOB HS
Myriah Davis-see bio pg 12.

BEST CLOTHING & MAKEUP FOR YOUR COLORING

Do you have a lot of black clothing in your closet? Find out what other colors complement your skin tone! You will be draped in a range of colors for this entertaining interactive lesson and learn about warmer and cooler tones and decide which colors suit you the best. Additionally, you'll get advice on eye shadow, blush and lipstick. Let's create a more vibrant you!

Tue 5:30-8:30 PM 3/5 \$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 fantastic about themselves and connect with others in a meaningful way, which will boost their confidence.

BEST HAIRSTYLES, GLASSES & NECKLINES

Find out what suits your face shape! Discover the most appropriate eyewear, clothing patterns and necklines for your features, as well as hairstyle dos and don'ts. Come by yourself or register with a friend to learn some amazing strategies for looking your best!

Thu 5:30-8:30 PM 2/8 \$29 OOB HS

Candace Sanborn-see bio this pg.

DRESSING FOR ILLUSION

What do you want people to notice about you? Dressing for illusion is about where to put, or not put, color and embellishments to intentionally draw the eye toward areas of your body you want to be seen and away from spots you want to minimize. The instructor will guide you on how to do this based on your body shape.

Wed 5:30-7:30 PM 1/17 \$19 OOB HS

Candace Sanborn-see bio this pg.

ARE YOU A NEW COMPUTER USER?
SEE TUTORING SCHEDULE PG 8



Tarot, intriguing and personally informative.

NEW TAROT FOUNDATIONS A PATH TO PERSONAL GROWTH

Tarot cards can have enormous personal meaning for us because they reveal a pattern that enables a deeper understanding of ourselves. Examine the Major Arcana's enduring meanings and how they relate to the Minor Arcana in this introductory course. Along with looking at straightforward layouts and individual readings, we'll try out some imaginative card games. Without a doubt, what we learn in this comprehensive course will give us a window into our innermost intuitive selves. No class 2/21.

Required: A Tarot Deck preferably Rider Waite Smith Tarot Deck (available on Amazon, Flourish in Biddeford or Leapin' Lizards in Portland).

Recommended: *78 Degrees of Wisdom* by Rachel Pollack.

Wed 6-8 PM 2/7-3/6 \$89 OOB HS

Margaret Jones, M.Ed., tarot reader, educator and award-winning storyteller facilitates seminars as a national trainer to assist individuals on their path to self-discovery. She is the author of *Walking Sacred Sites: Listening to the Stories*, a collection of articles about her journeys to sacred places across the world.

NEW MOON PHASES

MEDITATION & YOGA

Observe how the moon affects you and how it feels as it travels through the 12 signs of the zodiac. Explore ways that we use the moon's energies and how they impact us. Our moon influences healing, planting, the weather, behavioral patterns and reproductive cycles. With slow, contemplative poses to help you relax and balance yourself, learn to link your yoga practice to the lunar cycles. Come spend time by the light of the moon!

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

Wed 5:30-7:15 PM 3/20 \$19 Saco LC

Jessy Lynn Ostara-see bio pg 20.

DAY NEW

THE HERO/HEROINE'S JOURNEY

Joseph Campbell once said that a journey, whether it be inner or outer, begins with a yearning to discover something new. It urges you forward, asks you to leave familiar surroundings and cross the landscape to discover the treasure that lies ahead. In this experiential workshop, create a character and take a journey that is both personal and mythological. Guided by Margaret's storytelling voice and inspired by Tarot, journaling and ritual, walk the path of the hero/heroine as you develop a mythic story that will illuminate your own personal one. By following your instincts, you will guide your character into an unknown landscape and acquire the knowledge you need to proceed on your own journey.

Required: Proof of registration, a journal for writing, a writing utensil and comfortable clothing and shoes for walking around the room.

Sun 1-4 PM 3/10 \$65 Saco LC

Margaret Jones-see bio pg 14.



Yoga? Try it! You might LOVE it!

