
BIDDEFORD | SACO | OLD ORCHARD BEACH

ADULT EDUCATION

Three Communities, One Vision

Winter 2025 Course Catalog



Biddeford Adult Education
biddeford.maineadulted.org
207-282-3883

Old Orchard Beach/Saco Adult Education
oobsaco.maineadulted.org
207-934-7922

Welcome Lifelong Learners

Dear Community Members,

Old Orchard Beach/Saco and Biddeford Adult Education programs now share print marketing for our enrichment, vocational, and academic programs with the hope that this shared marketing approach offers expanding learning pathways across our communities.

Staff from either program are ready to assist you with your learning goals. Please visit our websites to browse available courses and to sign up for classes.

If you have questions, ideas to share, or interested in teaching, please contact us!

Dave Durkee, *Director*

How to Register for Classes:



This logo indicates an OOB/Saco Adult Ed course.

Contact OOB/Saco Adult Education
oobsaco.maineadulted.org
adultedinfo@rsu23.org
(207) 934-7922
Office Hours: Mon–Thur 10am–4pm



This logo indicates a Biddeford Adult Ed course.

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

Table of Contents

Personal Enrichment 3–20

Creative Arts	3–7
Culinary Arts	7–8
Mind & Body Wellness.....	8–12
Music & Dance.....	12–14
Home & Family	14–17
Personal Finance.....	17–18
Recreation & Travel.....	19–20

Career Advancement.....20–26

Languages	20
Computers & Technology	21–22
Certificate Programs	23
Workforce Training	24–25
Healthcare Training	25–26

Academics..... 27

High School Diploma, HiSET (formerly GED) and College & Career Preparation.....	27
--	----

Family Literacy 27

Adult and/or Child.....	27
-------------------------	----

English Language Literacy.....28–29

Multilingual Learner (MLL).....	28-29
---------------------------------	-------

General Information30–31

Policies and Registration Forms	30–31
---------------------------------------	-------

5% Earlybird Discount! Online Only
Register before January 15th, 2025
Enter the following code at checkout:
EARLYBIRDW25

**Cover Photo: Saco Heath Trail
Courtesy of the City of Saco
Communications Department**

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! Materials list provided at registration or check online course description.

Thur, Jan 9–Feb 6
OOB HS/Art Rm

6–8:30pm
\$125

Intermediate Watercolor

Russel Whitten



Learn new concepts and expand on your existing skills in color theory, blending, and application. With step-by-step instructions, learn how to recreate still-life themes and use 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. Materials list provided at registration or check online course description.

Prerequisite: Watercolor Basics.

Thur, Feb 27–Mar 27
OOB HS/Art Rm

6–8:30pm
\$125

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. 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. Materials list provided at registration or check online course description.

Wed, Jan 22–Feb 12
Biddeford LC/Rm 23

6–8pm
\$49

Handmade Paper Bowls

Gayle Fitzpatrick



Delicate beauty!

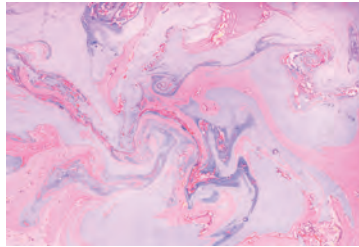
Create beautiful handcrafted paper bowls! These unique bowls make fantastic presents or home décor. Decorative papers, handmade papers, and adhesive are provided. Bring a small plastic cereal bowl.

Sat, Jan 11
Saco LC/Rm 2

10am–12:30pm
\$35

Paper Marbling

Gayle Fitzpatrick



Add some color to your world!

Make ornamental papers using this time-honored art form. These papers may be used for a variety of projects, including handmade books, scrap booking, 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, Feb 8
Saco LC/Rm 2

10am–1pm
\$39

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, Mar 15
Saco LC/Rm 2

9am–12:30pm
\$45



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Acrylic Painting for Beginners Part I



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. Materials list provided at registration or check online course description.

Wed, Feb 26–Mar 19
Biddeford LC/Rm 23

6–8 pm
\$49

Acrylic Painting for Beginners Part 2



Kyle Durkin

This is a class for people who have taken Kyle’s 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. Materials list provided at registration or check online course description.

Wed, Mar 26–Apr 16
Biddeford LC/Rm 23

6–8pm
\$49

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, Feb 5
OOB HS/Art Rm

6–8pm
\$45



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

Watercolor-stamped Cards and Envelopes



Sara Ottomano

Create own cards and envelopes using watercolor, homemade stamps, and drawing tools! Explore color mixing and layering to create vibrant stationary. Leave with at least five cards and five sheets of stamped paper for envelopes. All materials provided.

Mon, Jan 27
OOB HS/Art Rm

5:30–7pm
\$19

Scrap Cards



Faith Garnett

Looking to find a use for all the paper scraps you have left-over from other projects? Create your own unique cards from scraps! In this class, you will explore making three different cards: a fractured card, a pieced star card, and a striped card. Sentiments will be provided for all occasions and no two cards will be alike! All materials provided, but feel free to bring your own paper scraps. Registration closes at noon on 2/10.

Tues, Feb 11
OOB HS/Art Rm

6–8pm
\$35

Bookmark Cards



Faith Garnett



Do you love to read or have friends who do? Send them a bookmark card! Make three cards with bookmarks incorporated into them: one in a pocket, another on the corner of a mini card, and the third a tear away. All materials provided.

Tues, Mar 11
OOB HS/Art Rm

6–8pm
\$35



Beginner Collage

Sara Ottomano

NEW



Explore fundamental collage techniques! Create a collection of collage papers by stamping and using crayon rubbings. Then, put those papers to use making collages to display or share with others. Leave with a collection of papers for future projects as well as a few small collages. All materials provided.



Mon, Feb 24–Mar 3
OOB HS/Art Rm

5:30–7pm
\$19

Early American Penny Rug

Janet Conner



One form of appliquéd table rug that became very popular during the early to mid-19th century was the “penny rug,” so called because of the small circular patches of wool used to create geometric and pictorial scenes. Every woolen scrap was recycled and further embellished with simple embroidery. Watch a demo as you discuss the art form’s history, view antique examples, and discover sources for materials. Kits, ranging from \$25–\$75 and payable to Janet in class, include a unique selection of pre-washed and hand-dyed wools, patterns, design suggestions, embroidery needle, and threads. No prior experience is needed! Bring lunch and small, sharp fabric scissors to class.

Review kits at jconnerhookedrugs.com and email fcjc@roadrunner.com specifying your kit choice(s).

Sat, Jan 25
Saco LC/Rm I

9am–1pm
\$49

Meditative Drawing

Karalyn Thayer

NEW



Unleash your creativity and find your inner calm in this immersive meditative drawing session. Designed for artists of all levels, this workshop invites you to explore the therapeutic benefits of drawing through a series of engaging prompts, including zentangles, whimsical doodles, and a mix of both abstract and realistic themes. Experience the joy of drawing without the pressure of perfection. All drawing supplies provided, but feel free to bring your own sketchbook and favorite materials, if you’d prefer.

Wed, Jan 22
OOB HS/Art Rm

6–8pm
\$29

Make Your Own Stamp

Jessica Muise

NEW



Make and use rubber stamps and special ink to create unique patterns and designs on all sorts of materials. Design and fabricate your own soft rubber stamp and use it to print on a variety of new and recycled materials. Emphasis is placed on tool safety and showing you tips and tricks to start carving and printing at home. Leave with basic tools, materials, and at least one custom-made block stamp (snowflake, heart, or shamrock). Bring paper or fabric to test your new stamp, if you’d like!

