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BIDDEFORD | SACO | OLD ORCHARD BEACH

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# ADULT EDUCATION

Three Communities, One Vision



Winter 2026 Course Catalog

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## HOW TO REGISTER

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



### Register with OOB/Saco:

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

[adultedinfo@rsu23.org](mailto:adultedinfo@rsu23.org)

(207) 934-7922

Monday–Thursday:

10am–4pm



### Register with Biddeford:

[biddeford.maineadulted.org](http://biddeford.maineadulted.org)

[adulted@biddefordschools.me](mailto:adulted@biddefordschools.me)

(207) 282-3883

Monday–Thursday:

8am–4pm

Friday:

8am–3:30pm

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### NEW REGISTRATION PLATFORM

**ActiveNetwork is our new registration website.**

You will need to create a new account to register.

*Visit our websites for more information.*

### 5% EARLYBIRD DISCOUNT!

Type in **EARLYBIRDW26** at checkout

*Online only, valid through January 14, 2026*

To limit our environmental impact, this catalog uses plant-based inks and is recyclable.

**COVER ART CREATED BY NICK BLUNIER**

**owner of Common Roots Studio, painter, and sculptor**

Learn more about his work and studio at [commonrootsstudio.com](http://commonrootsstudio.com)



# Mind & Body Wellness

## Beginner Tai Chi Level I

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 Huenteo

Thur, 1/22–2/12, 6–7pm, Young School/Cafe

\$45

## Beginner Tai Chi Level II

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. Prerequisite: Beginner Tai Chi Level I or prior Yang-style tai chi practice.



Laura Huenteo

Wed, 1/21–2/11, 6–7pm, Young School/Cafe

\$45



## Move Well, Live Well @ Kennebunk Yoga & Wellness Collective (KYWC)



Feel stronger, more flexible, and energized in this dynamic class designed to help you move better every day. This session blends targeted mobility work with functional strength exercises to build resilience, reduce stiffness, and improve balance—both physically and mentally. All levels are welcome!

Meghann Foster LMT, RYT–E 500

Thur, 3/5–3/26, 10:30–11:30am, KYWC, Kenn.

\$67

## 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, facial puffiness, smooth out wrinkles and more! Gua sha spoons provided for use in class and to take home for further practice. Materials list available upon registration.

Lisa Bouchard

Wed, 2/4, 6:30–8:30pm, OOB HS/Library

\$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, 3/4, 6:30–8:30pm, OOB HS/Library

\$29



## Create Your Own Mythic Story



Develop a mythic story that will illuminate your own personal one! Leave with a basic understanding of the hero/heroine's journey and story structure, a character with a name, having gone on a journey, confronted your dragon, and come home with a story of your own. Includes writing and collage. Materials list available upon registration.

Margaret Jones, M.Ed

Sun, 3/8, 9am–12pm, Saco LC/Rm I

\$65

Materials lists provided at registration or available online.



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.



### Intro to American Kempo Kickboxing

Discover the fundamentals of American kickboxing. Movements include punching, kicking, deflections, and evasions. Suitable for all ages, body types, and ability levels. Wear sneakers and comfortable athletic clothing, and bring a yoga mat for stretching, if desired.

Gil Doughty

Thur, 2/26, 6–8pm, Saco LC/Open Rm



\$25

### Introduction to Pilates Mat

Pilates is a wonderful way to strengthen your entire body and increase flexibility, mobility, balance, and coordination. Exercises can be modified to suit everyone's personal needs. No experience necessary. Bring a yoga mat and wear something comfortable to move in.

Isabella Buckman

Sat, 1/17–2/21, 8:30–9:30am

Dirigo Conservatory of Movement/Biddeford



\$99

### The Balance Blueprint–Live Online

Learn about the brain's role in stability, techniques to develop better balance, and the essential connection between core strength and stability. Perfect for all ages and ideal for anyone seeking improved coordination, injury prevention, or confidence in movement. Registration closes 3/3.

Carole Freeman

Wed, 3/4–3/25, 10–11am, Online

Wed, 3/4–3/25, 5–6pm, Online

\$49

\$49



### Managing & Expressing Emotions

Being aware of how you're feeling and allowing yourself to feel while navigating what it all means can be overwhelming! Knowing what to do with these feelings and how to appropriately express them can be another challenge. Join us to discuss understanding and navigating our complex internal emotions along with tips and tools for expressing them.



Jennifer Greiner

Wed, 2/11, 6–8pm, OOB HS/Rm 111B

\$19

### Rightsize with Heart: Letting Go of Sentimental Clutter



Learn a holistic approach to downsizing and decluttering and to release sentimental items like photos, keepsakes, and family heirlooms. Make peace with the process, and where cherished items can find new purpose. Perfect for anyone looking to create a more manageable, meaningful home.

Amy Smith

Wed, 2/11, 6–7pm, OOB HS/Rm 107

\$15

### Self Defense for Women

Most street assaults last less than 15 seconds, so strike hard and fast and answer questions later! Develop situational awareness and learn to defend against bigger, more powerful assailants. Disabling, kicking, trapping, deflecting, and hitting are all examples of street survival techniques. Receive a kubotan and get instruction on how to use it. Wear loose-fitting clothing and comfortable shoes.



Gil Doughty

Thur, 1/15–2/5, 6–7:30pm, Saco LC/Open Rm

\$65



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





## Tarot: A Path to Personal Growth

The tarot provides clarity and guidance on life's challenges as well as profound wisdom on our soul's path. Beginner and experienced Tarot readers, will explore creative approaches to reading cards through meditations, rituals, and other fun activities to broaden our knowledge. Learn to read fellow students as you nurture individual growth. Materials list available upon registration.

Margaret Jones, M.Ed

Tues, 1/20–2/10, 6–8pm, OOB HS/Rm 103

\$99



## Layouts & Spreads for Tarot Readers

Tarot cards have enormous personal meaning for us as they reveal patterns enabling a deeper understanding of ourselves. Examine Major Arcana meanings and how they relate to Minor Arcana using straightforward layouts, individual readings, and card games. Materials list available upon registration.

Margaret Jones, M.Ed

Tues, 3/3–3/17, 6–8pm, OOB HS/Rm 103

\$59



## Understanding Your Psychic Abilities

**NEW** Get an introduction to the fundamentals of psychic and mediumship. Explore the connection of heart and mind with loved ones, divine beings, and the chakras. Discuss the eight Clair senses, nature, and animals, as well as learning about the significance of colors, signs, and sounds that can enhance your gifts.

Georgiana Nelson

Wed, 2/4–2/11, 6–8pm, OOB HS/Rm 103

\$39



## Guided Snowshoe Adventure at Alewife Woods Preserve

**NEW** Embrace winter with a guided snowshoe adventure through the scenic trails of Alewife Woods Preserve in West Kennebunk! Led by Coastal Maine Hike & Bike, this outing is perfect for all experience levels and offers a fun, active way to enjoy Maine's natural beauty in the snow. Learn basic snowshoeing techniques, explore local wildlife habitats, and take in the peaceful winter landscape. Snowshoe rental is included, just dress warmly, bring water/snacks and get ready for a fun outdoor experience! Tips for your guide are appreciated.