YOGA FOR HEALING

Focus on the physical and psychological advantages of yoga using evidence-based yoga methodology. Gain the benefits of increased muscular strength and bone mass, improved flexibility and balance, immune support and the reduction of anxiety and fatigue through movement, breath and mindfulness.

Required: Bring proof of registration, a yoga mat, a small blanket and (optional) yoga blocks.

Mon 6-7 PM 1/22-2/12 \$49 Saco LC

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

WHAT IS EFT?

EMOTIONAL FREEDOM TECHNIQUE

Tap your way to better health and joy with an introduction to your body's energy system. Use EFT/tapping (on the body) to improve your health, relieve stress and discomfort and increase your sense of balance, calm and joy. Discover the power of this straightforward instrument and go home with the knowledge you need to use it!

Mon 6-7:30 PM 3/11 \$15 OOB HS

Leah Wentworth of Inner Wisdom Health & Wellness is a Certified Holistic Health Coach, Reiki and EFT/Tapping Practitioner. She is dedicated to restoring harmony to the body's energy system and offering suggestions for regaining inner understanding.

YIN YOGA

This contemplative, slow-paced exercise focuses on stretching the body's connective tissues and relaxing the muscles by holding poses for three to five minutes. Postures can be held when seated or lying flat. This technique is calming and balanced, enhances joint flexibility, lowers tension and boosts energy. No experience necessary. No class 2/21.

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

Wed 5:30-6:30 PM 1/31-3/13 \$75 Saco LC
Jessy Lynn Ostara-see bio pg 20.

AERIAL YOGA

Classes in aerial yoga include flips, tricks, and inversions. By keeping the swing at hip height, it transforms into a hammock that supports you during backbends and inversions and offers a unique way to build core, arm, and leg strength. You'll flow and fly in your aerial swing during these 50-minute lessons, fusing the grace of yoga with the freedom of flight.

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 1/22-2/26 \$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. Her main focuses are on strength, stability, and flexibility, as she finds these to be the trifecta of great fitness.

Check These Out!

FERMENT THIS! PG 18

COMFORT FOODS PG 19

MOON PHASES PG 15

SEASONAL WELLNESS WITH CHINESE MEDICINE PG 17

JAZZERCISE!

Build strong, lean muscles by combining a high-intensity dancing cardio session with a targeted toning portion that includes strength training as you explore two class formats: Cardio Sculpt and Power Sculpt.

Note: Wear what's comfortable for you; fitted, flexible fabrics are always a solid start. Supportive cross-trainers or any athletic shoe should work.

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

Section I: Tue 6:30-7:30 PM 1/9-2/13 \$85 Young School

Section II: Don't lose momentum now! Continue on your health and wellness journey!

Tue 6:30-7:30 PM 3/5-4/9 \$85 Young School

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

NEW BEGINNER TAI CHI

Tai Chi is a gentle, beautiful, meditative expression that is also a martial art with defensive application. Each session begins with basic Qigong to create focus and relaxation, followed by gentle strength training using chairs and balls. Explore Tai Chi postures and, as the class progresses each week, working on putting the postures into forms. Designed with balance in mind and including modifications where necessary, this course is the perfect exercise, encompassing balance, relaxation, focus, strength, stretching, cognitive stimulation and discipline. Everyone can do some variation of Tai Chi! No class 2/19.

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

Mon 6:15-7:30 PM 1/22-3/4 \$75 Jameson Elementary

Laurie Huenteo received her Tai Chi certification through the Functional Aging Institute/Open Door Tai Chi. She has been practicing Yang-style Tai Chi and Qigong for 13+ years and teaching for the last seven. She is passionate about teaching Tai Chi.

NEW DAY

PICKLEBALL FITNESS

Improve your pickleball performance! We'll cover flexibility training, including warm up, movement prep and cool down; strength and conditioning including upper and lower body exercises, cardio, core and postural exercises. We'll also practice footwork drills. All of which will improve your endurance, agility, accuracy, reaction time, lower your risk of injury and help sharpen your on-court performance and techniques!

Required: Wear appropriate workout gear and footwear, bring a hand or bath towel, a yoga mat and a light to medium resistance tube, with a handle on each end (<https://www.walmart.com/ip/SPRI-Professional-Strength-Resistance-Tube-Medium-Resistance-Level-Exercise-Bands-Blue/413900072>, approx. \$11).