Tues, Jan 28
OOB HS/Art Rm

6–8pm
\$45



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Open Sewing Lab

Emily Loder



Have a sewing project in mind but don't know where to start? Join us and sew with friendly, like-minded people! Emily will be available to provide sewing machine basics, pattern reading, basic sewing and finishing techniques. Work at your own pace with personalized instruction. Come learn to sew or improve your skills! Materials list provided at registration or check online course description. Emily will have some supplies on hand.

Thur, Jan 16
OOB HS/Rm 111B

6–9pm
\$39

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.

Thur, Mar 6
OOB HS/Rm 108

5:30–7pm
\$25

Introduction to Metalworking

Make a pair of fine silver earrings!

Jessica Muise



Unlock the basics of metalworking in this beginner-friendly course. Learn essential techniques like cutting, shaping, heating, and polishing metal to create a unique pair of earrings from start to finish. Using simple, accessible tools, provided by the instructor, like a handheld kitchen torch and small metal anvils, students will practice with copper and brass before completing a final piece in silver. This class is perfect for those looking to bring metalworking into their home or pop-up studio. Registration closes at noon on 3/24.

Tues, Mar 25
OOB HS/Art Rm

6–8:30pm
\$75

Wire Wrapped Sea Glass Jewelry

Jessica Muise



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, necklace or earrings, reflecting your creative design and resources to continue making similar jewelry at home. Registration closes at noon on 2/24.

Tues, Feb 25
OOB HS/Art Rm

6–8pm
\$45



Wrapped in beauty!

Wire Wrapped Sea Glass Advanced Techniques

Jessica Muise



Expand your wire-wrapping skills! Build on the foundational knowledge you learned in *Wire Wrapped Sea Glass Jewelry*. Learn more intricate wire techniques while incorporating finer metals into your designs. Continue exploring creative ways to turn found objects, like sea glass, into wearable art. Bring your favorite tools (basic tools will also be provided), your own sea glass or choose from our collection. Take home a sophisticated piece that reflects your evolving design style. Registration closes at noon on 3/17.

Prerequisite: Wire Wrapped Sea Glass Jewelry course with Jessica.

Tues, Mar 18
OOB HS/Art Rm

6–8pm
\$45



Photography for Newbies

Steve McGrath

Still getting to know your digital camera and its features? Discover when and how to use its special features (program and manual mode, aperture and shutter priority, etc.). Cover basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. Multiple subject areas covered and includes assignments and sharing your work with the class.

Required: Computer, stable internet connection, and your fully-charged digital camera. Zoom link provided by instructor.

Wed, Jan 8–Feb 5
Online

7:30–9pm
\$75

Portrait and Pet Photography

Steve McGrath

Learn to work with all types of subjects, from individuals and groups to children and pets for professional-quality portraits! Understand the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work!

Required: Computer, stable internet connection, and your fully-charged digital camera. Zoom link provided by instructor.

Wed, Feb 19–26
Online

5:30–7pm
\$29

Smartphone Photography

Steve McGrath

Learn 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. Includes time viewing photos and the instructor will provide feedback on student work.

Required: Computer, stable internet connection, and your fully-charged smartphone. Zoom link provided by instructor.

Tues, Mar 4–18
Online

7:30–9pm
\$49



Ferment This: Kombucha

Emma Holder

Zoom in and create in your own kitchen, or attend live in Portland! Kombucha is simply sweetened tea with a culture added. Make a primary ferment in class and discuss kombucha's history, troubleshooting, glassware, and SCOBYs. Zoom link & materials list provided by instructor. Live address provided at registration. Registration closes at noon on 2/19.

Note: If attending via Zoom, SCOBYs will be available @ the Adult Ed office Mon–Thur, 10am–4pm, after 2/19; call 934-7922 to set a pickup time!

Thur, Feb 27
Online or in Portland

6–7:15pm
\$25

Ferment This: Sauerkraut with Decorations for Gift Giving

Emma Holder

Zoom in and create in your own kitchen, or join live in Portland! Learn a basic, tried-and-true sauerkraut recipe, fermenting techniques, and troubleshooting. Add vegetable shapes and designs along the sides for a beautiful presentation! Discover the marvelous microorganisms that surround us, give us “terroir” and keep us healthy by replenishing our micro biomes. Registration closes at noon on 2/26. Zoom link & materials list provided by instructor. Live address provided at registration.

Thur, Mar 6
Online or in Portland

6–7:15pm
\$25

Ferment This: Peppers, Carrots, and Beyond...

Emma Holder

Zoom in and create in your own kitchen, or join live in Portland! Fermenting vegetables preserves them, and adds nutritional value and probiotics. Basic fermentation techniques will be demonstrated, and then you can use it on pretty much any vegetable! Class includes microbiology basics, troubleshooting, and ferment creation. Registration closes at noon on 3/5.

Thur, Mar 13
Online or in Portland

6–7:15pm
\$25



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

**Comfort Foods
Chicken & Dumplings**



Mary Bailey

Make savory chicken & dumplings and bread pudding with a hard sauce from scratch. We will put our aprons on and make this meal together, then gather around the table to enjoy dinner and dessert! Recipes provided. Bring an apron, baggies for leftovers, and your appetite!

Thur, Jan 23 6–9pm
OOB HS/Rm 111A \$65

Homemade Pizza Dough & Sauce



Mary Bailey

Learn to make pizza dough and a savory sauce from scratch! Frozen dough may be convenient, but there is nothing like homemade for unbeatable flavor and texture. Discover how a few simple, easy-to-find ingredients can quickly turn into a dough great for pizza, calzones, and stromboli. This is a demonstration class, however, you are encouraged to put on an apron and get your hands dirty. Recipes provided. Bring an apron, baggies for leftovers, your favorite toppings, and your appetite!

Thur, Feb 13 6–8pm
OOB HS/Rm 111A \$55

Homemade Pasta Anyone?



Mary Bailey

Make pasta sheets for lasagna noodles, ravioli, and tortellini with common kitchen ingredients. Watch demos on filling and folding and cook some filled pastas to enjoy with a browned butter and sage sauce or en brodo (in chicken broth). This is a demonstration class, however, you are encouraged to put on an apron and get your hands dirty. Recipes provided. Bring an apron, baggies for leftovers, and your appetite!

Thur, Mar 6 6–8pm
OOB HS/Rm 111A \$59

Beginner Tai Chi Level I



Laura Huenteo

Each session begins with basic Qigong to create focus and relaxation, followed by gentle strength training using chairs and balls. The second half learn postures and, as the class progresses, work on putting the postures into forms. Designed with balance in mind and including modifications as necessary, this is the perfect exercise, encompassing balance, relaxation, focus, strength, stretching, cognitive stimulation, and discipline. Wear loose-fitting clothing and comfortable shoes.

Mon, Jan 6–Feb 24 (no class 1/20 & 2/17) 6:15–7:15pm
Jameson Elementary/Cafe/Gym \$65

Beginner Tai Chi Level II



Laura Huenteo

Strengthen and deepen your 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, Jan 8–Feb 12 6:15–7:15pm
Jameson Elementary/Cafe/Gym \$65

Chair Yoga



Jessy Lynn Ostaro

This gentle yoga class offers all the benefits of yoga without the need to get on the floor. Postures are adapted for practicing seated or standing using the chair for support as needed. Jessy will guide you through postures, breathing and relaxation techniques with a focus on releasing tension, improving flexibility, and creating mindfulness. All levels welcome, no experience necessary. Wear comfortable clothing that allows movement and bring an extra layer.