CMHB

Sat, 2/21, 10am–12pm, Alewife Woods Preserve

\$79



## New Year Reset: Kick the Clutter to the Curb

**NEW** Start the year feeling calm, capable, and in control. This guided program with Julianna from Your Functional Space blends education with action through four virtual group coaching sessions, downloadable home management materials, check-ins, and focused weekly themes. Discover realistic, judgment-free strategies to declutter your home, simplify routines, and create systems that truly support your life.

Julianna DiTomasso

Tues, 1/13–2/24, 10–11am, Online

\$39



## 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

Thur, 1/29, 6–8pm, Online

\$35



## Calm Down–Online

**NEW** Reset your system and reclaim your calm! Learn how stress affects your brain and body, and how to train your nervous system to respond with clarity instead of reactivity. A blend of neuroscience, breath work, posture, and emotional intelligence that will help you release tension, build resilience, and communicate with confidence.

Carole Freeman

1/2–3/31, Anytime, Online

\$39



Materials lists provided at registration or available online.



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.



## Aerial Yoga

Flow and fly in your aerial swing. Learn flips, tricks and inversions. 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. No class 1/30.

Ashley Marie Jolly

Choose Your Section:

Sec. 1: Fri, 1/9–2/20, 4–4:50pm

Sec. 2: Fri, 1/9–2/20, 5–5:50pm

Sec. 3: Fri, 3/6–4/10, 4–4:50pm

Sec. 4: Fri, 3/6–4/10, 5–5:50pm

Evercore Pilates & Wellness/Biddeford



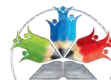
## Intro to Akasha Yoga

**NEW** Try this slow Vinyasa flow as you practice a series of gentle poses that help with energetic release, and restores balance in the body and mind. Leave feeling lighter, clearer, and more aligned. Materials list available upon registration.

Leighann Morgan

Sat, 1/31, 9–10am, Saco LC/Open Rm

\$15



## Akasha Yoga: A Journey to Your True Self

**NEW** Explore the transformative power of Vinyasa yoga! Be guided through the Vinyasa flow, including Sun Salutations A & B, and conclude with a peaceful meditation. Leave feeling grounded and refreshed. For those who have always wanted to try yoga in a non-intimidating environment where support and guidance are always available. All levels welcome. Materials list available upon registration.

Leighann Morgan

Sat, 2/14–3/21, 9–10am, Saco LC/Open Rm

\$65



**You are welcome to experience the gifts of yoga: Through awareness of mind and body, attention to breath and movement, through an exploration in slowing down, and moments of settling to stillness, all to support your journey. Guided by Nicola, with a student focused approach and open to all.**

## 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

Choose Your Session:

Ses. I: Sat, 1/3–1/31

8–9am, Online \$75

Ses. II: Sat, 2/7–3/7

8–9am, Online \$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

Choose Your Session:

Ses. I: Sat, 1/3–1/31

9:30–10:30am, Online \$75

Ses. II: Sat, 2/7–3/7

9:30–10:30am, Online \$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

Choose Your Session:

Ses. I: Sat, 1/3–1/31

11–11:30am, Online \$45

Ses. II: Sat, 2/7–3/7

11–11:30am, Online \$45



# Creative Arts

## Abstract Dimensional Painting

Using acrylic paint colors and tools 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  
Tues, 2/3, 6–8pm, OOB HS/Art Rm

\$29



## Introduction 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  
Tues, 1/13, 6–9pm, OOB HS/Art Rm

\$85

## Advanced Intro to Metalworking

Learn to use a torch, fuse metal, soften work-hardened pieces through heat, measure, forge, and solder a finished 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  
Wed, 1/28, 6–8:30pm, OOB HS/Art Rm

\$85

## Cage It

**NEW** Create gorgeous pendants using silver wire cages and beads, sea glass, charms, and semiprecious stones! Wrap, loop, and shape wire to create several pendants. All materials provided.

Jeffrey Carpenter  
Tues, 3/24, 6–8pm, OOB HS/Art Rm

\$29

## Creative Writing Mini Workshop

**NEW** Explore the use of language, character development, dialogue, setting, openings, and resolutions in fiction and creative nonfiction through discussion, sharing, and short, fun writing exercises. By identifying the key elements of effective fiction and recognizing them in others' stories, your own writing and editing skills will grow. Please bring 12 copies of a short, original writing sample to the first class.

Albert Waitt  
Wed, 1/21–2/11, 6–8pm, OOB HS/Rm 108

\$75

## 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.

Gayle Fitzpatrick  
Sat, 2/7, 9am–1pm, Saco LC/Rm 2

\$49

## Early American Penny Rug

Appliqué images of flowers, urns, birds, and other familiar animals using small circular patches of wool. View antique examples, watch a demo, discuss the art form's history and sources for materials. No experience needed! View kits (\$25–\$75, payable to Janet in class) at [jconnerhookedrugs.com](http://jconnerhookedrugs.com), email [jconnerhookedrugs@gmail.com](mailto:jconnerhookedrugs@gmail.com) to reserve. Materials list available upon registration.

Janet Conner, BS  
Sat, 1/24, 9am–1pm, Saco LC/Rm 1

\$47



= register with Biddeford Adult Ed.



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## Drawing Basics

Investigate contour, depth, composition, and perspective obtained from observing natural and still-life objects while working primarily with charcoal. Discuss the significance of different drawing materials and papers. Materials list available upon registration.

Russel Whitten

Mon, 1/5–2/9, 6–8:30pm, OOB HS/Art Rm

\$125

## 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, 1/21, 6–8pm, OOB HS/Art Rm

\$45

## 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, 1/14–2/4, 6–8pm, Bidd. LC/Rm 23

\$49

## Intermediate Digital Photography

### Live Online

**NEW** Explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure, exposure compensation, ISO, aperture and shutter priority with an in-depth look at manual focus and its use, fill flash and flash modes, and controlling motion. Have a computer, stable internet connection, and your camera for class. Registration closes 2/16. Zoom link provided by instructor.

Steve McGrath

Tues, 2/17–3/17, 5:30–7pm, Online

\$79

## Intro to Modern Calligraphy

**NEW** 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

Tues, 2/24–3/17, 5:30–7pm, OOB HS/Rm 111B

\$59

## Introduction to Natural Dyeing

Transform onion skins, avocado peels, and wildflowers into beautiful, ecofriendly dyes! Learn the basics of fabric prep, discuss which plants and kitchen 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

Tues, 2/10, 6–7:30pm, OOB HS/Rm 111A

\$29

## Darn Your Knitted Clothing

**NEW** Give your knitted garments extended life!

Learn to weave darn and sew a spiderweb stitch then repair your worn clothing items. All materials are provided for the first class. Bring your own yarn and worn clothing item (or two) to the second class.

