



*Learning for Better Living*

# Old Orchard Beach/Saco Adult & Community Education

# REFRESH!



**SPRING/SUMMER 2024**

**April-August**

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

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**5% Discount Online Only**  
Register before 3/15/2024  
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**EARLYBIRDS24**



**WANDERING WATERCOLOR** PG 13



**GELLI PLATE PRINTMAKING** PG 14



**CREAM PUFFS & ECLAIRS** PG 18



**RAISED BED GARDENING** PG 3

## 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.

### REQUIRED: PROOF OF REGISTRATION

(printed or on your phone)  
for weekend & off-site classes  
NOT held at OOB High School.

Thank you!

**Expanded descriptions for  
all courses available online.**

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### 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!**

### NEW INTRO TO

## RAISED BED GARDENING

Discover the fundamentals of raised bed gardening, including the various building materials and soils to use. We'll discuss flowers, herbs and veggies and their growing requirements. Learn what you need to know to help you create a bed with your favorites in mind!

Wed 6-9 PM 4/24 \$29 OOB HS

**Joseph Moreshead** majored in Landscape Management, is a Certified Master Gardener through the University of Maine York County Extension Service and served as it's Board Chair for three years. He is one of the founders of the Community Gardens on King St. in Saco.

### NEW YARDSCAPING

#### FROM LAWNS TO LANDSCAPES

Create wildlife habitat, grow food for your family and protect your local waterways while improving the appearance and functionality of your yard. Reduce your lawn and associated maintenance by swapping it for pollinator gardens, edible landscapes, rain gardens, vegetative buffers, groundcovers, wildflower meadows and other natural landscapes you can pick and choose from to make your yard work for you.

**Optional:** Bring a layout of your yard (copy of tax map, drawings, satellite image, pictures) to start designing your landscaping changes with free technical assistance from the instructor.

Thu 6-8 PM 5/9 \$15 OOB HS

**Ali Clift** holds degrees in Environmental Studies and Marine Science from Eckerd College in St. Petersburg, FL. She is the Education & Outreach Coordinator for the Cumberland County Soil & Water Conservation District.

### 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 4/8.

**Section I:** Tue 6:30-8 PM 4/9

Registration closes at noon on 6/10.

**Section II:** Tue 6:30-8 PM 6/11

**Val Lovelace** founded the 501(c)(3) not-for-profit organization Maine Death with Dignity and also serves as its executive director. She spearheaded a grassroots campaign from 2014 to 2019 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 United States to politicians, healthcare professionals, patients and their families.



**Follow Us!**

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

## **NEW MAINE DRIVING DYNAMICS**

This driver improvement course is designed to improve a student's defensive driving awareness. This five-hour course includes discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. Our goal is to save lives, prevent injuries and reduce vehicle-related crashes.

Tu/Th 6-8:30 PM 5/14-5/16 \$70  
OOB HS

## **AARP SMART DRIVER**

The nation's first refresher course specifically designed for drivers aged 50 and older. In this simple format, brush up on your driving abilities and knowledge of traffic regulations. Driver distractions, using safety features on cars properly, left turns, right-of-way and roundabouts are some of the topics covered. There are also state-specific rules and regulations in 19 important areas such as construction zones, child safety seats, school buses, cell phone use and more. Help lower accidents and traffic penalties while learning something new since 97% of participants improve at least one driving behavior!

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

Mon 6-8 PM 6/3-6/10 \$9 OOB HS

**Andrew Grant**, certified Smart Driver instructor, also offers Smart Driver TEK and Car-Fit programs.

## **SELF DEFENSE FOR WOMEN**

Did you know that most street assaults last less than 15 seconds? If your life is in danger, you'll need to strike hard and fast and answer questions later. Learn to defend against larger and stronger attackers. Street survival skills include disabling, kicking, trapping, deflecting and hitting. Situational awareness and knowing how to handle possible threats are part of self-defense. Every student will get a Kubotan safety tool along with instruction on how to use it. Wear loose-fitting clothing and comfortable shoes.

Wed 6-7:30 PM 4/24-5/15 \$69  
Saco LC

**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.

## **NEW HOME BUYING SIMPLIFIED**

Tired of renting and ready to put your hard earned money towards a new home? We have you covered! Learn about different financing options, what sellers are looking for, current market conditions and how to negotiate in today's market so that you get a great deal on your new home! Please bring a pen/notepad.

Thu 6-7:30 PM 4/25 \$15 OOB HS

**Scott & Denise Reiff** are a successful local husband/wife realtor couple affiliated with Keller Williams Realty. Together, they are dedicated to educating both buyers and sellers on their home buying/selling journeys.

## **DAY BUYING YOUR FIRST HOME LIVE ONLINE**

The process of purchasing a home is covered in this ME hoMEworks. Making the decision, setting a budget for homeownership, improving credit, getting a mortgage approval and realtor, inspections, insurance, the closing process, energy efficiency and avoiding predatory lenders. Learn about closing cost and down payment assistance programs available for first-time homebuyers, veterans and others. Attendees will earn a Certificate of Completion required by USDA, ME State Housing Authority and other mortgage lenders. Free individualized counseling is offered after the class. Please have pen and paper available. Registration closes at noon on 5/16. **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 register.  
Sun 9 AM-5:30 PM 5/19 \$30

**Lee Sullivan** is the Homebuyer Education Coordinator at York County Community Action Corp. Lee has experienced homebuying many times. She is Certified by hoMEworks, HUD and the USDA RD Direct mortgage program.

## **NEW HOME SELLING SIMPLIFIED**

Wondering what it would be like to sell your home in today's market? We have you covered! Learn when the best time to sell is, what buyers are looking for, current market conditions and how to sell your home for top dollar! Please bring a pen/notepad.

