

YORK ADULT EDUCATION COURSE CATALOG

FALL/WINTER 2026/27

ONE YORK

Discovering The Beauty Around Us

EXPLORE

Hidden Gems Nature Walk
with York Land Trust
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CREATE

Capturing Nature Through
Mixed Media Arts
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GROW

Happy Little Spreadsheets:
Excel & Google Sheets
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Letter From Our Director

from Lisa Robertson

Dear Friends...

This fall, we invite you to join us in *Discovering the Beauty Around Us*—through learning, new experiences, and the connections that bring our community together.

Beauty is found not only in York's landscapes, but also in discovering a new skill, achieving a personal goal, exploring a new career, or sharing a classroom with neighbors who quickly become friends.

At York Adult Education, our mission is to empower learners of all ages to achieve their personal, academic, workforce, and lifelong learning goals by providing high-quality, accessible educational opportunities in a welcoming and supportive environment. Whether you're earning a diploma, preparing for college or a new career, learning technology, creating art, improving your wellness, or simply pursuing a passion, we're here to help you take the next step.

This catalog also celebrates an exciting new beginning as we welcome you to our new location. We are deeply grateful to the staff, volunteers, community partners, and supporters whose generosity made this move possible. Together, we've created a space where learning, connection, and community can flourish.

Inside this catalog, you'll find exciting new classes, expanded workforce training, creative arts, wellness opportunities, and new travel experiences designed to help you explore both close to home and beyond.

Because new classes, trips, and events are added throughout the year, be sure to join our email list and follow York Adult Education on Facebook for the latest updates and opportunities.

Thank you for being part of our York Adult Education family. We look forward to learning, growing, and discovering the beauty around us—together.

Warmly,

Lisa Robertson
Director, York Adult Education



About York Adult Education

LOCATION

York Middle School
30 Organug Road, York ME 03909

All classes are held in our Learning Center at the Middle School, unless noted otherwise.

OFFICE HOURS

Mondays 8:00am-4:00pm
Tuesdays-Thursdays 8:00am-8:00pm
Fridays by appointment.
On holidays and school breaks, the office is closed and no classes are held.

FOLLOW US FOR MORE INFO

Online: Yorkadulthoodeducation.org
Phone: (207) 363.7922
Facebook: @YorkAdultEd



Join Our Email List
For Class Updates!

REGISTRATION

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.

Academics

Discover the beauty of opening new doors through learning, confidence, and community.



High School Diploma/ HiSET Reading and Writing

Instructor: Audrey Kimball

Move closer to your diploma or HiSET goal with focused reading and writing support. Build comprehension, grammar, essay organization, vocabulary, and test strategies in a welcoming class. Leave with stronger skills and the confidence to keep moving toward completion.

Tuesdays, 9/8/26-5/25/27, 5:00-8:00pm

Cost: Free, registration required

High School Diploma/ HiSET Math

Instructor: Audrey Kimball

Build the math confidence you need for your diploma, HiSET, college, career training, or personal goals. Strengthen number sense, problem solving, algebra, measurement, and test strategies with supportive instruction. Leave better prepared to pass requirements and move toward your next opportunity.

Thursday, 9/10/26-5/27/27, 5:00-8:00pm

Cost: Free, registration required

HiSET Preparation

Instructor: Audrey Kimball

Earn the credential that can open your next door. Prepare for the HiSET with targeted instruction, practice, test strategies, and support in the subject areas you need most. Leave with a clearer plan, stronger confidence, and steady progress toward your high school equivalency.

Tuesday, 9/15/26-5/27/27, 5:00-8:00pm

Cost: Free, registration required

College and Career Success: Reading and Writing

Instructor: Audrey Kimball

Strengthen the reading and writing skills that open doors to college, career training, and better communication. Practice comprehension, organization, grammar, paragraphs, essays, and workplace writing with supportive guidance. Leave more prepared for assignments, applications, tests, and next steps.

Tuesdays, 9/8/26-5/25/27, 5:00-8:00pm

Cost: Free, registration required

College and Career Success: Math

Instructor: Audrey Kimball

Refresh the math skills that help you succeed in college, training, and the workplace. Practice practical problem solving, formulas, fractions, decimals, percentages, algebra, and test strategies in a supportive setting. Leave with stronger confidence for your next academic or career step.

Thursdays, 9/10/26-5/27/27, 5:00-8:00pm

Cost: Free, registration required

U.S. Citizenship Test Prep Class

Instructor: Shawn Cola

Take a confident step toward U.S. Citizenship. Prepare for the citizenship interview and test while strengthening English reading, writing, speaking, civics knowledge, and N-400 vocabulary. Leave with clearer expectations, useful practice, and support for one of the most important goals of your life.

Tuesdays, 9/8/26-5/26/27, 4:00-5:00pm

Cost: Free, registration required

English Language

Instructor: Dianne Fallon

Build the English skills you need for daily life, work, school, and community. In this welcoming beginner class, practice speaking, listening, reading, writing, vocabulary, and pronunciation with supportive instruction. Leave with more confidence using English in real conversations and everyday situations.

Tuesdays & Thursdays, 9/8/26-5/27/27

Beginner Mornings: 10:00-11:30am

Beginner Evenings: 6:00-7:30pm

Intermediate Mornings: 9:00-10:30am

Intermediate Evenings: 7:00-8:30pm

Cost: Free, registration required

New Student Registration

1 Contact Us

Go to www.yorkadulthoodeducation.org and complete the contact form. You can also call 207-363-7922.

2 Make an Appointment

We will call or email you to set a meeting.

3 Come to Our Office

Bring a photo ID and your Social Security number, if you have one. We will help you complete the forms.

4 Take a Short Test

Help us find the best class for you. It is okay if you do not know all the answers.

5 Choose Your Class

We will help you choose the right English or academic class.

6 Start Learning

Come to class, practice, and ask questions. We are here to help you!

Career Prep

Discover the beauty of meaningful work by exploring courses specifically designed to open up your future.

WOWI: Discover Your Best-Fit Career Path

Instructor: Lynn Sheehan

Discover career paths that fit who you are and where you want to go. Use the WOWI assessment to connect your interests, strengths, and work preferences with real options for training, education, and employment. Leave with clearer direction and more confidence in your next step.