Sara Ottomano

Tues, 2/3–2/10, 5:30–7pm, OOB HS/Rm 111B

\$35

## Granny Squares for Beginners

Learn all of the stitches needed to make granny squares, which can be pieced together into a bag, blanket, or sweater. No crochet experience necessary. Materials list available upon registration.

Renee Parker

Tues, 1/20–2/10, 6–7:30pm, OOB HS/Rm 108

\$69





## Landscape Photography–Live Online

**NEW** For beginner/intermediate users. Cover proper shutter and aperture settings, hyper focal distance, exposure compensation, ISO, depth of field and filters. Understand the use of natural light and the ways different focal length lenses behave. Use a digital camera or a smartphone! Have a computer, stable internet connection, and your camera of choice for class. Registration closes 1/15. Zoom link provided by instructor.

Steve McGrath

Fri, 1/16–1/30, 7:30–9pm, Online

\$49



## Meditative Drawing

Join us for an evening of fun, exploration, and inspiration, where the only goal is to enjoy the art of drawing! Explore the therapeutic benefits of drawing through a series of engaging prompts, including zentangles, whimsical doodles, and a mix of both abstract and realistic themes. All supplies provided, but feel free to bring your own sketchbook and favorite materials if you prefer. For artists of all levels.

Karalyn Thayer

Wed, 3/11, 6–8pm, OOB HS/Art Rm

\$29



## More OutSTANDING Cards

**NEW** Learn new techniques and fun folds to create three unique cards: a tri-shutter, a pop up, and a modified easel. A variety of sentiment stamps will be available so that you can make your cards for different occasions such as birthday, thinking of you, or thank you. All materials provided. Registration closes 3/2.

Faith Garnett

Tues, 3/3, 6–8pm, OOB HS/Art Rm

\$35



## Printmaking Botanical Cards

Explore printmaking and create one-of-a-kind cards using real plants and nontoxic paint! Leave with at least five completed cards and envelopes! All materials provided.

Sara Ottomano

Tues, 1/27, 5:30–7:30pm, OOB HS/Art Rm

\$35



## Picture This!

### A Creative Writing Workshop

**NEW** Discover your own creative style! Use images as springboards to bring characters, stories, and dialogue to life. Guided activities will help you develop unique characters, generate fresh story ideas, and explore new perspectives and voices. Leave with original writing samples, practical strategies for breaking through creative blocks, and renewed energy for your writing projects.

Renee Parker

Wed, 3/4–3/11, 6–7:30pm, OOB HS/Rm 108

\$39



## The Art of Storytelling Workshop: The Power of Story

Learn how to craft and deliver stories that inspire and connect. Through fun vocal warm-ups, improv exercises, and guided practice, participants will develop and perform a short personal story while building confidence in public speaking and presentation skills. Discover techniques for structure, pacing, and audience engagement and leave with a polished 3-minute story to share. No experience required; just bring a story idea and wear comfortable clothing. No class 2/16.

Matt Gile

Mon, 2/2–3/2, 5:30–7pm, Bidd. LC/Rm 28

\$59



## Pressed Flower Candle

**NEW** Create pressed flower candles, ideal for gifting or adding a decorative touch to your home! Karalyn will guide you through the process step-by-step. All materials provided, however students are encouraged to bring their own fully dried and pressed flat flowers.

Karalyn Thayer

Wed, 2/11, 6–8pm, OOB HS/Art Rm

\$39



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

## One-on-One Sewing Tutoring

Get one-on-one instruction on hand sewing, sewing machine basics, basic sewing, and finishing. Let us know what kind of help you need by completing a brief questionnaire after registration. Bring basic supplies to finish your project (sewing machine, extension cord, basic sewing kit: needles, thread, scissors, pins etc.).



Emily Loder

Choose Your Section:

Sec. 1: Wed, 1/21, 6–7pm	\$39
Sec. 2: Wed, 1/21, 7:15–8:15pm	\$39
Sec 3: Wed, 3/25, 6–7pm	\$39
Sec 4: Wed, 3/25, 7:15–8:15pm	\$39

OOB HS/Rm 111B

## Sew a Hem With Me!

Discover how easy it is to complete basic hems on clothing. Watch a demo of how a serger can easily complete a hem for you and learn to do it on your own! Emily will provide a sewing machine and basic supplies to share in class, or bring your own. Materials list available upon registration.



Emily Loder

Wed, 1/7, 5:30–7:30pm, OOB HS/Rm 111B \$25

## The Art of Natural Perfumery

Learn how to blend scent notes to create seductive aromas that balance the body, mind and emotions using essential oils. Create your own perfume or cologne to take home! All materials provided.



Jennifer Greiner

Wed, 2/4, 6–8pm, OOB HS/Rm 111A \$29



## Thematic Tile Painting Collage

**NEW** Paint nine ceramic tiles using paint markers and mount them on a wooden board to hang proudly as a piece of art. Various stencils will be available covering many themes, or choose your own unique theme! All materials provided.



Jeffrey Carpenter

Tues, 2/10, 6–8pm, OOB HS/Art Rm \$29

## Upcycled Glass Painting

**NEW** 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

Tues, 3/10, 6–8pm, OOB HS/Art Rm \$29

## Art from the Heart: Micromosaic Pendant Workshop

**NEW** Just in time for Valentine's season, join us to create one-of-a-kind micromosaic jewelry inspired by the beauty and symbolism of the heart. 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. Chain included.



Kimberly MacDonald

Sat, 2/7, 10am–1pm, Bidd. LC/Rm 28 \$89

Materials lists provided at registration  
or available online.





## 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. Materials list available upon registration.

Russel Whitten

Choose Your Section:

Sec. 1: Thur, 1/8–2/5, 6–8:30pm

\$125

Sec. 2: Thur, 2/26–3/26, 6–8:30pm

\$125

OOB HS/Art Rm



## Personalized Flask Etching Workshop

**NEW** Join Nick Blunier of Common Roots Studio for a creative night out at Portland Pie in Biddeford! In this hands-on workshop, you'll design and etch your own stainless-steel flask using professional engraving techniques. Nick will guide you step-by-step through the process, from sketching your design to creating your finished piece. No experience needed, just bring your creativity and enjoy good company, great food, and a custom flask to take home.

Nick Blunier

Thur, 3/12, 6–8pm, Portland Pie Biddeford

\$65



## Acrylic Painting for Beginners Part 1

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

Kyle Durkin

Wed, 2/11–3/11, 6–8:30pm, Bidd. LC/Rm 23

\$49



## Acrylic Painting for Beginners Part 2

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

Kyle Durkin

Wed, 3/18–4/8, 6–8:30pm, Bidd. LC/Rm 23

\$49



## A Timeless Art: Roman & Byzantine Mosaics Workshop

This hands-on workshop explores the timeless beauty of Roman and Byzantine mosaic techniques. Choose from a variety of designs and use traditional methods and materials as you learn to place and assemble your own mosaic masterpiece. Perfect for beginners and enthusiasts alike! Bring lunch for our 1/2 hour break.

