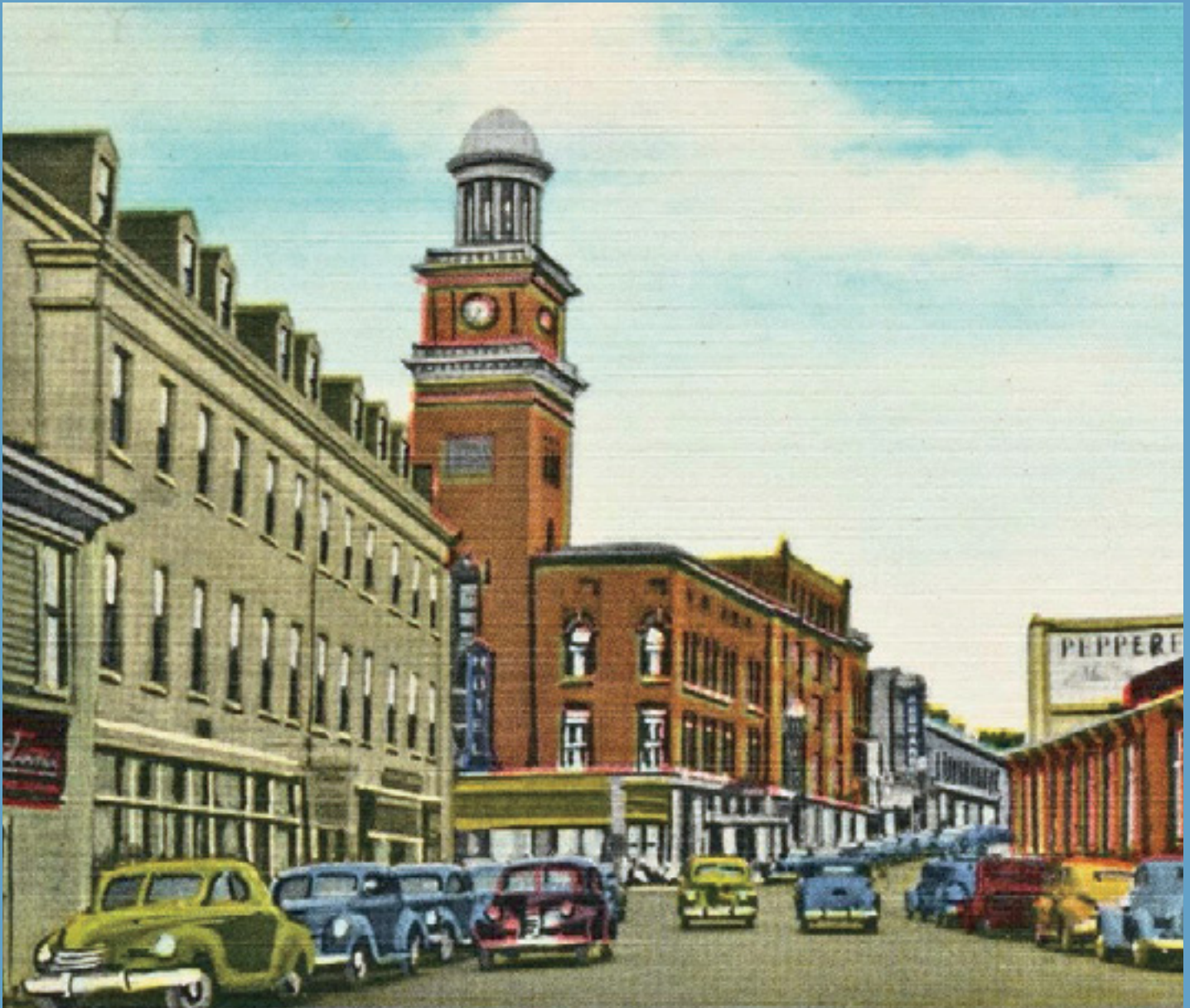

BIDDEFORD | SACO | OLD ORCHARD BEACH

ADULT EDUCATION

Three Communities, One Vision

Spring/Summer 2025 Course Catalog



Biddeford circa 1951

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

Old Orchard Beach/Saco Adult Education
oobsaco.maineadulted.org
207-934-7922

Welcome Lifelong Learners

Dear Community Members,

Old Orchard Beach/Saco and Biddeford Adult Education programs now share print marketing for our enrichment, vocational, and academic programs with the hope that this shared marketing approach offers expanding learning pathways across our communities.

Staff from either program are ready to assist you with your learning goals. Please visit our websites to browse available courses and to sign up for classes.

If you have questions, ideas to share, or interested in teaching, please contact us!

Dave Durkee, *Director*

How to Register for Classes:



This logo indicates an OOB/Saco Adult Ed course.

Contact OOB/Saco Adult Education
oobsaco.maineadulted.org
adultedinfo@rsu23.org
(207) 934-7922
Office Hours: Mon–Thur 10am–4pm



This logo indicates a Biddeford Adult Ed course.

Contact Biddeford Adult Education
biddeford.maineadulted.org
adulted@biddefordschools.me
(207) 282-3883
Office Hours: Mon–Thur 8am–4pm
Fri 8am–3:30pm



This catalog is recyclable and is printed using soy and plant-based inks to limit our environmental impact.

Cover Photo: Image courtesy of McArthur Library

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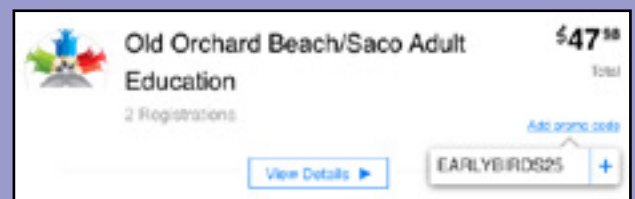
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5% Early Bird Discount!

Online only, register before April 15, 2025 click “Add promo code” at checkout. Type in EARLYBIRDS25 and press +.



Creative Arts

DIY Hardcover Journals & Sketchbooks

Gayle Fitzpatrick



Create a one-of-a-kind, sewn hardcover journal or sketchbook. Our focus will be on basic bookmaking technique, structure, tools, materials, and processes. All materials provided.

Sat, May 17 9:00am–1:00pm
Saco LC/Rm 2 \$49

Hardcover Accordion Book

Gayle Fitzpatrick



Create a hardcover accordion book that ties closed with a ribbon. Suitable for painting, drawing, or writing, these books make wonderful gifts. All materials provided.

Sat, Apr 12 10:00am–12:30pm
Saco LC/Rm 2 \$35

Intro to Nature Journaling

Beverly Thorpe



Engage curiosity about the natural world using drawing and discussion. All levels welcome. The first class will be held at the Saco Learning Center. Class locations to various nature-rich areas will be discussed weekly and will include Clifford Park and Blandings Park Wildlife Sanctuary. Beverly will call by 9:00am IF the class is moved indoors (to the Saco Learning Center) in case of inclement weather. Materials list provided at registration or check online course description.

Spring

Sat, May 24–Jun 21 (No class 6/7) 10:00am–12:00pm
Saco LC/Rm 2 \$15

Summer

Sat, Aug 9–30 10:00am–12:00pm
Saco LC/Rm 2 \$15

Hooked on Granny Squares

Renee Parker



In this intermediate crochet course, create multiple granny squares, which can be pieced together into a bag, blanket, or sweater. Bring a size 5 crochet hook and at least 3 oz. each of four different colored worsted acrylic yarns (avoid dark colors; no black or navy).

Wed, May 7–28 5:30pm–7:00pm
OOB HS/Rm 108 \$49

Nature Photography - Live Online

Steve McGrath



Review camera settings, composition, and how to get great images of nature's best, like moose, birds, seals, and other subjects! Learn how to set up a blind to get great images. Discuss the best options in lenses and tripods for this type of photography. Preregistration required, with registration closing at noon on 5/12. Please have a computer, a stable internet connection, and your fully charged digital camera. Zoom link provided by instructor.

Tues, May 13–20 7:30pm–9:00pm
Online \$29

Lighthouse Photo Workshop

Steve McGrath



In the first live online class, we'll start by learning camera settings, aperture, shutter, ISO, white balance, and other compositional techniques critical to lighthouse photography. **On Saturday, 7/12**, we will gather in person for the Lighthouse Lovers Cruise (3:30–7:30pm), through the Maine Maritime Museum, where we will focus on photographing the wildlife and lighthouses, sharing techniques and approaches. Finally, we'll meet online the following week to discuss, share and critique our images. For beginner and intermediate photographers. **Note:** Students must purchase their own Lighthouse Lovers Cruise ticket through the Maine Maritime Museum in Bath (approx. \$63). Please have a computer, stable internet connection, and your fully charged digital camera or smartphone for online sessions. Preregistration required, with registration closing at noon on 7/9. Zoom link provided by instructor.

Thur/Sat, Jul 10–17 5:30pm–7:00pm
Online \$69

Introduction to Metalworking

Jessica Muise



Unlock the basics of metalworking in this beginner-friendly course. Learn essential techniques like cutting, shaping, heating, and polishing metal to create a unique pair of fine silver earrings from start to finish. Using simple tools like a handheld kitchen torch and small metal anvils, practice with copper and brass before completing a final piece in silver. Perfect for those looking to bring metalworking into their home or pop-up studio. Registration closes at noon on 5/23. All materials provided.

Tues, May 27 6:00pm–8:30pm
OOB HS/Art Rm \$85



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Creative Arts

Printmaking Botanical Cards

Sara Ottomano



Make your own printed cards using real plants! Explore printmaking with plants and non-toxic paints to create one-of-a-kind cards. Leave with at least five completed cards and envelopes. All materials provided.

Tues, Jun 3 5:30pm–7:30pm
OOB HS/Art Rm \$35

Spring Holiday Cards

Faith Garnett



Spring brings open windows, flower buds, and a number of holidays. Why not make some cards to celebrate the season? Join us to make three cards: a rubber stamp watercolor, a center step card, and an embossed floral. Use these cards for Mother's Day, Easter, a birthday, or maybe just a hello! A variety of sentiments will be available for use. All materials provided. Registration closes at noon on 4/7.

Tues, Apr 8 6:00pm–8:00pm
OOB HS/Art Rm \$35

Notes from the Sea

Faith Garnett



We live close to the ocean, let's get inspired by the sea in our cardmaking! Learn to make the following cards: a pull cord card with a hidden message, an embossed and die cut card with shells to send an encouraging note, and a raised scene of sea birds and a message of well wishes. The instructor will provide instructions and show examples of other cards using the same techniques. Registration closes at noon on 5/5. All materials provided.

Tues, May 6 6:00pm–8:00pm
OOB HS/Art Rm \$35

Design Your Own Vase Arrangement

Brianne Emhiser



Watch Brianne as she designs her signature arrangement, then get hands-on instruction to make your own! Come sip, play, and create alongside your local florist! Materials for one arrangement and light refreshments will be provided. Please wear closed-toe shoes for safety.



Sat, May 3 4:00pm–6:00pm
stem & vine/Biddeford \$109

Smartphone Photography - Live Online

Steve McGrath



Learn how to use the camera settings on your phone, as well as how to share and print your photos. Discuss picture-taking techniques and the best free and low-cost tools for editing, finishing, and image management. This class will include time viewing photos, and the instructor will provide feedback on student work. Preregistration required, with registration closing at noon on 5/13. Please have a computer, a stable internet connection, and your fully charged smartphone (Android or Apple). Zoom link provided by instructor.