Tuesdays, 9/1/26-5/30/27, By Appointment

Cost: Free, registration required

The Influential Voice: Speaking & Recording Techniques

Instructor: Such a Voice, Live Online

Your voice shapes whether people keep listening. Build speaking and recording techniques for podcasting, live streaming, and social media, including clarity, pacing, tone, microphone presence, and message focus. Leave with tools to sound more confident, credible, and engaging.

Monday, 9/14/26, 9:30-11:00pm

Saturday, 9/19/26, 1:00-2:30pm

Cost: \$39 per class

American Red Cross Adult and Pediatric First Aid

Instructor: Jeffrey Carpenter, Greatbay Care

Be ready when someone needs help.

Build lifesaving confidence as you learn adult and pediatric first aid, CPR, and emergency response skills through American Red Cross training. Leave better prepared to act quickly, calmly, and safely at home, work, or in the community.

Thursday, 9/17/26-9/17/26, 8:30am-12:30pm

Cost: \$115

Professional Speaking & Presence

Instructor: Such a Voice, Online

Influence begins with how you show up and how you sound. Strengthen vocal presence, pacing, clarity, confidence, and message delivery for meetings, presentations, interviews, and leadership moments. Leave with techniques that help you speak with more authority and inspire others to listen.

Monday, 9/21/26, 9:30-11:00am

Thursday, 9/24/26, 6:30-8:00pm

Saturday, 9/26/26, 1:00-2:30pm

Cost: \$39 per class

Voice-Over Class

Instructor: Such a Voice, Live Online

Ever wondered whether your voice could become a new creative opportunity?

Explore the voice-over industry, hear what professional work sounds like, and practice reading real scripts with coaching. Leave with an understanding of the field and next steps.

Tuesday, 9/22/26, 6:30-8:00pm

Monday, 11/9/26, 6:30-8:00pm

Tuesday, 2/16/27, 6:00-7:30pm

Cost: \$39 per class

Interviewing Skills

Instructor: Such a Voice, Live Online

Open the door with stronger interview confidence. Practice how to introduce yourself, answer tough questions, reduce filler words, manage nerves, and speak clearly. Leave with skills that help you make a stronger impression.

Teens: Saturday, 10/3/26, 1:00-2:30pm

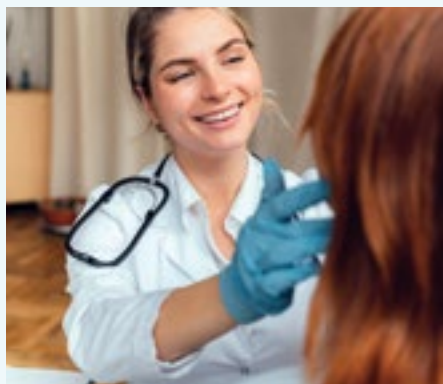
Teens: Tuesday, 10/6/26, 6:30-8:00pm

Adults: Monday, 10/5/26, 9:30-11:00am

Adults: Thursday, 10/15/26, 7:30-9:00pm

Cost: \$39 per class

Medical Courses



Certified Nurses Assistant

Instructor: Delcia Allain/Jerri LeConte

Start a health care pathway that can change your future. Build the knowledge, hands-on skills, and professional habits needed to care for patients safely and respectfully as a Certified Nursing Assistant. Leave prepared for the next step toward meaningful work in health care.

Mondays, 9/21/26-11/24/26, 8:00am-2:30pm

Cost: \$1500

Clinical Medical Assistant

Instructor: Academy of Medical Professions, Live Online

Prepare for a respected health care role that blends clinical skill, organization, and patient connection. Explore how medical assistants take vitals, support providers, manage clinical tasks, and help patients feel cared for. Leave with a stronger foundation for meaningful work in modern health care.

Tuesdays, 10/31/26-2/19/27, 5:30-8:30pm

Cost: \$3,500

Phlebotomy Program

Instructor: Academy of Medical Professions, Live Online

Prepare for a hands-on health care role that requires composure, accuracy, and patient care. Explore how phlebotomy technicians collect blood samples safely, follow procedures, and support diagnosis and treatment. Leave with a stronger foundation for work that matters.

Tuesdays, 10/13/26-12/17/26, 5:30-8:30pm

Cost: \$3,500

Medical Coding

Instructor: Academy of Medical Professions, Live Online

Prepare for a respected health care role that blends clinical skill, organization, and patient connection. Explore how medical assistants take vitals, support providers, manage clinical tasks, and help patients feel cared for. Leave with a stronger foundation for meaningful work in modern health care.

Thursdays, 10/15/26-3/18/26, 5:30-7:00pm

Cost: \$3500

Dental Assisting Program

Instructor: Academy of Medical Professions, Live Online

Prepare for a hands-on dental career that values skill, organization, and patient care. Explore chairside assisting, instrument preparation, infection control, patient comfort, and the flow of a dental office. Leave with a clearer picture of this practical clinical pathway and your next steps.

9/14/26-12/14/26, 6:00-8:00pm

Cost: \$3,200

Travel

Discover the beauty of the world by developing skills that make travel fun—one unforgettable journey at a time.



California Dreamin' Trip Information Night

Instructor: Andrew Leighton/Audrey Kimball

Dreaming of California? Discover the highlights of Monterey, San Francisco, Yosemite, Lake Tahoe, Napa Valley, coastal drives, and local food experiences in one inspiring trip preview. Leave with a clearer picture of the itinerary, the travel experience, and whether this adventure belongs on your calendar.

Wednesday, 9/23/26, 6:00-7:30pm

Cost: Free, registration required

America's Music Cities Trip Info Night

Instructor: Audrey Kimball/Andrew Leighton

Explore a trip filled with rhythm, history, food, and unforgettable places. Learn what to expect on America's Music Cities, including key destinations, highlights, pacing, and travel details. Leave inspired and ready to decide whether this journey is the one for you.

Wednesday, 9/23/26, 6:00-7:30pm

Cost: Free, registration required



Travel with Kelly: The Magic of Disney – Planning Made Easy

Instructor: Kelly Monroe

Make Disney feel magical instead of overwhelming. Explore planning timelines, resorts, tickets, dining, transportation, budgeting, and tips that help your trip run more smoothly. Leave with clearer next steps and the confidence to plan a Disney experience your family will remember.

Tuesday, 10/6/26, 6:00-7:30pm

Cost: \$15 per class

Dreaming of a Safari

Instructor: Scott Brown

Dreaming of a safari but unsure where to begin? Travel from coastal Maine to the wildlife preserves of Africa through stories, photos, and practical guidance from an experienced safari traveler. Leave inspired, better informed, and ready to imagine your own unforgettable adventure.

