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BIDDEFORD | SACO | OLD ORCHARD BEACH

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# ADULT EDUCATION

Three Communities, One Vision



Spring/Summer 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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### PLEASE NOTE:

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

### 5% EARLYBIRD DISCOUNT

Type in EARLYBIRDS26 at checkout

Online Only, valid through April 15th, 2026

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

COMMISSIONED COVER ART BY RUSSEL WHITTEN

ON DISPLAY AT BIDDEFORD ADULT EDUCATION OFFICE

# Creative Arts

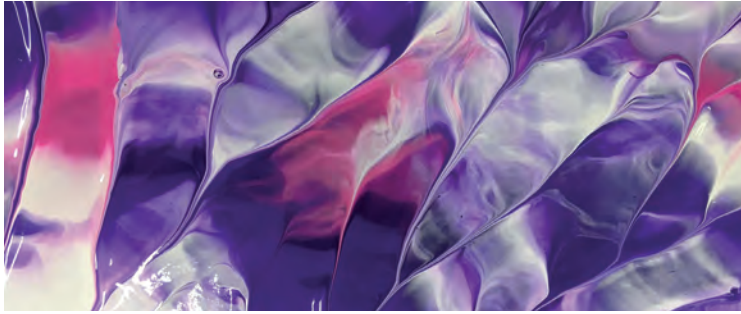
## Abstract Dimensional Painting

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

Jeffrey Carpenter

Thur, 4/30, 6–8pm, OOB HS/Art Rm

\$29



## Wandering Watercolors

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

Russel Whitten

Section 1: Fri, 5/8–5/29, 1–4pm, Saco LC

\$125

Section 2: Fri, 6/5–6/26, 1–4pm, Saco LC

\$125

## Drawing Basics

Explore 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. No class 5/25.

Russel Whitten

Mon, 5/11–6/15, 6–8:30pm, OOB HS/Art Rm

\$125

## 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 materials provided, but feel free to bring your favorite supplies if you prefer. For artists of all levels.

Karalyn Thayer

Wed, 4/29, 6–8pm, OOB HS/Art Rm

\$29



## Intro to Nature Journaling

Nature journaling engages curiosity in the natural world through drawing and discussion. Hone your sleuthing skills by asking questions, observing, and drawing what you see. All levels welcome. Materials list available upon registration.

Beverly Thorpe

Sat, 5/9–5/30, 10am–12pm, Saco LC/Rm 2

\$15



## Intro to Modern Calligraphy

Learn the foundational strokes and practice letterforms using fine and brush tip markers. 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, 4/28–5/19, 5:30–7pm, OOB HS/Rm 109

\$59



## Cards for Kindness

Cards for Kindness has sent 1,000,000+ handmade cards to people in need of an uplifting or caring message! Use designer paper, a template, and provided materials to make four cards. Leave one with the instructor to be donated. All materials included. Sentiments will be those Cards for Kindness is in need of at the time of the class. Registration closes 5/4.

Faith Garnett

Tues, 5/5, 6–8pm, OOB HS/Art Rm

\$37



## 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, but you are welcome to bring additional stationery, if you'd like.

Sara Ottomano

Tues, 6/9, 5:30–7:30pm, OOB HS/Art Rm

\$35



**Materials lists provided at registration or available online.**

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



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= register with OOB/Saco Adult Ed. 3

## 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

Thur, 4/16, 6–8pm, OOB HS \$45



## Relief Printmaking

Develop a design, carve your image into a linoleum block, ink the block, and make a small edition of prints. Leave with your block and handmade prints to share or use in projects. All materials provided.

Gayle Fitzpatrick

Sat, 6/6, 9am–12:30pm, Saco LC \$45



## Botanical Gelli Plate Print Workshop

Use gel printing plates, acrylic paint, and various botanical textures to create beautiful layered monoprints. Basic printing techniques, natural material arrangement, and how to build depth with multiple layers covered. No experience necessary. Leave with a stack of unique botanical prints perfect for framing, card-making, or using in your own mixed media projects.

Karalyn Thayer

Wed, 6/10, 6–8pm, OOB HS \$45



## Intro to Natural Dyeing

Transform vegetables and flowers 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

Wed, 5/20, 6–7:30pm, OOB HS \$29



## Make Your Own Stamp Garden Harvest Edition

Trace, transfer, carve, and mount your unique botanical design onto a soft-carve stamp block. Leave with a finished, reusable stamp. All materials provided.

Jessica Muise

Thur, 6/4, 6–8pm, OOB HS \$39



## Paper Marbling

Make ornamental papers to use in a variety of projects! Learn to use tools and techniques to develop this craft and its potential for future projects. All materials provided.

Gayle Fitzpatrick

Sat, 5/2, 10am–1pm, Saco LC \$39



## Watercolor-stamped Stationery

Create cards and envelopes using watercolors, homemade stamps, and drawing tools! Explore color mixing and layering using stamps made from recycled materials. Leave with stamped cards and sheets that could be turned into envelopes. All materials provided.

Sara Ottomano

Tues, 4/7, 5:30–7:30pm, OOB HS \$25



## Intro to Metalworking

Learn essential techniques like cutting, forging, and polishing metal in this beginner-friendly course. Practice with copper and brass before creating a unique pair of earrings or pendant in silver. All materials provided.

Jessica Muise

Tues, 5/12, 6–9pm, OOB HS \$85



## Adv. Intro to Metalworking

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

Jessica Muise

Tues, 5/26, 6–8:30pm, OOB HS \$85



## Wire Wrapped Sea Glass Jewelry

Learn easy wire-wrapped loop techniques. Bring your own sea glass or choose from Jessica'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, 4/14, 6–8pm, OOB HS \$45



## Wire Wrapped Sea Glass: Advanced Techniques

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

Jessica Muise

Tues, 4/28, 6–8pm, OOB HS \$45



## Digital Photography for Beginners

**NEW** Unlock the full potential of your digital single-lens reflex camera! Gain an understanding of how and when to use the different shooting modes. Learn to download and edit images in Adobe Photoshop. Materials list available upon registration. Not for point & shoot only digital cameras.

Michael Leonard

Tues/Wed, 6/9–6/17, 6–8:30pm

OOB HS



## Digital Photography for Newbies—Live Online

Learn to use all of the features of your digital camera! Includes weekly assignments and sharing your work with the class. Requires: computer, stable internet connection, fully-charged digital camera. Registration closes 4/6. No class 4/21.

Steve McGrath

Tues, 4/7–5/5, 5:30–7pm, Online \$65



Materials lists provided at registration or available online.