Wed, May 14–28 7:30pm–9:00pm
Online \$49

Nighttime Photography

Michael Leonard



Make your best shot after the sun sets and before it rises! Learn how to capture the Milky Way, moonlit scenes, and more. Aurora activity is reaching its 22-year cycle peak in the summer of 2025, and this session will include all you need to capture stunning aurora images right here in Maine! Equipment needed to successfully capture images at night will also be discussed. Geared to users of DSLR cameras and Android cell phone cameras, however, iPhone users will benefit from suggested software and processing methods to expand on limitations inherent to that platform. Bring your preferred photography equipment (camera/smartphone) and, weather permitting, go outside after class discussion for a little nighttime photography!

Tues, Apr 8 6:00pm–9:00pm
OOB HS/Library \$39

Decoupage Seashell Trinket Dishes

Dawn Burns



Join us for a fun and creative class where you'll transform two beautiful shells into stunning trinket dishes using napkins and decoupage! With a variety of gorgeous designs to choose from, you can personalize your piece to match your style—whether you prefer a scallop shell or a clam shell. No experience is needed—just bring your creativity and enjoy a relaxing time crafting. You'll leave with one unique keepsake for yourself and another to gift to someone special!

Tues, May 13 6:00pm–7:30pm
Biddeford LC/Rm 23 \$25 PLUS
\$10 mat. payable to instructor



Creative Arts

Beginning Handbuilding

Tamsyn Bodwell



During this 4-week session, you will learn the basics of hand-building using pinch, coil, and slab construction to make cups, mugs, and bowls. Weeks 1 and 2 will be constructing items and weeks 3 and 4 will be decorating and glazing. Work will be picked up following week 4.

Choose Your Session:

Session I: Tues, Apr 1–22

Session II: Tues, May 6–27

Each Session:

Mill Pond Ceramics Studio
2 Main St, Ste 18-214

10:00am–12:00pm
\$150

Beginning Wheel Throwing

Tamsyn Bodwell



During this 4-week session, you will learn the basics of wheel throwing to make simple vessels such as bowls, tumblers, and plates. Weeks 1 and 2 will be focused on throwing and weeks 3 and 4 we will be decorating and glazing. Work will be picked up following week 4.

Choose Your Session:

Session I: Sat, Apr 5–26

Session II: Sat, May 10–31

Each Session:

Mill Pond Ceramics Studio
2 Main St, Ste 18-214

10:00am–12:00pm
\$150

Introduction to Natural Dyeing

Jessica Muise



Discover the vibrant world of plant-based color in this fun, hands-on workshop! Learn how to transform everyday items—like onion skins, avocado peels, and wildflowers—into beautiful, eco-friendly dyes. Explore the basics of fabric prep, discuss which plants and kitchen scraps yield the best results, and practice creating your own colorful dye baths to customize a pair of organic cotton napkins. Leave with the know-how to replicate the process at home, your self-made napkins, and a set of swatches for future reference. All materials provided.



Mon, Jun 2
OOB HS/Rm 111A

6:00pm–7:30pm
\$25

The Art of Shibori Dyeing

Kristen Bartlett



Bind, fold, and twist your cloth to create beautifully dyed patterns while using Japanese resistance-dyeing dating back to the 8th century. Explore techniques with a selection of objects for manipulating the fabric using a pre-reduced indigo dye. Leave with four dyed-by-you creations: two tea towels, a tote bag, and the fourth—bring an item of your choice! Materials list provided at registration or check online course description.

Sun, May 4
Saco LC/Rm 1

10:00am–2:00pm
\$69

Meditative Drawing

Karalyn Thayer



Unleash your creativity and find your inner calm in this immersive meditative drawing session! Designed for artists of all levels, explore the therapeutic benefits of drawing through a series of engaging prompts, including zentangles, whimsical doodles, and a mix of both abstract and realistic themes. Experience the joy of drawing without the pressure of perfection. All materials provided, however, feel free to bring your own sketchbook and favorite materials if you prefer.

Wed, May 28
OOB HS/Art Rm

6:00pm–8:00pm
\$45

Punch It Up: Decorative Modern Punch Needle

Sarah deGrandis



Punch needle is traditionally used for contemporary rug hooking and in the art of ancient cultures. Use basic punch needle techniques, worsted weight yarn, and embroidery hoops to create a modern piece of art for your home. All materials provided.

Thur, May 1
OOB HS/Rm 105

6:00pm–9:00pm
\$49

Floating Embroidery: Spring Bouquet

Sarah deGrandis



Create a magical floating piece of embroidery featuring a spring flower bouquet! Learn basic embroidery stitches to use on tulle in a 6-inch round hoop to create a lovely piece for your home or to give as a gift. All materials provided.

Thur, May 22
OOB HS/Rm 105

6:00pm–9:00pm
\$45



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Creative Arts

Gelli Plate Printmaking

Karalyn Thayer



Learn to use gelli printing plates! Discover a variety of layering techniques and incorporate found materials to add texture. Have fun experimenting and creating art that can be displayed on its own or used in other crafts. All materials provided.

Wed, May 14 6:00pm–8:00pm
OOB HS/Art Rm \$45

Watercolor Basics

Russel Whitten



Study color theory by blending and using pigments to build a solid foundation in watercolor painting. Create the illusion of distance and composition by demonstrated technique. You will be guided through the process as you create your first painting, after that, the possibilities are endless! Russel will assist you in building skills and confidence throughout the course. Materials list provided at registration or check online course description.

Thur, May 1–29 6:00pm–8:30pm
OOB HS/Art Rm \$125

Wandering Watercolors

Russel Whitten



Join other students on outings to enjoy watercolor painting and build friendships with other artists. Learn to manipulate watercolor media and tonal drawing to recreate the appearance of nature with an awareness of forms and their surrounding elements. Our basis will be the study of perspective, composition, value, and color. Class location will be discussed weekly. Materials list provided at registration or check online course description.

Prerequisite: Watercolor Basics.

Fri, May 2–23 1:00pm–4:00pm
Saco LC/Rm 2 \$125

Paper Marbling

Gayle Fitzpatrick



Make ornamental papers using this time-honored art form. These papers may be used for a variety of projects, including handmade books, scrapbooking, cards, boxes, picture frames, and more. Learn about the tools and techniques that will enable you to develop this craft and its potential for future projects. All materials provided.

Sat, Jun 7 10:00am–1:00pm
Saco LC/Rm 2 \$39

Visible Mending Together

Sara Ottomano



With the instructor and fellow students, share practice and take time out of our busy lives to repair worn clothing. Start off each class with a mini-lesson on a mending technique, then break into groups to work on your own mending projects. Bring an article of clothing (or two) each session that you would like to mend, and learn techniques to help fix them! Supplies will be provided, but please bring a pair of scissors and any specific tools that you would like to use. All levels are welcome, but a familiarity with hand stitching will be helpful.

Tues, May 6–27 5:30pm–7:30pm
OOB HS/Rm 108 \$89

Wire Wrapped Sea Glass Jewelry

Jessica Muisse



Twist, wrap, and loop your way to a necklace or set of earrings using design elements drawn from the sea. Combine found materials with metal and learn easy wire-wrapped loop techniques to create your own unique jewelry. Bring your own sea glass or choose from the instructor's collection. Leave with a completed piece reflecting your creative design and resources to continue making similar jewelry at home. Registration closes at noon on 4/28. Tuition includes materials.

Tues, Apr 29 6:00pm–8:00pm
OOB HS/Art Rm \$45

Wire Wrapped Sea Glass: Advanced Techniques

Jessica Muisse



Expand your wire-wrapping skills! Build on the foundational knowledge you learned in Wire Wrapped Sea Glass Jewelry and learn more intricate wire techniques while incorporating finer metals into your designs. Continue exploring creative ways to turn found objects, like sea glass, into wearable art. Bring your favorite tools (basic tools available for use in class), your own sea glass, or choose from the instructor's collection. Leave with a sophisticated piece that reflects your evolving design style. Registration closes at noon on 5/12. Tuition includes materials. **Required:** Attendance in a Wire Wrapped Sea Glass course with Jessica.

Tues, May 13 6:00pm–8:00pm
OOB HS/Art Rm \$49



Creative Arts

Seaglass Art

Dawn Burns



We will guide you through the process of selecting and arranging sea glass pieces to create a unique and personalized design. You'll learn various techniques for arranging the sea glass to bring out its natural colors and shapes. The wooden frame serves as the perfect backdrop, complementing the coastal theme and providing a rustic touch to your masterpiece.

Choose Your Session:

Session I: Tues, Apr 8

Session II: Tues, Jun 3

Each Session:

Biddeford LC/Rm 23

6:00pm-7:30pm

\$35

Intro to Hand Sewing

Sara Ottomano



Learn basic hand sewing skills to jump-start your mending projects. Designed for those who have never sewn by hand or are looking to brush up on the basics. Leave class with the ability to thread a needle, knot a thread, sew a running stitch, sew a backstitch, and sew on a button. All materials provided.

Tues, Apr 15

OOB HS/Rm 108

5:30pm-7:30pm

\$25

Acrylic Painting for Beginners Part 1

Kyle Durkin



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

Wed, Apr 30-May 21

Biddeford LC/Rm 23

6:00pm-8:30pm

\$49

Acrylic Painting for Beginners Part 2

Kyle Durkin



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

Wed, Jun 4-25

Biddeford LC/Rm 23

6:00pm-8:30pm

\$49

Finishing Hand Hooked Rugs

Janet Conner, BS



Learn various techniques for finishing, hanging, or preparing a rug for a gallery exhibit. All past Folk Art Rug Hooking students AND anyone who has a damaged or unfinished hooked rug to be completed are welcome. With Janet's guidance and support, students will select and start using the one they want. Please send a photo of the trivet, chair pad, small, or room-size hooked rug you would like to bind and finish to jconnerhookedrugs@gmail.com by 4/28, so she can plan exactly what materials to bring. Materials list provided at registration or check online course description.

Sat, May 3

Saco LC/Open Rm

9:00am-1:00pm

\$49

"Bring on the Silly" Improv Class

Paul Bellefeuille



This introductory class will teach you the basics of improv with a positive, safe, and nurturing approach. You and your fellow classmates will gain confidence and begin to support one another throughout the course.



Prior improv experience is NOT required. Since we improvise every time we engage in conversation, this is a great way to sharpen your skills and have fun at the same time!

Wed, Apr 30-Jun 4

Biddeford LC/Rm 23

6:30pm-8:00pm

\$65

Intro to Acting

Stephanie Atkinson



We are excited to announce "Intro to Acting": a class for those who've never stepped on a stage, as well as for students with some experience who still view themselves as beginners. Students will participate in improv exercises, theater games, mock auditions, and more. If you are interested in gaining valuable skills for both on and off stage, clear your Tuesday night calendar and join us. You'll be glad you did!

Tues, Apr 29-Jun 3

Biddeford LC/Rm 28

5:30pm-7:00pm

\$65



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= register with OOB/Saco Adult Ed.

