BIDDEFORD | SACO | OLD ORCHARD BEACH

ADULT EDUCATION

Three Communities, One Vision



Winter 2027 Course Catalog

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Register with OOB/Saco:

oobsaco.maineadulted.org
adultedinfo@rsu23.org
(207) 934-7922
Text (207) 370-9622
Monday–Thursday: 10am–4pm

Register with Biddeford:

biddeford.maineadulted.org
adulted@biddefordschools.me
(207) 282–3883
Monday–Thursday: 8am–4pm
Friday: 8am–3:30pm

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PLEASE NOTE:

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

5% ONLINE ONLY EARLYBIRD DISCOUNT

Valid through January 14th, 2027
Type in EARLYBIRDW27 at checkout

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

"Early Morning Job," Cover Art by Bethany Harper Williams
www.bethanyhw.com

Creative Arts



Unlock Your Memoir
Digital Tools to Spark Your Story–Online

Discover apps and strategies for organizing memories, researching, illustrating, and polishing your work. Gain practical skills to enhance your writing process and confidently bring your story to life! Registration closes 3/30. Video-led course w/ personalized support available.

Jill Spencer

Mon-Sun, 1/2–3/31, At Your Own Pace/Online $45



Risks and Benefits of Online Journalism
What to trust?

NEW Explore the changing world of journalism, the influence of social media, and the challenge of separating credible reporting from misleading content. Get practical tools to evaluate sources, recognize bias, and make informed decisions about what you read and share. No class 2/18.

Randy Seaver

Thur, 1/28–2/25, 6-8pm, Bidd. LC/Rm 27 $39

Publish Your Own Book–Live Online

Discuss writing, layout, formatting, printing, and various ways of getting your book printed. Discover the world of online publishing, the best ways to share your book, how to get speaking engagements, and how to turn them all into income.

Preethi Fernando

Sat, 1/30, 4–5pm, Online $35

Creative Writing Mini Workshop

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

Albert Waitt

Wed, 2/24–3/17, 6–8pm, OOB HS/Rm 108 $79



A Writer's Workshop–Live Online

NEW Are you ready to bring your long-form story idea to life? Perhaps you want to get started on that novel, memoir, screenplay, or collection of poems? This is your opportunity to share your developing pages and receive insightful peer and instructor feedback. Practice writing strategies that focus on big-picture story elements like plot, character arcs, pacing, and voice.

Kristen Leonard

Thur, 3/4–4/8, 6:30–8pm, Online $50

Picture This!
A Creative Writing Workshop

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

Renee Parker

Wed, 3/17–3/24, 5:30–7pm, OOB HS/Rm 108 $45

See our Active Network sites for detailed course descriptions.

= register with Biddeford Adult Ed.

= register with OOB/Saco Adult Ed.

Digital Photography for Newbies–Live Online

Learn to use all of the features of your digital camera! Offers weekly assignments and sharing your work with the class. Register for materials list.

Steve McGrath

Tues, 1/12–2/9, 5:30–7pm, Online $79

Intermediate Digital Photography

Live Online

Explore metering, exposure, exposure compensation, ISO, aperture, & shutter priority with an in-depth look at manual focus and its use, fill flash & flash modes, and controlling motion. Register for materials list.

Steve McGrath

Tues, 3/9–4/6, 7:30–9pm, Online $79

Smartphone Photography

Live Online

Learn to use your phone's camera settings, and how to share and print your photos. Discuss techniques and the best free and low-cost tools for editing, finishing, and image management. Register for materials list.

Steve McGrath

Tues, 1/12–2/2, 7:30–9pm, Online $65

Advanced Smartphone Photography–Live Online

Deepen your understanding as we discuss editing apps, additional equipment, and the best free/low-cost tools for editing and image management. Register for materials list.

Steve McGrath

Tues, 2/16–3/9, 5:30–7pm, Online $65

Make Your Best Shot

An Introduction to Digital Photography–Live Online

Learn the basics including settings, exposure and white balance. Perfect session to attend BEFORE vacation so you can take home your best shots!

Michael Leonard

Tues, 2/23, 6:30–8:30pm, Online $25



Photograph Snowflakes!

Live Online

Take some awesome images using macro/close up settings, lenses, filters and lighting. Discuss aperture, ISO, & composition. Register for materials list.

Steve McGrath

Tues, 2/16–3/2, 7:30–9pm, Online $49

Photography: After Dark

Live Online

Explore everything you need to know to take successful images after dark! Review exposure, shooting images in the dark, and capturing your best photo under just moonlight, plus equipment helpful for nighttime photography, including cell phones.

Michael Leonard

Wed, 2/24, 6:30–8:30pm, Online $25



Floating Embroidery

Learn basic embroidery stitches on tulle in a 6-inch round embroidery hoop to create beautiful artwork. All materials provided, all skill levels are welcome.

Sarah deGrandis

Wed, 1/13, 6–9pm, OOB HS/Rm 101 $39

Knitting for All

Expanded class! Learn to cast on, knit, purl, bind off, and recognize stitches. Bring your own project, or work on instructor-provided projects. Basic patterns/supplies available for in-class use.

Nancy Miller

Tues, 1/19–2/9, 6–8pm
OOB HS/Library $79



Personalized Beanie Workshop

Create a cozy accessory that's uniquely yours using patches, pins, appliqués, and decorative accents. All materials provided.

Nancie Wilson

Thur, 1/21, 6-8pm
Branded Brim Hat Bar, Saco $39

Make Your Own Beeswax Wraps

Watch a short presentation on plastics, then get hands-on and learn to make your own wrap–an awesome alternative to single use plastic. Materials provided.

Erika Schaper

Wed, 1/27, 6–7:30pm
OOB HS/Art Rm $15

Granny Squares

for Beginners

Learn everything you need to make granny squares, and how to piece them together in a bag, blanket, or sweater. Register for materials list. No class 2/17.

Renee Parker

Wed, 2/3–3/3, 5:30–7pm
OOB HS/Rm 108 $69

Mixed Fiber Art Wall Hanging

Combine fiber art techniques to create a wall hanging! All materials provided, but feel free to bring special yarn to weave into your piece!

Sarah deGrandis

Mon, 2/22, 6–9pm, OOB HS/Rm 103 $45

Needle-Felted Ornaments Valentine's Day Hearts

NEW Create a wool ornament, then add dimension and personality with needle-felted embellishments. Explore basic tools, materials, and techniques. No experience necessary–just bring your creativity! All materials provided.

Nancy Miller

Thur, 2/4, 6–8pm, OOB HS/Art Rm $29



Flat Brim & Cowboy Hat Workshop

Design your own custom hat! Choose from a variety of styles and colors then personalize it with ribbons, feathers, dried flowers, pins, vintage cards, and other unique accents. Whether your style is western, boho, edgy, or classic, leave with a one-of-a-kind hat that's uniquely you. All materials provided.

Nancie Wilson

Thur, 2/25, 6-8pm, Branded Brim Hat Bar, Saco $59



Macramé 101

NEW Learn the art of macramé and make a key chain using the two basic knots. Discover how to mount and bind off your project, discuss common supplies, and leave with your finished project! All materials provided.

