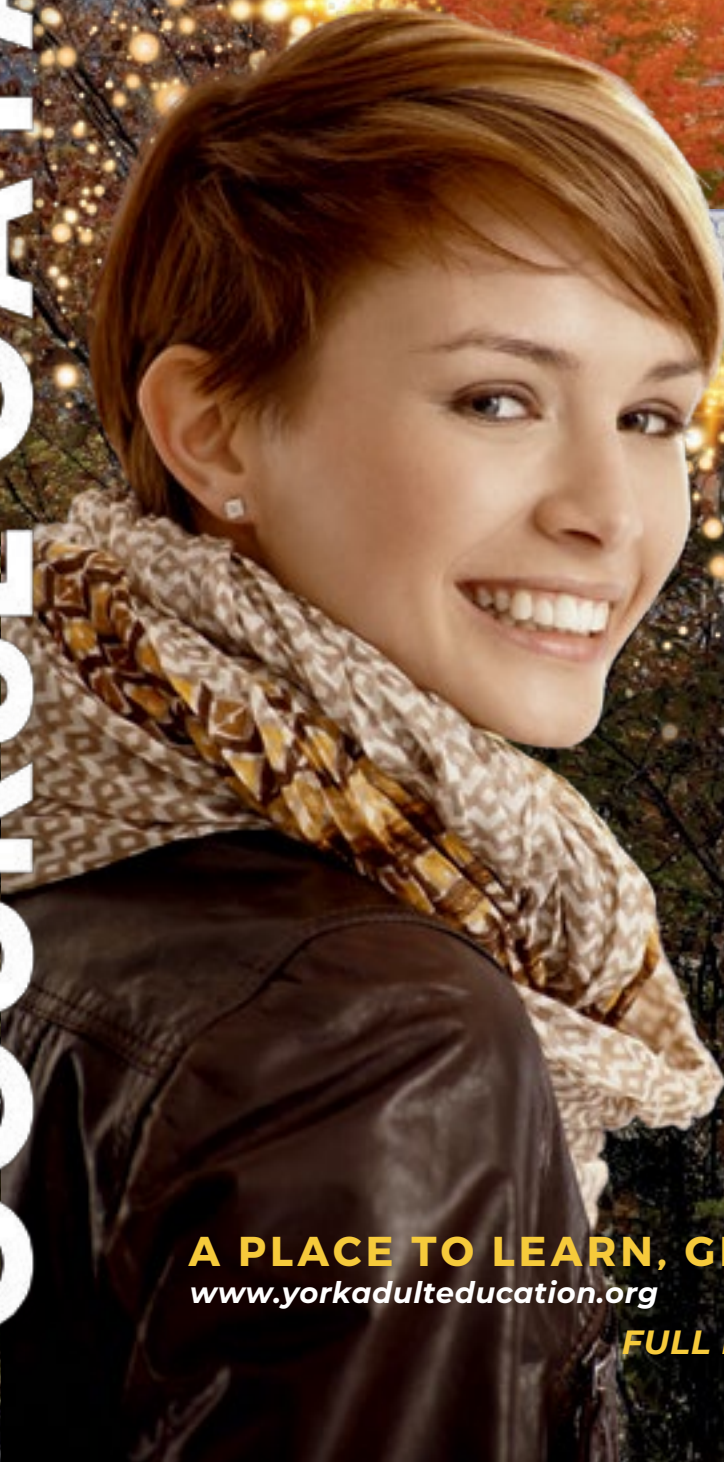


2025/26

YORK ADULT EDUCATION

# COURSE CATALOG



Your portal  
to the future...

**GO FOR IT.**

**A PLACE TO LEARN, GROW, THRIVE**

[www.yorkadulthoodeducation.org](http://www.yorkadulthoodeducation.org)

207.363.7922

**FULL DETAILS HERE** ➡





# GO FOR IT!

## Letter from the Director

I'm thrilled to welcome you to a school year full of opportunities and discoveries! You might have noticed some positive changes. Our new website is live, and we've introduced a user-friendly registration system. In addition, we have a new Student Services Coordinator to support you throughout your academic journey. We've also added new courses to help you develop skills, meet new people, and unlock opportunities.

As you explore our catalog, you'll see the cover image—"Your Portal to the Future, Go for It!" This is your key to the future. Whether you want to get your diploma, earn a certificate, or try something new, we are here to support you. Let's make this year the best one yet!

Today is a great day to have a great day! Go for it!

Lisa Robertson

Director of York Adult Education

## WHY AN ABRIDGED PRINTED CATALOG?

**FULL DETAIL CATALOG ONLINE at [www.yorkadulthoodeducation.org](http://www.yorkadulthoodeducation.org)**

We print an abbreviated catalog to responsibly use taxpayer dollars, while relying on online detailed catalogs to effectively inform the community about our great program. This balances cost efficiency with comprehensive communication strategies by blanketing our community with print.

## REGISTER EARLY AND OFTEN!

Pre-registration and payment is required at least one week prior for all courses. Space is not guaranteed until payment is received. Courses may be cancelled due to insufficient enrollment.

### LOCATION

Our offices and classroom are located at York Middle School, 30 Organug Rd., York, ME.

### OFFICE HOURS

Monday - Wednesday from 8 AM to 8 PM, Thursday 8 AM to 4PM, and Friday by appointment. On holidays and school breaks, the office is closed and no classes are held.

## SPECIAL THANKS TO OUR FUNDERS:

- Adult Education and Family Literacy Act (AEFLA)
- Altrusa of the Seacoast
- Individual Donors
- Maine College and Career Access (MCCA)
- Southern Maine Planning and Development Commission (SMPDC)
- Town of York
- York Education Foundation (YEF)

## WE CAN HELP WITH THAT!



Online: [Yorkadulthoodeducation.org](http://Yorkadulthoodeducation.org)



<https://tinyurl.com/YACEupdates>



Phone: 207.363.7922



Facebook: @YorkAdultEd

## LEARN. GROW. THRIVE.

### OUR MISSION:

We provide affordable, accessible, high-quality lifelong learning to help community members achieve their academic, career, and personal goals—strengthening the local economy and supporting active, informed citizenship.

Save the date: Graduation and Awards Ceremony  
June 4, 2026 6PM

# REGISTRATION PROCESS

for Academic Courses

## Contact Us

Visit our website at:

[www.yorkadulthoodeducation.org](http://www.yorkadulthoodeducation.org)

Fill out the contact form with your name, email, and reason for reaching out OR call 207.363.7922

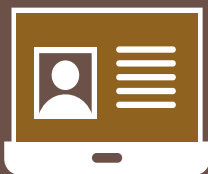
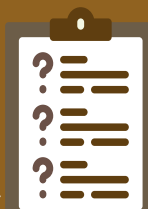


## Make An Appointment

Our Student Services Coordinator will contact you to schedule a time to meet.

## Visit In-Person & Complete Forms

Answer questions on participant info, educational background, and goals. Bring your social security number and ID.



## Complete Placement Test

We want to place you in an appropriate level course and learn how we can support your goals!

## Choose Courses

Sign up for the courses that you need to meet your academic and career goals!



## Attend Class

Join your class and build the skills you need to reach your goals. Practice regularly, complete assignments, and stay engaged—your success starts here!



# Academic and Literacy Courses

## READING FUNDAMENTALS: BUILD YOUR FOUNDATION

**Mon, Sep 8-May 27, 5-6PM, Free**

*Instructor: To Be Determined*

Sharpen your reading skills with a focus on phonics, sight vocabulary, and fluency. You'll also strengthen your ability to decode complex words through targeted instruction on spelling, prefixes, suffixes, and root words.

Rolling Admission | Registration required:  
207-363-7922 or [akimball@yorkschoools.org](mailto:akimball@yorkschoools.org).



## ENGLISH LANGUAGE

**Beginner AM: Tues & Thurs, 9-10:30am, Free**

**Intermediate AM: Tues & Thurs, 10-11:30am, Free**

**Beginner PM: Mon & Wed, 6-7:30pm, Free**

**Intermediate AM: Mon & Wed, 7-8:30pm, Free**

English for Speakers of Other Languages (ESOL)

Improve your English speaking, listening, reading, and writing in a welcoming and supportive class. Build vocabulary, boost pronunciation, and gain confidence in conversation.