Fri, Mar 7–28 3–4pm
Saco LC/Open Rm \$49

See our online courses for more in-depth course detail.



Introduction to Pilates Mat

Morgan Sanborn



Learn basic pilates mat exercises designed to strengthen and lengthen the body in a safe and efficient way. Pilates is a wonderful way to strengthen your entire body and increase flexibility, mobility, balance, and coordination. No experience is necessary and exercises can be modified to suit everyone's personal needs. Pilates is commonly used as a form of rehabilitation and is a great way to decrease pain! Please bring a yoga mat, and wear something comfortable to move in.

Tues, Jan 7–Feb 11 8–9am
Dirigo Conservatory of Movement/Biddeford \$99

Aerial Yoga

Ashley Jolly



Class includes flips, tricks and inversions. By keeping the swing at hip height, it transforms into a hammock that supports you during back bends 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.

Section 1: Fri, Jan 10–Feb 21 5–5:50pm
(no class 1/31)
Forever Fit/Biddeford \$95

Section 2: Fri, Feb 28–Apr 4 4–4:50pm
Forever Fit/Biddeford \$95

Section 3: Fri, Feb 28–Apr 4 5–5:50pm
Forever Fit/Biddeford \$95

5% Earlybird Discount! Online Only
Register before January 15th, 2025
Enter the following code at checkout:
EARLYBIRDW25

Health Coaching for Real People in Real Life From Blah to Breakthrough

Sarah Goodwin



Developed by National Board Certified Health and Wellness Coaches, this course uses a science-backed approach. Discover what your healthy future looks like from all angles (nutrition, exercise, relationships, sleep, etc.). Then you will find a focus and move it forward into a desired outcome. Finally, self-design a plan of action that is achievable and comfortable for you. This fun group coaching format includes group discussions and support along with thought-provoking exercises and worksheets. Leave with an individualized and realistic goal, a plan for action, and new tools to help sustain forward progress toward a healthier lifestyle.

Wed, Jan 8–22 6–7pm
OOB HS/Library \$29

Move, Meditate, Create!

Martha Fournier



Explore gentle warm up stretches, meditations, and creativity including mindful art, journaling, and doodling! Progress, not perfection, is the goal as we explore various techniques together, noticing what practices are resonating with you. Benefits include reduced stress and anxiety, regulation of the nervous system, a sense of calm, a boost to your energy, a connection to the present moment, and lighthearted fun. Please dress comfortably, bring water, and a yoga mat.

Sat, Jan 25–Feb 15 10–11am
Saco LC/Open Rm \$45



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Yoga for Couch Potatoes

Live Online

Jessy Lynn Ostara



Unmotivated or embarrassed to exercise in public? Join this introductory workshop and learn basic yoga positions and breathing

practices to add some exercise and movement into your day. Enjoy short, easy yoga exercises and discover the simple changes you can make to adapt each pose to fit your body's needs. Practicing yoga has many benefits including increased blood flow, improved strength and flexibility, and mental health boost. Join us and start your journey to better health! Wear comfortable clothing and have a couch handy!

Wed, Jan 29

5:30–6:30pm

Online

\$12

Aikido: The Art of Peace

Ron Houle



This ancient Japanese martial art emphasizes compassion for oneself and others, awareness, and relaxation. Learn to blend and harmonize with the attacker to bring conflict to a peaceful resolution. The goal is to be able to do the same for ourselves, knowing that, at times, we can be our own worst enemies. Discover coping skills to enable yourself to become more loving toward yourself and others. While there are major throws to the mat in traditional Aikido, we will instead examine the movements without the throws. Aikido is for everyone—if you can walk, you can do Aikido. Please wear loose, comfortable clothing; bring water and a towel.

Thur, Jan 30–Mar 13

6:15–7:15pm

Jameson Elementary/Cafe/Gym

\$85

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

King Arthur, His Knights & Ladies

Margaret Jones, MEd



The Accolade by Edmund Leighton,

The story of King Arthur and his Knights is oftentimes mistaken for a children's fairy tale. However, the meaning of the quest for the Holy Grail holds a deeper story; one steeped in mystery and magic. This workshop will explore those who advised his court as well as take us into the Lands Adventurous in search of the those who wielded ancient magic to support peace in the land. Inspired by storytelling, the Tarot, and creative discussions, we will embark on a journey that will spark your imagination and assist you in gaining some insight into your own journey!

Recommended reading: *The Great Book of King Arthur and his Knights of the Round Table* by John Matthews and John Howe, and *Ladies of the Lake* by John and Caitlin Matthews.

Tues, Feb 4–25 (no class 2/18)

6–8pm

OOB HS/Rm 109

\$69



The Hero/Heroine's Journey

Margaret Jones, MEd

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

Sun, Feb 9
Saco LC/Open Rm

1-4pm
\$65



Gua Sha for the Meridians

Lisa Bouchard

Discover new techniques in gua sha specifically for application to the meridians and their associated organs to support organ health. Learn more about the meridian map and discover how to apply gua sha to yourself and others for chest congestion, stomach aches, menstrual cramps, and headaches. Gua sha spoons provided; we will also discuss other tools you can use. Wear a swimsuit top (no sports bras) if you'd like work done on the skin of your upper back and shoulders.

Wed, Mar 5
OOB HS/Library

6:30-8:30pm
\$29



EFT and 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? 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, Mar 25
OOB HS/Rm 105

6-7:30pm
\$19



Gua Sha for Wellness

Lisa Bouchard

Chinese medicine practitioners have been using friction to treat pain, reduce fevers, and treat coughs for thousands of years. Today, gua sha can be used to treat conditions such as carpal tunnel, plantar fasciitis, back and neck pain, sinus congestion, and lymph drainage. Learn the basic scraping techniques, as well as the essential safety precautions. Included will be a calming sequence for the head and neck to encourage lymph flow, which could reduce sinus congestion, facial puffiness, and smooth out wrinkles. Gua sha spoons provided; we will also discuss other tools you can use. Wear a swimsuit top (no sports bras) if you would like work done on the skin of your upper back and shoulders.

Wed, Feb 5
OOB HS/Library

6:30-8:30pm
\$29



See our online courses for more in-depth course detail.



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Diabetes Basics

Sarah Cote, NP-C, CDCES, BCADM



If you or a loved one have been diagnosed with prediabetes or diabetes, you don't want to miss this series with Sarah!

Discuss the types of diabetes, how it develops in the body, and how the environment and heredity are contributing factors. Cover the symptoms and discuss the organs that control sugar metabolism and the body's control over insulin and glucose.

Thur, Mar 6 5:30–7pm
OOB HS/Rm 106 \$19

The Diabetic Diet

Sarah Cote, NP-C, CDCES, BCADM



Eating well is key to maintaining healthy blood sugar levels! Discuss a proper diet, how to replace foods that trigger spikes, which foods are good for you, healthy blood sugar levels, and how to maintain them.

Thur, Mar 13 5:30–7pm
OOB HS/Rm 106 \$19

Glucose Monitoring 101

Sarah Cote, NP-C, CDCES, BCADM



Learn why blood sugar monitoring is important, how to take your blood sugar correctly, and discuss new technologies that enable diabetics to track their blood sugar in real time. Understand the whys and hows of blood sugar monitoring - it might well save your life!

