

YORK ADULT EDUCATION COURSE CATALOG

ONE YORK

SPRING 2026



NEW Courses!

Caregiver Cooking
ADOBE Suite
Dental Assisting
Paper Quilt Art
Resin Jewelry

ONE YORK, MANY STORIES - CONTINUE YOURS HERE

www.yorkadulthoodeducation.org

207.363.7922



LETTER FROM THE DIRECTOR

ONE YORK

LEARN, GROW, THRIVE - TOGETHER

Lisa Robertson

At York Adult Education, we believe that learning weaves us together into a stronger, more vibrant community. One York reflects our commitment to serving every part of our town—across neighborhoods, generations, and life paths. Each class, each learner, and each shared experience is a thread in a growing tapestry, creating something beautiful and resilient. Whether you are earning a diploma, building job skills, or simply trying something new, York Adult Education is here to help you add your unique thread to this shared story.

Today, that tapestry matters more than ever. In a world that can feel fast-paced and disconnected, learning together builds connection, understanding, and belonging. One York is about strengthening those connections—one person, one class, one conversation at a time. Join us, meet your neighbors, and be part of a learning community where every thread matters.

We invite you to explore offerings designed to support, connect, and inspire: Cooking with Care (p. 3) for caregivers preparing nourishing meals for others; Make and Take Tuesdays (p. 13) for creative community-building workshops; Calm Coloring Conversations (p. 13) for gentle connection and relaxation; and CLASS—Collaborative Learning and Social Skills (p. 13) for adults seeking supportive social learning experiences. Also, check out the Why the Lighthouse article (p. 7) to discover all that the lighthouse symbolizes. Happy reading!

REGISTER EARLY AND OFTEN!

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

LOCATION

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

OFFICE HOURS

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

WE CAN HELP WITH THAT!



Online: Yorkadulthoodeducation.org



<https://tinyurl.com/YACEupdates>



Phone: 207.363.7922



Facebook: @YorkAdultEd



LEARN. GROW. THRIVE.

OUR MISSION:

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

SAVE THE DATE:



Graduation and Awards Ceremony
June 4, 2026 6PM

LITERACY/ENGLISH LANGUAGE/HIGH SCHOOL DIPLOMA



ENGLISH LANGUAGE

Beginner AM: Tues & Thurs, 9-10:30am, Free
Intermediate AM: Tues & Thurs, 10-11:30am, Free
Beginner PM: Mon & Wed, 6-7:30pm, Free
Intermediate AM: Mon & Wed, 7-8:30pm, Free

English for Speakers of Other Languages (ESOL)
Improve your English speaking, listening, reading, and writing in a welcoming and supportive class. Build vocabulary, boost pronunciation, and gain confidence in conversation.

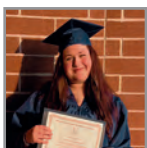
Rolling Admission | Registration required:
207-363-7922 or akimball@yorkschoools.org.



US CITIZENSHIP TEST PREP CLASS

Wed, 4-5pm, Free
Instructor: Shawn Cola

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

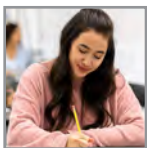


HIGH SCHOOL DIPLOMA/HISET

Reading and Writing: Mondays, 6-8pm, Free
Earn your high school diploma English credits or prepare for the HiSET Reading and Writing tests. This class helps you strengthen essential reading, writing, and test taking skills.

Math: Tues, 6-8pm, Free
Earn the math credits you need for your high school diploma or prep for the HiSET math test. Get the support you need to feel confident and capable.

Rolling Admission | Registration required:
207-363-7922 or akimball@yorkschoools.org to register and schedule pre-testing.



TEST PREP

Mon, Feb 23-May 27, 5-6pm, Free
Tues, Feb 24-May 28, 5-6pm, Free

Get ready for the HiSET or college entrance test with guided practice, helpful tips, and clear explanations of what to expect on exam day. Strengthen your academic skills and learn strategies to boost your score.

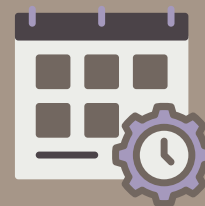
Rolling Admission | Registration required:
207-363-7922 or akimball@yorkschoools.org.