Section I: Sun 9:30 AM-12 PM 3/3 \$27 Saco LC

Section II: Sun 9:30 AM-12 PM 3/10 \$27 Saco LC

Section III: Sun 9:30 AM-12 PM 3/17 \$27 Saco LC

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.

THE HEALTH BENEFITS OF TEA

Tea can be beneficial to a person's diet when seeking to stay healthy and long-lived. Review recent studies on the health advantages as well as myths and beliefs about tea. Discuss the many different types of tea and the latest research on tea, human health and traditions in cultures around the world that use tea medicinally. Enjoy a variety of teas while talking about how tea travels from plant to cup. Registration closes at noon on 1/22. Tuition includes materials.

Tue 6-8 PM 1/23 \$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 attended the World Tea Expo and tea rooms in the US and abroad.

NEW DAY

SEASONAL WELLNESS WITH CHINESE MEDICINE: WINTER

Learn about the Five Elements and Seasons cycle in Chinese medicine beginning with winter - a time for introspection and relaxation. Discuss yin, the kidney and bladder meridians, deep listening and replenishing our essence. We'll gather each season to explore tools for wellness, including self-acupressure, movement, guided meditation, diet & lifestyle guidelines. Stay tuned for additional classes throughout the year as Meret will be covering all of the seasons! Take one or all!

Required: Proof of registration, dress comfortably and bring a yoga mat or blanket.

Sat 9 AM-12 PM 2/3 \$29 Saco LC

Meret Bainbridge, L.Ac. is the owner of Acupuncture by Meret in Saco. She has been practicing acupressure, acupuncture and traditional Chinese medicine since 1996.

NEW INTRO TO GUASHA

Guasha translates to scraping sand. Chinese medicine practitioners have been using friction to treat pain, reduce fevers and treat coughs for thousands of years. In modern times, guasha can be used to treat work-related conditions such as carpal tunnel syndrome. Learn the basic scraping techniques that can be applied to numerous body parts as well as the essential safety precautions. Included will be a calming sequence for the head and neck to encourage lymph flow, which could reduce sinus congestion, reduce facial puffiness and smooth out wrinkles. Guasha is simple to learn, highly effective and can be done to yourself or to others. Guasha spoons will be provided and we'll discuss other tools that can also be used.

Note: Please wear a swimsuit top if you would like work done on the skin of your upper back and shoulders. No sports bras please!

Wed 6:30-8:30 PM 2/7 \$25 OOB HS

Lisa Bouchard, a qualified massage therapist and acupuncturist, founded MassageCraft & Acupuncture Clinic in 1991.

FERMENT THIS!

Join us for ONE or all of Emma's Fermentation Presentations! Zoom in and create in your own kitchen!

KOMBUCHA - LIVE ONLINE

Buy a \$4 bottle of kombucha or make your own for pennies! It's simply sweetened black or green tea with a culture added and allowed to ferment. We will make both a primary and a secondary ferment with your favorite fruit/juice (yum! Blueberry kombucha!) Discover some fascinating history, some microbiology, troubleshooting, the right glassware, and what the heck is a SCOBY? Registration closes at noon on 2/20.

Note: Emma will then email your Zoom link, materials list and instructions. A video of the process will be sent after class. SCOBYs, included in course fee, will be available on 2/22; call (207) 934-7922 to set a pick-up time.

Tue 6-7 PM 2/27 \$20 Online

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.

NEW SAUERKRAUT - LIVE ONLINE SAUERKRAUT VARIANTS: CURTIDO & COLESLAW

Lacto-ferment cabbage and add some twists to result in delicious safe homemade signature cabbage-based ferments. You'll learn a bit of microbiology and basic techniques to create basic sauerkraut, Salvadorean curtido and coleslaw. Fermented vegetable salads/condiments add flair, probiotics and nutrition to any meal. Zoom link and materials list provided by instructor.

Tue 6-7 PM 3/5 \$20 Online
Emma Holder-see bio this pg.