Kimberly MacDonald

Sat, 3/14, 10am–5pm, Bidd. LC/Rm 28

\$89



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

## Wire Wrapped Sea Glass: Advanced Techniques



Building on the foundational knowledge you learned in Jessica's Wire Wrapped Sea Glass Jewelry (prerequisite). Learn more intricate wire techniques, explore ways to turn found objects into wearable art. Bring your tools (basic tools available for use in class) and your own sea glass, or choose from the instructor's collection. Leave with a sophisticated piece that reflects your evolving design style. All materials provided.

Jessica Muise

Wed, 3/18, 6–8pm, OOB HS/Art Rm

\$45



## Wire Wrapped Sea Glass Jewelry



Twist, wrap, and loop your way to a necklace or set of earrings using design elements drawn from the sea. Combine found materials with metal and learn easy wire-wrapped loop techniques to create your own unique jewelry. Bring your own sea glass or choose from 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, 2/24, 6–8pm, OOB HS/Art Rm

\$45



## Jewelry Talk: Questions & Answers



**NEW** Join local master jeweler Chaya Caron for an open and engaging Q&A session all about the art of jewelry making. Whether you're curious about design, materials, or the process behind repurposing heirlooms, this is your chance to ask questions and gain insight from a professional artisan. Perfect for jewelry lovers, aspiring makers, or anyone interested in the creative process behind wearable art.

Chaya Caron

Sat, 1/31, 4:30–6pm, Chaya Studio

\$15

**5% Earlybird Discount! Online Only**  
**Register before January 14th, 2026**  
**Enter **EARLYBIRDW26** at checkout.**





# Culinary Arts

## Cooking with Sourdough

Learn to make, feed, grow, and use sourdough. Sample sourdough-based treats and watch a demo on traditional sourdough bread, waffles, and a quick bread. Leave with a sourdough culture & recipes. Watch or put an apron on and join in the fun! Materials list available upon registration. Registration closes on 2/26.

Mary Bailey  
Thur, 3/5, 6–8pm, OOB HS/Rm 111A

\$49

## Diabetic-friendly Meals

**NEW** Low carb diets help stabilize blood sugar levels and aid in weight management. Join us to make, and sample, two flavorful diabetic-friendly recipes. Bound cookbook included. Bring an apron and your appetite.

Jeffrey Carpenter  
Mon, 2/23, 6–8pm, OOB HS/Rm 111A

\$49



## Make Scones!

**NEW** Get tried and true tips and tricks to making delicious, tender, bakery-worthy scones! Learn to make both sweet and savory scones that will impress your family and friends! Sit back and watch the demonstration or put on an apron and cook with us. Recipes provided. Registration closes on 1/19.

Mary Bailey  
Thur, 2/5, 6–8pm, OOB HS/Rm 111A

\$49

## Sheet Happens

**NEW** 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. Bound cookbook included. Bring an apron and your appetite.

Jeffrey Carpenter  
Mon, 1/26, 6–8pm, OOB HS/Rm 111A

\$49



= register with Biddeford Adult Ed.

## 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. Preregistration required, with registration closing 2/25.

Emma Holder  
Wed, 3/4, 7–8:15pm, Online or in Portland

\$27

## Ferment This! Sauerkraut and Fermented Vegetables–Live or Online

**NEW** Learn to ferment basic sauerkraut and a



vegetable ferment using your choice of radishes, turnips, or carrots. Ferments make excellent gifts, lasting for months! All course info provided before class date. Preregistration required, with registration closing 3/4.

Emma Holder  
Wed, 3/11, 7–8:15pm, Online or in Portland

\$27

## Ferment This! Kimchi–Online

Almost anything can be kimchi'd but the most common variety involves Napa cabbage, other vegetables, garlic, ginger, fish sauce, and mild-to-kick-but red pepper (or no pepper at all). Kimchi can be added almost



anywhere a dash of umami is needed. Blender required. All course info provided before class date. Preregistration required, with registration closing at noon on 3/18.

Emma Holder  
Wed, 3/25, 7–8:15pm, Online

\$27

See our **NEW Active Network** sites for detailed course descriptions.



= register with OOB/Saco Adult Ed.

# Home & Family

## Best Clothing & Makeup for Your Coloring

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



Candace Sanborn

Tues, 2/24, 5:30–8pm, OOB HS/Rm 109

\$25



## Buying Your First Home

Discuss budgets, credit scores, mortgage approval, realtors, inspections, insurance, the closing process, energy efficiency, predatory lenders, closing & down payment assistance. Earn a Certificate of Completion required by USDA, ME State Housing Authority and other mortgage lenders. Have pen/paper available. Registration closes 3/13. Reply to YCCAC's email to complete registration. Register the person you are buying your house with at the same time you do, and receive a \$10 refund.



Lelah Sullivan

Wed, 3/18, 9am–5:30pm, YCCAC/Sanford

\$45

## Creative Problem-solving for Everyday Life

**NEW** Through practical, step-by-step exercises and group cooperation, gain confidence in your ability to solve creative problems and learn to approach everyday issues with confidence and creativity. Examine issues from several perspectives, practice basic brainstorming and idea creation processes, and try out low-risk ways to make your ideas a reality!



Renee Parker

Tues, 3/3–3/17, 6–7:30pm, OOB HS/Rm 108

\$65

## Maine Driving Dynamics

Designed to improve defensive driving awareness and includes 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.



William King

Tues/Thur, 1/13 & 1/15, 6–8:30pm, OOB HS/Rm 106 \$70

## 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.

Valerie Lovelace

Thur, 1/15, 6:30–8pm

Online  
Free



Thur, 2/12, 6:30–8pm

Online  
Free



## Intro to Genealogy

Get started on your genealogical journey! Get info on building your family tree and best practices to achieve success. Through lecture and discussion, learn to set realistic goals, build a resource network, create a family blog or website, and so much more! Dan is ready to assist and offer his expert advice.



Daniel O'Brien

Wed, 2/25, 6–9pm, OOB HS/Rm 106

\$29

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





## Navigating Senior Living

Discuss long-term care with strength, standing on your own terms, and making choices before a crisis makes them for you. Learn how long-term care actually works in Maine and leave with the tools and confidence to define your choices instead of being defined by the system. For seniors over 75 and their caregivers.

Kaitlyn C Morse

Thur, 1/8, 6–8pm, OOB HS/Rm 107

\$19



## Unlock Your Memoir: Digital Tools to Spark Your Story–Online

Explore a variety of digital tools designed to support your memoir journey. 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 is available via email, phone, and Zoom. Required: Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. Materials list available. Registration closes 3/31.

Jill Spencer

1/5–3/31, Anytime, Online

\$45



## Planning Ahead: An End of Life Guide for You and Your Loved Ones

In this class presented by Hospice of Southern Maine, we'll cover hospice support, the many faces of grief, and practical steps for advance care planning. Join us to reduce anxiety and stress around end-of-life topics through education and planning. We're here to support you and your loved ones through the end-of-life journey.