REGISTRATION PROCESS

for Academic Courses

Contact Us

Visit our website at:
www.yorkadulthoodeducation.org
Fill out the contact form with your name, email, and reason for reaching out OR call 207.363.7922



Make An Appointment

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

Visit In-Person & Complete Forms

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



Complete Placement Test

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

Choose Courses

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



Attend Class

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

COLLEGE/CAREER PREP

WOWI: DISCOVER YOUR BEST-FIT CAREER

By appointment, Sep 8-May 29, FREE

Instructor: Lynn Sheehan

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

1-ON-1 RESUME WRITING HELP

On Demand, Sep 1-May 30, FREE

Instructor: Audrey Kimball

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

PLANNING AND PAYING FOR COLLEGE

Mon, May 11, 6:30pm-7:30pm, FREE

Instructor: FAME, Live Online

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

PREP FOR COLLEGE SUCCESS

English: Mon, 6-8pm, Free

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

Math: Tues, 6-8pm, Free

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

Rolling Admission | Registration required:

207-363-7922 or akimball@yorkschoos.org.

AMERICAN RED CROSS FIRST AID/CPR/AED CERTIFICATION

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

Instructor: Jeffrey Carpenter

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

COOKING WITH CARE SERIES: QUICK AMERICAN FAVORITES

Instructor: Jeffrey Carpenter

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

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



EDIBLE EGG EXPERIENCE

Tue, Mar 10, 6-8pm, \$45

This class will introduce most of the ways to create egg dishes. There will be a cooking demonstration for each style of egg dish plus a chance to sample the egg dishes. Whether you're cooking for others or yourself, you'll walk away with confidence, helpful techniques, and tasty recipes to share.

DO YOU KNOW THE MUFFIN TRAY MEALS?

Tue, Mar 17, 6pm-8pm, \$45

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

USING A ROTISSERIE CHICKEN

Tue, Mar 24, 6-8pm, \$45

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

CERTIFIED NURSING ASSISTANT (CNA)

M/T/Th, Feb 23-Apr 27, \$1500

Instructors: Delcia Allain, Jerri LeConte, Durgin Pines

Looking for a career in the medical field caring for people? Our instructors ensure that each person not only understands the content needed to pass the state exam, but also how to care for people as if they were family. FMI: Call 207.363.7922 for required pre-assessment and orientation. ONLY 2 SEATS LEFT!

HOW TO USE VENMO SAFELY!

Thu, Feb 26, 1-2pm, \$33

Nickie Welsh, Live Online

Stay relevant and up to date by learning all about Venmo, the popular mobile payment service. In this class, you'll discover how to securely pay friends and businesses, as well as receive money without the need for cash or checks. You'll gain a confident understanding of setting up Venmo safely, avoiding unnecessary fees, and applying it in real-world scenarios for you and your family. Join us to master Venmo and handle mobile payments with ease and security.

MONEY STARTS: ADULTING 101

Wed, Feb 25, 6:30pm- 7:30pm, FREE

Instructor: FAME, Live Online

Adulting is tough. Finances can be one of the trickiest parts of adulthood. Whether you've been Adulting for decades or are just getting started, banking basics, spending plans, credit scores and budgeting tools are available to make things a little bit easier. Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine for this 1-hour virtual workshop as we explore fundamental money skills.

MONEY GROWS: ADULTING 102

Wed, Mar 18, 6:30pm-7:30pm, FREE

Instructor: FAME, Live Online

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. In Adulting 102, we will look at the differences between saving and investing, and if you are ready to invest, how to get started. Other topics will include protecting your assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life. Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine for this 1-hour virtual workshop as you take the next steps into adulting.



GIVE THE GIFT OF EDUCATION: THE ALFOND GRANT & MAINE'S COLLEGE SAVINGS PROGRAM

Wed, April 8, 7pm-8pm, FREE

Instructor: FAME, Live Online

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

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

Wed, May 12, 6-8pm, \$19

Instructor: Kathryn Bedell, Esq

This class will begin with an overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives, etc. The class will then delve into, learning how revocable trusts can help avoid probate and protect your privacy, and how irrevocable trusts can protect your assets from nursing home or Maine Care (Medicaid) liens. Discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children.

PUT YOUR RETIREMENT PLAN TO WORK

Tue, Apr 7, 6:30-7:30pm, \$9

Stanley Hultin

Put Your Retirement Plan to Work is a presentation designed to educate employees about the importance of saving for retirement and enrolling in their employer's retirement plan. Participants will learn the importance of saving for retirement now, how to save through employer-sponsored retirement plans and other tax-advantaged options for building retirement savings.

FOUNDATIONS OF INVESTING

Tue, Mar 24, 6:30-7:30pm, \$9

Tue, May 5, 6:30-7:30pm, \$9

Stanley Hultin

Foundations of Investing is an educational program for people who are either new to investing or need a refresher. Participants will learn: The importance of developing a strategy, the impact of asset allocation, and the influence of inflation on your long-term goals.