Photo by: Cole Rowland, Factory Island, Biddeford/Saco

**Ready for Takeoff**

**Intro to Drone Photography and Videography**

~~**NEW** Learn the basics of Drone photography. This lesson will be focused on helping you understand the drone market, what items you will need to fly either casually or professionally. While we will be looking at a few quick tips for photography and videography, this will primarily be about getting yourself started.~~

**CANCELLED**

Cole Rowland

~~Sat, 6/20, 11am-12:30pm, Bidd. LC/Rm 25~~



~~\$17~~

**Pet Photography-Live Online**

**NEW** Everything you need to know to take professional-quality pet portraits. Learn to work with all types of subjects, the nuances of lighting, posing, shooting in studio or on location, and how to master the gear you need to create inspiring work! Requires: computer, stable internet connection, fully-charged digital camera.

Steve McGrath

Tues, 4/7-4/14, 7:30-9pm, Online



\$29

**Photography After Dark-Live Online**

Everything you need to know to take successful images after dark! Review exposure, how to shoot images in the dark, and how to capture your best photo under just moonlight. Review equipment helpful for nighttime photography, including cell phones. Registration closes 4/10.

Michael Leonard

Thur, 4/16, 7-8:30pm, Online



\$25

**Smartphone Photography-Live Online**

Learn to share and print photos, picture-taking techniques, the best free and low-cost tools for editing, finishing, and image management. Requires: computer, stable internet connection, fully-charged smartphone (Android or Apple) for class. Registration closes 5/11.

Steve McGrath

Tues, 5/12-5/26, 5:30-7pm, Online



\$49

**Advanced Smartphone Photography**

**Live Online**

**NEW** Advance your understanding of your smartphone's camera and manual controls. Discuss equipment, essential controls, and the best free and low-cost tools for editing and image management available. Requires: computer, stable internet connection, fully-charged smartphone (Android or Apple) for class. Registration closes 6/1.

Steve McGrath

Tues, 6/2-6/16, 5:30-7pm, Online



\$49

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

**5% Earlybird Discount! Online Only Register before April 15th, 2026 Enter EARLYBIRDS26 at checkout.**



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= register with OOB/Saco Adult Ed. 5

## Coastal Seashell Candle Making Workshop



**NEW** Create a beautiful, beach-inspired candle from start to finish in this beginner-friendly, hands-on workshop. Paint and resin real scallop or oyster shells, then pour unscented wax and customize your candle with adornments like beads, dried flowers and other coastal accents. Materials fee of \$10 payable to instructor in class.

Dawn Burns

Sat, 4/25, 12–2pm

The Creative Soul, Kennebunk \$29

## The Amazing World of Fused Glass



**NEW** Learn the basics of fusing glass! Tools, design techniques, how different forms of glass can accent, and types of firing schedules to achieve different results will be covered. Includes materials to create one garden totem.

Lorrie Lutz,

Art Glass by Lorrie, OOB

Sec 1: Sat, 4/11, 9–11am \$115

Sec 2: Thur, 5/21, 6–8pm \$115

Sec 3: Wed, 7/22, 9–11am \$115

Sec 4: Tues, 8/18, 6–8pm \$115

## Treasures of the Tide Sea Glass Workshop



Design a framed masterpiece using sea glass, shells, driftwood, starfish, and other coastal treasures. For crafters of all levels, this is a fun and memorable way to connect with the beauty of the Maine coast. Materials fee of \$10 payable to instructor in class.

Dawn Burns

Sat, 5/30, 12–2pm

The Creative Soul, Kennebunk \$29

## Miniature Punch Needle Rug Hooking



Learn to complete and display miniature hooked rugs! Kits (\$25, payable in class) can be viewed/ordered via email at [jconnerhookedrugs.com](mailto:jconnerhookedrugs.com). Material list available upon registration.

Janet Conner, BS

Sat, 4/11, 9am–1pm, Saco LC \$47

## Basic Sewing Machine Maintenance



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

Jennifer Erickson

Sat, 4/11, 9am–12pm, Saco LC \$29

## Intro to Machine Sewing



Beginners learn to sew or improve skills to increase confidence! Covers machine, basic, and finish techniques. Bring basic supplies. Fabric needed to complete each projects (apron, eye mask, and pillowcase) provided.

Emily Loder

Wed, 4/29–5/13, 6–9pm, OOB HS \$95



## One-on-One Sewing Tutoring



Beginners receive help in basic, hand, and sewing machine sewing and finishing. Answer a few questions at registration so Emily knows what help you need. Materials list available upon registration.

Emily Loder

Sat, 5/2 @ the Saco LC

Sec 1: 9–10am \$39

Sec 2: 10:10–11:10am \$39

Sec 3: 11:20am–12:20pm \$39

Sec 4: 12:30–1:30pm \$39

Sec 5: 1:40–2:40pm \$39

Sec 6: 2:50–3:50pm \$39

Sec 7: 4–5pm \$39

Sec 8: 5:10–6:10pm \$39

## Creative Writing



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. Identify the key elements of effective fiction and recognize them in others' stories, to grow your own writing and editing skills. Materials list available upon registration.

Albert Waitt

Wed, 4/29–5/20, 6–8pm, OOB HS \$75

## Journalism Basics for Curious Minds



**NEW** Explore the evolving world of journalism with a veteran reporter and editor. Learn key journalism concepts including AP Style writing, ethics, and the impact of technology on modern media. Examine the history of US journalism, the rise of “citizen journalism,” and how the media landscape has changed over the past 50 years.

Randy Seaver

Thur, 4/30–5/14, 6–8pm

Bidd. LC/Rm 27 \$39

## Intro to Creative Writing



**NEW** Explore fiction, creative nonfiction, and poetry through readings, writing exercises, peer workshop, and instructor feedback to grow your skills and confidence. Everyone will contribute one piece to a shared chapbook anthology. All experience levels welcome. Bring a notebook or laptop.

Leo Goddard

Tues, 6/9–6/30, 5:30–7:30pm

Bidd. LC/Rm 28 \$39

## Publish Your Own Book Live Online



**NEW** Discuss writing, layout, formatting, printing, and how to get your book printed. Discover online publishing, the best ways to share your book, how to get speaking engagements, and how to turn them all into income. Registration closes at noon on 5/1.

Preethi Fernando

Sat, 5/2, 10–11am, Online \$35



## 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, 4/15, 6–8pm, OOB HS/Rm 111A



## Crystal Tree Making Workshop

**NEW** Create your own handcrafted crystal tree. Learn basic wire-wrapping techniques using high-quality, beautiful crystals and stones to create a one-of-a-kind decorative piece to take home. Perfect for beginners and makers of all experience level. All materials provided.

Emily O'Brien

Tues, 4/28, 6–7:30pm, Bidd. LC/Rm 28

\$29



\$39



## Culinary Arts

### Depression Era Cooking

**NEW** Learn to make recipes from the Great Depression into modern day meals! Delicious, inexpensive, and helpful in our current economic climate. Cookbook included in tuition. Bring an apron and your appetite. Registration closes 5/1.

Jeffrey Carpenter

Mon, 5/4, 6–8pm, OOB HS/Rm 111A



\$49

### The Story of Tea—Live Online

**NEW** Be transported into the rich and fascinating history of tea, from its accidental discovery in ancient China to the surprising origins of iced tea at the 1904 World's Fair. Explore teas from around the world and learn how tea became a beloved drink for health, energy, and connection. This lighthearted, visually rich class will leave you with a deeper appreciation for your daily cup!