Kimberly Mann

Choose Your Session:

Ses. I: Fri, 3/6, 10–11:30am, Bidd. LC/Rm 28

\$9

Ses. II: Fri, 4/3, 10–11:30am, Bidd. LC/Rm 28

\$9



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

Learn how Medicare handles inpatient, outpatient, and prescription drug costs. Discuss enrollment windows, prescription medication, Medicare Advantage and supplement plans. Current users, newcomers, adult children, and loved ones of Medicare recipients will all benefit from this presentation!

Barbara Hopkins

Wed, 3/4, 6–8pm

Bidd. LC/Rm 28

\$19



Tues, 3/24, 6–8pm

OOB HS/Rm 109

\$19



## Estate Planning

This class will cover the basics of estate planning. Topics will include: Wills, Powers of Attorney, and Health Care Directives.

Kathryn Bedell, Esq.

Wed, 4/1, 6:30–8:30pm, Online

\$15



## Wedding Planning 101

**NEW** Learn how to plan your wedding step-by-step from a pro! From setting a budget and choosing a venue to selecting vendors and finalizing details. This class covers key topics including catering, photography, florals, entertainment, and insurance considerations for different types of venues. Students will compare vendor options, explore creative ideas, and gain the confidence to design a wedding that fits their style and budget.

Kaileigh Drake

Wed, 1/21–2/4, 6–7:30pm, Bidd. LC/Rm 28

\$45



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

15

# Personal Finance

## Estate Planning

Learn what legal documents you need based on your goals such as avoidance of probate, asset protection, and long-term care planning. Get answers and learn the significance of planning for long-term care and necessary estate documents you may need to meet your goals!

Eleanor L Dominguez, Esq.  
Wed, 2/4, 5–8pm, OOB HS/Rm 104

\$15



## Meet the Educators

**NEW** 55+ and concerned with planning a stable, reliable future? Interested in protecting your assets? Get advice and discuss the issues that plague our minds as we think about the future: Will I have enough money to live? Where will I live if I need care? What kind of assistance is there? Will vs Trust, Medicare, Social Security, MaineCare, Nursing Home vs Assisted Living Facilities, Funerals & Advanced Planning.

Robert Boudreau, Esq., Kathleen Chicoine, & Elizabeth Meader  
Wed, 3/25, 6–8pm, OOB HS/Cafe/Stage

\$9



## Planning for Seniors: My Legacy

**NEW** Learn how seniors can safeguard themselves in their final years and what options they have for providing for surviving loved ones. Discuss long-term care, necessary documents, wills vs. trusts, how to avoid probate, and so much more. Bring your questions and get the answers you need!

Robert Boudreau, Esq.

Choose Your Section:

- Sec. 1: Wed, 1/28, 6–8pm, OOB HS/Library \$9
- Sec. 2: Mon, 2/23, 6–8pm, OOB HS/Library \$9
- Sec. 3: Wed, 3/18, 6–8pm, OOB HS/Library \$9



## Protecting, Preserving, and Passing on Your Wealth

**NEW** Explore practical strategies for transferring wealth and minimizing taxes. Discuss trusts, beneficiary designations, step-up in basis rules, and required minimum distributions in shaping a tax-smart inheritance plan. Learn how money moves across generations to help create a lasting plan that protects your lifestyle now and preserves your legacy for the future.

Anthony Corsino  
Tues, 3/10, 6:30–8:30pm, OOB HS/Rm 104

\$15



## Secrets to Financial Success

Take control of your money! Learn to budget effectively, identify different types of debt, and how to eliminate it. Discuss how best to prioritize saving, and start your journey to financial independence.

Sarah Blondin  
Wed, 2/25, 6–7:30pm, OOB HS/Rm 104

\$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  
Thur, 1/22, 6–8pm, Online

\$35







# Recreation & Travel

## FREE Info Session: France Magnifique & Colorado Rockies Tours

**NEW** Join us for an informative session on our upcoming Colorado Rockies (September 2026) and France Magnifique (October 2026) 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!



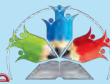
Andrew Leighton

Wed, 1/28, 5:30–7pm, OOB HS/Rm 104

FREE



## Québec City Winter Carnival Adventure



Enjoy live music, ice bars, fine restaurants, a parade and ice boat races during one of the world's largest winter carnivals, Carnaval de Quebec! Plenty of free time to explore on your own, with suggestions provided by your guide(s). Passports required. Rates starting at \$959 (4 person quad). Additional tour details available by emailing Nancy Dorrans of Adventure–Marketplace, [nancy@adventure-marketplace.com](mailto:nancy@adventure-marketplace.com). Subject to availability.

Nancy Dorrans

3 Nights, 2/6–2/9, Canada

Rates Starting at \$959



## Want to Learn to Play Cribbage?



**NEW** 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. This is a beginner to advanced beginner level class. Boards will be provided for use during class.

Kimberley Woodward

Tues/Thur, 1/20–1/29, 6–8pm, OOB HS/Rm 111B

\$75



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

# Music & Dance

## Beginner Adult Ballet

Develop musicality along with a basic knowledge of ballet steps, proper alignment, and the fundamentals of ballet technique. Each class will consist of barre and center work, and exercises traveling across the floor. No class 2/18. Bring ballet flat shoes and wear something comfortable to move in.

Isabella Buckman

Wed, 1/28-3/11, 6-7pm

Dirigo Conservatory of Movement/Biddeford



\$99

## Beginner Contemporary Dance

**NEW** Contemporary dance is highly expressive and a freeform style. Focus on fluid movements and draw inspiration from various dance styles. Students should wear attire they are comfortable moving in and socks.

Gabby Poulin

Mon, 2/23-3/30, 7-8pm

Dirigo Conservatory of Movement/Biddeford



\$99

## Belly Dance for All

Learn to belly dance in a supportive and encouraging environment! All levels welcome. Intermediate dancers will refine their comprehension and explore with layers, while beginners practice basic motions and combinations. Wear comfortable clothing and bring water.

Jessy Lynn Ostara

Wed, 2/25-4/1, 5:30-6:30pm, Saco LC/Open Rm

\$75



## Country & Latin Line Dancing

Learn classic country line dances and popular Latin rhythms! Specific music and pattern requests taken the first night and taught whenever possible. All levels welcome! No partner required. Wear comfortable clothing and soft-soled shoes.

Elizabeth Richards

Choose Your Section:

Sec. 1: Tues, 1/6-2/10, 6-7pm

\$89

Sec. 2: Thur, 2/26-4/2, 6-7pm

\$89

Young School/Cafe



## Latin Partner Dancing

**NEW** 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 and we will not be changing partners in this class. Wear soft soled shoes and comfortable clothing.

Elizabeth Richards

Thur, 2/26-4/2, 7-8pm, Young School/Cafe

\$99



## Beginner Hip Hop

**NEW** Hip Hop is a dynamic style characterized by its rhythmic movement set to hip hop music. Students should wear clothing they are comfortable moving in and dance sneakers that are not outdoor shoes.

