

Fall 2024  
Adult Education  
Course Catalog  
September-December



# Three Communities One Vision



Biddeford Adult Education  
[biddeford.maineadulted.org](http://biddeford.maineadulted.org)  
207-282-3883

Old Orchard Beach/Saco Adult Education  
[oobsaco.maineadulted.org](http://oobsaco.maineadulted.org)  
207-934-7922

# WELCOME Lifelong Learners

Dear Community Members,

On behalf of Old Orchard Beach/Saco and Biddeford Adult Education programs, we are thrilled to offer our communities a new combined brochure featuring over 200 enrichment, vocational, and academic courses.

We hope you enjoy this new format which offers expanding learning pathways across our three communities. Our staff is ready to assist you with your learning goals. Visit our websites to browse and sign up for classes.

If you have questions, ideas to share, or are interested in teaching, contact us at the information below.

*Dave Duskee*, Director

## Registration Key:



Register with OOB/Saco Adult Education  
oobsaco.maineadulted.org  
adultedinfo@rsu23.org  
(207) 934-7922  
Office Hours: Mon-Thurs 10:00am-4:00pm



Register with Biddeford Adult Education  
biddeford.maineadulted.org  
adulted@biddefordschools.me  
(207) 282-3883  
Office Hours: Mon-Thurs 8:00am-4:00pm  
Fri 8:00am-3:30pm

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## 5% Discount

Online Only

Register before Sept 13, 2024

Enter at checkout:

**EARLYBIRDF24**

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[glpics.com](https://www.glpics.com)



# Creative Arts

## Acrylic Painting for Beginners Part 1

Kyle Durkin



Learn how to use paint and color! You will learn how to mix paints as well as how to build up an image, step by step! Create your own original pieces in this class. Material list will be provided at time of registration or check our courses online.

Wed, Oct 16–Nov 6  
Biddeford Learning Center/Room 23 6:00pm–8:30pm \$49

## Acrylic Painting for Beginners Part 2

Kyle Durkin



This is a class for people who have taken my first Acrylic Painting for Beginners class or for people who have some acrylic painting experience. You will need to know how to use acrylic paint and how to mix color already to join this class. We will work on more tutorials and expand your skills. Join us and create more exciting paintings to take home! Material list will be provided at time of registration or check our courses online.

Wed, Nov 20–Dec 18  
(no class Nov 27)  
Biddeford Learning Center/Room 23 6:00pm–8:30pm \$49

## Still Life Drawing for Beginners

Kyle Durkin



Experience the exciting art of looking! When you draw, you learn to see things again for the first time. Line, light and shadow, space, and perspective all come together to create an image. In this class you will discover how each of those elements work to produce a great piece of art! We will also be trying out some different tools such as blending sticks and erasers; and different mediums such as pencil and charcoal. Material list will be provided at time of registration or check our courses online.

Wed, Sept 11–Oct 2  
Biddeford Learning Center/Room 28 6:00pm–8:00pm \$49

## Beginner Digital Photography

Geri Lynn Smith



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. Material list will be provided at time of registration or check our courses online.



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

Wed, Sept 18–Oct 16  
OOB H.S./Room 107 6:00pm–8:30pm \$125

## Personalized Gift Wrap

Sara Ottomano



In this workshop, make your own personalized wrapping and tissue paper! We'll use drawing tools and paint to add color, pattern, and textures to recycled papers. Enjoy an evening of experimentation and fun as you make gift wrapping supplies for the upcoming holiday season. All materials are provided.

Tues, Nov 12  
Biddeford Learning Center/Room 23 6:00pm–7:30pm \$25

## Paste Papers

Sara Ottomano



In this workshop, we'll explore the centuries-old technique of making beautiful patterned papers. This technique is an approachable way to make your own textured papers, using only homemade paste mixed with paint, tools sourced from around the home, and paper. You'll walk away with several paste papers to use in future collage, bookmaking, card-making, or scrapbooking projects. Please dress for potentially messy materials.

Tues, Oct 8  
Biddeford Learning Center/Room 23 6:00pm–7:30pm \$25



# Creative Arts

## Wire Wrapped Sea Glass Jewelry

Jessica Muise

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.



Choose Your Section:

Section 1 (Reg. closes Sept 13): Mon, Sept 16

Section 2 (Reg. closes Oct 4): Mon, Oct 7

All Sections:

OOB H.S./Art Room 6:00pm-8:00pm  
\$45 each section

## Relief Printmaking Workshop

Gayle Fitzpatrick

Create a single block relief print by developing and carving an image into a linoleum block. Then ink the block and make a small edition of prints. All materials provided.

Sat, Oct 26 9:00am-12:30pm  
Saco Learning Center/Open Room \$45



## Bookmaking: Japanese Stab Binding

Sara Ottomano

Join us for an evening of making your own handmade book! Using a technique called Japanese stab binding, we'll hand sew at least one book that can be used as your own sketchbook, notebook, or as a gift. No bookmaking experience necessary, all materials will be provided.



Tues, Oct 22 6:00pm-7:30pm  
Biddeford Learning Center/Room 23 \$25

## NEW Envelope and Card-Making

Sara Ottomano

For those that love to send and receive mail, this workshop is for you! We'll make envelopes by hand and create stationary to match. It will be an evening of slowing down and taking the time to make postal art for friends and loved ones. While all materials will be provided, if you have a pair of scissors, please bring them.

Tues, Nov 19 6:00pm-7:30pm  
Biddeford Learning Center/Room 23 \$25



## Watercolor Basics

Russel Whitten

Study color theory by blending and 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! Russel will assist you in building skills and confidence throughout the course. Material list will be provided at time of registration or check our courses online.

Thurs, Sept 12-Oct 10 6:00pm-8:30pm  
OOB H.S./Art Room \$125



## Intermediate Watercolor

Russel Whitten

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. Material list will be provided at time of registration or check our courses online.

**Prerequisite:** Watercolor Basics or equivalent.

Thurs, Oct 24-Nov 21 6:00pm-8:30pm  
OOB H.S./Art Room \$125



# Creative Arts

## 10 Handmade Holiday Cards

Faith Garnett



In four hours, with a break for lunch, you will make 10 unique cards using techniques such as stamping, embossing, die cuts, fancy folds and more. Registration closes at noon on

Nov 14. Bring lunch. and an adhesive (not a glue stick).

Sat, Dec 7

Saco Learning Center/Room 1



10:00am–2:30pm  
\$75



## Kitchen Crochet

Myriah Davis

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

Tues, Oct 8–Oct 22

OOB H.S./Room 108



6:00pm–8:00pm  
\$75



## NEW Beginner & Novice Crochet

Myriah Davis

Learn the basics including reading patterns & crochet shorthand, gathering materials, stitching, blocking, assembling and finishing projects with step-by-step instructions and support. Work with your fellow students to create friendship afghans using granny square patterns taught in class and leave the course with a completed project. Material list will be provided at time of registration or check our courses online.

Wed, Sept 18–Oct 23

OOB H.S./Room 108



6:00pm–8:00pm  
\$99

## NEW Intermediate & Beyond Crochet

Myriah Davis

If you already understand the basics of crochet, but want to take your skills to the next level, or just never knew how to decipher a pattern independently, then this is the course for you! Learn to read more complex patterns, get tips and tricks to work smarter not harder, and finish your projects with support every step of the way! Taught with both instruction and working time, students will have the opportunity to fine-tune their skills and build a friendship afghan using more advanced patterns and stitches. Choose a pattern, or provide your own, and Myriah will offer support in reading crochet shorthand and notes, choosing materials, making substitutions, and finishing projects with edging and borders. Material list will be provided at time of registration or check our courses online.

Wed, Oct 30–Dec 18

(no class Nov 6 & Nov 28)

OOB H.S./Room 108

6:00pm–8:00pm

\$99

## Crocheted Christmas

Myriah Davis

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

Tues, Nov 19–Dec 3

OOB H.S./Room 108

6:00pm–8:00pm

\$75



All classes are for participants that are 18 years and older - unless otherwise noted.



# Creative Arts

## Drawing Basics

Russel Whitten



Investigate contour, depth, composition, and perspective obtained from observing natural and still-life objects while working primarily with charcoal. Additionally, we will discuss the significance of different drawing materials and papers. Whether you are enrolling for the first time or retaking the course, you will certainly learn something new. Material list will be provided at time of registration or check our courses online.

Mon, Oct 21–Nov 25 6:00pm–8:30pm  
 (no class Nov 11)  
 OOB H.S./Art Room \$125

## NEW Eco-Friendly Art Supplies

Sara Ottomano



Did you know that the majority of crayons are derived from petroleum byproducts, and that paint particles account for 58% of the microplastics found in the ocean? Selecting art products that are both safe and environmentally-responsible can be



difficult! This workshop will include discussions on the various kinds of art supplies, safe ways to use up your current supply, and alternatives for future replacement. Though the main focus of the event will be lecture and discussion, we will also be experimenting with some of the more eco-friendly materials. All materials provided.

Wed, Oct 30 5:30pm–7:00pm  
 OOB H.S./Library \$19

## NEW Intro to Nature Journaling

Beverly Thorpe



Engage curiosity about the natural world using drawing and discussion. This is an invitation to hone your sleuthing skills by asking questions, observing, and drawing what you see. All levels welcome. Material list will be provided at time of registration or check our courses online.

Tues, Oct 8–Nov 12 4:00pm–5:30pm  
 (no class Oct 29, Nov 5)  
 OOB H.S./Room 111B \$9

## Folk Art Rug Hooking

Janet Conner



Discover the art of rug hooking! Janet will guide you through each stage of this joyful, simple, and uncomplicated art form. Discover how easy it is to add rovings, hand-spun and synthetic yarns, felting techniques, and decorations once you've mastered the fundamentals. Discuss the origins and history of primitive rug hooking, how to gather and prepare materials, and where to look for design inspiration. Kits, ranging from \$41-\$60 and payable to Janet in class, include a hook, instructions, binding, burlap, a hoop and a selection of one-of-a-kind heirloom and hand-dyed wools. No experience necessary. Bring lunch and a sharp fabric scissors.

**Required:** Review designs/kits at [jconnerhookedrugs.com](http://jconnerhookedrugs.com) and email [jconnerhookedrugs@gmail.com](mailto:jconnerhookedrugs@gmail.com) specifying your kit choice(s).

Sat, Nov 23 9:00am–1:00pm  
 Saco Learning Center/Open Room \$47

## Gourds & Garlands

Myriah Davis



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

Tues, Sept 17–Oct 1 6:00pm–8:00pm  
 OOB H.S./Room 108 \$75



# Creative Arts

## Gelli Plate Printmaking

Karalyn Thayer



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 art that can be displayed on its own, or used in other crafts or collages. All materials provided.

Wed, Oct 2  
OOB H.S./Art Room

6:00pm–8:00pm  
\$45

## Paper Marbling

Gayle Fitzpatrick



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.

Sat, Sept 14  
Saco Learning Center/Room 2

10:00am–1:00pm  
\$39

## Interactive Cards

Faith Garnett



Are you already a card maker but would like to try something more challenging? Join us to make three interactive cards using provided materials and instructions. Registration closes at noon on Sept 9. Bring extra card stock and make die cuts to take home, if time permits. Bring your preferred adhesive.

Tues, Sept 10  
OOB H.S./Art Room

6:00pm–8:00pm  
\$35

## The Art of Natural Perfumery

Jennifer Greiner



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, mind and emotions using 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. All materials provided.

Thurs, Nov 14  
OOB H.S./Room 111A

6:00pm–8:00pm  
\$29

## Sensational Stenciled Cards

Faith Garnett



If you are a card maker, you probably have stencils- but are you using them? Make three cards using stencils in three different ways. Several different sentiments will be available to customize your cards. For those interested, Faith will show you how to make your own cloud stencil to take home. Registration closes at noon on Sept 30. All materials provided.

Tues, Oct 1  
OOB H.S./Art Room

6:00pm–8:00pm  
\$35

## **NEW** Mini Dried Floral Wreath

Karalyn Thayer



Come join Karalyn Thayer, the talented creator behind Apian Creative, as she guides you in crafting your own mini, whimsical, dried, floral wreath. You'll have the opportunity to design your very own hanging miniature wreath, complete with lush moss, adorable mini toadstools, and lovely dried flowers. Whether you're looking for a unique gift, or simply want to add some cottage core vibes to your décor, this workshop is perfect for you. All materials included.

Wed, Nov 13  
OOB H.S./Art Room

6:00pm–7:00pm  
\$35

## Handmade Paper Bowls

Gayle Fitzpatrick



Seize the opportunity to create beautiful handcrafted paper bowls! These unique bowls make fantastic present or home décor. Decorative papers, handmade papers and adhesive are provided. Bring a small plastic cereal bowl.