Tuesdays, 10/13/26-10/21/26, 6:30-7:30pm

Cost: \$9

Travel with Kelly: Set Sail – Cruising Made Easy

Instructor: Kelly Monroe

Set sail with less confusion and more excitement. Learn how cruising works, what is included, how to choose a ship or itinerary, and what first-time cruisers should know. Leave with practical tips that help you plan a vacation that fits your style.

Tuesday, 11/3/26, 6:00-7:30pm

Tuesday, 2/23/27, 6:00-7:30pm

Cost: \$15 per class

Travel with Kelly: Unpack Once – The Magic of River Cruising

Instructor: Kelly Monroe

Unpack once and watch the world glide by. Discover what makes river cruising different, including smaller ships, daily ports, cultural experiences, dining, pacing, and planning considerations. Leave with a clearer sense of whether this relaxed travel style is right for you.

Tuesday, 12/8/26, 6:00-7:30pm

Cost: \$15 per class

Finance

Discover the beauty of financial confidence by giving yourself with all the tools you need to make the important decisions.

Social Security:

Your Questions Answered

Instructor: Stanley Hultin

Social Security decisions can affect your income for years. Get clear answers to common questions about eligibility, timing, benefits, and claiming strategies. Leave better prepared to make choices that fit your retirement picture.

Wednesday, 9/16/26, 6:00-8:00pm

Wednesday, 1/20/27, 6:00-8:00pm

Cost: \$9 per class

Medicare A-Z

Instructor: Tyler Kretschmar

Make Medicare feel clearer before you have to make decisions. Explore enrollment timelines, coverage choices, common terms, costs, and questions to ask as you compare options. Leave with a stronger understanding of how Medicare works and what next steps may matter for you.

Wednesdays, 9/23/26-12/30/26, 5:30-6:30pm

Wednesdays, 10/21/26-12/30/26, 5:30-6:30pm

Wednesdays, 11/18/26-12/30/26, 5:30-6:30pm

Wednesdays, 1/27/27-12/30/26, 5:30-6:30pm

Thursdays, 2/25/27-12/30/26, 5:30-6:30pm

Cost: Free, registration required each session

Banking Basics

Instructor: Carter Whidden

Take control of everyday banking so your money works more smoothly for you.

Understand accounts, fees, debit cards, online tools, and smart safety habits in plain language. Leave ready to make clearer banking choices, avoid common mistakes, and manage your financial life with greater confidence.

Thursday, 10/8/26, 10:00am-11:00am

Cost: Free, registration required

Foundations of Investing

Instructor: Stanley Hultin

Build investing confidence without the jargon. Explore basic investment types, risk and return, diversification, time horizon, and the habits that support long-term financial goals. Leave

with a clearer foundation for asking good questions and making informed decisions.

Wednesday, 10/14/26, 6:00-8:00pm

Wednesday, 2/10/27, 6:00-8:00pm

Cost: \$9 per class



Money Matters

Budgeting

Instructor: Carter Whidden

Stop guessing where your money went and start telling it where to go. Build a realistic budget, identify spending patterns, plan for irregular expenses, and choose simple tools that fit your life. Leave with a practical plan you can actually use.

Thursday, 11/5/26, 10:00-11:00am

Cost: Free, registration required

How Money Works: Financial Education Seminar

Instructor: Jonathan Stallsmith

Money feels less overwhelming when you understand the system. Explore how cash flow, debt, savings, protection, and long-term planning work together to shape your financial future. Leave with practical ideas to strengthen your money habits and make more confident decisions.

Tuesday, 11/10/26-11/25/26, 6:00-7:30pm

Cost: \$19

Estate Planning- Revocable & Irrevocable Trusts

Instructor: Kathryn Bedell

Do not leave important decisions to chance. Explore wills, trusts, powers of attorney, health care directives, probate, and common planning mistakes in plain language.

Leave with clearer questions to ask, better understanding of your options, and motivation to prepare for life's uncertainties.

Tuesday, 11/17/26, 6:00-8:00pm

Cost: \$19

Making Your Money Last

Instructor: Stanley Hultin

Your retirement income needs a plan, not guesswork. Explore ways to manage withdrawals, balance risk, prepare for unexpected expenses, and think through income that can last. Leave with practical ideas for protecting your future financial confidence.

Wednesday, 11/18/26, 6:00-8:00pm

Cost: \$9 per class

Considering Homeownership

Instructor: Carter Whidden

Thinking about buying a home someday? Get the clarity you need before you take the leap. Explore readiness, costs, credit, mortgages, savings, and next steps so you can decide what makes sense and move toward homeownership with confidence.

Thursday, 12/10/26, 5:00-6:00pm

Cost: Free, registration required

Credit Scores & Reports

Instructor: Carter Whidden

Your credit score can shape major financial opportunities. Understand what appears on a credit report, what affects your score, and how to spot errors or warning signs. Leave with practical steps to protect and improve your credit.

Thursday, 1/7/27, 5:00-6:00pm

Cost: Free, registration required

Identity Theft

Instructor: Carter Whidden

Protect yourself before identity theft becomes a crisis. Learn how thieves use personal information, how to reduce your risk, and what to do if something feels wrong. Leave with simple, practical safeguards for your accounts, devices, and documents.

Thursday, 2/4/27, 5:00-6:00pm

Cost: Free, registration required

Health & Wellness

Discover the beauty of feeling your best with fun classes that will get you moving and keep you going.



Wake Up With Mimi-An Energy Fusion Class

Instructor: Mary Schwoerer

Start your day with intention, energy, and calm. Enjoy a gentle fusion of movement, stretching, breath, and mindfulness designed to support balance, focus, and well-being. Leave refreshed, centered, and ready to carry a steadier rhythm into your day. Monthly registration.

Tues/Thurs, 9/1/26-9/29/26, 8:00-8:50am
 Tues/Thurs, 10/1/26-10/29/26, 8:00-8:50am
 Tues/Thurs, 11/3/26-11/26/26, 8:00-8:50am
 Tues/Thurs, 12/1/26-12/31/26, 8:00-8:50am
 Tues/Thurs, 1/5/27-1/28/27, 8:00-8:50am
 Tues/Thurs, 2/2/27-2/25/27, 8:00-8:50am
 Cost: \$69 per month

Indoor Walking

Instructor: Lynn Sheehan

Keep moving no matter what the weather is doing outside. Enjoy a safe, welcoming indoor walking option that supports fitness, energy, and routine. Leave feeling better, more connected, and motivated to make movement part of your week.