Thu 6-7:30 PM 5/2 \$15 OOB HS  
**Scott & Denise Reiff**-see bio pg 4.

## **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 6/5 \$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.

## **MAINE WEATHER & CLIMATE CHANGE - LIVE ONLINE / FREE**

The Maine Climate Council, formed in 2019, is a group of scientists, industry leaders, bipartisan local and state officials and engaged citizens. They are working to develop a four-year plan to address the impacts of climate change on Maine, build resiliency to climate effects and meet state statutory targets to reduce greenhouse gas emissions. Join us to learn about the council's climate action plan, how individuals can take action on climate change and how climate change is impacting our state.

Wed 6-7 PM 4/24

**Molly Siegel**, BA, Dartmouth College, is the Climate Council Coordinator with the ME Governor's Office of Policy Innovation and the Future and brings experience in community development, stakeholder engagement, and project management to the team.

## FAMILY, HOME & GARDEN / BEAUTY

### THE A, B, C & Ds OF MEDICARE

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!

Tue 6-8 PM 6/4 \$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.

### NEW Composting & Food Waste - Live Online

Each year, 40% of food in the United States is wasted. Where does this waste end up? Examine the waste stream and find out how much of it can be redirected to other methods of disposal such as anaerobic digestion, composting and recycling. Find out why it is so important to keep food waste out of landfills and look into options of food waste disposal. Discuss vermiculture, anaerobic digestion, eliminating sources of pollution and possibilities for feeding the hungry. Find out how ecomaine handles waste, and how you can contribute to managing your food waste effectively!

Tue 6:30-8 PM 6/4 \$9

**Beatrice Johnson** has a BS in Ecology & Environmental Sciences from UME Orono with a concentration in sustainability, environmental policy and natural resource management. of the world.

### 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 6/12 \$15 OOB HS  
**Eleanor Dominguez**-see bio pg 5.

### 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!

Thu 5:30-8 PM \$25 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.

## BEAUTY / FINANCIAL FITNESS

### Makeup Techniques for Your Features

Do you shy away from applying makeup because you dislike appearing "made up"? Have you noticed any changes in your features over time and are uncertain about what needs to change? Try simple makeup tricks for an improved, natural appearance! Identify your face, eye, and lip shapes with the help of Candace and your fellow students, then discover simple application techniques that work best for your features. Please arrive with a face free of makeup, a mirror and your go-to makeup to apply in class. If you don't have much makeup, Candace will have some to try.

Thu 5:30-8:30 PM \$29 OOB HS  
**Candace Sanborn**-see bio pg 6.

### NEW Scarf Ties, Glasses & Jewelry

#### for Your Face Shape

What you wear on or around your face has an impact on your appearance. Learning your face shape and how to work with your features is key to figuring out the accessories that look good on you. In this interactive class, we'll identify your face shape, then you'll learn simple scarf ties for your features, plus try on a variety of hat styles and glasses to see what flatters your face! Please bring one oblong scarf plus one square scarf, if you have one.

Thu 5:30-8 PM \$25 OOB HS  
**Candace Sanborn**-see bio pg 6.

### WORKING YOUR MONEY WITH SARAH BLONDIN AT OOB HIGH SCHOOL

**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.

### HOW MONEY WORKS

Dealing with debt issues? How secure do you feel about your existing investment plan? 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 many investors unknowingly do!

Wed 6-7:30 PM 4/24 \$9

### NEW INVESTING AT RETIREMENT

Learn the power of having a customized strategy to make the most of your benefits and assets, identify considerable risks and plan for a comfortable, financially secure retirement.

Tue 6-7:30 PM 4/30 \$9

### NEW UNDERSTANDING SOCIAL SECURITY

Get the most out of your benefits! Join us to learn how!

Tue 6-7:30 PM 5/14 \$9

### 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.

Wed 6-7:30 PM 5/22 \$9

## PROFESSIONAL SKILLS

### FREE BEHAVIORAL HEALTH PROFESSIONAL INFO SESSION

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 4/4 OOB HS

### FREE BEHAVIORAL HEALTH PROFESSIONAL TRAINING & CERTIFICATE PROGRAM

LIVE ONLINE 24/7

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 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 bloodborne 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 ME resident and at least 18 years old with a high school diploma or equivalent to become certified.

Mon-Sun 4/1-6/30

**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.

### REAL ESTATE SALES AGENT COURSE - ONLINE 24/7

INTRODUCTION TO THE ELEMENTS OF REAL ESTATE BROKERAGE

Learn industry overview/organization, ME Real Estate Commission, agency relationships, product knowledge, property valuation, the appraisal process, financing, closings and federal and state laws. Fee includes textbook PDF, one year of access to the course, instructor feedback after the three quizzes and the final exam and twice monthly Q&A via Zoom. Certificate of completion awarded with a grade of 75% or above, required for the state licensing exam (\$85 fee), which must be taken within one year of 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:** Must be 18 or older, have a high school diploma or equivalency to get a license.

4/1-12/31 \$370

**Bob Joslyn**, a licensed real estate broker in ME since 1988 and a solo agent at Keller Williams Realty for the past eight years.

### BECOMING A NOTARY PUBLIC

Study history, 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 6/3 \$39 OOB HS

**Bethany Mulkern**, a notary public since May 2019, has performed various notarial duties, including weddings.

## PROFESSIONAL SKILLS

### RESPONSIBLE BEVERAGE SERVER (RBS) TRAINING

This training was created by the Maine CDC to give workers who make decisions about IDs, age, sobriety and safety the best skills and information possible to protect their customers, their staff and their community. Servers and sellers play an important role in reducing the effects of over-consumption and underage access to alcohol. When you and your team are trained in the responsible methods for serving alcohol for safe consumption, your neighbors, families and community all benefit and experience increased safety and well-being. RBS training helps you keep your work environment low-stress and thriving. Being trained in RBS can help individuals and their establishments to avoid fines and lawsuits.