Kristina Sottery

Sat, 1/17-2/21, 12-1pm

Dirigo Conservatory of Movement/Biddeford



\$99

**5% Earlybird Discount! Online Only**  
**Register before January 14th, 2026**  
**Enter EARLYBIRDW26 at checkout.**







## Nightclub Two Step

Nightclub Two Step is ideal for dancing at weddings, parties, and nightclubs! Learn the fundamentals of this flirtatious dance that goes well with most love songs and ballads. Course fee is per couple, and we will not be changing partners in this class. Wear comfortable clothing and soft-soled shoes.

Elizabeth Richards

Tues, 1/6–2/10, 7–8pm, Young School/Cafe



\$99

## Traditional New England Barn Dance

Dance to a variety of music including Old-Time, French Canadian, and Celtic. Come with or without a partner—you will dance with a variety of people over the course of the session. Wear comfortable clothes and soft-soled shoes. All dance levels welcome!

Patricia Campbell

Tues, 3/3, 6–7pm, Loranger Memorial/Cafe



\$15



## Ukulele For Beginners

Learn to play the ukulele without reading music! Instructor Duncan Perry will teach you essential chords and techniques for folk, rock, blues, jazz, pop, country, and classical music. Bring a playable ukulele and tuner (or app). If you need a ukulele, contact us. Look for a Zoom link email from Duncan before class (check Spam).

Duncan Perry

Wed, 2/4–2/25, 6–7:30pm, Online

Tues, 3/3–3/24, 6–7:30pm, Online



\$85

\$85



## Just Once Piano

You don't need years of lessons to play piano. In just a few hours, you can learn the chords that let you play any song, in any style or key. While traditional teachers focus on note reading, professionals use chords. If you know middle C and what Every Good Boy Does Fine means, you're ready for this workshop.

Don Pride

Tues, 3/10, 6–8:30pm, Bidd. LC/Rm 28

\$29 PLUS

\$29 for workbook and practice DVD payable to instructor



## Starting your guitar journey! These classes are for you!

### 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, 2/4–3/18, 6–7pm

C K Burns/Rm 24

\$85



### Just Once Guitar

Ever wanted to learn guitar but struggled to find the time? In just a few hours, you can learn enough to enjoy playing for years without private lessons. This crash course covers basic chords and gets you playing your favorite songs fast. Bring your acoustic guitar.

Don Pride

Tues, 2/10, 6–8:30pm

Bidd. LC/Rm 28

\$29 PLUS

\$29 for workbook and practice DVD payable to instructor



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

## Languages

### Spanish for Beginners Level I



Learn Spanish from a native speaker! Focus will be on the foundational concepts of pronunciation, vocabulary, and grammar. Your confidence will increase with more practice, and you'll soon be able to communicate in Spanish! No experience needed.

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

Gustavo Gómez Coello  
Tues, 2/24-3/31, 5-7pm  
Saco LC/Rm I

\$219

### Spanish for Beginners Level II



A continuation of Spanish for Beginners Level I. To succeed, you need to be comfortable using personal pronouns, gender, and numbers of nouns, adjectives, cardinal and ordinal numbers, and the conjugations of regular and irregular verbs in the present tense. The aim is to enhance your proficiency in everyday communication, focusing on both spoken and written Spanish. Prerequisite: Spanish for Beginners or equivalent.

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

Gustavo Gómez Coello  
Thur, 1/8-2/12, 5-7pm,  
Saco LC/Rm I

\$219



## Computers & Technology

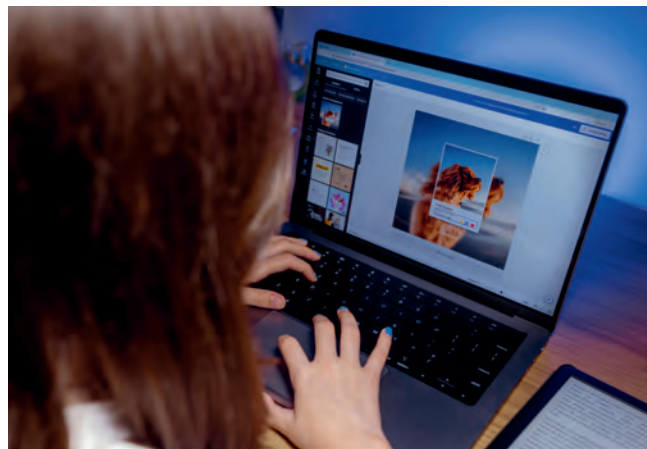
### Canva for Awesome Beginners-Live Online



**NEW** Unlock a world of creative possibilities! 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.

Nickie Welsh  
Tues, 1/20, 1-2pm, Online

\$33



### Canva Power Hour: Advanced Tricks That Save You Time!-Live Online



**NEW** Take your basic Canva skills to the next level with advanced techniques, timesaving shortcuts, professional hacks, and hidden features to streamline your design workflow. Leave with insider tips that will transform how you approach design projects and cut your creation time in half.

Nickie Welsh  
Tues, 3/3, 1-2pm, Online

\$33

### 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

Choose Your Section:

Sec. 1: Mon, 2/2, 4-5pm	\$59
Sec. 2: Mon, 2/2, 5:15-6:15pm	\$59
Sec. 3: Mon, 2/2, 6:30-7:30pm	\$59
Sec. 4: Mon, 3/2, 4-5pm	\$59
Sec. 5: Mon, 3/2, 5:15-6:15pm	\$59
Sec. 6: Mon, 3/2, 6:30-7:30pm	\$59

OOB HS/Rm 110





### 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. Materials list available. Registration closes 3/31.

Jill Spencer  
1/5–3/31, Anytime, Online

\$45

### Essentials for iPhones–Online

Unlock the full potential of your iOS 18 iPhone! This self–paced/video–led course covers the redesigned control center, shortcuts, Siri use, Apple Intelligence, upgraded photo editing tools, hidden camera features and more! For all user levels. 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. Materials list available. Registration closes 3/31.

Edward Brazee  
1/5–3/31, Anytime, Online

\$45



### Gmail Basics

**NEW** Create a new Gmail account, understand the Inbox and how to organize it, discuss its features, mobile app, and how third–party cloud services work. Whether a current user or you're thinking about signing up for one, get the info to help you get the most use from your Gmail account.

Jeanne Cassidy  
Mon/Wed, 2/23 & 2/25, 5:30–7:30pm, OOB HS/Rm 110 \$85



### Google Docs Basics

**NEW** Learn basic Google Docs skills including creating and saving new documents, basic text editing & formatting, inserting content, collaborating, and managing files. Windows–based laptops available for use in class.

Jeanne Cassidy  
Mon, 3/9, 5:30–7:30pm, OOB HS/Rm 110

\$39



### Intro to iPhone Basics–Online

Discover the must–know features on your iPhone! From Apple ID setup to texting, FaceTime, Control Center, and essential apps. Stay updated and master the latest iOS features with ease. 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. Materials list available. Registration closes 3/31.

Jill Spencer  
1/5–3/31, Anytime, Online

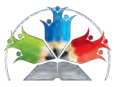
\$45

### Master Your Mac Photos App: Organize Like a Pro–Online

End the frustration of trying to find that one picture of video you want to share! Learn to efficiently organize your images and videos into albums and folders. Discover how to tag people and create shared albums. 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. Materials list available. Registration closes 3/31.