Culinary Arts

Canning 101: Preserving the Harvest

Katherine McCarty

Maine spring vegetables have a short season, join us to learn how to preserve these tender green vegetables to enjoy year-round. Discover how to safely preserve pickled fiddleheads or asparagus using the boiling water bath method and leave with recipes and a jar of pickles. Bring a potholder with you to class.

Tues, May 13 5:30pm–8:00pm
OOB HS/Rm 111A \$29



Custards: Crème Brulée and Flan

Mary Bailey

Do you enjoy ordering crème brulée at restaurants because you don't think you can make it at home? Have you ever tried flan, its creamy cousin? Chef Mary will demonstrate the two methods for creating these creamy, lovely, delicate, and sophisticated sweets so you can make them at home. These simple yet delectable snacks will leave a lasting impact on your loved ones! This is a demonstration class, however, students are welcome to either watch or join us in the kitchen. Bring an apron, a couple of small containers for leftovers, and your appetite! Recipes provided.

Thur, May 1 6:00pm–9:00pm
OOB HS/Rm 111A \$69



Classic Sauces

Mary Bailey

Discover a trifecta of essential sauces vital for any home cook! Start with béchamel—a versatile sauce that can be applied across many cuisines. Our second sauce, Mornay, is a creamy, cheesy sauce and the base for dishes like macaroni and cheese or scalloped potatoes. The third sauce is hollandaise—this creamy, silky, lemony sauce is the vital ingredient for eggs Benedict but can also be used atop many other dishes. Chef Mary will show you the best techniques for all three and you will get to sample them in practical application! This is a demonstration class, however,



students are welcome to either watch or join us in the kitchen. Bring an apron, a couple of small containers for leftovers, and your appetite! Recipes provided.

Thur, Apr 17 6:00pm–9:00pm
OOB HS/Rm 111A \$65



Fruit Curds

Mary Bailey

Fruit curds are a custard made with fruit juice instead of milk, and can be enjoyed as is or as a filling in any cake or pastry! These smooth, rich, velvety, bright flavors add depth to your desserts! Chef Mary Bailey will show you her tried and true techniques to impress your friends and family with your skills! All curds are also gluten free! Bring your appetite and get ready for some happy sampling. This is a demonstration class, however, students are welcome to either watch or join us in the kitchen. Bring an apron and a couple of small containers for leftovers. Recipes provided.

Thur, May 29 6:00pm–8:00pm
OOB HS/Rm 111A \$55



Simple Dinner Rolls

Mary Bailey

Who doesn't want a fresh, warm roll to go with any meal?! Don't let making bread intimidate you! Learn some simple and easy techniques and recipes to make dinner rolls at home with ease. Expect some hot, buttery, delicious rolls to enjoy at the end of class. This is a demonstration class, however, students are welcome to either watch or join us in the kitchen. Bring an apron and baggies for leftovers. Recipes provided.

Thur, May 22 6:00pm–8:00pm
OOB HS/Rm 111A \$55



5% Earlybird Discount! Online Only
Register before April 15th, 2025
Enter the following code at checkout:
EARLYBIRDS25



Culinary Arts

Masoor Dal & Naan

Mary Bailey



Incorporate Indian food into your cooking! Masoor daal is a lentil curry that can be made to accommodate a variety of dietary needs and preferences, such as vegetarianism and gluten intolerance. Naan, a traditional flatbread, is simple to make, and you likely have all the ingredients in your home, and the best part is you don't have to turn your oven on to make it! This is a demonstration class, however, students are welcome to either watch or join us in the kitchen. Bring an apron, a couple of small containers/baggies for leftovers, and your appetite! Recipes provided.

Thur, May 15
OOB HS/Rm 111A

6:00pm–9:00pm
\$59

Sourdough in Everyday Baking

Mary Bailey



Sourdough isn't just for bread! Did you know you can add it to cakes, cookies, pastries, and other baked goods? Discover how to properly incorporate sourdough into some favorite recipes while keeping the balance and integrity of the other ingredients and giving them flavor complexity you will love! This is a demonstration class, however, students are welcome to either watch or join us in the kitchen. Bring an apron and baggies for leftovers. Recipes provided.

Thur, May 8
OOB HS/Rm 111A

6:00pm–9:00pm
\$59

Music & Dance

Beginner Belly Dance

Jessy Lynn Ostara



Enjoy a judgment-free environment that emphasizes dance and positive body image while also offering support and encouragement! While beginners practice fundamental motions and combinations, intermediates polish their understanding and experiment with layers. The tummy-toning results are a positive side effect for inspiration! Explore movement, vocabulary, musicality, and history. Wear comfortable clothing and bring water.



Wed, May 21–Jun 25
Saco LC/Open Rm

5:30pm–6:30pm
\$75

Ballroom Dancing

Frederick Dunn



Come experience the joy of partner dancing! Learn the basics of fox trot, swing and rumba. No experience necessary. Please wear comfortable shoes.

Tues, Apr 8–May 13 (No class 4/22)
Biddeford LC/Auditorium

7:15pm–9:00pm
\$70

Texas Two Step

Elizabeth Richards



Do you love country music but wish you were more proficient in couple dances? Learn the most well-known partner dance in country music, the Texas Two Step! This progressive dance style starts with the fundamentals and gradually adds more complicated patterns and turns. In no time at all, you'll be moving around the dance floor! Course fee is per couple, and we will not be changing partners in this class. Wear comfortable clothing and soft-soled shoes.

Thur, May 1–Jun 5
Young School/Cafe/Gym

7:00pm–8:00pm
\$99

Dance with Amanda - In Person or Live Online

Amanda Carter



Have fun and get fit for FREE! This simple, adaptable dance fitness class is focused on body awareness, acceptance, and appreciation. All are welcome! Just show up and dance along, or join us from the comfort of your home. Please wear comfortable clothing and shoes, and bring water. Class will meet via Zoom on any dates where classes need to be canceled due to the weather. Zoom link provided by instructor.

Tues, Apr 1–Jun 10 (No class 4/22)
Loranger Memorial/Cafe

6:30pm–7:30pm
FREE



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Music & Dance

Beginner Adult Ballet

Morgan Sanborn



Add movement to your weekly routine, learn something new, or even refresh skills from your past! Develop musicality along with a basic knowledge of ballet steps, including proper alignment along with the fundamentals of ballet technique. Each class will consist of barre and center work, along with exercises traveling across the floor. Students will also learn a brief history of ballet along with the historical context of steps and styles of classical ballet. Bring ballet flat shoes and wear something comfortable to move in.

Spring

Wed, Apr 9–May 21 (No class 4/23) 7:00pm–8:00pm
Dirigo Conservatory of Movement/Biddeford \$99

Summer

Wed, Jul 9–30 7:00pm–8:00pm
Dirigo Conservatory of Movement/Biddeford \$79

Beginner Adult Tap

Gabby Poulin



Tap is an incredible way to improve memory, coordination, balance, and reflexes! Develop musicality along with a basic knowledge of tap steps. Each class will consist of a warm-up, center and across-the-floor exercises, and a fun piece of tap repertoire or choreography. Join this fun class to add movement to your weekly routine, learn something new, or refresh skills from your past! Bring tap shoes and wear something comfortable to move in.

Spring

Thur, Apr 10–May 22 (No class 4/24) 6:30pm–7:30pm
Dirigo Conservatory of Movement/Biddeford \$99

Summer

Thur, Jul 10–31 6:30pm–7:30pm
Dirigo Conservatory of Movement/Biddeford \$79

Ballroom Dancing

Elizabeth Richards



Get ready for a wedding with dances that are always in style, easy to learn, and great fun! Learn what you need to know to be a better, more confident dancer! Discover how to find the beat, basic techniques, partnership, and styling as we cover the waltz, foxtrot, and swing. Course fee is per couple, and we will not be changing partners in this class. Wear comfortable clothing and soft-soled shoes.

Tues, Apr 1–May 13 (No class 4/22) 7:00pm–8:00pm
Young School/Cafe/Gym \$99

Country & Latin Line Dancing

Elizabeth Richards



Learn a few line dances to bust out when a line dancing opportunity presents itself or simply because you want



to try something new! Discover classic country line dances and popular Latin rhythms, including rumba, cha cha, salsa, and more, in this fun, energetic class! Specific music and pattern requests will

be taken the first night and taught whenever possible. All levels welcome! No partner required. Wear comfortable clothing and soft-soled shoes.

Choose Your Section:

Section 1: Tues, Apr 1–May 13 (No class 4/22)

Section 2: Thur, May 1–Jun 5

Each Section:

Young School/Cafe-Gym 6:00pm–7:00pm

\$89

Intro to Folk Dancing

Patricia Campbell



Tour the world, one dance step at a time! Learn basic steps in international folk dancing and a variety of dances for beginners. Discover Yemenite and Grapevine steps and various handholds for folk dances drawn from Romania, Bulgaria, Serbia, Israel, the US, Scandinavia, and more! A description of each culture will be presented, as applicable, to put dances in context. No partner needed. Bring 2 small scarves, kerchiefs, or handkerchiefs (or something similar) to wave and a water bottle. Wear comfortable clothes and shoes (no sandals or high heels).

Sun, May 18

Saco LC/Open Rm

3:00pm–4:30pm

\$19

Beginner Guitar

Travis Taylor



It's fun to play the guitar, and you can't go wrong learning from a seasoned instructor and musician like Travis. Focus on learning 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! Bring a nylon or steel-stringed acoustic guitar, picks (plectrums), electronic tuner, and *Hal Leonard Guitar Method Complete Set* by Will Schmid and Greg Koch (approx. \$20-\$25).

Wed, Apr 9–May 21 (No class 4/23)

C K Burns/Rm 24

6:00pm–7:00pm

\$85



Music & Dance

Advanced Beginner Guitar

Travis Taylor



If you've taken Beginning Guitar or have some playing experience, expand your guitar playing repertoire! Discover additional tunes, first position chords, and get advice on spicing up your strumming. Bring a nylon or steel-string guitar, soft or medium picks, electronic tuner, and *Hal Leonard Guitar Method Complete Set* by Will Schmid and Greg Koch (approx. \$20-\$25).

Wed, Apr 9–May 21 (No class 4/23)
C K Burns/Rm 24

7:00pm–8:00pm
\$85

Instant Guitar for Hopelessly Busy People – Live Online

Craig Coffman



In just a few hours, from the comfort of your home, learn enough to give you years of musical enjoyment! This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Course includes an online book and follow-up video lessons, an optional periodic Q&A session, and a recording of the class—enough material to continue your practice and study on your own. Preregistration required, with registration closing at noon on 6/18. Please have a stable internet connection; a computer, tablet, or cellphone; and a guitar available during class.

Mon, Jun 16
Online

6:30pm–9:00pm
\$65

Instant Piano for Hopelessly Busy People - Live Online

Craig Coffman



From the comfort of your own home, play the piano like a professional by using chords. Learn to form the three basic types of chords, handle a variety of keys and time signatures, avoid counting, and simplify more than 12,000 complex chords. Part lecture/demo and part hands-on instruction. Course includes an online book, follow-up video lessons, optional periodic Q&A sessions and a recording of the class—enough materials to continue your practice and study on your own! Preregistration required, with registration closing at noon on 4/7. Please have a stable internet connection; a computer, tablet, or cellphone; and a piano or keyboard available during class.