Tu/Th 6-7:30 PM 5/7-5/9 \$9 OOB HS

**Alissa Wigglesworth**, Prevention Program Coordinator at Coastal Healthy Communities Coalition, holds a BA in Psychology and Substance Misuse Studies and working on her Masters of Public Health.

**Stephanie Masters-Plamondon** is a Certified Prevention Specialist and holds a Masters degree in Public Health.

### FREE CAPTAIN'S LICENSE

INFO SESSION - LIVE ONLINE

Want to learn the differences between an Operator Uninspected Passenger Vessel (OUPV) license and a Master 100GT license and what experience the Coast Guard requires? We will help answer your questions and discuss the different methods for completing the course requirements.

**Section I:** Wed 6-8 PM 4/24

**Section II:** Wed 6-8 PM 8/7

**John Coffin** has held his USCG License since 1985 and has operated charter vessels in the Florida Keys and ME. He is a Master ME Guide and a certified Boating Instructor for US Powerboating and the National Safe Boating Council.

### COMPUTER TUTORING

We want to make sure your needs are satisfied in your tutoring hour so please respond to the brief questionnaire we send you following registration!

**Required:** Bring your laptop or use one of ours.

**All sections are held at OOB HS and are \$59 per hour..**

**I:** Mon 4-5 PM 4/22

**II:** Mon 5:15-6:15 PM 4/22

**III:** Mon 6:30-7:30 PM 4/22

**IV:** Mon 4 PM-5 PM 4/29

**V:** Mon 5:15-6:15 PM 4/29

**VI:** Mon 6:30-7:30 PM 4/29

**VII:** Mon 4-5 PM 6/3

**VIII:** Mon 5:15-6:15 PM 6/3

**IX:** Mon 6:30-7:30 PM 6/3

**X:** Mon 4-5 PM 6/10

**XI:** Mon 5:15-6:15 PM 6/10

**XII:** Mon 6:30-7:30 PM 6/10

**Jeanne Cassidy**, MA, CPCM, PMP, has worked with computers for 30+ years in the military and aerospace industries.

### HEARTSAVER® CPR & FIRST AID

Acquire the skills 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 5/7-5/14 \$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.

## LANGUAGE

### INTRO TO ITALIAN

#### EXPANDED COURSE!

Enjoy conversing in Italian by practicing your writing and speaking skills, learning about various cultural subjects, and starting your path to fluency! Learn the fundamentals in a lighthearted and enjoyable environment while discussing your travel goals and encounters. Acquire efficient communication skills for travel, friendship, and many other purposes! Handouts provided. No class 5/27.  
M/W 6-7:30 PM 4/22-6/3 \$215  
OOB HS

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

### INTRO TO GERMAN

Learn basic grammar rules, verb tenses, common questions and expressions, pronunciation and useful vocabulary for traveling to German-speaking nations. Read poetry, short stories, newspaper articles, road signs and more! The textbook also includes extensive audio recordings and flash cards 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 4/23-6/11 \$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.

### 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).  
Tue 5-7 PM 4/23-6/11 \$209 Saco LC

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

#### NEW

### SPANISH FOR BEGINNERS LEVEL II

This course is designed for adult learners who have completed Spanish for Beginners or have a basic understanding of the language. Building on the foundational knowledge acquired in the previous level, Basic Level II aims to enhance participants' proficiency in everyday communication, focusing on both spoken and written Spanish.  
**Required:** *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386 (approx. \$12, Amazon).  
Thu 5-7 PM 4/25-6/13 \$209 Saco LC  
**Gustavo Gómez Coello**-see bio above.

## CREATIVE ARTS

#### NEW DAY HARDCOVER

### ACCORDION BOOK

Create a hardcover accordion book that ties closed with a ribbon, using a heavy mixed-media paper suitable for painting, drawing and other media. These charming books are wonderful for displaying photos, writing stories and poems and creating artwork. What a wonderful gift for a creative friend!  
Sat 10 AM-12:30 PM 4/13 \$39  
Saco LC

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

#### BEGINNER

### DIGITAL PHOTOGRAPHY

Unlock the full potential of your Digital Single Lens Reflex (DSLR) camera. By becoming familiar with and practicing the camera's controls, you can learn how to take photographs. Gain an understanding of composition, design and discover how to download and edit your images so they're ready for sharing.  
**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 4/24-5/22 \$125  
OOB HS

**Geri Lynn Smith**, an award winning photographer shooting in the New England area, shares her knowledge from personal experience through practical application and entertaining anecdotes.

#### DAY MINIATURE PUNCH

### NEEDLE RUG HOOKING

This antique art resembles hooked carpets but in miniature dollhouse proportions! Discover how to complete and display this lovely and handy fiber craft. Kits are \$25 each, payable to Janet in class and contain original folk art designs, hand-dyed and natural wool threads and instructions. Review designs/kits at [jconnerhookedrugs.com](http://jconnerhookedrugs.com) and email [jconnerhookedrugs@gmail.com](mailto:jconnerhookedrugs@gmail.com) at the time of registration, specifying your kit choice(s).

**Required:** Bag lunch, small sharp fabric scissors, an Ultra-Punch Small Punch needle (\$27 approx.) and a 7" Morgan-brand locking embroidery hoop (\$15 approx.). Both available from instructor.  
Sat 9 AM-1 PM 4/6 \$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, as well as those of 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.

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.

**NEW Advanced Beginner Digital Photography**

So you understand what ISO means, how aperture affects depth of field and how shutter speed affects movement? Now, with a pretty firm grasp of the fundamentals, you feel ready to take it to the next level! Join us to gain a greater understanding of your camera's features so you can achieve more focused shots, consistent exposures and higher-quality images. Cover exposure compensation, white balance and a bit of advanced techniques with Photoshop Elements. This is a one night only class designed to keep you shooting. **Required:** DSLR camera with fresh batteries and a memory card, your questions, and, if desired, your laptop. Wed 6-9 PM 6/5 \$29 OOB HS **Geri Lynn Smith**-see bio pg 11.