SOCIAL SECURITY: QUESTIONS ANSWERED

Tue, Mar 10, 6:30-7:30pm, \$9

Tue, Apr 21, 6:30-7:30pm, \$9

Stanley Hultin

Social Security: Your Questions Answered is an educational program for people who are nearing retirement, ages 55 and up who have questions about social security. We'll help answer these questions: How does Social Security fit into my retirement income plan? When should I start taking benefits? What about taxes?

TECHNOLOGY



ICONNECTIONS: IPAD BASICS FOR 60+

Wed, Feb 25, 1-3pm, FREE
Wed, Mar 25, 1-3pm, FREE
Wed, Apr 29, 1-3pm, FREE

Instructor: Lynn Sheehan

Discover how to make the most of your iPad in this welcoming, hands-on class designed for adults 60 and older. Whether you're brand new to using an iPad or want to feel more confident, this class will help you get comfortable with logging in, using Face ID or Touch ID, and navigating your device. We'll explore the App Store to find apps that match your interests and needs, and learn how iCloud keeps your photos, contacts, and important information safe and accessible across devices. Don't have an iPad? No problem! You can borrow one of ours during class.

ADOBE: PERSONALIZED 1-ON-1

Id INDESIGN

Ps PHOTOSHOP

Ai ILLUSTRATOR

AnyDay, Feb 23-May 30, \$89

Instructor: Rob Underwood

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

ACCOUNTING TOOLS WITH VAL LANDRY - ALL ARE LIVE ONLINE

These live, online courses with Val Landry are designed around your goals. These classes support small businesses and individuals in building practical accounting skills and using essential accounting tools. Past students have been amazed at how much they've learned!

ACCOUNTING FOUNDATIONS FOR QUICK-BOOKS USERS

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

QUICKBOOKS

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

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

PHONE PHOTO RESCUE WORKSHOP FOR BEGINNERS!

Thu, Mar 5, 1-2pm, \$33

Thu, May 21, 1-2pm, \$33

Nickie Welsh, Live Online

Are you overwhelmed or running out of storage with all of the photos just sitting on your phone? In our live online workshop, learn to delete the clutter, create printed photo books and protect your precious memories forever. In just one hour, you'll transform your chaotic photo collection into an organized library you can actually navigate, plus learn maintenance habits that take only minutes each week, without any confusing tech jargon.

HOW TO USE VENMO SAFELY!

Thu, Feb 26, 1-2pm, \$33

Nickie Welsh, Live Online

Stay relevant and up to date by learning all about Venmo, the popular mobile payment service. In this class, you'll discover how to securely pay friends and businesses, as well as receive money without the need for cash or checks. You'll gain a confident understanding of setting up Venmo safely, avoiding unnecessary fees, and applying it in real-world scenarios for you and your family. Join us to master Venmo and handle mobile payments with ease and security.

WE CAN HELP WITH THAT TECH!

AnyDay, Feb 23-May 30, FREE

Individualized Appointments, Instructor: Lynn Sheehan

Bring your device. Bring your questions or project ideas. Lynn will help you tackle phones, tablets, computers, software, and more—one-on-one, stress-free, and tailored just for you. Call to set up your appointment. 207-363-7922.

MICROSOFT EXCEL BASICS

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

INTERMEDIATE

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

ADVANCED

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

POWER TOOLS

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



CANVA FOR AWESOME BEGINNERS

Tue, Mar 24, 1-2pm, \$33

Tue, May 19, 1-2pm, \$33

Nickie Welsh, Live Online

Unlock a world of creative possibilities with Canva, the ideal digital tool for beginners and novices! This class will teach you how to harness the power of Canva, the easiest design website available, all for free. You'll learn to create stunning designs from scratch or use templates with step-by-step guidance for any digital image you need. Whether it's online documents, business cards, email signatures, or more, you'll leave this class with the confidence and skills to use Canva effectively and creatively.

CANVA: ADVANCED TRICKS THAT SAVE YOU TIME!

Tue, Mar 3, 1-2pm, \$33

Thu, May 7, 1-2pm, \$33

Nickie Welsh, Live Online

Take your Canva skills to the next level with advanced techniques and hidden features that will streamline your design workflow. This one-hour workshop is perfect for users already familiar with Canva basics who want to discover time-saving shortcuts, professional design hacks, and tools that make creating stunning graphics effortless. Leave with insider tips that will transform how you approach design projects and cut your creation time in half.

FAST-TRACK TO SOCIAL MEDIA MARKETING FOR BUSINESS

Thu, May 14, 1-2pm, \$33

Nickie Welsh, Live Online

Take your business to new heights with our 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.