Rolling Admission | Registration required:  
207-363-7922 or [akimball@yorkschoools.org](mailto:akimball@yorkschoools.org).



## US CITIZENSHIP TEST PREP CLASS

**Mon, 4-5pm, Free**

*Instructor: Shawn Cola*

Ready to become a U.S. Citizen? This 15-week course covers everything you need to know for the citizenship test, including the N-400 application, English reading, writing, and speaking skills, as well as U.S. history and government. A great option for anyone preparing for the naturalization interview and test.

## HIGH SCHOOL DIPLOMA/HISET

**Reading and Writing: Mondays, 6-8pm, Free**

Earn your high school diploma English credits or prepare for the HiSET Reading and Writing tests. This class helps you strengthen essential skills.

Rolling Admission | Registration required:  
207-363-7922 or [akimball@yorkschoools.org](mailto:akimball@yorkschoools.org).

**Math: Tues, 6-8pm, Free**

Earn the math credits you need for your high school diploma or prep for the HiSET math test. Get the support you need to feel confident and capable. Instructor: Marie Enright | Call 207.363.7922 or email [akimball@yorkschoools.org](mailto:akimball@yorkschoools.org) to register and schedule pre-testing.





# Academic and Literacy Courses

## PREP FOR COLLEGE SUCCESS

**English: Mon, 6-8pm, Free**

Need to pass the Accuplacer, ASVAB, or apprenticeship tests? Want to be ready for college-level English? This course helps you boost your reading and writing skills to meet your academic and career goals.

Rolling Admission | Registration required:  
207-363-7922 or [akimball@yorkschoools.org](mailto:akimball@yorkschoools.org).

**Math: Tuesdays, 6-8pm, Free**

*Instructor: Marie Enright*

Prepare for the Accuplacer, ASVAB, or apprenticeship tests with focused instruction in math. Boost your confidence and your scores!

Rolling Admission | Registration required:  
207-363-7922 or [akimball@yorkschoools.org](mailto:akimball@yorkschoools.org).

## GIVE THE GIFT OF EDUCATION: THE ALFOND GRANT AND MAINE'S COLLEGE SAVINGS PROGRAM-LIVE ONLINE

**Wed, Dec 3, 7-8PM, FREE**

*Instructor: FAME*

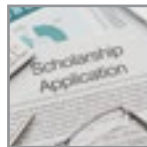
Maine families have access to two valuable programs to assist with saving and paying for education after high school: the \$500 Alford Grant and Maine's College Savings program. While these initiatives offer great benefits, understanding each of their features can sometimes be challenging. Whether you're a parent, guardian, or student, this session will provide you with information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future! Presenters: Karin Parsons and Caroline Palmatier [kparsons@famemaine.com](mailto:kparsons@famemaine.com) [Caroline@myalfondgrant.org](mailto:Caroline@myalfondgrant.org).

## PLANNING AND PAYING FOR COLLEGE -LIVE ONLINE

**Mon, Sep 22, 6-7PM, FREE**

*Instructor: FAME*

Do you have children who will be looking at college in the next few years or might you be thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid. Join Michelle Radley, College Access Counselor with the Finance Authority of Maine for this 1-hour workshop as we talk all things paying for college. Presenter: Michelle Radley, [MRadley@famemaine.com](mailto:MRadley@famemaine.com)



## ICONNECTIONS: IPAD BASICS FOR 60+

**Wed, Sep 24, 1-3PM, FREE**

**Wed, Oct 22, 1-3PM, FREE**

**Wed, Nov 19, 1-3PM, FREE**

**Wed, Dec 10, 1-3PM, FREE**

**Wed, Jan 21, 1-3PM, FREE**

**Wed, Feb 25, 1-3PM, FREE**

**Wed, Mar 25, 1-3PM, FREE**

**Wed, Apr 29, 1-3PM, FREE**

*Instructor: Lynn Sheehan*

Discover how to make the most of your iPad in this welcoming, hands-on class designed for adults 60 and older. Whether you're brand new to using an iPad or want to feel more confident, this class will help you get comfortable with logging in, using Face ID or Touch ID, and navigating your device. We'll explore the App Store to find apps that match your interests and needs, and learn how iCloud keeps your photos, contacts, and important information safe and accessible across devices.



Don't have an iPad? No problem! You can borrow one of ours during class.

Join us to build your skills, stay connected with family and friends, and discover how your iPad can enrich your daily life. This course is part of YACE's Community iConnections project, bringing technology access and confidence to our community.

## CLASS: COLLABORATIVE LEARNING AND SOCIAL SKILLS

**Wed, Sep 10-May 27, 6:30-8PM, FREE**

*Instructor: Lynn Sheehan & Shawn Cola*

Unlock the power of communication and connection in this adult social skills program. Through games, crafts, and real-world activities, you'll practice teamwork, active listening, conflict resolution, and more—all in a kind and supportive environment.

## MORE FINANCE WORKSHOPS WITH FAME

**MONEY STARTS: ADULTING 101**

**Tue, Oct 7, 6-7PM, FREE**

**MONEY GROWS: ADULTING 102**

**Tue, Oct 21, 6:30-7:30PM, FREE**

**STUDENT LOAN REPAYMENT**

**Wed, Nov 5, 6-7PM, FREE**

**SUCCESSFUL SCHOLARSHIP SEARCHES AND APPLICATIONS**

**Mon, Dec 1, 7-8PM, FREE**







# Career and Business Courses

## **WOWI: DISCOVER YOUR BEST-FIT CAREER**

**By appointment, Sep 8-May 29, FREE**

*Instructor: Lynn Sheehan*

Uncover a career that aligns with your unique skills, interests, and work style with the World of Work Inventory (WOWI). After completing the assessment online, you'll meet one-on-one with a trained WOWI professional who will guide you through your personalized results.

## **1-ON-1 RESUME WRITING HELP**

**On Demand, Sep 1-May 30, FREE**

*Instructor: Audrey Kimball*

Whether you're starting from scratch or updating your resume, this personalized session will help you showcase your experience and strengths. Get expert tips to stand out in today's job market.

## **ADOBE: PERSONALIZED 1-ON-1 TRAINING**

### **INDESIGN/PHOTOSHOP/ILLUSTRATOR**

**AnyDay, Sep 8-May 30, \$89**

*Instructor: Rob Underwood*

Work directly with Adobe-certified instructor Rob Underwood in this customized course designed around your goals. Choose the software select the date and time that works best for you. This package includes two one-hour private sessions .

## **ACCOUNTING TOOLS WITH VAL LANDRY,**

### **ALL ARE LIVE ONLINE**

### **ACCOUNTING FOUNDATIONS FOR QUICKBOOKS USERS**

**Tue, Sep 30, 8:30-11:30AM, \$59**

**Tue, Jan 27, 8:30-11:30AM, \$59**

**Tue, Mar 17, 8:30-11:30AM, \$59**

### **QUICKBOOKS**

**Tue, Oct 14-Nov 11, 8:30-11:30AM, \$99**

**Tue, Feb 10-Mar 3, 8:30-11:30AM, \$99**

**Tue, Mar 31-Apr 14, 8:30AM-11:30AM, \$99**

### **MICROSOFT EXCEL BASICS**

**Thu, Oct 2-Oct 16, 8:30-11:30AM, \$99**

**Thu, Mar 12-Mar 26, 8:30-11:30AM, \$99**

### **MICROSOFT EXCEL INTERMEDIATE**

**Thu, Oct 30-Nov 13, 8:30-11:30AM, \$99**

**Thu, Apr 2-Apr 30, 8:30-11:30AM, \$99**

### **MICROSOFT EXCEL ADVANCED**

**Thu, Dec 4-Dec 18, 8:30-11:30AM, \$99**

**Thu, May 14-May 28, 8:30-11:30AM, \$99**

### **MICROSOFT EXCEL POWER TOOLS**

**Thu, Feb 5-Feb 19, 8:30-11:30AM, \$99**

**Thu, Jun 11-Jun 25, 8:30-11:30AM, \$99**

## **COOKING WITH CARE SERIES:**

### **QUICK AMERICAN FAVORITES**

Learn to cook nutritious, easy-to-make American favorites in this hands-on class designed for support staff but open to all. Each session features time-saving recipes using familiar ingredients—plus plenty of delicious samples to enjoy!