**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 4/23. Wed 6-8 PM 4/24 \$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 the arts as tools for social change and serves as a creative economy advisor to several arts organizations and artist-led coalitions.

**DAY Relief Printmaking Workshop**

Create a single block relief print by developing an image and then carving the image into a linoleum block. Then ink the block and make a small edition of prints. All materials provided. Sat 9 AM-12:30 PM 4/27 \$45 Saco LC **Gayle Fitzpatrick**-see bio pg 11.

**Watercolor Basics**

Studying color theory by blending and the using pigments to 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 paint palette (Russel says folding ones are ideal!), 1 round #10 watercolor brush; 1 inch wide flat brush, 1 drawing pencil #2H, 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. Please bring any colors you already have.

Thu 6 PM-8:30 PM 4/25-5/23 \$125 OOB HS **Russel Whitten**-see bio pg 13.

**DAY Wandering Watercolor**

Join other beginning and advanced students on outings to enjoy watercolor painting and build friendships with other artists. Learn to manipulate watercolor media and tonal drawing to recreate the appearance of nature with an awareness of forms and their surrounding elements. Our basis will be the study of perspective, composition, value and color. Class location will be discussed weekly.

**Prerequisite:** Watercolor Basics.

**Required:** 1 small tube each: cadmium yellow (light), cobalt blue, alizarin crimson, 1 paint palette (Russel says folding ones are ideal!), 1 round #10 watercolor brush; 1 inch wide flat brush, 1 drawing pencil #2H, 1 eraser, 1 light board or piece of cardboard or portable watercolor easel, a lidded jar of water, folding chair (optional); 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. Please bring any colors you already have.

Fri 1-4 PM 5/24-6/14 \$125 Saco LC

**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 demeanor.

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



*Just dyed & hung out to dry!*

**DAY The Art of Shibori Dyeing**

Bind, fold and twist your cloth to create beautifully dyed patterns while using Japanese resistance-dyeing dating back to the 8th century. Explore techniques with a selection of objects for manipulating the fabric using a pre-reduced indigo dye. Leave with four dyed-by-you creations: two tea towels, a tote bag and the fourth, bring an item of your choice! Dye ingredients, vat, washbasin, materials for manipulating fabric, booklet of instructions, tea towels and tote bag will be provided.

**Required:** One pair of heavy-duty plastic gloves and one light-colored 100% cotton item to dye (T-shirt, handkerchief, pillowcase, etc.). Wear clothing for dyeing and bring a lunch/drink.

**Note:** Dyeing is outside, so wear weather-appropriate clothing.

Sun 10 AM-2 PM 5/5 \$49 Saco LC

**Kristen Bartlett**, owner of Alley Oop Apothecary, established in 2020, practices many forms of art and has studied drawing, oil painting, graphic design, and photography.

## CREATIVE ARTS

### NEW OutSTANDing

#### Birthday Cards

Create three birthday cards that can stand on a mantel windowsill or table telling the receiver that you took the time to make them a personal birthday card. Using cardstock and decorative paper, you will be crafting three birthday-themed cards, including a box card, an easel card, and a z-fold card. All materials are included along with detailed instructions so that you can go home and make these same stand alone cards for other occasions or just to say you care. Registration closes at noon on 5/19. Mon 6-8 PM 5/20 \$35 OOB HS

**Faith Garnett** began teaching card making in 2009. She sells her original greeting cards online.

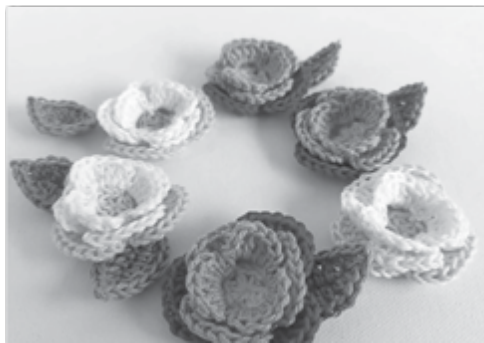
### NEW Gelli Plate Printmaking

Learn to use gelli printing plates!

We will cover a variety of layering techniques in this entertaining printmaking session, incorporating found materials to add texture. Have fun experimenting and creating fun art that can be displayed on its own or used in other crafts or collages. All materials provided.

Thu 6-8 PM 5/30 \$39 OOB HS

**Karalyn Thayer** has a BFA from the ME College of Art with a background in teaching web and graphic design. She creates her art with the use of mixed media illustrations and loves experimenting with at home printmaking.



*Creating beauty is always fun!*

### NEW 3D Crochet Flowers

After March winds and April showers, here come May flowers! In this beginner+ course, students will learn how to create bouquets of flowers that will stay in bloom all year long. We will focus heavily on shaping techniques, such as increasing and decreasing, as well as working in rounds, so some knowledge of simple crochet stitches will be helpful, as many of the stitches used will build on the foundational stitches of crochet (chain, single & double crochet stitches). All patterns and materials provided.

Wed 6-8 PM 5/15-5/29 \$75 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.

**ARE YOU A NEW COMPUTER USER?**  
SEE TUTORING SCHEDULE PG 9.

## CREATIVE ARTS / MUSIC & DANCE

### 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.

**Note:** Class is hosted by Sam Smith but may also include other instructors.

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

**Section I:** Sat 10 AM-2 PM  
6/8 \$185 Bridgton Forge

**Section II:** Sat 10 AM-2 PM  
6/15 \$185 Bridgton Forge

**Sam Smith** is a Master Blacksmith & Guild Master of the ME Blacksmith's Guild. Internationally renowned for his work on UNESCO World Heritage sites in Europe and with 25+ years of experience in the craft, Master Smith represents an unbroken line of blacksmiths dating back to 1836.