Sat, Nov 9  
Saco Learning Center/Room 2

10:00am–12:30pm  
\$39



# Creative Arts

## **NEW** Intergenerational Artmaking

Sara Ottomano



Do you have young artists in the family but are not quite sure how to encourage them or join in? Explore how to foster artistic confidence in ourselves and future generations through discussion and hands-on artmaking. Play art games, discuss the role of praise in talking with kids about their art, and explore our own artmaking journeys. All materials provided, course is for adults 18 and up.

Mon, Sept 30  
OOB H.S./Art Room

5:30pm–7:00pm  
\$19



## **NEW** Visible Mending Basics

Sara Ottomano



An estimated 11.3 million tons of textile waste end up in landfills each year in America. Let's keep some clothes out of the landfill by learning basic hand-mending stitches! Explore different stitch techniques and create your own cloth stitching sampler book to take home. All materials provided.

Mon, Dec 2  
OOB H.S./Room 108

5:30pm–7:00pm  
\$25

## **NEW** Smartphone Photography Live Online

Steve McGrath



Impress your family and friends with your photos! Learn how to use the camera settings on your phone, as well as how to share and print your photos. Discuss picture-taking techniques and the best free and low-cost tools for editing, finishing, and image management. Come explore the magic of smartphone photography with Steve! Please have a fully charged smartphone (Android or Apple). Zoom link provided by instructor.

Thurs, Sept 12–Sept 26  
Online

6:00pm–7:30pm  
\$45

## **NEW** Photoshop Elements Live Online

Steve McGrath



Learn Photoshop techniques and start using them right away! Through interactive teaching and student interaction, we will cover workflow, file types, optimizing photos, layers, tools, panoramas, color balance, black & white, and archiving.



Comprehensive handouts will provide step-by-step instruction for practice outside of class. Please have Photoshop Elements (any version) installed prior to class. Zoom link provided by instructor.

Thurs, Oct 3–Oct 17  
Online

7:45pm–9:15pm  
\$45

## **NEW** Macro Photography Live Online

Steve McGrath



Discover close-up photography! Macro photography unlocks an amazing new universe of photographic options, whatever the season. Learn to make amazing macro shots with your current camera equipment and guidance from instructor Steve McGrath. The world up-close is a mystical place awash in color, pattern, and abstract images. Transform flowers into abstract artwork, rusty doors into textured canvases, stones into polished gems, and transform butterflies and other insects into fantastical creatures! Participants can use any type of camera. Zoom link provided by instructor.

Wed, Nov 6–Nov 13  
Online

6:00pm–7:30pm  
\$29





# Creative Arts

## DIY Hardcover Journals & Sketchbooks

Gayle Fitzpatrick



Explore basic bookbinding techniques! Create a one-of-a-kind, sewn hardcover journal or sketchbook. We will 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.

Sat, Oct 5 9:00am–1:00pm \$49  
Saco Learning Center/Room 2

## How to Crochet Making a Single Crochet

Rachel Gauthier



The single crochet (abbreviated as sc) is the most basic crochet stitch for making fabric. All the other stitches are variations on this one. So even if you've never held a hook before or don't know a slip knot from a single crochet, this class will help you pick up basic techniques and tips. Soon enough you'll be ready to crochet in rows, which is all you need to make a scarf. Please bring a H or I hook and a skein of yarn (plain yarn works best).

Wed, Oct 16 & Oct 23 5:30pm–7:30pm \$29  
Biddeford Learning Center/Room 28

# Culinary Arts

## **NEW** Ferment This! Live OR Online

Emma Holder



Join us for ONE or all of Emma's Fermentation Presentations! Zoom in and create in your own kitchen, or join her live in Portland! Zoom link, materials list, and live address provided by instructor.

### Kombucha

Emma Holder

Make kombucha & chat about its history, troubleshooting, glassware, and SCOBYs. Primary ferment made in class, secondary demonstrated. Registration closes Sept 25. SCOBY available @ OOB/Saco Adult Ed office Mon-Thurs, 10am-4pm after Sept 25; call 934-7922 to set a pickup time!

Wed, Oct 2 6:00pm–7:15pm \$25  
Online or Portland (Location TBD)

### Towfer! Apple/Pear Chutney & Fermented Potatoes

Emma Holder

Fermented potatoes? Delicious when tossed with olive oil, salt and baked for a vinegary-french-fry flavor! Our second recipe, fermented apple and pear chutney with aromatics and spices, makes a great gift or to keep in the fridge to add zing to a familiar meal. Registration closes Oct 9.

Wed, Oct 16 6:00pm–7:15pm \$25  
Online or Portland (Location TBD)

### Sauerkraut Variant: Fresh & Dried Herbs & Spices

Emma Holder

Discover a tried and true sauerkraut recipe, then add your choice of flavors, such as fennel, ginger, cumin or fiery peppers! Ferments last months and maintain flavor and nutrient content. Learn how fermented foods promote a healthy gut. Registration closes Oct 2.

Wed, Oct 9 6:00pm–7:15pm \$25  
Online or Portland (Location TBD)



# Culinary Arts

## Beyond the Tea Bag

Marianne Russo

Is loose leaf tea really worth the effort? Let's do some comparisons and you be the judge. Learn a little about tea and where it comes from. How is tea from a bag different from loose-leaf tea? Explore how to make your best cup of tea, what you need for loose leaf preparation as well as other useful equipment. We will do side by side comparisons of several tea bag and loose leaf samples. Registration closes at noon on Nov 12.

Wed, Nov 13  
OOB H.S./Room 111A

6:00pm–8:00pm  
\$29



## Making Flatbreads

Mary Bailey

Back by popular demand! Taste these homemade, fresh hot flatbreads, and you won't want to buy store-bought ever again! Make pita, corn and flour tortillas, and naan. Sample them with hummus, butter, cheese, jam, and sandwich fillings. These recipes pair well with both sweet and savory items, and best of all, they are easy to make. This is a demonstration class, however, you are welcome to either watch or put on an apron and join in the fun. Recipes provided. Bring your appetite, an apron, and baggies for leftovers.

Mon, Sept 30  
OOB H.S./Room 111A

6:00pm–8:00pm  
\$49



## Cooking with Sourdough

Mary Bailey

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, waffles, and a quick bread. Leave with a sourdough culture and recipes so you can start creating your own mouthwatering treats at home. This is a demonstration class, however, you are welcome to either watch or put on an apron and join in the fun. Recipes provided. Bring an apron, baggies, and small lidded container.

Mon, Oct 21  
OOB H.S./Room 111A

6:00pm–8:00pm  
\$49



## Pie Crusts for the Holidays!

Mary Bailey

The holidays are just around the corner and who doesn't love a fresh baked pie? Learn to make this simple-yet incredible pie dough and ways you can make it either sweet or savory. Chef Mary will show you how easy it is and offer expert advice on how to master making homemade pastries. This is a demonstration class, however, you are welcome to either watch or put on an apron and join in the fun. Recipes provided. Material list will be provided at time of registration or check our courses online.

Mon, Nov 4  
OOB H.S./Room 111A

6:00pm–8:00pm  
\$49



## Quick Meals 30 Minutes or Less!

Moira Rascati

Prepare quick, wholesome meals! Discover techniques that provide ideas for fast meals including sheet pan chicken, pea & spinach risotto, salad entrees, quick stir fry, and panna cotta. Come prepared to cook, taste, and enjoy! Bring an apron and a sharp cutting knife.

Wed, Oct 30  
OOB H.S./Room 111A

6:00pm–9:00pm  
\$69



## Freezer Jams

Thomas Loder

Learn to make jams and jellies from fresh fruit! Get an introduction to the fundamentals of food preservation and some of the common ways you can preserve food at home. Discuss how to preserve jams and jellies, and then make freezer jam from seasonal fruit! Leave with a container of jam!

Thurs, Sept 26  
OOB H.S./Room 111A

6:00pm–8:00pm  
\$49



# Culinary Arts

## Culinary Knife Skills

*Moira Rascati*



Learn the basics of knife sharpening! Cooking that is both inventive and effective requires a sharp knife. Improve the speed and precision of your knifework. The anatomy of a knife, appropriate handling skills, and the variety 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. Material list will be provided at time of registration or check our courses online.

Wed, Oct 16  
OOB H.S./Room 111A

6:00pm–8:00pm  
\$39



## Intro to Pickling

*Thomas Loder*



Learn to make pickles! Review the fundamentals of food preservation, discuss the pickling process and water bath canning, and then make pickled cucumbers in a boiling water bath. Leave with your own jar of fresh-made pickles! Bring oven mitts or a pot holder to transport your hot jar home.

Thurs, Oct 17  
OOB H.S./Room 111A

6:00pm–8:00pm  
\$49



## **NEW** Robust Red, White and Rosé Wines

*Gene Barber*



Whether you are a seasoned sipper or just starting to learn more about wine, expert Gene Barber is here to broaden your horizons! Learn about the grapes and techniques used to produce some of the most flavorful, robust red, white, and rosé wines available. Find out how each variety differs from the others, what makes it so special, and how these unique characteristics can contribute to an excellent tasting experience. Discuss how to serve and store them, as well as what to pair them with. Sample four different wines paired with light, healthy appetizers, courtesy of Vic & Whit's. Register through OOB/Saco Adult Ed only. Free on-street parking available.



Thurs, Oct 17  
Vic & Whit's, Saco

6:00pm–8:00pm  
\$45

## Mediterranean Cuisine The Health Essentials

*Moira Rascati*



Mediterranean cuisine includes heart-healthy olive oil, protein-rich legumes, fish, whole grains, and moderate amounts of wine and meat. The flavors are rich and the health benefits abundant. Learn the essentials of this wholesome cuisine as we prepare Mediterranean chicken, pork and peppers, and a light, flavorful dessert. Come prepared to cook, taste, and enjoy! Bring an apron and a sharp cutting knife.

Tues, Nov 12  
OOB H.S./Room 111A

6:00pm–9:00pm  
\$69



OOB/Saco Adult Education



Biddeford Adult Education



# Mind & Body Wellness

## Rage Reiki I

Jennifer Moreau, Reiki II Practitioner



An intro to Reiki, these are the first few steps in the process of gaining inner peace. Enter the classroom static filled and roughed up from our fast-paced lives. Leave feeling calm, peaceful and with new coping skills to help maintain this newly found peace. Grounding, slowing down with intention and Reiki will be practiced.

Choose Your Session:

Session I: Tues, Sept 24  
Session II: Tues, Oct 22

All Sessions:

Biddeford Learning Center/Room 28 6:00pm–8:00pm  
\$29 each session

## Rage Reiki II

Jennifer Moreau, Reiki II Practitioner



Participants re-enter the energy classroom to vent and review what was learned in the first class. We then re-establish the energy connection, intent, flushing and blocking. We will finish with slowing down with intention and more Reiki!

**Prerequisite:** Must have taken Rage Reiki I.

Tues, Nov 19 6:00pm–8:00pm  
Biddeford Learning Center/Room 28 \$29

## Reiki Circle

Jennifer Moreau, Reiki II Practitioner



Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. It connects you to universal energy and opens pathways in your body. A Reiki circle is a more relaxed way of learning about Reiki and how it might benefit you. If you are already familiar, it's a great chance to come together, support each other, and enjoy that positive energy!

Tues, Dec 10 6:00pm–8:00pm  
Biddeford Learning Center/Room 28 \$19

All classes are for participants that are 18 years and older - unless otherwise noted.

## Setting Boundaries

Jennifer Greiner



Finding it difficult to place boundaries and keep them? Identify where you need boundaries. Cover tips & tools on setting them YOUR way and also for following through, upholding and reinforcing them! Discuss the relationships, situations, and areas that you need boundaries with yourself and others. Bring a notebook and pen.

Thurs, Sept 19 6:00pm–8:00pm  
OOB H.S./Room 105 \$19

## The Human Design System

Jennifer Greiner



Discover Your YOU using ancient and modern sciences, proven to be a valuable tool in understanding ourselves. Knowing your Human Design gives you a better strategy for life and is helpful for self development, finding your purpose, parenting, career building, and so much more. Find your free Human Design chart at myhumandesign.com & bring it with you to class. Contact Jennifer at [contact@divinevitalitywithjenn.com](mailto:contact@divinevitalitywithjenn.com) if you have questions about the Human Design chart.

Thurs, Oct 17 6:00pm–8:00pm  
OOB H.S./Room 109 \$79

## **NEW** Intro to Traditional Sauna Building & Practice

Richard Gadbois



Regular sauna use can have positive effects on both physical and mental health! Discuss the history and health benefits of saunas. Learn regional cultural customs, sauna etiquette, the building process including information on expense, sourcing materials from local businesses, and how to design, build and maintain a sauna that meets your needs. Students will have a chance to check out a portable sauna tent!