**Tue, Mar 10-Mar 24, 6-8PM, \$120 for all three!**



### **EDIBLE EGG EXPERIENCE**

**Tue, Mar 10, 6-8PM, \$45**

*Instructor: Jeffrey Carpenter*

This class will introduce most of the ways to create egg dishes. Hard boiled, soft boiled, over easy, over hard, scrambled, egg salad, omelets and frittatas. There will be a cooking demonstration for each style of egg dish plus a chance to sample the egg dishes. Whether you're

cooking for others or yourself, you'll walk away with confidence, helpful techniques, and tasty recipes to sample and share.

### **DO YOU KNOW THE MUFFIN TRAY MEALS**

**Tue, Mar 17, 6PM-8PM, \$45**

*Instructor: Jeffrey Carpenter*

This class will introduce various simple meal recipes using a muffin tin for making a set of meals that can be eaten right away or frozen to be microwaved later. This class is a hands-on class with the participants, and they will be taught how to properly store these meals and also sample the recipes.. Whether you're cooking for others or yourself, you'll walk away with confidence, helpful techniques, and tasty recipes to sample and share.

### **USING A ROTISSERIE CHICKEN**

**Tue, Mar 24, 6-8PM, \$45**

*Instructor: Jeffrey Carpenter*

This class will introduce delicious lunch and dinner meals by using affordable rotisserie chicken already cooked and ready to go. Fun, easy, and chef friendly meals. This is a hands-on class where participants will have the opportunity to work the recipes. Whether you're cooking for others or yourself, you'll walk away with confidence, helpful techniques, and tasty recipes to sample and share.



### **SMALL BUSINESS ESSENTIALS**

**Anyday, Anytime Online, Free**

### **SALES AND MARKETING BADGE**

**Anyday, Anytime Online, Free**



## DENTAL ASSISTING

**Mon, Sep 8-May 30 or online anytime, \$3,200**

*Academy of Medical Professions*

12-week Certificate program in Dental Assisting for one of the most high-demand careers. This program is designed to teach all aspects of dental assisting and provide you with the skills you need to work in this field and pass a national certificate exam. This program is taught by a Dentist and includes an opportunity for internships. We now offer an option for Lab days, please ask for more details! The price of the course includes all books, exam preparation materials and fees for the DANB RHS® certificate program. Upon passing the DANB RHS®, you will receive a certificate of knowledge based on competency for that component from DANB. Payment plans available. \$3200. Live Classes Monday 6-8PM OR Online Anytime, Self-Paced.

## CLINICAL MEDICAL ASSISTING

**Tue & Thu, Oct 14, 5:30-8:30PM, \$3,500**

**Tue & Thu, Feb 24, 5:30-8:30PM, \$3,500**

*Academy of Medical Professions*

An all-inclusive 16-week program that includes in-person skills labs and live via Zoom class meetings that prepare you to pass the National Certification. Upon completion of the program, you will sit for your CCMA (Certified Clinical Medical Assistant) national certification exam through NHA. \$3,500 includes national certification, 6 practice exams, online study guide materials, books, resume assistance, and all other associated fees. Externships may be available in your area. Payment plans are available. Live Classes meet TU/TH 5:30-8:30PM. Start Dated: Tue-Oct 14 & Feb 24.

## PHLEBOTOMY

**Thu, Oct 16, 5:30-8:30PM, \$3,500**

**Thu, Mar 19-May 30, 5:30-8:30PM, \$3,500**

**AnyDay Sep 1-May 30, AnyTime \$3,500**

*Academy of Medical Professions*

Become Nationally Certified in 10 weeks as a Phlebotomy Technician. Our course is all-inclusive and prepares you for national certification with live classes via Zoom and in-person skills labs. You will be able to perform basic phlebotomy procedures, evaluate patients for ability to withstand venipuncture procedure, explain the procedure and answer patient questions, perform basic point of care testing, such as blood glucose levels on patients, prepare blood, urine, and other body fluid specimens for testing according to established standards. \$3,500 includes Certified Phlebotomy Technician (CPT) national certification through NHA, books, resume and job assistance. Payment plans available. Live Classes meet TU/TH 5:30-8:30PM. Tue-Oct 14 & Feb 24

## AMERICAN RED CROSS FIRST AID/CPR/AED CERTIFICATION

**Fri, Mar 6, 8AM-12PM, \$110**

*Instructor: Jeffrey Carpenter*

Completion of this 4-hour course will get you certified in First Aid/CPR/AED.

## MEDICAL OFFICE SPECIALIST-ADMINISTRATIVE MEDICAL ASSISTANT

**AnyDay, Sep 1-May 30, AnyTime, \$3,200**

*Academy of Medical Professions*

16-week certification course: This course provides practical real-world skills essential for success in the healthcare field and meets entirely online. This all-inclusive course consists of Medical Terminology, Medical Front Office Skills, Electronic Medical Records Boot Camp, and Medical Billing. In addition, upon completion of all courses, you will sit for your CMAA (Certified Medical Administrative Assistant) Certification exam through the National Healthcareer Association (NHA). \$3200 includes national certification, all books, fees, and resume and job assistance. Payment plans available. Live Classes meet Wednesdays 5:30-7:30PM OR Online Anytime, Self-Paced

## PHARMACY TECHNICIAN

**AnyDay, Sep 1-May 30, AnyTime, \$2,850**

*Academy of Medical Professions*

All Inclusive 14-week program. Pharmacy Technician is one of the fastest growing jobs in health care today. In this course, you will learn everything from the role of the technician in the pharmacy setting, to the basic sciences at the core of pharmacy practice, to preparing for the PTCB exam. You will learn complete drug information that includes proper name, spelling and pronunciation, drug class, generic and trade name, route of administration, dosage and more of hundreds of drugs. You will be able to identify pills on sight with pill photos, gain a better understanding of how certain drugs work within the body with a concise review of relevant anatomy and physiology, and stay up to date with cutting-edge pharmacy practice with the latest information on new drugs, regulations, HIPAA guidelines and safety procedures. \$2,850. All materials included including PTCB National Certification (CPhT) Exam fee. Payment plans available.



## BREATHING IN COLOR: A JOURNEY TO SELF-AWARENESS THROUGH ART AND BREATH-LIVE ONLINE

**Mon, Sep 8-Sep 22, 10-11AM, \$39**

**Mon, Sep 8-Sep 22, 5-6PM, \$39**

*Instructor: Carole Freeman*

Immerse yourself in a calming and creative experience that transforms your breathing patterns into colorful works of art. In this unique workshop, you'll observe and honor your natural breath while exploring themes like flowing rivers, gentle waves, and radiant light. Using vibrant colors, you'll create visual representations of your breath and gain a deeper understanding of your inner calm. Perfect for all levels, this class combines mindfulness, creativity, and self-expression in a safe and welcoming environment. Offered live on Zoom, 3 weeks, 1 hour each. Student may choose either Mondays at 10am or 5pm (same class) September, 8, 15, 22.