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

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

### Advanced Beginner Guitar

If you've taken Beginning Guitar or have some playing experience, expand your guitar playing repertoire! Discover additional tunes, first position chords and get advice on spicing up your strumming. No class 4/17.

**Required:** Nylon or steel stringed guitar, soft or medium picks, a tuner and *Hal Leonard Guitar Method Complete Edition: Book 1, 2 & 3* by Will Schmid and Greg Koch (approx. \$15).

Wed 6-7 PM 4/3-5/15 \$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.

### Instant Piano for Hopelessly Busy People - Live Online

The course, part lecture/demonstration and part hands-on instruction, includes an online book and follow-up video lessons, optional periodic Q&A sessions and a recording of the class-enough materials to continue study on your own! Learn the three basic types of chords, handle a variety of keys and time signatures, avoid counting and simplify more than 12,000 complex chords. Please have access to a computer, tablet, or phone, a piano or keyboard and a steady internet connection during class. Registration closes at noon on 6/11. Mon 6:30-9:30 PM 6/18 \$65

**Craig Coffman**, an experienced instructor, professional pianist and music director, has 30+ years teaching piano privately.





*Have a blast with your partner!*

### Ballroom Dancing

Get ready for wedding season with dances that are always in style, easy to learn and great fun! Learn what you need to know to be a better, more confident dancer! Discover how to find the beat, basic techniques, partnership and styling as we cover Waltz, Foxtrot, and Swing. Course fee is per couple and we will not be changing partners in this class. Wear comfortable clothing and soft-soled shoes.

Thu 7:30-8:30 PM 4/25-5/30 \$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.

### 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. Wear comfortable clothing and soft-soled shoes.

Thu 6:30-7:30 PM 4/25-5/30 \$89  
Young School

**Elizabeth Richards**-see bio above.

### 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. Wear comfortable clothing and bring water. No class 5/17.

Fri 5:30-6:30 PM 4/19-5/31 \$75  
Saco LC

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

### MAKING FLATBREADS

**BACK BY POPULAR DEMAND!**

We'll make pita bread, corn and flour tortillas, and a soft potato flatbread. Make and taste them with hummus, butter, cheese, jam and sandwich fillings. These recipes pair well with sweet and savory items, and best of all, they are easy to make. Recipes provided. Please bring an apron, mixing bowl, spoon and baggies for leftovers.

**Section I:** Wed 6-8 PM 4/24 \$45  
OOB HS

**Section II:** Wed 6-8 PM 5/8 \$45  
OOB HS

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

### HOMEMADE HAMBURGER BUNS

Get ready for those summer BBQs! Sure, you could buy hamburger buns at the grocery store — but where's the fun in that? It's easier than you think to make homemade hamburger buns. These soft buns are perfect for burgers, pulled pork or your favorite sandwich filling. These are the ideal shape and taste way better than anything from a plastic bag. Join Chef Mary to make regular and slider-sized buns using two types of dough. Recipes provided. This is a demonstration class with some hands-on work. Please bring an apron and baggies for leftovers.  
Wed 6-8 PM 6/5 \$45 OOB HS  
**Mary Bailey**-see bio above.

### NEW Sippable Spring Wines

Join wine expert Gene Barber to broaden your perspective. The urge for simple, fresh and transparent wines grows as the temperature rises. Discover how to choose the best white, red, rosé and sparkling wines. Discuss possible pairings and the best serving to improve your events. Start your spring off with something tasty! Vic & Whit's is offering four wines to taste along with some light, healthful appetizers.

**Note:** Register through OOB/Saco Adult Ed only. Free on-street parking available.  
Thu 6-8 PM 4/11 \$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.

### NEW Beyond the Tea Bag

How is tea from a bag different from loose-leaf tea? What's all the fuss about? We will explore how to make your best cup of tea, what you need for loose leaf preparation as well as other equipment which is useful but not necessary. We will do side by side comparisons of several tea bag and loose leaf samples. Registration closes at noon on 4/22. Tuition includes materials.

Tue 6-8 PM 4/23 \$29 OOB HS

**Marianne Russo**, a certified tea specialist, has 20 years as the founder and owner of Nellie's Tea Company. She studied under Pearl Dexter of *Tea, A Magazine* and John Harney of Harney & Sons Fine Teas to name a few. She has traveled to China and Japan's tea fields and factories, the World Tea Expo and tea rooms in the US and abroad.

## Culinary Knife Skills

Inventive and effective cooking requires a sharp knife. Improve the speed and precision of your knifework. Discuss the anatomy of a knife, appropriate handling skills and the variety and quality of blades available. 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. 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 to practice and hone your new skill.

**Section I:** Tue 6-8 PM 4/30 \$39 OOB HS

**Section II:** Tue 6-8 PM 6/4 \$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.

## NEW CREAM PUFFS & ECLAIRS

What do eclairs, cream puffs, profiteroles and gougères all have in common? They are all made with the same kind of dough! Pâte à choux is a versatile and easy-to-make pastry component that can be used in both sweet and savory applications. We will tackle how to make pâte à choux, how to pipe it (depending on how we want to use it), bake it and fill it. Learn different ways to use this pastry dough and elevate your appetizer and dessert game. There will be plenty of options for filling and tasting. Please bring an apron and baggies for leftovers. Recipes provided.