Mon, Apr 14
Online

6:30pm–9:30pm
\$69

How to Play Piano by Ear - Live Online

Craig Coffman



Learn one of music's deepest mysteries: playing songs without relying on written music. A very practical presentation of music theory, expressed in everyday language, that includes predicting chord progressions, learning from recordings, and transposing. An ideal follow-up to the Instant Piano class and open

to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, free yourself from sheet-music

dependence, and be the life of the party! Prior experience with chords recommended. Course includes the online book, follow-up lessons, a recording of the class, and an optional monthly Q&A session. Preregistration required, with registration closing at noon on 5/2. Please have a stable internet connection; a computer, tablet, or cellphone; and a piano or keyboard available during class.

Sat, May 10
Online

10:00am–12:30pm
\$69



Play the Ukulele Your Journey Begins Here!

Duncan Perry



Learn to play without even having to know how to read music! On the ukulele you can play folk, rock, blues, jazz, pop, country and even classical music! Instructor Duncan Perry will introduce you to essential chords and playing techniques. You will need a playable ukulele and an electronic tuner or a tuner app. If you don't own a ukulele, please contact us. Watch for an email (could be in your Spam folder) from Duncan with the Zoom link in the days before the class.

Choose Your Session:

Session I: Wed, Apr 16–May 7

Session II: Tues, May 13–Jun 3

Each Session:

6:00pm–7:30pm

Online via Zoom
\$79 each session



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Mind & Body

Gentle Yoga - Live Online

Kathryn Gardner, RSMT



Through a series of gentle movements, grounded in mindfulness of the body, heart, & mind, connect to your inner resources. All in the comfort of your own home! Experience greater health and well-being while releasing tension & stress by practicing somatic exercises, Qigong, guided meditation, and intuitive self-guided movement. Preregistration required, with registration closing at noon on 7/11. Zoom link provided by instructor. Please have a stable internet connection, a yoga mat, and any props you might want for getting comfortable (a couple blocks or books, a blanket or two, and a pillow or cushion) and wear comfortable clothing.

Sun, Jul 13–Aug 3
Online 9:00am–10:00am \$79

Outdoor Yoga

Jessy Lynn Ostara



Enjoy the sights and sounds of nature while turning inward in this gentle movement class. Hatha yoga is accessible, and all experience levels are welcome, but is recommended for those who can easily move between reclined, seated, kneeling, and standing positions. Jessy will text by 8:00am IF class moved indoors (to Saco Learning Center) due to inclement weather. Wear loose, comfortable clothing, and bring a yoga mat, two yoga blocks (or thick books), a yoga strap (or long scarf), a blanket, water, and (optional) bug spray.

Sat, May 31–Jun 28 (No class 6/21)
Saco Pepperell Park/Saco LC/Open Rm 9:00am–10:00am \$49

Aerial Yoga

Ashley Jolly



Classes in aerial yoga include flips, tricks, and inversions. By keeping the swing at hip height, it transforms into a hammock that supports you during backbends and inversions and offers a unique way to build core, arm, and leg strength. Flow and fly in your aerial swing during these 50-minute lessons, fusing the grace of yoga with the freedom of flight. Wear comfortable workout-type clothes but nothing too loose, and be prepared to go barefoot.

Section 1: Fri, Apr 11–May 16 4:00pm–4:50pm
Section 2: Fri, Apr 11–May 16 5:00pm–5:50pm
Section 3: Fri, May 23–Jun 27 5:00pm–5:50pm

Each Section:

Forever Fit/Biddeford \$95

Barefoot Shiatsu Massage

Lisa Bouchard



Share the relaxation and pain relief of massaging the meridians—with your foot as your tool! Shiatsu is a Japanese style of massage typically done on the floor through clothing. Get an intro to the meridian map and discover how to access the meridians through various positions on the floor. Your hands will never get tired! Wear loose-fitting, comfortable clothing and bring a thick blanket or camping pad to lay on, as well as a small pillow or towel roll for the head.

Wed, Apr 2 6:30pm–8:30pm
OOB HS/Library \$29

Beginner Tai Chi Level I

Laura Huenteo



Tai Chi is a gentle, beautiful, meditative form of expression that is also a true martial art with defensive application. Each session begins with basic Qigong to create focus and relaxation, followed by gentle strength training using chairs and balls. The second half of each class entails learning Tai Chi postures and, as the class progresses each week, working on putting the postures into forms. Designed with balance in mind and including modifications where necessary, this course is the perfect exercise, encompassing balance, relaxation, focus, strength, stretching, cognitive stimulation, and discipline. Everyone can do some variation of Tai Chi! Wear loose-fitting clothing and comfortable shoes.

Mon, Apr 7–May 19 (No class 4/21)
Loranger Memorial/Cafe 6:00pm–7:00pm \$65

Beginner Tai Chi Level II

Laura Huenteo



Strengthen and deepen your Tai Chi practice by expanding your basic exercises while putting moves together to create a form. Some meditation practices may be included as an aid to further relaxation, stress reduction, and pain management. Chairs will be available for those that need them. Wear loose-fitting clothing and comfortable shoes.

Prerequisite: Beginner Tai Chi Level I.

Wed, Apr 9–May 21 (No class 4/23)
Loranger Memorial/Cafe 6:00pm–7:00pm \$65



Mind & Body

Managing & Expressing Emotions

Jennifer Greiner



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

Thur, May 29 6:00pm–8:00pm
OOB HS/Rm 111B \$19

Exploring Subtle Body Energy

Jessica Labonte



Energy surrounds us, shaping our lives and influencing everything we do. Examine subtle body energy, its flow and the advantages it offers for relaxation, personal development, and energetic balance. Discover energy working tools such as crystals, tuning forks, and cards and discuss Reiki and sound healing. Gain practical techniques for energy protection, and learn about the ways practitioners tune into energy mapping systems. Whether you're new to energy work or looking to deepen your understanding and find community, this course offers self- and group exploration, insights, and hands-on experiences to help integrate these practices into your everyday. Bring a yoga mat, notebook/pen, and an open mind and heart. If you have crystals, tarot or oracle cards, you may bring them, but these items are not required.

Wed, May 7–21 5:30pm–7:30pm
OOB HS/Cafe/Stage \$59

Life Coaching for Goals

Jennifer Greiner



Have you created achievable goals? We want to set ourselves up for success, and spring, being a time of renewal, is a great time to set goals for yourself! Whether focused on health, more free time, or healthy boundaries, we'll find ways to set you up for success! Join us in creating sustainable goals to create a life you love living.

Thur, Jun 5 6:00pm–8:00pm
OOB HS/Rm 111B \$19

Introduction to Pilates Mat

Morgan Sanborn



Learn basic pilates mat exercises designed to strengthen and lengthen the body in a safe and efficient way. Pilates is a wonderful way to strengthen your entire body and increase flexibility, mobility, balance, and coordination. No experience is necessary, and exercises can be modified to suit everyone's personal needs. Pilates is commonly used as a form of rehabilitation and is a great way to decrease pain! Bring a yoga mat and wear something comfortable to move in.

Spring

Tues, Apr 8–May 20 (No class 4/22) 8:00am–9:00am
Dirigo Conservatory of Movement/Biddeford \$99

Summer

Tues, Jul 8–29 8:00am–9:00am
Dirigo Conservatory of Movement/Biddeford \$79

Self Care for YOU

Jennifer Greiner



“Put your oxygen mask on before helping others.” We hear this when we fly, but are we applying it to our daily lives? In a world infused with burnout, it can feel impossible to take care of ourselves first. Join us in learning what self-care IS, why you NEED it, and where to begin in giving yourself this gift. Create an essential oil blend of your choosing to connect with yourself and invoke a sense of peace and calm. Tuition includes materials.

Thur, Apr 10 6:00pm–8:00pm
OOB HS/Rm 111B \$29

Self Defense for Women

Gil Doughty



Did you know that most street assaults last less than 15 seconds? If your life is in danger, you'll need to strike hard and fast and answer questions later. Situational awareness and knowing how to handle possible threats are part of self-defense. Learn to defend against larger and stronger attackers. Street survival skills include disabling, kicking, trapping, deflecting, and hitting. Every student will get a Kubotan safety tool along with instruction on how to use it. Wear loose-fitting clothing and comfortable shoes.

Wed, Apr 9–30 6:00pm–7:30pm
Saco LC/Open Rm \$65

See our online courses for more in-depth course detail.



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Mind & Body

She's An Asset - Situational Awareness Training/Personal Safety

Autumn Clifford-Schmidt



Did you know that nearly 1 in 3 women have been subjected to some sort of physical violence in their lifetime? Women are often looked at as “easy targets” for predators to prey on and after this training, that will no longer be the case for you. There is nothing more powerful than women who know how to not only protect themselves and their families, but are educated on how to handle potential threats and can look after each other. This training combines Autumn’s law enforcement background, along with years of teaching self-defense, to educate and prepare women to develop a plan on how to avoid violence and protect themselves when out in public as well as in their own home.

Choose Your Session:

Session I: Tues, Apr 8 6:00pm–8:00pm
Session II: Sat, May 3 9:00am–11:00am

Each Session:

Biddeford LC/Rm 24 \$50

The Healing Power of Sound

Maribeth Amber



This experiential workshop delves into a little background information on the types of crystal bowls, gongs, and other instruments used in sound healing. Learn how to listen and play them for therapeutic wellness. Engage in a series of subtle meditations to sense your energy bodies as you listen to the sound instruments, then practice exploring and playing various sound instruments. Bring a journal (available for purchase at Flourish) and pen.

Tues, May 6–13 7:00pm–9:00pm
 Flourish/Biddeford \$55



Layouts & Spreads for Tarot Readers

Margaret Jones, M.Ed



Tarot readings, in order to be effective, begin with a clear and concise question. Intention and the right number of cards in a spread oftentimes provide all you need to answer your questions. Novice and experienced readers will explore straightforward approaches to intention setting, spreads, and layouts. Examine the art of the question, one, two, and three card spreads, as well as the more complicated spread—the Celtic Cross. The insights you gain may be monumental, but the methods you use to realize them needn't be. Bring a Tarot deck, preferably the Rider Waite Smith Tarot Deck: available at Flourish in Biddeford, Leapin' Lizards in Portland, or Amazon.

Tues, May 20–27 6:00pm–8:00pm
 OOB HS/Rm 103 \$59



Tarot: A Path to Personal Growth

Margaret Jones, M.Ed



Tarot cards have enormous personal meaning because they reveal a pattern that enables a deeper understanding of ourselves. Examine the Major Arcana’s enduring meanings and how they relate to the Minor Arcana in this experiential course. Along with looking at straightforward layouts and individual readings, we’ll try out some imaginative card games. Without a doubt, what we learn will give us a window into our innermost intuitive selves. Bring a Tarot Deck (preferably the Rider Waite Smith Tarot Deck, available at Flourish in Biddeford, Leapin' Lizards in Portland, or Amazon). Recommended: *Guided Tarot for Seamless Readings* by Stefanie Caponi.

Tues, Apr 15–May 13 (No class 4/22) 6:00pm–8:00pm
 OOB HS/Rm 103 \$99



Home & Family

Best Clothing & Makeup for Your Coloring

Candace Sanborn



Is your closet full of black clothing? Learn what other colors look good on you! Join us for this fun interactive class, where you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. Receive recommendations for eye shadows, blush, and lipsticks that suit your coloring. Then you can put the two together to create a more vibrant you! Bring a pen/notepad.