Preethi Fernando

Thur, 5/28, 7–8pm, Online



\$25

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



= register with Biddeford Adult Ed.

## Cut the Cheese

### A Charcuterie Board Workshop

**NEW** Join local cheese legends Nibblesford for a tasty, hands-on charcuterie workshop. Learn the do's and don'ts of building a beautiful board including balance, flavor pairings, and presentation. Then create their own individual charcuterie board using high-quality cheeses, meats, and accoutrements. Your finished board is yours to take home and enjoy. All materials included.

Nibblesford Staff

Sec 1: Fri, 5/8, 6–7pm, Bidd. LC/Rm 28



\$49

Sec 2: Fri, 8/14, 6–7pm, Bidd. LC/Rm 28

\$49

### Camp Cooking Methods

**NEW** Make and enjoy BBQ chicken and banana boats in our Dutch oven, delicious egg sandwiches on your personal buddy burner, one-pot tacos on the propane stove, and S'mores dip from the solar oven! No experience necessary. Tuition includes materials, but bring a mess kit if you have one. No refunds, credits, or transfers if class runs on scheduled rain date of Sunday, 5/31.

Emily Loder

Sat, 5/30, 8am–12pm, Saco LC



\$55



## Home & Family

### AARP Smart Driver

Designed for drivers aged 50 and older to help lower accidents and traffic penalties. Topics include traffic regulations, driver distractions, vehicle safety features, left turns, right-of-way, roundabouts, state-specific rules and regulations, and so much more! 97% of participants improve at least one driving behavior! Materials fee payable to instructor in class (\$20 for AARP members, \$25 for nonmembers).

Andrew Grant

Tues, 5/5–5/12, 6–8pm, OOB HS/Rm 107



\$9



= register with OOB/Saco Adult Ed.

## Meet Your Teachers!



I enjoy sharing my creative talents, connecting, and inspiring those in my community in hopes of people finding new passions and undiscovered

talents! ~Jeffrey Carpenter

I love teaching for OOB/Saco Adult Ed because it gives me the opportunity to share skills with the local community. ~Janet Conner



It is a privilege to exchange knowledge and insight on painting & drawing with those who share a deep commitment to artistic exploration and

expression. ~Russel Whitten

Emily O'Brien, of All Hearts Everything, is an RN and Reiki-certified practitioner. She blends her healthcare background with intentional art-making, offering a nurturing space to gather, slow down, and connect.



## Maine Driving Dynamics

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

William King



Tues/Thur, 4/14–4/16 (Reg. closes 4/7), 6-8:30pm, Bidd. LC/Rm 28

\$70



Tues/Thur, 6/2–6/4 (Reg. closes 5/27), 6-8:30pm, OOB HS/Rm 106

\$70

## Buying Your First Home–Live Online

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



Lelah Sullivan

Sec 1: Sat/Sun, 5/2–5/3 (reg closes 4/27), 12–4:30pm, Online

\$45

Sec 2: Sat, 8/1 (reg closes 7/27), 9am–5:30pm, Online

\$45

## Conquering Clutter

Discover practical steps and essential tips for effectively decluttering and organizing your home. Whether you're tackling a specific room or your entire home, this session will empower you with the knowledge and motivation to achieve a more organized and peaceful living environment.



Amy Smith

Wed, 5/6, 6–7pm, OOB HS/Rm 107

\$15

## 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. Registration closes at noon the day of class.

Valerie Lovelace, MS



Sec 1: Tues, 4/14, 6:30–8pm, Online

FREE



Sec 2: Thur, 5/28, 6:30–8pm, Online

FREE

## Planning Ahead

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

Presented by Hospice of Southern Maine. Discuss hospice support, the many faces of grief, and practical steps for advance care planning. Reduce anxiety and stress around end-of-life topics through education and planning. Get the support you and your loved ones need through the end-of-life journey.



Kimberly Mann

Tues, 5/5–6/2, 10:30am–12pm, Bidd. LC/Rm 28

\$9



## Intro to Genealogy

Learn to build your family tree and the 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 O'Brien

Tues, 4/7, 6–9pm, OOB HS/Rm 106



\$29

## Genealogy Workshop

Discover strategies to achieve your research goals and learn about new resources in this beginner- and intermediate-level course. Each session begins with a 45-minute PowerPoint presentation, and the remaining class time will be used to apply your new skills to your individual research with professional guidance at hand. Bring your laptop and/or iPad.

Dan O'Brien

Wed, 5/6–5/27, 6–9pm, OOB HS/Rm 101



\$99

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

Discover apps and strategies for organizing memories, researching, illustrating, and polishing your work. Gain practical skills to enhance your writing process and confidently bring your story to life! Personalized support 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. Registration closes 6/30.

Jill Spencer

At your own pace, available 4/1–6/30, Online



\$45

## Growing Food for Beginners

**NEW** Cover the basics of vegetable, herb, and fruit gardening! Discuss raised and in-ground beds, annual and perennial plants, pollinator flowers, soil, mulch, and other info to help you jump into gardening season! Create a garden plan that fits your space and revise it in the second session, with time for questions and helpful resources along the way. No gardening experience needed—just curiosity!

Ann Murray

Wed, 4/29–5/6, 6–7:30pm, OOB HS/Rm 106



\$29

## 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

Mon, 5/11, 6–8pm, OOB HS/Rm 109



\$19

## Veterans Benefits

Are you a veteran or family member of one and need help with health care, real estate, or estate planning? Explore the benefits available to veterans and their families, including Aid & Attendance, Pension, Disability, and Dependency & Indemnity Compensation (DIC).

Eleanor Dominguez, Esq.

Wed, 4/8, 5–8pm, OOB HS/Rm 103



\$15

## Meet Your Teachers!

It has been such a joy to teach through the OOB/Saco Adult Education program.

I'm continually inspired by the diverse and engaged learners who have joined my classes.~Leah Wentworth



What I love most about teaching

adults is that genuine "aha!" moment everyone experiences when it suddenly clicks. Technology becomes a tool

they can actually use to improve their daily life, and eliminate the overwhelm with all the new changes.~Nickie Welsh



I enjoy teaching at Adult Ed because they offer affordable opportunities for people to learn new things in a local, casual atmosphere.~Candace Sanborn



I love the opportunity Adult Education gives me to instruct and lead a wide

range of dancing styles. I like teaching as we go—and keeping it light, fun, and user-friendly for everyone. Adult

Education programming is a great way to bring a sense of community.~Patricia Campbell



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= register with OOB/Saco Adult Ed. 9

## Disaster & Emergency Preparedness for Older Adults



**Live or Online NEW** Older adults are assets in the community and will often be looked to for their wisdom and the unique gifts they can offer during a disaster. Learn about the elevated risks faced by seniors during disasters and how you and your loved ones can prepare for emergencies. Please let us know, at registration, if you will be attending live or online.