Tuesdays, 9/8/26-5/30/27, 4:00-7:00pm
 Cost: Free, registration required

Men's Peak Performance for Longevity (Age 60+)

Instructor: Andy Ferragamo

Boost strength, balance, mobility, and everyday energy in a class designed for men age 60 and better. Practice practical exercises that support long-term wellness and confidence in daily movement. Leave with simple strategies to stay active, strong, and ready for what you enjoy.

Thursdays, 10/15/26-11/19/26, 9:00-10:00am
 Cost: \$145

Poly Vagal Theory 101: Vagus Nerve Miracle

Instructor: Mary Schwoerer

Give your nervous system a practical reset. Explore the vagus nerve, stress response, breath, grounding, and simple regulation tools you can use in everyday life. Leave with a clearer understanding of your body's calm system and techniques to support greater ease.

Wednesday, 9/30/26, 9:30-11:00am
 Wednesday, 10/21/26, 4:00-5:30pm
 Cost: \$35 per class

Make & Take Tuesdays

Discover the beauty of creating something meaningful that you can take home after just one session.



Pumpkin Spice & Everything Nice: Whoopie Pie Workshop

Instructor: Pam Sheehan

Bake the cozy fall treat everyone wants to bring home. Make pumpkin spice whoopie pies while learning tips for batter, filling, assembly, and presentation. Leave with delicious treats, a reliable recipe, and the confidence to recreate them for family or friends.

Tuesday, 11/3/26, 6:00-8:00pm

Cost: \$19

One Sheet Wonder Fun Stamping Cards

Instructor: Juanita Reed

Make a stack of beautiful cards from one clever sheet. Learn basic stamping, coloring, cutting, and assembling techniques in a friendly make-and-take format. Leave with finished cards and a simple system you can use again for birthdays, thank-yous, and everyday greetings.

Tuesday, 9/29/26, 4:00-5:30pm

Cost: \$25

Spooky Thrift Flip: Ghostly Vintage Art

Instructor: Lisa Robertson

Turn an ordinary thrift store painting into a charming fall decoration! Bring your own thrifted framed artwork and transform it with adorable ghosts, pumpkins, autumn accents, and spooky touches. You'll learn simple painting techniques and creative tricks to give old art a fun new life. No artistic experience is needed—just bring a thrifted painting and your imagination, and leave with a one-of-a-kind piece that's perfect for the spooky season!

Tuesday, 10/20/26, 1:00-3:00pm

Cost: \$19



Beads, Bling & Beautiful Things: Jewelry Making for Beginners

Instructor: Pam Sheehan

Start making jewelry you will actually want to wear. Explore beginner-friendly tools, beads, findings, color choices, and simple design strategies while you create beautiful pieces in a relaxed setting. Leave with finished jewelry, new confidence, and the know-how to keep creating at home.

Tuesday, 12/15/26, 6:00-8:00pm

Cost: \$19

Look What I Made! Refrigerator Art Display

Instructor: Lynn Sheehan

Turn everyday art into a display worth celebrating. Create a cheerful refrigerator art holder while learning simple assembly and design techniques. Leave with a finished piece that makes it easy to showcase children's artwork, notes, photos, or favorite reminders.

Tuesday, 11/17/26, 1:00-3:00pm

Cost: \$19

Beginner Paper Quilling Art

Instructor: Lisa Robertson

Turn simple strips of paper into delicate art. Learn beginner quilling shapes, rolling techniques, layout, and gluing tips while creating a finished design. Leave with a beautiful paper art project and the confidence to keep experimenting.

Tuesday, 2/9/27, 1:00-3:00pm

Cost: \$19a



Watercolor Greeting Cards

Instructor: Lisa Robertson

Paint greeting cards that feel personal, fresh, and ready to send. Learn simple watercolor techniques for washes, shapes, color, and finishing details while creating small-format designs. Leave with handmade cards and ideas for future mail-worthy art.

Tuesday, 12/1/26, 1:00-3:00pm

Cost: \$19

Fork Easel and Mini Modern Painting

Instructor: Lynn Sheehan

Transform an ordinary fork into a tiny easel and pair it with a mini modern painting.

Experiment with simple upcycling, composition, color, and display ideas.

Leave with a whimsical handmade piece that adds charm to a desk, shelf, or gift.

Tuesday, 1/12/27, 1:00-3:00pm

Cost: \$19

Upcycled Make & Take: Woven Fabric Trivets

Lynn Sheehan

Turn fabric scraps into something beautiful and useful. Learn a simple braided technique to create an upcycled trivet with color, texture, and handmade charm. Leave with a finished project and a satisfying way to reuse fabric creatively.

Tuesday, 1/26/27, 1:00-3:00pm

Cost: \$19

Beading Bracelet

Instructor: Shawn Cola

Create a bracelet that is simple, stylish, and completely your own. Choose beads, plan a pleasing pattern, and assemble a finished piece while learning beginner-friendly jewelry skills. Leave with a wearable bracelet, fresh creative confidence, and ideas for making more gifts or accessories at home.

Tuesday, 2/23/27-2/23/27, 6:00-8:00pm

Cost: \$19

Technology

Discover the beauty of using technology with confidence when you learn from the industry Pros.

Adobe One-on-One Training

Instructor: Rob Underwood

Get one-on-one training tailored to your goals- whether you're working in Illustrator, InDesign, or Photoshop. Focus on the skills and projects that matter most to you, from creating illustrations, layouts, and image edits to solving challenges in files you're already working on. Leave with practical techniques, clear solutions, and greater confidence using Creative Suite.

Illustrator: Tuesdays, 9/8/26-5/28/27

Photoshop: Tuesdays, 9/8/26-5/28/27

InDesign: Tuesdays, 9/8/26-5/28/27

Cost: \$89 per class

Become a Microsoft Excel Pro

Instructor: Val Landry

Stop fighting with spreadsheets and start using Excel like a tool that saves time. Build skills in formulas, formatting, tables, sorting, filtering, analysis, and newer features that help you work smarter. Leave ready to organize information and make better decisions with your data.

Wednesdays, 9/9/26-12/16/26, 8:30-11:30am

Cost: \$275

Navigate with Uber:

Achieve Transportation Freedom

Instructor: Nickie Welsh

Gain more transportation freedom with Uber. Learn how to set up the app, request a ride, check driver and car details, understand pricing, use safety features, and complete a trip with confidence. Leave ready to travel more independently.