Thurs, Oct 24 5:30pm–8:30pm  
OOB H.S./Room 111B \$29



# Mind & Body Wellness

## Outdoor Yoga

Jessy Lynn Ostara



Enjoy the sights and sounds of nature while turning inward with this gentle movement class. All experience levels welcome, best for those who can easily move between reclined, seated, kneeling, and standing positions. Jessy will text by 8am IF the class is moved indoors (to Saco Learning Center) in case of inclement weather. Material list will be provided at time of registration or check our courses online.

Sat, Sept 7-Oct 5  
(no class Sept 28)  
Saco Pepperell Park

9:00am–10:00am

\$49



## Chair Yoga

Jessy Lynn Ostara



This gentle yoga class offers all the benefits of yoga without the need to get down to (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 and breathing/relaxation techniques with a focus on releasing tension, improving flexibility, and creating mindfulness. All levels welcome, no prior experience necessary. Wear comfortable clothing that allows movement and bring an extra layer.

Fri, Sept 6-Oct 4  
(no class Sept 27)  
Saco Learning Center/Open Room

3:00pm–4:00pm

\$49

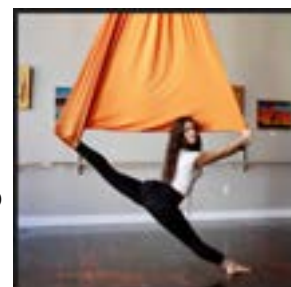


## Aerial Yoga

Ashley Jolly



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. Wear comfortable workout-type clothes but nothing too loose, and be prepared to go barefoot.



Choose Your Section:

Section 1:

Fri, Sept 27–Nov 1

Section 2:

Fri, Nov 8–Dec 13

All Sections:

Forever Fit, Biddeford

5:00pm–5:50pm

\$95 each section

## Yin Yoga

Jessy Lynn Ostara



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

Wed, Sept 25–Oct 30  
Saco Learning Center/Open Room

5:30pm–6:30pm

\$75



# Mind & Body Wellness

## **NEW** Intro to Somatic Movement and Yoga - Live Online

Kathryn Gardner, RSMT, RYT



Somatic yoga is a series of gentle movements grounded in mindfulness of the body, heart & mind. As we slow our movements and link awareness with breath, we land in the peaceful ground of our essential self. In this workshop we'll blend somatic exercises, Qigong, guided meditation & intuitive self-guided movement to deepen connection with our own inner resources and experience less stress, increased energy, greater focus, and an overall boost to our physical & emotional well-being. Wear comfortable clothing, have a journal/pen, mat, and any props you might want for getting comfortable (a couple blocks, or books, a blanket or two, and a pillow or cushion). Zoom link provided by instructor.

Sat, Oct 12 10:00am–11:30am  
Online \$29

## **NEW** Somatic Movement and Yoga Live Online

Kathryn Gardner, RSMT, RYT



Somatic yoga is a series of gentle movements grounded in mindfulness of the body, heart & mind. In this series, we'll deepen into the practices from the Intro workshop. Somatic exercises, Qigong, guided meditation, and intuitive self-guided movement will help us connect deeper with our inner resources. Experience greater health and well-being while releasing tension & stress. Wear comfortable clothing, have a mat, and any props you might want for getting comfortable (a couple blocks, or books, a blanket or two, and a pillow or cushion). Zoom link provided by instructor.

Mon, Oct 21–Nov 11 5:30pm–6:30pm  
Online \$95



OOB/Saco Adult Education



Biddeford Adult Education

## Save a Life with Narcan! Narcan Training & Breaking Stigma Around Substance Use Disorder



Lacey Bailey, LADC

Let's end the stigma surrounding substance use and learn how YOU can be part of the change. Learn to respond to an overdose and properly administer Narcan. Students will receive a dose of Narcan to take home because nobody should die a preventable death. Registration closes at noon on Sept 23.



Tues, Sept 24 6:00pm–7:30pm  
OOB H.S./Library Free

## **NEW** Walking Sacred Sites in the British Isles

Margaret Jones, MEd



Listening to Their Stories

Discover the ancient past as Margaret guides you on walks through sacred sites in the British Isles. Listen to stories of saints, goddesses, and witches and explore themes that continue to resonate with us today. Kneel before holy wells and step inside old yew trees to discover how the outer world informs our inner world. Whether you are an armchair traveler or just interested in listening to stories, this presentation will transport you to another time and place.

Sun, Nov 3 1:00pm–3:00pm  
Saco Learning Center/Open Room \$49



# Mind & Body Wellness

## What is EFT?

Leah Wentworth



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!

Tues, Oct 22 6:00pm–7:30pm  
OOB H.S./Room 105 \$15

## **NEW** EFT & Other Strategies for Anxiety



Leah Wentworth

Are you struggling with anxiety? Feel drained and often in a state of unease; or have you noticed that the more you try to struggle against these feelings and thoughts, the tighter the grip they seem to have on you? Join us and look at anxiety in some new ways to begin developing a new relationship with it. Learn the Emotional Freedom Technique (EFT) and a few other tools to help you calm your nervous system, manage your anxiety, and quiet your inner critic so you can start to take your life back!

Tues, Nov 12 6:00pm–7:30pm  
OOB H.S./Room 105 \$15



## Beginner Tai Chi Level I

Laura Huenteo



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 each 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.

Mon, Sept 23–Nov 4 6:15pm–7:15pm  
(no class Oct 14)  
Jameson Elementary/Cafe-Gym \$75

## Beginner Tai Chi Level II

Laura Huenteo



Strengthen and deepen your Tai Chi practice by expanding your basic exercises while putting moves together to create a form. Some meditation practices may be included as an aid to further relaxation, stress reduction, and pain management. Chairs will be available for those that need them. Wear loose-fitting clothing and comfortable shoes.

**Prerequisite:** Beginner Tai Chi Level I.

Wed, Sept 25–Oct 30 6:15pm–7:15pm  
Jameson Elementary/Cafe-Gym \$75



# Mind & Body Wellness

## **NEW** Diabetes Basics

Sarah Cote, NP-C, CDCES, BCADM



Learn about the types of diabetes, how it develops, how the environment & heredity contribute, symptoms, and the organs that control sugar metabolism and the body's control over insulin and glucose. You don't want to miss this series of classes on diabetes!

Thurs, Oct 3  
OOB H.S./Room 106

5:30pm–7:00pm  
\$19

## **NEW** The Diabetic Diet

Sarah Cote, NP-C, CDCES, BCADM



Eating well is key to maintaining healthy blood sugar levels! Discuss the diabetic diet, resources, food replacements, foods that trigger spikes and foods that are good for you. Learn about healthy blood sugar levels and how to maintain them.

Thurs, Oct 10  
OOB H.S./Room 106

5:30pm–7:00pm  
\$19

## **NEW** Glucose Monitoring 101

Sarah Cote, NP-C, CDCES, BCADM



Discover how to take your blood sugar correctly and why it is important. Discuss new technologies and how blood sugar monitoring could save your life.

Thurs, Oct 17  
OOB H.S./Room 106

5:30pm–7:00pm  
\$19

## **NEW** Gua Sha Level II

Lisa Bouchard



Learn new techniques for application, specifically to the meridians and their associated organs to support organ health. Simple, highly effective for pain and other conditions, and can be done on yourself or others in both seated or supine positions. Gua sha spoons provided. Material list will be provided at time of registration or check our courses online.

**Prerequisite:** Intro to Gua Sha.

Wed, Sept 25  
OOB H.S./Library

6:30pm–8:30pm  
\$29

## **Tarot** A Path to Personal Growth

Margaret Jones, MEd



Tarot cards 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 experiential 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. Material list will be provided at time of registration or check our courses online.

Tues, Oct 8–Nov 12  
(no class Oct 29 & Nov 5)  
OOB H.S./Room 109

6:30pm–8:30pm

\$99

## **NEW** Tarot Wisdom Insights and Guidance From the Cards

Margaret Jones, MEd



The Tarot is an ancient repository of wisdom. It provides clarity and guidance on life's challenges as well as deep wisdom on our soul's path. This class, for beginners and experienced Tarot readers, will explore creative approaches to the Tarot by examining the Major and Minor Arcana cards, simple layouts and games to broaden our knowledge. This class is designed to reflect the Tarot's origins as a game but with an emphasis on nurturing individual growth. Material list will be provided at time of registration or check our courses online.

Tues, Nov 19–Dec 10  
OOB H.S./Room 109

6:30pm–8:30pm

\$99





# Mind & Body Wellness

## **NEW** Seasonal Wellness with Chinese Medicine: Late Summer

*Meret Bainbridge, LAc*

The fourth 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 in 2025 as Meret will be covering all of the seasons! Take one or all!

Explore tools for wellness, including self-acupressure, Qigong & movement, guided meditation, diet and lifestyle guidelines. Late summer is an additional season between summer and fall in Chinese medicine. It is the season of the earth element and is about harvest, grounding, and coming home to our roots. Yang returns to Yin, and the focus is on nourishment and digestion, as well as the stomach and spleen organs and meridians. Session will end with a circle of feedback and closing. Dress comfortably and bring a yoga mat or blanket. Registration closes at noon on Sept 13.

Sat, Sept 14 9:00am–12:00pm  
Saco Learning Center/Open Room \$49

## **NEW** Seasonal Wellness with Chinese Medicine: Fall

*Meret Bainbridge, LAc*

The fifth and final session in a yearlong series offering an introduction to Chinese medicine's cycle of the Five Elements and Seasons. Stay tuned for additional classes in 2025 as Meret will be covering all of the seasons! Take one or all!

Explore tools for wellness, including self-acupressure, Qigong & movement, guided meditation, diet and lifestyle guidelines. Fall is the season of the metal element, which also includes mineral, and is associated with the lungs and large intestines, the organs of elimination. Explore breathing, cleansing, letting go, and preparing ourselves for winter. Session will end with a circle of feedback and closing. Dress comfortably and bring a yoga mat or blanket. Registration closes at noon on Nov 1.

Sat, Nov 2 9:00am–12:00pm  
Saco Learning Center/Open Room \$49

# Music & Dance

## **NEW** DJing for Beginners

*Ryan Sligh*

Have you ever wanted to be a DJ? It can seem a bit daunting at first, but with guidance, it can be very approachable! Learn the basics of making transitions using DJ equipment and how to build a playlist for your next party! Whether you want to perform at events or just mix for fun, this course is your gateway to the exciting world of DJing. No experience or equipment necessary to attend.

Mon, Oct 28 6:00pm–7:30pm  
OOB H.S./Room 101 \$17

## **Hand Drumming Workshop**

*Namory Keita*

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! Please bring a Djembe, Ashiko, Conga or other hand drum. Some rentals are available at \$5/drum, payable to instructor in class. Email [info@namorydrum.com](mailto:info@namorydrum.com) to reserve a drum.

Sun, Oct 20 1:00pm–3:00pm  
Saco Learning Center/Open Room \$35

All classes are for participants that are 18 years and older - unless otherwise noted.



# Music & Dance

## Just ONCE Guitar for Busy People

*Don Pride*



Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment and you won't have to take private lessons to do it. This crash course will teach you some basic cords and get your playing along with your favorite songs right away. Bring your acoustic guitar. For ages 13+. For more information go to [justoneclasses.com](http://justoneclasses.com)

Wed, Dec 11 6:00pm–8:30pm  
 Biddeford Learning Center/Room 28 \$29 PLUS  
 \$29 for workbook and practice  
 DVD payable to instructor

## Beginner Guitar

*Travis Taylor*



Learn the names of the strings and first position notes before progressing to chords and strumming patterns. Before you know it, you will be playing music! Material list will be provided at time of registration or check our courses online.

Wed, Sept 25–Oct 30 6:00pm–7:00pm  
 C.K. Burns/Room 17 \$79

## Just ONCE Piano for Busy People

*Don Pride*



Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop.

Wed, Nov 13 6:00pm–8:30pm  
 Biddeford Learning Center/Room 28 \$29 PLUS  
 \$29 for workbook and practice  
 DVD payable to instructor

## Instant Piano for Hopelessly Busy People Live Online

*Craig Coffman*



Play the piano like a professional using chords. Includes online book, follow-up video lessons, optional periodic online Q&A sessions and a recording of the class. Lecture/demo & hands-on instruction. Required: computer, tablet, or phone, piano or keyboard and a steady internet connection. Registration closes Oct 25. Zoom link provided by instructor.

Sat, Nov 2 9:00am–12:00pm  
 Online \$69

## Texas Two Step

*Elizabeth Richards*



Do you and your partner love country music but wish you were more proficient dancing together? 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 in this class. Wear comfortable clothing and soft-soled shoes.