Steven Thomas

Wed, 4/29, 6–7pm

OOB HS or Online

FREE

## Disaster & Emergency Preparedness for Caregivers



**Live or Online NEW** Caregivers have a unique role to prepare both themselves and the ones they care for during emergencies. Learn how to build a care team, document your loved one's everyday needs, make a plan, and stay connected in the event of a disaster. Please let us know, at registration, if you will be attending live or online.

Steven Thomas

Wed, 5/27, 6–7pm

OOB HS or Online

FREE

## Disaster & Emergency Preparedness for People with Access & Functional Needs (Planning with a Team)



**Live or Online NEW** When an emergency occurs, those challenged by mobility, hearing, learning, or sight disabilities can face added complications. Get practical advice on staying informed, making a plan, assembling a kit, and keeping your plans up-to-date. Please let us know, at registration, if you will be attending live or online.

Steven Thomas

Wed, 6/3, 6–7pm

OOB HS or Online

FREE

# Mind & Body Wellness

## A New Look at Anxiety!



Join us and look at anxiety in some new ways to begin developing a new relationship with it. Learn a few tools to help you calm your nervous system, relate with your anxiety, and quiet your inner critic so you can start to take your life back!

Leah Wentworth

Wed, 5/6, 6–7:30pm, OOB HS

\$19

## Understanding Anxiety



**NEW** Transform your relationship with anxiety through guided meditation, self-reflection, journaling, and sound healing practices. Develop a sense of safety and self-trust, resulting in a powerful synergy to bypass mental resistance, wash away tension, and reconnect with a centered, peaceful version of yourself. Peel back the layers of your “inner critic” and cultivate a more compassionate and grounded sense of self. No class 5/25.

April Howard

Mon, 5/4–6/1, 5:30–7pm

Heal Baby Heal, Saco

\$105

## Happiness is a Skill



### Live Online

**NEW** Explore the science of feeling good—and practice it in real time. Learn how happiness isn't just a mood but a trainable skill. Discover how to catch moments of joy, keep them alive longer, and spread them with intention through guided exercises, reflection prompts, and interactive discussion. Registration closes 3/31.

Carole Freeman

Wed, 4/1–4/8, Online

Sec 1: 10–11:30am

\$39

Sec 2: 5–6:30pm

\$39

## Your Emotional Well-being



**NEW** Explore a new concept around emotions, what they are, and how they can and do support us. Perfect for those who struggle with anxiety, depression, anger, grief, or any other emotion. Emotions are the key to our inner wisdom—guiding us to rediscover who we are, what we value, and how to live in greater alignment with our truth.

Leah Wentworth

Sec 1: Wed, 4/8, 5:30–7:30pm

OOB HS

\$19

Sec 2: Wed, 7/22, 5:30–7:30pm

Saco LC

\$19

## Managing & Expressing Emotions



Awareness 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. Learn to understand and navigate complex internal emotions and get tips and tools for expressing them.

Jennifer Greiner

Wed, 4/29, 6–8pm, OOB HS

\$19

## Life Skills for Working or Living with a Difficult, Toxic Person—Live Online



**NEW** Find peace of mind, establish boundaries and time limits, while working or living with a toxic person. Discover how/when to say no or when to speak up/remain silent. Get advice on active listening, avoiding becoming too emotional, or getting entangled in the toxic person's word choice. Registration closes at noon on 6/5.

Preethi Fernando

Sat, 6/6, 2–3pm, Online

\$35

See our Active Network sites for detailed course descriptions.



## New Moon Circle

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



Leah Wentworth

Sun, 5/17, 2–3:30pm, The Nest/Arundel

\$19



## 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, 6/4, 6–8pm, Online

\$35

## Intro to Gua Sha

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



Lisa Bouchard

Wed, 4/29, 6:30–8:30pm, OOB HS/Library

\$29

## Understanding Your Psychic Abilities

This intro to the fundamentals of psychic and mediumship will 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 learn about the significance of colors, signs, and sounds that can enhance your gifts. Bring a notepad/pen.



Georgiana Nelson

Wed, 5/13–5/20, 6–8pm, OOB HS/Rm 103

\$39

**5% Earlybird Discount! Online Only**  
**Register before April 15th, 2026**  
**Enter EARLYBIRDS26 at checkout.**



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**Teach with us!**

Share the love of a hobby or expertise of your profession. We're actively looking for new teachers across a variety of subjects.

Call or email to learn more!

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

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

## Beginner Tai Chi

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



Laura Huenteo

Wed, 6/17–7/22, 5:30–6:30pm, Saco LC/Open Rm

\$65

## Advanced Beginner Tai Chi

Strengthen and deepen your Tai Chi practice. Some meditation practices may be included for relaxation, stress reduction, and pain management. Chairs available, if needed. Wear loose-fitting clothing and comfortable shoes. Prerequisite: Beginner Tai Chi Level I or prior Yang-style tai chi practice.



Laura Huenteo

Thur, 6/18–7/23, 5:30–6:30pm, Saco LC/Open Rm

\$65

## Clinical Martial Arts

**NEW** Use the movements and principles of the martial art of Aikido to learn coping skills to defend ourselves from our own uncomfortable feelings and high levels of stress that we encounter simply by living life. Come and enjoy. Please wear loose, comfortable clothing and bring water and a towel.



Ron Houle

Wed, 4/29–6/3, 5:30–6:30pm, Saco LC/Open Rm

\$85



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**Intro to American Kempo Kickboxing**

Discover the fundamentals including punching, kicking, deflections, and evasions. Suitable for all ages, body types, and ability levels. Materials list available upon registration.

Gil Doughty

Thur, 6/11, 6–8pm, Saco LC/Open Rm

\$25



**Intro to Pilates Mat**

Strengthen your entire body, increase flexibility, mobility, balance, and coordination. Exercises can be modified to suit everyone's personal needs. No experience necessary. Materials list available upon registration.

Isabella Buckman

Sat @ Dirigo Conservatory of Movement/Bidd.

Sec 1: 4/4–5/9, 8:30–9:30am

\$99

Sec 2: 5/23–6/27, 8:30–9:30am

\$99



**Posture Power–Live Online**

Learn simple techniques for common postural imbalances. Focus on breathing and alignment to feel taller, stronger, and more energized! Registration closes 4/14.

Carole Freeman

Wed, 4/15–5/6, Online

Sec 1: 10–11am

\$49

Sec 2: 5–6pm

\$49



**Self Defense for Women**

Develop situational awareness and learn to defend against bigger, more powerful assailants. Receive a kubotan and instruction on how to use it.

Gil Doughty

Thur, 5/7–5/28, 6–7:30pm, Saco LC/Open Rm

\$65



**Aerial Yoga**

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

Ashley Marie Jolly

Fri @ Evercore Pilates & Wellness, Bidd.