Wed 6-9 PM 5/15 \$69 OOB HS

**Mary Bailey**-see bio pg 17.

## DAY Biddeford Foodie Walking Tour

Maine's hottest foodie town offers delicious dining experiences at various establishments like Palace Diner, Fish & Whistle, Nibblesford and Sweetcream Dairy. Tour the town while exploring some of the best spots, learn how to order wisely and tips for enhancing your dining experience. Expect to stop at 5-8 eateries for samples and learn about more hot spots that make our local foodie scene thrive! Tuition includes food samples at 5-8 stops, map with handout of local eateries, Eat Biddeford pins, and Bid-fid stickers!

Please wear comfortable walking shoes, weather-appropriate clothing, bring a bag and money for any extra purchases.

**Note:** Dietary restrictions cannot be accommodated in most instances, as the restaurants decide which samples they will provide. Tour-goers will be notified of weather postponements by 11 AM in the case of extreme weather. Light rain will not cause cancellations. Rain date: 6/9.

Sun 2-4 PM 6/2 \$65 Biddeford

**Kristen Bartlett** has been passionately immersed in the foodie and holistic worlds most of her working life and brings decades of experience and knowledge about both food and local producers of food through her former work as a local producer forager for Whole Foods Market.

## NEW Understanding Diabetes A Comprehensive Course

This class is designed to provide a comprehensive understanding of diabetes, its various types and effective strategies for management. An overview of diabetes in the United States, its various forms, insulin and blood regulation, advantages of a healthy diet and exercise regimen, common medications and their side effects, glucose monitoring and the range of available technologies and management tips are a few of the topics to be covered.

Thu 5:30-7 PM 5/2-6/6 \$75 OOB HS

**Sarah Cote** is a board certified Nurse Practitioner in Diabetes Education and Advanced Diabetes Management. She owns and operates a private diabetes-focused practice in Southern ME.

## NEW Intro to Guasha

Guasha can be used to treat work-related conditions such as carpal tunnel syndrome. Learn the basic scraping techniques and the essential safety precautions. Included will be a calming sequence for the head and neck to encourage lymph flow, which could reduce sinus congestion, facial puffiness and smooth out wrinkles. Guasha is simple to learn, highly effective and can be done on yourself or others. Guasha spoons will be provided. We'll discuss other tools that can be used. Wear a swimsuit top (no sports bras) if you would like work done on the skin of your upper back and shoulders. Bring a yoga mat and blanket. We will explore techniques in seated and supine positions.

Wed 6:30-8:30 PM 6/5 \$25 OOB HS

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

## Seasonal Wellness with Chinese Medicine

**Required:** Dress comfortably and bring a yoga mat or blanket.

### NEW DAY Spring

The second in a yearlong series of five classes offering an introduction to Chinese medicine's cycle of the Five Elements and Seasons. Stay tuned for additional classes throughout the year as Meret will be covering all of the seasons! Take one or all! Explore tools for wellness, including self-acupressure, movement, guided meditation, diet and lifestyle guidelines. Spring is the season of the Wood element, of awakening and emerging like plants coming back to life. Yang energy rising, the liver and gall bladder meridians, cleansing and adapting to change are among the topics we'll cover. Each session will end with a circle of feedback and closing.

Sat 9 AM-12 PM 4/27 \$29 Saco LC

### NEW DAY Summer

The third in a yearlong series of five classes offering an introduction to Chinese medicine's cycle of the Five Elements and Seasons. Take one or all of Meret's upcoming classes. Explore tools for wellness, including self-acupressure, movement, guided meditation, diet and lifestyle guidelines.

The season of the Fire element, of fullness, joy and play. Cover yang energy, the heart and small intestine meridians and staying cool and balanced on a heating planet. Each session will end with a circle of feedback and closing.

Sat 9 AM-12 PM 7/13 \$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.



Create inner peace - it's worth it!

**NEW 7 SECRETS TO MINDFUL ORGANIZATION**  
**HOW TO PLAN, PRIORITIZE & TAKE ACTION TO SAVE TIME, ENERGY & RESOURCES**

Having trouble setting priorities and making plans? Misplace items amid the clutter? Feel hurried and pressed for time? Step outside your comfort zone and develop patterns for thoughtful organization. Identify problematic habits and behaviors and replace them with proven strategies to become more prosperous, efficient, content and joyous. Discover practical ways to complete daily tasks on time, using calendars, planning tools and action plans to achieve your long-term goals. Please bring a pen/pad of paper.

Thu 6-7:30 PM 5/9 \$17 OOB HS

**Roz Applebaum** has worked in the conference business for 30 years. She is a highly effective life coach and assists her clients in using organizational skills to achieve short- and long-term goals while maintaining the optimum work-life balance.

**NEW INTRO TO MEDITATION FOR BEGINNERS**

Created for those new to meditation and looking to develop inner calm and mindfulness. Learn a wide range of techniques, including body scan, breath awareness and loving-kindness meditation with each method tailored to suit your individual preferences and needs. Establish a regular meditation practice and navigate common challenges through interactive discussions and guided sessions. Dress comfortably and bring a water bottle. Energymend has meditation chairs, if you prefer using a yoga mat, please bring one.

**Section I:**  
 Thu 6-8 PM 4/9 \$19 Energymend

**DAY Section II:**  
 Sat 9-11 AM 4/27 \$19 Energymend

**Donna Poulin** is a skilled teacher with expertise in various meditation techniques including transcendental, focused, visualization and mindfulness meditation. She has taught for many years on the power of meditation to promote mental clarity, emotional balance and overall wellness.

**THE SCIENCE OF HAPPINESS**

Investigate the science of happiness. Discuss and participate in activities like mindfulness, gratitude and compassion, which have been shown to improve people's happiness and general wellbeing. Make use of science to have a happier, more fulfilling life!

Mon 6-8 PM 5/13 \$19 Saco LC

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

**TAROT FOUNDATIONS**  
**A PATH TO PERSONAL GROWTH**

Tarot cards have enormous personal meaning as they reveal a pattern to deeper understanding. Examine the Major Arcanas enduring meanings and how they relate to the Minor Arcana. Look at layouts and individual readings and try some imaginative card games. What we learn in this comprehensive course will give us a window into our innermost intuitive selves.