Thurs, Sept 12-Oct 17 7:00pm–8:00pm  
 Young School/Cafe-Gym \$99



# Music & Dance

## Ballroom Dancing

Elizabeth Richards



Get ready for a wedding 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.

Tue, Sept 10–Oct 15 7:00pm–8:00pm  
Young School/Cafe-Gym \$99

## Country & Latin Line Dancing

Elizabeth Richards



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.

Choose Your Session:

Section 1: Tues, Sept 10–Oct 15  
Section 2: Thurs, Sept 12–Oct 17

All Sessions:

Young School/Cafe-Gym 6:00pm–7:00pm  
\$89 each section

## Beginner Belly Dance

Jessy Lynn Ostara



Enjoy a judgment-free environment that emphasizes dance and positive body image while also offering support and encouragement! Beginners practice fundamental motions and combinations, intermediates polish their understanding and experiment with layers. Tummy-toning results are a positive side effect! Wear comfortable clothing and bring water.

Tues, Sept 24–Oct 29 5:30pm–6:30pm  
Saco Learning Center/Open Room \$75

## Play the Ukulele, Your Journey Begins Here!

Duncan Perry



Learn to play the ukulele! It has never been more popular and you don't even have to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new—even classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. Oh, and there are lots of laughs along the way. And, learning to play an instrument is good for your brain!

You will need a playable ukulele and an electronic tuner or a tuner app. And when folks hear you play this happy instrument, well, they just have to smile! If you don't own a ukulele, please contact us for information. What are you waiting for? Grab a uke and get ready for a musical adventure, then spread the joy!

Please check for an email (could be in your Spam folder) from the instructor with the Zoom link in the days before the class.

Choose Your Session:

Session I: Tues, Sept 24–Oct 15  
Session II: Wed, Oct 23–Nov 13  
Session III: Tues, Nov 19–Dec 10

All Sessions:

6:00pm–7:30pm Online via Zoom  
\$79 each session



# Home & Family

## Maine Driving Dynamics

State of Maine

Designed to improve defensive driving awareness, this State-of-Maine-approved course includes discussion of collision avoidance techniques, safety issues, driver habits, and attitudes—all of the basic elements that constantly challenge drivers. Our goal is to save lives, prevent injuries, and reduce vehicle-related crashes. Class begins promptly at 6:00pm, and participants **MUST** bring their driver's license to class.

Choose Your Session:



Session I: Mon & Wed, Oct 7 & 9  
Session II: Mon & Wed, Nov 18 & 20

All Above Sessions:

Biddeford Learning Center/Room 27 6:00pm–8:30pm  
\$70 each session



Tues & Thurs, Sept 24 & 26 6:00pm–8:30pm  
OOB H.S./Room 106 \$70

## NEW Ocean Plastics Live Online



Bea Johnson

What are they, and how do they affect Maine? Discuss the sources, impacts, and mitigation strategies of ocean plastic pollution, with a focus on our coastline. Engage with scientific research, policies, proper waste management, and how this affects us locally. Explore the problems of ocean plastic, the proposed solutions, and how you can help combat this issue. Registration closes at 10am on Sept 16. Zoom link provided by instructor.

Mon, Sept 16 6:30pm–8:00pm  
Online \$9



## NEW Leadership & Impulse Control



Andra Yanchenko

Does your pet tend to lack impulse control, focus, act unruly, etc.? As their human, do you need to find better ways to provide guidance and leadership to your animal companion? Join us for an introduction on how animals learn, recognizing their body language, and developing communication skills to work with your pet. We'll discuss training on impulse control and emotional control using a rewards-based approach. This is an informational session, no pets allowed due to allergens.

Thurs, Nov 14 6:00pm–8:00pm  
Saco Learning Center/Room 2 \$19

## Best Clothing & Makeup for Your Coloring



Candace Sanborn

Learn about warmer and cooler tones and figure out what looks best on you as you are draped in a variety of colors. Get recommendations for eye shadows, blush and lipsticks. Create a more vibrant you! Bring a pen/notepad.

Thurs, Oct 10 5:30pm–8:00pm  
OOB H.S./Room 109 \$25

## Makeup Techniques for Your Features



Candace Sanborn

Learn easy makeup tips to give yourself an enhanced, natural appearance! Identify your face, eye and lip shapes and, using the makeup and small mirror you bring, get application techniques to enhance your features.



Thurs, Nov 7 5:30pm–8:30pm  
OOB H.S./Room 109 \$29



## 7 Secrets to Mindful Organization Clearing Mental Clutter

Rozelyn Applebaum

Having trouble setting priorities and making plans? Frequently misplace valuable items amid all of the clutter? Feel hurried and pressed for time? Step outside your comfort zone and develop a fresh perspective to help you transform disorder and chaos into thoughtful organization. Uncover the habits and behaviors contributing to disorder and replace them with time-tested methods to be more prosperous, efficient, content and joyful. With the use of calendars and other planning tools, discover practical ways to complete daily tasks on time, make action plans, and achieve your long-term goals. Please bring your cell phone (if you have one) and calendar.



Wed, Nov 13 6:00pm–8:00pm  
Biddeford Learning Center/Room 28 \$39



Thurs, Nov 7 6:00pm–7:30pm  
OOB H.S./Room 104 \$25

## YardScaping From Lawns to Landscapes

Alison Clift

Are you enjoying your yard as much as you'd like too? Create wildlife habitat, grow food for your family, and protect your local waterways while improving the appearance and functionality of your yard. This workshop will provide you with ways to reduce your lawn and associated maintenance by swapping it for pollinator gardens, edible landscapes, rain gardens, vegetative buffers, ground covers, wildflower meadows, and other natural landscapes you can pick and choose from to make your yard work for you. Material list will be provided at time of registration or check our courses online.

Tues, Sept 17 6:00pm–8:00pm  
OOB H.S./Library \$15



## NEW Animal Enrichment

Andra Yanchenko



With some control over their social and physical surroundings, enrichment gives our pets a good way to express their innate behaviors and promotes both mental and physical stimulation. Discover the toys, made or purchased, that offer food-based enrichment, to promote foraging and extends feeding periods, sensory enrichment involving any of the five senses, and cognitive enrichment, which aims to improve mental stimulation-all of which will provide entertainment and enhance the life of your pets. This is an informational session, no pets allowed due to allergens.

Thurs, Oct 17 6:00pm–8:00pm  
Saco Learning Center/Room 2 \$19

## NEW Your Active Pet

Andra Yanchenko



Are you interested in learning more about what specific activities and exercises are available for your pet to help with maintaining or improving general fitness, coordination, and balance? Get an intro to foundational exercises to do at home with your pet, and resources to find physical activities you can participate in together. This is an informational session, no pets allowed due to allergens.

Thurs, Sept 26 6:00pm–8:00pm  
Saco Learning Center/Room 2 \$19



# Home & Family



## What is Assisted Living?

Kaitlyn Morse



Join us to learn about what assisted living actually is (and isn't)! We'll discuss how it gets paid for and a roadmap for your loved ones to set expectations for the process. **Note:** All information shared covers what independent living, assisted living, memory care, and nursing home facilities look like in Maine and may not apply to sites in other states. Q & A follows the presentation.

Mon, Oct 21 6:00pm–8:00pm  
OOB H.S./Room 107 \$19

## My Dying To-Do List

Jill Braceland

Discuss the documents required to organize and manage your estate in this quick overview of family, finances, future, and funeral. Leave with a list of resources and tools needed to tackle your dying to-do list.



Wed, Oct 2 6:00pm–8:00pm  
OOB H.S./Room 105 \$25



Tues, Oct 29 10:00am–12:00pm  
Biddeford Learning Center/Room 23 \$24

## The A, B, C and Ds of Medicare

Barbara Hopkins



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!

Tues, Sept 10 6:00pm–8:00pm  
OOB H.S./Room 106 \$9



## A Guide to a Good End

Kimberly Mann & Kim Crabill



Everyone hopes their experience at end of life will be smooth sailing, pain-free, and surrounded by peace and love. At Hospice of Southern Maine, our team of experts will come around you and your loved ones to support you through what is likely one of the most difficult times for everyone, end of life. Together in this 4-part series, we will explore the support offered by hospice, learn strategies to having tough conversations with family and loved ones, explore the many faces of grief from our bereavement team, and learn practical steps you can take to prepare for end of life with advance care planning guidance and tools. Please join us as we work together to help reduce anxiety and stress around end-of-life topics through education and planning.

Tues, Sept 10, Oct 1, Oct 22 & Nov 12 1:00pm–2:00pm  
Biddeford Learning Center/Room 23 \$9

## Death with Dignity Live Online

Valerie Lovelace



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 Sept 25.

Choose Your Section:

Section 1: Wed, Sept 25  
Section 2: Thurs, Nov 7

All Sections:

Online 6:30pm–8:00pm  
Free

All classes are for participants that are 18 years and older - unless otherwise noted.



## **NEW** Think Before You Buy: Fast Fashion Live Online



Bea Johnson

What is fast fashion? Examine the environmental and social impacts of fast fashion and its contribution to waste, pollution, and labor practices. Explore sustainable alternatives and consumer actions to mitigate these issues, as well as ways to properly manage textile waste. Join us to understand the true cost of fast fashion and discover how we can promote a more ethical and sustainable industry. Registration closes at 10am on Nov 18. Zoom link provided by instructor.

Mon, Nov 18 6:30pm–8:00pm  
Online \$9

## Buying Your First Home Live Online



Lelah Sullivan

The entire process of purchasing a home is covered in this ME hOMEworks course, including making the decision, setting a budget for homeownership, improving credit, getting a mortgage approval, working with a 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 Oct 30.

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

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

Sat & Sun, Nov 2 & 3 9:00am–1:30pm  
Online \$30

## The Narcissists Among Us



Donna Accettullo, M.Ed.

Narcissists are everywhere! They may be our friends, family members, romantic partners, or co-workers. They will undermine your confidence, and wreak havoc on your health, career, friendships or finances. In this course, we will examine the 7 types of narcissists, their patterns of behavior, and the tactics they use. We will also look at the characteristics of the people they target, and the signs and symptoms of narcissistic abuse. This course will arm you with the information you need to spot narcissists quickly and avoid them, or strategies to cope with them in situations where you can't.

Please check for an email (could be in your Spam folder) from the instructor with the Zoom link in the days before the class.

Thurs, Sept 26 6:00pm–8:00pm  
Online via Zoom \$35



OOB/Saco Adult Education



Biddeford Adult Education



# Home & Family

## Paranormal Investigation Fundraiser

*Paranormal Five*

Paranormal Five is hosting a fundraiser for Biddeford Adult Education. Come and investigate with Maine paranormal investigators. See how paranormal investigating is done in real life versus what you see on TV. You will be able to see equipment and be able to see a different side to the J. Richard Martin Community Center. The building is extremely interesting with spirits that love to chat and let you know they are there. We cannot guarantee paranormal activity but any experience that you may have during the investigation is a real experience.

Sat, Oct 19 6:00pm–11:00pm  
Biddeford Learning Center \$49



## Wicked Haunted . . . The Way Life Should Be

*Paranormal Five*

Paranormal Five brings you on a haunted trip around Maine. We will go over history and haunts from some Maine locations and even share some paranormal evidence that has been caught from these locations.

Tues, Oct 8 6:00pm–8:00pm  
Biddeford Learning Center/Room 27 \$29



# Personal Finance

## Understanding Social Security

*Sarah Blondin*

Do you wish you had a better understanding of your social security benefits? Do you want to make sure you're getting the most out of your benefits? Join us to learn how!

Tues, Nov 12 6:00pm–7:30pm  
OOB H.S./Room 106 \$9



## Invest for Success

*Sarah Blondin*

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, Oct 2 6:00pm–7:30pm  
OOB H.S./Room 106 \$9



## NEW Veterans Benefits

*Eleanor Dominguez*

Are you a veteran or family member of a vet? Need help with health care, real estate, estate planning, or any of the many other aspects of life that veteran families face? Explore the benefits available to veterans and their families, including Aid & Attendance, Pension, and Disability, Dependency & Indemnity (DIC). Elly's interest in veterans' affairs lies very close to home; her father served in the US Navy for 20 years, and her brother is on active duty in the Navy. She is excited to be working with veterans and assisting with their estate planning and legal needs.

Wed, Oct 23 6:00pm–9:00pm  
OOB H.S./Room 109 \$15





# Personal Finance

## Estate Planning

*Kathryn Bedell, Esq.*



Overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives.

Wed, Oct 9 6:30pm–8:30pm  
Biddeford Learning Center/Room28 \$29



## Estate Planning

*Eleanor Dominguez*



Documents Families Should Have And Considerations for Long-term Care Planning!

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. But as you age, the documents you need may change based on your goals, such as: avoidance of probate, asset protection or long-term care planning. Get your questions addressed while learning the significance of planning for long-term care, and what estate documents you may need to accomplish your goals.