Thur, Mar 20 5:30–7pm
OOB HS/Rm 106 \$19

Diabetes Medications

Sarah Cote, NP-C, CDCES, BCADM



Learn about the different types of diabetes medicines available and how they work in the body. Discover how medical providers choose the best medicine for each of their patients to help them meet their health goals.

Thur, Mar 27 5:30–7pm
OOB HS/Rm 106 \$19

Dance with Amanda In Person or Live Online



Amanda Carter

This simple, adaptable dance fitness class is focused on body awareness, acceptance, and appreciation. All are welcome! Attend live or join us from the comfort of home! Wear comfortable clothing and shoes, and bring water.

Note: Class will meet via Zoom when live classes are canceled due to the weather.

Tues, Jan 7–Mar 25 (no class 2/18) 6:30–7:30pm
Jameson Elementary/Cafe/Gym FREE

Beginner Guitar

Travis Taylor



Focus on learning the names of the strings and the first position notes before progressing to chords and strumming patterns. Before you know it, you will be playing music! Materials list provided upon request.

Wed, Jan 22–Mar 5 (no class 2/19) 6–7pm
C K Burns/Rm 17 \$79

Nightclub Two Step

Elizabeth Richards



Charming, adaptable and ideal for dancing at weddings, parties, and nightclubs. Learn the fundamentals of this flirtatious dance that goes well with most love songs and ballads. Join us and learn how to jazz up the standard slow dance! Course fee is per couple, and we will not be changing partners in this class. Wear comfortable clothing and soft-soled shoes.



Tues, Jan 7–Feb 11 7–8pm
Young School/Cafe/Gym \$99



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 chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Space is limited to 12. For ages 13+. Materials list available upon registration or check online course description.

Note: \$29 fee for workbook & DVD payable to instructor in class.

Wed, Jan 29
Biddeford LC/Rm 28

6–8:30pm
\$29

Hand Drumming Workshop

Namory Keita



Explore hand drumming through the traditional music of Guinea, West Africa. Learn to play patterns and rhythms alongside your fellow students in this fun and engaging session, where all levels are welcome. 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 to reserve a drum. Registration closes at noon on 3/28.

Sun, Mar 30
Saco LC/Open Rm

1–3pm
\$39

Just Swing for Beginners

Elizabeth Richards



Enjoyable and simple to learn, single-time East Coast swing is entertaining for dancers of any age. Pick up the fundamentals and build your repertoire while learning numerous turns and additional steps. Develop the self-assurance you need to get out on the dance floor and show your stuff! Course fee is per couple and we will not be changing partners in this class. Wear comfortable clothing and soft-soled shoes. No class 2/20.

Thur, Feb 13–Mar 27 (no class 2/20)
Young School/Cafe/Gym

7–8pm
\$99

Just Once Piano for Busy People

Don Pride



In just a few hours, you can learn enough to give you years of musical enjoyment. How do we do it? Regular piano teachers teach note reading, piano professionals use chords. Learn all the chords to play any song in one session! If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll. 18 or older only. Materials list available upon registration or check online course description.

Note: \$29 fee for workbook & DVD payable to instructor in class.

Wed, Feb 5
Biddeford LC/Rm 28

6–8:30pm
\$29

Play the Ukulele Your Journey Begins Here!

Duncan Perry



Learn to play without even having to know how to read music! On the ukulele you can play folk, rock, blues, jazz, pop, country and even classical music! Instructor Duncan Perry will introduce you to essential chords and playing techniques. You will need a playable ukulele and an electronic tuner or a tuner app. If you don't own a ukulele, please contact us. Watch for an email (could be in your Spam folder) from Duncan with the Zoom link in the days before the class.

Choose your Session:

Session 1: Tues, Feb 5–26
Online 6–7:30pm
\$79

Session 2: Wed, Mar 4–25
Online 6–7:30pm
\$79



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Beginner Adult Tap

Gabby Poulin



Improve memory, coordination, balance, and reflexes! Each class will consist of a warm-up, center and across the floor exercises, and a fun piece of tap repertoire or choreography. Add movement to your weekly routine, learn something new, or refresh skills from your past! Please bring tap shoes, and wear something comfortable to move in.

Thur, Jan 8–Feb 12 6:30–7:30pm
Dirigo Conservatory of Movement/Biddeford \$99

Country & Latin Line Dancing

Elizabeth Richards



Learn dances to bust out when the moment presents itself or try something new! Discover classic country and popular Latin rhythms! Specific music and pattern requests taken the first night and taught whenever possible. All levels welcome! No partner required. Wear comfortable clothing and soft-soled shoes.

Section 1: Tues, Jan 7–Feb 11 6–7pm
Young School/Cafe/Gym \$89

Section 2: Thur, Feb 13–Mar 27 6–7pm
Young School/Cafe/Gym \$89

Beginner Adult Ballet

Morgan Sanborn



Develop musicality along with a basic knowledge of ballet steps, including proper alignment and the fundamentals of ballet technique. Each class will consist of barre and center work, along with exercises traveling across the floor. Please bring ballet flat shoes, and wear something comfortable to move in.

Wed, Jan 8–Feb 12 7–8pm
Dirigo Conservatory of Movement/Biddeford \$99

Maine Driving Dynamics

William King



Designed to improve defensive driving awareness, this course includes discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers. Our goal is to save lives, prevent injuries, and reduce vehicle-related crashes.

Required to complete enrollment: Date of birth and drivers license information.

Tues & Thur, Jan 7–9 6–8:30pm
OOB HS/Library \$70

The A, B, C & Ds of Medicare

Barbara Hopkins

Learn how Medicare handles inpatient, outpatient and prescription drug expenses. Examine enrollment windows 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!

Choose Your Session:

Tues, Jan 8 6–8pm
OOB HS/Rm 105 \$19



Wed, Mar 18 6:30–8:30pm
Biddeford LC/Rm 28 \$19



Save on Prescriptions!

Brianna Henward



Prescription drugs can be vital, but too often the costs can be unmanageable. Discover strategies to save on prescriptions, from understanding formularies to prescription drug savings, discount programs, patient assistance, and even reputable Canadian pharmacies.

Tues, Jan 28 6–7pm
OOB HS/Rm 104 \$9



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



Rightsize Your Life A Holistic Downsizing Approach

Amy Smith



This holistic downsizing plan features a practical seven-step guide, decision-making tips, necessary supplies, and a manageable timeline. Learn how a clutter-free environment can positively impact your mental and physical well-being, empowering you to thrive in the comfort of your home.

Mon, Mar 17 6–7pm
OOB HS/Rm 107 \$15

Genealogy Workshop

Daniel O'Brien



Become a more skilled family history sleuth and journey into the world of online genealogy! Focus on strategies to achieve your research goals and discover new resources—including many free ones! Discuss the genealogical proof standard and learn to manage your research. Each session begins with a 45-minute Power Point presentation and the remaining class time will be used to apply your new-found skills to individual research. Bring your laptop or iPad. Great for beginners and intermediates.

Thur, Jan 16–Feb 6 6–9pm
OOB HS/Rm 106 \$99

Conquering Clutter

Amy Smith



Discover practical steps and essential tips for effectively decluttering and organizing your home. Learn proven strategies to tackle clutter without feeling overwhelmed and uncover common pitfalls to avoid. Whether you're tackling a specific room or your entire home, this session will empower you with the knowledge and motivation to achieve a more organized and peaceful living environment.