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

**Recommended:** *78 Degrees of Wisdom* by Rachel Pollack.  
 Wed 6-8 PM 5/15-6/5 \$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*.

**MINDFUL MOVEMENT WORKSHOP**

Develop awareness, reduce stress and heal your body through yoga, breathwork and meditation. Discover how these traditional techniques can improve your body and mind. Investigate methods to use at home, at the office, or wherever you feel you could benefit from more tranquility.

Take part in a therapeutic yoga session demonstrating the advantages of focused movement for the body and mind. Please dress comfortably, bring water, a yoga mat, small blanket and (optional) yoga blocks.

Mon 6-8 PM 4/29 \$19 Saco LC  
**Heather Edgerly**-see bio pg 20.

**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.

**Required:** Bring a water bottle and yoga mat, wear workout gear (comfortable, fitted, flexible fabrics are suggested) and supportive cross-trainers or athletic shoes.

Tue 6:30-7:30 PM 5/7-6/11 \$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!

**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:** Please wear comfortable workout clothes but not too loose and be prepared to go barefoot  
 Mon 5:30-6:20 PM 4/8-5/13 \$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.

**CHAIR YOGA**

This gentle yoga offers all the benefits without the need to get down and up from the floor. Yoga postures are adapted for practicing seated or standing using the chair for support when needed. You will be guided through yoga postures, breathing and relaxation techniques with a focus on releasing tension, improving flexibility and creating mindfulness. Wear comfortable clothing that allows movement and bring an extra layer. All levels welcome, no experience necessary. No class 5/18 or 5/25  
Sat 11 AM-12 PM 5/4-6/8 \$49 Saco LC

**Jessy Lynn Ostara**-see bio pg 16.

**BEGINNER TAI CHI**

Tai Chi is a gentle, beautiful, meditative form of expression that is also a true 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. The second half of class entails learning 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! Wear loose-fitting clothing and comfortable shoes. No class 4/15.  
Mon 6:15-7:30 PM 4/1-5/13 \$75 Jameson Elementary

**Laurie Huenteo** received 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 seven.



*Feed your spirit in the outdoors!*

**DAY OUTDOOR YOGA**

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 case of inclement weather. Jessy will text by 8:30 AM, IF class is to be moved indoors. 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. No class 5/18 or 5/25.  
Sat 9-10 AM 5/4-6/8 \$49 Pepperell Park, Saco  
**Jessy Lynn Ostara**-see bio pg 16.

**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 more info!  
adultedinfo@rsu23.org**

**BOAT AMERICA**

For boaters on inland and coastal waters, this course is approved by the State of Maine and meets the new law requiring boater education for operators between 16 and 25 years of age. This National Association of Boating Law Administrators is an approved course, honored in all states where boater education is required. **Note:** Course ID Card must be carried when operating on the water. Please bring a notebook/writing utensil.  
Wed 6:30-9 PM 4/24-5/15 \$30 OOB HS

**James Katz** 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 QIGONG**

**ORGAN CLEANSING FORM**  
QiGong is a traditional Chinese form of stress relief that doesn't put undue strain on ligaments, muscles or joints. Discover how to coordinate your breath, use the slow and elegant movements (forms) of the organ cleansing form and stimulate qi (vital energy) in your meridians and different organ systems. Once the forms are learned it takes about 10 minutes to complete this full body tune-up. The practice is ideal for building a sense of profound calm while enhancing your stamina, balance, body awareness and flexibility. Wear loose-fitting clothing and comfortable shoes. **Note:** Chairs will be provided for those who have difficulty standing for long periods of time as the moves are easily adapted to the seated position.  
Mon 6:30-7:30 PM 4/22-5/20 \$55 MassageCraft  
**Lisa Bouchard**-see bio pg 19.

**Creating Wildlife-friendly Backyards**

By incorporating native plants, water features, habitat restoration and food sources, you can transform your yard and assist Maine wildlife. Small changes in native plant cover can have huge impacts and increase the diversity of insects, birds and other wildlife visiting our yards; providing food for native birds indirectly by supporting native insects that birds can consume or directly by providing fruits and seeds. Tuition includes a starter kit and video on growing native plants.  
Thu 6-8 PM 4/11 \$29 OOB HS

**Linda Woodard**, Director of the Scarborough Marsh Audubon Center for 18+ years, has taught high school biology, bird watching, marsh ecology and a variety of environmental topics.

**NEW DAY OOB HISTORY WITH THE HISTORICAL SOCIETY**

Join volunteers for a walk down memory lane at the Harmon Memorial Museum, home to numerous exhibits, including "Museum in the Streets," which depicts twenty past and present views of OOB. Discover the history of the Pier, views and highlights of Ocean Park and a Salvation Army display. Visit the Fire Room, which displays major fires in OOB from 1926 to the present or view pictures of Charles Lindberg's historic landing! These are just a few of the items of interest you'll see as you enjoy learning about OOB's storied past! All proceeds will be donated to the Museum/Historical Society. On-street parking available or in the lot behind OOB Town Hall.  
Mon 1-2:30 PM 4/29 \$5 OOB Historical Society / Harmon Memorial Museum.

**Pickleball** WITH ANDRA YANCHENKO AT LORANGER MEMORIAL

**Required for ALL sections:** Pickleball paddle and ball (approx. \$15-\$40 on Amazon), active wear, weather-appropriate clothing, tennis shoes and water. **All sections are \$29.**

**DAY Tasters**

Join us for the basics for those new to the game and absolute beginners. Learn the rules of scoring, court basics, the non-volley zone, common terms, faults, hot tips, and serving—the most significant difference from tennis. Students will be notified of any weather location changes the morning of class.