Thur, Apr 17
OOB HS/Rm 109

5:30pm-8:30pm
\$29

AARP Smart Driver

Andrew Grant



The nation's first refresher course specifically designed for drivers aged 50 and older. Brush up on your driving abilities and knowledge of traffic regulations. Driver



distractions, using safety features on cars properly, left turns, right-of-way, and roundabouts are some of the topics covered. There are also state-specific rules and regulations in 19 important areas such as construction zones, child safety seats, school buses, cell phone use, and more. Help lower accidents and traffic penalties while learning something new since 97% of participants improve at least one driving behavior! **Note:** Instructor will collect a fee for materials: \$20 for AARP members, \$25 for nonmembers.

Mon, May 5-12
OOB HS/Rm 107

6:00pm-8:00pm
\$9

Home Selling Simplified

Denise Reiff



Wondering what it would be like to sell your home in today's market? We have you covered! Learn when the best time to sell is, what buyers are looking for, current market conditions, pricing strategies, staging, and how to sell your home for top dollar! Please bring a pen/notepad.

Tues, May 6
OOB HS/Rm 101

6:00pm-7:30pm
\$15

Buying Your First Home - Live Online

Lelah Sullivan



The entire process of purchasing a home is covered, including making the decision, setting a budget for homeownership, improving credit, getting a mortgage approval, working with a realtor, inspections, insurance, the closing process, energy efficiency, and avoiding predatory lenders. Learn about closing costs and down payment assistance programs available for first-time homebuyers, veterans, and others. Earn a Certificate of Completion required by USDA, ME State Housing Authority, and other mortgage lenders. Free individualized counseling is offered after the class. Please have pen and paper available. Preregistration required, with registration closing at noon on 5/15. You must reply to the email that will be sent to you from YCCAC to complete registration and receive the Zoom link. Register the person you are buying your house with at the same time you do and receive a \$10 refund.

Sun, May 18
Online

9:00am-5:30pm
\$55

Death with Dignity - Live Online

Valerie Lovelace



Maine's compassionate end-of-life care option is the subject of a great deal of confusion and false information. Although Maine's Death with Dignity Act has been in place since September 2019, most patients and medical personnel are still unaware of it. Learn how to talk about it with your doctor, how to comply with the law, or how to help a family member who might qualify. Preregistration required, with registration closing at noon day of class.

Choose Your Section:

Section 1: Wed, Apr 16

Section 2: Thur, May 22

Each Section:

Online

6:30pm-8:00pm
FREE



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Home & Family

How to Dress for Your Body Shape

Candace Sanborn



Learn simple techniques to create the illusion of a slimmer body or more curves! Discover how to wear color, clothing styles, and embellishments to trick the eye into seeing something different on the body than is really there, such as slimmer hips, a flatter stomach, more curves, or a taller, leaner figure. Bring a pen/notepad.

Tues, May 13 5:30pm–7:30pm
OOB HS/Rm 109 \$25

Intro to Genealogy

Daniel O'Brien



Get started on your genealogical journey! Get info on building your family tree and best practices to achieve success. Through lecture and discussion, learn to set realistic goals, build a resource network, create a family blog or website, and so much more! Dan is ready to assist and offer his expert advice. A multi-week Genealogy Workshop will be offered in the fall.

Thur, May 1 6:00pm–9:00pm
OOB HS/Rm 106 \$29

Taming Your To Do List

Jill Braceland



Identify techniques to organize your time and get more out of your days and evenings! Prioritize, improve your to-do list, and learn how we underestimate time. Discuss tips to stop procrastinating and understand how to ward off being so overwhelmed.

Mon, Apr 28 6:00pm–8:00pm
OOB HS/Rm 105 \$25

Recycling 101 - Live Online

Annie Hayes



Where does it go? Take a virtual tour through ecomaine's Single Sort Recycling Facility to discover how we sort your soup cans and laundry bottles and why wish-cycling costs you money. Bring your questions and examples of any questionable recyclable items. Preregistration required, with registration closing at noon on 4/10.

Thur, Apr 10 6:00pm–7:30pm
Online \$9

All classes are for participants that are 18 years and older, unless otherwise noted.

Maine Driving Dynamics

William King

This driver improvement course is designed to improve your defensive driving awareness and includes discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. Our goal is to save lives, prevent injuries, and reduce vehicle-related crashes. Date of birth and driver's license information required to complete enrollment.



Tues & Thur, Apr 8 & 10 6:00pm–8:30pm
Biddeford LC/Rm 28 \$70



Tues & Thur, May 27 & 29 6:00pm–8:30pm
OOB HS/Rm 106 \$70

The A, B, C & Ds of Medicare

Barbara Hopkins



Learn more about how Medicare handles inpatient, outpatient, and prescription drug expenses. Examine the enrollment windows and the different Medicare-compatible products, such as prescription medication, Medicare Advantage, and supplement plans. Current users, newcomers, adult children, and loved ones of Medicare recipients will all benefit from this presentation!

Tues, May 6 6:00pm–8:00pm
OOB HS/Rm 109 \$19

Navigating Senior Living A Guide to Quality Care and Confident Choices

Kaitlyn Morse



This interactive course by Maine Aging Partners is designed to empower families and individuals exploring assisted living and senior care options. Together, we'll demystify assisted living: what it truly offers, what to look for in facility quality, and how to navigate the range of care levels and staffing models. With insights from a seasoned expert in Maine's senior living landscape, you'll gain the tools to approach this journey with clarity, confidence, and compassion, making informed decisions that meet your unique needs or those of your loved ones. Q&A follows the presentation.

Mon, May 19 6:00pm–8:00pm
OOB HS/Rm 107 \$19



Kitchen Gardens for New Gardeners: An Ecological Approach

Ann Murray



A kitchen garden should be convenient, inviting, nurturing—offering relaxation as well as food! Explore plants and designs to fulfill your household needs, including fruits, vegetables, perennial edibles, and pollinator plants. Discuss ideas for location, garden size (containers or large beds), beneficial plant communities, and develop a timeline of implementation. Bring a 1-inch binder (or folder) for handouts, a notebook, pen, and your iPad/tablet, phone, or laptop (for researching plants).

Wed, Apr 16–30 (No class 4/23) 6:00pm–7:30pm
OOB HS/Rm 104 \$39

Paranormal Investigation Fundraiser

Paranormal Five



Paranormal Five is hosting a fundraiser for Biddeford Adult Education. Come and investigate with Maine paranormal investigators. See how paranormal investigating is done in real life versus what you see on TV. You will be able to see equipment and be able to see a different side to the J. Richard Martin Community Center. The building is extremely interesting with spirits that love to chat and let you know they are there. We cannot guarantee paranormal activity but any experience that you may have during the investigation is a real experience.

Sat, May 10 6:00pm–11:00pm
Biddeford LC \$49

The Narcissists Among Us

Donna Accettullo, Med



Narcissists are everywhere! They may be our friends, family members, romantic partners, or co-workers. They will undermine your confidence, and wreak havoc on your health, career, friendships or finances. In this course, we will examine the 7 types of narcissists, their patterns of behavior, and the tactics they use. This course will arm you with the information you need to spot narcissists quickly and avoid them, or strategies to cope with them in situations where you can't. Please check for an email (could be in your Spam folder) from the instructor with the Zoom link in the days before the class."

Thur, May 22 6:00pm–8:00pm
Zoom \$35

Boomer Tech Adventures

Every BoomerTechAdventures course includes self-paced videos to watch at your own pace and convenience. Additionally, all of the courses offer PDFs containing class information, articles, and videos accessed directly through the links provided. Personalized support is available via email, phone, and Zoom. For best outcomes, it is recommended that you watch the course videos on a computer/iPad and have your iPhone in hand to try out ideas as you move through the videos. Open enrollment, ongoing through June 30th.

Conquer Your Mac Photos App: Edit Your Images - Online

Edward Brazee



Discover how to fix overexposed images, change a photo's color, add a filter, or crop an image. Learn the many tricks and tools available in the app to turn an average image into something special! Have fun editing your pictures with the many options in your Mac's Photos app.

Mon–Sun, Apr 1–Jun 30 Anytime
Online \$45

Conquer Your Photos App Chaos: Tame Your Mac Images - Online

Edward Brazee



Have 1000s of images in your Mac Photos app? End the frustration of trying to find a picture or video by understanding the built-in organization of the Mac Photos app! Learn to use albums and folders, develop your own management system, and discover how to tag people in photos and create shared albums

Mon–Sun, Apr 1–Jun 30 Anytime
Online \$45

Essentials for iPhones - Online

Edward Brazee



Master the features and enhancements of iOS 18 using a redesigned Control Center and a more intelligent Siri. Discover upgraded photo editing tools and hidden camera features. Personalize settings, widgets, and accessibility options, and, finally, learn to keep your iPhone running efficiently with expert tips and troubleshooting techniques. Appropriate for anyone using iOS 18–iPhone XR, 11 through 16, and SE (2nd & 3rd generations).

Mon–Sun, Apr 1–Jun 30 Anytime
Online \$45



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Recreation & Travel

FREE Info Session for Switzerland, Austria & Bavaria Tour

Andrew Leighton



Join us for an informative session on our upcoming Discover Switzerland, Austria & Bavaria (April 2026) tour. Collette Travel, one of the most highly regarded tour companies worldwide, is just waiting for you to get on board. Get info and all your questions answered. Most importantly, get ready for an adventure of a lifetime!

Wed, Jun 4 5:30pm–7:00pm
OOB HS/Library FREE

Discover Switzerland, Austria & Bavaria

Andrew Leighton



Journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries. Spend 4 nights each in the UNESCO World Heritage cities of Bern and charming Innsbruck. Get a taste of Switzerland when you meet a local alphorn maker & yodelers and enjoy a fondue lunch. Explore Lucerne, the “Swiss Paradise on the Lake.” In Salzburg, visit Mozart’s birthplace and the Mirabell Gardens, featured in The Sound of Music. The hills are alive on this enchanting journey across Switzerland, Austria and Bavaria. **Note:** Deposit of \$698 per person due at reservation. For bookings made after 10/16/25 call Shelli Voigt, Off on Vacation Travel, (207) 751-0206, shelli@offonvacationtravel.com for rates. FMI on extensions and options, visit <https://gateway.gocollette.com/link/1291697>

7–10 Days, Apr 15, 2026–Apr 24, 2026 \$5,049

Juggling for the Absolute Beginner

Martha Fournier



Anyone can learn to juggle! Juggling improves hand-eye coordination, increases kinesthetic sense, boosts self-confidence, and most importantly, it’s FUN! Get the basics starting with the three-ball cascade, and use that as your launching point for a variety of tricks. Discover the secret to true juggling success (hint: PRACTICE!), and get info on resources you can use to continue on your own. Martha will have juggling supplies in class to get you started and will discuss where to purchase your own.