Thur, Feb 10 6–7pm
OOB HS/Rm 107 \$15

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 support you through what is likely one of the most difficult times for everyone, end of life. Together, we will explore the support offered by hospice, learn strategies for having tough conversations, explore the many faces of grief, and learn practical steps to prepare for end of life. We will work together to help reduce anxiety and stress through education and planning. Class meets the last Tuesday of each month (1/28, 2/25, 3/25, & 4/29).

Tues, Jan 28–Apr 29 11am–12pm
Biddeford LC/Rm 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.

Note: Registration closes at noon the day of class.

Choose your Session:

Session 1: Wed, Jan 15 6:30–8pm
Online Free

Session 2: Wed, Mar 19 6:30–8pm
Online Free

See our online courses for more
in-depth course detail.



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Best Clothing & Makeup for Your Coloring

Candace Sanborn



Join us for this fun interactive class, where you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. Receive recommendations for eye shadows, blush and lipsticks that suit your coloring. Then you can put the two together to create a more vibrant you! Bring a pen & note pad.

Thur, Jan 23 5:30–8:30pm
OOB HS/Rm 109 \$29

Makeup Techniques

for Your Features

Candace Sanborn



Do you avoid wearing makeup because you don't like looking "made up"? Have your features changed with time and you're not sure what to do? Come learn easy makeup tips that give you an enhanced, natural appearance! Candace will help you identify your face, eye and lip shapes. Then, using the makeup and small mirror you bring, she will teach you makeup application techniques to enhance your features.

Tues, Feb 25 5:30–8:30pm
OOB HS/Rm 109 \$29

Wish-cycling & How it Harms

Annie Hayes



Take a virtual tour through ecomaine's Single Sort Recycling Facility. Discover how we sort and why wish-cycling costs you money. Bring your questions and examples of any questionable recyclable items. Registration closes at noon on 3/5.

Wed, Mar 5 6–7:30pm
Online \$9

See our online courses for more in-depth course detail.

The Narcissists Among Us

Donna Accettullo, MEd



Narcissists are everywhere! They may be our friends, family members, romantic partners, or co-workers. They undermine your confidence, and can wreak havoc on your health, career, friendships or finances. Examine the types of narcissists, their patterns of behavior, and tactics they use. Look at the characteristics of the people they target, and the signs and symptoms of narcissistic abuse. Arm yourself with the information you need to spot narcissists and avoid them, or get 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.

Thur, Jan 28 6–8pm
Online \$35

Buying Your First Home

Lelah Sullivan



The entire process of purchasing a home is covered in this ME hoMEworks course: making the decision, setting a budget, improving credit, getting 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 for first-time homebuyers, veterans, and others. Earn a Certificate of Completion required by USDA, ME State Housing Authority, and other mortgage lenders. Free individualized counseling offered after class. Have pen and paper available. Registration closes at noon on 2/5. You must reply to the email from YCCAC to complete registration and receive the Zoom link.

Note: Register the person you are buying your house with at the same time you do and receive a \$10 refund.

Sat, Feb 8 9am–5:30pm
Online \$30



Postcrossing

An International Postcard Exchange

Julie Bolton



Send and receive postcards from all over the world! For every postcard you send, you will receive one back from somewhere in the world. All you need is a postcard, stamp, and a pen! Postcrossing brings many people together, making the world a smaller and happier place, one postcard at a time. There are countless reports of new friendships made, new languages learned, and numerous cultural facts about other countries that people learned through their exchanges in the project. Julie will help you set up your free postcrossing account, then address and decorate your postcards. Bring a smartphone or tablet and a pen.

Wed, Feb 12
OOB HS/Rm 107

6–7:30pm
\$29



Nice Girls Finish Rich! A Financial Literacy Seminar for Women

Donna Accettullo, MEd



Designed especially for women, Donna will share the lessons learned on her journey from cash-strapped single mom to worry-free early retirement. Donna will demystify everything from budgeting to investing, 401k's, Social Security, and everything in between. Look at apps and websites and leave with the tools 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.

Tues, Jan 14
Online

6–8pm
\$35



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

Eleanor Dominguez, Esq.

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, Jan 29
OOB HS/Rm 104

6–9pm
\$15



Veterans Benefits

Eleanor Dominguez, Esq.

Are you a veteran or family member of a vet? Need help with estate planning, health care, real estate, 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).

Wed, Mar 19
OOB HS/Rm 104

6–9pm
\$15

Secrets to Financial Success

Sarah Blondin

Struggling to make ends meet or carrying debt? Do you want to take control of your money? Join us to learn how to budget effectively, identify different types of debt, and how to eliminate it, prioritize saving, and become financially independent.

Thur, Jan 23
OOB HS/Rm 104

6–7:30pm
\$9



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Knowing Your Number The Key to a Comfortable Retirement

Anthony Corsino

Calculate the amount of money you need to retire, based on your lifestyle and financial situation. Understand your current financial position and what's required to bridge the gap between where you are and where you want to be. Take stock of your income, expenses, savings, and develop a plan to reach your retirement goals. Leave motivated to take actionable steps to a secure financial future! Please bring a notebook/pen and calculator.

Mon, Feb 3–10
OOB HS/Library

6:30–7:45pm
\$9



Tax Planning for Retirees What Folks Near, At, or In Retirement Need To Know

Anthony Corsino

Retirement doesn't mean escaping taxes—in fact, it's one of the top challenges you'll face as you plan for the future! Uncover critical tax issues that can erode your retirement savings and discuss practical strategies to protect your wealth. Learn about Required Minimum Distributions (RMDs); how to calculate them and how they impact your taxes, and how Social Security, pensions, dividends, and interest affect your taxes. Cover Roth IRA conversions, tax loss harvesting, and how a step-up in tax basis and Qualified Charitable Distributions (QCDs) can work to your advantage. Gain the knowledge and action steps that may help preserve your assets, maximize tax efficiency, and make your retirement dollars last. Please bring a notebook/pen and calculator.

Mon, Mar 3–10
OOB HS/Library

6:30–7:45pm
\$9



Make Your \$ Work for You

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.

Thur, Feb 6
OOB HS/Rm 104

6–7:30pm
\$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.


Thur, Mar 13
OOB HS/Rm 104

6–7:30pm
\$9





OOB/Saco Adult Education



Biddeford Adult Education

Understanding Social Security & Medicare

Sarah Blondin and Brianna Henward

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

Thur, Feb 24
OOB HS/Rm 104

6–7:30pm
\$9



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



**Wicked Haunted
The Way Life Should Be**

Missy and Richie Lathrop



The 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.

Wed, Mar 12
Biddeford LC/Rm 27

6–8pm
\$29

Québec City Winter Carnival

Nancy Dorrans, Adventure-Marketplace



Adventure Marketplace is excited to welcome you to the Carnival de Québec! Departing from Portland and points north, we will spend three nights at the iconic Chateau Frontenac. Wander through the winter wonderland of North America’s beautiful, oldest and most European city. Enjoy live music, ice bars, fine restaurants, a parade, and ice boat races during one of the world’s largest winter carnivals! You’ll have plenty of free time to explore on your own, with suggestions provided by your guide(s). Passports required. Rates starting at \$959 (4 person quad). Additional tour details available by emailing Nancy Dorrans of Adventure-Marketplace, nancy@adventure-marketplace.com. Subject to availability.