Tuesday, 9/15/26, 1:00-2:00pm

Cost: \$33

iConnections: iPad Basics for Adults 60+

Instructor: Lynn Sheehan

Make your iPad feel useful instead of frustrating. Practice the everyday skills adults use most: settings, email, internet, apps, photos, safety, and troubleshooting. Leave with more confidence and practical digital skills you can use right away.

Wednesday, 9/16/26, 1:00-3:00pm

Wednesday, 10/21/26, 1:00-3:00pm

Wednesday, 11/18/26, 1:00-3:00pm

Wednesday, 12/16/26, 1:00-3:00pm

Wednesday, 1/20/27, 1:00-3:00pm

Wednesday, 2/10/27, 1:00-3:00pm

Cost: Free, registration required

Fast-Track to Social Media

Marketing for Business

Instructor: Nickie Welsh

Stop posting randomly and start marketing with purpose. Build a practical social media plan for your business, including content ideas, audience focus, simple scheduling, and ways to measure what works. Leave with steps you can use right away to strengthen your online presence.

Tuesday, 9/29/26, 1:00-2:00pm

Cost: \$33

Canva Academy

Instructor: Nickie Welsh

Save time and make your Canva designs look more polished. Explore advanced shortcuts, brand tools, layout tricks, reusable templates, and workflow tips that help you create faster. Leave with practical techniques you can use immediately.

Beginner: Thursday, 9/24/26, 1:00-2:00pm

Advanced: Tuesday, 10/6/26, 1:00-2:00pm

Business: Tuesday, 10/13/26, 1:00-2:00pm

Creative: Tuesday, 10/20/26, 1:00-2:00pm

Cost: \$33

Phone Photo Rescue Workshop for Beginners!

Instructor: Nickie Welsh

Stop losing time scrolling through a crowded camera roll. Learn simple ways to organize, find, save, share, and delete phone photos without fear. Leave with a cleaner photo system and the confidence to manage memories before they disappear in the clutter.

Tuesday, 10/27/26-10/27/26, 1:00-2:00pm

Tuesday, 12/15/26-12/15/26, 1:00-2:00pm

Cost: \$33

ChatGPT: Tips and Tricks

Instructor: Nickie Welsh

Use ChatGPT as a practical helper, not a mystery. Learn how to write better prompts, ask follow-up questions, check results, brainstorm ideas, draft messages, and save time on everyday tasks. Leave with clear examples you can use immediately.

Beginner: Tuesday, 11/10/26, 1:00-2:00pm

Advanced: Tuesday, 11/17/26, 1:00-2:00pm

Cost: \$33

Google Sheets for Beginners

Instructor: Nickie Welsh

Make spreadsheets less intimidating and more useful. Learn how to enter data, format cells, sort, filter, use simple formulas, and organize information in Google Sheets. Leave with the confidence to manage lists, budgets, schedules, and projects more easily.

Tuesday, 12/1/26, 1:00-2:00pm

Cost: \$33



Safe Tech

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

Instructor: Nickie Welsh

Protect your child without feeling lost in the technology. Learn what parents and caregivers need to know about phone settings, apps, privacy, online behavior, red flags, and practical boundaries. Leave with clearer language, stronger confidence, and steps you can use at home.

Thursday, 11/5/26-11/5/26, 1:00-2:00pm

Cost: \$33

Swipe Smart: A Safety Guide to Dating Apps

Instructor: Nickie Welsh

Date online with more awareness and less stress. Learn how to recognize red flags, protect privacy, communicate safely, and make choices that support your well-being. Leave with practical safety habits for navigating dating apps with confidence.

Tuesday, 12/8/26-12/8/26, 1:00-2:00pm

Cost: \$33

How To Use Venmo Safely!

Instructor: Nickie Welsh

Use Venmo with confidence and fewer worries. Learn how payments work, what settings matter, how to recognize scams, and how to protect your privacy before you send or receive money. Leave ready to use Venmo more safely and intentionally.

Thursday, 9/17/26, 1:00-2:00pm

Cost: \$33

The Arts: General

Discover the beauty of making something uniquely yours with our full range of art classes.

Fiber Arts



Learn to Crochet!

Instructor: Devan Weber

Start crocheting with confidence, even if you have never held a hook. Learn basic stitches, yarn handling, pattern reading, and troubleshooting. Leave with a project underway and the skills to keep creating at home.

Wednesday, 9/16/26-10/7/26, 6:00-7:30pm

Cost: \$80

Crochet Your Own Holiday Gifts!

Instructor: Devan Weber

Make handmade holiday gifts that feel personal, cozy, and useful. Build crochet skills while creating gift-worthy projects in a friendly setting. Leave with finished or well-started pieces, new confidence, and ideas for thoughtful handmade giving.

Wednesdays, 10/28/26-12/2/26, 6:00-7:30pm

Cost: \$80

Crochet Your Own Farmer's Market Bag!

Instructor: Devan Weber

Crochet a reusable market bag that is practical, pretty, and proudly handmade. Build stitches, shaping, and finishing skills as you create a project you can use again and again. Leave with a functional bag and the confidence to keep crocheting.

Wednesdays, 2/24/27-3/10/27, 6:00-7:00pm

Cost: \$60

Learn to Knit-Make a Hat!

Instructor: Jeanne Gamage

Learn to knit while making something you will actually wear. Practice casting on, knitting, shaping, and finishing as you create a cozy hat step by step. Leave with new skills, a handmade project, and the confidence to keep knitting.

Tuesday, 9/22/26-10/20/26, 2:30-4:30 PM

Cost: \$39

Functional Arts

Stamped Greetings-Beginner Cardmaking

Instructor: Juanita Reed

Create handmade cards that feel personal, polished, and ready to send. Learn simple stamping, coloring, layout, and assembly techniques in a relaxed make-and-take setting. Leave with finished cards, new ideas, and the confidence to keep making greetings for any occasion.

Tuesdays, 10/6/26-10/20/26, 6:00-8:00pm

Cost: \$69

Stamping the Holidays-Christmas Edition

Instructor: Juanita Reed

Create handmade cards that feel personal, polished, and ready to send. Learn simple stamping, coloring, layout, and assembly techniques in a relaxed make-and-take setting. Leave with finished cards, new ideas, and the confidence to keep making greetings for any occasion.