Angela Shea

Sat, 3/20, 10am–12pm, Saco LC/Rm 1 $29

The Trucker Hat Workshop

NEW Join us for some hat making fun with Branded Brim Hat Bar's Trucker Hat/Patch Bar. Choose from truckers/ballcaps, bucket hat or fanny packs in various colors, then pick from our huge selection of iron on patches, hat chains, & pins to create a one-of-a-kind look. All materials provided.

Nancie Wilson

Thur, 3/25, 6-8pm, Branded Brim Hat Bar, Saco $49

One-on-One Sewing Tutoring

Beginner sewing enthusiasts will receive one-on-one instruction on hand sewing, sewing machine basics, basic sewing, and finishing. Let us know what kind of help you need by completing a brief questionnaire after registration. Register for materials list.

Emily Loder

Sec 1: Thur, 1/21, 6–7pm, OOB HS/111B $39
Sec 2: Thur, 1/21, 7–8pm, OOB HS/111B $39
Sec 3: Thur, 2/11, 6–7pm, OOB HS/111B $39
Sec 4: Thur, 2/11, 7–8pm, OOB HS/111B $39

Basic Sewing Machine Maintenance

Discover all you need for routine maintenance & get more years out of your machine! Discuss common problems, how to fix them, and get a refresher on how to re-thread, replace needles, and adjust tension. Register for materials list.

Jennifer Erickson

Sat, 2/6, 9am–12pm, Saco LC/Open Rm $29

Intro to Hand Sewing

For those who have never sewn by hand or looking to brush up on the basics. Leave with the ability to thread a needle, knot a thread; sew a running stitch, backstitch, and sew on a button. All materials provided.

Sara Ottomano

Tues, 2/23, 5:30–7:30pm, OOB HS/Rm 101 $27

Intro to Machine Sewing

Learn to sew or improve skills! Learn machine, basic, and finishing techniques. Bring basic supplies. All fabric provided to make an apron, eye mask, and pillowcase. No class 3/11.

Emily Loder

Wed, 3/4–3/25, 6–9pm, OOB HS/Rm 111B $95

Materials lists provided at registration or available online.

= register with Biddeford Adult Ed.

= register with OOB/Saco Adult Ed.

= register with Biddeford Adult Ed.

= register with OOB/Saco Adult Ed.

Watercolor-stamped Stationery

Use watercolors, homemade stamps, and drawing tools and explore color mixing & layering. Leave with cards and sheets that could be turned into envelopes. All materials provided.

Sara Ottomano

Wed, 1/20, 5:30–7:30pm
OOB HS/Art Rm $25

Circle Cards

NEW Use circle dies or even a compass and a pair of scissors, to make 3 unique cards. A variety of sentiments & options for decorating will be available. All materials provided.

Faith Garnett

Thur, 1/28, 6–8pm, OOB HS/Art Rm $35



Cards That Pop!

NEW Make 3 pop up cards! A variety of paper choices & sentiments will be available to make the cards uniquely yours. All materials provided.

Faith Garnett

Tues, 3/2, 6–8pm, OOB HS/Art Rm $35

Thematic Tile Painting Collage

Using pait markers & variety of stencils, make 9 themed ceramic tiles, then mount them on a wooden board to hang proudly as a unique piece of art. All materials provided.

Jeffrey Carpenter

Tues, 2/9, 6–8pm, OOB HS/Art Rm $29

Gelli Plate & Collage

NEW Learn simple printing techniques to create a collection of colorful, textured papers then transform them into a unique collage. All materials provided, no experience necessary.

Karalyn Thayer

Wed, 2/3–2/10, 6–8pm
OOB HS/Art Rm $65



Scented Beaded Candle

NEW Choose your favorite scented beads and colors, create your own unique design, and finish it with a decoupaged lid that you make yourself!

Shannan Heacock

Thur, 2/4, 6-8pm, Bidd. LC/Rm 23 $39

Perfume Making

NEW Explore the art of scent blending! Learn how fragrance notes work together, and design a custom fragrance that reflects your personal style. Leave with a beautifully bottled scent that's uniquely yours.

Shannan Heacock

Thur, 3/4, 6-8pm, Bidd. LC/Rm 23 $59

Intro to Diamond Dot Painting

NEW Enjoy the repetition & methodical pace, unwind, and focus on one dot at a time. Bring your own small project to class (purchasing Torrie's suggestions available upon registration).

Torrie Ottinger-Oren

Sat, 2/13, 11am–3pm
Saco LC/Open Rm $39

Preserved Flower Coasters or Shadowbox

NEW Choose 3 hexagon coasters or a 6x4–inch shadowbox, decorate with dried flowers & a bee, then seal in resin. All materials provided. **Optional**: Pay $5 in class for a butterfly (shadowbox only).

Nicole Williams

Fri, 1/29, 5:30–7:30pm Saco LC/Open Rm $55



Fluid Acrylic Maine Bamboo Board

NEW Join us for a hands-on fluid acrylic! No experience necessary. Experiment with colors & techniques on a bamboo board in the shape of Maine. Acrylic sealer, applied by Nicole, provides a glossy finish. All materials provided.

Nicole Williams

Fri, 3/26, 5:30–7:30pm
Saco LC/Open Rm $69



Resin Lazy Susan

NEW Create a one-of-a-kind lazy Susan using dried flowers and a butterfly. Come ready to unleash your inner artist while learning how to cast in resin. **Optional:** Additional insects can be purchased in class for a fee.

Nicole Williams

Fri, 2/26, 5:30–7:30pm
Saco LC/Rm 2 $75



Mini Crystal Tree Workshop

Beginner-friendly workshop featuring beautiful crystals and stones! Learn basic wire-wrapping, use a variety of crystal bases and beads for a one-of-a-kind creation! All materials provided.

All Hearts Everything

Thur, 2/11, 6-7:30pm

Bidd. LC/Rm 28 $49

Classical Roman Mosaic

Choose from a variety of designs, use traditional methods & materials and learn to place and assemble your own mosaic! All materials provided.

Kimberly MacDonald

Sat, 2/27, 10am-2pm

Bidd. LC /Rm 28 $89



Wire Wrapped Sea Glass Jewelry

Learn easy wire-wrapping techniques, add found materials, & create a one-of-a-kind piece!. Bring your own sea glass or choose from Jess's collection. Leave with a completed piece & resources to continue making jewelry at home. All materials provided.

Jessica Muise

Thur, 1/21, 6–8pm, OOB HS/Art Rm $45

Intro to Metalworking

Learn to cut, forge, and polish metal in this beginner-friendly course. Create a unique pair of fine silver earrings or a pendant from start to finish. Practice with copper and brass before completing a final piece in silver. All materials provided.

Jessica Muise

Thur, 2/25, 6–9pm, OOB HS/Art Rm $85



Make a Chainmaille Bracelet

NEW Learn to use pliers to open, link, and close metal rings into earrings, key chains, or costume pieces! Leave with a completed bracelet! All materials provided.

Jessica Muise

Thur, 3/4, 6–8pm, OOB HS/Art Rm $45

Forging Bangles

NEW Create a set of bangles using brass, copper, and sterling silver wire using saws, hammers, anvils, stamps, and polishes to customize you final pieces. All materials provided.