Edward Brazee  
1/5–3/31, Anytime, Online

\$45



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= register with OOB/Saco Adult Ed.

## Practical ChatGPT Training for Everyone— Live Online



**NEW** 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.

Nickie Welsh  
Tues, 3/17, 1–2pm, Online

\$33

## Adobe Illustrator Essentials Online



Discover the leading software for creating vector graphics. Learn the basics of setting up documents, drawing, typing, coloring shapes, managing layers & artboards, and how to create print-ready PDFs. Required: Adobe Illustrator software.

Andi Helmi  
2/2–2/27, At Your Own Pace/Anytime, Online

\$225

## Adobe Photoshop Essentials Online



This beginner-friendly course covers the most commonly used tools in Adobe Photoshop CC. Learn to select, layer, and mask to edit, retouch, and create stunning digital artwork.

Required: Adobe Photoshop software.

Andi Helmi  
3/2–3/27, At Your Own Pace/Anytime, Online

\$225

## Wordpress Certificate Online



After successfully completing the WordPress Certificate you will know how to build a WordPress website or blog, customize your WordPress site by hand-coding HTML, CSS, and PHP, know necessary regular WordPress maintenance, create WordPress website backup, and know how to apply SEO techniques in WordPress.

Andi Helmi  
2/2–5/1, At Your Own Pace/Anytime, Online

\$495

**Check [biddeford.maineadulted.org](https://biddeford.maineadulted.org)  
for MANY more computer classes.**

## Workforce Training



### Becoming a Notary Public



Notary's witness transactions involving paper documents and, in Maine, perform marriage ceremonies. Study the history, responsibilities, qualifications, and record-keeping requirements. Must live in ME or be a NH resident regularly employed or with a business/trade in ME. Leave with licensing test completed and a plan for submitting your paperwork. Notary license is \$50 and valid for seven years.

Bethany Mulkern  
Mon, 2/2, 6–8pm, OOB HS/Rm 104

\$39



### 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  
1/5–3/31, Anytime, Online

\$370





## The Managers Guide to HR

Online

You as a manager are on the front lines of human resources (HR) for your organization. Upskill your knowledge about HR. Conquer one of the essential competencies for a successful manager, moving up, and contributing to the productivity of your organization.

Julie Coates, Sally Klauss Mulkern

2/2–5/1, At Your Own Pace/Anytime, Online

\$495



## Certificate in Mastering Computer Skills for the Workplace

Online

Earn a certificate showcasing your computer skills by completing all three classes in this series. Learn to create, edit, and manage spreadsheets in Microsoft Excel, craft professional documents in Microsoft Word, and enhance your proposals and presentations using Microsoft PowerPoint.

Elizabeth Flanagan

2/2–5/1, At Your Own Pace/Anytime, Online

\$495

## Entrepreneurship Certificate

Online

Boost your business success by learning about planning, brainstorming ideas, and using a checklist. Understand how to create a business plan, assess feasibility, and attract customers through effective marketing and branding strategies.

Conrad Brian Law, Mary Beth Izard

2/2–5/1, At Your Own Pace/Anytime, Online

\$495



## Certificate in Mastering Computer Skills for the Workplace

Online

Earn a certificate that demonstrates your mastery of computer skills for the workplace by taking all three classes in this series. Discover the power of Microsoft Excel to create, edit and manage spreadsheets, master the art of professional document creation with Microsoft Word, and bring your proposals and presentations to life with Microsoft PowerPoint.

Elizabeth Flanagan

2/2–5/1, At Your Own Pace/Anytime, Online

\$495

## Certificate in Quickbooks

Online

Save time, track money, and get important insights with QuickBooks Online. QuickBooks Online is the leading online accounting platform. It is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. There are patches and regular automatic upgrades to the software. A free trial version of the software is provided to use during the class.

Elizabeth Flanagan

2/2–3/27, At Your Own Pace/Anytime, Online

\$375



## Certificate in Customer Service

Online

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

Greg Marsello, Nanette Sanders–Cob

2/2–3/27, At Your Own Pace/Anytime, Online

\$245



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

# 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, BSN, MS, CNOR

Sat, 2/21, 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, BSN, MS, CNOR

Sat, 3/28, 8am–2pm, Bidd. LC/Rm 28

\$95

(includes book and certification card)

## Behavioral Health Professional Training & Certificate Program—Online Blended



Looking for meaningful work? Our community needs individuals who want to make a difference in a child's life. Children's Behavioral Health Services are vital to Maine's children with Intellectual Disabilities, Autism, and Mental Health Disorders and their families. And the need in our area is great! As an integral part of the child's treatment team, a Certified BHP can make an immediate impact while helping a child grow and develop to their full potential. We are excited to connect our community with this wonderful BLENDED training (online with instructor-led sessions offered in-person or virtually) and certificate program. This training will prepare you for employment through local social service agencies and equip you to work with children who qualify for services. The program can be started at any time and finished at your own pace. Complete 12 online modules, 8–9 hours of live day instruction (in-person or virtual), and a 2.5 hour ethics class (virtual). Participants are required to complete the course within 6 months of date of enrollment. A 6 month extension is available upon request, but will incur a \$50 fee. Also required for BHP certification: completion of the free online training in blood-borne pathogens and certification in child and adult first aid and CPR. You will complete 12 online modules and then three 4-hour live (in-person or virtual) sessions. Once the modules are completed, you will receive

free online blood-borne pathogen training and Child and Adult First Aid and CPR certification. In just 40 hours, our free remote training program can get you certified and on your way to a life-changing profession. Must be a Maine resident and at least 18 years old with a high school diploma or equivalent to become certified. Preregistration is required to receive online link. Program must be completed within 6 months.



Heather Marsters

1/5–3/31, Anytime, Online

FREE







## CERTIFIED NURSING ASSISTANT (CNA)

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

**CONTACT BRITTANY**

[bjackson@biddefordschools.me](mailto:bjackson@biddefordschools.me) 207-282-3883  
189 Alfred Street, 2<sup>nd</sup> Floor, Biddeford, ME 04005

## CERTIFIED NURSING ASSISTANT-MED (CNA-M)



Registration for new course has opened.  
We offer quality education.

FOR FURTHER INFORMATION  
PLEASE CONTACT US

 [bjackson@biddefordschools.me](mailto:bjackson@biddefordschools.me)

 [biddeford.maineadulted.org](http://biddeford.maineadulted.org)

 Class: 189 Alfred St 2<sup>nd</sup> Fl, Biddeford

 Clinical: TBA



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.



## FREE Academics Classes

# Are you interested in earning your High School Equivalency Credential?



Are you ready to take the first steps toward expanding your opportunities for college or a better career?

Biddeford Adult Ed and OOB/Saco Adult Ed can help you on your journey to earning your high school equivalency credential by passing the HiSET® exam. Receiving this credential may help open doors that have been closed to you previously.