Thursdays, 11/5/26-11/12/26, 6:00-8:00pm

Cost: \$59

One Night Greeting Card Stamping Buffet

Instructor: Juanita Reed

Create handmade cards that feel personal, polished, and ready to send. Learn simple stamping, coloring, layout, and assembly techniques in a relaxed make-and-take setting. Leave with finished cards, new ideas, and the confidence to keep making greetings for any occasion.

Tuesday, 11/17/26, 6:00-8:00pm

Wednesday, 1/27/27, 6:00-8:00pm

Cost: \$39 per class

Holiday Card Design

Instructor: Jeffrey Carpenter

Create handmade cards that feel personal, polished, and ready to send. Learn simple stamping, coloring, layout, and assembly techniques in a relaxed make-and-take setting. Leave with finished cards, new ideas, and the confidence to keep making greetings for any occasion.

Thursday, 12/3/26, 6:00-8:00pm

Cost: \$29

Custom Candle Making Workshop

Instructor: Shannan Heacock

Create a custom candle that looks beautiful, smells wonderful, and feels personal. Explore fragrance choices, wax basics, pouring, and finishing touches in a relaxed workshop.

Leave with a finished candle and the know-how to appreciate the craft behind it.

Tuesday, 10/27/26, 6:00-7:30pm

Cost: \$55

Custom Perfume Making Workshop

Instructor: Shannan Heacock

Create a custom scent that feels like you. Explore fragrance notes, blending basics, balance, and personal preference while designing your own perfume. Leave with a finished scent and a memorable creative experience.

Tuesday, 11/10/26, 6:00-7:00pm

Cost: \$60

Custom Diffuser Making Workshop

Instructor: Shannan Heacock

Design a custom diffuser blend that makes your space feel welcoming. Explore fragrance notes, balance, and scent combinations while creating a finished diffuser to take home. Leave with a beautiful product and ideas for refreshing your space.

Tuesday, 12/8/26, 6:00-7:00pm

Cost: \$60

Dabble in Bookbinding-Make and Take

Instructor: Juanita Reed

Make a book by hand and discover how satisfying the process can be. Learn beginner-friendly folding, stitching, covers, tools, and finishing techniques while creating a useful handmade book. Leave with a completed project and the confidence to try more bookbinding at home.

Tuesday, 2/23/27, 4:00-5:30pm

Cost: \$29



Register Online

Scan the QR Code now to register for the classes you want today!

The Arts: General

Discover the beauty of making something uniquely yours with our full range of art classes.

Jewelry Classes

Stacking Rings

Instructor: Alice Carroll

Walk away with three sterling silver rings you will be proud to wear, stack, or give. Build confidence as you texture metal, size rings, solder, and set colorful stones in a supportive beginner-friendly studio. No metals experience is needed—just bring curiosity and get ready to create jewelry that looks beautifully personal.

Saturday, 9/19/26, 10:00am-1:00pm

Cost: \$69



Cage It!!!!

Instructor: Jeffrey Carpenter, Greatbay Care

Capture a stone, shell, or small treasure in a handmade wire cage pendant. Learn beginner-friendly wire wrapping, shaping, and finishing techniques that turn a simple object into wearable art. Leave with a finished piece and the confidence to keep experimenting.

Thursday, 10/1/26, 6:00-8:00pm

Cost: \$35

Earrings with Prong Setting

Instructor: Alice Carroll

Design earrings that look polished, personal, and gift-worthy. Shape wire, choose cabochon stones, create secure prongs, and finish a balanced matching pair with confidence. Take home handcrafted earrings and practical stone-setting skills you can use again in future jewelry projects.

Saturday, 10/24/26, 10:00am-1:00pm

Cost: \$69

Chain Link Bracelet

Instructor: Alice Carroll

Create a bracelet with history, movement, and handmade character. Master the ancient loop-in-loop chain technique while you form wire, solder links, and build a bracelet that stands alone or holds charms. Leave with a finished piece and stronger confidence for your next metals project.

Saturday, 11/14/26, 10:00am-1:00pm

Cost: \$69

Hook and Ball Ring

Instructor: Alice Carroll

Build a contemporary ring that catches attention and feels good to wear. Form, size, solder, shape, and finish a graceful wrap-around design with a polished ball closure. Gain practical fabrication skills while you create a distinctive ring with balance, comfort, and style.

Saturday, 1/23/27, 10:00am-1:00pm

Cost: \$69



Bead Drop Earrings

Instructor: Alice Carroll

Create earrings with movement, color, and modern style. Shape a graceful U-shaped wire form, add a decorative bead with a cold connection, and refine the balance of a matching pair. Leave with finished earrings and useful skills in wire forming, drilling, finishing, and cold-connection design.

Saturday, 2/27/27, 10:00am-1:00pm

Cost: \$69

Culinary Classes



Mocktail Hour

Instructor: Jeffrey Carpenter, Greatbay Care

Mix drinks that feel festive, flavorful, and fun—without the alcohol. Explore ingredients, balance, garnish, presentation, and easy recipes you can recreate at home. Leave with new ideas for hosting, celebrating, or simply treating yourself well.

Thursday, 9/10/26, 6:00-8:00pm

Cost: \$24

Sheet Happens

Instructor: Jeffrey Carpenter, Greatbay Care

Turn one sheet of paper into something surprisingly creative. Learn simple cutting, folding, stamping, and assembling techniques that make cardmaking feel easy and fun. Leave with finished cards and a clever method you can use again and again.

Thursday, 10/15/26, 6:00-8:00pm

Cost: \$35

Depression Era Cooking

Instructor: Jeffrey Carpenter, Greatbay Care

Discover how resourceful cooking can still be delicious, satisfying, and creative. Explore Depression Era recipes, practical substitutions, and kitchen wisdom that helped families stretch ingredients. Leave with recipes, stories, and useful ideas for making simple food feel special.

Thursday, 11/5/26, 6:00-8:00pm

Cost: \$35

The Arts: Fine Art

Discover the beauty of seeing the world through an artist's eyes by experiencing classes that speak to you.