- Section I:** Sun 10 AM-12:30 PM 4/7
  - Section II:** Sun 1-3:30 PM 4/7
  - Section III:** Sun 10 AM-12:30 PM 4/14
  - Section IV:** Sun 1-3:30 PM 4/14
  - Section V:** Sun 1-3:30 PM 4/21
- See additional dates online.

**NEW DAY Specialty Shots**

Practice keeps your game consistent. Strokes apply action to the ball whereas a shot is more specific and happens after you have made a stroke. Practice a variety of shots, including the block, dink, lob and volley shots. Serve and return of serve will also be covered. Players are encouraged to have taken a Taster course or played at the beginner level.

- Section I:** Sun 10 AM-12:30 PM 4/21  
Rain date 4/28
- Section II:** Sun 9-11:30 AM 5/19  
Rain date 6/2
- Section III:** Sun 9-11:30 AM 6/23  
Rain date 6/30
- Section IV:** Sun 9-11:30 AM 7/21  
Rain date 7/28
- Section V:** Sun 9-11:30 AM 8/18  
Rain date 8/25

**Andra Yanchenko** is a NASM Certified Personal Trainer, ACE Health Coach, USTA, USPTA, PTR Coach and YogaFit Instructor

**NEW DAY Get to Know**

**Your Local Library - Libby Memorial**

What's happening in the community? Curious about something new? Looking for more information about a topic? Local libraries serve as crucial hubs for residents who want to get involved in their communities. Libraries are also dynamic community resource centers, giving users the information and tools needed to understand and handle both big and little problems. They spark curiosity and ignite discovery. They have spaces to work, gather, or hang out. Learn about the different activities and programs offered to people of all ages on a variety of topics. Don't forget about all the materials you can borrow like movies, music, magazines, books and even fun digital resources like ebooks. Come learn about what the library can offer you and the greater community. If a resident, bring a photo ID and sign up for a free card!

Sat 11 AM-12 PM 4/6  
Libby Memorial Library

**Lee Koenigs** has lived in OOB since 1999. She started working at Libby Library in 2004, becoming Director in 2012. She is currently the Co-chair of the OOB Community Friendly Connection, the Treasurer of the Maine Library Association and a member of both the Sustainable Libraries Initiative and York Region Digital Inclusion Coalition.

**Chandra Weigle** has been a Library Assistant at Libby Memorial Library for almost two years. She has also worked in libraries in other exciting places like Nebraska and Pennsylvania.

**LOCAL CITY PLANT WALKS!** with Laura Grover

**Note:** Please communicate any accessibility concerns at registration. Laura will contact you to discuss accommodations. **Required:** Wear comfortable shoes, weather-appropriate clothing, sunscreen and an optional brimmed hat or cap (helps with both sun and bugs). Bring binoculars, if desired.

**NEW DAY**

**Spring Plant Walk**

The Saco Heath is a very special ecosystem unlike many others in New England! Come and see rare and familiar plants and learn what is edible, medicinal, poisonous, touchable, smellable and best to be admired from afar! In spring time the heath shares treasures such as lady's slippers and trillium, as well as Maine favorites hemlock and bracken fern. Learn to look closely at the world beginning to bloom in this very unique place! This trail, located on beautiful Wabanaki land, is moderately flat and may be muddy in spots, depending on whether we had rain recently. Half of the trail is a wooden board walk with several stopping points with benches. Walk starts promptly at 9:30 AM.  
Sat 9:30-11 AM 5/11 \$15  
Saco Heath Trail

**NEW DAY Saco River & City Plant Walk - Weekday**

Do people have herbal medicine in their yards? Look closely at what is growing and meet many early summer native and invasive plants to learn about their unique gifts. We will be mostly on sidewalks but there is a section with many stairs which will take 15-20 minutes. You will have benches to wait upon if needed. Walk meets on Main St, Saco and begins promptly.  
Wed 4:30-6 PM 6/12 \$15

**NEW DAY**

**SACO RIVER & CITY PLANT WALK WEEKEND**

Nature is prolific and will pop up through the cracks in the sidewalks and on the edges of the street. We will look closely at what is growing and meet many native and invasive plants, as well as learn about what unique gifts city plants give us. This walk will mostly be on sidewalks, but nearer to the river there is a section with many stairs. The section with stairs will take 15-20 minutes and those who want to skip that part will have access to benches to wait upon. Walk meets on Main St, Saco and begins promptly.  
Sat 10:30 AM-12 PM 7/13 \$15

**NEW DAY**

**LATE SUMMER PLANT WALK ON THE SACO HEATH TRAIL**

The Saco Heath is a very special ecosystem and, in late summer, full of blueberries, huckleberries, aronia berries, pitcher plants and more! Come and see rare and familiar plants and learn about what is edible, medicinal, poisonous, touchable, smellable, and best to be admired from afar! This trail, located on beautiful Wabanaki land, is moderately flat and may be muddy in spots, depending on whether we had rain recently. Half of the trail is a wooden board walk with several stopping points with benches. Walk starts promptly at 4:30 PM.  
Wed 4:30-6 PM 8/7 \$15  
Saco Heath Trail

**Laura Grover** is a plant and bird hobbyist, botanical illustrator for Fedco Seeds, and a mindfulness ambassador. She enjoys bringing people together to look closely in nature, practice mindfulness outside, and be a sensory animal in the woods.

# 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](mailto:learningcenter@rsu23.org)

[www.oobsaco.maineadulted.org/Academics](http://www.oobsaco.maineadulted.org/Academics)  
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# 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](mailto: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](http://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 +  
/ /

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

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

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

Credit Card Information By signing our Registration Form you acknowledge and accept 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/](http://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](http://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 enrolment 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](http://www.oobsaco.maineadulted.org)

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

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