Sun, May 18 1:00pm–3:00pm
Saco LC/Rm I \$19

Montreal and the Eastern Townships of Quebec Garden Tour

Nancy Dorrans



Join us for a rich springtime experience to Quebec’s beautiful Eastern Townships and Montreal, the cultural capital of Canada. Depart from Portland and head northwest and spend 2 nights at the Hotel Cheribourg in Magog, visit wineries, learn the traditional method for making Champagne, and taste the results! Explore the Parc Marie-Victorin gardens before heading to Montreal where you will experience its rich history in Old Montreal; explore one of the world’s greatest botanical gardens, and partake in a magical lanterns festival of light. Passport/passport card IDs required. FMI on inclusions and rates visit <https://adventure-marketplace.com/adventures> or contact Nancy Dorrans: nancy@adventure-marketplace, (207) 712-5699

4 Days, 3 Nights, May 23–26 TBD

Weekend Adventure to Cape Cod and The Nantucket Daffodil Festival

Nancy Dorrans



Welcome spring on this escorted luxury motorcoach tour from Portland to Cape Cod. Experience the 49th annual Daffodil Festival on the quaint island of Nantucket. Wear your daffy hats and cheer during the Antique Car Parade, featuring more than 100 daffodil-bedecked vintage cars. Enjoy free time to explore Hyannis & Nantucket and tour local museums in Sandwich and Cambridge, MA. Contact Nancy Dorrans at (207) 712-5699 or email nancy@adventure-marketplace.com for rates, additional tour details, and to register. Subject to availability.

3 Days, Apr 25–27 Anytime
Massachusetts Starting at \$1,015

Travel Like a Pro

Nancy Dorrans



Travel like a pro, locally or internationally! Discover how to organize a trip from start to finish. Develop the right type of itinerary for your interests and budget. Discuss passports, Real IDs, health requirements, visas, insurance, and more. Nancy will guide you through the steps to prepare for your trip that can make or break your experience. Come with your questions, gain insight from the workshop and your fellow travelers, and discover the magic of travel!

Wed, Apr 16 6:00pm–7:30pm
OOB HS/Rm 107 \$15



Eat Biddeford: A Foodie Walking Tour

Kristen Bartlett



Maine's hottest foodie town offers delicious dining experiences at various establishments like Palace Diner, Fish & Whistle, Nibblesford, and Sweetcream Dairy. Tour the town while exploring some of the best spots, learn to order wisely, and explore tips for enhancing your dining experience, all while supporting local and enjoying bite-size samples. Expect to stop at 5-8 eateries, try some samples, and learn about more hotspots that make our local foodie scene thrive! Tour fee includes a guided tour, bite-size eats and/or drinks at 5-8 stops. **Note:** Dietary restrictions cannot be accommodated, as the restaurants decide which samples they will provide. Wear comfortable walking shoes and weather-appropriate clothing; bring a shopping bag & money for extra purchases. Registration closes at noon on 5/16: no refunds, credits, or transfers after registration closes or if class runs on scheduled rain date. Students will be notified, via email, of weather cancellation by 11:00am the morning of class (in the case of extreme weather—light rain will not cause cancellation). By registering you give OOB/Saco Adult Ed permission to use any photos taken.

Sat, May 17 (Rain date 5/31)

Main St/Biddeford

2:00pm–4:00pm

\$65

Get to Know Your Local Library - McArthur Library

Nicole Clark



McArthur Library was originally a local church but became a public library in the early 1900s. Explore modern resources while touring this historic building. You can borrow a telescope from your local library, start studying your family tree there, and learn about Biddeford's past by looking through old images and newspapers. Additionally, libraries provide you at-home access to tens of thousands of ebooks, audiobooks, and even movie streaming—all free of charge! Preregistration required.

Choose Your Section:

Section 1: Wed, Apr 9

11:00am–12:00pm

Section 2: Thur, Aug 21

6:00pm–7:00pm

Each Section:

McArthur Library

FREE



Walking Tour of Greenwood Cemetery

Ron Romano



Greenwood Cemetery is a hidden gem! Established in the mid-1800s when other “garden” cemeteries arose, Greenwood offers a wide variety of gravestone materials, monument forms, symbolism, and epitaphs from the



nineteenth century. Cemetery historian Ron Romano will share the best that Greenwood has to offer, pausing to visit the graves of some who were lost at sea, taken down by disease, died by suicide, and even murder. The stroll along

the winding pathways of this pleasant burial space will take about 90 minutes. Two identical tours will run the same day, at noon and again at 2:00pm.

Choose Your Session:

Session I: Sat, May 24

12:00pm–1:30pm

Session II: Sat, May 24

2:00pm–3:30pm

Each Session:

Greenwood Cemetery, Biddeford

\$15 each session

Walking Tour of Laurel Hill

Ron Romano



Laurel Hill Cemetery in Saco was designed in the middle 1800s to encourage visitation. Its inviting pathways, sloping landscapes, and lush plantings (including an incredible display of daffodils each spring) provide a backdrop for a fine variety of gravestone styles, materials, and symbols. Our stroll through this beloved cemetery will take about 90 minutes. Two identical tours will run the same day, at noon and again at 2:00pm. Register early...this tour usually sells out.

Choose Your Session:

Session I: Sat, May 17

12:00pm–1:30pm

Session II: Sat, May 17

2:00pm–3:30pm

Each Session:

Laurel Hill Cemetery, Saco

\$15 each session



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Intermediate Golf

Ryan Mondor



Designed for players who have prior experience playing a round of golf and even up to 3-4 rounds per year. Review important aspects of putting, chipping, and full swing with irons and fairway metals. The instructor(s) will demonstrate variables that lead to different types of golf shots (i.e., low, high, curving right, curving left) and will also monitor applied practice and instruct accordingly throughout the session and develop simplistic drills and practice routines that players will be able to utilize after the course ends.



Required: Golf clubs (putter, sand wedge, 7 iron, and Driver), sneakers/golf shoes, and collared shirts. NO jeans, gym shorts, or T-shirts. Rain date TBA.

Choose Your Section:

Section 1: Thur, May 8–29

Section 2: Thur, Jun 5–26

Each Section:

Biddeford Saco Country Club/Saco

5:00pm–6:00pm

\$229

Late Summer Plant Walk for All (Accessibility Focused)

Laura Grover



Slow down, be mindful, and carefully explore the urban wilds on the wheelchair-, walker-, and stroller-accessible Eastern Bike Trail. Take the time to look closely at plants and ecology on a small section of trail and learn the names and gifts of trees and plants you might normally pass by. The trail is wide, mostly flat, and is paved, turning eventually into compressed sand. Registration closes at noon on 8/26. Wear comfortable shoes and weather-appropriate clothing. Meet at the trailhead behind Thornton Academy. If the Thornton Academy lot is gated, then additional parking is available on Clark St., or on Union St. Walk begins promptly at 4:00pm. Rain date 8/29, 4–5:30pm.

Note: Please communicate any accessibility concerns at registration, and Laura will contact you to discuss any needed accommodations.

Wed, Aug 27

Thornton Academy/Eastern Trail Head

4:00pm–5:30pm

\$15

Late Summer Plant Walk on the Saco Heath Trail

Laura Grover



The Saco Heath is a very special ecosystem and, in late summer, full of blueberries, huckleberries, aronia berries, pitcher plants, and more! Come and see rare and familiar plants and learn about what is edible, medicinal, poisonous, touchable, smellable, and best to be admired from afar! Trail is moderately flat and may be muddy in spots, depending on whether we had rain recently. Half of the trail is a narrow wooden boardwalk with several stopping points with benches. Registration closes at noon on 8/19. Wear comfortable shoes, weather-appropriate clothing, sunscreen, and an optional brimmed hat or cap (which helps with both sun and bugs). Bring binoculars, if desired. Walk starts promptly at 4:00pm. Rain date 8/22, 4–6:00pm. **Note:** Please communicate any accessibility concerns at registration and we will ask Laura to contact you to discuss any needed accommodations.

Wed, Aug 20

Saco Heath Trail/Saco

4:00pm–6:00pm

\$19

OOB History at the Historical Society

Brian Bergeron



Join volunteers from the Old Orchard Beach Historical Society at the Harmon Memorial Museum, home to numerous exhibits pertaining to OOB, including “Museum in the Streets,” which depicts twenty-eight past and present views of OOB. Discover the history of the Pier, views and highlights of Ocean Park, and a Salvation Army display. Visit the Fire Room, which displays major fires from 1904 to the present, or view pictures of Charles Lindbergh’s historic landing. These are just a few of the items of interest you’ll see as you enjoy learning about OOB’s storied past! Taking photos of the displays is prohibited. Metered parking available on Old Orchard St., free parking on Adelaide St., or in the lot behind Town Hall (for the duration of the course only). *Donations are not required but are accepted for the upkeep and maintenance of the museum and its collection.

Choose You Section:

Section 1: Wed, Apr 16

Section 2: Tues, Jun 24

Each Section:

OOB Historical Society/OOB

1:00pm–2:30pm

\$5



Recreation & Travel

No refunds, credits, or transfers after registration closes or if class runs on scheduled rain date. Students will be notified, via text, of weather postponements the morning of class. Bring a pickleball paddle, 2 balls marked with your name (approx. \$15–\$40 on Amazon), and water. Wear weather-appropriate activewear, tennis shoes.

Pickleball Taster

Andra Yanchenko



Is Pickleball for you? Join us for the basics for those new to the game and absolute beginners. Learn the rules of scoring, court basics, the non-volley zone, common terms, faults, hot tips, and serving—the most significant difference from tennis.

Choose Your Section:

- Section 1:** Sun, Apr 6 - Reg closes 4/2 - Rain date 4/13
- Section 2:** Sun, Apr 27 - Reg closes 4/23 - Rain date 5/4
- Section 3:** Sun, May 18 - Reg closes 5/14 - Rain date 6/1
- Section 4:** Sun, Jun 8 - Reg closes 6/4 - Rain date 6/22
- Section 5:** Sun, Jun 29 - Reg closes 6/25 - Rain date 7/13

Each Section: 9:00am–12:00pm
Loranger Memorial/Tennis Courts \$35

Pickleball Specialty Shots

Andra Yanchenko



Practicing the basic strokes of pickleball keeps your game consistent, but one of the more fun things to do is to try out new shots. Strokes allow you to apply action to the ball, whereas a shot is more specific and happens after you have made a stroke. Get an intro to a variety of shots, including block, dink, lob, and volley. Serve and return of serve will also be covered. To have the best experience in this class, players are encouraged to have taken a Pickleball Taster course or played at the beginner level.

Choose Your Section:

- Section 1:** Sun, May 18 - Reg closes 5/14 12:30pm–3:00pm
Rain date 6/1
- Section 2:** Sun, Jun 8 - Reg closes 6/4 12:30pm–3:00pm
Rain date 6/22
- Section 3:** Sun, Jul 20 - Reg closes 7/16 9:30am–12:00pm
Rain date 7/27

Each Section: Loranger Memorial/Tennis Courts \$29

Pickleball Practice & Play

Andra Yanchenko



For those just starting out in pickleball or for players who wish to get better at the sport. This is not a program for advanced players. Specific game component will be covered at each session, and you will learn the rules that apply to that skill. Following drills and practice, Coach Andra will observe an organized match and provide advice on how best to improve your game. Play, practice, and build your pickleball prowess in each weekly session!