Wed, Oct 2 6:00pm–9:00pm  
OOB H.S./Room 109 \$15

## All About Credit

*Matthew Sudsbury-Francois*



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 Lighthouse Credit Union.

Tues, Sept 10 6:00pm–7:30pm  
OOB H.S./Room 104 Free

## Learn to Handle Your Money

*Matthew Sudsbury-Francois*



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 Lighthouse Credit Union.

Tues, Oct 8 6:00pm–7:30pm  
OOB H.S./Room 106 Free

## Let's Talk About Money

*Matthew Sudsbury-Francois*



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

Tues, Nov 19 6:00pm–7:30pm  
OOB H.S./Room 106 Free

## Trusts - Are They Right For You?

*Kathryn Bedell, Esq.*



Learn how revocable trusts can help avoid probate and protect your privacy, and how irrevocable trusts can protect your assets from nursing home or MaineCare (Medicaid) liens. Discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children. It is recommended that students take the basic estate planning class first.

Wed, Nov 6 6:30pm–8:30pm  
Biddeford Learning Center/Room 28 \$29



# Personal Finance

## Nice Girls Finish Rich! A Financial Literacy Seminar for Women

Donna Accettullo, MEd



If you think money management is too complex, too boring or takes too much time, this course will change your mind! In this seminar designed especially for women, I will share the lessons learned on my own journey from cash-strapped single mom to worry-free early retirement. Anyone can follow this plan! In this entertaining course, I will demystify everything from budgeting to investing, 401k's and Social Security, and everything in between. We will also look at apps and websites that can help. At the end of this course you will have the tools and information you need to create a more secure today and more abundant tomorrow.

Please check for an email (could be in your Spam folder) from the instructor with the Zoom link in the days before the class.

Thurs, Sept 19  
Online via Zoom

6:00pm–8:00pm  
\$35

## How Money Works

Sarah Blondin



Struggling to make ends meet, carrying debt, or unsure about your existing investment plan? Join us to discover the value of having a personalized strategy, gain an understanding of how markets operate, discuss how to get beyond typical financial challenges, and the steps to take to avoid the costly errors many investors unknowingly make!

Tues, Sept 17  
OOB H.S./Room 106

6:00pm–7:30pm  
\$9



## Investing at Retirement

Sarah Blondin



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

Tues, Oct 15  
OOB H.S./Room 106

6:00pm–7:30pm  
\$9



## The A, B, C and Ds of Medicare

Barbara Hopkins



Does the A, B, C and D “Alphabet Soup” of Medicare feel overwhelming? Medicare, begun in 1965, is the US health plan available to qualified people aged 65 and older, as well as some disabled people below age 65. This overview reviews the way Medicare covers inpatient, outpatient and prescription drug costs, explains enrollment periods and reviews the types of products designed to partner with Medicare, including supplement plans, Medicare Advantage plans and prescription drug plans. This seminar will be informative for current beneficiaries, people beginning Medicare, and the adult, children, or loved ones of Medicare beneficiaries.

Wed, Sept 18  
Biddeford Learning Center/Room 23

6:30pm–8:30pm  
\$19



OOB/Saco Adult Education



Biddeford Adult Education



# Recreation & Travel

## Pickleball Taster

Andra Yanchenko



Is Pickleball for you? 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 servin—the most significant difference from tennis. Students will be notified, via text, of weather location change the morning of class. Material list will be provided at time of registration or check our courses online.



*Choose Your Section:*

Section 1:	Sun, Sept 8
Section 2:	Sun, Sept 15
Section 3:	Sun, Sept 22
Section 4:	Sun, Sept 29

*All Sections:*

Loranger Memorial Tennis Courts	10:00am–12:30pm
	\$29 each section

## **NEW** Pickleball Practice and Play

Andra Yanchenko



For those just starting out in pickleball or for those players who wish to get better at the sport. A specific game component will be covered at each session, and students will learn the rules that apply to that skill. Following drills and practice, Coach Andra will observe an organized match and provide advice to players on how best to improve their game. Play, practice, and build your pickleball prowess in each weekly session, as a different skill is on offer each week. Students will be notified, via text, of weather postponements the morning of class. Material list will be provided at time of registration or check our courses online.

Sun, Sept 8-29	1:00pm–2:30pm
Loranger Memorial/Tennis Courts	\$59

## OOB History at the Historical Society

Brian Bergeron



Join volunteers from the Old Orchard Beach Historical Society at the Harmon Memorial Museum. The museum is home to numerous exhibits, including “Museum in the Streets,” which depicts twenty past and present views of Old Orchard Beach. 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 Old Orchard Beach from 1926 to the present, or view pictures of Charles Lindberg’s historic landing in Old Orchard Beach. These are just a few of the items of interest to see as you enjoy learning about OOB’s storied past! Taking photos of the displays is prohibited. All proceeds will be donated to the Museum/Historical Society. Metered parking available on Old Orchard St, free parking on Adelaide St, or in the lot behind OOB Town Hall (for the duration of the course only). Donations are not required but are accepted for the upkeep and maintenance of the museum and its collection.

Mon, Sept 23	1:00pm–2:30pm
OOB Historical Society	\$5

## Mill Girls of the Pepperell

Elizabeth Mansfield



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

*Choose Your Section:*

Section 1:	Wed, Oct 30
Section 2:	Wed, Nov 13

*All Sections:*

OOB H.S./Room 107	5:30pm–7:30pm
	\$19 each Sections



# Recreation & Travel

## Biddeford Foodie Walking Tour

Kristen Bartlett



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 to order wisely and explore tips for enhancing your dining experience. Expect to stop at 5-8 eateries for samples and learn about more hotspots 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! Dietary restrictions cannot be accommodated in most instances, as the restaurants decide which samples they will provide.

Please wear comfortable walking shoes and weather-appropriate clothing; bring a bag & money for any extra purchases. Pre-registration required as space is limited. Registrants will be notified of weather postponements by 11am in the case of extreme weather. Light rain will not cause cancellations. Rain date: Sun, Sept 22. Attendees must be able to attend rain date.

Sat, Sept 21 2:00pm–4:00pm  
 The Maine Souvenir Shop, Biddeford \$65

## Fall Hawk Watching & Identification

Linda Woodard



There are many native hawks in Maine, learn where, when, and what to look for! Learn how to identify different hawks, which ones stay in the state year-round and which ones migrate. Discuss migratory routes throughout the state and some unique strategies that hawks use to survive this extremely challenging journey. Review the best sighting locations and what equipment and resources you should bring along to enhance the experience.

Wed, Oct 2 6:00pm–8:00pm  
 OOB H.S./Room 104 \$29

## Beginner Golf

Ryan Mondor



Registrants should have little to no experience in a formal golf setting. The instruction will identify core aspects of the golf grip, stance, and swing. We will cover putting, chipping, and full swings with irons and fairway metals. There will also be an introduction to golf etiquette and golf specific terminology, so that players become more comfortable as they begin their journey in golf. Instructor(s) will monitor applied practice and instruct individuals accordingly throughout the sessions. Rain date Sept 19. Material list will be provided at time of registration or check our courses online. **\*Please let us know at registration if you’ll need to borrow clubs for the class.**

Thurs, Aug 22-Sept 12 3:30pm–4:30pm  
 Biddeford Saco Country Club, Saco \$209

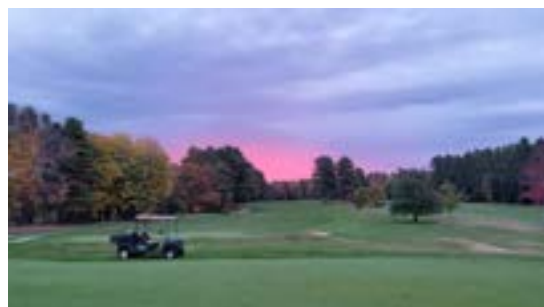
## Intermediate Golf

Ryan Mondor



Registrants should have prior experience playing a round of golf, and even up to three or four rounds per year. We will review important aspects of putting, chipping, and full swing with irons and fairway metals. Instructor(s) will demonstrate variables that lead to different types of golf shots (i.e.: low, high, curving right, curving left). They will also monitor applied practice and instruct accordingly throughout the session and develop simplistic drills and practice routines that players will be able to utilize after the sessions end. Rain date Sept 19. Material list will be provided at time of registration or check our courses online. **\*Please let us know at registration if you’ll need to borrow clubs for the class.**

Thurs, Aug 22-Sept 12 5:00pm–6:00pm  
 Biddeford Saco Country Club, Saco \$209



# Recreation & Travel

## **NEW** Late Summer Plant Walk at Clifford Park



Laura Grover

Enjoy the delights and treasures of beautiful Wabanaki land at Clifford Park in Biddeford! Plant and bird hobbyist Laura will guide you on a stroll along a moderate trail with a couple of hills, rocks, and roots. Discover late-blooming flowers, learn how pollinators prepare for winter, and appreciate local ecology and wildlife. Registration closes at noon on Sept 6. Wear comfortable shoes; bring bug spray (and binoculars, if desired). Meet in parking lot. Walk begins promptly at 9:30am. Rain date Wednesday, Sept 11, 3-5pm.

*Note:* Please communicate any accessibility concerns at registration, and Laura will contact you to discuss any needed accommodations.

Sun, Sept 8 9:30am–11:30am  
Clifford Park, Biddeford \$15



## **NEW** Autumn Plant Walk at Clifford Park



Laura Grover

Discover the wonders of the woods in late autumn! Admire plants and local ecology while learning about the wild world as we stroll along a moderate trail. Registration closes Nov 15. Wear comfortable shoes or boots and weather-appropriate clothing. Meet in parking lot. Walk begins promptly at 1pm. Rain date Nov 20. Please communicate accessibility concerns at registration.

*Note:* Please communicate any accessibility concerns at registration, and Laura will contact you to discuss any needed accommodations.

Sun, Nov 17 1:00pm–2:30pm  
Clifford Park, Biddeford \$15

## **NEW** Plant Walk for All (Accessibility Focused)



Laura Grover

Explore the urban wilds of Wabanaki land on this slow, short-distance walk along the wheelchair-and-walker-accessible Eastern Trail, learning about the wide variety of trees and plants along the way. Registration closes Sept 27. Wear comfortable and weather appropriate shoes/clothing. Meet at the trailhead behind Thornton Academy. Walk begins promptly at 2pm. Rain date Oct 6. Please communicate accessibility concerns at registration.

*Note:* Please communicate any accessibility concerns at registration, and Laura will contact you to discuss any needed accommodations.

Sun, Sept 29 2:00pm–3:30pm  
Thornton Academy \$15  
Eastern Trailhead, behind Thornton Academy, Saco

## **NEW** Autumn Plant Walk on the Saco Heath



Laura Grover

Come celebrate the real magic of the season and look closely at plants and local ecology with plant and bird hobbyist Laura Grover. Learn about the treasures of the Saco Heath and its woods on this very unique Wabanaki land as we take an easy stroll along the boardwalk. Registration closes at noon on Oct 18. Wear comfortable shoes and weather-appropriate clothing. Meet in the Saco Heath parking lot. Walk begins promptly at 1pm. Rain date Oct 27. *Note:* Please communicate any accessibility concerns at registration, and Laura will contact you to discuss any needed accommodations.

*Note:* Please communicate any accessibility concerns at registration, and Laura will contact you to discuss any needed accommodations.

Sun, Oct 20 1:00pm–3:00pm  
Saco Heath, Parking Lot, Saco \$15

All classes are for participants that are 18 years and older - unless otherwise noted.



# Recreation & Travel

## **NEW** Walking Tour of Laurel Hill

Ron Romano



Laurel Hill Cemetery in Saco was designed in the middle 1800s to encourage visitation. Its inviting pathways, sloping landscapes, and lush plantings (including an incredible display of daffodils each spring) provide a backdrop for a fine variety of gravestone styles, materials, and symbols. Our stroll through this beloved cemetery will take about 90 minutes. Two identical tours will run the same day, at noon and again at 2pm. Register early...this tour usually sells out.

*Choose Your Session:*

Session I: Sat, Sept 14	12:00pm–1:30pm
Session II: Sat, Sept 14	2:00pm–3:30pm

*All Sessions:*

Laurel Hill Cemetery, Saco	\$15 each session
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## **Feeding & Identifying Winter Birds**

Linda Woodard



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

Wed, Dec 4	6:00pm–8:00pm
OOB H.S./Room 104	\$25



## **NEW** Early Winter Welcoming Forest Walk

Laura Grover



When's the last time you spent time in the woods in early winter? What gifts does the forest give us when the flowers are asleep and the animals are curled in their dens? Come and look closely at what is still alive and what is sleeping, and learn about local ecology with plant and bird hobbyist Laura Grover. Discover the treasures of the wild world on beautiful Wabanaki land at Clifford Park in Biddeford. We will meet in the parking lot at 2pm and take a stroll along a moderate trail with a couple of hills, rocks, and roots; and maybe a little snow or ice. Registration closes at noon on Dec 6. Wear comfortable boots, with good grips if it's icy, and weather-appropriate clothing. Rain date Dec 15. Note: Please communicate any accessibility concerns at registration, and Laura will contact you to discuss any needed accommodations.

