

BIDDEFORD | SACO | OLD ORCHARD BEACH

ADULT EDUCATION

Three Communities, One Vision



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Look for the logos next to each class to see who you should register with.



Register with OOB/Saco:

oobsaco.maineadulted.org

adultedinfo@rsu23.org

(207) 934-7922

Monday–Thursday: 10am–4pm



Register with Biddeford:

biddeford.maineadulted.org

adulted@biddefordschools.me

(207) 282–3883

Monday–Thursday: 8am–4pm

Friday: 8am–3:30pm

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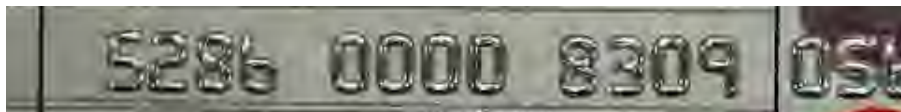
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PLEASE NOTE:

Credit/debit card payments are preferred with Biddeford Adult Education. All cash and check refunds require a signed W-9 and over 4 weeks to process.

5% EARLYBIRD DISCOUNT

Type in EARLYBIRDF26 at checkout

Online Only, valid through September 16, 2026

To limit our environmental impact, this catalog uses plant-based inks and is recyclable.
COVER ART BY ADRIENNE KERNAN LaVALLEE (adriennelavallee.com)

Creative Arts

Crystal Tree Night at Match Point

Join Emily O'Brien of All Hearts

Everything for an expanded crystal tree workshop at Match Point inside Bounce in Biddeford. Create a larger, more detailed wire-wrapped crystal tree using high-quality crystals and stones while enjoying a relaxed social atmosphere with food and drinks available for purchase during class. Perfect for a creative night out with friends or a solo evening of crafting and connection. All materials included.

All Hearts Everything

Tues, 11/17, 6-7:30pm, Match Point at Bounce



\$69

Mini Crystal Tree Workshop

NEW Create a charming handcrafted crystal tree in this relaxing beginner-friendly workshop led by Emily O'Brien, owner of All Hearts Everything. Participants will learn basic wire-wrapping techniques using beautiful crystals and stones to create a one-of-a-kind mini tree perfect for desks, shelves, gifting, or small-space décor. All materials included.

All Hearts Everything

Thurs, 9/24, 6-7:30pm, Bidd. LC/Rm 28



\$49

Block Printing Basics

NEW Learn the art of block printing, a technique that uses hand-carved blocks to create beautiful, repeatable prints on paper. You'll practice the basics, explore tools and materials, and leave with your own one-of-a-kind artwork. Materials included!

Bohdi Baker

Sat, 9/12-9/19, 12-3pm, Bidd. LC/Rm 28



\$85

Creative Actualization for the Second Half of Life

NEW Based on local artist and writer Carolyn Griffin's Creative Actualization project, this workshop explores creativity as a tool for personal growth, reflection, and self-expression in life's next chapter. Through guided writing prompts, discussion, reflection, and creative exercises, participants will explore new ideas, identify creative goals, overcome barriers, and reconnect with their creative potential. No artistic experience required. Bring a notebook or journal and your favorite writing or drawing tool.

Carolyn Griffin

Wed, 10/7-10/28, 5-8pm, Bidd. LC/Rm 28



\$99

Classical Roman Mosaic Workshop

NEW This hands-on workshop explores the timeless beauty of Roman mosaics. Choose from a variety of designs and use traditional methods and materials as you learn to place and assemble your own mosaic. Perfect for beginners and enthusiasts alike. All materials included.

Kimberly MacDonald

Sat, 10/3, 10am-2pm, Bidd. LC/Rm 28



\$89

Designing for Mosaics

NEW Learn how to think like a mosaic artist before making your first cut! This workshop introduces the design principles and technical considerations behind successful mosaics through drawing exercises, demonstrations, and techniques for transforming your own photographs or drawings into mosaic-ready designs; no mosaics will be constructed during class. All materials included.

Kimberly MacDonald

Sat, 12/5, 10am-2pm, Bidd. LC/Rm 28



\$89

Flat Brim & Cowboy Hat Workshop

NEW Design your own custom hat with Branded Brim Hat Bar. Choose from a variety of styles and colors including cowboy hats, flat brim felt hats, straw hats, and more, then personalize it with ribbons, feathers, dried flowers, pins, vintage cards, and other unique accents. Whether your style is western, boho, edgy, or classic, you'll leave with a one-of-a-kind hat that's uniquely you. All materials included.

Nancie Wilson

SI: Wed, 9/9, 6-8pm,

Branded Brim Hat Bar, 15 Lund Rd Ste 103, Saco

SII: Wed, 11/18, 6-8pm

Branded Brim Hat Bar, 15 Lund Rd Ste 103, Saco



\$59

\$59

Witchy Hat Workshop

NEW Get creative with Branded Brim Hat Bar as we guide you through the process of designing a spooky witch's hat. Choose from a variety of hat colors and seasonal floral, moss, & baubles to create a unique, festive hat perfect for Halloween decorating or to top off your costume. All materials included.

Nancie Wilson

SI: Wed, 10/21, 6-8pm

Branded Brim Hat Bar, 15 Lund Rd Ste 103, Saco

SII: Tues, 10/27, 6-8pm

Branded Brim Hat Bar, 15 Lund Rd Ste 103, Saco



\$59

\$59



NO refunds, credits or transfers after registration closes or if class runs on scheduled rain date.



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Personalized Beanie Workshop

NEW Just in time for the chilly months! Create a custom beanie using a wide selection of patches, pins, appliques, and decorative accents. Mix and match designs to create a cozy accessory that's uniquely yours. All materials provided.

Nancie Wilson

SI: Thurs, 12/10, 6-8pm

Branded Brim Hat Bar, 15 Lund Rd Ste 103, Saco

\$39

SII: Thurs, 12/17, 6-8pm

Branded Brim Hat Bar, 15 Lund Rd Ste 103, Saco

\$39

Leather Rescue: Repair & Care Essentials

NEW Don't toss it, restore it! Learn practical leather repair and restoration techniques in this hands-on workshop. Bring one well-loved leather item and learn the basics of cleaning, conditioning and minor repairs. Keep cherished pieces out of the landfill while extending their life and preserving their character. Perfect for vintage finds, handbags, wallets, belts, jackets, and other leather goods.

Reid Crossman

Tues, 10/13-10/20, 6-8pm, Bidd. LC/Rm 28

\$79



Botanical Home Scent Fragrance Making Workshop

NEW Create a custom home fragrance that's uniquely yours! In this hands-on workshop, you'll explore a variety of botanical oils and fragrance notes to blend your own signature home scent. Design a fragrance that reflects your style and the atmosphere you want to create, then take home your custom Botanical Home Scent Blend to enjoy throughout your space. Leave with a handcrafted fragrance and a scent story that's uniquely you.

Shannan Heacock

Thurs, 10/15, 6-8pm, Match Point at Bounce

\$59

Wallflower & Wax Bar Making Workshop

NEW Create a custom home fragrance collection that's uniquely yours! In this hands-on workshop, you'll blend your own signature scent and use it to create both a Wallflower-style fragrance refill and a scented wax bar. You'll also personalize your wax bar with a custom name and label, making it perfect for gifting or enjoying in your own home. Leave with two handcrafted home fragrance products and a scent that's uniquely you.

Shannan Heacock

Sat, 9/26, 6-8pm, Match Point at Bounce

\$55

Mixed Media Collage Level 1

NEW Use different materials and found objects to explore mark-making, composition, color, and texture to create an abstract painting specific to you. Designed to let go of perfection and expectation by exploring simple techniques and enjoying the beauty of abstract art. Materials list available upon registration.

Chelsea Johnson

Tues, 10/13-10/27, 6-8pm, OOB HS/Art Rm

\$69

Mixed Media Collage Level 2

NEW Building on what you learned in Level 1, use the collage papers we created, the techniques learned, and found objects to create a finished mixed media abstract collage painting. Choose a word to create a painting that draws from your own identity and will be a direct reflection of yourself. Materials list available upon registration.

Chelsea Johnson

Tues, 11/10-11/24, 6-8pm, OOB HS/Art Rm

\$69

Make Your Own Beeswax Wraps

NEW Watch a short slide presentation on plastics and then get hands-on and learn to make your own beeswax wrap to take home! Beeswax wraps are an awesome alternative to single use plastic wraps. Space is limited, register early!

Erika Schaper

Thurs, 9/24, 6-7:30pm, OOB HS/Art Rm

\$9

Cards That Move

NEW Create unique moving cards. Make and take one card with a sliding message on the inside, one with a floating flower and butterfly when opened, and one simple flip card. Variety of papers and sentiments available (paper designs may vary from photos). All materials provided. Registration closes 10/7.

Faith Garnett

Thurs, 10/8, 6-8pm, OOB HS/Art Rm

\$35

Holiday Card Making

NEW In this two-session course, you will make and take two wet and two dry embossed cards, a patchwork card with scraps, a pop-up block card, a triple fold snowman card, an embellished scene, a shaker card and a flip card. Paper colors/designs may vary from the pictures but the stamps and die cuts will be as pictured. Other holiday sentiments available. Registration closes 11/4.

Faith Garnett

Thurs, 11/5-11/12, 6-8pm, OOB HS/Art Rm

\$75

3D Handmade Cards

NEW Create pop-up and endless, or infinity, cards! All materials provided to create two unique, handmade cards. Registration closes 11/6.

Gayle Fitzpatrick

Sat, 11/7, 10am-1pm, Saco LC/Rm 2

\$39



Quick & Simple Greeting Cards

NEW Let the paper do the work!

Use decorative paper to make three cards with a variety of sentiments in this beginner card making class. Learn to cut, fold, and add sentiments and discover how easily the cards come together! All materials provided, printed instructions available. Registration closes 9/9.