TECHNOLOGY

PRACTICAL CHATGPT TRAINING FOR EVERYONE

Tue, Mar 17, 1-2pm, \$33

Tue, May 12, 1-2pm, \$33

Nickie Welsh, Live Online

Have you been curious about what ChatGPT is exactly and how it can be used? Join our fun and engaging class to learn everything you need to know about ChatGPT powered by Artificial Intelligence. Understand how it works and why it's taking the world by storm.

You'll explore practical everyday uses for ChatGPT in both the workforce and at home, ensuring you stay in the loop when ChatGPT is mentioned in conversations and on the news. Don't get left behind in today's tech-savvy world—attend this essential training today!

UNLOCKING THE POWER OF CHATGPT FOR MARKETING SUCCESS

Thu, Feb 24, 1-2pm, \$33

Nickie Welsh, Live Online

This workshop is designed for marketers who are familiar with ChatGPT and want to learn how to effectively leverage its capabilities for marketing success. Discover the potential of ChatGPT and gain hands-on experience crafting effective prompts to generate compelling marketing content. We'll cover key prompting techniques and explore real-world examples across various marketing applications. Leave this session with actionable strategies and a toolkit of prompts you can immediately implement to enhance your marketing efforts.

POST LIKE A PRO: FACEBOOK & INSTAGRAM WITH META BUSINESS SUITE

Tue, Mar 10, 1-2pm, \$33

Nickie Welsh, Live Online

Learn to efficiently manage your social media presence with this live, interactive online training class! You'll leave the class knowing how to streamline your posting process, schedule content, and leverage insights to boost engagement on both platforms. Whether you're a small business owner, a marketer, or simply looking to sharpen your social media skills, this class will equip you with practical tips and strategies to enhance your online impact. By the end of the session, you'll feel confident navigating Meta Business Suite and ready to make your posts truly shine!



WHY THE LIGHTHOUSE?

HOPE, GUIDANCE, AND TRUST

More than just a building - it's a promise.

By Lisa Robertson

While it's true that lighthouses were designed to warn ships of danger, that is only part of their story. More importantly, lighthouses exist to guide people safely forward when visibility is poor. They don't shout instructions or force a direction—they simply stand steady, offering light, orientation, and reassurance.

THE LIGHTHOUSE SYMBOLIZES:

1. Light in Uncertainty

Lighthouses shine brightest when conditions are hardest—darkness, storms, fog. Adult learners often come to education during uncertain seasons of life: career changes, financial stress, missed opportunities, or moments when the path ahead feels unclear. Like a lighthouse, adult education offers clarity and direction without judgment.

2. Hope and Possibility

For sailors, seeing a lighthouse meant land was near, safety was possible, and the journey was not in vain. In the same way, York Adult Education represents hope—a sign that it's not too late to learn, to grow, or to begin again. The light doesn't promise an easy journey, but it promises that a safe harbor exists.

3. Guidance, Not Coercion

A lighthouse doesn't pull ships in or push them away. It simply makes the way visible. Adult education works the same way: learners choose their path, set their pace, and chart their own course. York Adult Education provides the tools, support, and knowledge so students can navigate confidently toward their goals.

4. Steadiness and Trust

Lighthouses are known for their reliability. They stand in the same place year after year, shining night after night. That consistency mirrors York Adult Education's role in the community—a dependable presence that people can return to whenever they are ready.

5. A Local and Universal Symbol

The Nubble Light grounds the image in York's identity, but the meaning extends beyond geography. Across cultures and generations, lighthouses have come to represent guidance, safety, perseverance, and new beginnings. It's a symbol that resonates whether someone grew up here or arrived later in life.

IN SHORT

A lighthouse is not just a building—
it is a promise.

*You are not alone.
There is a way forward.
Safe harbor is possible.*

That promise is exactly what York Adult Education offers to its learners.



YOGA LIVE-ONLINE WITH NICOLA EDEN

INTRO TO CHAIR YOGA

Sat, Mar 28-Apr 25, 11-11:30am, \$45

Sat, May 2-May 30, 11-11:30am, \$45

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

EXPLORATIONS IN CHAIR YOGA

Sat, Mar 28-Apr 25, 9:30am-10:30am, \$75

Sat, May 2-May 30, 9:30am-10:30am, \$75

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

FLOW AND GENTLE YOGA

Sat, Mar 28-Apr 25, 8am-9am, \$75

Sat, May 2-May 30, 8am-9am, \$75

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

POSTURE POWER: STRENGTHEN YOUR BODY

Tue, Apr 15-May 6, 10-11am, \$39

Tue, Apr 15-May 6, 5-6pm, \$39

Instructor: Carole Freeman, Live Online

Poor posture can wreak havoc on your breathing, energy, and overall well-being. In this engaging workshop, you'll learn simple correction techniques for common postural imbalances, including Upper Cross Syndrome (tight chest, weak upper back) and Lower Cross Syndrome (hip tightness, weak lower back).