Sun, Dec 8	2:00pm–3:30pm
Clifford Park, Biddeford	\$15



OOB/Saco Adult Education



Biddeford Adult Education



## Beginner French

Gregory Downs



Learn fundamental French grammar and vocabulary for a range of topics, such as home and family, travel, shopping, food, and recreation. Although this course is intended for students with no prior French language experience, it would also be a valuable refresher.

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

Tue, Oct 1–Dec 3  
(no class Oct 29 & Nov 5)  
OOB H.S./Room 107

5:30pm–7:00pm

\$135



## Intermediate German

Gregory Downs

Let's pick up where we left off learning German grammar and vocabulary! The textbook will be supplemented with additional resources on topics such as home and family, travel, food, and recreation to use as building blocks for conversation skills. Although this course is a continuation of the beginner course, it is open to anyone with a desire to learn German.

Text: *Practice Makes Perfect: Basic German* by Jolene Wochenske, ISBN 9781260120912 (approximately \$16).

Thurs, Sept 5–Oct 24  
OOB H.S./Room 107

5:30pm–7:00pm

\$135

## Spanish for Beginners

Gustavo Gómez Coello



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. Text: *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386 (approximately \$12).

Tue, Sept 10–Oct 29  
Saco Learning Center/Room 1

5:00pm–7:00pm  
\$209

## Spanish for Beginners Level II

Gustavo Gómez Coello



The Level II course is a continuation of Spanish for Beginners Level I. In order to succeed in the course, students need to be comfortable with their current knowledge of Spanish Level I, such as personal pronouns, gender and numbers of nouns, adjectives, cardinal and ordinal numbers, and the conjugations of regular and irregular verbs in present tense. Level II aims to enhance students' proficiency in everyday communication, focusing on both spoken and written Spanish.

**Prerequisite:** Spanish for Beginners Level I or equivalent.

Text: *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386 (approximately \$12).

Thurs, Sept 5–Oct 24  
Saco Learning Center/Room 1

5:00pm–7:00pm  
\$209



# Computers & Technology

## Computer Tutoring

Jeanne Cassidy



Register for your private one-hour appointment! Topics include social media, email and attachments, music apps, Microsoft Office, the internet, or saving, sending, and editing photographs. Get tips on backing up your work and virus prevention programs. Bring your laptop or use one of ours.

Choose Your Section:

Section 1: Mon, Sept 9	4:00pm–5:00pm
Section 2: Mon, Sept 9	5:15pm–6:15pm
Section 3: Mon, Sept 9	6:30pm–7:30pm
Section 4: Mon, Sept 30	4:00pm–5:00pm
Section 5: Mon, Sept 30	5:15pm–6:15pm
Section 6: Mon, Sept 30	6:30pm–7:30pm
Section 7: Mon, Oct 21	4:00pm–5:00pm
Section 8: Mon, Oct 21	5:15pm–6:15pm
Section 9: Mon, Oct 21	6:30pm–7:30pm
Section 10: Mon, Nov 18	4:00pm–5:00pm
Section 11: Mon, Nov 18	5:15pm–6:15pm
Section 12: Mon, Nov 18	6:30pm–7:30pm


All Sections:

OOB H.S./Room 110 \$59 each section

## Excel Spreadsheet Basics

Jeanne Cassidy



 Discover this powerful tool for performing calculations, developing budgets and analyzing and managing data. Learn the 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 Computer Basics or equivalent, familiarity using mouse & keyboard, creating documents and formatting text using Microsoft Word, and navigating menus/toolbars in software programs.


Tues & Thurs, Sept 24–Oct 3 5:30pm–7:30pm  
OOB H.S./Room 101 \$99



## Intermediate Excel Spreadsheets

Jeanne Cassidy



 Take your skills to the next level and expand on the tools learned in Excel Spreadsheet Basics.


Create, edit and format professional-looking charts to present complex data in a meaningful way and set up spreadsheets and worksheets for printing. Covers favorite intermediate and advanced formulas and their functions, as well as Pivot and Data Tables. In-class laptops provided. **Prerequisite:** Completion of Excel Spreadsheet Basics or equivalent, familiarity with creating worksheets and spreadsheets, formatting text, and navigating menus/toolbars in software programs.

Tues & Thurs, Oct 15–Oct 24 5:30pm–7:30pm  
OOB H.S./Room 101 \$99

## Introduction to ChatGPT

Elizabeth Flanagan




 Unlock the power of Artificial Intelligence (AI) with ChatGPT. Discover why everyone is talking about this revolutionary platform. In this course, you'll learn how AI tools can dramatically increase your productivity and provide you with a competitive advantage in the workplace. You'll gain an understanding of the capabilities of AI tools and how to leverage them to achieve your goals faster and easier than ever before. Take the first step towards unlocking your full potential with ChatGPT.

Sept 3–28 Anytime  
Online \$195

## Mastering Microsoft Excel

Elizabeth Flanagan



 Examine the life of an Excel worksheet and workbook, from creation to presentation. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Master the options that can take your Excel worksheet from plain, drab numbers to exciting and engaging multimedia.

Sept 3–28 Anytime  
Online \$195





# Computers & Technology

## Mastering Microsoft Word

Elizabeth Flanagan



Master the art of document creation and take your professional skills to the next level with Microsoft Word, which is essential for success in the modern business world. Discover how to format text, paragraphs, images, and pages with ease. Get hands-on experience creating professional-looking documents, from resumes and cover letters to reports and brochures.

Oct 7–Nov 11  
Online

Anytime  
\$195

## Mastering Microsoft PowerPoint

Elizabeth Flanagan



Bring your ideas to life and leave a lasting impression with Microsoft PowerPoint. Master the tools and techniques that turn humdrum slides into dynamic presentations that will captivate your audience. With hands-on practice and real-world examples, learn design principles and multimedia elements such as images, videos, and charts that elevate you to the next level.

Nov 4–29  
Online

Anytime  
\$195

## YouTube for Business

Matt Honsberger



Learn how to get your YouTube video on the first page of Google Search. Just like Facebook, YouTube is a social network that needs to be set-up, optimized, and used regularly to be effective. Your patterns of behavior on YouTube may be working against you. Learn how YouTube can compliment your current marketing and social media strategy and how to maximize your YouTube Channel to get the greatest return.

Oct 7–Nov 1  
Online

Anytime  
\$245

## QuickBooks Level 1

Marcus Lander



Get a comprehensive understanding of QuickBooks Online, one of the most popular cloud-based accounting programs and preferred choice for small business managers, owners, bookkeepers and accounting professionals. In four hands-on units you will learn how to use QuickBooks Online to enter sales, purchases, receive and make payments and add inventory.

Sept 3–28  
Online

Anytime  
\$195

## QuickBooks Level 2

Marcus Lander



Now know how to work with more advanced QuickBooks Online topics. Become capable with such skills as how to customize settings, banking, credit cards, foreign currencies, statements for debts collection, using tags and projects.

Oct 7–Nov 1  
Online

Anytime  
\$195

## Podcasting

Matt Honsberger



Businesses are turning to podcasting to grow their brand and connect with customers. People with a niche hobby are turning podcasts into a business.

Podcasting is experiencing a rebirth as mobile devices are everywhere. The intimate nature of the audio medium allows potential clients to get to know who you are and determine if you are the kind of company with which they want to do business. Learn how to take your business or hobby and turn it into a podcast. This step-by-step class will take you from start to finish and cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear.

Sept 3–28  
Online

Anytime  
\$245



# Certificate Programs

## Bookkeeping Certificate

Sharon deFonteny



How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting.

The Bookkeeping Certificate courses must be taken in the below order (the classes build off each other):

- Understanding Debits and Credits
- General Ledger and Month End Procedures
- Closing Procedures and Financial Statements

Sept 3–Nov 29  
Online

Anytime  
\$495

## Certificate in Mastering Excel

Sharon deFonteny



A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world.

Students must have Microsoft Excel to complete this certificate.

Sept 3–Nov 29  
Online

Anytime  
\$495

	OOB/Saco Adult Education
	Biddeford Adult Education

## Management Certificate

Sally Klauss, Kassia Dellabough, William Draves



Enhance your management skills through this program for supervisors, managers, and emerging leaders. Nothing creates success like a solid foundation. Discover the keys for effectively managing your employees. Find out how to create clear expectations, engage and motivate employees, and increase your effectiveness.

Then you will explore the principles of collaborative management and gain insight on how to expand your collaborative skills for success of your team or organization.

Finally, get the keys to manage different generations in your workplace. Discover what motivates each generation at work, what incentives they respond to, and what messages they value.

Certificate includes the following classes:

- Management Boot Camp
- Collaborative Management
- Managing Generations in the Workplace

Sept 3–Nov 29  
Online

Anytime  
\$595

## Social Media for Business Certificate

Jo-Carolyn Goode, Melissa Torres, Travette Webster



Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to X (formerly known as Twitter), blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization.

The courses for this Certificate must be taken in the below order (the classes build off each other):

- Introduction to Using Social Media
- Marketing Using Social Media
- Integrating Social Media in Your Organization

Sept 3–Nov 29  
Online

Anytime  
\$495



# Certificate Programs

## Certificate in Customer Service

Greg Marsello, Nanette Sanders-Cobb



Customer service is now essential for business and all work organizations. With the increase of technology, human interaction with customers becomes all the more important. Whether it relates to retaining customers, serving your audience, or turning inquiries from potential customers into sales, good customer service is now one of the central factors in organizational success.

Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. You will also take away some extraordinary customer service techniques you won't find anywhere else.

Certificate includes the following classes:

- Keys to Customer Service
- Extraordinary Customer Service

Sept 3–Nov 29  
Online

Anytime  
\$245

## Digital Marketing Certificate

Dan Belhassen, Susan Hurrell



Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and successfully employ online advertising.

Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

Certificate includes the following classes:

- Improving Email Promotions
- Boosting Your Website Traffic
- Online Advertising

Sept 3–Nov 29  
Online

Anytime  
\$495

## Certificate in Marketing

Danny Sill, Garrett Stern, William Draves



Gain advanced marketing concepts and principles such as R, F, & M analysis; AIDA, and the 3-30-3 principle, that lead directly to practical marketing success. Learn the secrets of writing marketing copy, including easy steps in editing. Acquire the understanding of how digital marketing and print complement and enhance each other, and how to integrate both kinds of marketing for even greater overall effectiveness.

Certificate includes the following classes:

- Advanced Marketing Concepts
- Writing Marketing Copy
- Integrated Marketing Best Practices

Sept 3–Nov 29  
Online

Anytime  
\$495

## Certificate in Workplace Communication

Danny Sill, Garrett Stern, William Draves



Good communication in the workplace is more important than ever. And critical to your career advancement and success. Come get a comprehensive and intensive preparation with skills and techniques you can put to use on Monday morning. Take back a workable conflict management model, along with successful and practical conflict management strategies. Then work with a pro to learn how to improve your negotiation skills for a win-win outcome, including helping others get what they want, so you get what you want. Finally, find out more about yourself and others using personality profiles for better work performance.

Certificate includes the following classes:

- Conflict Management
- Collaborative Management
- Using Personality Profiles for Better Work Performance

Sept 3–Nov 29  
Online

Anytime  
\$595



# Workforce Training

## Serve Alcohol Safely Responsible Beverage Service (RBS) Training



*Alissa Wigglesworth*

Created by the Maine CDC, RBS gives the workers who make decisions about IDs, age, sobriety and their worksite 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 over-consumption and underage access to alcohol. When you and your team are trained in the responsible methods for serving alcohol, your neighbors, families, and community all benefit and experience increased safety and well-being. RBS training helps you to keep your work environment low-stress and thriving. It can also help individuals and their establishments avoid fines and lawsuits.

Mon, Sept 23 5:00pm–9:00pm  
OOB H.S./Room 107 \$15



## Becoming a Notary Public

*Bethany Mulkern*

The main responsibility of a notary is to formally witness transactions involving paper documents and, in Maine, to perform marriage ceremonies. Study the office's history 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, Oct 21 6:00pm–9:00pm  
OOB H.S./Room 109 \$39



## Boat America

*James Katz*



For all boaters on inland and coastal waters. This all-ages course is approved by the State of Maine meeting boater education requirements for operators 16 to 25 on inland and coastal waters out to the three-mile line. 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 and writing utensil.