Jessica Muise

Thur, 3/18, 6–8pm, OOB HS/Art Rm $85

See our Active Network sites for detailed course descriptions.

See our NEW refund/cancellation policies pgs 22–23



Abstract Dimensional Painting

Create amazing, colorful expressionistic abstract paintings. Paintings will be wet when you take them home but are fast drying, so be sure your back seat/floors of your vehicle are cleared to bring them home. All materials provided.

Jeffrey Carpenter

Tues, 1/19, 6–8pm, OOB HS/Art Rm $29



Drawing Basics

Investigate contour, depth, composition, and perspective obtained from observing natural and still-life objects while working primarily with charcoal. Discuss different drawing materials and papers. Register for materials list. No class 1/18.

Russel Whitten

Mon, 1/4–2/8, 6–8:30pm
OOB HS/Art Rm $169

Watercolor Basics

Study color theory by blending and using pigments to build a solid foundation. Create the illusion of distance and composition by demonstrated technique. Russel will assist you in building skills and confidence! Register for materials list.

Russel Whitten

Mon, 3/1–3/29, 6–8:30pm
OOB HS/Art Rm $169

Sketchbook Club

NEW Spend four weeks drawing, experimenting, and connecting with other creative people! Includes short directed drawing warm-ups, themed still life, casual group show-and-tell, and light refreshments. ALL levels welcome! Register for materials list.

Karalyn Thayer

Wed, 3/3–3/24, 6–7:30pm
OOB HS/Art Rm $85



No Rules Watercolor

NEW Learn basic techniques, build color, and capture the organic shape and texture of oyster and mussel shells. Then build your skills and try your hand with a floral still life. Sip and enjoy some tunes while you paint! All materials provided.

Hannah Andrews

Tues, 2/23–3/2, 6-8pm
Lucky Pigeon Brewing, Biddeford $59



Mixed Media Collage

Level 1

Use different materials and found objects to explore mark-making, composition, color, and texture to create an abstract painting specific to you. Let go of perfection and enjoy the beauty of abstract art. Register for materials list.

Chelsea Johnson

Tues, 3/16–3/30, 6–8pm
OOB HS/Art Rm $69

Culinary Arts



Alto Adige: The History and Use of Alpine Cheeses

NEW The Alpine region of Europe is home to some of the tastiest, most unique, and award-winning cheeses in the world! Explore the history of cheesemaking in this area and taste both traditional and American versions, followed by a fondue and raclette demo. Warm up your winter with hot cheese!

Nibblesford

Thur, 2/11, 6-7:30pm, Bidd. LC/Rm 23 $39

Ferment This! Kombucha–Live or Online

Discuss microbiology, troubleshooting, glassware, SCOBYs, and create a primary ferment in class. **Note**: If attending via Zoom. Emma will email to arrange SCOBY pick up from her home in Portland. Directions, materials list and/or Zoom link provided at registration, which closes 3/10.

Emma Holder

Wed, 3/17, 7–8:15pm, Online or in Portland, $29

Ferment This! Probiotic Gingery Asian Slaw–Live or Online

NEW This twist on kimchi is ready in just a few days! Add toasted peanuts or pumpkin seeds for the final touch. Discuss fermentation, our microbiome, and the concept of terroir & culture then set up a ferment. Directions, materials list and/or Zoom link provided at registration, which closes 3/17.

Emma Holder

Wed, 3/24, 7–8:15pm, Online or in Portland, $29

Ferment This! Fermented Pepper Sauce Mild or Hot–Live or Online

NEW Ridiculously hot, or sweet and mild, this sauce pairs well with anything! Discuss fermentation, our microbiome, the concept of terroir & culture, then start your sauce (completes ferment at home). Final steps will be demoed so you can create your sauce at home! Directions, materials list and/or Zoom link provided at registration, which closes 3/24.

Emma Holder

Wed, 3/31, 7–8:15pm, Online or in Portland, $29

Home & Family

Buying Your First Home

Discuss budgets, credit scores, mortgage approval, realtors, inspections, insurance, the closing process, energy efficiency, predatory lenders, closing & down payment assistance. Class participation required to earn certificate required by USDA, ME State Housing Authority, & other mortgage lenders. Registration closes 3/12.
Notes: Must reply to YCCAC's email to complete registration. Register the person you are buying your house with at the same time you do, and receive a $10 refund. Bring a drink, lunch, and notepad/pen.

Lelah Sullivan

Wed, 3/17, 9am–5:30pm, YCCAC, Sanford $45

Mythbusting Recycling–Live Online

NEW Discover the dos, don'ts, whys, and how's of single-stream recycling and what makes recycling work. Get a behind the scenes look at the recycling process, and a glimpse of what's ahead. Bring a mystery item(s) to stump the presenter!

Erika Schaper

Thur, 2/11, 6–7pm, Online $15



The Dirt on Backyard Composting

Live Online

NEW Composting helps prevent greenhouse gas emissions from landfills, circulates valuable nutrients back into soils, and reduces the strain on our waste-to-energy process. Discover why composting is good for the planet and your garden, the basic science of the composting process, how to troubleshoot common problems, and types of composting setups.

Erika Schaper

Thur, 3/4, 6–7pm, Online $15

Intro to Genealogy

Learn to build your family tree and the best practices to achieve success. Through lecture and discussion, set realistic goals, build a resource network, create a family blog/website, and more!

Daniel O'Brien

Mon, 3/29, 6–9pm, OOB HS/Rm 103 $29

Your Kid's Phone

A Parent's Survival Guide–Live Online

Discover essential insights to confidently protect your child online. Leave understanding privacy settings, risky apps to avoid, screen time boundaries, and the warning signs that matter most for you and your family!

Nickie Welsh

Thur, 2/18, 1-2pm, Online $30

Maine Foster Care & Licensing Basics

Did you know YOU could be the life-changing person for a child/family here in Maine? Come learn about the licensing process and the different ways you can help Maine children. Join us and take that very first step to becoming a resource family.

Stephanie Shue

Tues, 2/23, 6-7pm, Online FREE



Retiree Side Hustles

Earn $$$ Working From Home

NEW Who says retirement means you have to stop earning? Use your skills, hobbies, and life experience and turn what you know & love into extra cash! Explore exciting opportunities to stay active, try something new, and earn on your own terms!

Preethi Fernando

Sat, 3/6, 2-3pm, Online $27

5% Earlybird Discount! Online Only
Register before January 14th, 2027
Enter EARLYBIRDW27 at checkout.

The Possibility Years

This Is Our Time

NEW 50+, approaching retirement or career change, empty nester, navigating a life transition, or wondering what you want from the years ahead? Explore purpose, work, money, well-being, relationships, adventure, creativity, contribution, and resilience—and how they evolve as we move through midlife and beyond. Journal insights, questions, and ideas to share in class. Please bring a notebook/pen. Tuition includes text. No class 2/20.