Fri–Mon, Feb 7–10
Canada

Starting @ \$959

**Get to Know Your Local
Library–Libby Memorial**

Lee Koenigs and Chandra Weigle



Local libraries serve as crucial hubs for residents who want to get involved in their communities and handle both big and little problems. Learn about the different activities and programs offered. Don’t forget about all the materials you can borrow like movies, music, magazines, books and even ebooks! If a resident, bring a photo ID and sign up for a free card! Preregistration required, registration closes at noon on 3/20.

Sat, Mar 22
Libby Memorial Library/OOB

11am–12pm
FREE

Saco Museum Tour

Tara Raiselis



Since its founding in 1866, the museum’s mission was “to promote the study of natural history; encourage science and art; and also to collect and preserve whatever relates to the natural and civic history of York County.” Evolving over the years to meet the changing needs of the community, the museum’s galleries host exhibitions showcasing the collections, interpretive exhibits, and work by contemporary Maine artists. Permanent exhibits include paintings, furnishings, and household objects with documented histories of ownership in the Saco valley in the 18th and 19th centuries. The second floor includes a room furnished to reflect a mill girl’s boarding house bedroom from the 1840s. The museum also has a display of antique natural history specimens, including birds of New England. Preregistration required as space is limited, registration closes at noon on 2/28.

Sat, Mar 1
Saco Museum/Main St., Saco

11am–12pm
FREE

5% Earlybird Discount! Online Only
Register before January 15th, 2025
Enter the following code at checkout:
EARLYBIRDW25



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

FREE Info Session for Tuscany & Painted Canyons Tours

Collette Guided Travel



Learn about our upcoming Painted Canyons of the West (September 2025) and Tuscany and the Italian Riviera (October 2025) tours. Collette Travel, one of the most highly regarded tour companies world wide, is just waiting for you to get on board. Get all the info on both tours and all your questions answered.

Wed. Feb 5 5:30–7pm
OOB HS/Library FREE

Upcoming 2025 Tours

Information available in upcoming brochures!

Cape Cod & the Nantucket Daffodil Festival

Nancy Dorrans, Adventure-Marketplace

Fri–Sun, Apr 25–27
Massachusetts



Rates TBA

Painted Canyons of the West

Collette Guided Travel

Sep 9–17



Starting at \$4499

Tuscany and the Italian Riviera

Collette Guided Travel

7–10 days Oct 15–25



Starting at \$4399

Spanish for Beginners

Gustavo Gómez Coello



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 (approx. \$12).

Tues, Jan 21–Mar 18 (no class 2/18) 5–7pm
Saco LC/Open Rm \$209

Spanish for Beginners Level II

Gustavo Gómez Coello



A continuation of Level I. Must have a good understanding of personal pronouns, gender, numbers of nouns, adjectives, cardinal and ordinal numbers, and the conjugations of regular and irregular verbs in present tense. Level II aims to enhance proficiency in everyday communication, in 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 (approx. \$12).

Thur, Jan 23–Mar 20 (no class 2/20) 5–7pm
Saco LC/Open Rm \$209

Spanish for Beginners Level III

Gustavo Gómez Coello



A continuation of Level II. Must be comfortable with key foundational skills, (use of personal pronouns, noun-adjective agreement in gender & number, conjugation of regular/irregular verbs in present tense, expressing quantities, making comparisons, using demonstrative/possessive pronouns). Study negative sentence structures, indirect object pronouns, and the conjugation of verbs in the past & future tenses.

Prerequisite: Spanish for Beginners Level II or equivalent.

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

Tues, Jan 21–Mar 18 (no class 2/18) 7:15–9:15pm
Saco LC/Open Rm \$209



Beginner's Guide to Using Basic Computer Technology

Deborah Duca



Navigate the digital world with confidence. We'll start with the basics of using cellphones, laptops, and tablets, then move on to managing email, engaging in chat applications, and using Zoom for video calls. We'll dive into online banking, shopping on Amazon, and the importance of creating strong passwords and managing logins. We'll also focus on safe browsing practices and recognizing online threats, ensuring you have the skills to protect your personal information.

Wed, Feb 26–Mar 26

Biddeford LC/Rm 24

4–5pm

\$49

Adobe Illustrator Essentials

Andi Helmi



Adobe Illustrator is the industry standard computer illustration software. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web. In this course, you will learn to set up a print document and use various tools to draw, type and color shapes and illustrations. Learn how to efficiently manage layers and artboards, and create print-ready PDF documents. Access to Adobe Illustrator software required.

Feb 3–28

Online

Anytime

\$225

Adobe Photoshop Essentials

Andi Helmi



Learn all the basics to effectively work with selection and editing tools, layers, and masks to edit, retouch and enhance existing images or create your own composite digital art work. Access to Adobe Photoshop software required.

Mar 3–28

Online

Anytime

\$225

Intermediate Excel

Amy Klous



This course will help you increase your efficiency in Excel by learning how to organize, display and calculate your data into useful information. Learn to consolidate your data proficiently into readable rows and columns using different table designs and styles. Discover how easily pivot tables can be created to quickly summarize large amounts of data.

Mar 3–28

Online

Anytime

\$195

Introduction to ChatGPT

Elizabeth Flanagan



Unlock the power of Artificial Intelligence (AI) with ChatGPT, the fastest-growing app in the world. In this course, you'll learn how AI tools can dramatically increase your productivity and provide you with a competitive advantage in the workplace. Designed for anyone seeking to acquire new skills, 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.

Feb 3–28

Online

Anytime

\$195

Mastering Microsoft Excel

Elizabeth Flanagan



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. You will leave class with a set of skills that are in high demand.

Feb 3–28

Online

Anytime

\$195

See our online courses for more in-depth course detail.



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.



Mastering Microsoft Word

Elizabeth Flanagan



Master the art of document creation and take your professional skills to the next level with Microsoft Word. 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. Find out how to use templates and themes to save time and streamline your workflow. At the end of this class, you will be equipped with the skills to create, edit and share polished documents that will impress employers and give you a competitive edge in the workplace.

Mar 3–28
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.

Feb 3–28
Online

Anytime
\$245

YouTube for Business

Rob Lee



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.

Mar 3–28
Online

Anytime
\$245

QuickBooks Level I

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.

Feb 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.

Mar 3–28
Online

Anytime
\$195

See our online courses for more in-depth course detail.



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 courses for this certificate must be taken in the following order as the classes build off each other:

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

Feb 3–May 2
Online

Anytime
\$495



Certificate in Mastering Computer Skills for the Workplace

Elizabeth Flanagan



Discover the power of Microsoft Excel to create, edit and manage spreadsheets, master the art of professional document creation with Microsoft Word, and bring your proposals and presentations to life with Microsoft Power Point.

Feb 3–May 2
Online

Anytime
\$495

Certificate in QuickBooks

Marcus Lander



Save time, track money, and get important insights with QuickBooks Online. Get a comprehensive understanding of QuickBooks Online. Then learn how to work with more advanced QuickBooks Online topics.

Feb 3–Mar 28
Online

Anytime
\$395

Certificate in Mastering Excel

John Rutledge, Aryn Klous, Elizabeth Flanagan



Begin with learning how an Excel worksheet is constructed, populated with content, and edited. Discover how various menu items, commands, settings and processes affects the look of your Excel worksheets and workbooks. Increase your efficiency by organizing, displaying, and calculating your data into useful information. Identify different types of data and how data can be best visually represented or formatted. This Certificate will help you discover how to attractively visualize your data into meaningful information. Students must have Microsoft Excel to complete this certificate.