HOW TO DECLUTTER YOUR LIFE!

Tue, May 5, 5:30-7:30pm, \$19

Instructor: Jeanette Savage

Does your home seem full of unneeded or unwanted items? Would you like to discover a few simple steps to create a more organized living environment which will free up space and time for you to enjoy other activities? Then, this is the workshop for you!

INDOOR WALKING

M/T/W, Feb 23-May 30, 4-7pm, Free

Want a safe, warm place to walk for exercise and time with friends? Join us here at the Middle School on M/T/W!

HEALTH AND WELLNESS

STRETCH AND TONE

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

Instructor: Judy Stark

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

QIGONG AND MEDITATION

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

Instructor: Anja Schneider

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

THE BALANCE BLUEPRINT: CORE STRENGTH MEETS STABILITY

Tue, Mar 4-Mar 25, 10-11am, \$39

Tue, Mar 4-Mar 25, 5-6pm, \$39

Instructor: Carole Freeman, Live Online

Unlock the secrets to better balance in this dynamic workshop that connects the mind and body. You'll learn about the brain's role in stability, techniques to develop better balance, and the essential connection between core strength and control. Perfect for all ages, this class is ideal for anyone seeking improved coordination, injury prevention, or confidence in movement.

HAPPINESS IS A SKILL—AND YOU'RE ABOUT TO LEARN IT

Tue, Apr 1-Apr 8, 10-11am, \$39

Tue, Apr 1-Apr 8, 5-6pm, \$39

Instructor: Carole Freeman, Live Online

This live Zoom class is your invitation to explore the science of feeling good—and to practice it in real time. Grounded in research from psychology, neuroscience, and breath work, you'll learn how happiness isn't just a mood, but a trainable skill. Through guided exercises, reflection prompts, and interactive discussion, you'll discover how to catch moments of joy, keep them alive longer, and spread them with intention.

THE ARTS

WATERCOLOR PAINTING WITH KATHY CARTER

CELEBRATING 20 YEARS WITH US!

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

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

BEGINNERS

Thu, Mar 5-Apr 2, 10am-12pm, \$149

Instructor: Kathryn Carter

Paint confidently using the right watercolor materials and methods. Professional artist Kathryn Carter will guide you with easy-to-follow instructions and demonstrations as you paint along. Learn color-mixing and basic techniques, and how and when to apply them for successful results.

ADVANCED BEGINNERS

Sat, Mar 7-Apr 4, 10am-12pm, \$149

Instructor: Kathryn Carter

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



This was a beginner watercolor assignment which explored a limited color palette, gradient skies, reflections, and color lifting techniques. Painting by Lisa Robertson



RESIN ART MAKIN' WAVES JEWELRY

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

Instructor: Brigitte Miner, Creative Resin-ations

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

RESIN ART DRIED FLOWER JEWELRY

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

Instructor: Brigitte Miner, Creative Resin-ations

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

FEATHER PLATTER

Tue, Mar 17, 10:30am - 12:30pm, \$40

Thu, Mar 19, 6:30-8:30pm, \$40

Instructor: Firefly Pottery

Our oval platter is perfect for this colorful feather platter. You pick your favorite colors and we'll show you how to doodle this fun design.

CHERRY BLOSSOMS ON CANVAS

Tue, Apr 14, 10:30am - 12:30pm, \$45

Thu, Apr 16, 6:30-8:30pm, \$45

Instructor: Firefly Pottery

A perfect spring design for painting on canvas with acrylic. We'll show you easy techniques to paint something you'd love to hang in your home.



SILVERSMITHING WITH ALICE CARROLL AT THE BUTTON FACTORY

TUBE BEZEL PENDANT

Sat, Feb 28, 10am-1pm, \$69

Instructor: Alice Carroll

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



ORBIT RING

Sat, Apr 11, 10am-1pm, \$69

Instructor: Alice Carroll

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



LINKED DROP EARRINGS

Sat, Mar 28, 10am-1pm, \$69

Instructor: Alice Carroll

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



ENAMEL EARRINGS

Sat, May 23, 10am-1pm, \$69

Instructor: Alice Carroll

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

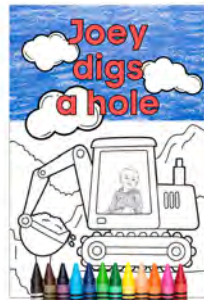


CUSTOM COLORING BOOK CREATION WITH CANVA

Thurs, Mar 26, 3-5pm, \$19

Instructor: Lynn Sheehan

Turn your photos and ideas into a custom coloring book using Canva's easy design tools. This hands-on class will walk you through creating pages, adding text, and preparing your book for printing—ideal for travel, school breaks, or thoughtful homemade gifts.