Sandra Demarest

Sat, 2/6–3/6, 10–11:30am
Saco LC/Rm 1 $79

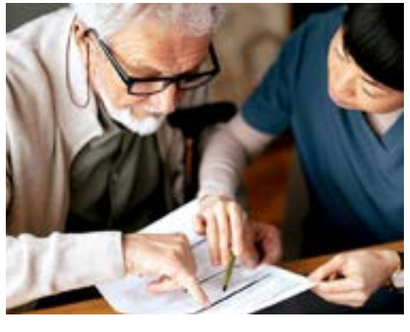


Advance Care Planning

Reduce stress by knowing you are prepared for whatever the future holds. Discuss the tools you need to begin thinking about and planning for future needs for both you and your loved ones. Walk away with a better understanding of advance care planning & resources you need to get started. Hospice and the support available for end-of-life care will also be covered..

Kimberly Mann

Fri, 3/19, 10-11:30am
Bidd. LC/Rm 28 $9





The A, B, C & Ds of Medicare

Learn how Medicare handles inpatient, outpatient, and prescription drug costs. Discuss enrollment windows, prescription medication, Medicare Advantage, and supplement plans. All attendees will benefit from this presentation!

Barbara Hopkins

Wed, 1/27, 6-8pm
OOB HS/Rm 104 $19

Thur, 3/18, 6-8pm
Bidd. LC/Rm 28 $19

Death with Dignity–Live Online

Maine's compassionate end-of-life care option is the subject of a great deal of confusion and false information, as most patients and medical personnel are unaware of it. Learn how to talk with your doctor, comply with the law, or help a loved one who might qualify. Registration closes at noon day of class.

Caz Bemski

Tues, 2/2, 6-7:30pm
Online FREE

Tues, 3/2, 6-7:30pm
Online FREE

Maine Driving Dynamics

Improve defensive driving awareness through discussion of collision avoidance techniques, safety issues, driver habits & attitudes, and the basic elements challenging drivers. **Required**: Date of birth/license information to complete registration.

William King

Sec 1: Sun, 1/10, 8am–1pm

Saco LC/Open Rm $70

Sec 2: Tues/Thur, 1/19–1/21, 6–8:30pm
OOB HS/Rm 101 $70

Mind & Body Wellness

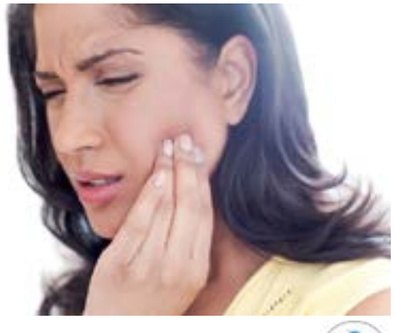


Turn Back the Clock to Age Well

NEW Imagine feeling strong, healthy, & energetic into your 60s,70's, 80's and beyond! Learn what science has to say about how to age well. You can't change your chronological age, but you can definitely subtract years from your biological age. Discover the many activities, behaviors, and choice available to turn back the clock and age in reverse!

Donna Accettullo

Thur, 1/14, 6-7:30pm
Bidd. LC/Rm 28 $29



Acupressure & Self-care for TMJ/Jaw Pain

NEW Morning headache, suffer from repetitive sinus infections, endure chronic facial, neck and shoulder pain, or clench your teeth? Learn acupressure sequences and self-care strategies to alleviate the consequences of chronic jaw tension.

Lisa Bouchard

Wed, 1/27, 6:30–8:30pm
OOB HS/Library $29



Women's Soul Tending Circle

NEW Pause, come home to yourself, and tend to what is stirring within you. Using guided inward listening, journaling, and sharing, connect with your inner wisdom; make space for the feelings, questions, and longings asking for attention.

Leah Wentworth

Wed, 2/10, 6–7:30pm
OOB HS/Rm 105 $19

Gut Health Master Class The Foundation of Whole-Body Health–Live Online

Discover how restoring and maintaining gut health creates a ripple effect, calming inflammation, improving resilience, and allowing true healing to begin.

Allison DeFlumeri

Thur, 2/11, 6–8pm, Online $19

The Living Story of Tarot

NEW Tarot follows a subtle inner pattern, one that beginners and experienced readers can explore together. Focus on seeing: what each card shows, what's happening around you, the questions you ask, and what you feel or know. Practice simple layouts & share insights; tarot is a living narrative and we are the storytellers–trust its unfolding. Register for materials list.

Margaret Jones, M.Ed

Tues, 1/26–2/9, 6–8pm
OOB HS/ Rm 107 $79

Understanding Your Psychic Abilities

Explore the connection of heart and mind with loved ones, divine beings, and the chakras. Discuss the eight clair senses, nature, and animals, as well as learn about the significance of colors, signs, and sounds that can enhance your gifts. Bring a notepad/pen.

Georgiana Nelson

Wed, 2/24–3/3, 6–8pm
OOB HS/Rm 107 $39

Psychic Tools You Can Use

Develop a personalized toolkit for self-healing and maintaining spiritual wellness in your daily life. Learn practical psychic tools to help you reclaim your personal space and manage your energy and discover how to release external stress and refill yourself with clarity, neutrality, and ease. Tuition includes a private 30-minute reading (scheduled with Cindee separately).

Cindee Dickens

Thur, 2/25–3/18, 6–8pm
OOB HS/Rm 106 $75



Gua Sha for Wellness

Gua sha is highly effective and used to treat pain and coughs, reduce fevers, and encourage lymphatic flow for thousands of years! It can help reduce sinus congestion, facial puffiness, smooth out wrinkles, and more! Tuition includes gua sha spoons for use in class and to take home for further practice. For new or repeat students looking to refresh their knowledge.

Lisa Bouchard

Wed, 3/3, 6:30–8:30pm

OOB HS/Rm 111B $29

Intro to Pilates Reformer

Designed to be a welcoming gateway for every body, regardless of age or fitness background. Move beyond the physical and bridge the gap between mind & body, intention & movement, and calm & breath while feeling supported and empowered. Register for materials list. No class 2/18.

Sarah Alexander

Thur, 2/4–3/18, 2–2:50pm
EverCore, Biddeford $109

Beginner Tai Chi

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

Laura Huenteo

Wed, 1/13–2/3, 5:30–6:30pm
Young School/Cafe $65



Advanced Beginner Tai Chi

Strengthen and deepen your Tai Chi practice. Some meditation practices may be included for relaxation, stress reduction, and pain management. Chairs available, if needed. Wear loose-fitting clothing and comfortable shoes.

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

Laura Huenteo

Thur, 1/14–2/4, 5:30–6:30pm
Saco LC/Open Rm $65

Aerial Yoga

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

Ashley Jolly

EverCore Pilates & Wellness, Biddeford

Sec 1: Fri, 1/15–2/19, 4–4:50pm $109

Sec 2: Fri, 1/15–2/19, 5–5:50pm $109

Sec 3: Fri, 3/5–4/9, 4–4:50pm $109

Sec 4: Fri, 3/5–4/9, 5–5:50pm $109

Flow & Gentle Yoga–Live Online

Experience the perfect blend of movement and mindfulness. Through gentle, flowing sequences, build strength, flexibility, and balance while cultivating relaxation and stress relief, all from the comfort of your own home. Suitable for all levels, this class invites you to move at your own pace, honoring your body's needs and limitations.