## THE BALANCE BLUEPRINT: CORE STRENGTH MEETS STABILITY-LIVE ONLINE

**Tue, Sep 9-Sep 23, 10-11AM, \$39**

**Tue, Sep 9-Sep 23, 5-6PM, \$39**

*Instructor: Carole Freeman*

Unlock the secrets to better balance in this dynamic workshop that connects the mind and body. You'll learn about the brain's role in stability, techniques to develop better balance, and the essential connection between core strength and control. Perfect for all ages, this class is ideal for anyone seeking improved coordination, injury prevention, or confidence in movement. Offered live on Zoom, 3 weeks, 1 hour each. Student may choose either Tuesdays 10am or 5pm (same class) September 9, 16, 23

## FIVE-MINUTE FACELIFT: BOOST YOUR MOOD AND STRENGTHEN FACIAL MUSCLES-ALL YEAR ONLINE, SELF-DIRECTED, SELF-PACED

**AnyDay, Sep 1-May 30, \$39**

*Instructor: Carole Freeman*

Transform your face—and your mood—in just minutes a day! This fun and uplifting course teaches quick, effective facial muscle exercises that enhance neuromuscular connections and even lift your spirits. Discover the science behind “putting on a happy face” and how facial movements can positively impact your emotional well-being. A perfect fit for busy people of all ages looking for fast, impactful results. Offered all year online, self-directed, self-paced.

## YOGA LIVE-ONLINE WITH NICOLA EDEN

### INTRO TO CHAIR YOGA

**Sat, Sep 20-Oct 18, 11AM-11:30AM, \$45**

**Sat, Oct 25-Nov 22, 11AM-11:30AM, \$45**

**Sat, Nov 29-Dec 27, 11AM-11:30AM, \$45**

**Sat, Jan 3-Jan 31, 11AM-11:30AM, \$45**

*Instructor: Nicola Eden*

From the comfort of your own space and stable chair, experience the gifts of yoga through awareness of mind and body. Guided by Nicola Eden - Registered Yoga Teacher with a Maine State Teacher Certification.



### EXPLORATIONS IN CHAIR YOGA

**Sat, Sep 20-Oct 18, 9:30AM-10:30AM, \$75**

**Sat, Oct 25-Nov 22, 9:30AM-10:30AM, \$75**

**Sat, Nov 29-Dec 27, 9:30AM-10:30AM, \$75**

**Sat, Jan 3-Jan 31, 9:30AM-10:30AM, \$75**

*Instructor: Nicola Eden*

From the comfort of your own space and stable chair, experience the gifts of yoga through awareness of mind, body, movement, and breath. Guided with a sustainable approach. Open to all.



### FLOW AND GENTLE YOGA

**Sat, Sep 20-Oct 18, 8AM-9AM, \$75**

**Sat, Oct 25-Nov 22, 8AM-9AM, \$75**

**Sat, Nov 29-Dec 27, 8AM-9AM, \$75**

**Sat, Jan 3-Jan 31, 8AM-9AM, \$75**

*Instructor: Nicola Eden*

From the comfort of your own space, experience the gifts of yoga through mindful movement and breath, explorations in slowing down, down to the ground, and moments of settling into stillness. All to support your journey.

## POSTURE POWER: STRENGTHEN YOUR BODY FROM THE GROUND UP-LIVE ONLINE

**Wed, Sep 10-Sep 24, \$39**

*Instructor: Carole Freeman*

Poor posture can wreak havoc on your breathing, energy, and overall well-being. In this engaging workshop, you'll learn simple correction techniques for common postural imbalances, including Upper Cross Syndrome (tight chest, weak upper back) and Lower Cross Syndrome (hip tightness, weak lower back). By focusing on breathing and alignment, you'll feel taller, stronger, and more energized. This class is perfect for anyone looking to improve their posture and vitality. Offered live on Zoom, 3 weeks, 1 hour each. Student may choose either Wednesdays 10am or 5pm (same class)



## LIVING WELL LONGER JUMPSTART WHOLE FOOD PLANT-BASED LIFESTYLE

**Mon, Sep 29-Oct 6, 6-8PM, \$39**

*Instructor: Christine Arnold*

A whole food plant based diet is the gold standard of eating to live well longer. In this 2 part series, we will address the mindset, resources and environment changes that can help you start to make the shift to a healthier you. With tools to make it easy to shop, meal plan and make delicious meals that nourish and keep you satisfied.

## LIVING WELL LONGER LUNCHBREAK SERIES: ENERGIZING YOUR WFPB JOURNEY

Join us on your lunchbreak for this lunch and learn where you'll sample delicious WFPB food you can make at home while learning about whole food plant based diet.

**Mon, Oct 20-Dec 8, 11:30AM-1PM, \$50 for all 3!**

### PROTEIN AND CALCIUM

**Mon, Oct 20, 11:30AM-1PM, \$20**

### HOLIDAY MEALS EVERYONE WILL EAT

**Mon, Oct 27, 11:30AM-1PM, \$20**

### SPOTTING ULTRAPROCESSED FOODS

**Mon, Dec 8, 11:30AM-1PM, \$20**

## FOUNDATIONS OF HEALTH AND WELLNESS, PART 1-LIVE ONLINE

**Thu, Oct 9-Nov 6, 4:30-5:30PM, \$29**

*Instructor: Marsha Guptill*

Build lasting, realistic habits to support your physical and mental wellbeing. This 5-week course explores the core pillars of health—Nutrition, Movement, Hydration, Stress Management, and Sleep—with simple strategies you can apply immediately. Learn how to decode food labels, incorporate movement into your day, stay hydrated, manage stress, and improve your sleep hygiene. You'll also explore mindset tools to help you shift from "all-or-nothing" thinking to small, sustainable steps—without pressure or perfectionism. Live on Zoom | No prerequisites | Bring a notebook

## PART 2-LIVE ONLINE

**Thu, Nov 13-Dec 18, 4:30-5:30PM, \$29**

*Instructor: Marsha Guptill*

Continue your wellness journey with new topics that build on the five pillars: Nutrition, Movement, Hydration, Stress Management, and Sleep. In this second part of the series, you'll explore mindful eating, fasting basics, motivation for movement, hydration for focus, tools to build resilience, and ways to troubleshoot common sleep disruptors. Each session includes mindset coaching to help you stay consistent, overcome barriers, and create healthy habits that last. Live on Zoom | No prerequisites | Part 1 not required



## Health and Wellness Courses

### STRETCH AND TONE

**Mon, Oct 20-Dec 8, 4-4:45PM, \$125**

**Mon, Jan 5-Mar 2, 4-4:45PM, \$125**

**Mon, Mar 9-May 4, 4-4:45PM, \$125**

*Instructor: Judy Stark*

If you have tight hips, low back or shoulder mobility issues? This class is for you! From beginner to current exercise enthusiast, this low-impact, easy to follow class will strengthen your muscles and bones. Light hand held weights add tone and definition. Guided stretches the entire time provided by an experienced Strength and Stretch Coach and certified Yoga Instructor with 20+ years of experience. Have fun and leave feeling energized. Wear comfortable clothing and sneakers or socks, and bring an optional mat or towel.

### QIGONG AND MEDITATION

**Tue, Dec 2-Dec 16, 5-6PM, \$89**

**Tue, Jan 6-Feb 3, 5-6PM, \$89**

**Tue, Feb 24-Mar 17, 5-6PM, \$89**

*Instructor: Anja Schneider*

Experience gentle movement and deep stillness in this 60-minute QiGong and meditation class. Reconnect with your body, release tension, and leave feeling centered, calm, and deeply refreshed. Suitable for all ages. Please bring a yoga mat + pillow and blanket to get comfortable for the meditation.

### INDOOR WALKING

**M/T/W, Oct 1-May 30, 4-7PM, Free**

### FOOD ADDICTS (FA) IN RECOVERY INFO SESSION -LIVE ONLINE

**Tue, Oct 21, 6:30-8PM, Free**





# THE HEART OF ADULT EDUCATION: PURPOSE, POWER, & POSSIBILITY

How Lifelong Learning Transforms Individuals, Communities, and Futures

By Lisa Robertson

**At York Adult Education, we believe education enriches adults' lives in three key ways: economically, through empowerment, and through the experiences that shape us.**

**Forty-five years ago**, York Adult Education opened its doors with a clear mission: to provide adults with opportunities to improve literacy, complete high school, build job skills, and engage in personal enrichment. What began as a part-time program has grown into a dynamic community resource—one that continues to evolve and expand to meet the changing needs of learners today.