Feb 3–May 2
Online

Anytime
\$495

Social Media for Business Certificate

Travette Webster, Melissa Torres, Jo-Carolyn Goode



Discover how to communicate across all social media networks, how social networks work, and the possible uses for your organization. Learn how social networks provide a two-way communication and marketing strategy and create a plan to integrate them into your communication and marketing. Come away with an understanding of social networks and practical, how-to techniques to integrate them into your organization or business.

The courses for this certificate must be taken in the following order as classes build off each other:

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

Feb 3–May 2
Online

Anytime
\$495



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

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, Mar 24
OOB HS/Rm 104

6–9pm
\$39

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. Learn basics skills in the art of welding where you will focus on stick and MIG welding.



Topics covered include materials used in welding process, how to operate welding equipment , operation of welding equipment in the flat and horizontal positions , safety practices, a focus on stick & MIG welding, and an intro to TIG welding.

Note: A list of required items will be emailed to you upon registration.

Wed, Jan 22–Apr 16
Biddeford Center of Technology/Room T-4

5:30–8:30pm
\$229

See our online courses for more in-depth course detail.

Real Estate Sales Agent Introduction to the Elements of Real Estate – Online



Robert Joslyn

Brokerage Topics covered include industry overview and 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.

Jan 2–Mar 31
Online

Anytime
\$370

Accounting and Finance for Non-Financial Managers



Sharon deFonteny

Every successful person in the workplace utilizes financial information to aid effective decision making. Accounting and Finance for Non-Financial Managers explains the financial concepts and accounting processes used in most businesses and will provide practical techniques that will increase your effectiveness and career. Understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance.

Feb 3–28
Online

Anytime
\$195





General Ledger and Month End Procedures

Sharon deFonteny



Learn how to post journal entries to the correct general ledger accounts impacted by each transaction. This course will show you how to make sure your general ledger balances at the end of each month by preparing an unadjusted trial balance. Learn how to look for errors when you don't balance, and how to determine to correct entries. After posting correcting entries and/or adjusting entries, you will verify debits and credits equal with an adjusted trial balance. This course also goes through the steps of performing monthly bank reconciliations.

Mar 3–28
Online

Anytime
\$195

The Basics of Bookkeeping

Sharon deFonteny



Cash				
Date	Description	Debit	Credit	Balance
Jan. 1, 20X3	Balance forward			\$ -
Jan. 1, 20X3	Journal page 1	\$ 25,000		25,000
Jan. 4, 20X3	Journal page 1		\$ 2,000	23,000
Jan. 8, 20X3	Journal page 1	4,000		27,000
Jan. 18, 20X3	Journal page 2		500	26,500
Jan. 25, 20X3	Journal page 2	4,800		31,300
Jan. 28, 20X3	Journal page 2		5,000	26,300

Whether you are looking to advance in your career, or you're an entrepreneur, (or maybe you are a part of a family business), this course will help you understand and record every penny that comes into or goes out of your business. Learn how to create a chart of accounts that meet your needs. In this course you will learn where the numbers go, and why! You will learn the bookkeeping terminology as well as what it means to keep track of the numbers.

Mar 3–28
Online

Anytime
\$195



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.

Thur, Jan 16
OOB HS/Rm 101

6–7:30pm
FREE

Behavioral Health Professional Training & Certificate Program Live Online

Woodfords Family Services



Children with intellectual challenges, autism, and mental health disorders, and their families, depend on children's behavioral health services. A Certified Behavioral Health Professional 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. At completion, you will be equipped to work with children who need services and also prepared for employment in local social service organizations. Start whenever you choose, and go at your own pace. Complete 12 online modules, 3 live, four-hour sessions, 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 in just 40 hours.

Required: Must be a Maine resident, 18 and up, with a high school diploma or equivalent to become certified.

Jan 2–Mar 31
Online

Anytime
FREE



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

HealthCare Provider Basic Life Support (American Heart Association)



Diane Frechette, RN,BSN,MS,CNOR

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. Certification is valid for two years.

Sat, Feb 8
Biddeford LC/Rm 27

8am–12pm
\$68



**American
Heart
Association.**

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.

Tues, Feb 4–11
OOB HS/Rm 111B

6–9pm
\$79

Certified Nursing Assistant (CNA)



Margy Gambell, RN

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/medical-courses

Prerequisite: CASAS Reading score 239

Mon, & Wed, Dates TBA
Biddeford LC/Rm 25

Time TBA
\$500



Certified Nursing Assistant Med (CNA-MED)



Kathleen Seigfried, RN

Medications course follows standardized curriculum approved by the Maine State Board of Nursing. Certified nursing assistants (CNA) will learn to administer selected non-injectable medications to patients four years 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.

Prerequisite: CASAS Reading score 244, worked as a CNA for 1,200 hours within the last 2 years.

Tues, & Thur, Dates TBA
Biddeford LC/Rm 25

Time TBA
\$1,377



FREE Academic Classes



High School Diploma (HSD)

Meets the needs of students, 17 and older, who have not completed high school. Must pass placement testing with high school level proficiency in reading and math. High school transcripts are evaluated and an Individual Education Plan is discussed. Must be officially withdrawn from the K–12 school system to enroll in our program.

Bring a MAINE Government-issued photo ID. Do not bring your children, **no childcare provided**.

Note: There is a lot of paper work, so please bring your patience.

HiSET (High School Equivalency Test, formerly GED)

The HiSET is an alternative for those who, for a variety of reasons, are unable to finish high school. It consists of five tests covering writing, science, math, literature and the arts, and social studies. Tests are can be taken in any order. Passing the test series allows students to earn their High School Equivalency Diploma (HSED). Must be at least 17 and officially withdrawn from K–12 schools. CASAS reading and math assessments and official practice tests prior to official HiSET testing.

College & Career Preparation

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.

Contact us for more information!

Creative Play Class

Julie Berube

Parents of children ages 0–3 are invited to experience literacy-rich activities through books, music, games, and play. New participants welcome every week.

Wed, Jan 15–June 18

Biddeford LC/Rm 14

1–2:30pm

FREE



From Home to School

Julie Berube

In this ELL class, discuss parental issues of elementary school aged children, to provide opportunities for critical thinking, and problem solving, all while improving English skills! Lessons are entertaining and based on relevant readings about your child’s school journey.

Thur, Jan 9–June 12

Biddeford LC/Rm 28

9:30–11am

FREE



Parent Talk

(Active Parenting Now)

Julie Berube

This video-based program teaches skills to help develop cooperation, responsibility and self-esteem in children. Discover positive discipline techniques to avoid power struggles. Receive an Active Parenting Certificate upon completion.

Thur, Jan 30–Mar 20

Biddeford LC/Rm 28

1–3pm

FREE



Stress & Anger Management

Julie Berube

Stress is a fact of life; we need to learn how to manage it! Take advantage of the positives and reduce the negatives of stress by understanding your anger triggers and the components of anger. Learn how anger affects you, find new coping skills, and set goals to manage anger more effectively.

Mon, Jan 27–June 16

Biddeford LC/Rm 28

10am–12pm

FREE



Biddeford Adult Education (207) 282-3883
adulted@biddefordschools.me

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



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

FREE Multilingual Learner (MLL) Classes

MLL at Biddeford Adult Ed

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.

Contact Stephanie at (207) 282-3883 or satkinson@biddefordschools.me to schedule an Intake appointment.