Beginners Watercolor

Instructor: Kathryn Carter

Always wanted to try watercolor but felt unsure where to begin? Start here. Build confidence with color mixing, brush control, washes, simple composition and step-by-step painting practice in a welcoming beginner setting. Leave with finished work, practical techniques, and the confidence to keep painting at home.
 Tuesdays, 10/6/26-11/3/26, 10:00am-12:00pm
 Thursdays, 11/5/26-12/10/26, 10:00am-12:00pm
 Tuesdays, 1/5/27-2/2/27, 10:00am-12:00pm
 Cost: \$149 per course

Advanced Beginner Watercolor

Instructor: Kathryn Carter

Take your watercolor skills beyond the basics and start painting with more confidence. Strengthen color mixing, layering, brush control, composition, and finishing techniques while receiving supportive guidance from artist Kathryn Carter. Leave with new paintings, clearer next steps, and the momentum to keep developing your own watercolor style.
 Thursdays, 10/1/26-10/29/26, 10:00am-12:00pm
 Saturdays, 10/3/26-10/31/26, 10:00am-12:00pm
 Mondays, 11/2/26-11/30/26, 10:00am-12:00pm
 Saturdays, 11/7/26-12/5/26, 10:00am-12:00pm
 Tuesdays, 12/1/26-12/29/26, 10:00am-12:00pm
 Saturdays, 1/2/27-1/30/27, 10:00am-12:00pm
 Thursdays, 1/7/27-2/4/27, 10:00am-12:00pm
 Mondays, 2/1/27-3/1/27, 10:00am-12:00pm
 Saturdays, 2/6/27-3/6/27, 10:00am-12:00pm
 Cost: \$149 per course

Basic Oil: Monochrome Painting

Instructor: Jeanette Sablock, Ph.D.

Strengthen your painting skills by focusing on the power of one color. Mix a full range of dark-to-light values from a limited oil palette, then use those tones to build form, contrast, and depth. Leave with stronger confidence in value, composition, and oil techniques.
 Thursdays, 9/10/26-10/8/26, 10:00am-12:30pm
 Cost: \$149



Artists' Workshop Open Studio

Instructor: Lisa Robertson

Protect regular time for your art and make progress with creative company. Bring your own project, supplies, and ideas to a welcoming open studio where artists can work, share encouragement, and stay motivated. Leave with momentum, connection, and more finished work over time.

Meets every other Wednesday

Wednesdays, 10/7/26-1/26/27, 1:00-3:00pm

Wednesdays, 2/10/27-5/19/27, 1:00-3:00pm

Cost: \$49 per course

Nature Art in Mixed Media: Trees and Forest Textures

Instructor: Allison Donohue

Capture the beauty of trees and forest textures. Explore trees, bark, branches, moss, leaves, and forest textures from specimens and references. Use combinations of watercolor or gouache, colored pencil, and ink, with room to bring favorite media such as markers, watercolor pencils, or pastels. Leave with stronger nature-sketching skills and artwork you are proud to share.

Thursday, 11/5/26-12/3/26, 6:00-8:00pm

Cost: \$160

Nature Art in Mixed Media: Birds

Instructor: Allison Donohue

Explore birds from life and photo references. Use combinations of watercolor or gouache, colored pencil, and ink, with room to bring favorite media such as markers, watercolor pencils, or pastels. Leave with stronger nature-sketching skills and artwork you are proud to share.

Thursday, 10/8/26-10/29/26, 6:00-8:00pm

Cost: \$160

Nature Art in Mixed Media: Shells and Shorelines

Instructor: Allison Donohue

Capture the beauty of shells and shorelines. Explore shells, beach finds, shoreline textures, and coastal forms from specimen and references. Use combinations of watercolor or gouache, colored pencil, and ink, with room to bring favorite media such as markers, watercolor pencils, or pastels. Leave with stronger nature-sketching skills and artwork you are proud to share.

Thursdays, 1/7/27-1/28/27, 6:00-8:00pm

Cost: \$160



Register Online

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The Arts: Music

Discover the beauty of finding your own rhythm in our hands-on workshops for all levels from beginner to pro.



Instant Piano for Hopelessly Busy People

Instructor: Craig Coffman

Learn enough piano in one session to make music feel possible. Discover simple chords, patterns, and playing strategies designed for busy adults who want fast results without years of lessons. Leave with practical tools to keep playing favorite songs at home.

Saturday, 10/24/26, 9:00am-12:00pm

Monday, 4/5/27, 6:30-9:30 PM

Cost: \$69

Beginner-Advanced Piano Lessons

Instructor: Susan Frank

Make piano lessons fit your goals, your pace, and your musical interests. Build skills in note reading, rhythm, chords, technique, and simple songs through individualized instruction. Leave each lesson with clearer practice steps and growing confidence at the keyboard.

Mondays, 4/5/27-5/31/27, 2:30-3:00pm

Cost: \$120

Instant Guitar for Hopelessly Busy People

Instructor: Craig Coffman

Start playing guitar without waiting for perfect technique or endless theory. Learn basic chords, strumming patterns, and shortcuts that help busy adults make music quickly. Leave with practical skills and the confidence to keep playing on your own.

Saturday, 10/24/26, 1:00-3:30pm

Tuesday, 4/6/27, 6:30-9:00pm

Cost: \$69 per class

Ukulele for Beginners

Instructor: Duncan Perry, Live Online

Start making cheerful music with one of the friendliest instruments around. Learn basic chords, strumming, rhythm, and simple songs in a relaxed online setting. Leave with the confidence to keep practicing and the joy of playing music at home.

Tuesdays, 9/29/26-10/20/26, 6:00-7:30pm

Tuesdays, 10/27/26-11/17/26, 6:00-7:30pm

Tuesdays, 2/2/27-2/23/27, 6:00-7:30pm

Cost: \$89 per course

Banjo for Absolute Beginners

Instructor: Duncan Perry, Online

Pick up the banjo from the very beginning and discover how fun it can be. Learn basic tuning, rolls, rhythm, and simple songs in a supportive online class. Leave with the confidence to keep practicing and building your sound.

Wednesdays, 1/6/27-1/27/27, 6:00-7:30pm

Cost: \$89

Broadway Bound!

Instructor: Lauren Cummings

Step into the spotlight and enjoy the energy of Broadway. Build vocal confidence, stage presence, movement, and musical theater expression while rehearsing favorite show tunes in a welcoming group. Leave with stronger performance skills and the joy of singing with others.

Wednesday, 10/14/26-11/18/26, 6:00-7:30pm

Cost: \$69

Find Your Rhythm: Drum Lessons

Instructor: Tim Sheehan

Find your rhythm and build confidence on a real drum kit. Practice timing, coordination, technique, grooves, and songs that match your interests and experience level. Leave each personalized lesson with stronger skills, better control, and the motivation to keep playing.