We're proud of how far we've come—and even more excited about where we're headed. At York Adult Education, we believe every class, every skill learned, and every goal achieved is a portal to the future. Whether you're looking to advance your career, discover a new passion, or simply grow into the best version of yourself, we're here to help you step confidently into what's next.

At York Adult Education, we believe learning empowers, enriches, and equips you for every stage of life. **Here's how we see the heart of adult education today: the true value of education lies in its ability to help us become better versions of ourselves.**

## **Purpose: Building Stronger Futures**

Yes, adult education plays a vital role in equipping individuals with skills for today's workforce. As Biesta (2006) notes, adult education supports economic growth and ensures individuals remain competitive in a rapidly changing job market. But economic success is only part of the story. Education gives us the tools to contribute meaningfully to our communities and create a better future for ourselves and those around us.

## **Power: Transforming Lives**

Paulo Freire said, "Humans and the world are always 'beings in the process of becoming,' but this becoming needs to be nurtured." Our programs are designed to nurture that process, helping you grow into your full potential while contributing to a stronger society.

Our programs empower learners to see themselves as agents of change in their own lives and communities. Whether it's understanding media bias, connecting with other influencers, preparing for civic engagement, or understanding the complexities of our society, adult education equips us to act as informed, engaged citizens. Understanding how to engage with our government at all levels in meaningful and productive ways is a cornerstone of civic life. As Biesta (2006) reminds us, lifelong learning fosters democratic engagement and inclusion, ensuring that education serves not only economic but also personal and societal goals.

Education is more than skill-building—it's about creating a more dynamic, creative, and informed community. At York Adult Education, we help you learn, grow, and thrive as an engaged and empowered citizen.

## **Possibility: Lifelong Learning**

As Eduard Lindeman once wrote back in 1926, "The whole of life is learning, therefore education can have no endings... *Adult education's purpose is to put meaning into the whole of life.*" We take this charge very seriously. For us, lifelong learning isn't a catchphrase—it's the foundation of everything we do.

At York Adult Education, we understand that learning isn't confined to classrooms or vocational goals. It's about growing through the experiences of life—nurturing creativity, curiosity, and connection. Whether you're mastering new technology, exploring creative passions, or simply looking for meaningful engagement, adult education enhances your journey.

*At its heart, adult education is about igniting a lifelong love for learning.* It's about the thrill of discovering something new, the passion for pursuing dreams, and the joy of unlocking potential you never thought possible. Whether it's building a stronger economic future, empowering yourself to create change, or finding meaning through life's experiences, learning is the key that opens every door. At York Adult Education, we believe education is not just a path to success—it's a journey that enriches every aspect of life. Together, let's embrace the adventure of learning and grow into the best versions of ourselves.

Biesta, G. J. J. (2006). What's the point of lifelong learning if lifelong learning has no point? On the democratic deficit of policies for lifelong learning. *European Educational Research Journal*, 5(3–4), 169–180.  
Freire, P. (2000). *Pedagogy of the oppressed* (30th anniversary ed.; M. B. Ramos, Trans.). Continuum.  
Lindeman, E. (1926) *The Meaning of Adult Education*. New York: New Republic.  
Shin, J., & Ging, L. (2019). "Producing Human Capital": A Critical Discourse Analysis of Title II of the Workforce Innovation and Opportunity Act (WIOA). *Adult Education Quarterly*, 69(3), 163–183.  
<https://doi.org/10.1177/0741713619834663>



# Health and Wellness Courses

## 4 WEEK MIND DETOX-LIVE ONLINE

Wed, Oct 11-Nov 1, 10-11:30AM, \$199

*Instructor: Anja Schneider*

Your mind is constantly racing. You replay conversations, worry about the future, and feel stuck in a loop of overthinking. It's exhausting—and it's affecting your sleep, focus, and peace of mind. This 4-week journey is for you if: • You wake up feeling anxious • You can't shut your mind off, no matter how hard you try • You're tired of feeling overwhelmed, reactive, or emotionally drained • You long for clarity and calm ✓ Get Practical tools to calm anxiety in the moment ✓ Shift from reacting to responding ✓ Reconnect with your body and breath ✓ Learn a mindful routine to create lasting inner calm Are you ready to stop overthinking and start living again? Join us now.

## SCREENWISE: RECLAIMING YOUR TIME, ATTENTION & PEACE LIVE ONLINE

Sat, Nov 8-Nov 29, 10-11AM, \$185

*Instructor: Anja Schneider*

Feeling overwhelmed by screens, scrolling, and constant notifications? This 4-week online course offers a practical, mindful approach to simplifying your digital life. Through guided reflections, group conversations, and weekly challenges, you'll explore how to reduce tech overwhelm, reclaim focus, and make space for what truly matters. Learn to use technology with intention—so it supports your well-being instead of draining it.

### THE FINE PRINT

**Disclaimer:** We do our best to ensure accuracy, but there may be errors, changes, or acts of God that render price, dates, or times incorrect.

**Age Requirement:** Minimum age for participation in York Adult Education classes is 17 unless otherwise stated in the course description or special permission is granted in writing by the director.

**Storm cancellation policy:** Adult Education classes will be cancelled if YSD school is cancelled. Please check area radio and TV stations for cancellation information. We do our best to reschedule classes that have been disrupted by storm cancellations, but it is not always possible to extend courses. We do not give partial refunds due to storm cancellations.

**Disability Access Statement:** The York Adult and Community Education program provides equal access to all programs and activities.

**Payment Options:** York Adult and Community Education accepts payments in cash, check, debit or credit cards. There will be a \$30 fee with any returned check. Online payments with debit or credit cards incur a bank fee which is the responsibility of the participant.

**Refunds:** 100% refund of payment if the course is cancelled. If a participant withdraws two business days prior to first class they will receive 100% refund of the cost of the course, but no refund of credit card bank processing fee. No refunds or partial refunds once a class has started. No refunds for trips after registration deadline. It takes 2-3 weeks to process refunds if paid by check. Cooking classes have a 5 day cancellation notice as they require the advance purchase of perishable products. No shows and late cancellations can not be refunded.

PER STATE OF MAINE LAW, THERE IS NO SMOKING, VAPING, DRINKING, OR DRUGS PERMITTED IN, ON, OR OUTSIDE ANY YORK SCHOOL PROPERTY.

## RESTFUL NIGHTS: A MINDFULNESS-BASED SLEEP WORKSHOP

Mon, Jan 12-Jan 12, 6-7PM, \$65

*Instructor: Anja Schneider*

Sleep is essential for mental well-being, yet so many struggle with falling or staying asleep. This session will introduce relaxation techniques, breathwork, and mindful evening routines to promote deeper, more restorative sleep.

## CREATE YOUR VISION BOARD

Tue, Jan 13, 6PM-7:30PM, \$79

*Instructor: Anja Schneider*

CREATE YOUR VISION BOARD FOR 2026 Let 2026 become your best year by setting goals and actually achieving them! Join us for this fun workshop to get creative and leave with your personal vision board for 2024. Life coach and meditation teacher, Anja Schneider, will lead a meditation that helps you let go of the past year and find your goals and visions for the new year. Each participant will create their personal vision board using a variety of materials. You will have a clear direction for the immediate future and we will manifest the goals and dreams that you want to achieve.

## MINDFUL SUCCESS: PLANNING YOUR YEAR WITH INTENTION AND PRESENCE

Wed, Jan 21, 5-8PM, \$79

*Instructor: Anja Schneider*

New Year, New You: Mindfulness meets Goal Setting This transformative three-hour workshop blends mindfulness and practical goal-setting to help you create a year aligned with your values. Through guided meditations, reflective journaling, and actionable planning, you'll: 1. Release the burdens of the past year and make space for new opportunities. 2. Define your core values and set meaningful intentions for the year ahead. 3. Learn mindfulness practices to stay grounded and overcome challenges. By the end of this session, you'll leave feeling inspired, empowered, and equipped with tools to navigate your year with confidence and ease. Let 2026 be the year you show up for yourself with purpose and presence.