Level A Beginner

Sam Smithwick

Mon, Tues, Wed, & Thur, Jan 6–June 18 12:30–1:30pm
Biddeford LC/Rm 26

Samantha Fournier

Mon, Tues, & Thur, Jan 6–June 18 10–11am
Biddeford LC/Rm 27

Mon, Tues, & Thur, Jan 6–June 17 11:30am–12:30pm
Biddeford LC/Rm 27

Wed, Jan 8–June 18 6:30–8pm
Biddeford LC/Rm 27



Level B Intermediate & C/D Advanced

Samantha Fournier

Wed, Jan 8–June 18 5–6:30pm
Biddeford LC/Rm 27



Burlington English

Deborah Duca

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.

Mon, Tues, & Thur, Jan 6–June 12 10am–12pm
Biddeford LC/Rm 24



Level A High Beginner

Sam Smithwick

Mon, Tues, Wed, & Thur, Jan 6–June 18 11am–12pm
Biddeford LC/Rm 26



Level B Intermediate

Sam Smithwick

Mon, Tues, Wed, & Thur, Jan 6–June 18 9–10am
Biddeford LC/Rm 27



Samantha Fournier

Mon & Thur, Jan 6–June 12 1:30–2:30pm
Biddeford LC/Rm 27

Level C/D Advanced

Sam Smithwick

Mon, Tues, Wed, & Thur, Jan 6–June 18 10–11am
Biddeford LC/Rm 27



EnGen English Language

Deborah 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, Tues, & Thur, Jan 6–June 17 12–2pm
Biddeford LC/Rm 24



Wed, Jan 8–June 18 6:30–8pm,
Biddeford LC/Rm 24

**No MLL Classes
February 17th–20th
April 21st–24th
May 26th**

**Biddeford Adult Education
(207) 282-3883
adulthood@biddefordschools.me**



FREE Multilingual Learner (MLL) Classes

Northstar Digital Literacy

Deborah Duca



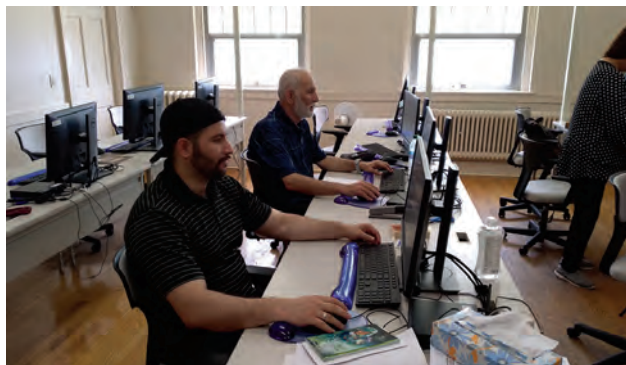
Designed to assist individuals in developing essential digital literacy skills. It provides a comprehensive curriculum that includes courses in:

- Basic Computer Skills
- Windows OS
- Mac OS Basics
- Internet Basics
- Email
- Social Media
- Information Literacy
- Microsoft Office Suite: Word, Power Point, Excel

Mon, Tues, & Thur, Jan 6–June 17

9am–12pm

Biddeford LC/Rm 24



Open Lab

Samantha Fournier



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.

Tues, Jan 6–June 17

1–2:30pm

Biddeford LC/Rm 27

Classes are ongoing and most have open enrollment. Contact us today!

Biddeford Adult Education (207) 282-3883
abeaulieu@biddefordschools.me

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

FREE MLL at OOB/Saco Adult Education



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, & Thur in the morning, afternoon, and evening, depending upon student levels.

Please call or text (207) 282-3846 or learningcenter@rsu23.org to schedule an Intake appointment.

Citizenship Prep Class



This 14-week in-person class helps students seeking to gain United States citizenship understand the naturalization process and prepare for the interview and civics test. Course includes in-class instruction, take home materials, and a compilation of online resources. Students are expected to have regular class attendance and reliable transportation. Some basic English skills required.

Please call or text (207) 282-3846 or learningcenter@rsu23.org to schedule an Intake appointment.

Thur, Ongoing
Saco LC

5–7pm
FREE

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



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Biddeford Adult Education Registration Form

Name: _____ DOB: ____ / ____ / ____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email: _____

Course Title	Start Date	Course Fee

Make checks payable to Biddeford Adult Education.

There will be a \$25 fee for any returned check

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**

BIDDEFORD ADULT EDUCATION POLICIES



biddeford.maineadulted.org—the fastest, easiest way to register!



Call (207) 282-3883 to register. Please have your debit/credit card ready when you call.



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 with payment to: Biddeford Adult Education, P O Box 624, Biddeford, ME 04005

COURSE PAYMENTS AND FEES: Course, book, and material fees are payable in full at time of registration. Payment ensures your spot in 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 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.

OOB/Saco Adult Education Registration Form

Name: _____ DOB: ____ / ____ / ____
 Address: _____
 City: _____ State: _____ Zip: _____ Phone: _____
 Email: _____

Course Title	Start Date	Course Fee

**Make checks payable to
OOB/Saco Adult Education.**

There will be a \$25 fee for any returned check

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 with payment to:
OOB/Saco Adult Education
28 Jameson Hill Rd. OOB, ME 04064**

OOB/SACO ADULT EDUCATION POLICIES

FOR MORE IN-DEPTH POLICY INFORMATION, VISIT OBSACO.MAINEADULTED.ORG



Register online at oobsaco.maineadulted.org
OR scan completed form and email to adulthoodinfo@rsu23.org



Call (207) 934-7922 to register. Please have your debit/credit card ready when you call.



Bring your completed registration form and payment to 28 Jameson Hill Road in Old Orchard Beach.



Complete the registration form and mail it with payment to:
OOB/Saco Adult Education 28 Jameson Hill Rd.,
OOB, ME 04064

REGISTRATION & FEES: All classes must be paid in full at the time of registration. **If paying by check**, your spot is not guaranteed until payment is received. 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: Full course fee refunds are issued if we cancel a class. To receive a course fee refund, notify our office seven calendar days before the course start date. Refunds are not an option on or after the start date, 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 if you withdraw within two to six calendar days of the course start date. **No refunds issued if you fail to attend class.**

CHANGES & CANCELLATIONS: We reserve the right to cancel, reschedule, or change instructors as necessary. Courses with insufficient enrollment are 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 our "Go" list at oobsaco.maineadulted.org to see if your class will run.**

STORMS & CLOSINGS: If RSU 23 day school cancels, then OOB/Saco Adult Education classes are also canceled or rescheduled. For information on weather cancellations, visit oobsaco.maineadulted.org

P O BOX 624
BIDDEFORD, ME 04005

FEATURED PROGRAM:

BUS DRIVER CDL CLASS B PERMIT PREP

BUS DRIVERS ARE IN HIGH DEMAND IN MAINE!

This course will help prepare you for the CDL Class B permit exams. You will study the Maine Bureau of Motor Vehicles handbook with a specific focus on requirements for bus drivers. After successfully completing the course and passing the exams, you will 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.***

Winter Class: Saturday, March 8th, 9am-3:30pm, Biddeford LC/Rm 24

Spring Class: Saturday, May 17th, 9am-3:30pm, Biddeford LC/Rm 24

Biddeford Adult Education
biddeford.maineadulted.org
207-282-3883

Old Orchard Beach/Saco Adult Education
oobsaco.maineadulted.org
207-934-7922