NEW CURRIED CAULIFLOWER & SHISH TAOUK TURNIPS - LIVE ONLINE

Flavors from India and Lebanon will infuse these vegetable ferments. We'll discuss basic fermentation techniques, and then create

- 1) A curry-style ferment using cauliflower
- 2) Shish Taouk turnips. Create these yummy fermented veggies with turnips or white daikon radishes.

The secret to both ferments is in the spice. Zoom link and materials list provided by instructor upon registration.

Tue 6-7 PM 3/12 \$20 Online
Emma Holder-see bio this pg.

CULINARY KNIFE SKILLS

Learn the basics of knife sharpening! Cooking that is both inventive and effective requires a sharp knife. Improve the speed and precision of your knife-work. The anatomy of a knife, appropriate handling skills and the variety and quality of blades available will be discussed. Moira will demonstrate the use of a sharpening steel and stone as well as show you a variety of cuts, including dice, Julienne, herb methods and basic boning. Discover the three knives essential to every kitchen. Bring a sharpening steel and/or stone, if you have one, along with a notebook and notepad, baggies for what you chop and a knife you want sharpened. There will be plenty of time and resources to practice and hone your new skill.

Tue 6-8 PM 1/16 \$39 OOB HS

Moira Rascati, a graduate of Culinary Institute of America in NY, has been a professional chef for 40+ years and at Joseph's by the Sea in Old Orchard Beach for more than 30. She is currently an instructor at SMCC in their culinary arts and nutrition programs.

QUICK MEALS 30 MINUTES OR LESS!

Prepare quick, wholesome meals for you and your family. Discover techniques that provide ideas for fast meals, such as how to make sautéed pork medallions, seasonal risotto, sheet pan chicken, a one-pan fish dish, roasted vegetables, two salad dressings to go with leftovers and a simple dessert. Because this is a hands-on workshop, be ready to cook, taste and enjoy yourself! Bring a cutting knife and an apron.

Tue 6-9 PM 2/27 \$65 OOB HS
Moira Rascati-see bio pg 18.

SIMPLE NORTHERN ITALIAN COOKING

Hearty dinners are a strong tradition in northern Italian cuisine. Discover a few straightforward recipes, such as grilled pepper salad, pasta with tomato basil sauce, shrimp with veggies and noodles and pork with garlic and rosemary sauce. Finish with a light and fluffy Marsala custard. Bring an apron and a sharp French knife.

Tue 6-9 PM 3/19 \$65 OOB HS
Moira Rascati-see bio pg 18.

COOKING WITH SOURDOUGH

Learn to make, feed, grow and use sourdough. Discover creative and unusual ways to use sourdough in your baking repertoire. As you sample some sourdough-based treats, watch a demonstration of how to make traditional sourdough bread, crumpets and muffins. Leave with a sourdough culture and recipes so you can start creating your own mouthwatering treats at home. Tuition includes materials.

Required: Small container (cottage cheese containers are perfect) with lid to bring your sourdough starter home in.

Wed 6-8 PM 1/17 \$49 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.



Up your pie game with Mary Bailey, pastry maker extraordinaire!

NEW PIE CRUSTS & TART DOUGHS

As they say, making a superb pastry crust is "easy as pie!" Two different types of pie dough and pâte sucrée, a dough for sweet tarts, will be covered in this lesson. Join Chef Mary as she demonstrates three flexible pastry doughs and provides advice on how to master making homemade pastries. Be prepared for hands-on work. Tuition includes most materials.

Required: Please bring 1 LB unsalted butter (room temp), a rolling pin and baggies for pie dough.

Wed 6-8 PM 3/20 \$49 OOB HS
Mary Bailey-see bio this pg.

NEW COMFORT FOODS

There is nothing better than curling up after the holidays with something warm, delectable and soothing. Chef Mary will teach you to make wonderful homemade mac and cheese and apple-cherry crumble. It's everything your basic TV dinner aspired to be but always fell short of! Bring your appetite, an apron and a container for any leftovers! We will prepare this meal and gather together for dinner and dessert on a cold winter evening. Tuition includes materials.