Sec 1: 4/24–5/29, 4–4:50pm

\$95

Sec 2: 4/24–5/29, 5–5:50pm

\$95

Sec 3: 6/12–7/24, 4–4:50pm (no class 6/19)

\$95

Sec 4: 6/12–7/24, 5–5:50pm (no class 6/19)

\$95



**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

Sat, 5/2–5/30, 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

Sat, 5/2–5/30, 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

Sat, 5/2–5/30, 11–11:30am, Online

\$45



# Music & Dance

## Advanced Beginner Ballroom for Couples



**NEW** Become a better, more confident dancer as we expand upon the Waltz, Foxtrot, and Swing and begin exploring Latin rhythms like Rumba and Cha Cha. Course fee is per couple; no partner changes in class. Wear comfortable clothing and soft-soled shoes. No class 4/21.

Elizabeth Richards

Tues, 4/7–5/19, 7–8pm, Young School/Café

\$99

## The Hustle



**NEW** The 70s may be over, but the hustle is still a great way to get some exercise and have fun with your dance partner. Learn the basic rhythm and some patterns to help you look confident and dazzling on the dance floor. Course fee is per couple; no partner changes in class. Wear comfortable clothing and soft-soled shoes.

Elizabeth Richards

Thur, 5/7–6/11, 7–8pm, Young School/Café

\$99



## Beginner Adult Ballet



Develop musicality along with 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. Bring ballet flat shoes and wear something comfortable to move in.

Isabella Buckman

Wed @ Dirigo Conservatory of Movement/Bidd.

Sec 1: 4/8–5/13, 6–7pm

\$99

Sec 2: 5/27–7/1, 6–7pm

\$99

## Traditional New England Barn Dance



Dance to a variety of music, including old-time, French Canadian, and Celtic. No partner needed. Wear comfortable clothes and soft-soled shoes. All dance levels welcome!

Patricia Campbell

Tues, 5/12, 6–7pm, Loranger Memorial/Café

\$15



= register with Biddeford Adult Ed.

## Seated Folk Dances



**NEW** It's the same traditional dance—just done sitting in chairs—with physical, emotional, mental, and social benefits! Low impact, wonderfully social, and safely active. No prior experience needed. Wear comfortable clothing so you can move easily while seated.

Patricia Campbell

Sun, 5/17, 1–2pm, Saco LC/Open Rm

\$15

## Line Dancing



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

Elizabeth Richards

Young School/Café

Sec 1: Tues, 4/7–5/19 (no class 4/21), 6–7pm

\$89

Sec 2: Thur, 5/7–6/11, 6–7pm

\$89

## Advanced Beginner Guitar



If you've taken Beginner Guitar or have some playing experience, expand your guitar-playing repertoire! Discover additional tunes and first-position chords, and get advice on spicing up your strumming. Materials list available upon request. No class 4/22.

Travis Taylor

Wed, 4/8–5/20, 7–8pm, C K Burns/Rm 24

\$85

## Clawhammer Banjo for Beginners



**NEW** Clawhammer banjo blends traditional fiddle tunes with West African rhythms and traditions. This workshop includes demos and hands-on time exploring basic tuning and rhythms. Work on picking out one or two simple tunes, with accompanying videos and chord charts provided to support your practice. Materials list available upon registration.

Ann Murray

Thur, 4/9, 6–8pm, OOB HS/Band Rm

\$19



= register with OOB/Saco Adult Ed.

## Ukulele For Beginners–Live Online

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

Sec 1: Wed, 4/1–4/22, 6–7:30pm, Online \$85

Sec 2: Tues, 4/28–5/19, 6–7:30pm, Online \$85



## Personal Finance

### Eat Well, Spend Less

**NEW** Learn to plan and prepare affordable and nutritious meals on a budget. Review the benefits of prepping ahead, having fun while cooking, economical recipes, and how to keep your food budget on track.



Whitney Blethen

Wed, 6/3, 6–7pm, OOB HS/Rm 107 \$9

### 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

### Make Your \$ Work for You

Is your money working for you and your investment plan? Learn to manage risk, use compound interest to your advantage, and invest wisely.



Sarah Blondin

Wed, 4/8, 6–7:30pm, OOB HS/Rm 104 \$9

## Investing at Retirement

Nearing or entering retirement? Make the most of your benefits and assets, identify considerable risks, and plan for a comfortable, financially secure retirement.



Sarah Blondin

Wed, 5/6, 6–7:30pm, OOB HS/Rm 104 \$9

## Estate Planning: What You Need to Know NOW

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



Eleanor Dominguez, Esq.

Wed, 5/13, 5–8pm, OOB HS/Rm 107 \$15

## Keeping Yourself Safe from Frauds & Scams

**NEW** Learn how to recognize common frauds, scams, and identity theft tactics and protect yourself from personal and financial loss.



Whitney Blethen

Wed, 5/20, 6–7pm, OOB HS/Rm 107 \$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

Tues, 6/2, 6–8pm, Online \$35



## Your Retirement Roadmap

**NEW** Discuss the key elements of retirement planning, including income strategies, healthcare considerations, making your money last, and estate basics. Get practical, easy-to-understand guidance to help you plan with confidence.



Quang N Nguyen, CEPA

Wed, 6/17–7/1, 5:30–7pm, Bidd. LC/Rm 28 \$29



# Recreation & Travel

## Want to Learn to Play Cribbage?

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



Kimberley Woodward

Tues/Thur, 5/5–5/14, 6–8pm, OOB HS/Rm 111B \$75

## Beginner Tennis

**NEW** Beginners will develop the skills to serve, rally, and play tennis. Covers movement prep, racket skills, and rules for playing singles and doubles. Each session includes skills practice and game play. No refunds, credits, or transfers after registration closes or if class runs on scheduled rain date. Weather cancellations sent via text the morning of class. Materials list available upon registration.



Andra Yanchenko

Sundays @ OOB HS/Tennis Courts

Sec 1: 5/31–6/28 (no class 6/21, rain date 7/12), 12–2pm \$79

Sec 2: 7/19–8/9 (rain date 8/16), 12–2pm \$79



## Beginner Golf

For those with little to no experience in a formal golf setting. Identify core aspects of golf grip, stance, and swing while covering putting, chipping, and full swings with irons and fairway metals. Become more comfortable on your golf journey with an introduction to golf etiquette and golf-specific terminology. Instructor(s) will monitor applied practice and instruct individuals accordingly throughout the sessions. Materials list available upon registration. Rain dated TBD.



Carter Burnell

Wed, 5/6–5/27, 5:30–6:30pm, Bidd./Saco CC/Saco \$229

## Pickleball with Andra Yanchenko!

Sundays @ Loranger Memorial/Pickleball Courts, OOB

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

- **Weather cancellation TEXT sent morning of class.**
- **Materials list available upon registration.**
- **Please note registration close (RC), rain dates (RD).**

## Pickleball Taster

Join us for the basics for those new to the game and absolute beginners. Learn the rules of scoring, court basics, the non-volley zone, common terms, faults, hot tips, and serving.