Faith Garnett

Thurs, 9/10, 6–8pm, OOB HS/Art Rm \$35



Paper Quilled Snowflake Cards

NEW Create your own winter cards

using the art of paper quilling! Learn how to coil and fold thin strips of paper into shapes, then assemble the shapes into your own unique snowflakes. All materials for five cards provided.

Sara Ottomano

Wed, 12/9, 5:30–7:30pm,

OOB HS/Rm 111B

\$35



Fall Leaf Printmaking

NEW Create unique printed cards

using fall leaves and non-toxic paint. Leave with five completed cards and envelopes. All materials provided.

Sara Ottomano

Thurs, 10/29, 5:30–7:30pm

OOB HS/Art Rm

\$35



Intro to Metalworking

Learn essential techniques like cutting, forging, and polishing metal in this beginner-friendly course. Create a unique pair of fine silver earrings or a pendant from start to finish. Practice with copper and brass before completing a final piece in silver. All materials provided.

Jessica Muise

Thurs, 9/17, 6–9pm, OOB HS/Art Rm \$85



Advanced Intro to Metalworking

Learn to use a torch, fuse metal, and soften work-hardened pieces as you measure, forge, and solder a ring. Practice in copper or brass before completing a finished project in sterling silver. Cover finishing techniques in filing, sanding, and polishing. **Prerequisite:** Completion of Intro to Metalworking or prior experience with basic metalworking (sawing, filing, shaping). All materials provided.

Jessica Muise

Thurs, 10/1, 6–8:30pm

OOB HS/Art Rm

\$85



DIY Hardcover Journals & Sketchbooks

Create a one-of-a-kind hardcover journal or sketchbook! Leave with a personally hand-bound book and the know-how to make more on your own! All materials provided. Registration closes 6/25.

Gayle Fitzpatrick

Sat, 9/26, 9am–1pm

Saco LC/Rm 2

\$55



Handmade Paper Bowls

Create beautiful handcrafted paper bowls, which make fantastic presents or home décor. Bring a small plastic cereal bowl, all other materials provided. Registration closes 10/9.

Gayle Fitzpatrick

Sat, 10/10, 10am–12:30pm

Saco LC/Rm 2

\$35



Upcycled Glass Painting

Jazz up clear and white glass! Create art designer quality glassware for your parties and decorating. A variety of dishes are available to choose from or bring your own clear and white dishes from home. Add some pizzazz to your home decor or make something special for a loved one! All materials provided.

Jeffrey Carpenter

Mon, 12/7, 6–8pm, OOB HS/Art Rm \$29



Abstract Dimensional Painting

Using acrylic paints and tools (spoons, knives, spatulas, etc.), create an abstract dimensional painting. Create amazing, colorful expressionistic abstract paintings. Note: Paintings will be wet when you take them home but are fast drying, so be sure your back seat/floors of your vehicle are cleared to bring them home. All materials provided.

Jeffrey Carpenter

Wed, 10/28, 6–8pm, OOB HS/Art Rm \$29



Wire Wrapped Sea Glass Jewelry

Combine found materials with metal and learn easy wire-wrapped loop techniques. Bring your own sea glass or choose from the instructor's collection. Leave with a completed piece reflecting your creative design and resources to continue making similar jewelry at home. All materials provided.

Jessica Muise

Tues, 9/15, 6–8pm, OOB HS/Art Rm \$45



Wire Wrapped Rings

NEW Create a set of custom

rings using wire-wrapping and basic metalworking techniques. Size, shape, and secure wire to form sterling silver rings. Add semi-precious stones as desired. Leave with at least two finished rings! All materials provided.

Jessica Muise

Tues, 10/6, 6–8pm, OOB HS/Art Rm \$45



Wired & Wonderful:

Wire Wrapping Jewelry Workshop

Create gorgeous pendants using silver wire cages and imported beads, sea glass, charms, and semi-precious stones! Wrap, loop, and shape wire to create several pendants. All materials provided.

Jeffrey Carpenter

Wed, 11/18, 6–8pm

OOB HS/Rm 111B

\$29



One-on-One Project Consultation: Jewelry & Home Studio

NEW Get personalized guidance on your jewelry projects! Bring works in progress, sketches, or questions, and receive support on design, technique, and next steps. Discuss setting up all aspects of setting up a simple home studio.

Jessica Muise

Sec. 1: Mon, 10/26, 5:30–7pm,

OOB HS/Art Rm

\$49

Sec. 2: Mon, 10/26, 7:15–8:45pm

OOB HS/Art Rm

\$49



Make Your Own Hoop Earrings

NEW Create a classic pair of hoop earrings while learning the basics of working with wire. Measure, shape, and form metal into a balanced, wearable design, then refine and finish your pieces for a polished look. Leave with one completed pair of hoop earrings and the skills to make more at home! All materials provided.

Jessica Muise

Thurs, 10/15, 6–8:30pm

OOB HS/Art Rm

\$69



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed. 5

Mosaic Jewelry Workshop

NEW In this hands-on workshop, you'll design and assemble your own pendant using colorful glass and fine detail work. Leave with a meaningful keepsake to wear or gift. Pendant is 5mm thick .925 silver plated over brass or shiny brass. All materials included.

Kimberly MacDonald

Sat, 11/7, 10am-1pm, Bidd. LC/Rm 28



\$79

Gelli Plate Printmaking

Learn to use gelli printing plates! Discover layering techniques and how to incorporate found materials to add texture. Experiment and create fun art to display or use in other crafts or collages. All materials provided.

Karalyn Thayer

Wed, 9/16, 6-8pm, OOB HS/Art Rm



\$45

Intro to Natural Dyeing

Transform vegetables and flowers into beautiful, eco-friendly dyes! Learn the basics of fabric prep, discuss which plants and Rm 23 scraps yield the best results, and practice creating your own colorful dye baths. Leave with the know-how to replicate the process at home, self-dyed napkins, and a set of swatches for future reference. All materials provided.

Jessica Muise

Wed, 9/23, 6-7:30pm, OOB HS/Art Rm



\$29

Unlock Your Memoir: Digital Tools to Spark Your Story-Online

Discover apps and strategies for organizing memories, researching, illustrating, and polishing your work. Gain practical skills to enhance your writing process and confidently bring your story to life! Personalized support available. **Required:** Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. Registration closes 12/30.

Jill Spencer

Mon-Sun, 9/1-12/30, Anytime, Online



\$45

Acrylic Painting for Beginners Part 1

Discover acrylic painting as you learn to mix paints and how to build up an image, step by step. Create your own original pieces and bring out your inner artist! Material list available upon registration. Must take Part 1 to take Part 2.

Kyle Durkin

Wed, 10/14-11/4, 6-8:30pm, Bidd. LC/Rm 23



\$49

Acrylic Painting for Beginners Part 2

Ready to take your acrylic painting to the next level? Designed for anyone with basic painting and color-mixing experience, this course will expand your skills through exciting new tutorials. Join us and create beautiful art to take home! Material list available upon registration.

Prerequisite: Acrylic Painting for Beginners Part 1.

Kyle Durkin

Wed, 11/18-11/16 (No class 11/15), 6-8:30pm

Bidd. LC/Rm 23



\$49

Digital Illustration with Procreate

Transform your drawings into digital artwork with the Procreate app! Cover the basics of digital illustration, working in layers, planning a composition, setting up files for print and tips and tricks to help you bring your visions to life. **Required:** iPad/tablet, stylus with the Procreate app.

Karalyn Thayer

Thurs, 10/8-10/22, 6-8pm, OOB HS/Rm 106



\$59



Decorative Door Basket

This easy-to-weave basket is woven on a 10" x 14" oak D basket handle using 1/4-1/2" flat reeds. Completed basket measures 10" long, 7" tall, and 3" wide. Materials list available upon registration. Kit **fee of \$20** payable to instructor in class. Registration closes 9/10.

Kim Crepeau

Thurs, 9/17, 5:30-8:30pm, OOB HS/Rm 111A



\$29

Still Life Drawing for Beginners

Discover the thrill of drawing and see the world anew! Learn how line, light, shadow, space, and perspective create art. Explore tools like blending sticks, erasers, and mediums such as pencil and charcoal. Material list available upon registration.

Kyle Durkin

Wed, 9/9-9/30, 6pm-8pm, Bidd. LC/Rm 23



\$49

Finish Your Unfinished Painting

NEW With everyone working on different projects, Russel will demonstrate and explain his process on finishing paintings with or without a reference subject or photo. Considering lighting, color choices and compositional fundamentals work together to finish old paintings and gain an understanding of how to complete others paintings outside of class. Bring your unfinished project and necessary supplies.

Russel Whitten

Fri, 10/23-10/30, 6-8:30pm, Saco LC/Rm 1



\$75

Class registrations are taken at two locations!
Be sure to check the LOGO (see below)
to see which program to contact.



Watercolor Basics

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. Russel will assist you in building skills and confidence throughout the course. No class 10/12. Materials list available upon registration.

Russel Whitten

Mon, 9/14–10/19, 6–8:30pm, OOB HS/Art Rm

\$159



Wandering Watercolors

Learn to manipulate watercolor media and tonal drawing to recreate the appearance of nature with an awareness of forms and their surrounding elements. Our basis will be the study of perspective, composition, value, and color. Class location is discussed weekly. **Prerequisite:** Watercolor Basics. Materials list available upon registration.

Russel Whitten

Fri, 9/18–10/9, 1–4pm, Saco LC/Rm 1

\$159



Advanced Intermediate Watercolor

NEW Expand your existing skills in color theory, blending, and application. Learn to recreate still-life themes and comprehend the utilization of positive and negative space. Work on slightly more difficult still-life and landscape subjects to create the illusion of distance and composition. No class 11/13. **Prerequisite:** Watercolor Basics. Materials list available upon registration.