[biddeford.maineadulted.org](http://biddeford.maineadulted.org)  
or  
[oobsaco.maineadulted.org](http://oobsaco.maineadulted.org)



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An ETS Company

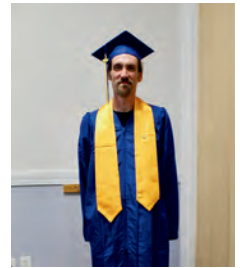




## FREE Academics Classes

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

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



**A MAINE–state issued, picture ID  
is required for enrollment.  
*Do not bring your children.  
No childcare is provided.***

Contact either program for more information.  
**Biddeford Adult Education**  
(207) 282–3883  
adulthood@biddefordschools.me  
**Saco Learning Center**  
(207) 282–3846  
learningcenter@rsu23.org

## College & Career Prep

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



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

# English Language Multilingual Learner (MLL) Classes

Classes are designed for people who speak little or no English. Learn and practice English in one of our in-person or online classes.



Call or text (207) 282-3846 or email [learningcenter@rsu23.org](mailto:learningcenter@rsu23.org) to schedule an intake appointment.



Contact Stephanie at (207) 282-3883 OR [satkinson@biddefordschools.me](mailto:satkinson@biddefordschools.me) to schedule an intake appointment.

✓ Fun, Engaging, Interactive

✓ Multiple Fluency Levels

✓ Reading, Writing, Listening and Speaking





# Family Literacy

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



## 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, 1/26–6/1, 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, 1/14–6/24, 1–2:30pm, Bidd. LC/Rm 28

Call Biddeford Adult Ed at (207) 282–3883 or email [jmberube@biddefordschools.me](mailto:jmberube@biddefordschools.me) about our Family Literacy programming.

## 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, 1/14–6/22, 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, 1/29–3/19, 6–7:30pm, Bidd. LC/Rm 28

## Family Literacy Night

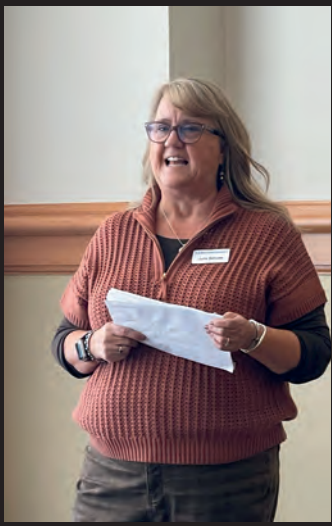
Join me for a fun filled night. We will participate in a themed activity. We will listen to good books, sing songs, make crafts, and enjoy a snack together. Family story hour is a wonderful educational opportunity to spend quality time with your children while having a fun time.

Julie Berube  
Wed, 2/11, 6pm Bidd. LC/Rm 28





Julie recently was a presenter at the Maine Adult Education Association (MAEA) Conference, in Bangor. She shared her “4 components of Family Literacy” and how it has evolved over her more than 25 years of teaching. Biddeford Adult Ed Family Literacy program is a 3 time recipient of the Barbara Bush grant.



**Bb** | BARBARA BUSH FOUNDATION for FAMILY LITERACY



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.



## Biddeford Adult Education Registration Form

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

Course Title	Start Date	Course Fee

How much would you like to donate to our literacy program? ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$25

**Please include your donation amount in your total. Donations ensure that we can continue to offer free teaching and tutoring services to students in our communities.**

**Make checks payable to Biddeford Adult Education.**  
There will be a \$25 fee for any returned check

CARD PAYMENT ☐ VISA ☐ MC ☐ AMEX ☐ DISCOVER

Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration \_\_\_\_/\_\_\_\_ CVV \_\_\_\_\_

Signature \_\_\_\_\_

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

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

## BIDDEFORD ADULT EDUCATION POLICIES



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



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



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



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

**COURSE PAYMENTS AND FEES:** Course, book, and material fees are payable in full at time of registration. Payment ensures your spot in class. Non-payment will not guarantee your placement. Payment is made by cash, check, money order, or credit card at time of registration. Make checks payable to Biddeford Adult Education. Please Note: there is a \$25 charge for all checks returned due to insufficient funds. Please do not mail cash! **Please do not send us material fees that are payable to the instructor.** We recommend checking with us prior to purchasing class materials to make sure the class has sufficient enrollment.

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

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

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



# OOB/Saco Adult Education Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Course Title	Start Date	Course Fee

How much would you like to donate to our literacy program? ☐ \$5 ☐ \$10 ☐ \$15 ☐ \$25

**Please include your donation amount in your total. Donations ensure that we can continue to offer free teaching and tutoring services to students in our communities.**

**Make checks payable to OOB/Saco Adult Education.**  
There will be a \$25 fee for any returned check.

CARD PAYMENT ☐ VISA ☐ MC ☐ AmEx ☐ DISCOVER

Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration \_\_\_\_\_ / \_\_\_\_\_ CVV \_\_\_\_\_

Signature \_\_\_\_\_

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

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

## OOB/SACO ADULT EDUCATION POLICIES

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



Register online at [oobsaco.maineadulted.org](http://oobsaco.maineadulted.org)  
OR scan completed form and email to  
[adultedinfo@rsu23.org](mailto:adultedinfo@rsu23.org)



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



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



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

**REGISTRATION & FEES:** All classes must be paid in full at the time of registration. If paying by check, your spot is not guaranteed until payment is received. All courses are open to persons 18 and older. \*Academic courses usually have open enrollment and are open to persons 17 and older.

**REFUNDS & WITHDRAWALS:** Full course fee refunds (less any donations) are issued if we cancel a class. To receive a course fee refund, notify our office at least seven calendar days before the course start date. Refunds are not an option on or after the start date, when the course is listed as non-refundable, or when the class runs on its scheduled rain date. Course fee credits, instead of refunds, are given if you withdraw within two to six calendar days of the course start date. **No refunds issued if you fail to attend class.**

**CHANGES & CANCELLATIONS:** We reserve the right to cancel, reschedule, or change instructors as necessary. Courses with insufficient enrollment are canceled one to five business days prior to the start date. We notify all registered students of any changes whenever possible. Please do not buy materials for the class unless you know it's running.

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



P O BOX 624  
BIDDEFORD, ME 04005

## FEATURED PROGRAMS:



**NEW YEAR  
RESET: KICK  
THE CLUTTER  
TO THE CURB**

***SEE PAGE 5***



**INTRO TO  
AKASHA  
YOGA**

***SEE PAGE 6***



**PERSONALIZED  
FLASK ETCHING  
WORKSHOP**

***SEE PAGE 11***



**WEDDING  
PLANNING  
101**

***SEE PAGE 15***



**PLANNING  
FOR  
SENIORS:  
MY LEGACY**

***SEE PAGE 16***



**QUEBEC CITY  
WINTER  
CARNIVAL  
ADVENTURE**

***SEE PAGE 17***

OOB/Saco Adult Education  
[oobsaco.maineadulted.org](http://oobsaco.maineadulted.org)  
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