Sec 1: 4/19, 8:30–11:30am (RC 4/15, RD 4/26) \$39

Sec 2: 5/3, 8:30–11:30am (RC 4/29, RD 5/17) \$39

Sec 3: 5/31, 8:30–11:30am (RC 5/27, RD 6/7) \$39

Sec 4: 6/14, 8:30–11:30am (RC 6/10, RD 6/28) \$39

## Pickleball Practice & Play

For those just starting out or hoping to get better at the sport. Specific game component covered each session; students learn the rules that apply, run drills, and practice. Coach Andra will observe an organized match and provide advice. **Required:** Completion of Pickleball Taster or equivalent skill.



Sec 1: 4/19–5/3, 12–2pm (RC: 4/15, RD 5/17) \$75

Sec 2: 7/19–8/2, 9:30–11:30am (RC 7/15, RD 8/16) \$75

## OOB History at the Historical Society

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



Brian Bergeron

Thur, 5/21, 1–2:30pm, OOB Historical Society \$5



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



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### Eat Biddeford Foodie Tour

Experience delicious samples from some of Biddeford's hottest eateries like Magnus on Water, Time & Tide Coffee, Edelweiss Pastry Shop, and Palace Diner! Tuition includes guided tour, bite-sized eats and/or drinks at 5 to 6 stops, potential giveaways, map & info. Rain date 5/31. Read the full description online, or give us a call to learn more. Registration closes 5/29.

Kristen Bartlet

Sat, 5/30, 2-4pm, Maine St. General/Bidd. \$69



### Laurel Hill Cemetery Walking Tour

Peaceful, picturesque, and known for its inviting paths, scenic landscapes, and beautiful spring daffodils, Laurel Hill features a variety of gravestone styles and symbols that offer insight into the people and stories connected to the area. Cemetery historian Ron Romano will guide you at an easy pace, sharing context, observations, and stories highlighting the cemetery's character and lasting place in the community. Please dress comfortably and bring a thoughtful appreciation for the space and its stories.

Ron Romano

Sat, 5/9 @ Laurel Hill Cemetery, Saco

Sec 1: 12-1pm 1:30pm \$15

Sec 2: 2-3:30pm \$15



### Greenwood Cemetery Walking Tour

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

Ron Romano

Sat, 5/23 @ Greenwood Cemetery, Bidd.

Sec 1: 12-1:30pm \$15

Sec 2: 2-3:30pm \$15



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

### Travel Light for Less Money

**NEW** Discover how to pack efficiently using a single carry-on, including how to choose versatile clothing and avoid overpacking. Watch a live packing demo to see how items fit and why certain choices work better than others. Discuss how packing light can save money, reduce stress, and make travel easier overall. Leave with a reusable packing checklist to use for future trips!

Bobbi Borrelli

Tues, 5/19, 6-8pm, OOB HS/Library \$19



### Broadway, Birds & Blooms NYC Adventure

**NEW** Spend 3 nights at the lovely Belvedere Hotel in Times Square, experience a Broadway show, wander through the Brooklyn Botanical Garden, and enjoy several insider experiences, with lots of free time to shop, visit museums, or catch another show!

To register/FMI, contact Nancy Dorrans of Adventure Marketplace. Email: nancy@adventure-marketplace, or call (207) 712-5699

Fri-Mon, 4/10-4/13, New York City \$979



### Weekend Adventure to Cape Cod & the 49th Annual Nantucket Daffodil Festival

Enjoy free time to explore Hyannis & Nantucket, tour museums in Sandwich and Cambridge. Includes deluxe motorcoach transportation, museum visits, 2 nights at the Hyannis Harbor Hotel, breakfast daily, ferry to Nantucket.

To register/FMI, contact Nancy Dorrans of Adventure Marketplace. Email: nancy@adventure-marketplace, or call (207) 712-5699

Fri-Sun, 4/24-4/26, Massachusetts \$889



### Eastern Townships & Québec City Midsummer Garden Tour

Visit Magog, inhale the scents of the lavender fields at Bleu Lavande, cruise Lake Memphremagog, stroll through Parc Marie-Victorin gardens, tour La Station Fromagerie, learn traditional champagne making methods (and taste the results!). Spend a day exploring Île d'Orléans in Québec City.

To register/FMI, contact Nancy Dorrans of Adventure Marketplace. Email: nancy@adventure-marketplace, or call (207) 712-5699

Thur-Mon, 7/16-7/20, Canada \$1,279



# Languages

## Beginning Latin

**NEW** This course is 50% technical learning of the language, and 50% is instilling an appreciation for the culture it's associated with and the place it holds in our lives/world. Learn basic language structure using simple sentences and in-class conversations. Text information available upon registration.



Stephen Grabowski

Wed, 4/29–6/17, 6–8pm, OOB HS/Rm 110 \$185



## Intermediate French

Pick up where we left off in Beginner French! Build your vocabulary by concentrating on various subjects, including society, the environment, travel, leisure, and health. Improve your conversational skills with topics centered around today's world. Materials list available upon registration. No class 4/21.



Gregory Downs

Tues, 4/7–6/2, 5:30–7pm, OOB HS/Rm 107 \$135

## Spanish for Beginners Level I

Focus on the foundational concepts of pronunciation, vocabulary, grammar, and practice to increase confidence. No experience needed. Text info available upon registration. No class 4/23.



Gustavo Gómez Coello

Thur, 4/16–6/11, 5–7pm, Saco LC/Rm 1 \$219

## Spanish for Beginners Level II

A continuation of Spanish for Beginners Level I. Must 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. **Prerequisite:** Spanish for Beginners or equivalent. Text info available upon registration.



Gustavo Gómez Coello

Tues, 4/28–6/16, 5–7pm, Saco LC/Rm 1 \$219

Materials lists provided at registration or available online.

# Computers & Technology

## Canva for Awesome Beginners–Line Online

**NEW** Unlock a world of creative possibilities with Canva, the easiest design website available, all for free! Learn to create stunning designs from scratch or use templates with step-by-step guidance for any digital image you need. Leave class with the confidence and skills to use Canva effectively and creatively.



Nickie Welsh

Tues, 5/19, 1–2pm, Online \$30

## Canva Creative Projects–Live Online

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



Nickie Welsh

Tues, 6/16, 1–2pm, Online \$30

## How To Use Venmo Safely!–Live Online

**NEW** Discover how to pay friends and businesses securely and receive money without the need for cash or checks. Gain a confident understanding of setup, how to avoid unnecessary fees, and how to apply your newfound knowledge in real-world scenarios. Master Venmo and handle mobile payments with ease and security! Recordings available upon request for registered students unable to attend the live class.



Nickie Welsh

Thur, 8/25, 1–2pm, Online \$30

## Using ChatGPT to Save Money

### on Travel, Hotels, and Groceries–Live Online

**NEW** Want AI to do the deal-hunting for you? Learn how to use ChatGPT to find cheaper flights, better hotel prices, and grocery savings without hours of searching. Explore practical prompts for comparing prices, spotting deals, and cutting everyday costs. No prior AI experience needed.