Russel Whitten

Mon, 11/2–11/30, 6–8:30pm, OOB HS/Art Rm

\$159



Nature & Bird Photography-Live Online

NEW Learn how to capture nature's best, set up a blind, and what equipment is needed for this type of photography. Materials list available upon registration, which closes 11/30. Zoom link provided by instructor. Recordings available upon request for registered students.

Steve McGrath

Tues, 12/1–12/22, 7:30–9pm, Online

\$65



Make Your Best Shot: An Introduction to Digital Photography-Live Online

Learn the basics of digital photography! Covers camera settings, understanding exposure and white balance, tips for making your best shots of various subjects. It's a perfect session to attend BEFORE going on a vacation so you can take home your best shots. Registration closes 10/19.

Michael Leonard

Tues, 10/20, 7–8:30pm, Online

\$25



Photography: After Dark-Live Online

Explore everything you need to know to take successful images after dark! Review exposure, how to shoot images in the dark, and how to capture your best photo under just moonlight. We will review equipment helpful for nighttime photography, including using a cell phone. Registration closes 10/20.

Michael Leonard

Wed, 10/21, 7–8:30pm, Online

\$25



Photoshop Elements-Live Online

Cover workflow, file types, optimizing photos, layers, tools, panoramas, color balance, black & white, and archiving. Comprehensive handouts provide step-by-step instruction for practice outside of class. Materials list available upon registration, which closes 10/1. Zoom link provided by instructor. Recordings available upon request for registered students.

Steve McGrath

Fri, 10/2–10/23, 7:30–9pm, Online

\$65



Children's Book Publishing-Live Online

NEW Achieve your dream of getting your children's book published! Discover the various book publishing routes available: traditional, self, or online publishing. Learn how to format, design your cover, upload your book to Amazon, get printed copies, and more. This is not a writing class. Registration closes 11/10.

Preethi Fernando

Tues, 11/10, 8–9pm, Online

\$35



Author Day-Live Online

NEW A full day Author retreat, all online. For anyone who has an idea for a book and wants to get it published, retirees wanting to write a memoir, seniors seeking enrichment classes, working professionals curious about what it takes to get a book published, and just about anyone who wants to attend an author retreat. Attend all sessions, or sit in only on the ones you like. Attend all sessions or sit in only on the ones you like. Class list available upon request. Registration closes 12/4.

Preethi Fernando

Sun, 12/6, 10am–4pm, Online

\$99



Basic Sewing Machine Maintenance

Discover the tools and products needed for regular, routine maintenance to get more years out of your machine! Discuss common problems (thread breaks, skipped stitches) and how to fix them, and get a refresher on how to rethread a machine, replace needles, and adjust tension. Materials list available upon registration. Registration closes 11/6.

Jennifer Erickson

Sat, 11/7, 9am–12pm, Saco LC/Open Rm

\$29



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= register with OOB/Saco Adult Ed.

Intro to Modern Calligraphy

Learn the basics of modern calligraphy using fine and brush tip markers. Discover the foundational strokes and practice letterforms. Discuss the history of the art and exercises to avoid fatigue. Leave the course confidently able to write in at least one modern script. Materials list available upon registration.

Sara Ottomano

Wed, 9/23–10/28, 5:30–7:30pm

OOB HS/Rm 101



\$95

Canva for Awesome Beginners-Live Online

Canva is an ideal digital tool for beginners and novices! Learn to create stunning designs from scratch or use templates with step-by-step guidance. Leave class with the confidence and skills to use Canva effectively and creatively. Recordings available upon request for registered students unable to attend the live class.

Nickie Welsh

Thurs, 9/24, 1–2pm, Online



\$30

Canva Creative Projects–Live Online

Learn to design and create everything from custom greeting cards and party invitations to printable wall art, gift tags, and personalized crafts. Receive step-by-step guidance to turn your ideas into beautiful, print-ready projects—whether working from scratch or customizing templates. Leave class with the confidence and skills to use Canva for all your creative crafting needs. Recordings available upon request for registered students unable to attend the live class.

Nickie Welsh

Tues, 10/20, 1–2pm, Online



\$30

Make & Take: Perfume

NEW Create your own signature fragrance in this elevated girl's night or date night experience! Relax, connect, and blend from a curated selection of scents to design a custom perfume/cologne that's uniquely yours. Leave with a one-of-a-kind scent you'll love to wear. Tuition includes all materials to make one scent.

Shannan Heacock

Thurs, 10/22, 6–6:45pm, Northista Scent Bar, Saco



\$85

Make & Take: Scented Candle

NEW Design a custom scented candle in this unforgettable girl's night or date night experience! Unwind, create, and blend fragrances to create a beautifully embellished candle that's uniquely yours. Tuition includes all materials to make one candle. **Note:** Candles need to be cured, so students will need to return for pickup from Northista's locker, located outside studio (or have it shipped for an additional \$8, payable to Shannan in class).

Shannan Heacock

Thurs, 11/5, 6–6:45pm, Northista Scent Bar, Saco



\$65

Make & Take: Personalized Reed Diffuser

NEW Create your own custom reed diffuser in this unique girl's night or date night experience! Unwind, connect, and blend your favorite scents while choosing from beautifully designed reeds to personalize your creation. Tuition includes all materials to make one diffuser.

Shannan Heacock

Tues, 12/1, 6–6:45pm, Northista Scent Bar, Saco



\$75

Knitting for All!

NEW Designed for knitters at any level! Learn to cast on, knit, purl, and bind off, and to recognize stitches. Basic patterns and supplies available for in-class use. Bring your own project to receive guidance, or work on instructor-provided projects. Materials list available upon registration.

Nancy Miller

Tues, 10/20–10/27, 6–8pm, OOB HS/Rm 103



\$39

Crochet for Absolute Beginners

NEW For the absolute beginner! Start by learning about yarn weights and how to choose the right hook size and get comfortable holding your materials. Then build a solid foundation of essential stitches through guided repetition. By the end of the course, you'll have real, usable stitches and a beginner project started or completed to take home. Materials list available upon registration.

Renee Parker

Wed, 9/30–10/21, 5:30–7pm, OOB HS/Rm 108



\$79

Punch It Up: Decorative Modern Punch Needle

Punch needle is traditionally used for contemporary rug hooking and in the art of ancient cultures. Use basic punch needle techniques, worsted weight yarn, and embroidery hoops to create a modern piece of art for your home. All materials provided.

Sarah deGrandis

Mon, 10/19, 6–9pm, OOB HS/Rm 101



\$49

Folk Art Rug Hooking

Master the fundamentals of rug hooking as Janet guides you through each step! Then, learn how easy it is to add roving's, hand-spun and synthetic yarns, felting techniques, and decorations. Complete kits \$41–\$60, payable to Janet in class. Registration closes 11/14. Bring lunch and sharp fabric scissors.

Janet Conner, BS

Sat, 11/21, 9am–1pm, Saco LC/Open Rm



\$49



5% Earlybird Discount! Online Only
Register before September 16, 2026
Enter EARLYBIRDF26 at checkout.



Home and Family

Advance Care Planning Workshop

NEW Advance care planning may help you reduce stress by knowing that you are prepared for whatever the future holds for you. We will discuss the tools you need to begin thinking about and planning for future needs for both you and your loved ones. We hope you will walk away with a better understanding of why advance care planning is so important and point you to the resources you need to get started. We will also discuss hospice and the support available for end-of-life care.

Kimberly Mann

SI: Thurs, 10/8, 10am-11:30am, Bidd. LC/Rm 28

\$9

SII: Thurs, 11/12, 10am-11:30am, Bidd. LC/Rm 28

\$9



Foster Care & Licensing Basics in Maine

NEW Did you know that YOU could be the life-changing person for a child/family here in Maine? Yes, YOU can become a foster or adoptive parent! Come learn about the licensing process and the different ways you can help Maine children. Join us for this informational meeting and take that very first step to becoming a resource family.

Stephanie Shue

Tues, 10/27, 6-7pm, Zoom

Free



The Secret Life of Batteries

NEW Fires due to lithium containing batteries are a huge issue in the waste industry. Watch a slide presentation on where batteries come from and why it's so important to recycle batteries properly. Discuss what happens to batteries when they come to ecomaine, and a bit of show and tell on battery types.

Erika Schaper

Thurs, 10/15, 6-7pm, OOB HS/Library

\$9



Death with Dignity—Live Online

Maine's compassionate end-of-life care option is the subject of a great deal of confusion and false information, as most patients and medical personnel are unaware of it. Learn how to talk with your doctor, comply with the law, or help a loved one who might qualify.

Caz Bemski

Tues, 10/6, 6-7:30pm, Online

Free

Tues, 11/10, 6-7:30pm, Online

Free



YardScaping: Soak Up the Rain

NEW Whether your yard acts like a sieve or a bathtub, water plays an important role in your gardening success. Learn how to move, store, and absorb rainwater in your yard to keep your plants healthy while conserving your time, costs, and water.

Ali Clift

Tues, 10/13, 6-8pm, OOB HS/Library

\$15



Maine Driving Dynamics

Improve defensive driving awareness through discussion of collision avoidance techniques, safety issues, driver habits & attitudes, and the basic elements that constantly challenge drivers. Our goal is to save lives, prevent injuries, and reduce vehicle-related crashes. Date of birth and licensing information required to complete registration. Registration closes 9/30.

William King

Tues/Thurs, 10/6-10/8
6-8:30pm, OOB HS/Rm 101

\$70



Session I:

Mon/Wed, 10/26-10/28
6-8:30pm, Bidd. LC/Rm 28

\$70

Session II:

Mon/Wed, 12/7-12/9
6-8:30pm, Bidd. LC/Rm 28

\$70

Buying Your First Home—Live Online

Discuss budgets, credit scores, mortgage approval, realtors, inspections, insurance, the closing process, energy efficiency, predatory lenders, closing & down payment assistance. Class participation required to earn a Certificate of Completion required by USDA, ME State Housing Authority and other mortgage lenders. Have pen/paper available. Registration closes 11/30. Reply to YCCAC's email to complete registration/receive Zoom link. Register the person you are buying your house with at the same time you do, and receive a \$10 refund.