“I gave myself and a friend one of Alice's silversmithing workshops for my birthday, and it was a great present! Some gifts sit on a shelf. Mine sparkles on my wrist. -Sonya B.”

TEACH. INSPIRE. BELONG.

York Adult Education is always looking for passionate, knowledgeable instructors who want to share what they love with our community. If you've ever thought, "I could teach that," we'd love to hear from you.

- Teach what you know to motivated adult learners
- Flexible schedules & formats (in-person or online)
- Make a real impact in your community

Interested in teaching?

Reach out through our contact form at

www.yorkadulthoodeducation.org

(QR code for quick access!)



THE ARTS: PHOTOGRAPHY

PHOTOGRAPHY WITH STEVE MCGRATH - ALL ARE LIVE ONLINE

SMARTPHONE PHOTOGRAPHY

Tue, Feb 24-Mar 10, 7:30-9pm, \$59 (Begin)
Tue, Mar 17 - Mar 31, 7:30-9pm, \$59 (Adv)

Instructor: Steve McGrath



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

NATURE PHOTOGRAPHY

Tue, May 5 - May 19, 7:30-9pm, \$59

Instructor: Steve McGrath



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

LIGHTHOUSE PHOTO WORKSHOP

Thu, Jun 4, 6-7:30pm, Sat, Jun 6, Cruise @ 9am,
Thu, Jun 11, 6-7:30pm, \$89

Instructor: Steve McGrath



In this lighthouse and puffin workshop we will be going over the camera settings like shutter speed, ISO, aperture and compositions with the lighthouses and puffins, and how to capture great images of them all. In our 3rd class, we will share our photographs from the cruise. Students must purchase their own tickets for the cruise.

PORTRAIT AND PET PHOTOGRAPHY

Tue, Apr 7-Apr 14, 7:30-9pm, \$59

Instructor: Steve McGrath



This portrait and pet photography course is designed to teach you everything you need to know to take professional-quality portraits. You will learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work!

ONE YORK, MANY THREADS

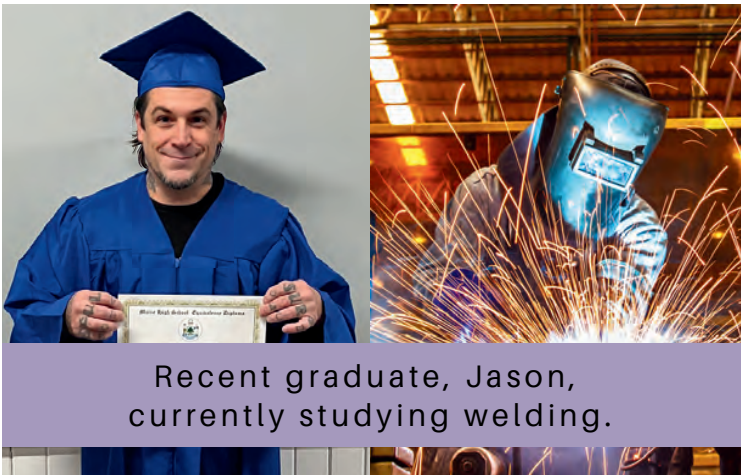
THE PURPOSE OF LIFELONG LEARNING

A community is not built from a single strand. It is a tapestry, woven—slowly and intentionally—from many lives, stories, and ways of learning. At York Adult Education, we see lifelong learning as one of the strongest threads in that tapestry, binding individuals, families, workplaces, and civic life into something

stronger together than apart. Adult education enriches our lives in three essential ways: economically, through empowerment, and through lived experience. Workforce training matters—but learning's true value lies in how it shapes who we become and how we belong to one another. In One York, learning is not a ladder climbed alone; it is a shared weaving.

Economic Threads

Adult education equips people with skills for today's workforce and tomorrow's opportunities. As individuals grow economically, the entire community benefits—families gain stability, local businesses gain skilled workers, and York grows more resilient. Economic learning is one vital thread, strengthening the fabric of our town.



Recent graduate, Jason, currently studying welding.