Wed, Sept 11–Oct 2 6:30pm–9:00pm  
OOB H.S./Room 101 \$40

## Solopreneur

*Jill Braceland*



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

Wed, Nov 13 6:00pm–8:00pm  
OOB H.S./Room 105 \$25

## USCG Approved Operator of Uninspected Passenger Vessel License - Online & In Person



*John Coffin*

Qualify to apply for a Coast Guard license to operate vessels carrying up to six passengers for hire. Fee includes course through Captain School Key West Learning Management System, charts, navigation tools; 30 online class hours, 12-16 mentoring hours, 16 hours of required in-person classroom sessions (Saturdays, in Topsham), and exams. Registration closes Sept 11. Instructor will email Zoom link and instructions. Attendance in one of the FREE online Info Sessions to discuss specific requirements is required.

Sept 18–Nov 8 Time Varies  
Online & Merrymeeting Adult Ed \$1,060

# Workforce Training

## Substitute Teacher Intensive

Linda Roy



Examine behavior expectations, lesson plans, technology, subbing opportunities in regular and special education, tour schools, and discuss hiring requirements. Valid email and computer required. Leave with a notebook of resources to support you on the job. Certificate awarded upon completion of all class requirements.

Tues & Thurs, Sept 19–Oct 22      3:30pm–5:00pm  
OOB H.S./Room 110      \$99

## Basic Welding

Adam Wilder



A skillful welder is an asset to any company and welding skills can help you with tasks such as vehicle restoration, sculpture, and repairs around the house. Join the class to learn basics skills in the art of welding where you will focus on stick and MIG welding.

Topics covered:

- Materials used in welding process
- How to operate welding equipment
- Operation of welding equipment in the flat and horizontal positions
- Safety practices
- Focus on stick & MIG welding
- Intro to TIG welding

Students must wear pants, long sleeve shirt, steel toe boots and bring welding helmet, welding jacket, welding gloves, and safety glasses to class. More information will be available before class starts.

Wed, Sept 18–Dec 11      5:30pm–8:30pm  
(no class Nov 27)  
Biddeford Center of Technology/Room T-4      \$229



## Real Estate Sales Agent Introduction to the Elements of Real Estate - Online

Robert Joslyn



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 have a high school diploma or equivalency to get a license but a diploma is not required to attend the course.

Mon-Sun, Sept 1–Dec 31      Anytime  
Online      \$370



All classes are for participants that are 18 years and older - unless otherwise noted.



# Healthcare Training

## Certified Residential Medication Aide Certificate Program (CRMA) CRMAs are in high demand!

Jennifer Courtois, RN



Receive training to work in state-certified residential care homes. Maine regulations, standard residential facility policies, and basic anatomy & physiology covered. Discuss medications, safe administration procedures, practice taking vital signs, transcribing physician orders, and documenting procedures on the Medication Administration Record. Must complete three different Clinical Medication Administration with 100% accuracy. Full certification/med pass awarded on successful completion with 40 hours of attendance. Bring a 1.5-inch 3-ring binder. \$125-\$150 fee payable to the instructor at med pass test. Prerequisite: CASAS Reading score 240.

For questions about the program, please email the instructor at [jennifercourtois@myfairpoint.net](mailto:jennifercourtois@myfairpoint.net)

### CASAS Testing

Wed, Oct 2 11:00am or Thurs, Oct 10 2:00pm  
Register online

### Class Schedule

Fri & Sat, Oct 18–Nov 1	8:30am–4:30pm
Saco Learning Center/Room 1	\$325



## Certified Nursing Assistant (CNA)

Margy Gambell, RN



This is a Maine State Approved Certified Nursing Assistant training course. Preparing students to become CNA requires 70 classroom hours, 20 lab hours, and 40 clinical hours. Routine tasks required for personal nursing care will be taught.

Applicants must apply and be screened for acceptance in accordance with local and Maine State regulations, confirm academic skills through the CASAS Test, and pass a criminal background check.

Please call Sue at 282-3883 to receive an application or you may also download the application at our website [biddeford.maineadulted.org](http://biddeford.maineadulted.org)

**Prerequisite:** CASAS Reading score 239

### CASAS Testing

Mon, Aug 19 9:00am OR Wed, Aug 21 9:00pm  
Call Sue at 282-3883 to schedule testing. Bring COMPLETED application to appointment.

### Class Schedule

Mon & Wed, Sept 9–Nov 6	8:30am–2:30pm
Biddeford Learning Center/Room 25	\$500

### Clinical Schedule

Mon & Wed, Nov 11–27	7:00am–2:00pm
Location TBA	

## Certified Nursing Assistant MED

Kathleen Seigfried, RN



Medications course follows standardized curriculum approved by the Maine State Board of Nursing. The purpose of this course is to teach experienced certified nursing assistants (CNA) to administer selected noninjectable medications to patients who are 4 years of age and older. This standardized medication course will provide the basis of understanding needed for the CNA to administer medications accurately and safely.

Please call Sue at 282-3883 to receive your application and schedule your CASAS Testing.

**Prerequisites:** CASAS Reading score 244, worked as a CNA for 2080 hours.

Schedule TBA



# Healthcare Training

## HealthCare Provider Basic Life Support (American Heart Association)



*Diane Frechette, RN, BSN, MS, CNOR*

This 2-year certification course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of medical settings. This audience includes nurses, physicians, EMS professionals, students in a healthcare program at a university/college, allied health professionals (physical therapists, occupational therapist, athletic trainers, etc.), and others who may need training in basic life support skills. Taught by an American Heart Association Certified Instructor.

Certificate will be emailed to you up to four weeks after the course. Please check your email (could be your Spam folder) for your certificate.

Sat, Oct 19 8:00am–12:00pm  
Biddeford Learning Center/Room 27 \$49 PLUS  
\$19 Text fee  
(please pick up book at the Adult Ed Office PRIOR to the class)

## Heartsaver® CPR & First Aid for Adults & Children



*Karl Finley, EMT-P*

Acquire the fundamental knowledge and skills necessary to handle first aid, choking, or sudden cardiac arrest situations until emergency medical assistance arrives. Learn 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.

Certificate will be emailed to you up to four weeks after the course. Please check your email (could be your Spam folder) for your certificate.

Tues, Nov 12–Nov 19 6:00pm–9:00pm  
OOB H.S./Room 111B \$79

## Heartsaver® First Aid/CPR/AED Certification Course



*Diane Frechette, RN, BSN, MS, CNOR*

This course is designed for parents, grandparents, laypersons, childcare providers, educators, camp counselors, health/fitness trainers, hospitality workers, security, school personnel and more. Students will receive a Heartsaver® First Aid CPR AED Course Completion Card upon successful completion.

Our Certified American Heart Instructor will teach:

- Adult CPR and AED use
- Environmental emergencies actions for bites and stings, and temperature related and poison emergencies
- First Aid Basics including scene safety, finding the problem, calling for help and more
- Injury emergencies including bleeding, wounds, broken bones, sprains and more
- Medical emergencies including actions for choking, breathing problems, allergic reaction, shock and more
- Child CPR and AED
- Infant CPR
- Adult, child and infant choking

Please bring water and a bag lunch.

Certificate will be emailed to you up to four weeks after the course. Please check your email (could be your Spam folder) for your certificate.

Sat, Sept 21 8:00am–2:00pm  
Biddeford Learning Center/Room 27 \$69 PLUS  
\$19 Text fee  
(please pick up book at the Adult Ed Office PRIOR to the class)



# Healthcare Training

## FREE Behavioral Health Professional Info Session

*Jeffrey Carpenter*



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. Preregistration required.

Thu, Sept 5  
OOB H.S./Library

6:00pm–7:30pm  
Free

## FREE Behavioral Health Professional Training & Certificate Program Live Online

*Jeffrey Carpenter*



Our community needs individuals who want to make a difference in a child’s life.

Children with intellectual challenges, autism, and mental health disorders in Maine as well as their families depend on children’s behavioral health services. And there is a huge need in our area! 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.

We are thrilled to provide this fantastic ONLINE training and certificate program to our community. 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 with a high school diploma or equivalent to become certified.

Sept 1-Dec 31  
Online

Anytime  
Free

All classes are for participants that are 18 years and older - unless otherwise noted.





# Adult and/or Child

## Creative Play Class

Julie Berube



Parents with children ages 0-3 are invited to join this exciting and active class. We have created an environment in which children and parents can experience new literacy rich activities together through books, music, games, puppet play, and child directed play. Our goal is to provide a space and forum for parents and children to spend time playing and learning together. We invite new participants every week. Come play, learn, and explore with us!

Wed, Sept 11–Dec 18 1:00pm–2:30pm  
Biddeford Learning Center/Room 14

## Parent Talk (Active Parenting Now)

Julie Berube



Do you have questions about parenting? Do you want to improve your parenting skills? Are you overwhelmed? If you answered yes to any of these questions, “Parent Talk” may be for you. Happy Families aren’t born...They’re made one day at a time. Through this video-based program, you will learn the skills that will help you develop cooperation, responsibility and self-esteem in your children, and encourage your children to be their very BEST! You’ll also learn positive discipline techniques so you can avoid those all too familiar power struggles. You will be receiving an Active Parenting Certificate upon completion of this course.

Thurs, Sept 26–Nov 7 1:00pm–3:00pm  
Biddeford Learning Center/Room 28

## Stress & Anger Management

Julie Berube



Information is Power. Life can be overwhelming these days with school, work, and family. Stress is a fact of life; we need to learn how to manage it. We will learn how to take advantage of the positive and reduce the negative effects of stress!

Anger is one of the most misunderstood over-used human emotions. In this class we will learn how to recognize anger by identifying our anger triggers. We will learn about the three components of anger; the Emotional State, the Expression, and the Understanding. This class will increase your knowledge about how anger affects you. You will learn new ways to cope with anger and set goals to manage anger more effectively. Learning how to manage stress and anger is a way of taking control of your life. It is also a way of staying healthy and happy.

Mon, Sept 16–Dec 16 10:00am–12:00pm  
(no class Oct 14)  
Biddeford Learning Center/Room 28

## Family Story Hour

Julie Berube



The family story hour will provide a welcoming and fun environment to listen to stories, participate in great themed activities with your children, and have a snack together. Family story hour is a wonderful opportunity for parents and children to spend time together (PACT). Come and introduce your child/children to really great books and a love of reading. Special guest readers and surprise hosts are scheduled throughout the year.

Wed, Oct 16 & Dec 18 6:00pm–7:30pm  
Biddeford Learning Center/Room 14

## “From Home to School”

**NEW** Julie Berube



In this ELL class we will talk about issues of importance to parents of elementary school age children, and provide opportunities for discussion, critical thinking, and problem solving. All while improving their English skills. Lessons are based on relevant but entertaining readings about common concerns parents have about their child’s school journey.

Thurs, Sept 12–Dec 19 9:30am–11:00am Biddeford Learning Center/Room 28  
(no class Nov 28)



# FREE Multilingual Learner (MLL) Classes

## MLL at Biddeford Adult Ed



These classes are designed for people who speak little or no English. This is a fun and engaging way for students to learn English vocabulary and grammar in context while gaining skills and strategies in reading, writing, listening and speaking. Students are tested to see what level they are currently which will help in placement. All tests are to measure your current level and are NOT pass or fail tests. Potential students need to contact Stephanie at (207) 282-3883 or [satkinson@biddefordschools.me](mailto:satkinson@biddefordschools.me) to schedule an Intake appointment.

### Level A Pre-Beginner

*Samantha Fournier*

Mon and Thurs  
Sept 5–Dec 19 9:30am–10:45am  
Biddeford Learning Center/Room 27

### Level B Intermediate

*Sam Smithwick*

Mon, Tues, Wed, and Thurs  
Sept 3–Dec 19 9:00am–10:00am  
Biddeford Learning Center/Room 26

### Level A Beginner

*Sam Smithwick*

Mon, Tues, Wed, and Thurs  
Sept 3–Dec 19 1:00pm–2:00pm  
Biddeford Learning Center/Room 26

*Samantha Fournier*

Mon and Thurs  
Sept 5–Dec 19 1:30pm–2:30pm  
Biddeford Learning Center/Room 27

Tues and Wed  
Sept 3–Dec 18 6:00pm–7:00pm  
Biddeford Learning Center/Room 27

*Samantha Fournier*

Mon and Thurs  
Sept 5–Dec 19 11:00am–12:15pm  
Biddeford Learning Center/Room 27

### Level C/D Advanced

*Sam Smithwick*

Tues and Wed  
Sept 3–Dec 18 5:00pm–6:00pm  
Biddeford Learning Center/Room 27

Mon, Tues, Wed, and Thurs  
Sept 3–Dec 19 10:30am–11:30am  
Biddeford Learning Center/Room 26

### Level A High Beginner

*Sam Smithwick*

Mon, Tues, Wed, and Thurs  
Sept 3–Dec 19 11:30am–12:30pm  
Biddeford Learning Center/Room 26

*Samantha Fournier*

Tues and Wed  
Sept 3–Dec 18 7:00pm–8:00pm  
Biddeford Learning Center/Room 27

## MLL at OOB/Saco Adult Ed



Learn and practice English in one of our in-person or online classes surrounded by a small group of peers also working to develop their English language skills. Offered in multiple levels depending on the classes' current fluency and needs. Additional learning materials for at-home study are available. Students are expected to have regular class attendance and reliable transportation.