Nicola Eden

Sat, 2/13–3/13, 8-9am, Online $75

Explorations in Chair Yoga–Live Online

Take your chair yoga practice beyond the basics with this engaging virtual class that invites you to deepen your awareness through gentle, mindful movement, breath work, and alignment all from the support of a chair. Join from home and discover how chair yoga can enhance your well-being with each session.

Nicola Eden

Sat, 2/13–3/13, 9:30-10:30am, Online $75



Intro to Chair Yoga–Live Online

Start your yoga practice with this gentle, beginner-friendly chair yoga class designed to build flexibility, strength, and relaxation using the support of a chair. Perfect for those new to yoga or seeking a safe, low-impact way to move and unwind. Join this accessible Zoom class and experience the benefits of mindful movement from the comfort of your home.

Nicola Eden

Sat, 2/13–3/13, 11-11:30am, Online $45

Music & Dance

Five-string Banjo for the Absolute Beginner

NEW What to do when the winter winds blow? Learn to play a five-string banjo! Covers banjo setup, tuning and care, chording, strumming, finger picking basics, *and* we'll play some tunes! Focus on learning the Pete Seeger style of playing and investigate the clawhammer method with the goal of setting you on a path toward developing your own style of playing the mighty banjo.

Duncan Perry

Wed, 1/6–1/27, 6-7:30pm, Online $85

Beginner Guitar

Learn the names of the strings and the first position notes before progressing to chords and strumming patterns. Before you know it, you will be playing music! No class 2/17. Register for materials list.

Travis Taylor

Wed, 1/20–3/3, 6–7pm, C K Burns/Rm 24 $85

Intro to Drum Circles

Learn about facilitated vs. freestyle circles, the many drums & percussion instruments, etiquette, and easy techniques to help you *find the beat*. Be prepared to drum & have FUN! Register for materials list.

Patricia Onatah

Sun, 2/28, 9–11am, Saco LC/Open Rm $39



Instant Piano for Hopelessly Busy People

Live Online

Play the piano like a professional using chords! Includes online book, follow-up video lessons, optional periodic online Q&A sessions and a recording of the class. Lecture/demo & hands-on instruction. Register for materials list.

Craig Coffman

Mon, 3/1, 6:30–9:30pm, Online $69

Ukulele For Beginners

Discover the joy of the ukulele! Led by popular instructor Duncan Perry, learn essential chords and strumming skills using familiar songs—no music reading required! Grab a uke & let your musical adventure begin.

Duncan Perry

Wed, 3/3–3/24, 6-7:30pm, Online $85



Intro to Voice Acting

NEW Get a behind-the-scenes look at the world of voice-over. Learn about different types of voice work, home recording equipment, coaching and demos, auditions, and what it's like to work with clients. Try your hand at reading short scripts and experiment with different styles of delivery. No acting or recording experience required.

Amber Wright

Tues, 3/9–3/23, 5:30–7pm, OOB HS/Music Rm $45

Beginner Adult Tap

Tap is an incredible way to improve memory, coordination, balance, and reflexes! Each class will consist of a warm-up, center and across-the-floor exercises, and a fun piece of tap repertoire or choreography. Bring tap shoes and wear something comfortable to move in. No class 2/17.

Lori Rioux

Wed, 2/3–3/17, 6:30–7:30pm, OOB HS/Cafe $85

Chair-ish the Rhythm

Seated Folk Dance

Armchair folk dancing offers the benefits of dance, but from a seated position, low-impact and safe–making it accessible for ALL bodies! All levels welcome. Wear comfortable clothing so you can move easily while seated.

Patricia Campbell

Fri, 2/26, 7–8pm, Saco LC/Open Rm $15

Line Dancing for Absolute Beginners

NEW Learn the basic footwork, rhythm counting, and simple choreography in this slow-paced, course designed specifically for brand-new dancers. Each movement will be broken down before adding music and repeating patterns. Wear comfortable clothing and soft-soled shoes.

Elizabeth Richards

Tues, 1/5–2/9, 5:30–6pm, Young School/Cafe $49

Line Dancing

Learn popular, and some classic, dances, to a range of country, Latin, and pop music. Specific music and pattern requests are taken the first night and taught whenever possible. All levels welcome!

Elizabeth Richards

Sec 1: Tues, 1/5–2/9, 6–7pm, Young School/Cafe $89

Sec 2: Thur, 2/25–4/1, 6–7pm, Young School/Cafe $89



Advanced Beginner Swing for Couples

Move beyond basic rhythms and initial turns to learn more complex pattern, and focus more on triple timing. Course fee is per couple. No partner changes in this class.

Elizabeth Richards

Tues, 1/5–2/9, 7–8pm, Young School/Cafe $99

Ballroom Dancing for Couples

Become a better, more confident dancer! Discover how to find the beat, basic techniques, partnership and styling with the Waltz, Foxtrot, and Swing. Course fee is per couple. No partner changes in this class

Elizabeth Richards

Thur, 2/25–4/1, 7–8pm, Young School/Cafe $99

Traditional New England Barn Dance

Barn Dances are social events with simple dances, lots of interaction, and a focus on community. Join us and dance to various music, including old-time, French Canadian, Celtic, and International. For all levels.

Patricia Campbell

Fri, 3/5, 7–8pm, Saco LC/Open Rm $15

Personal Finance



Can I Retire Early?
Find Your Number in One Evening

NEW Can you stop working at 58? 60? 65? Determine what you'll spend, what Social Security and other income will cover, how much you need saved, and what to set aside each month to get there. Leave with a completed workbook and tables to update it at home. Beneficial to those who are still working, aged roughly 45 to 60. Bring a calculator and a pen.

Anthony Corsino

Tues, 1/26, 6–7:30pm, OOB HS/Rm 101 $15



The 10-Year Retirement Plan
What to Do, and When
in the Decade Before Work Becomes Optional

NEW The ten years before work becomes optional are full of big money decisions. Discuss what to focus on and when. Leave with a one-page decade map, marked with where you are today. Beneficial to those who are still working, aged roughly 45 to 60. Bring a pen.

Anthony Corsino

Wed, 2/10, 6–7:30pm, OOB HS/Rm 101 $15

5% Earlybird Discount! Online Only
Register before January 14th, 2027
Enter EARLYBIRDW27 at checkout.

Recreation & Travel



Québec City Winter Carnival

Enjoy an ACTIVE 6 days/5 nights in Québec! Spend 2 nights at the Fairmont Le Château Frontenac and wander through the winter wonderland of beautiful Québec City. Then, 3 nights at Mont Sainte Anne Resort, at the base of the mountain with Ski-In/Ski Out accommodations! Enjoy plenty of free time to explore on your own. Passport required.
FMI: nancy@adventure-marketplace, 207-712-5699.

Nancy Dorrans, Adventure Marketplace

2/4–2/9, Quebec, Canada Rates Start @ $1565



Monarchs & Other Hidden Gems of Mexico City

NEW Each year, millions of Monarch butterflies migrate to Mexico,; truly a sight to behold! The Monarch butterflies might bring you to Mexico, but you'll depart with a greater understanding of biology, Indigenous Peoples' culture, history and more. Space is LIMITED. Don't wait, register today.. Passport required.
Note: Airfare & insurance not included.
FMI:: nancy@adventure-marketplace, 207-712-5699.