Lelah Sullivan

Sat/Sun, 12/5-12/6, 9am-1pm, Online

\$45



Reducing Food Waste

NEW Nearly 1/3 of the world's food supply goes uneaten every year, equivalent to approximately one trillion dollars' worth, and about one billion meals every day. In the US, this breaks down to about 40% of our food supply, and in Maine, as much as 361,000 tons per year! This presentation covers the importance of reducing food waste, including tools for buying and storing food properly, tips on how to make leftovers fun, and more.

Erika Schaper

Thurs, 11/12, 6-7pm, OOB HS/Library

\$9



See our Active Network sites
for detailed course descriptions.



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Music and Dance

Line Dancing

Learn current popular dances, and some classics, to a wide range of music, including country, Latin, and pop. Specific music and pattern requests are taken the first night and taught whenever possible. All levels welcome! No partner required. Wear comfortable clothing and soft-soled shoes.



Elizabeth Richards
Sec. 1: Tues, 9/8–10/13, 6–7pm
Young School/Café \$89
Sec. 2: Thurs, 10/22–12/10, 6–7pm
Young School/Café \$89
(No class 11/19 or 11/26)



Chair-ish the Rhythm: Seated Folk Dance

Great for date or girl's night fun! Armchair folk dancing offers the many benefits of dance, but from a seated position, making it accessible for ALL bodies! This class is low impact, provides safe activity, and is wonderfully social! All levels welcome. Wear comfortable clothing so you can move easily while seated.



Patricia Campbell
Fri, 11/6, 7–8pm, Saco LC/Open Rm \$15

Latin Partner Dancing

Put a little heat into your winter with some spicy Salsa, captivating Cha Cha and romantic Rumba—flirty, fun and a great way to liven up the cold winter months! This introductory course is appropriate for all dance levels. Course fee is per couple. No partner changes. No class 11/19 or 11/26. Wear comfortable clothing and soft-soled shoes.



Elizabeth Richards
Thurs, 10/22–12/10, 7–8pm
Young School/Café \$99

Traditional New England Barn Dance

Great for date or girl's night fun! Barn Dances are social events with simple dances, lots of interaction, and a focus on community. Join us and dance to various music, including old-time, French Canadian, Celtic, and International. Wear comfortable clothes and soft-soled shoes. All dance levels welcome!



Patricia Campbell
Fri, 10/9, 7–8pm, Saco LC/Open Rm \$15

Just Swing for Beginners

Single-time East Coast swing is for dancers of any age! Get the fundamentals, build your skills as you learn 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. No partner changes. Wear comfortable clothing and soft-soled shoes.



Elizabeth Richards
Tues, 9/8–10/13, 7–8pm
Young School/Café \$99

Intro to Drum Circles

NEW Learn about facilitated vs. freestyle drum circles, the many drums and percussion instruments used, drum circle etiquette, and easy techniques to help you “find the beat.” Be prepared to drum & have FUN! Materials list available upon registration.



Patricia Onatah
Sat, 10/3, 9–11am, Saco LC/Open Rm \$39

Instant Piano for Hopelessly Busy People-Live Online

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. Materials list available upon registration, which closes 11/13. Zoom link provided by instructor.



Craig Coffman
Sat, 11/14, 9am–12pm, Online \$69

Just Once Piano

You don't need years of weekly lessons to play piano. While traditional methods focus on slow note-reading, professionals use chords. In just one afternoon, this workshop will teach you the chord secrets you need to play any song, in any style—even if you only know how to find middle C.



NOTE: There is a \$29 fee for DVD/Textbook that will be due to the instructor the night of the class.

Don Pride
Tues, 10/20, 6–8:30pm, Bidd. LC/Rm 28 \$29

Beginner Guitar

Learn 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 available upon registration.



Travis Taylor
Wed, 9/23–10/28, 6–7pm
C K Burns/Rm 24 \$85

Just Once Guitar

Do you want to learn guitar but can't find the time? In just a few hours, this crash course will teach you the basic chords you need to start playing along with your favorite songs—no tedious private lessons required. Bring your acoustic guitar. Class limited to 12 students. For more information, go to justonceclasses.com.



NOTE: There is a \$29 fee for DVD/Textbook that will be due to the instructor the night of the class.

Don Pride
Tues, 10/13, 6–8:30pm, Bidd. LC/Rm 28 \$29

Ukulele For Beginners

Discover the joy of the ukulele in this relaxed, fast-paced workshop. Led by popular instructor Duncan Perry, you'll learn essential chords and strumming skills using familiar songs—no music reading required! Grab a uke, sign up, and let your musical adventure begin.



Duncan Perry
Tues, 9/29–10/20, 6–7:30pm, Zoom \$85

Materials lists provided at registration
or available online.



Personal Finance

Planning for Seniors: My Legacy

Ensure your assets are protected now and after you're gone. Learn what documents you need to ensure your physical, mental, and religious needs and wants are followed. Understand the ins and outs of probate. Bring your questions, Bob has answers!

Robert Boudreau, Esq.

Wed, 9/23, 6–7:30pm, OOB HS/Library

\$9



Save on Prescriptions!

Prescription drugs often come at unmanageable prices. Discuss strategies to save money, from understanding formularies, savings and discount programs, patient assistance, and reputable Canadian pharmacies.

Brianna Henward

Mon, 9/28, 6–7pm, OOB HS/Rm 104

\$9



Understanding Veterans Benefits

NEW Discuss Veterans Asset Protection Trust, Availability Aid and Attendance, life insurance, retirement and other financial accounts. Understand the steps to take, now, to protect your family, ensure you are honoring your legacy, and preparing for whatever comes next.

Robert Boudreau, Esq.

Wed, 10/7, 6–7:30pm, OOB HS/Library

\$9



Redefining Senior Living with Respect and Grace

NEW Understand the questions you need to ask yourself before you decide if a nursing home or assisted living unit is the right choice for you. Bring your questions and receive answers about the how's, when's, and what-if's about nursing home options. Understanding the options available to alleviate the stress and worry that accompany aging!

Robert Boudreau, Esq.

Wed, 10/21, 6–7:30pm, OOB HS/Library

\$9



Nice Girls Finish Rich

Join Donna as she shares her journey from single mom to early retirement. Learn about budgeting, investing, 401ks, Social Security, and more, plus discover helpful apps and tools for a secure financial future. Look for a Zoom link email from the instructor before class (check Spam).

Donna Accettullo

Wed, 11/4, 6–8pm, Zoom

\$35



Guardians of Their Rights, Champions of Their Needs

NEW Planning for a disabled relative's future can feel overwhelming, but you don't have to navigate it alone. Learn how a supplemental needs trust can protect your loved one's financial security—with down payments starting at just \$10. Let Bob guide you through the process and help you find the answers you need.

Robert Boudreau, Esq.

Wed, 11/18, 6–7:30pm, OOB HS/Library

\$9



= register with Biddeford Adult Ed.

Culinary Arts

Ferment This! Kombucha—Live or Online

Discuss kombucha's microbiology, troubleshooting, glassware and SCOBYs. Create a primary ferment in class. **Note:** If attending via Zoom, Emma will email you when SCOBYs are ready for pick up (in Portland). All course info provided before class date. Registration required by 10/21 to receive Zoom link.

Emma Holder

Wed, 10/28, 7–8:15pm, Online or in Portland/Hybrid

\$29



Ferment This! Crisp Tangy Slaw—Live or Online

NEW Elevate your meals with the flavor and probiotics of fermented vegetable salads. Learn the basic science and sauerkraut-style techniques behind a tangy, nutrient-packed coleslaw! All course info provided before class date. Registration required, by 10/28 to receive Zoom link.

Emma Holder

Wed, 11/4, 7–8:15pm, Online or in Portland/Hybrid

\$29



Ferment This! Lacto-fermented (better than pickled) Onions—Live or Online

NEW Elevate your sandwiches, soups, and snacks with fermented onions! Whether you prefer pearl, red, yellow, or leeks, this class has you covered. Learn the basic microbiome science, then dive straight into the hands-on fermenting business. All course info provided before class date. Registration required by 11/3 to receive Zoom link.

Emma Holder

Tues, 11/10, 7–8:15pm, Online or in Portland/Hybrid

\$29



Mocktail Hour

NEW Join us for a fun evening creating exotic mocktails in this day of the modern temperance movement. Bring an apron and your appetite. All students will receive a booklet with recipes from class and even more to explore at home. Registration closes 11/9.

Jeffrey Carpenter

Tues, 11/10, 6–8pm, OOB HS/Rm 111A

\$55



Sheet Happens

Create easy meals using simple ingredients and a cookie sheet, perfect for those busy nights when cooking times are short, but the hunger lingers. Prepare and sample two easy, weeknight meals. Electronic cookbook included. Bring an apron and your appetite. Registration closes 9/21.

Jeffrey Carpenter

Tues, 9/22, 6–8pm, OOB HS/Rm 111A

\$55



Cheese and the Supernatural: Folklore, Witchcraft, and Tyromancy

Join the Nibblesford cheese wizards for a quirky dive into tyromancy—the ancient art of fortune-telling through cheese! Explore cheesy folklore, historic rituals, and hilarious traditions. Tastings included to enhance your curd-ious journey—equal parts history, humor, and havarti.

Nibblesford

Thurs, 10/22, 6–7:30pm, Bidd. LC/Rm 23

\$17



= register with OOB/Saco Adult Ed.

Mind & Body Wellness

The Archer-Taylor Swift Yoga

NEW Step into your yoga era with an all-levels class set to Taylor Swift's music. Build strength, flexibility, and confidence as you flow, breathe, and move through a practice that celebrates being honest, fearless, and just a little sparkly. Bring your own mat, towel and water.