Wed 6-9 PM 2/7 \$65 OOB HS
Mary Bailey-see bio this pg.



Nothing warms a cold soul like good food, wine and a blazing fire.

NEW WARMING WINTER WINE

Nothing warms the bones more than sipping a glass of full-bodied wine in front of a roaring fire or woodstove. Warm surroundings are ideal for drinking red wine as it highlights the wine's full flavor. And best of all, reds pair well with hearty meals, which, let's be honest, are the best way to end a cold day here in the northeast! Join us to find out which wines are best to beat the chill of a Maine winter's evening! Sample four 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 1/11 \$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.

COOKING WITH TEA

Do you realize that tea was originally consumed as a food? Tea is still a great accompaniment to cooking and baking. Enjoy a fun evening of tasting delectable dishes that contain tea; appetizer, entree, side dish and dessert options. Look at inventive methods to including tea into recipes, how to pair tea with different cuisines and how to utilize tea to bring out the flavors in your favorite foods. Come at least a little bit hungry! Recipes will be provided. Registration closes at noon on 3/25. Tuition includes materials.

Tue 6-8 PM 3/26 \$29 OOB HS

Marianne Russo—see bio pg 17.

BEGINNER BELLY DANCE

Enjoy a judgment-free environment that emphasizes dance and positive body image while also offering support and encouragement! While beginners practice fundamental motions and combinations, intermediates polish their understanding and experiment with layers. The tummy-toning results are a positive side effect for inspiration! Explore movement, vocabulary, musicality and history. No class 2/23.

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

Fri 5:30-6:30 PM 1/19-3/1 \$75 Saco LC

Jessy Lynn Ostara has been belly dancing for most of her adult life, starting with the Desert Dancers with Miraya Swanson and continuing her studies with world-renowned instructors Nathifa Shakti, Heather Powers and Rosa Noreen.

BEGINNER GUITAR

It's fun to play the guitar and you can't go wrong learning from a seasoned instructor and musician like Travis. Focus on learning the names of the strings and the first position notes before progressing to chords and strumming patterns. Before you know it, you will be playing music! No class 2/21.

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 2/7-3/20 \$79 C K Burns

Travis Taylor has been playing guitar for a number of years and has been a member of a local band for quite some time. Additionally, he has more than 10 years experience teaching guitar in the Saco school system.



For drummers of all levels, don't miss this Master class!

DAY HAND DRUMMING WORKSHOP BEGINNERS & ALL LEVELS WELCOME!

Explore hand drumming through the traditional music of Guinea, West Africa. Alongside your fellow students and Master Village Drummer Namory Keita, play patterns and rhythms. Fun and engaging, Namory's remarkable style unites all levels in a community experience and is fun and engaging. A not to be missed experience!

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

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

Sun 1-3 PM 3/24 \$35 Saco LC

Namory Keita, Master Village Drummer, is in high demand! He is an accomplished teacher and performer with a distinctive style and a depth of traditional knowledge that is extremely hard to find outside of the Guinean villages where he was born. His assets include his extraordinary talent for captivating any audience and his collaborations with local and international drummers and dancers.

JUST SWING FOR BEGINNERS

Enjoyable and simple to learn, single-time East Coast swing is entertaining for dancers of any age. Pick up the fundamentals and build your repertoire while learning numerous turns and additional steps. Develop the self-assurance you need to get out on the dance floor and show your stuff! Course fee is per couple and we will not be changing partners in this class.

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

Thu 7:30-8:30 PM 1/4-2/8 \$99 Young School

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

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE - LIVE ONLINE

From the comfort of your own home, play the piano like a professional by using chords. The course includes an online book, 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! Learn to form the three basic types of chords, handle a variety of keys and time signatures, avoid counting and simplify more than 12,000 complex chords. The course is part lecture/demonstration and part hands-on instruction. Please have access to a computer, tablet, or phone, a piano or keyboard and a steady internet connection during class.