Choose Your Section:

- Section 1:** Sun, Apr 6–27 Reg. closes 4/2
(No class 4/20) Rain date 5/4
 - Section 2:** Sun, Jun 29–Jul 20 Reg. closes 6/25
(No class 7/6) Rain date 7/27
- Each Section:** 12:30pm–2:30pm
Loranger Memorial/Tennis Courts \$69



5% Earlybird Discount! Online Only
Register before April 15th, 2025
Enter the following code at checkout:
EARLYBIRDS25



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Saco Museum Tour

Tara Raiselis



Since its founding in 1866, the stated purpose of the organization was “to promote the study of natural history; encourage science and art; and also to collect and preserve whatever relates to the natural and civic history of York County.” Evolving over the years to meet the changing needs of the community, the museum’s galleries are set up to allow revolving exhibitions showcasing the extraordinary collections, special interpretive exhibits, and work by contemporary Maine artists. Permanent exhibits include paintings, furnishings, and household objects with documented histories of ownership in the Saco valley in the 18th and 19th centuries. The second floor includes a room furnished to reflect a mill girl’s boarding house bedroom from the 1840s. The museum also has a display of antique natural history specimens, including birds of New England. Preregistration required as space is limited, registration closes at noon on 7/16.

Thur, Jul 17 11:00am-12:00pm
Saco Museum/Main St, Saco \$5

Saco River & City Plant & Bird Walk

Laura Grover



Delight in all that is growing and flying about in the city of Saco! Nature is prolific here and will pop up through the cracks in the sidewalks and on the edges of the street. Look closely, both down at the plants and up at the trees, to identify summer plants and birds that you may have in your own backyard. This walk will mostly be on sidewalks, but nearer to the river there is a section with many stairs. The section with stairs will take 15-20 minutes, and those who want to skip that part will have access to benches to wait upon. Wear comfortable shoes, weather-appropriate clothing, sunscreen, and an optional brimmed hat or cap (which helps with both sun and bugs). Bringing binoculars is highly encouraged! Walk starts promptly at 4:00pm. Registration closes at noon on 5/27. Rain date 5/29, 4-6:00pm. **Note:** Please communicate any accessibility concerns at registration, and we will ask Laura to contact you to discuss any needed accommodations.

Wed, May 28 4:00pm-6:00pm
Main St/Saco \$19

Spring Plant & Bird Walk on the Saco Heath

Laura Grover



Combine your love of plants and birds on this special walk to identify and learn about both, as well as how they work together to create the unique and special ecology at the heath! Trail is moderately flat and may be muddy in spots, depending on whether we had rain recently. Half of the trail is a narrow wooden boardwalk with several stopping points with benches. Wear comfortable shoes, weather-appropriate clothing, sunscreen, and an optional brimmed hat or cap (which helps with both sun and bugs). Bringing binoculars



is highly encouraged! Walk starts promptly at 9:00am. Registration closes at noon on 5/2. Rain date 5/4, 4-6:00pm. **Note:** Please communicate any accessibility concerns at registration, and we will ask Laura to contact you to discuss any needed accommodations.

Sat, May 3 9:00am-11:00am
Saco Heath Trail/Saco \$19

Saco River & City Plant Walk

Laura Grover



Look closely at what is growing, discover many native and invasive plants, and the unique gifts city plants give us. Learn to identify summer plants that you may have in your own backyard. This walk will mostly be on sidewalks, but nearer to the river there is a section with many stairs. The section with stairs will take 15-20 minutes, and those who want to skip that part will have access to benches to wait upon. Wear comfortable shoes, weather-appropriate clothing, sunscreen, and an optional brimmed hat or cap (which helps with both sun and bugs). Bring binoculars if you want to see what birds and animals are about. Walk begins promptly at 4:00pm. Registration closes at noon on 6/16. Rain date 6/19, 4-6:00pm. **Note:** Please communicate any accessibility concerns at registration, and we will ask Laura to contact you to discuss any needed accommodations.

Tues, Jun 17 4:00pm-6:00pm
Main St/Saco \$15



Estate Planning

Eleanor Dominguez, Esq.



A final will and testament, a durable power of attorney, an advanced health care directive, and HIPAA authorization are legal documents that every one of us needs. But as you age, the documents you need may change based on your goals, such as avoidance of probate, asset protection, or long-term care planning. Get answers to your questions while learning the significance of planning for long-term care and what estate documents you may need to accomplish your goals.

Wed, May 21
OOB HS/Rm 109

6:00pm–9:00pm
\$15

Knowing Your Number The Key to a Comfortable Retirement

Anthony Corsino



How much will you need? Learn how to calculate the amount of money you need to retire comfortably, based on your unique lifestyle and financial situation. Get step-by-step guidance through the process of determining your retirement “number.” Gain a clear understanding of your current financial position and what’s required to bridge the gap between where you are and where you want to be. Through engaging exercises, take stock of your income, expenses, and savings, and develop a personalized plan for reaching your retirement goals. Leave feeling empowered and motivated to take actionable steps towards securing your financial future. Please bring a notebook/pen and a calculator.

Mon, May 5–12
OOB HS/Rm 104

6:30pm–7:45pm
\$9

Make Your \$ Work for You

Sarah Blondin



You work hard for your money. Is your money working hard for you? Do you have faith in your present investment plan? Join us to learn how to manage risk, use compound interest to your advantage, and invest wisely to achieve your objectives.

Thur, May 1
OOB HS/Rm 101

6:00pm–7:30pm
\$9

Secrets to Financial Success

Sarah Blondin



Struggling to make ends meet or carrying debt? Do you want to take control of your money? Join us to learn how to budget effectively. Identify different types of debt, how to eliminate it, prioritize saving, and become financially independent.

Thur, Apr 17
OOB HS/Rm 101

6:00pm–7:30pm
\$9

Tax Planning for Retirees What Folks Near, At, or In Retirement Need To Know

Anthony Corsino



Retirement doesn’t mean escaping taxes—in fact, it’s one of the top challenges you’ll face as you plan for the future, and understanding them is essential to preserving your income throughout your retirement. Uncover critical tax issues that can erode your retirement savings and discuss practical strategies to protect your wealth. Understanding how taxes will impact your income is essential to preserving your money throughout your retirement. Learn about Required Minimum Distributions (RMDs), how to calculate them, and how they impact your taxes. Also, how Social Security, pensions, dividends, and interest affect your taxes. Cover strategies such as Roth IRA conversions, tax loss harvesting, and how a step-up in tax basis and Qualified Charitable Distributions (QCDs) can work to your advantage. By the end, you’ll have knowledge and actionable strategies to consider that may help preserve your assets, maximize tax efficiency, and make your retirement dollars last. Please bring a notebook/pen and a calculator.

Tues, Apr 15
OOB HS/Rm 104

6:30pm–8:00pm
\$9

Understanding Social Security & Medicare

Sarah Blondin/Brianna Henward



Do you wish you had a better understanding regarding your social security and Medicare benefits? Do you want to make sure you’re getting the most out of your benefits? Join us to learn how!

Thur, Apr 10
OOB HS/Rm 101

6:00pm–7:30pm
\$9



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= register with OOB/Saco Adult Ed.

Languages

Intermediate French

Gregory Downs



A continuation of Beginner French. Build your vocabulary by concentrating on a variety of subjects, including society, the environment, travel, leisure, and health. You'll have much more opportunity to use and improve your conversational skills with topics centered around today's world. Text: *Berlitz French Picture Dictionary* by Berlitz Publishing, ISBN 9781780044774 (approx. \$10).

Tues, Apr 8–Jun 3 (No class 4/22) 5:30pm–7:00pm
OOB HS/Rm 107 \$135

Spanish for Beginners Level I

Gustavo Gómez Coello



Learn Spanish from a native speaker! Focus on the foundational concepts of pronunciation, vocabulary, and grammar. Your confidence will increase with more practice, and you'll soon be able to communicate in Spanish! No experience needed. Text: *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386 (approx. \$12).

Tues, Apr 8–Jun 3 (No class 4/22) 5:00pm–7:00pm
Saco LC/Open Rm \$209



Spanish for Beginners Level II

Gustavo Gómez Coello



A continuation of Spanish for Beginners Level I. To succeed, you need to be comfortable using personal pronouns, gender, and numbers of nouns, adjectives, cardinal and ordinal numbers, and the conjugations of regular and irregular verbs in the present tense. The aim is to enhance your proficiency in everyday communication, focusing on both spoken and written Spanish. Prerequisite: Spanish for Beginners or equivalent. Text: *Easy Spanish Step-by-Step* by Barbara Bregstein, ISBN 978-0071463386 (approx. \$12).

Thur, Apr 10–Jun 5 (No class 4/24) 5:00pm–7:00pm
Saco LC/Open Rm \$209

Computers & Tech.

Introduction to ChatGPT

Elizabeth Flanagan



Unlock the power of Artificial Intelligence (AI) with ChatGPT, the fastest-growing app in the world. In this course, you'll learn how AI tools can dramatically increase your productivity and provide you with a competitive advantage in the workplace. Designed for anyone seeking to acquire new skills, you'll gain an understanding of the capabilities of AI tools and how to leverage them to achieve your goals faster and easier than ever before.

Apr 7–May 2
Online

Anytime
\$195

Mastering Microsoft Word

Elizabeth Flanagan



Master the art of document creation and take your professional skills to the next level with Microsoft Word, which is essential for success in the modern business world. Discover how to format text, paragraphs, images, and pages with ease. Get hands-on experience creating professional-looking documents, from resumes and cover letters to reports and brochures.

May 5–30
Online

Anytime
\$195

Mastering Microsoft PowerPoint

Elizabeth Flanagan



Bring your ideas to life and leave a lasting impression with Microsoft PowerPoint. Master the tools and techniques that turn humdrum slides into dynamic presentations that will captivate your audience. With hands-on practice and real-world examples, learn design principles and multimedia elements such as images, videos, and charts that elevate you to the next level.

Apr 7–May 2
Online

Anytime

Check biddeford.maineadulted.org for MANY more computer classes.



Workforce Training

Boat America

James Katz



For all boaters on inland and coastal waters, this all-ages course is approved by the State of Maine, meeting boater education requirements for operators 16 to 25 on inland and coastal waters out to the three-mile line. This is the National Association of Boating Law Administrators-approved course, honored in all states, on inland and coastal waters, where boater education is required. Please bring a notebook and writing utensil.

Wed, Apr 30–May 21
OOB HS/Rm 106

6:30pm–9:00pm
\$40

Real Estate Sales Agent Course - Online

Robert Joslyn



This introduction to the elements of real estate brokerage covers an industry overview, Maine Real Estate Commission, agency relationships, product knowledge, property valuation, the appraisal process, financing the transaction, contracts, closings, federal & state laws. Fee includes PDF of textbook (hard copy available from Center for Real Estate for a fee), one year of access to the course, instructor feedback after the three quizzes and final exam, and twice-monthly Q&A drop-in sessions via Zoom. Certificate of completion awarded with a grade of 75% or above, required for the state licensing exam (\$85 fee), which must be taken within one year of satisfactory course completion. When you affiliate with a real estate agency and apply for your license, there is a \$100 fee, along with a \$21 criminal records check fee. **Required:** Attendees must be 18 or older with a high school diploma (or equivalency) to get a license (diploma not required to attend the course).