Melissa Brodeur

Sat, 9/26, 10-11am, Bidd. LC/Auditorium



\$29

Inside Job-Pearl Jam Yoga

NEW Celebrate Pearl Jam Day on the mat with this all-levels yoga class set entirely to Pearl Jam's music. Find your even flow through mindful movement, breathwork, and a practice that builds strength, flexibility, and balance. Bring your own mat, towel and water.

Melissa Brodeur

Sat, 10/10, 10-11am, Bidd. LC/Auditorium



\$29

Grateful Dead Yoga: Flow, Breathe, Be Grateful

NEW Find your flow to the timeless music of the Grateful Dead. This all-levels yoga class blends mindful movement, breath, and music to cultivate gratitude, presence, and a deep sense of ease in a relaxed, welcoming space.

Melissa Brodeur

Sat, 11/14, 10-11am, Bidd. LC/Auditorium



\$29

Yoga for Runners

NEW This isn't your typical yoga class. Designed specifically for runners, it uses yoga principles to build strength, improve mobility, enhance balance, and increase body awareness to support your training. Meeting every other week, this class is intended for your non-running days as a form of cross-training. Bring your own mat, towel, and water.

Melissa Brodeur

Fri, 9/18-11/13, 8-9am, Bidd. LC/Auditorium

Class is Every Other Week



\$85

Aerial Yoga

Flow and fly in your aerial swing. Learn flips, tricks, and inversions. A hip-height swing transforms into a hammock supporting you during backbends and inversions, providing a unique way to build core, arm, and leg strength. Wear comfortable workout gear (nothing too loose), and be prepared to go barefoot.

Ashley Marie Jolly

Sec. 1: Fri, 9/4-10/9, 4-4:50pm

Sec. 2: Fri, 9/4-10/9, 5-5:50pm

Sec. 3: Fri, 10/23-12/1 (No class 11/27), 4-4:50pm

Sec. 4: Fri, 10/23-12/1 (No class 11/27), 5-5:50pm

All location: Evercore Pilates & Wellness/Biddeford



\$109

\$109

\$109

\$109

Aerial Yin Yoga

NEW Using fabric hammocks positioned close to the floor, hold supported poses for longer durations to gently encourage the body's connective tissues to release, lengthen, and build resilience over time. Stretches for the limbs and gentle spinal decompression help relieve tension. No prior yoga or aerial experience required. For those curious about a slower, more intentional movement practice. Materials list available upon registration, which closes on 9/25.

Vanessa Katon

Sun, 9/27-10/18, 2-2:50pm

Evercore Pilates & Wellness/Biddeford



\$89

Flow and Gentle Yoga

Experience the perfect blend of movement and mindfulness. Through gentle, flowing sequences, build strength, flexibility, and balance while cultivating relaxation and stress relief, all from the comfort of your own home. Suitable for all levels, this class invites you to move at your own pace, honoring your body's needs and limitations.

Nicola Eden

SI: Sat, 10/24-11/21, 8-9am, Zoom

SII: Sat, 11/28-12/26, 8-9am, Zoom



\$75

\$75

Explorations in Chair Yoga

Take your chair yoga practice beyond the basics with this engaging virtual class that invites you to deepen your awareness through gentle, mindful movement, breath work, and alignment all from the support of a chair. Join from home and discover how chair yoga can enhance your well-being with each session.

Nicola Eden

SI: Sat, 10/24-11/21, 9:30-10:30am, Zoom

SII: Sat, 11/28-12/26, 9:30-10:30am, Zoom



\$75

\$75

Intro to Chair Yoga

Start your yoga practice with this gentle, beginner-friendly chair yoga class designed to build flexibility, strength, and relaxation using the support of a chair. Perfect for those new to yoga or seeking a safe, low-impact way to move and unwind. Join this accessible Zoom class and experience the benefits of mindful movement from the comfort of your home.

Nicola Eden

SI: Sat, 10/24-11/21, 11-11:30am, Zoom

SII: Sat, 11/28-12/26, 11-11:30am, Zoom



\$45

\$45



Menstrual Master Class

NEW Stop Normalizing What Isn't Normal! If you've ever been told "your labs are normal" while your body says otherwise—this class is for you! Learn what a healthy, symptom-free cycle looks like and why PMS, anxiety, depression, cravings, bloating, weight gain, and heavy bleeding are signals, not flaws. Discover what you should be asking your doctor for and why! Don't suppress your symptoms—interpret them, because a healthy menstrual cycle shouldn't control your life, it should support it. Registration closes 10/21.

Allison DeFlumeri

Wed, 10/21, 6–8pm, Immortalata Nutrition/Biddeford \$15



The Narcissists Among Us

Narcissists can be found in our personal and professional lives, affecting our confidence, health, and well-being. Explore the 7 types of narcissists, their behaviors, and tactics. Learn to identify them and strategies for dealing with them, especially in unavoidable situations. Zoom link emailed by Donna before class.

Donna Accettullo

Thurs, 11/12, 6pm–8pm, Zoom \$35



Altoids and the Art of Small Talk

NEW Small talk has always made people squirm. Want to be comfortable chit-chatting with strangers? It's possible! In this brief course, learn tips and tricks for engaging with others and actually enjoying it! Bring a notebook/pen.

Estelle Margarones

Mon, 10/19–10/26, 6–8pm, OOB HS/Rm 105 \$39



8 Facets of Self-care

NEW Geared toward those who work and live taking care of others but all are welcome! Focus on creating healthy ways of self-managing the eight facets of self-care. Participants will create an intuitive therapeutic pareidolia drawing. Workbook included.

Jeffrey Carpenter

Tues, 10/20, 6–8pm, OOB HS/Rm 101 \$45



What is EFT?

Use the Emotional Freedom Technique (EFT) and tap your way to better health and well-being! This technique can improve your health, relieve stress, and increase your sense of balance and calm. Discover the power of this tool, learn to work with your emotions, and go home with the knowledge you need to start using this technique!

Leah Wentworth

Wed, 10/7, 6–7:30pm, OOB HS/Rm 105 \$19



How Your Emotions Support Your Relationships

NEW The quality of your life is in direct proportion to the quality of your relationships and the quality of your relationships starts with the relationship you have with yourself. Learn to know yourself more deeply, define your boundaries, needs, and desires better, and clarify the important role emotions play in your well-being. Optional deck of reference cards for emotions available for purchase at \$16, payable to Leah in class (cash or Venmo).

Leah Wentworth

Thurs, 12/10, 6–8pm, OOB HS/Rm 105 \$19



Beginner Tai Chi

Start with basic Qigong, followed by gentle strength training using chairs & balls, then learn postures and forms. A perfect, modifiable exercise for balance, relaxation, focus, strength, stretching, cognitive stimulation, and discipline. Wear loose-fitting clothing and comfortable shoes.

Laura W Huenteo

Sec. 1: Wed, 9/9–9/30, 5:30–6:30pm, Young School/Café \$65

Sec. 2: Wed, 10/14–11/4, 5:30–6:30pm, Young School/Café \$65



Advanced Beginner Tai Chi

Strengthen and deepen your Tai Chi practice. Some meditation practices may be included for relaxation, stress reduction, and pain management. Chairs available, if needed. Wear loose-fitting clothing and comfortable shoes.

Laura W Huenteo

Sec. 1: Thurs, 9/10–10/1, 5:30–6:30pm, Saco LC/Open Rm \$65

Sec. 2: Thurs, 10/15–11/5, 5:30–6:30pm, Saco LC/Open Rm \$65



New Moon Circle

Through guided reflection, sharing, and simple ritual, release what no longer serves and open yourself to what's ready to emerge. Each New Moon is a chance to realign with your truth and plant new seeds for the month ahead. The Nest is accessed via a 300-foot grass path. Materials list available upon registration.

Leah Wentworth

Thurs, 9/10, 6–7:30pm, The Nest/Arundel \$19



Intro to Gua Sha

Gua sha is highly effective and has been used to treat pain and coughs, reduce fevers, and encourage lymphatic flow for thousands of years. It can help reduce sinus congestion and facial puffiness, smooth out wrinkles, and more! Gua sha spoons provided for use in class and to take home for further practice.

Lisa Bouchard

Wed, 9/30, 6:30–8:30pm, OOB HS/Rm 111B \$29



Gua Sha for the Meridians

Discover new techniques in gua sha! Learn 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 for use in class and to take home for further practice. Materials list available upon registration.

Lisa Bouchard

Wed, 10/7, 6:30–8:30pm, OOB HS/Rm 111B \$29



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Psychic Tools You Can Use

NEW Develop a personalized toolkit for self-healing and maintaining spiritual wellness in your daily life. Learn practical psychic tools to help you reclaim your personal space and manage your energy and discover how to release external stress and refill yourself with clarity, neutrality, and ease.

Cynthia Dickens

Mon, 10/19–11/23, 6–8pm, OOB HS/Rm 106

\$99



Understanding Your Psychic Abilities Level II

NEW Review energy centers, clair abilities, and discuss the importance of centering and creating sacred space. Enjoy two guided meditations, practice intuition and clairvoyant skills on a classmate, and, in group, analyze and discuss your experience. Bring a pen, paper, and a personal item such as a hat, scarf, or jewelry.

Georgiana Nelson

Wed, 10/7–10/14, 6–8pm, OOB HS/Rm 106

\$39



Tarot for Self-care

NEW Discover how to use the cards as intuitive guides for emotional clarity, spiritual grounding, and meaningful self-care. Explore simple rituals, reflective practices, and intuitive techniques that help you trust your own signals. Learn to recognize the subtle ways the cards speak to your needs. Leave with practical, mystical tools for balance, clarity, and renewal. Reading/materials list available upon registration.

Margaret Jones, M.Ed

Tues, 9/22–10/6, 6–8pm, OOB HS/Rm 106

\$85



Symbolism in the Tarot

NEW The Tarot is a world of symbols—flowers, animals, colors, numbers—each carrying layers of meaning that shape how the cards communicate. Discover how symbolic details open new pathways of insight and strengthen your intuitive understanding through guided exercises and reflective interpretation. Reading/materials list available upon registration.