Mon 6:30-9:30 PM 3/25 \$65 Online

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

UKULELE FOR BEGINNERS
- LIVE ONLINE

Learn to play this amazingly versatile instrument. You'll need a ukulele, some curiosity, a love of music and time to practice. Join our stress-free program for plenty of fun and learning. You won't want to stop once you have mastered the fundamentals and you don't have to read music! Sign up, tune up and show up to start your musical adventure now!

Note: Buying a ukulele? Five days prior to the start of class, Duncan can provide you with brand, price, style and size recommendations as well as local stores where you can purchase an excellent beginner's ukulele.

Required: Five days before the class starts, important documents will be sent to the email address provided at registration. Before attending the first session, please read this email carefully.

Section I: Wed 6-7:30 PM 1/31-2/21 \$79 Online
Registration closes at noon on 1/29.

Section II: Tue 6-7:30 PM 2/27-3/19 \$79 Online
Registration closes at noon on 2/23.

Duncan Perry is a popular ukulele performer and teacher. He believes studying an instrument makes the brain sharper, helps reduce stress and brings joy to players and their audiences. He has taught the powerful ukulele to almost 700 individuals!

**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

**SKILLS TRAINING &
CERTIFICATE PROGRAMS** PGS 6-8

**COUNTRY & LATIN
LINE DANCING**

Learn a few line dances to bust out when a line dancing opportunity presents itself or simply because you want to try something new! Discover classic country line dances and popular Latin rhythms, including rumba, cha cha, salsa and more, in this fun, energetic class! Specific music and pattern requests will be taken the first night and taught whenever possible. All levels welcome! No partner required.

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

Section I: Thu 6:30-7:30 PM 1/4-2/8 \$89
[Young School](#)

Section II: Thu 6:30-7:30 PM 2/29-4/4 \$89
[Young School](#)

Elizabeth Richards—see bio pg 21.

NEW TEXAS TWO STEP

Do you love country music but wish you were more proficient in couples dances? Come learn the most well-known partner dance in country music, the Texas Two Step! This progressive dance style starts with the fundamentals and gradually adds more complicated patterns and turns. In no time at all, you'll be moving around the dance floor! 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 2/29-4/4 \$99
[Young School](#)

Elizabeth Richards—see bio pg 21.

**NEW London / Paris
or
NEW America's Music Cities!**



London & Paris

November 2 — November 10, 2024 • 9 Days • 11 Meals

Make this your next exquisite destination!

Westminster Abbey, Buckingham Palace, Covent Garden, Windsor Castle, Eurostar Train, Choice on Tour: Paris City Tour by Bus or Montmartre by Metro Walking Tour, Arc de Triomphe, Eiffel Tower Dinner, Seine River Cruise

Use this link for more information!

[London & Paris: https://gateway.gocollette.com/link/1213877](https://gateway.gocollette.com/link/1213877)



Maybe you would like to stay a little closer to home?

America's Music Cities!

Use this link for more information!

[America's Music Cities: https://gateway.gocollette.com/link/1213893](https://gateway.gocollette.com/link/1213893)

Featuring New Orleans, Memphis & Nashville

September 29 — October 6, 2024 • 8 Days • 11 Meals

NEW FREE INFO SESSION FOR THE ABOVE TOURS - SEE PG 24

COLLETTE GUIDED TRAVEL considers everyone who travels with them to be their guest and their itinerary shows it! Every moment matters to them because it matters to you. This may be because they are a family-owned company that has been in business for 100 years. Choosing Collette has benefits that take your guided travel experience to another level. Our inclusive tours provide more value for your money and more of what makes travel special.

NEW FREE INFO SESSION FOR AMERICA'S MUSIC CITIES & LONDON/PARIS TOURS

Join us for an informative session on our upcoming America's Music Cities and London/Paris tours. Collette Travel, one of the most highly regarded tour companies world wide, is just waiting for you to get on board. Get all the info on both tours and all your questions answered. Most importantly, get ready for the adventure of your lifetime!

Wed 5:30-7 PM 1/17 FREE OOB HS

Collette Guided Travel treats you like a guest and this is evident in their itinerary! Because it matters to you, every minute matters to them as well. This can be as a result of the fact that they are a family-run firm with a 100-year history. The advantages of using Collette will elevate your guided trip experience. With our all-inclusive excursions, you get more for your money and experience more of what makes travel unique.