Nancy Dorrans, Adventure Marketplace

2/19–2/27, Mexico City Rates Start @ $1995

Scotland: Land of Stone & Story

NEW Enter a landscape where myth breathes through mountains and history settles deep in the bones of the earth. This virtual pilgrimage through Scotland travels through Edinburgh, Kilmartin Glen, Iona, St. Columba, the highlands and to Fortingall Yew, Scotland's oldest tree. Whether you seek mythic itineraries, historical insight, or simply the pleasure of story, this seminar invites you into Scotland's enduring weave of legend and land.

Margaret Jones, M.Ed

Tues, 1/12, 6–7:30pm, OOB HS/Library $15



Ireland: Land of Myth & Memory

NEW Join us for a virtual pilgrimage through terrain shaped by goddesses, saints, monks, and ancient builders! Journey through Dublin, Kildare, the Boyne Valley/Newgrange, Clonmacnoise, Glendalough,and, finally, to the Hill of Tara, and Uisneach. Whether you seek mythic itineraries, historical insight, or simply the pleasure of story, we invite you into Ireland's enduring weave of legend, landscape, and luminous memory.

Margaret Jones, M.Ed

Wed, 2/3, 6–7:30pm, OOB HS/Library $15



Wales: Land of Legend & Living Story

NEW Visit holy wells, stone circles, medieval fortresses, enchanted forests, and long-lost islands once said to shelter Merlin himself! Journey from St. Winefride's Well, to Rhuddlan, Caernarfon, the Druid's Circle, through Llanberis Pass into the Snowdonia Mountains, Beddgelert, and Bala Lake. Whether you seek mythic itineraries, historical insight, or simply the pleasure of story, we invite you into Wales's enduring weave of legend, landscape, and luminous memory.

Margaret Jones, M.Ed

Tues, 3/2, 6–7:30pm, OOB HS/Library $15



FREE Info Session
Scotland, Croatia, Slovenia & Adriatic Tours

NEW Join us to learn all about our upcoming fall 2027 Croatia, Slovenia and the Adriatic Coast and spring 2028 Scotland tours with Collette. Get all your questions answered, and, most importantly, get ready for an adventure of a lifetime!

Andrew Leighton

Thur, 3/11, 5:30–6:30pm, OOB HS/Rm 104 FREE

Travel Light for Less Money

Learn to pack efficiently using a single carry-on! Watch a live packing demo & discuss how packing light can save $$$, reduce stress, and make travel easier overall. Leave with a reusable packing checklist to use for future trips!

Bobbi Borrelli

Tues, 1/26, 6–8pm, OOB HS/Rm 104 $19



Go Your Own Way
A Guide to Solo Travel

NEW Learn how to make solo trips feel safe, comfortable, and exciting and travel with confidence! Discuss tips, common concerns, and the little things that make solo trips easy & enjoyable. Leave with a mini workbook & trip planner.

Bobbi Borrelli

Tues, 2/23, 6–8pm, OOB HS/Library $19

Travel Worth Traveling For

NEW Learn how to build a trip around the things you genuinely love, from food and culture to special events, hobbies, and milestones. Leave with a worksheet to help you turn those insights into travel that feels meaningful, memorable, and truly worthwhile.

Bobbi Borrelli

Tues, 3/23, 6–8pm, OOB HS/Library $19



Boat America

Get your Maine required boating certificate in just one day! This National Association of Boating Law Administrators and State of Maine-approved all-ages course meets boater education requirements for operators 16–27 on inland and coastal waters out to the three-mile line. Bring a drink, lunch, notebook & writing utensil. Date of birth required.

James Katz

Sat, 3/27, 9am–5pm, Saco LC/Rm 1 $45



Want to Learn to Play Cribbage?

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

Kimberley Woodward

Tues/Thur, 3/9–3/18, 6–8pm, OOB HS/Library $79

Computers & Technology



Getting Started with AI
A Beginner's Guide–Online

NEW Demystify AI! Explore AI tools and learn to "talk" to AI safely and confidently. Required: Knowledge on how to use links within a PDF, watch videos hosted on YouTube, and navigate tabs in an internet browser. Registration closes 3/30. Video-led course w/ personalized support available.

Chris Toy

Mon-Sun, 1/2–3/31, At Your Own Pace/Online $45

AI for the Rest of Us
Your First Automation–Live Online

NEW Discover how AI can help you save time by creating your first simple automation–no tech experience required. Leave with practical ideas to use at home, at work or in your business, plus the confidence to start using AI to make life a little easier and save time during your busy day. Recordings available.

Nickie Welsh

Thur, 2/25, 1–2pm, Online $30



AI For Retirees–Live Online

NEW Discover how AI can enrich your retirement in this beginner-friendly session! Explore practical uses of AI for writing memoirs, publishing books, planning travel, researching family history, finding recipes, learning languages, exploring new hobbies and more!

Preethi Fernando

Sat, 2/27, 1–2pm, Online $27

Social Media Marketing for Business
Live Online

NEW Take your business to new heights in this session designed to equip business owners, entrepreneurs, and marketing professionals with the essential skills and strategies needed to leverage social media for business success. Recordings available.

Nickie Welsh

Tues, 1/12, 1–2pm, Online $30

Programming Basics Using Python
Live Online

NEW Learn the fundamentals of the Python language. For the complete beginner or those with slight exposure to programming. **Required**: PC or Mac (desktop or laptop–no Chromebooks), reliable internet connection.

Dean Greer

Sat, 1/30–3/27, 11am–12:30pm, Online $80

Computer Tutoring @ OOB High School

Your one-on-one appointment covers Mac/PCs, social media, email, and attachments; Google Chrome and other Google apps, MS Office, the internet; saving, sending, or editing photographs; backing up your work, and virus prevention and more. Complete a brief questionnaire to customized your appointment. Bring your laptop or use one of ours.

Jeanne Cassidy

Sec 1: Mon, 3/8, 4-5pm $59

Sec 2: Mon, 3/8, 5:15–6:15pm $59

Beginning Basics With Google

NEW Learn the basics of Gmail, Google Drive, Docs, Slides & includes how to create links, share documents and organize files. Tailored to your experience level, with plenty of hands-on time to explore, practice and work on your projects. No class 2/17. **Required**: Gmail account set up before class. Bring your laptop or use one of our classroom computers.

Megan O'Donnell

Wed, 2/10–3/10, 10–11am, Bidd. LC/Rm 24 $39

Business Blueprint for AI Visibility
Show Up in Searches–Live Online

NEW Learn simple strategies to help your business appear in AI-powered searches, increase your online visibility, and stay ahead of the latest search trends. Leave with an easy action plan you can start using right away–no tech experience required! Recordings available.

Nickie Welsh

Tues, 3/9, 1-2pm, Online $30

Brand Your Business to Get Results
Live Online

NEW Learn simple branding strategies to help attract the right customers, build trust, and create a business people remember! Leave this impactful and interactive class with real-world examples to make your business stand out, build credibility, and get better results. Recordings available.