Preethi Fernando

Sec 1: Sat, 4/18, 11am–12pm, Online \$25

Sec 2: Thur, 5/28, 8–9pm, Online \$25

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



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## Practical ChatGPT Training for Everyone

Live Online

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

Nickie Welsh

Tues, 7/14, 1–2pm, Online

\$30



## ChatGPT Powerhouse Advanced Tips!

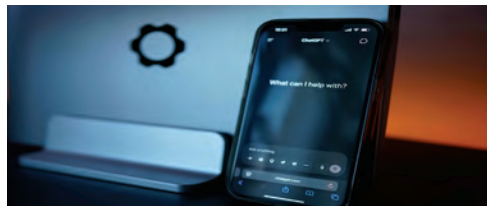
Live Online

**NEW** Learn insider strategies for customizing outputs, managing context, and leveraging ChatGPT for complex tasks, including analysis, creative projects, and professional workflows. Leave with expert-level techniques to transform ChatGPT into a true powerhouse. Recordings available upon request.

Nickie Welsh

Thur, 6/18, 1–2pm, Online

\$30



## ChatGPT Side Hustles: 20+ Ways to Earn Income from Home—Live Online

**NEW** Explore practical ways to use ChatGPT to generate income while working from home. Designed for complete beginners and more experienced users looking to create a side hustle or earn extra money. Great for retirees, stay-at-home parents, creatives, and anyone exploring flexible income opportunities. No prior ChatGPT experience required.

Preethi Fernando

Sec 1: Sat, 4/18, 10–11am, Online \$25

Sec 2: Sat, 6/6, 12–1pm, Online \$25



## Essentials for iPads Online

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 on YouTube, and navigate tabs in an internet browser. Registration open until 6/30.

Jill Spencer

4/1–6/30, At your own pace, Online \$45



## Essentials for iPhones Online

Unlock the full potential of your iPhone with iOS 18 in this self-paced/video-led course! Learn about the redesigned Control Center, a smarter Siri, and powerful Apple Intelligence features. Discover professional photo editing tricks, secret camera capabilities, and troubleshoot like a pro. For all user levels. Personalized support available.

**Required:** Knowledge on how to use links within a PDF, watch videos on YouTube, and navigate tabs in an internet browser. Registration open until 6/30.

Edward Brazee

4/1–6/30, At your own pace, Online \$45

## 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 on YouTube, and navigate tabs in an internet browser. Registration open until 8/31.

Jill Spencer

7/1–8/31, At your own pace, Online \$45



## Fast-Track to Social Media Marketing for Business

Live Online

**NEW** Take your business to new heights with this fast-paced, comprehensive session designed to equip business owners, entrepreneurs, and marketing professionals with the essential skills and strategies needed to leverage social media for business success. Learn how to effectively reach your target audience, increase brand awareness, and drive engagement across major social media platforms.

Nickie Welsh

Thur, 5/14, 1–2pm, Online

\$30



## One-hour Instagram Mastery for Business

Live Online

**NEW** This engaging beginner-level class has the answers you need to grow your business with Instagram. Discover the key steps to boost your company's bottom line, and learn to create irresistible content and have fun along the way! Recordings available upon request.

Nickie Welsh

Thur, 7/23, 1–2pm, Online

\$30



## YouTube Channel Starter Kit:

Launch in 60 Minutes

Live Online

**NEW** Join our fun and engaging beginner class to learn how to create and launch your very own YouTube channel! Discover how to share your hobbies, advice, tutorials, talents, and more with the world on the largest media platform. Get the tools and knowledge to get started today! Recordings available upon request.

Nickie Welsh

Tues, 8/18, 1–2pm, Online

\$30



# Healthcare Training

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

Heather Marsters

Sat, 4/1–6/30, At your own pace, Online Blended

FREE

## HealthCare Provider Basic Life Support



For healthcare professionals needing CPR and basic cardiovascular life support skills in medical settings, including nurses, physicians, EMS personnel, and allied health professionals. Taught by an AHA certified instructor. 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, 5/2, 8am–12pm, Bidd. LC/Rm 25

\$75

## Heartsaver First Aid, CPR, & AED Certification



Designed for parents, grandparents, laypersons, childcare providers, educators, camp counselors, health/fitness trainers, hospitality workers, security, school personnel and more. Receive a Heartsaver First Aid CPR AED Course Completion Card upon successful completion via email within 4 weeks. Please bring water and a bag lunch. Pick up book at BAE prior to class.

Diane Frechette, RN, BSN, MS, CNOR

Sat, 6/6, 8am–2pm, Bidd. LC/Rm 25

\$95



## Certified Nursing Assistant (CNA) and Certified Nursing Assistant-Med (CNA-M)

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



= register with Biddeford Adult Ed.

# Workforce Training

## Real Estate Sales Agent Course—Online



Everything you need to know to become a ME real estate agent! Includes PDF textbook, one year course access, quiz feedback, final exam, and twice-monthly Zoom Q&As. Certificate awarded with grade of 75% or above is 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 the course.

Robert Joslyn

4/1–6/30, Anytime, Online

\$370



## Looking for additional training?

Check out the online computer and workforce training courses being offered through Biddeford Adult Education! Visit their website or call for more information.



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



## Teach with us!

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

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

Call or email to learn more!



Contact Rose: 207-934-7922  
[rstonge@rsu23.org](mailto:rstonge@rsu23.org)



Contact Brittany: 207-282-3883  
[bjackson@biddefordschools.me](mailto:bjackson@biddefordschools.me)



= register with OOB/Saco Adult Ed. 19

# FREE Academic Classes

**MAINE-state issued, photo ID is required for enrollment.**  
*Do not bring your children—no childcare provided.*

## High School Diploma Program

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

Students must pass placement testing with high school level proficiency in reading and math.

High school transcripts are evaluated and an Individual Education Plan is discussed prior to enrollment.



## HiSET Program

The HiSET (High School Equivalency Test) is an option for those who, for various reasons, are unable to finish high school. It consists of five tests covering writing, science, math, literature and the arts, and social studies. Tests can be taken in any order. Passing the test series allows students to earn their High School Equivalency Diploma.

**Required:** Students must be at least 17 and officially withdrawn from the K-12 schools.

## College & Career Preparation

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

**Contact either program for more information:**



**Biddeford Adult Education**  
(207) 282-3883 / [adulted@biddefordschools.me](mailto:adulted@biddefordschools.me)



**Saco Learning Center**  
(207) 282-3846 / [learningcenter@rsu23.org](mailto:learningcenter@rsu23.org)



# Family Literacy

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

## Family Literacy Night

Join Julie Berube for a fun-filled night. Participate in a themed activity, listen to good books, sing songs, make crafts, and enjoy a snack together. This Family Story Hour is a wonderful educational opportunity to spend quality time with your children while having a fun time.