PIANO LESSONS – PRIVATE INSTRUCTION FOR ALL LEVELS

Mon or Tue or Wed, Mar 2-May 30, UPick 2:30-4pm, \$120
Instructor: Susan Frank

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

PRIVATE DRUM LESSONS FOR ALL LEVELS

AnyDay, Mar 2-May 30, 4 weeks, \$120
Instructor: Tim Sheehan

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

UKULELE FOR BEGINNERS

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

Wed, Apr 1-Apr 22, 6-7:30pm, \$89

Tue, Apr 28-May 19, 6-7:30pm, \$89

Instructor: Duncan Perry, Live Online

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

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Tue, Apr 7, 6:30-9pm, \$69

Instructor: Craig Coffman, Live Online

In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. The fee includes the online book, online follow-up lessons, a recording of the class and also an optional periodic question-and-answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture/demonstration.

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Mon, Apr 6 6:30-9:30pm, Cost

Instructor: Craig Coffman, Live Online

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

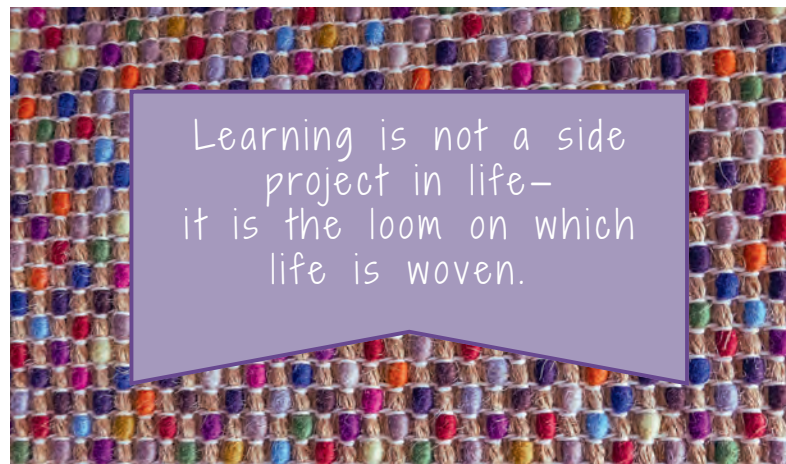
Empowerment Threads

Learning is also about voice, agency, and participation. Adult education empowers people to think critically, engage civically, and understand the systems that shape our lives. Citizenship learning isn't just for new Mainers—it's for all of us. When individuals see themselves as informed and capable contributors, the democratic weave of One York grows stronger.

Experience Threads: Learning Gives Meaning

Long before "lifelong learning" became a phrase, Eduard Lindeman wrote that education has no ending because life itself keeps teaching. Adult learning is not confined to classrooms or career goals—it lives in creativity, curiosity, problem-solving, and connection.

It's in the art class that reconnects someone to joy. It's in the technology lesson that restores independence. At York Adult Education, we believe learning is not a side project to life—it is the loom on which life is woven. Each class, each conversation, each new skill adds richness to the shared tapestry of One York.



BUILDING COMMUNITY

CALM COLORING CONVERSATIONS

Thurs, Mar 12, 26, Apr 9, 30, May 14, 28, 3:30pm, FREE

Instructor: YACE STAFF

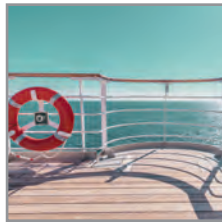
Calm Coloring Conversations is a free, relaxed gathering where participants enjoy quiet coloring while sharing conversation in a friendly, supportive setting. No art experience needed—just come, color, connect, and unwind. To keep the space peaceful and welcoming for everyone, conversations will be guided toward positive, respectful, and calming topics.

PAGE TURNERS BOOK CLUB

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

Instructor: Beth Barndt-Knight

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



AFRICAN SAFARI SECRETS UNVEILED!

Wed, Mar 18, 6:30-7:30pm, \$9

Instructor: Scott Brown

With extensive safari experience across six African countries, I share practical insights to help others plan unforgettable adventures. I believe travel is not a checklist of locations, but a treasure chest of memories. Teacher Bio: With extensive safari experience across six African countries, I share practical insights to help others plan unforgettable adventures. I believe travel is not a checklist of locations, but a treasure chest of memories.

DISNEY LIKE A PRO

Mon, Apr 27, 6-8pm, FREE

Instructor: Kelly Monroe

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

DISCOVER RIVER CRUISING

Mon, Feb 23, 6-8pm, FREE

Instructor: Kelly Monroe

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

MAKE AND TAKE TUESDAYS

Tuesdays, 3:30-5:30pm OR 6-8pm

You choose! \$15

Make and Take Tuesdays are relaxed, hands-on craft workshops designed to bring the community together—one project at a time. For just \$15 per session, you'll create something beautiful to take home, meet new people, and enjoy a fun, creative break from the week. Some crafts require you to bring in items.