# The Arts and Community

## WATERCOLOR PAINTING WITH KATHY CARTER

### WATERCOLOR BEGINNERS

Thu, Oct 2-Oct 30, 10AM-12PM, \$149

Thu, Nov 6-Dec 11, 10AM-12PM, \$149

Thu, Jan 8-Feb 5, 10AM-12PM, \$149

Thu, Mar 5-Apr 2, 10AM-12PM, \$149

*Instructor: Kathryn Carter*

Paint confidently using the right watercolor materials and methods. Professional artist Kathryn Carter will guide you with easy-to-follow instructions and demonstrations as you paint along. Learn color-mixing and basic techniques, and how and when to apply them for successful results. No drawing experience necessary. [Click Here for Supply List.](#)

### WATERCOLOR ADVANCED BEGINNERS

Sat, Oct 4-Nov 1, 10AM-12PM, \$149

Sat, Nov 8-Dec 6, 10AM-12PM, \$149

Sat, Jan 3-Jan 31, 10AM-12PM, \$149

Sat, Mar 7-Apr 4, 10AM-12PM, \$149

*Instructor: Kathryn Carter*

Build confidence and have fun painting with professional artist Kathryn Carter. Take your skills to the next level with easy-to-follow instructions and demonstrations. Paint dramatic-light, color-rich shadows, texture, atmosphere, perspective, and details using as few as four color choices. Learn to infuse your paintings with balance and harmony. No drawing experience necessary. [Click Here for Supply List.](#)



### RESIN ART MAKIN' WAVES LAZY SUSAN

Wed, Sep 24, 6-8PM, \$69

*Instructor: Brigitte Miner, Creative Resin-ations*

Create an Ocean Wave design or dried flower design on a Lazy Susan. You will learn about resin, resin pigments, the techniques and tools of the trade. All supplies included. Bring an apron/crafting clothing. Your art will be left overnight to cure. The art may be picked up the next business day.

### MAKIN' WAVES JEWELRY

Wed, May 6, 6-8PM, \$49

*Instructor: Brigitte Miner, Creative Resin-ations*

Create realistic ocean waves in two pendants bezels & one bracelet. You will learn about UV resin, pigments, the techniques and tools of the trade. All supplies included along with two wire necklaces to attach to the pendants. Bring an apron and reading glasses. You may wear your jewelry home.

### RESIN ART DRIED FLOWER JEWELRY

Wed, Jun 3, 6-8PM, \$49

*Instructor: Brigitte Miner, Creative Resin-ations*

Design your own pendant necklace & earrings with a variety of colorful dried flowers. You will learn about UV resin, the techniques and tools of the trade. All supplies are provided including two silver chain necklaces. Bring an apron & reading glasses. You may wear your jewelry home.

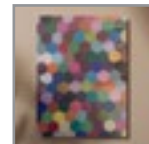
### FRAMEABLE PAPER QUILT

Fri, Oct 17, 10AM-12PM, \$35

Fri, Feb 6, 10AM-12PM, \$35

*Instructor: Jeffrey Carpenter*

You know quilting...machine, fabrics, large surface areas.....UGH. Now you can create a beautiful frameable quilt made from luxurious paper!!! Using geometric and decorative paper punches, canvas boards, and quilt square designs, create a gorgeous paper quilt square you can frame. Jeffrey has been creating actual quilts since he was a young guy growing up with quilting grandmothers in the mountains of West Virginia. He has switched to creating paper quilt collages and is eager to share with you this new type of art. You will leave with your own frameable piece of quilt art.



### 20 YEARS WITH US!

*Thank you, Kathy, for your years of dedicated instruction.*

**ABOUT THE ARTIST:** Award-winning artist Kathryn Carter is a past President of the York Art Association, Founder of Seacoast School of Art, and a member of several art collaboratives. Her paintings and murals are featured in numerous private and corporate collections throughout the U.S. and abroad. She has taught art to adults and children for over 25 years, as well as hosting watercolor & wine events nationally.

## PIANO LESSONS – PRIVATE INSTRUCTION FOR ALL LEVELS

**Mon or Tue or Wed, Sep 1-May 30, UPick 2:30-4pm, \$120**

*Instructor: Susan Frank*

Whether you're brand new to the piano or returning after time away, private lessons with Susan Frank will help you grow at your own pace. Offered in convenient four-lesson packages (30 minutes each), these one-on-one sessions are perfect for beginners or those ready to level up their skills.

## PRIVATE DRUM LESSONS

**AnyDay, Nov 1-May 30, 4 weeks, \$120**

*Instructor: Tim Sheehan*

Learn to drum in a fun and relaxed setting! No experience needed—just bring your enthusiasm. Includes four 30-minute lessons on a real drum kit. Instructor: Tim Sheehan | Flexible Scheduling Monday, Tuesday, Wednesday 2:30-8pm or Thursday 2:30-5pm

## UKULELE FOR BEGINNERS-LIVE ONLINE

**Tue, Sep 16-Oct 7, 6-7:30PM, \$89**

**Wed, Oct 15-Nov 5, 6-7:30PM, \$89**

**Tue, Nov 11-Dec 9, 6-7:30PM, \$89**

**Wed, Feb 4-Feb 25, 6-7:30PM, \$89**

**Tue, Mar 3-Mar 24, 6-7:30PM, \$89**

*Instructor: Duncan Perry*

Ready to make music and have fun doing it? Join Duncan Perry for a beginner-friendly ukulele course that covers essential chords, strumming patterns, and techniques using familiar, easy-to-play songs. No need to read music—just bring your uke and your enthusiasm! Class is via ZOOM Dates: Tue, Sept 16, 23, 30, Oct 7



## UPCYCLED CARDS & ENVELOPES

**Fri, Nov 14, 10AM-12PM, \$35**

**Fri, Jan 23, 10AM-12PM, \$35**

*Instructor: Jeffrey Carpenter*

Create some beautiful, one-of-a-kind upcycled cards and learn how to make hand made envelopes to match!!! Using embellishments, recycled cards, and papers from around the world you will be able to create several cards in this class. You will also be getting a set of various sized envelope templates to create your matching envelopes using various materials.

**ABOUT THE ARTIST:** Jeffrey Carpenter is the owner of Sagittarius Studios and has been creating art, jewelry and stationary products sold all over the world since 1990. He grew up in the Appalachian Mountains of West Virginia with teachings of mountain and indigenous crafts from both grandmothers and great grandmothers who were renowned for their quilting, crocheting, and using upcycled materials in folk art creations.

## INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE -LIVE ONLINE

**Sat, Oct 25, 9AM-12PM, \$69**

*Instructor: Craig Coffman*

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration.

## INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE-LIVE ONLINE

**Sat, Oct 25, 1-3:30PM, \$69**

*Instructor: Craig Coffman*

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. The fee includes the online book, online follow-up lessons, a recording of the class and also an optional periodic question-and-answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture/demonstration.

## PIANO BY EAR-LIVE ONLINE

**Sat, Nov 22, 9AM-11:30AM, \$69**

*Instructor: Craig Coffman*

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" or the "Instant Guitar" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons and an optional monthly question and answer session. Class is held online using zoom. Topics include: How to find the starting note. How to determine when chords change. How to predict the chord progression. How chords help you find the correct melody. How the melody helps you find the correct chords. How to learn songs from recordings in all keys. How to transpose. The Universal Key Signature. How to use the Circle of Fifths. How to recognize the most common chord patterns. Class is online over Zoom.



## **PHOTOGRAPHY WITH STEVE MCGRATH - ALL ARE LIVE ONLINE**

### **DIGITAL PHOTOGRAPHY FOR NEWBIES**

**Tue, Sep 16-Oct 14, 5:30-7PM, \$89**

**Tue, Jan 6-Jan 20, 5:30-7PM, \$89**

*Instructor: Steve McGrath*

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera ready and learn when and how to use its special features such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography.

### **SMARTPHONE PHOTOGRAPHY**

**Tue, Sep 16-Sep 30, 7:30-9PM, \$59**

**Tue, Nov 18-Dec 2, 7:30-9PM, \$59**

**Tue, Feb 24-Mar 10, 7:30-9PM, \$59**

*Instructor: Steve McGrath*

This Class is dedicated to helping you with understanding how to use your smartphone photography, how to take a create great Images on your phone, what editing apps to use, how to share and print your images. Join Steve as we go over how to find out how to use essential controls on your phone along with the best free and low-cost tools for editing and image management.