English classes are in-person on Mon/Wed, Tues/Thurs, and Thurs in the morning, afternoon, and evening, depending upon student levels. Potential students need call or text (207) 282-3846 or [learningcenter@rsu23.org](mailto:learningcenter@rsu23.org) to schedule an Intake appointment.



# FREE Multilingual Learner (MLL) Classes

## Burlington English

Deb Duca



The Burlington English platform is designed to enhance English Language proficiency for non-native speakers. This mobile program is a great starting point for beginner students, introducing the English language through listening, speaking, reading and writing. It also has a digital literacy course for the new learner. The program can be downloaded to the students' laptops or cellphones for at home practice. • ✓

Tues, Sept 3–Dec 17 12:30pm–2:00pm  
Biddeford Learning Center/Room 24

## EnGen English Language

Deb Duca



EnGen is an online/mobile workforce focused program designed to support English acquisition for non-native speakers. EnGen uses real-world content and offers courses that cover a wide-range of topics, industries and skill levels with over 130 courses offered including:

- Healthcare
- Finance
- Information Technology
- CDL

Mon, Sept 9–Dec 16 12:30pm–2:00pm  
Biddeford Learning Center/Room 24

Tues, Sept 3–Dec 17 10:00am–11:30am  
Biddeford Learning Center/Room 24

Wed, Sept 4–Dec 18 6:00pm–7:00pm  
Biddeford Learning Center/Room 24

Wed, Sept 4–Dec 18 7:00pm–8:00pm  
Biddeford Learning Center/Room 24

No MLL Classes:  
October 14  
November 11  
November 28

## Northstar Digital Literacy

Deb Duca



This course is designed to assist individuals in developing essential digital literacy skills. It provides a comprehensive curriculum that includes courses in:

- Basic Computer Skills
- Internet Basics
- Email
- Microsoft
  - ✓ Word
  - ✓ PowerPoint
  - ✓ Excel
- Windows Operating Systems
- Mac OS Basics
- Social Media
- Information Literacy

Mon, Sept 9–Dec 16 10:00am–11:30am  
Biddeford Learning Center/Room 24

Wed, Sept 4–Dec 18 5:00pm–6:00pm  
Biddeford Learning Center/Room 24

## Open Lab

Open Lab is designed for students who need Resume or Job Application help or for students who want to drop in to work on the computer for a bit. It is also a designated day for appointment only onboarding of students to the Burlington English, Northstar Digital Literacy and EnGen platforms.

Deb Duca

Thurs, Sept 5–Dec 19 10:00am–2:00pm  
Biddeford Learning Center/Room 24

Samantha Fournier

Tues, Sept 3–Dec 18 1:00pm–2:30pm  
Biddeford Learning Center/Room 27

## Citizenship Prep Class



A 14-week in-person class that helps students seeking to gain US citizenship, understand the naturalization process and prepare for the interview and civics test. This includes class instruction, take home study materials, and a compilation of online resources. Students are expected to have regular class attendance and reliable transportation. Some basic English skills required. Potential students need to call or text (207) 282-3846 or [learningcenter@rsu23.org](mailto:learningcenter@rsu23.org) to schedule an Intake appointment.



# High School Diploma

The High School Diploma Program is designed to meet the needs of students, 17 years of age and older, who have not completed high school. A placement test is administered and interested students are required to demonstrate a high school level of proficiency in reading and math. High school transcripts are evaluated by our Student Advisors and an Individual Education Plan (IEP) is discussed. To enroll in the High School Diploma program, students must be officially withdrawn from the K-12 school system.

Contact either Adult Education program for more information and to schedule your appointment to begin your journey with us.



Saco Learning Center  
(207) 282-3846  
learningcenter@rsu23.org



Biddeford Adult Ed  
(207) 282-33883 ask for Stephanie  
or satkinson@biddefordschools.me



- Please bring a MAINE Government issued picture identification.
- There is NO FEE for High School Diploma or the *HiSET*® Testing with a Maine ID.
- Please do not bring your children, no childcare is provided.
- There is a lot of paper work, so please bring your patience.

## HiSET (formerly GED)

The HiSET (High School Equivalency Test) is an assessment of skills and knowledge comparable to those of a high school graduate. It is an alternative for those who, for a variety of reasons, are unable to finish high school. HiSET has replaced GED in the state of Maine as the assessment tool used to award the High School Equivalency Diploma.

The HiSET test is a series of five tests covering writing, science, math, literature and the arts, and social studies. Tests are can be taken in any order. Passing the HiSET test series allows students to earn their High School Equivalency Diploma (HSED).

You must be at least 17 years of age and officially withdrawn from the K-12 school system. Students may enroll at any time during the semester. There is no fee for this program. Students are required to take the CASAS reading and math assessments and the official HiSET practice tests prior to official HiSET testing.

Contact either Adult Education program for more information and to schedule your appointment to begin your journey with us.



Saco Learning Center  
(207) 282-3846  
learningcenter@rsu23.org



Biddeford Adult Ed  
(207) 282-33883 ask for Anne  
or abeaulieu@biddefordschools.me





## Alternative Education (Alt Ed)

A unique alternative high school experience for those 16-20 years of age. This program provides students with an opportunity to develop academic and life skills in an off-campus setting while still being able to participate in Old Orchard Beach or Thornton Academy extracurricular activities and graduation ceremonies!

The Alt Ed school year runs September through June, enabling students to earn more credits per year than a traditional school, and thus allowing them the potential to recover credits if needed. Our in-person classes meet Monday-Thursday from 10:30am–3:00pm and regular fulltime attendance is required. Class sizes are small with a maximum of 10 students and taught by two teachers.

Our curriculum is similar to a typical high school academic curriculum but with a focus on hands-on learning, community involvement, college and career preparedness. Subjects taught include: Computer Literacy, Creative Writing, English, Health & Nutrition, Personal Finance, Science and US History.

**Please note: Students must be referred by their high school guidance counselor and be an enrolled student at either Old Orchard Beach High School or Thornton Academy to be eligible for this program.**



Saco Learning Center  
(207) 282-3846  
learningcenter@rsu23.org



## College & Career Preparation

Take the steps you need to prepare for college with the help of an advisor! Learn more about college, goal setting, skill development, financial aid applications, exploring career options and more. Classes are offered to prepare adult learners for college level coursework, all free of charge!



Saco Learning Center  
(207) 282-3846  
learningcenter@rsu23.org





## OOB/SACO ADULT EDUCATION POLICIES

FOR MORE IN-DEPTH POLICY INFORMATION, VISIT [OOPSACO.MAINEADULTED.ORG](http://OOPSACO.MAINEADULTED.ORG)



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



Call our administrative office at (207) 934-7922 to register for classes using a debit or credit card.



Fill out a registration form and bring payment (cash, check or card) to our administrative offices at 28 Jameson Hill Road in Old Orchard Beach. We are open Mon through Thurs 10:00am-4:00pm.



Fill out a registration form, scan, and send it to [adultedinfo@rsu23.org](mailto:adultedinfo@rsu23.org)

**REGISTRATION & FEES:** All classes must be paid in full at the time of registration. Credit/debit cards are subject to a non-refundable \$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 (7) calendar days prior to the course start date. Refunds are not an option on or after the start date of a course, when the course is listed as non-refundable, or when the class runs on its scheduled rain date. Course fee credits, instead of refunds, are given when your request is within two to six calendar days of the course start date.

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

**STORMS & CLOSINGS:** If RSU23 (OOB) day school cancels, then OOB/Saco Adult Education classes will also be canceled or rescheduled. For more information on weather cancellations, visit [oobsaco.maineadulted.org/weather-cancellations](http://oobsaco.maineadulted.org/weather-cancellations)



## BIDDEFORD ADULT EDUCATION POLICIES



[biddeford.maineadulted.org](http://biddeford.maineadulted.org) - the fastest, easiest way to register!



Please have your debit/credit card ready when you call. If paying by check, please note, we cannot guarantee your spot in a class until we receive payment. Phone: (207) 282-3883



Walk-in to our office located at 189 Alfred Street 2nd Floor, Biddeford. Please call (207) 282-3883 for directions.



Complete the registration form and mail it along with your payment to: Biddeford Adult Education, P.O. Box 624, Biddeford, ME 04005

**COURSE PAYMENTS AND FEES:** Course fees and book/material fees are payable in full at time of registration. Payment ensures a place for you in the class. Non-payment will not guarantee your placement. Payment is made by cash, check, money order, or credit card at time of registration. Make checks payable to Biddeford Adult Education. Please Note: there is a \$25.00 charge for all checks returned due to insufficient funds. Please do not mail cash! **Please do not send us material fees that are payable to the instructor.** We recommend checking with us prior to purchasing class materials to make sure the class has sufficient enrollment.

**REFUNDS AND CANCELLATIONS:** Classes cancelled by Biddeford Adult Education will receive a full refund. Courses that were paid for with a credit card can only be credited back to the same card. Refund checks for check or cash payments may take up to three (3) weeks to process. Student-initiated refunds will be given if requested at least three (3) business days prior to the first class less processing fee. **After that time, no refunds will be given. NO REFUNDS ARE ISSUED IF YOU FAIL TO ATTEND CLASS.**

**SCHOOL SCHEDULE:** Adult Education will follow the Biddeford School Department schedule. There will be no classes during school vacation or scheduled holidays.

**SNOWSTORM POLICY:** Please check our website for our policy on snowstorm cancellations.



## FALL 2024 OOB/SACO ADULT EDUCATION REGISTRATION FORM

Name: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Course Title	Start Date	Course Fee
Please make checks payable to OOB/Saco Adult Education There will be a \$25 fee for any returned check		<b>TOTAL amount enclosed</b>

**CARD PAYMENT**     VISA    MC    AMEX    DISCOVER  
 Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Expiration \_\_\_\_ / \_\_\_\_    CVV \_\_\_\_\_  
 Signature \_\_\_\_\_

By completing our Registration Form, you acknowledge and accept our policies and release OOB/Saco Adult Education from any and all responsibility in case of accident, injury, loss or property damage. You also approve any charges made to your credit card.

Mail completed form to:  
 OOB/Saco Adult Education  
 28 Jameson Hill Road  
 Old Orchard Beach, ME 04064



## FALL 2024 BIDDEFORD ADULT EDUCATION REGISTRATION FORM

Name: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

COURSE NAME	DATE	COURSE FEE	MAT FEE
Please make checks payable to Biddeford Adult Ed There will be a \$25 fee for any returned check		<b>TOTAL:</b>	

**CARD PAYMENT**     VISA    MC    AMEX    DISCOVER  
 Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Expiration \_\_\_\_ / \_\_\_\_    CVV \_\_\_\_\_  
 Signature \_\_\_\_\_

By completing our Registration Form you acknowledge and accept our policies and release Biddeford Adult Education from any and all responsibility in case of accident, injury, loss or property damage. You also approve any charges made to your credit card.

Mail completed form with payment to:  
 Biddeford Adult Education  
 P.O. Box 624  
 Biddeford, ME 04005

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Biddeford, ME 04005

## Bus Driver CDL Class B Permit Prep

**Bus drivers are in high demand in Maine! This course will help prepare you to take the CDL Class B permit exams. Participants will use the Maine Bureau of Motor Vehicles handbook, and there will be a specific focus on requirements for bus drivers. After successfully completing the course and passing the exams, students have the opportunity to work for Biddeford Public School as a bus driver trainee.**

**Prerequisites: Current Class C license, CASAS assessment score of 238 or higher. Please call Anne at (207) 282-3883 to schedule your CASAS test.**

### **CASAS Testing:**

Sat, Sept 28  
9:00am

### **Course Schedule:**

Sat, Oct 19  
9:00am–4:00pm  
Learning Center/Rm 27



**Biddeford Adult Education**  
**[biddeford.maineadulted.org](http://biddeford.maineadulted.org)**  
**(207) 282-3883**

**Old Orchard Beach/Saco Adult Education**  
**[oobsaco.maineadulted.org](http://oobsaco.maineadulted.org)**  
**(207) 934-7922**