Each workshop is offered 3:30-5:30 PM and 6-8 PM, so you can join us during the day or after work. No experience needed—just come ready to create, connect, and have fun.

ARM KNITTING WITH LYNN SHEEHAN-

MARCH 3 3:30-5:30pm OR 6-8pm

Learn the cozy art of arm knitting and create a chunky, soft scarf or blanket—no needles required! This beginner-friendly workshop will teach you the basics of arm knitting so you can make a stylish, handmade accessory in just one session. Bring your yarn!



FRAMED ROCK & GLASS ART WITH LISA ROBERTSON - MARCH 17

3:30-5:30pm OR 6-8pm

Create a charming piece of framed wall art using smooth stones and colored glass. Arrange shapes and figures to design a simple scene, family portrait, or whimsical image—no drawing skills required. This creative session is perfect for beginners and results in a unique, handmade piece ready to hang or give as a thoughtful gift.



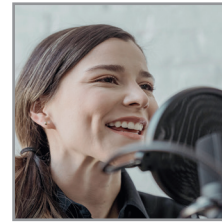
BUILDING COMMUNITY

CRIBBAGE CLUB: FOR BEGINNERS & ENTHUSIASTS

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

Instructor: Tim Sheehan

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



¡HOLA, MIS AMIGOS! INTRO TO SPANISH

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

Instructor: Isreal Robles, Live Online

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

VOICE OVERS

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

Instructor: Such A Voice, Live Online

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day.

MEMOIR WRITING WORKSHOP

Tue, Mar 10 - Mar 31, 6-8pm, \$59

Instructor: Gina Troisi

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

CLASS: COLLABORATIVE LEARNING AND SOCIAL SKILLS

Wed, Rolling Enrollment, 6:30-8pm, FREE

Instructor: Lynn Sheehan & Shawn Cola

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

“Adult Education was the answer when I wanted to learn new skills on my computer. Lynn has taught me so much! Thank you. - Caren”

ACRYLIC PAINTING WITH PETE WEBSTER – MARCH 31

3:30-5:30pm OR 6-8pm

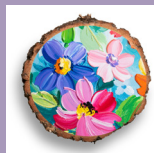
Explore acrylic painting techniques with local artist Pete Webster. Whether you're a beginner or experienced painter, you'll create a guided painting and take home your own finished canvas.



WOOD SLICE COASTERS WITH HEATHER GILCHRIST – APRIL 14

3:30-5:30pm OR 6-8pm

Design rustic, natural wood slice coasters using paint and simple finishing techniques. These make great home décor thoughtful handmade gifts.



CUSTOMIZED KITCHEN TEA TOWELS USING CRICUT WITH MIA KIMBALL – APRIL 28

3:30-5:30pm OR 6-8pm

Just in time for Mother's Day! Learn how to use a Cricut machine to personalize tea towels with names, quotes, or designs. Create a meaningful, custom-ized gift (or keep it for yourself!).



FLORAL WREATH WITH MIA KIMBALL – MAY 12

3:30-5:30pm OR 6-8pm

Create a beautiful floral wreath to brighten your front door or home décor. Learn design tips and assembly techniques to craft a wreath that reflects your style and the season.





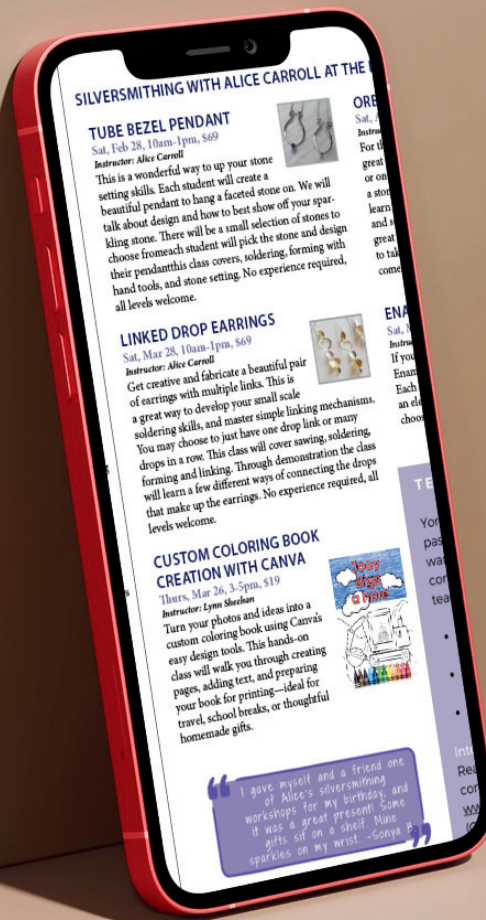
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