Margaret Jones, M.Ed

Tues, 10/27–11/24 (No class 11/3), 6–8pm, OOB HS/Rm 106 \$109



Massage Solutions for Tech Neck

NEW Discover massage and acupressure sequences to loosen the tight muscles associated with screen use. Learn key stretches, occupational strategies, and strategies to apply to yourself and others. Everything will be performed through clothing.

Lisa Bouchard

Wed, 12/2, 6:30–8:30pm, OOB HS/Library

\$29



Navigating Gluten Free

NEW Learn about conditions that may warrant a gluten-free diet and what that diet entails, depending on the condition. Learn about safe places to eat in the local area, safe brands of food to buy, recipes, sneaky ingredients that contain gluten, and how to advocate for yourself to ensure food safety when eating out. Bring a pen/notepad, laptop, or tablet.

Nicole Ledoux

Wed, 10/21–10/28, 6–8pm, OOB HS/111B

\$39



In One End & Out the Other

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

Stephanie Walsh

Mon, 9/14, 5:30–7pm, OOB HS/Library

\$19



Eat Your Greens & Gasoline

What You Don't Know You're Eating: There are a lot of hidden toxins in our food supply. Learn where those artificial foods are coming from (hint: think of your car's gas tank), how pesticides and other toxins affect your overall health, and why gut health is essential to protecting you from these insults.

Stephanie Walsh

Mon, 9/21, 5:30–7pm, OOB HS/Library

\$19



Fatigue, Fogginess, Fear & Food

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

Stephanie Walsh

Mon, 9/28, 5:30–7pm, OOB HS/Library

\$19



Don't Worry, I've Got This

Your Road to a Healthy Gut: Learn several lifestyle steps you can take to support your digestive tract, improve your gut health and live a happier, healthier life!

Stephanie Walsh

Mon, 10/19, 5:30–7pm, OOB HS/Library

\$19



Gut Health Master Class

The Foundation of Whole-Body Health

NEW Learn how gut dysfunction manifests far beyond digestion, contributing to fatigue, anxiety, hormonal imbalance, autoimmune conditions, skin disorders, and cognitive symptoms. Discover how restoring and maintaining gut health creates a ripple effect, calming inflammation, improving resilience, and allowing true healing to begin. Because when the gut heals, everything else has a chance to follow! Registration closes 10/7.

Allison DeFlumeri

Wed, 10/7, 6–8pm, Immortalata Nutrition/Biddeford

\$15



Diabetes Basics

Learn about the types of diabetes, how it develops, how the environment and heredity contribute, symptoms, and the organs that control sugar metabolism and the body's control over insulin and glucose.

Sarah Cote, NP-C, CDCES, BCADM

Wed, 9/30, 5:30–7pm, OOB HS/Rm 109

\$19



The Diabetic Diet

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.

Sarah Cote, NP-C, CDCES, BCADM

Wed, 10/14, 5:30–7pm, OOB HS/Rm 109

\$19



Detoxify Your Diet & Environment

Learn where toxins are hiding, how your body detoxifies, and which foods and herbs help support detoxification. Discuss steps you can take to reduce your toxin exposure and why you should protect yourself from them! There will be an optional 21-Day Detox group start signup for anyone interested.

Stephanie Walsh

Mon, 11/16, 5:30–7pm, OOB HS/Library

\$19



Managing Stress & IBS

Learn about irritable bowel syndrome, the role stress plays, the gut microbiota, as well as nutrition and lifestyle changes that may help reduce or eliminate IBS.

Stephanie Walsh

Mon, 12/7, 5:30–7pm, OOB HS/Library

\$19



The Ancient Practice of Sauna & Cold Plunge

NEW Explore the long tradition of saunas, sweat bathing, and cold immersion! Gain insight into the cultural roots, health perspectives, and deeper human connection found through heat, cold, rest, and nature. Rich is not providing expert instruction, but rather a thoughtful exploration of a practice that has become deeply meaningful in his own life.

Richard Gadbois

Tues, 10/20, 6–7pm, OOB HS/Rm 111B

\$9



Intro to Pilates Reformer

NEW This introductory class is thoughtfully designed to be a welcoming gateway for every body, regardless of age or fitness background. Move beyond the physical as you bridge the gap between mind and body, intention and movement, and calm and breath while feeling supported and empowered. Materials list available upon registration.

Sarah Alexander

Tues, 10/6–11/17 (No class 11/3), 2–2:30pm

Evercore Pilates & Wellness/Biddeford

\$109



Vision Board Workshop

NEW Start the new year with intention in this hands-on workshop exploring the power of visual goal-setting. Through guided reflection, you'll identify your aspirations across areas like career, relationships, health, and personal growth, then create a personalized vision board using magazines and mixed media materials. All materials are included, but you're welcome to bring personal photos, quotes, or other meaningful items to incorporate into your board. No artistic experience is necessary. Leave with a completed vision board and renewed inspiration for the year ahead.

Rebecca Cote

Wed, 12/16, 5–7:30pm, Bidd. LC/Rm 28

\$49



= register with Biddeford Adult Ed.

Computer & Technology

Essentials for iPhones–Online

Unlock the full potential of your iPhone with iOS 18 in this self-paced/video-led course! Learn about the redesigned Control Center, a smarter Siri, and powerful Apple Intelligence features. Discover professional photo editing tricks, secret camera capabilities, and troubleshoot like a pro. Personalized support available. **Required:** Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. Registration closes 12/30.

Edward Brazee

Mon-Sun, 9/1–12/30, Anytime, Online

\$45



Essentials for iPads–Online

Revolutionize your iPad experience! Unlock Apple intelligence, powerful writing tools, and pro-level photo editing capabilities. Learn customization secrets and security features that boost your productivity instantly. Personalized support available. **Required:** Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. Registration closes 12/30.

Jill Spencer

Mon-Sun, 9/1–12/30, Anytime, Online

\$45



Intro to Mac Basics–Online

NEW Get your Mac running smoothly! Explore the operating system, Finder, Spotlight, browsers, keyboard shortcuts, and the App Store to become a confident and efficient Mac user. Personalized support available. **Required:** Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. Registration closes 12/30.

Edward Brazee

Mon-Sun, 9/1–12/30, Anytime, Online

\$45



= register with OOB/Saco Adult Ed.

Same Mac, New Tricks—Online

NEW Make the most of your Mac! Covers OS history and the changes macOS Tahoe brings; Apple Intelligence including Writing Tools, Mail, and Siri; iPhone Integration; Window Management; the new Liquid Gl. Personalized support available. **Required:** Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. Registration closes 12/30.

Edward Brazee

Mon-Sun, 9/1–12/30, Anytime, Online



\$45

Computer Tutoring

Register for a one-hour, one-on-one appointment covering Mac/PCs, social media, email, and attachments; using Google Chrome and other Google apps, MS Office, the internet; saving, sending, or editing photographs; backing up your work, and virus prevention and more. Complete a brief questionnaire to customized your appointment. Bring your laptop or use one of ours.

Jeanne Cassidy

Sec. 1: Mon, 9/14, 4–5pm, OOB HS/Rm 110

Sec. 2: Mon, 9/14, 5:15–6:15pm, OOB HS/Rm 110

Sec. 3: Mon, 10/5, 4–5pm, OOB HS/Rm 110

Sec. 4: Mon, 10/5, 5:15–6:15pm, OOB HS/Rm 110

Sec. 5: Mon, 11/2, 4–5pm, OOB HS/Rm 110

Sec. 6: Mon, 11/2, 5:15–6:15pm, OOB HS/Rm 110



\$59

\$59

\$59

\$59

\$59

\$59

Cyber Security Awareness

Are you and your loved ones safe online? Learn about the internet world, malware protection, security updates, password vaults, and scams. This session could help safeguard you, your friends, and family, so don't miss it!

Jeanne Cassidy

Tues, 9/15, 5–7pm, OOB HS/Library



\$9

iOS 26 Unlocked—Online

NEW Get the most from Your iPhone & iPad! iOS 26 was a major update packed with powerful new features. Join us and learn to make the most of every improvement to your Mac device! Personalized support available. **Required:** Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. Registration closes 12/30.

Jill Spencer

Mon-Sun, 9/1–12/30, Anytime, Online



\$45

Swipe Smart: A Safety Guide to Dating Apps Live Online

NEW Learn to navigate today's most popular dating apps, protect your personal information, and use built-in safety features to connect with others confidently and securely. Recordings available upon request for registered students unable to attend the live class.

Nickie Welsh

Tues, 12/8, 1–2pm, Online



\$30

Canva Academy for Business—Live Online

NEW Design professional-looking social media posts, flyers, and marketing materials. Gain the skills and confidence to create graphics that attract customers and make your business look polished and professional. Recordings available upon request for registered students unable to attend the live class.

Nickie Welsh

Tues, 10/13, 1–2pm, Online



\$30

Practical ChatGPT Training for Everyone—Live Online

Don't get left behind in today's tech-savvy world. Learn everything you need to know about ChatGPT! Discover how it works, why it's taking the world by storm, and explore its practical everyday uses at home or in the workplace. Recordings available upon request for registered students unable to attend the live class.

Nickie Welsh

Tues, 11/10, 1–2pm, Online



\$30

ChatGPT Powerhouse: Advanced Tips—Live Online

Move beyond the basics and discover advanced prompting techniques, multi-shot examples, and chain-of-thought reasoning to get dramatically better results. Learn insider strategies for customizing outputs, managing context, and leveraging ChatGPT for complex tasks, including analysis, creative projects, and professional workflows. Leave with expert-level techniques to transform ChatGPT into a true powerhouse. Recordings available upon request for registered students unable to attend the live class.