Nickie Welsh

Tues, 2/2, 1-2pm, Online $30

Practical ChatGPT Training for Everyone
Live Online

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

Nickie Welsh

Tues, 1/26, 1–2pm, Online $30

ChatGPT Powerhouse Advanced Tips!
Live Online

Discover advanced prompting techniques, multi-shot examples, and chain-of-thought reasoning to get dramatically better results. Learn insider strategies for customizing outputs, managing context, and leveraging ChatGPT for complex tasks, including analysis, creative projects, and professional workflows. Recordings available.

Nickie Welsh

Tues, 3/16, 1–2pm, Online $30

Canva for Awesome Beginners–Live Online

Ideal for beginners and novices! Learn to create stunning designs from scratch or use templates with step-by-step guidance. Leave class with the confidence and skills to use Canva effectively and creatively. Recordings available.

Nickie Welsh

Thur, 1/21, 1–2pm, Online $30

Canva Academy for Business–Live Online

Design professional-looking social media posts, flyers, and marketing materials. Gain the skills and confidence to create graphics that attract customers and make your business look polished and professional. Recordings available.

Nickie Welsh

Tues, 2/9, 1–2pm, Online $30

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

Canva Power Hour: Advanced Tricks to Save You Time!–Live Online

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

Nickie Welsh

Tues, 3/23, 1–2pm, Online $30

Phone Photo Rescue for Beginners Live Online

NEW Overwhelmed or running out of storage with all of the photos on your phone? Delete the clutter, learn to create printed photo books, and protect your precious memories–forever! Transform your chaotic photo collection into an organized library, and discover maintenance habits that take only minutes each week, without the tech jargon. Recordings available.

Nickie Welsh

Tues, 1/19, 1–2pm, Online $30

Essentials for iPhones–Online

Unlock your iPhone's full potential with iOS18! Discover the redesigned control center, smarter Siri, and powerful Apple intelligence features. Discover photo editing tricks, secret camera capabilities, and troubleshoot like a pro. Registration closes 3/30. Video-led course w/ personalized support available.

Edward Brazee

Mon-Sun, 1/2–3/31, At Your Own Pace/Online $45

Essentials for iPads–Online

Unlock Apple intelligence, powerful writing tools, and pro-level photo editing capabilities of iOS 18. Learn customization secrets and security features to boost productivity instantly. Registration closes 3/30. Video-led course w/ personalized support available.

Jill Spencer

Mon-Sun, 1/2–3/31, At Your Own Pace/Online $45

Swipe Smart: A Safety Guide to Dating Apps–Live Online

Learn to navigate today's most popular dating apps, protect your personal information, and use built-in safety features to connect with others confidently and securely. Recordings available.

Nickie Welsh

Tues, 3/2, 1–2pm, Online $30

Healthcare Training



Behavioral Health Professional

Training & Certificate Program–Online Blended

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

Heather Marsters

Mon-Sun, 1/2–3/31, At Your Own Pace, Blended FREE

HealthCare Provider Basic Life Support

For healthcare professionals needing CPR & basic cardiovascular life support skills in medical settings, including nurses, physicians, EMS personnel, and allied health professionals. Receive a two-year certification upon successful completion via email within 4 weeks. Tuition includes text, which can be picked up at BAE prior to class.

Diane Frechette

Sat, 2/13, 8am–12pm, Bidd. LC/Rm 28 $70



Heartsaver First Aid/CPR/AED

Covers adult CPR/AED, environmental, injury & medical emergencies; first aid basics, child & infant CPR. Receive a two-year Heartsaver® First Aid CPR/AED certification upon successful completion via email within 4 weeks. Bring water and a bag lunch. Tuition includes text, which can be picked up at BAE prior to class.

Diane Frechette

Sat, 3/13, 8:30am-3:30pm, Bidd. LC/Rm 28 $74



CNA & CNA-M Training

@ Biddeford Adult Education

Your future in healthcare starts here!

Certified Nursing Assistant (CNA)

Gain the knowledge, practical skills and hands-on experience needed to provide compassionate, quality patient care. Learn essential skills, including infection control, personal care, patient safety and supporting individuals with daily living activities. Whether you're entering the workforce or exploring a new career path, our CNA program provides a strong foundation for your future in healthcare.





Certified Nursing Assistant–Med (CNA-M)

Already a CNA and ready to take the next step in your healthcare career? Build on your existing skills and experience with specialized training in safe medication administration. Focus on medication safety, proper procedures, documentation and recognizing potential medication-related concerns. Expand your professional qualifications, take on additional responsibilities and open the door to new opportunities in patient care.

Registration opening soon for early 2027 courses!
FMI: Contact Brittany Jackson
bjackson@biddefordschools.me / 207-282-3883

See our NEW refund/cancellation policies pgs 22–23

Workforce Training

Check out our online certificate programs through UGotClass. There are many options available to advance your skills with our extensive catalog of professional development programming. Don't Wait! Get started today!

- **Advanced AI Planning & Strategy**
- **AI Certificate**
- **Customer Service**
- **Workplace Communication**
- **Mastering Excel**
- **Intermediate Excel**
- **Advanced Excel**
- **QuickBooks Level 1**
- **QuickBooks Level 2**
- **Graphic Design Software Essentials**
- **Adobe Illustrator Essentials**
- **Adobe InDesign Essentials**
- **Adobe Photoshop Essentials**

UGotClass online certificates and courses are provided by the Learning Resources Network (LERN), the largest continuing education association in the world, serving more than 1,000 colleges, universities, and schools.



Languages

Beginner French

Learn fundamental French grammar and vocabulary for a range of topics, such as home and family, travel, shopping, food and recreation. Although this course is intended for students with no prior French language experience, it would also be a valuable refresher. Register for text info. No class 2/15.

Malachi Strine

Mon, 1/25–3/22, 6:30–8pm, OOB HS/Rm 101 $149

Spanish for Beginners Level 1

Focus on the foundational concepts of pronunciation, vocabulary, grammar, and practice to increase confidence. No experience needed. Register for text info. No class 2/16.

Gustavo Gómez Coello

Tues, 1/26–3/23, 5–7pm, Saco LC/Rm 1 $229



Spanish for Beginners Level 2

A continuation of Spanish for Beginners Level I.

Must be comfortable using personal pronouns, gender, and numbers of nouns, adjectives, cardinal and ordinal numbers, and the conjugations of regular and irregular verbs in the present tense. Register for text info. No class 2/18.

Prerequisite: Spanish for Beginners or equivalent. Gustavo Gómez Coello

Thur, 1/28–3/25, 5–7pm, Saco LC/Rm 1 $229

Intro to Portuguese

Learn Portuguese from a native speaker! Focus on building fundamental listening, speaking, reading, and writing skills, get an intro to the culture and traditions of the Portuguese-speaking world through interactive oral exercise, dialogue practice, and listening/reading exercises. No experience needed! No class 2/17.