### **PET PHOTOGRAPHY**

**Tue, Oct 7-Oct 21, 7:30-9PM, \$59**

*Instructor: Steve McGrath*

This Portrait and Pet photography course is designed to teach you everything you need to know to take professional-quality Portraits. You will learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain 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!

### **PORTRAIT AND PET PHOTOGRAPHY**

**Tue, Jan 6-Jan 20, 7:30-9PM, \$59**

*Instructor: Steve McGrath*

This Portrait and Pet photography course is designed to teach you everything you need to know to take professional-quality Portraits. You will learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain 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!

### **DIGITAL PHOTO 2 INTERMEDIATE**

**Tue, Oct 28-Nov 25, 5:30-7PM, \$89**

**Tue, Feb 17-Mar 17, 5:30-7PM, \$89**

*Instructor: Steve McGrath*

You are comfortable with your camera and you want more! In this class we will explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. We will take an in-depth look at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques.

### **LANDSCAPE PHOTOGRAPHY**

**Tue, Oct 28-Nov 11, 7:30-9PM, \$59**

*Instructor: Steve McGrath*

In this Beginner/Intermediate Landscape Photography Class Steve will show you all the various camera settings you can use when taking Landscape Photography utilizing your Shutter and Aperture settings and Hyper Focal Distance, Exposure Compensation, ISO. Including understanding and using natural light, finding the best Composition, understanding the ways different focal length lenses behave, and using depth of field and the use of filters. And you can use Smartphone or Digital Cameras for this class.

### **HOW TO PHOTOGRAPH SNOWFLAKES!**

**Tue, Dec 9-Dec 16, 5:30-7PM, \$59**

*Instructor: Steve McGrath*

In this Class we are going to use our Macro/Close Up settings, Lenses, Filters and Lighting to take some awesome Images of Snowflakes! And go over the Controls to capture them! Like our Aperture, ISO Exposure Compensation. And Composition which is important with the Snowflakes! And this is for a Digital Camera or a Smartphone!

### **NATURE PHOTOGRAPHY**

**Tue, Feb 3-Feb 17, 7:30-9PM, \$59**

*Instructor: Steve McGrath*

In this Nature Photography online class, we will go over camera settings and compositions and how to get great images of Nature's best like moose, birds, seals and other subjects! We will also learn how to set up a blind to get great images, the best lenses for this type of photography and tripods to get the best stability for your images!

## SILVERSMITHING WITH ALICE CARROLL

### HOLLOW BEAD DESIGN

Sat, Sep 27, 10AM-1PM, \$69

*Instructor: Alice Carroll*

This two toned bead will hang nicely on a chain as a pendant or a charm. It could also be combined with other beads to make a full necklace or bracelet. We will discuss basic metalsmithing techniques such as measuring, forming, applying textures and soldering. This is a great soldering project if you would like to practice your soldering skills. No experience required, all levels welcome.

### LINK BRACELET

Sat, Oct 25, 10AM-1PM, \$69

*Instructor: Alice Carroll*

This bracelet is a fun creative way to reproduce links multiple times and fabricate a lovely chain linked bracelet. This bracelet uses the technique of fusing versus soldering each link. We will fuse parts together then learn how to form the links using a variety of hand tools. Each link gets attached to the next to make a strand of chain. The clasp on chains is a consideration we will learn how to fabricate a few different clasps. No experience is required, all levels welcome.

### BEZEL SET STONE ON A RING

Sat, Nov 15, 10AM-1PM, \$69

*Instructor: Alice Carroll*

Learn how to texture, size, solder and set a stone in a three hour class. Each student will learn how to make their own bezel, then texture a ring and solder them together. Along with making the ring, we discuss sizing your finger and the amount of metal that is required to fabricate the ring. After the ring is created, each student will learn how to set a stone in a bezel setting. All materials are included, but if you have a gemstone, beach stone or sea glass that you are partial to, please feel free to bring it in. No experience necessary.



### PAPERCLIP CHAIN BRACELET

Sat, Jan 24, 10AM-1PM, \$69

*Instructor: Alice Carroll*

Fabricating a chain is a wonderful way to work on your soldering skills since each link needs to be soldered. This elegant paperclip chain is in style right now and fun to wear in many different ways. Through demonstration and hands on work time each student will learn how to form the links and texture them, then solder all together and polish.

### TUBE BEZEL PENDANT

Sat, Feb 28, 10AM-1PM, \$69

*Instructor: Alice Carroll*

This is a wonderful way to up your stone setting skills. Each student will create a beautiful pendant to hang a faceted stone on. We will talk about design and how to best show off your sparkling stone. There will be a small selection of stones to choose from each student will pick the stone and design their pendant. This class covers, soldering, forming with hand tools, and stone setting. No experience required, all levels welcome.



### LINKED DROP EARRINGS

Sat, Mar 28, 10AM-1PM, \$69

*Instructor: Alice Carroll*

Get creative and fabricate a beautiful pair of earrings with multiple links. This is a great way to develop your small scale soldering skills, and master simple linking mechanisms. You may choose to just have one drop link or many drops in a row. This class will cover sawing, soldering, forming and linking. Through demonstration the class will learn a few different ways of connecting the drops that make up the earrings. No experience required, all levels welcome.



### ORBIT RING

Sat, Apr 11, 10AM-1PM, \$69

*Instructor: Alice Carroll*

For those of you who love to wear rings, this is a great class to make a ring that can be worn everyday or on special occasions. This ring has a lot of negative space and a stone set in the center of the ring in the front. Each student will learn how to measure ring sizes and metals, form with hand tools and solder everything together then finally set the stone. This is a great class if you have already been working on your skills, but want to take it to the next level. No experience required, all levels welcome.

### ENAMEL EARRINGS

Sat, May 23, 10AM-1PM, \$69

*Instructor: Alice Carroll*

If you love color this is the class for you. Enamel is powdered glass and is fairly scientific. We will be keeping the enamel techniques simple for this 3 hour class. Each student will design and fabricate a pair of earrings that has an element that has been enameled with a beautiful color and will choose their hanging and setting the enameled components.





## MYTH AND REALITY: THE CONGRESSIONAL, EXECUTIVE, AND JUDICIAL BRANCHES OF GOVERNMENT

**Tue, Sep 9-Sep 23, 6-7:15PM, FREE**

*Instructor: Dr. Alan R. Gitelson*

If you'd like to know and understand more about the workings and non-workings of the congressional, executive, and judicial branches of government, join me in an engaging non-partisan conversation over three classes.

## ESTATE PLANNING – PREPARE FOR THE UNCERTAINTIES OF LIFE AND REVOCABLE TRUSTS & IRREVOCABLE TRUSTS – ARE THEY RIGHT FOR YOU?

**Wed, Nov 19-Nov 19, 6-8PM, \$19**

*Instructor: Kathryn Bedell, Esq*

This class will begin with an overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives, etc. The class will then delve into, learning how revocable trusts can help avoid probate and protect your privacy, and how irrevocable trusts can protect your assets from nursing home or Maine Care (Medicaid) liens. Discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children. Kathryn Bedell is a lawyer in York, Maine and has been practicing for 33 years. Her practice focuses on estate planning, asset preservation, and probate matters.