Nickie Welsh

Tues, 11/17, 1–2pm, Online



\$30

Your Kid's Phone: A Parent's Survival Guide Live Online

NEW Keep your kid safe on their phone with this empowering, yet practical, training for busy parents and caregivers. Discover essential insights to confidently protect your child online. Walk away with the knowledge and tools to create a safer digital environment for your family. Recordings available upon request for registered students unable to attend the live class.

Nickie Welsh

Thurs, 11/5, 1–2pm, Online



\$30

AI Event—Live Online

NEW Get your artificial intelligence crash course in one day, all from the comfort of your couch! Fun, easy to follow and great for people curious about what AI can do to improve your professional or personal life. Attend all sessions or sit in only on the ones you like. Class list available upon request. Registration closes 10/2.

Preethi Fernando

Sun, 10/4, 9am–5pm, Online



\$99

See our Active Network sites
for detailed course descriptions.

5% Earlybird Discount! Online Only
Register before September 16, 2026
Enter **EARLYBIRDF26** at checkout.



Recreation & Travel



New York City Holiday Extravaganza

Register at <https://adventure-marketplace.com/adventures>
Kick off the holiday season with the Rockettes Christmas Spectacular at Radio City Music Hall. Spend 3 nights at the Belvedere—just two blocks from Times Square. Enjoy store window displays, light shows, craft markets, with lots of free time to explore the city your way, with suggestions provided by your guide(s). Rates starting at \$1,279.

Nancy Dorrans

Sec. 1: 3 Days, 12/3–12/6, Anytime, NYC

\$1,279

Sec. 2: 3 Days, 12/14–12/17, Anytime, NYC

\$1,279

FREE Info Session: The Plains of Africa

NEW Join us for an info session on our upcoming 2027 African Safari! Collette Travel, one of the most highly regarded tour companies worldwide, is just waiting for you to get on board. Get info and all your questions answered. Most importantly, get ready for an adventure of a lifetime!

Andrew Leighton

Wed, 9/16, 5:30–6:30pm, OOB HS/Rm 104

FREE

FREE Info Session: Costa Rica & Croatia, Slovenia & Adriatic Tours

NEW Join us for an info session on our upcoming 2027 Costa Rica and Croatia, Slovenia and the Adriatic Coast tours! Collette Travel, one of the most highly regarded tour companies worldwide, is just waiting for you to get on board. Get info and all your questions answered. Most importantly, get ready for an adventure of a lifetime!

Andrew Leighton

Thurs, 10/1, 5:30–6:30pm, OOB HS/Rm 104

FREE

Taking the Kids on Vacation (Beyond Disney)

NEW Discover family-friendly destinations across the US and abroad that offer the perfect mix of supervised kids' programs, engaging activities for all ages, and real relaxation for adults. Get simple planning strategies, money saving tips, stress-free transit ideas, and important safety considerations that make traveling with children much easier. Leave with a Family Vacation Planning Worksheet.

Bobbi Borrelli

Thurs, 9/24, 6–8pm, OOB HS/Library

\$19

Confident Travels:

Exploring Safely and Comfortably

NEW Are there places in the US or around the world you'd love to visit but don't feel safe going? Learn to manage important documents and money, handle currency and cards wisely, keep your valuables secure, travel comfortably, and cope with jet lag using simple, effective strategies. Get the tools and confidence to travel everywhere with greater peace of mind.

Bobbi Borrelli

Thurs, 10/8, 6–8pm, OOB HS/Library

\$19

OOB History at the Historical Society

Discover OOB's storied past at the Harmon Museum. Learn about the history of the Pier, views and highlights of Ocean Park, major fires from 1926 to the present, or view pictures of Charles Lindbergh's historic landing. All proceeds donated to the Harmon Museum/Historical Society. Park behind Town Hall (for the duration of class only), or use on-street metered parking.

Brian Bergeron

Thurs, 9/24, 1–2:30pm, OOB Historical Society/OOB

\$5



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed. 17

Eat Biddeford Foodie Tour

Enjoy delicious samples from some of Biddeford's hottest eateries like Magnus on Water, Time & Tide Coffee, Edelweiss Pastry Shop, and the Palace Diner! Fee includes a guided tour, bite-sized eats and/or drinks at 5 to 6 stops, potential giveaways, and a booklet with a map and information about Biddeford eateries. **Rain date 9/27.** Read the full description online, or give us a call to learn more about the tour.

Kristen Bartlett

Sat, 9/26, 2–4pm, Main St General/Biddeford

\$69



Late Summer Trees & Birds Walk

NEW Take a slow, mindful walk and enjoy the exceptional view of the marsh on the beautiful Wabanaki land at Laurel Hill Cemetery. Learn about late summer plants, do some birding, and start to see differences in trees that you will learn to identify on your own. This is a walk along a wide paved path and would be accessible for wheelchairs. Materials list available upon registration, which closes at noon on 9/2. Walk begins promptly at 5pm. Communicate accessibility concerns at registration.

Laura Grover

Thurs, 9/3, 5–6:30pm, Laurel Hill Cemetery/Saco

\$19



Autumn Plant Walk along the Saco River

Meet the native and invasive plants growing in the city. Learn to identify plants that you may have in your own backyard. Walk will mostly be on sidewalks, but nearer to the river there is a section with many stairs that takes 15-20 minutes, and those who want to skip that part will have access to benches to wait upon. Materials list available upon registration, which closes 10/7. Walk begins promptly at 3:30pm. Communicate accessibility concerns at registration.

Laura Grover

Thurs, 10/8, 3:30–5:30pm, Main St/Saco

\$19



Early Winter Welcoming Forest and Bog Walk at the Saco Heath

NEW Learn about how mammals and amphibians survive the cold, and what nature can teach us about slowing down, getting cozy, and taking some time to rest. Walk has a wooded part, with roots and a boardwalk section, which may be icy. Materials list available upon registration, which closes 12/11. Walk begins promptly at 10am. Communicate accessibility concerns at registration.

Laura Grover

Sat, 12/12, 10–11:30am, Saco Heath

\$19



Saco River & City Plant Walk

Join Laura on an educational nature walk in downtown Saco. Learn to identify plants you may have in your own backyard. Walk will mostly be on sidewalks but nearer to the river there is a section with many stairs which will take 15-20 minutes and those who want to skip that part will have access to benches to wait upon. Materials list available upon registration, which closes 9/18. Walk begins promptly at 9am. Communicate accessibility concerns at registration.

Laura Grover

Sun, 9/20, 9–11am, Main St/Saco

\$19



Want to Learn to Play Cribbage?

Cribbage is the best game in the universe! Join us for a fun, relaxed evening of cribbage while you learn the ins and outs of this popular board game in this beginner-to-advanced-level class. Boards will be provided for use during class.

Kimberley Woodward

Tues/Thur, 10/6–10/15, 6–8pm, OOB HS/Rm 111B

\$79



Winter Tree ID Walk at Clifford Park

NEW Learn to identify Maine's trees! Find out who is living on and in our trees during the winter. This walk on the beautiful Wabanaki land will welcome winter while helping our eyes tune in to all the interesting and unique beings of the forest. Materials list available upon registration, which closes at noon on 12/11. Walk begins promptly at 10am. Communicate accessibility concerns at registration.

Laura Grover

Sun, 12/13, 10–11:30am, Clifford Park/Biddeford

\$19



Get to Know Your Local Library–McArthur

Explore modern resources while touring this historic building. Borrow a telescope, study your family tree, and learn about Biddeford's past by looking through old images and newspapers. Additionally, libraries provide you at-home access to tens of thousands of ebooks, audiobooks, and even movie streaming—all free of charge! Preregistration required.

Nicole Clark

Sat, 10/10, 11am–12pm, McArthur Library/Biddeford

\$5



Greenwood Cemetery Tour

Greenwood Cemetery is a true hidden gem. Established in the mid-1800s during the rise of America's "garden" cemeteries, Greenwood features an impressive range of nineteenth-century gravestone materials, monument styles, symbolism, and epitaphs. Cemetery historian Ron Romano will guide participants through the grounds, highlighting notable memorials and sharing the stories of individuals lost at sea, taken by disease, and others whose lives ended under tragic or mysterious circumstances. Please dress comfortably and bring your respectful curiosity for this engaging and thought-provoking walking tour.

Ron Romano

SI: Sat, 10/3, 12–1:30pm, Greenwood Cemetery

\$15

SII: Sat, 10/3, 2–3:30pm, Greenwood Cemetery

\$15



Healthcare Training

HealthCare Provider Basic Life Support

For healthcare professionals who need CPR and basic cardiovascular life support skills in medical settings, including nurses, physicians, EMS personnel, and allied health professionals. Taught by an American Heart Association certified instructor. Participants receive a two-year certification upon successful completion via email within 4 weeks. Pick up book at BAE prior to class.

Diane Frechette, RN
Sat, 10/17, 8am–12pm, Bidd. LC/Rm 28 \$75
(includes book and certification card)



Heartsaver First Aid/CPR/AED Certification Course

Covers adult CPR/AED, environmental, injury & medical emergencies; first aid basics, child & infant CPR. Participants receive a two-year Heartsaver® First Aid CPR AED certification upon successful completion via email within 4 weeks. Bring water and a bag lunch. Pick up book at BAE prior to class.

Diane Frechette, RN
Sat, 12/5, 8am–2pm, Bidd. LC/Rm 28 \$95
(includes book and certification card)



Behavioral Health Professional Training & Certificate Program–Online/Blended

Families with children with intellectual challenges depend on behavioral health services. Prepare for employment with local social service organizations. Get licensed and started in a career in just 40 hours! Required: ME residency, 18+ with a high school diploma or equivalent.

Heather Marsters
Mon-Sun, 9/1–12/30, Anytime/Online FREE



CASAS Testing for CRMA Program

CASAS tests assess a student's skill levels in English reading and writing comprehension, required for enrollment in our CRMA program. Call or text the Saco Learning Center (207) 282-3846 or learningcenter@rsu23.org to check available dates/times. Testing waived IF you have CASAS tested within the past year and can provide proof of testing/score, OR if you have and can provide verification of a CNA certification.