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.



Birds are great entertainment!

FEEDING & IDENTIFYING WINTER BIRDS

Discover how birds overcome the various difficulties, like locating food and water, that winter weather can present to our feathered companions. We will also look at the different kinds of birds that come to Maine, such as ducks and raptors.

Thu 6-8 PM 1/11 \$25 OOB HS

Linda Woodard-see bio this pg.

NEW GET READY FOR SPRING BIRDS

How do birds get ready for a season of having and raising young? Do they relocate? Do they alter their diet and appearance? Discuss how you can prepare your home and yard for a season of birds returning from their winter habitats with topics like when to take down the suet and put up the hummingbird feeder. Learn what tools are available, or new food resources you can use, that will draw our fine feathered friends to your yard! Tuition includes a voucher for a free bird walk at Scarborough Marsh.

Thu 6-8 PM 3/28 \$29 OOB HS

Linda Woodard, an avid bird watcher, has been the Scarborough Marsh Audubon Center director for 32 years. She teaches at Maine Audubon and USM on various environmental topics.

NEW BOAT AMERICA FOR ALL BOATERS ON INLAND & COASTAL WATERS.

This all-ages course is approved by the State of Maine and meets the requirements of the new law requiring boater education for operators between 16 and 25 years of age on inland waters. This is the National Association of Boating Law Administrators approved course, honored in all states, on inland and coastal waters, where boater education is required. Course ID Card must be carried when operating on the water. Please bring a notebook/writing utensil.

Wed 6:30-9 PM 1/10-1/31 \$30 OOB HS

James Katz, holds a BA from Lesley College in Cambridge, MA. He has been a member of the US Coast Guard Auxiliary since 1996 and currently holds certification as a Navigation Specialist, Instructor, Vessel Examiner and Safety Patrol Boat Coxswain.

NEW INVASIVE AQUATIC SPECIES

Join us for a presentation outlining the threat that invasive aquatic species (IAS) pose to our lakes. Mary will give an overview of the different invaders found in Maine waters and the ones right on our borders! Discuss ways we can prevent this issue from getting bigger. Participants are invited to view live invasive and native plant species and ask questions.

Tue 5:30-7:30 PM 2/13 \$39 OOB HS

Mary Jewett holds a degree in Ecology from Unity College. She has worked at the Lakes Environmental Association for more than a decade, providing K-12 and adult education on a variety of environmental topics. Additionally, she has collaborated with the Department of Environmental Protection in their IAS program and trains hundreds of boaters and boat inspectors each year on how to protect our lakes.



Libraries are the heart of a community.

NEW DAY GET TO KNOW YOUR LOCAL LIBRARY

McARTHUR PUBLIC

McArthur Public Library was originally a local church but became a public library in the early 1900s. Explore modern resources while touring this historic building. You can borrow snowshoes from your local library, start studying your family tree there and learn about Biddeford's past by looking through old images and newspapers. Additionally, libraries provide you at-home access to tens of thousands of ebooks and audiobooks all free of charge!

Sat 10:30-11:30 AM 1/20 FREE
McArthur Library

Melanie Taylor Coombs has an undergraduate dual degree in history and education and a Master's in library and information science. She has been a professional librarian for 30 years and has taught many classes and offered tours throughout her career to everyone from Boy Scouts to Gold Leaf Senior College.

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

ADULT BASIC EDUCATION

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

HIGH SCHOOL COMPLETION (FOR 17+)

Earn your high school diploma! It's never too late!

HiSET (HIGH SCHOOL EQUIVALENCY TEST)

A FREE High School Completion alternative, offering prep classes, pre & official testing.

ELL

English Language Learners
English classes for students who want to develop their English language skills.

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 enrollment 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!



SPRING BIRDS PG 24



FELTED CACTUS PG 10



TAI CHI PG 16



PIE CRUSTS
& TART DOUGHS PG 19

WE HAVE VARIETY. YOU'VE GOT CHOICES!

www.oobsaco.maineadulted.org

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