Tuesdays, 10/5/27-11/12/25, 3:00-6:00pm

Tuesdays, 2/29/28-5/28/26, 3:00-6:00pm

Cost: \$120 per class



The Arts: Photography

Discover the beauty of the world through your lens with classes catering to every level of photographer.



Digital Photo for Newbies

Instructor: Steve McGrath

Start taking better photos without getting buried in camera jargon. Learn essential settings, light, composition, focus, and simple editing in a beginner-friendly way. Leave with practical confidence to use your camera and capture the images you actually want.

Tuesdays, 9/15/26-10/13/26, 5:30-7:00pm

Tuesdays, 1/12/27-2/9/27, 5:30-7:00pm

Cost: \$95 per course

Digital Photo 2- Intermediate

Instructor: Steve McGrath

Move beyond automatic settings and start making more intentional photographs. Strengthen your understanding of exposure, composition, light, focus, and editing while practicing with real examples. Leave with clearer control over your camera and stronger images.

Tuesdays, 10/27/26-11/24/26, 5:30-7:00pm

Cost: \$95 per course

Smartphone Photography

Instructor: Steve McGrath

Your best camera may already be in your pocket. Learn simple ways to improve phone photos through light, composition, focus, editing, and sharing. Leave with practical skills that make everyday images look clearer, stronger, and more memorable.

Tuesday, 9/15/26-10/6/26, 7:30-9:00pm

Tuesday, 12/1/26-12/22/26, 7:30-9:00pm

Tuesday, 1/12/27-2/2/27, 7:30-9:00pm

Cost: \$79 per course

Advanced Smartphone Photography

Instructor: Steve McGrath

Unlock more of what your phone camera can really do. Explore advanced composition lighting, editing, portrait tricks, action shots, and creative techniques that move beyond quick snapshots. Leave ready to take phone photos that look more polished and intentional.

Tuesday, 10/20/26-11/10/26, 7:30-9:00pm

Tuesdays, 2/16/27-2/2/27, 5:30-7:00pm

Cost: \$79



Nature and Bird Photography

Instructor: Steve McGrath

Improve your nature and bird photography with practical field skills. Explore light, composition, focus, shutter speed, behavior, backgrounds, and patience so your images feel sharper and more intentional. Leave ready to capture wildlife and outdoor scenes with greater confidence.

Tuesdays, 12/1/26-12/22/26, 5:30-7:30pm

Cost: \$79 per course

Pet Photography

Instructor: Steve McGrath

Capture better photos of the animals you love. Learn how to use light, timing, perspective, treats, movement, and simple camera settings to show personality and expression. Leave with practical techniques for creating pet portraits that feel lively and meaningful.

Tuesday, 11/17/26-11/24/26, 7:30-9:00pm

Cost: \$59

How to Photograph Snowflakes

Instructor: Steve McGrath

Capture the tiny winter details most people miss. Learn the setup, lighting, focusing, and patience needed to photograph snowflakes with clarity and impact. Leave with practical techniques for creating striking close-up winter images.

Tuesdays, 2/16/27-3/2/27, 7:30-9:00pm

Cost: \$79

Building Community

Discover the beauty of learning, laughing, and connecting through these engaging activities.



CLASS – Collaborative Learning & Social Skills

Instructors: Lynn & Shawn

Build confidence, friendships, and real-world communication skills in a fun, supportive learning community. Through games, group activities, creative projects, discussions, and community experiences, you will practice teamwork, problem-solving, self-expression, independence, and belonging.

Wednesdays, 9/9/26-5/30/27, 6:30-8:00pm

Cost: Free, registration required

American Founding Documents: Ideas That Still Shape Us

Instructor: John Drisko

Understand the ideas that still shape American life. Examine the Declaration of Independence, Constitution, and Bill of Rights through lively discussion, historical context, and close reading. Leave with sharper insight into the principles, debates, and questions that continue to influence citizenship today.

Thursdays, 9/17/26-10/8/26, 6:00-8:00pm

Cost: \$15

Page Turners Book Club

Instructor: Beth Knight

Read, talk, laugh, and connect with other book lovers. Enjoy a welcoming discussion that brings stories, characters, ideas, and different perspectives to life. Leave with a richer reading experience, new recommendations, and the pleasure of being part of a thoughtful community conversation.

Wednesdays, 10/7/26-12/2/26, 6:30-8:00pm

Cost: \$39



Quarterly Guided Nature Walk with York Land Trust

Instructor: Anna DiChiara

Discover the beauty tucked right in York's own backyard. Join a Maine Master Naturalist for a guided walk through York Land Trust conserved land, making seasonal observations along trails, fields, wetlands, forests, and scenic watershed areas. Leave with fresh knowledge, new appreciation, and a deeper connection to local places worth protecting.

Tuesday, 10/13/26, 9:30-11:00am

Tuesday, 1/19/27, 9:30-11:00am

Cost: Free, registration required

Spanish for Beginners: Say Hola! with Confidence

Instructor: Israel Robles, Live Online

Start speaking Spanish with confidence in a relaxed, interactive online class. Build pronunciation, everyday vocabulary, travel phrases, and simple conversation skills while you help shape topics that interest you. No experience is needed—just curiosity and a willingness to try.

Wednesdays, 10/7/26-11/18/26, 6:00-7:30pm

Wednesdays, 1/13/27-2/17/27, 6:00-7:30pm

Cost: \$49

Cribbage Club: For Beginners & Enthusiasts

Instructor: Tim Sheehan

Play, learn, and connect over one of New England's favorite card games. Beginners can build skills in scoring, pegging, and strategy while experienced players enjoy friendly competition. Leave with sharper cribbage confidence, new playing partners, and a fun reason to come back.

Wednesdays, 10/21/26-11/12/26, 6:00-7:30pm

Cost: \$39

An Evening with an Olympian: Q&A with Coach Barb Marois

Instructor: Barb Marois

Spend an inspiring evening in conversation with Olympian and coach Barb Marois. Bring your questions about competition, coaching, leadership, motivation, confidence, and overcoming challenges. Leave with memorable stories, practical insight, and a closer look at what it takes to succeed on and off the field.

Thursday, 11/5/26, 6:00-8:00pm

Cost: \$25



YORK ADULT EDUCATION

30 Organug Road, York, ME 04083

SAVE THE DATE

Open House August 27th

Pop in to see our new space, meet the teachers, and explore all we have to offer. Join us for coffee, snacks, tours, and giveaways.

Thursday August 27, 4:00-8:00pm

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