Amanda Lord
Mon/Thur, By Appt, Saco LC/Conf Rm FREE



Certified Residential Medication Aide Certificate Program

Train to work in Maine state-certified residential care homes. Learn regulations, policies, basic anatomy & physiology, medications, and 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. **Prerequisite:** CASAS testing. Med pass fee of \$125-\$150, payable to instructor. 18 and up only. Course fee is nonrefundable. **Class dates:** 10/23, 10/24, 10/30, 10/31, 11/1 (end date subject to change).

Jennifer Courtois, RN
Fri/Sat/Sun, 10/23–11/1, 8:30am–4:30pm \$325
Saco LC/Rm I



Class registrations are taken at two locations!
Be sure to check the LOGO (see below)
to see which program to contact.

CERTIFIED NURSING ASSISTANT (CNA)

WE EQUIP YOU WITH THE FUNDAMENTAL SKILLS AND KNOWLEDGE TO PROVIDE DIRECT PATIENT CARE.

CONTACT BRITTANY

bjackson@biddefordschools.me 207-282-3883
189 Alfred Street, 2nd Floor, Biddeford, ME 04005

Teach with us!

Share the love of a hobby or expertise of your profession.

We're actively looking for new teachers across a variety of subjects.

Call or email to learn more!

Contact Rose: 207-934-7922
rstonge@rsu23.org

Contact Brittany: 207-282-3883
bjackson@biddefordschools.me



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= register with OOB/Saco Adult Ed. 19

Workforce Training

Real Estate Sales Agent Course-Online

Everything you need to know to become a ME real estate agent! Includes PDF textbook, one year course access, quiz feedback, final exam, twice monthly Zoom Q & As. Certificate awarded with grade of 75% or above-required for the state licensing exam (\$85) and must be taken within one year of course completion. Additional costs include agency affiliation and license application (\$100), and criminal records check (\$21). 18+ with HS diploma/equivalency required for licensing, but not to attend course.

Robert Joslyn
Mon-Sun, 9/1-12/30, Anytime/Online \$370



Languages

Intro to Portuguese

NEW Learn Portuguese from a native speaker! Focus on building fundamental listening, speaking, reading, and writing skills, get an intro to the culture and traditions of the Portuguese-speaking world through interactive oral exercise, dialogue practice, and listening/reading exercises. No experience needed!

Creusa Mangovo
Wed, 9/16-11/18, 6-8pm
(No class 11/4, 11/11)
OOB HS/Rm 103



\$189

Spanish for Beginners Level I

Focus on the foundational concepts of pronunciation, vocabulary, grammar, and practice to increase confidence. No experience needed. Text info available upon registration.

Gustavo Gómez Coello
Tues, 9/29-11/24, 5-7pm
(No class 11/3)
Saco LC/Rm 1



\$229

Family Literacy

Stress & Anger Management

Life can be overwhelming with the demands of school, work, and family! Learning to manage stress and anger can help you regain control. Use stress positively, reduce its negative effects, recognize anger triggers, understand its emotional, expressive, and cognitive components, and develop coping strategies. Managing stress and anger can improve your well-being and help you to stay healthier and be happier.

Julie Berube
Mon, 9/14-12/2 (No class 10/12)
10am-12pm, Bidd. LC/Rm 28



Creative Play

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!

Julie Berube
Wed, 9/16-12/16 (No class 11/11)
1-2:30pm, Bidd. LC/Rm 28



From Home to School

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

Julie Berube
Wed, 9/9-12/16 (No class 11/11)
9:30-11am, Bidd. LC/Rm 28



Parent Talk (Active Parenting Now)

Looking to improve your parenting skills or feeling overwhelmed? "Parent Talk" could be just what you need! This video-based program will help you build cooperation, responsibility, and self-esteem in your children while encouraging them to be their best. Learn positive discipline techniques to avoid power struggles and create a happier, healthier family dynamic. You'll receive an Active Parenting Certificate upon course completion.

Julie Berube
Thur, 9/24-10/29, 6-7:30pm
Bidd. LC/Rm 28



Family Literacy Night

Join me for a fun filled night. We will participate in a themed activity. We will listen to good books, sing songs, make crafts, and enjoy a snack together. Family story hour is a wonderful educational opportunity to spend quality time with your children while having a fun time.

Julie Berube
Wed, 10/21, 6pm Bidd. LC/Rm 28
Wed, 12/16, 6pm Bidd. LC/Rm 28



"A Family Literacy Program doesn't just change one person's life; it changes a family's trajectory for generations to come."

Call Biddeford Adult Ed at (207) 282-3883 or email jmberube@biddefordschools.me about our Family Literacy programming.



English Language Multilingual Learner (MLL) Classes



Contact Amanda for
classes in Saco:



Call or text:
(207) 282-3846



learningcenter@rsu23.org



Contact Stephanie for
classes in Biddeford:



Call:
(207) 282-3883



satkinson@biddefordschools.me

SPEAK WITH CONFIDENCE!

**Learn and practice English in an
in-person or online class!**

Fun, Engaging, Interactive

Multiple Fluency Levels

Reading, Writing, Listening and Speaking

FREE

Limited seats!

FREE Academics Classes

High School Diploma Program

For those, 17 and older, who have not completed high school and officially withdrawn from the K–12 school system. Students 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 prior to enrollment.

HiSET Program

The HiSET (High School Equivalency Test) is an option for those who, for various reasons, are unable to finish high school. It consists of five tests covering writing, science, math, literature and the arts, and social studies. Tests can be taken in any order. Passing the test series allows students to earn their High School Equivalency Diploma. Required: Students must be at least 17 and officially withdrawn from the K-12 schools.

Career & College Prep

Take the steps you need to prepare for college! Advisors provide information on enrollment, goal setting, skills development, assist with financial aid applications, offer advice on career options, and more! Classes prepare learners for college-level coursework.

Contact either program for more information:



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. 21

Biddeford Adult Education Mail-In Registration Form

Name: _____ Email: _____ Phone: _____

Billing Address: _____

City

State

Zip Code

Course Title	Start Date	Fee
		\$
		\$
		\$
Would you like to donate to our Literacy Fund that supports our free academic programs?	\$5 \$10 \$15 \$25	

Paying by check or money order*



Make payable to Biddeford Adult Education and mail with this form to:

Biddeford Adult Education, PO Box 624, Biddeford, ME 04005

Please note there is a \$25 fee for any returned checks due to insufficient funds.

Total:

including donations

\$

Paying by credit or debit card*



Card Number: _____ Expiration: ____/____

**By completing our registration form, you acknowledge and accept our policies and release this program from any and all responsibility in case of accident, injury, loss, or property damage. You also approve the above charges to your credit/debit card.*



Other Ways to Register



Online at:

biddeford.maineadulted.org



Over the phone:

(207) 282-3883



In-person:

189 Alfred St, 2nd floor, Biddeford

Biddeford Adult Education Policies

The following policy updates provide a new standard practice for both Old Orchard Beach/Saco and Biddeford Adult Education programs. We are excited to offer more flexibility for students and lower course cancellation rates. Here are the new policies:

1. If a student withdraws three (3) or more *business days before a class, you can request a full refund of the course fee—unless otherwise noted in the course description. The refund will be reduced by a 5% cancellation fee. Alternatively, you can request that we hold your course fee as a transfer credit. Transfer credits are not subject to the 5% cancellation fee and are valid for one year after issue.
2. If a student withdraws two (2) or fewer *business days before the class, no refunds or transfer credits will be issued. This is to ensure we can fully pay our instructors. We reserve the right to change, reschedule, or cancel a class due to unforeseen circumstances (i.e., inclement weather, instructor illness, emergent issues causing scheduling conflicts, etc.) or low enrollment. Students have the option to request a transfer credit or refund within three (3) *business days of receiving notification of the change.

Note: Courses with low enrollment are canceled one to five (1–5) *business days before the class's scheduled start date, and students are issued full refunds.

*Business days = Monday through Friday.

OOB/Saco Mail-In Registration Form

Name: _____ Email: _____ Phone: _____

Billing Address: _____

City

State

Zip Code

Course Title	Start Date	Fee
		\$
		\$
		\$
Would you like to donate to our Literacy Fund that supports our free academic programs?	\$5 \$10 \$15 \$25	



Paying by check or money order*

Make payable to OOB/Saco Adult Education and mail with this form to:
OOB/Saco Adult Education, 28 Jameson Hill Road, OOB, ME 04064

Please note there is a \$25 fee for any returned checks due to insufficient funds.

Total:
including donations

\$



Paying by credit or debit card*

Card Number: _____ Expiration: ____/____

*By completing our registration form, you acknowledge and accept our policies and release this program from any and all responsibility in case of accident, injury, loss, or property damage. You also approve the above charges to your credit/debit card.



Other Ways to Register



Online at:

oobsaco.maineadulted.org



Over the phone:

(207) 934-7922



In-person:

28 Jameson Hill Road, OOB

OOB/Saco Adult Education Policies

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2. If a student withdraws two (2) or fewer *business days before the class, no refunds or transfer credits will be issued. This is to ensure we can fully pay our instructors. We reserve the right to change, reschedule, or cancel a class due to unforeseen circumstances (i.e., inclement weather, instructor illness, emergent issues causing scheduling conflicts, etc.) or low enrollment. Students have the option to request a transfer credit or refund within three (3) *business days of receiving notification of the change.

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*Business days = Monday through Friday.

FEATURED PROGRAMS:



WITCHY HAT WORKSHOP

SEE PAGE 3



LEATHER RESCUE

SEE PAGE 4



MIXED MEDIA COLLAGE

SEE PAGE 4



UKULELE FOR BEGINNERS

SEE PAGE 10



YARDSCAPING

SEE PAGE 9



INTRO TO PORTUGUESE

SEE PAGE 20