Creusa Mangovo

Wed, 1/27–3/24, 6–8pm, OOB HS/Rm 106 $189

Family Literacy

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

~Barbara Bush

Stress & Anger Management

Learn to manage stress & anger to help regain control. Use stress positively, reduce its negative effects, & recognize anger triggers, understand its emotional, expressive, cognitive components, and develop coping strategies. Managing stress & anger can improve your well-being to stay healthier and be happier.

Julie Berube

Mon, 1/25–6/21, 10am–12pm, Bidd. LC/Rm 28 FREE

Creative Play

Parents with children ages 0–3 are invited to join an environment where children and parents can experience literacy–rich activities together through books, music, games, puppet play, and child–directed play. Our goal is to provide a space and forum for parents and children to spend time playing and learning together. We invite new participants every week. Come play, learn, and explore with us!

Julie Berube

Wed, 1/13–6/23, 1–2:30pm, Bidd. LC/Rm 28 FREE

From Home to School

In this ELL class, discuss parental issues of elementary school aged children, to provide opportunities for critical thinking, and problem solving, while improving English skills.

Julie Berube

Wed, 1/13–6/23, 9:30–11am, Bidd. LC/Rm 28 FREE

Parent Talk (Active Parenting Now)

Looking to improve your parenting skills or feeling overwhelmed? This video-based program help build cooperation, responsibility, and self-esteem in your children while encouraging them to be their best. Learn positive discipline techniques to create a happier, healthier family dynamic. Receive an Active Parenting Certificate upon course completion.

Julie Berube

Thur, 1/28–3/4, 6–7:30pm, Bidd. LC/Rm 28 FREE

Family Literacy Night

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

Julie Berube

Wed, 2/10, 6pm, Bidd. LC/Rm 28 FREE

English Language Multilingual Learner (MLL) Classes



Contact Rebecca for classes in Saco:

Call or text: (207) 282-3846

learningcenter@rsu23.org

Contact Stephanie for classes in Biddeford:

Call: (207) 282-3883

satkinson@biddefordschools.me

SPEAK WITH CONFIDENCE!

Learn and practice English in an in-person or online class!
Fun, Engaging, Interactive

Multiple Fluency Levels

Reading, Writing, Listening and Speaking

FREE **Limited seats!**

FREE Academics Classes

High School Diploma Program

For those, 17 and older, who have not completed high school and officially withdrawn from the K–12 school system. Students must pass placement testing with high school level proficiency in reading and math. High school transcripts are evaluated and an Individual Education Plan is discussed prior to enrollment.

HiSET Program

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

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

Career & College Prep

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



Contact either program for more information.



Biddeford Adult Education
(207) 282-3883 / adulted@biddefordschools.me

Saco Learning Center
(207) 282-3846 / learningcenter@rsu23.org

Biddeford Adult Education Mail-In Registration Form

Name: _____ Email: _____ Phone: _____

Billing Address: _____
City State Zip Code

Course Title	Start Date	Fee
		$
		$
		$
Would you like to donate to our Literacy Fund that supports our free academic programs? $5 $10 $15 $25		

Paying by check or money order*
Make payable to Biddeford Adult Education and mail with this form to:
Biddeford Adult Education, PO Box 624, Biddeford, ME 04005
Please note there is a $25 fee for any returned checks due to insufficient funds.

Total: including donations **$**

Paying by credit or debit card*
Card Number: _____ Expiration: ___/___

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

Other Ways to Register

Online at: biddeford.maineadulted.org

Over the phone: (207) 282-3883

In-person: 189 Alfred St, 2nd floor, Biddeford

Biddeford Adult Education Policies

The following policy updates provide a new standard practice for both Old Orchard Beach/Saco and Biddeford Adult Education programs. We are excited to offer more flexibility for students and lower course cancellation rates. Here are the new policies:

1. If a student withdraws three (3) or more *business days before a class, you can request a full refund of the course fee—unless otherwise noted in the course description. The refund will be reduced by a 5% cancellation fee. Alternatively, you can request that we hold your course fee as a transfer credit. Transfer credits are not subject to the 5% cancellation fee and are valid for one year after issue.
2. If a student withdraws two (2) or fewer *business days before the class, no refunds or transfer credits will be issued. This is to ensure we can fully pay our instructors. We reserve the right to change, reschedule, or cancel a class due to unforeseen circumstances (i.e., inclement weather, instructor illness, emergent issues causing scheduling conflicts, etc.) or low enrollment. Students have the option to request a transfer credit or refund within three (3) *business days of receiving notification of the change.

Note: Courses with low enrollment are canceled one to five (1–5) *business days before the class's scheduled start date, and students are issued full refunds.

*Business days = Monday through Friday.

OOB/Saco Mail-In Registration Form

Name: _____ Email: _____ Phone: _____

Billing Address: _____
City State Zip Code

Course Title	Start Date	Fee
		$
		$
		$
Would you like to donate to our Literacy Fund that supports our free academic programs? $5 $10 $15 $25		

Paying by check or money order*
Make payable to OOB/Saco Adult Education and mail with this form to:
OOB/Saco Adult Education, 28 Jameson Hill Road, OOB, ME 04064
Please note there is a $25 fee for any returned checks due to insufficient funds.

Total: including donations **$**

Paying by credit or debit card*
Card Number: _____ Expiration: ___/___

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

Other Ways to Register

Online at: oobsaco.maineadulted.org

Over the phone: (207) 934-7922

In-person: 28 Jameson Hill Road, OOB

OOB/Saco Adult Education Policies

The following policy updates provide a new standard practice for both Old Orchard Beach/Saco and Biddeford Adult Education programs. We are excited to offer more flexibility for students and lower course cancellation rates. Here are the new policies:

1. If a student withdraws three (3) or more *business days before a class, you can request a full refund of the course fee—unless otherwise noted in the course description. The refund will be reduced by a 5% cancellation fee. Alternatively, you can request that we hold your course fee as a transfer credit. Transfer credits are not subject to the 5% cancellation fee and are valid for one year after issue.
2. If a student withdraws two (2) or fewer *business days before the class, no refunds or transfer credits will be issued. This is to ensure we can fully pay our instructors. We reserve the right to change, reschedule, or cancel a class due to unforeseen circumstances (i.e., inclement weather, instructor illness, emergent issues causing scheduling conflicts, etc.) or low enrollment. Students have the option to request a transfer credit or refund within three (3) *business days of receiving notification of the change.

Note: Courses with low enrollment are canceled one to five (1–5) *business days before the class's scheduled start date, and students are issued full refunds.

*Business days = Monday through Friday.

P O BOX 624
BIDDEFORD, ME 04005

FEATURED PROGRAMS:



MONARCHS & OTHER HIDDEN GEMS OF MEXICO CITY

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ALTO ADIGE: THE HISTORY AND USE OF ALPINE CHEESES

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TURN BACK THE CLOCK TO AGE WELL

SEE PAGE 10



NO RULES WATERCOLOR

SEE PAGE 8



MACRAMÉ 101

SEE PAGE 5



LINE DANCING FOR ABSOLUTE BEGINNERS

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OOB/Saco Adult Education
oobsaco.maineadulted.org
207-934-7922

Biddeford Adult Education
biddeford.maineadulted.org
207-282-3883