## PAGE TURNERS BOOK CLUB

**Fall-Wed, Oct 1-Dec 3, 6:30-8PM, \$39**

**Winter-Wed, Jan 7-Mar 4, 6:30-8PM, \$39**

**Spring-Wed, Apr 1-Jun 3, 6:30-8PM, \$39**

*Instructor: Beth Barndt-Knight*

Love to read? Wish you had someone to share your thoughts with after finishing a great book? Page Turners' Book Club is the perfect place for you! Whether you're a lifelong bookworm or just starting to explore new stories, you'll find a welcoming, open-minded community ready to laugh, discuss, and connect over the books we read together. Each month, we'll gather to talk about our latest selection—sharing insights, perspectives, and a few good laughs along the way. We'll also choose upcoming books as a group, ensuring everyone has a voice in what we read next. Join us for this book club spread across three sessions throughout the year, each lasting three months. We meet on the first Wednesday of every month—come turn the page with us! Fall: Oct 1, Nov 5, Dec 3

Winter: Jan 7, Feb 4, Mar 4

Spring: Apr 1, May 6, Jun 3

October's book is: *Water Finds a Way* by Meghan Perry

## FROM ANCIENT GREECE TO BROADWAY: AN INTRODUCTION TO THEATER

**Wed, Sep 24-Oct 29, 4PM-5PM, \$49**

**Wed, Jan 7-Feb 11, 4PM-5PM, \$49**

*Instructor: Lauren Cummings*

Explore the rich history and evolution of theater in this engaging, presentation-based class. Each week focuses on a different theme—like Greek theater, Shakespeare, Method Acting, Broadway, and more—brought to life through dynamic PowerPoint visuals and lively discussion. Whether you're a theater lover or simply curious, this course offers a fun and accessible look behind the curtain. No acting required!

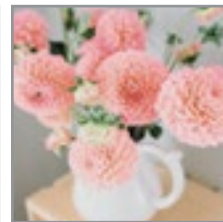
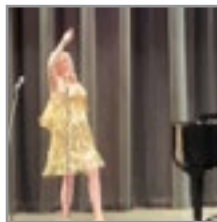
## BROADWAY BOUND: PERFORMANCE MUSICAL THEATER

**Wed, Sep 24-Oct 29, 5:30PM-7PM, \$65**

**Wed, Jan 7-Feb 11, 5:30PM-7PM, \$65**

*Instructor: Lauren Cummings*

Love to sing Broadway hits? Step into the spotlight—whether you're ready for a live audience or just want to build your confidence on stage. In this fun and supportive class, you'll rehearse both solo and group numbers while learning vocal techniques and basic stage movement. Performance is encouraged, but never required. All are welcome—no experience necessary!



## GET READY TO SHINE: WICKED GOOD SHOW LITERACY FUNDRAISER

**Thu, Feb 6-Feb 6, 6PM-8PM, \$20**

*Instructor: Shawn Cola & Lauren Cummings*

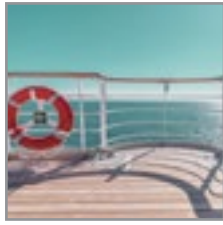
Join us for an uplifting performance-based class designed to prepare participants for the 3rd annual Melodies of Empowerment showcase. Whether you're a seasoned singer or new to the stage, you'll rehearse both solo and ensemble songs in a supportive, empowering environment.

## TOWER HILL BOTANICAL GARDEN TOUR AND DALIA SHOW LITERACY FUNDRAISER

**Sat, Sept 27, 8AM-4PM, \$50**

Join us for a scenic day trip to Tower Hill Botanical Garden in Boylston, Massachusetts! Enjoy beautifully curated gardens, woodland trails, and stunning views on this relaxing and enriching excursion. Transportation is included—Lisa will drive a school van from York to Tower Hill, where you'll have plenty of time to explore at your own pace.

\$50 per person | Transportation included



## CRIBBAGE CLUB: FOR BEGINNERS & ENTHUSIASTS

**Wed, Feb 25-Mar 25, 6PM-7:30PM, \$39**

*Instructor: Tim Sheehan*

Learn the classic card game or sharpen your strategy! This social class covers the basics of cribbage, advanced tips, and friendly gameplay for all levels. Join us for fun, strategy, and community.

## ¡HOLA, MISAMIGOS! INTRODUCTION TO SPANISH-LIVE ONLINE

**Wed, Oct 8-Nov 12, 6PM-7:30PM, \$49**

**Wed, Jan 7-Feb 11, 6PM-7:30PM, \$49**

**Wed, Mar 4-Apr 8, 6PM-7:30PM, \$49**

*Instructor: Isreal Robles*

Ready to start speaking Spanish? This engaging online course will help you build a solid foundation in conversational Spanish through fun dialogues, practical phrases, and interactive activities that strengthen your listening and speaking skills. Perfect for beginners, this class offers a welcoming, flexible learning environment where you can develop your language skills at your own pace. Classes are held via Google Meet, making it easy to join from wherever you are. Join instructor Isreal Robles and take your first steps toward Spanish fluency in a supportive and interactive setting. ¡Te esperamos!

## VOICE OVER CLASS-LIVE ONLINE

**Mon, Oct 6-Oct 6, 6:30-8PM, \$39**

**Wed, Nov 12-Nov 12, 6:30-8PM, \$39**

*Instructor: Such A Voice*

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside-the-box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game-changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. This class will be presented via Zoom, and you will receive a link the 24 hours prior to the class.

## COMMUNITY ASSET MAPPING

**Tue, Jan 13, 6PM-8PM, \$35**

*Instructor: Jeffrey Carpenter*

This course is designed for folks to discover and connect with the resources within your area to enrich your lives and the lives of those in your circle of relationships. This course is ideal for those who work as Direct Support Professionals, Behavior Health Professionals, Home Care Workers and new Mainers. You will be able to define community assets, create your own community assets map, and learn how to connect with those assets in your community. Discover your community in a relevant way!

## MEMOIR WRITING WORKSHOP

**Tue, Feb 3-Mar 3, 6-8PM, \$59**

*Instructor: Gina Troisi*

Have there been significant moments in your life that have moved you, whether joyful, humorous, or challenging? Have you ever thought about crafting stories from your life? If so, this is the class for you.

## DISNEY LIKE A PRO

**Mon, Sep 29, 6-8PM, FREE**

**Mon, Apr 27, 6-8PM, FREE**

*Instructor: Kelly Monroe*

Join this class with Kelly Monroe, the owner of In The Magic Travel, and gain valuable insights into planning your next magical vacation. With over a decade of experience specializing in all Disney destinations, Kelly will provide comprehensive information on resorts, park tickets, theme parks, dining plans, and more. Whether you're a first-time visitor or a seasoned Disney enthusiast, Kelly's expertise will equip you with everything you need to know to create an unforgettable Disney experience!

## CRUISING WITH KELLY

**Mon, Oct 20, 6-8PM, FREE**

**Mon, Jan 12, 6-8PM, FREE**

*Instructor: Kelly Monroe*

Are you interested in taking a cruise but not sure where to start? Join this one-night class with Kelly Monroe, owner of In The Magic Travel. She will cover cruise lines, itineraries, departure ports, what to expect, how to proceed, and answer all your questions. Don't miss this opportunity to get expert advice and make your dream cruise a reality.

## DISCOVER RIVER CRUISING

**Thu, Nov 20, 6-8PM, FREE**

**Mon, Feb 23, 6-8PM, FREE**

*Instructor: Kelly Monroe*

Join In The Magic Travel to explore the relaxing, scenic world of river cruising! Learn how to sail through Europe's most beautiful cities with ease—no unpacking, no stress. Find out what's included, where you can go, and why this may be your next favorite way to travel!



# YORK ADULT EDUCATION COURSE CATALOG

## York Adult Education: Nationally Ranked Top Ten, Locally Rooted Number One



LERN uses three key criteria to select its Top Ten programs.

### **YORK provides excellent programming**

Based on six data-driven outcomes, our program has demonstrated success in serving both our community and school district.

### **YORK makes innovative contributions**

We are recognized for making pioneering innovations in marketing, programming, operations, pricing, and other practical aspects of community education.

### **YORK shares expertise**

York Adult Education's team actively shares knowledge and best practices with colleagues across North America, helping to strengthen public education beyond our own borders.

This award is a reflection of your support, our dedicated staff, and the incredible learners who are the heart of our work. We're honored and energized to continue providing high-quality, innovative education for our community. [Thank you for your support.](#)

[www.yorkadulthoodeducation.org](http://www.yorkadulthoodeducation.org) - FULL DETAILS HERE