Julie Berube

Wed, 4/15, 6pm, Bidd. LC/Rm 28 FREE



# English Language Multilingual Learner (MLL) Classes

## Free English Language Classes

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



✓ Fun, Engaging, Interactive

✓ Multiple Fluency Levels

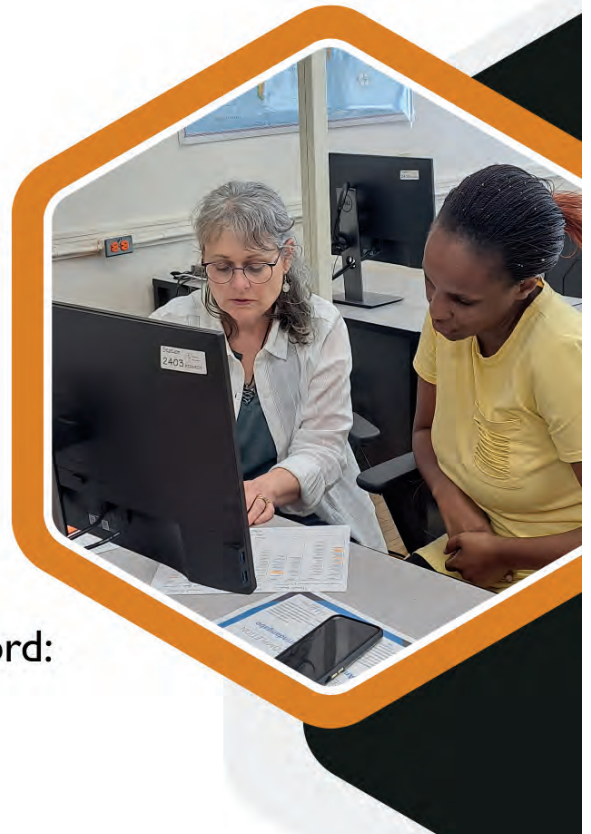
✓ Reading, Writing, Listening and Speaking



Contact Amanda for classes in Saco:  
Call or text: (207) 282-3846  
Email: [learningcenter@rsu23.org](mailto:learningcenter@rsu23.org)



Contact Stephanie for classes in Biddeford:  
Call: (207) 282-3883  
Email: [satkinson@biddefordschools.me](mailto:satkinson@biddefordschools.me)



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed. 21



# Biddeford Adult Education Mail-In Registration Form

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

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

City

State

Zip Code

Course Title	Start Date	Fee
		\$
		\$
		\$

Would you like to donate to our literacy fund that supports our free academic programs?  \$5  \$10  \$15  \$25



### Paying by check\*

Make checks payable to Biddeford Adult Education and mail with payment to:  
Biddeford Adult Education, PO Box 624, Biddeford, ME 04005

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

*Check refunds for class cancellations require a signed W-9 and over 4 weeks to process. Payment by card is preferred.*

**Total:**

*including donations*

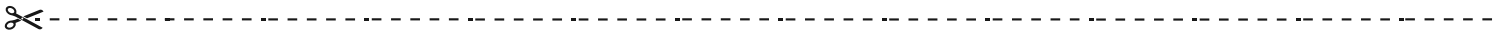
\$



### Paying by credit or debit card\*

Card Number: \_\_\_\_\_ Expiration: \_\_\_\_/\_\_\_\_

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



## Other Ways to Register



**Online at:**

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



**Over the phone:**

(207) 282-3883



**In-person:**

189 Alfred St, 2<sup>nd</sup> floor, Biddeford

## Biddeford Adult Education Policies

class. Payment can be made by credit card, debit card, cash, check or money order. **Do not mail cash payments or material fees that are payable to the instructor.** Check with us prior to purchasing class materials to make sure the class has sufficient enrollment.

**Refunds & Cancellations:** If Biddeford Adult Education cancels a class, you will receive a full refund (less any donations.) Course fees paid with a credit card can only be credited back to the same card. Refunds for check or cash payments require a signed W-9 and can take up to 4 weeks to process. If you notify us within 3 business days of the start of your class, we can issue a refund. After that time, no refunds will be given. **No refunds are issued if you do not attend the class.**

**Storms & Closings:** There are no classes during Biddeford School scheduled vacations or observed holidays. Please check our website for snowstorm cancellation information.



# OOB/Saco Adult Ed Mail-In Registration Form

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

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

City

State

Zip Code

Course Title	Start Date	Fee
		\$
		\$
		\$

Would you like to donate to our literacy fund that supports our free academic programs?  \$5  \$10  \$15  \$25



### Paying by check\*

Make checks payable to OOB/Saco Adult Education and mail with payment to:  
OOB/Saco Adult Education, 28 Jameson Hill Road, OOB, ME 04064  
Please note there is a \$25 fee for any returned checks due to insufficient funds.

**Total:**  
including donations

\$



### Paying by credit or debit card\*

Card Number: \_\_\_\_\_ Expiration: \_\_\_\_/\_\_\_\_

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

## Other Ways to Register



### Online at:

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



### Over the phone:

(207) 934-7922



### In-person:

28 Jameson Hill Road, OOB

## OOB/Saco Adult Education Policies

**Registration & Fees:** Your spot is not guaranteed until full payment is received. All enrichment & vocational courses are open to persons 18+. Academic courses are open to persons 17+.

**Refunds & Withdrawals:** Refunds (less any donations) are issued if we cancel a class. To withdraw and receive a refund, notify our office at least 7 calendar days before the course start date. **No refunds issued:** on/after the start date, for non-refundable classes, if class runs on a scheduled rain date, or if you do not attend class. **Course fee credits issued:** withdrawals within 1–6 calendar days of the start date, less any materials fee within three days of the start date.

**Changes & Cancellations:** We reserve the right to cancel, reschedule, or change instructors. Courses with insufficient enrollment are cancelled 1–3 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 is 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)

## FEATURED PROGRAMS:



**INTRO TO  
DRONE  
PHOTOGRAPHY  
AND  
VIDEOGRAPHY**  
**SEE PAGE 5**



**COASTAL  
SEASHELL  
CANDLE  
MAKING  
WORKSHOP**  
**SEE PAGE 6**



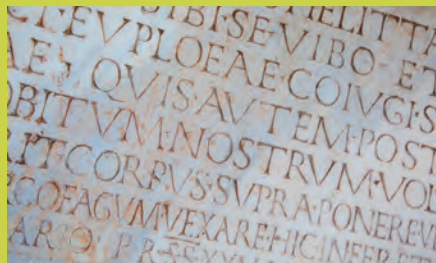
**CUT THE  
CHEESE: A  
CHARCUTERIE  
BOARD  
WORKSHOP**  
**SEE PAGE 7**



**GENEALOGY  
WORKSHOP**  
  
**SEE PAGE 9**



**TRAVEL  
LIGHT FOR  
LESS MONEY**  
  
**SEE PAGE 16**



**BEGINNING  
LATIN**  
  
**SEE PAGE 17**