Mon–Sun, Apr 1–Jun 30
Online

\$370



Substitute Teacher Intensive

Linda Roy



Substitute teaching is a flexible and rewarding side pursuit with benefits to both the employee and the school. This class will enhance the skills and understandings that lead to success in any classroom. Through presentations, discussions, and readings we will address: behavior expectations, ways to get and keep students on task, examine lesson plans and review what to expect on any given day, look at the role of technology in today's classrooms, consider the variety of subbing opportunities in regular and special education strands, and professional behaviors that will keep you as busy as you wish. Leave with a portfolio of the course presentation, relevant readings, and resources to support you on the job. Discuss state-mandated fingerprinting and a Criminal History Records Check are employment requirements with extra fees attached. Access to a computer and a valid email address required. Certificate awarded upon completion of all class requirements which ensure that, if hired by RSU 23, you will receive the highest rate of pay for substitute teachers in this district.

Mon/Wed, Apr 7–May 14
(No class 4/21 & 4/23)
OOB HS/Rm 111B

3:30pm–5:00pm

\$99

Becoming a Notary Public

Bethany Mulkern



The main responsibility of a notary is to formally witness transactions involving paper documents and, in Maine, to perform marriage ceremonies. Study the office's history, cost/duration of license, a notary's responsibilities, qualifications, and record-keeping requirements. You must live in ME or be a NH resident regularly employed or with a business/trade in Maine. Leave with the test completed and a plan in place for turning in your paperwork.

Mon, May 19
OOB HS/Rm 104

6:00pm–9:00pm

\$39

See our online courses for more in-depth course detail.



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Behavioral Health Professional Info Session



Jeffrey Carpenter

Join us and get your questions answered about this fantastic opportunity to obtain FREE training on your path to pursuing a career in behavioral health! Get all of your questions answered and learn more about this certificate program. Preregistration required.

Thur, Apr 17
OOB HS/Rm 110

6:00pm–7:30pm
FREE

Behavioral Health Professional Training & Certificate Program - Live Online



Jeffrey Carpenter

Maine communities need individuals who want to make a difference in a child's life. Children with intellectual challenges, autism, and mental health disorders, and their families, depend on children's behavioral health services. A certified Behavioral Health Professional is an essential member of a child's treatment team and has the chance



to have an instant influence while assisting children in reaching their full potential. We are thrilled to provide

this fantastic ONLINE training and certificate program to our community. Become equipped to work with children who need services and prepare yourself for employment with local social service organizations. Start whenever you choose, and go at your own pace. Complete 12 online modules and three live, four-hour sessions, after which you will receive free online training in blood-borne pathogens and certification in child and adult first aid and CPR. Our remote training program can get you licensed and started in a career that will change your life in just 40 hours! **Required:** Must be a ME resident, 18 years old and up, with a high school diploma or equivalent to be certified.

Mon–Sun, Apr 1–Jun 30
Online

FREE

Certified Residential Medication Aide Certificate Program



Jennifer Courtois, RN

Receive standardized training for professionals working in state-certified residential care homes. State of Maine regulations, standard residential facility policies, and basic anatomy and physiology covered. Discuss medications, safe administration procedures, practice taking vital signs, transcribing physician orders, and documenting procedures on the Medication Administration Record per Maine's regulations governing residential facilities. In addition, students must complete a clinical medication administration of medication passes to three different residents with 100% accuracy. Certification and med pass awarded on successful completion with 40 hours of attendance, no exceptions. Participants must be 18 or older. High school credentials and background checks not required however a reading/comprehension level of English at a 10th grade or better level is required. Prerequisite: CASAS testing, with a score of 239 or better, is required to complete enrollment. No exceptions. Appointments available at our Saco Learning Center; please call 202-3846 to set up. Course fee nonrefundable. Payment plans available for qualified applicants. **Required:** CASAS testing. Bring a 1.5-inch 3-ring binder. Med Pass fee, \$125-\$150, payable to the instructor at your scheduled test. For questions about the program, please email the instructor at jennifercourtois@myfairpoint.net

Fri/Sat, Apr 18–May 2
Saco LC/Rm 1

8:30am–4:30pm
\$325

CASAS Testing for CRMA Program



Melissa Meserve

CASAS tests assess a student's skill levels in English reading and writing comprehension and is required for enrollment in our Certified Residential Medication Aide Certificate Program. On each day, there will be a session at 10am, 11:30am, and 1pm, with 2 people per session, for a total of 9 sessions and 18 spots. Testing waived IF you have CASAS tested within the past year and can provide proof of testing/score, OR if you have a CNA certification and can provide verification of certificate. If you need an alternate date/time, contact the Saco Learning Center (207) 282-3846 or learningcenter@rsu23.org

Thur, Mar 6–Apr 10 (by appointment only)
Saco LC

FREE



Healthcare Training

Heartsaver® CPR & First Aid for Adults & Children



Karl Finley, EMT-P

Acquire the fundamental knowledge and skills necessary to handle first aid, choking, or sudden cardiac arrest situations until emergency medical assistance arrives. Learn to handle scenarios including bleeding, sprains, bone fractures, and shock, how to operate an AED, and give CPR to infants, children, and adults. Certificate valid for two years and meets the requirements for child care providers.

Mon, Apr 7-14 6:00pm-9:00pm
OOB HS/Rm 101 \$79

Heartsaver® First Aid/CPR/AED Certification Course



Diane Frechette, RN, BSN, MS, CNOR

This course is designed for parents, grandparents, laypersons, childcare providers, educators, camp counselors, health/fitness trainers, hospitality workers, security, school personnel and more. Students will receive a Heartsaver® First Aid CPR AED Course Completion Card upon successful completion.

Our Certified American Heart Instructor will teach:

- Adult CPR and AED use
- Environmental emergencies actions for bites and stings, and temperature related and poison emergencies
- First Aid Basics including scene safety, finding the problem, calling for help and more
- Injury emergencies including bleeding, wounds, broken bones, sprains and more
- Medical emergencies including actions for choking, breathing problems, allergic reaction, shock and more
- Child CPR and AED
- Infant CPR
- Adult, child and infant choking

Please bring water and a bag lunch.

Certificate will be emailed to you up to four weeks after the course. Please check your email (could be your Spam folder) for your certificate.

Sat, Apr 12 8:00am-2:00pm
Biddeford LC/Rm 27 \$69 PLUS =\$19 Text fee
(please pick up book at the Adult Ed Office PRIOR to the class)

Certified Nursing Assistant (CNA)



TBA

This is a Maine State Approved Certified Nursing Assistant training course. Preparing students to become CNA requires 70 classroom hours, 20 lab hours, and 40 clinical hours. Routine tasks required for personal nursing care will be taught.

Applicants must apply and be screened for acceptance in accordance with local and Maine State regulations, confirm academic skills through the CASAS Test, and pass a criminal background check.

Please call Brittany at 282-3883 to receive an application or you may also download the **application** at our website biddeford.maineadulted.org/medical-courses.

Prerequisite: CASAS Reading score 239

Class/Clinical Schedule

TBA TBA
Biddeford LC/Rm 25 \$500

Certified Nursing Assistant MED



Kathleen Seigfried, RN

Medications course follows standardized curriculum approved by the Maine State Board of Nursing. The purpose of this course is to teach experienced certified nursing assistants (CNA) to administer selected noninjectable medications to patients who are 4 years of age and older. This standardized medication course will provide the basis of understanding needed for the CNA to administer medications accurately and safely.

Please call Brittany at 282-3883 to receive your application and schedule your CASAS Testing.

Prerequisites: CASAS Reading score 244, worked as a CNA for 1,200 hours.

Class/Clinical Schedule

TBA TBA
Biddeford LC/Rm 25 \$1,377



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= register with OOB/Saco Adult Ed.

FREE Multilingual Learner (MLL) Classes

MLL at Biddeford Adult Ed

Designed for people who speak little or no English. This is a fun and engaging way for students to learn English vocabulary and grammar in context while gaining skills and strategies in reading, writing, listening and speaking. Students are tested to see what level they are currently which will help in placement. All tests are to measure your current level and are NOT pass or fail tests.

Contact Stephanie at (207) 282-3883 or satkinson@biddefordschools.me to schedule an Intake appointment.

Conçu pour les personnes qui parlent peu ou pas anglais. Les étudiants sont testés pour voir quel niveau ils ont actuellement, ce qui facilitera leur placement. Tous les tests visent à mesurer votre niveau actuel et ne sont PAS des tests de réussite ou d'échec. Contactez Stephanie au (207) 282-3883 ou satkinson@biddefordschools.me pour planifier un rendez-vous d'admission.

Diseñado para personas que hablan poco o nada de inglés. Los estudiantes son evaluados para ver en qué nivel se encuentran actualmente, lo que ayudará en la colocación. Todas las pruebas son para medir su nivel actual y NO son pruebas de aprobación o desaprobación. Comuníquese con Stephanie al (207) 282-3883 o satkinson@biddefordschools.me para programar una cita de admisión.

Projetado para pessoas que falam pouco ou nenhum inglês. Os alunos são testados para ver em que nível estão atualmente, o que ajudará na colocação. Todos os testes servem para medir seu nível atual e NÃO são testes de aprovação ou reprovação. Entre em contato com Stephanie pelo telefone (207) 282-3883 ou satkinson@biddefordschools.me para agendar uma consulta de admissão.

Esalemi mpo na bato oyo balobaka Lingelesi mingi te to balobaka ata moke te. Bayekoli bamekamaka mpo na komona niveau nini bazali na tango oyo oyo ekosalisa na placement. Ba tests nionso ezali pona ko mesurer niveau na yo ya lelo pe ezali ba tests ya passe to échoué TE. Bokutana na Stephanie na (207) 282-3883 to satkinson@biddefordschools.me mpo na kosala rendez-vous ya Intake.

MLL at OOB/Saco Adult Education

Learn and practice English in one of our in-person or online classes surrounded by a small group of peers also working to develop their English language skills. Offered in multiple levels depending on the classes' current fluency and needs. Additional learning materials for at-home study are available. Students are expected to have regular class attendance and reliable transportation.

English classes are in-person on Mon, Wed, Tues, & Thur in the morning, afternoon, and evening, depending upon student levels.

Please call or text (207) 282-3846 or learningcenter@rsu23.org to schedule an Intake appointment.

Apprenez et pratiquez l'anglais dans l'un de nos cours en personne ou en ligne, entouré d'un petit groupe de pairs travaillant également à développer leurs compétences en anglais. Offert en plusieurs niveaux. Les étudiants doivent avoir une présence régulière en classe et un moyen de transport fiable. Veuillez appeler ou envoyer un SMS au (207) 282-3846 ou à learningcenter@rsu23.org pour planifier un rendez-vous d'admission.

Aprenda y practique inglés en una de nuestras clases presenciales o en línea rodeado de un pequeño grupo de compañeros que también trabajan para desarrollar sus habilidades en el idioma inglés. Ofrecido en múltiples niveles. Se espera que los estudiantes tengan una asistencia regular a clases y transporte confiable. Llame o envíe un mensaje de texto al (207) 282-3846 o learningcenter@rsu23.org para programar una cita de admisión.

Aprenda e pratique inglês em uma de nossas aulas presenciais ou on-line, cercado por um pequeno grupo de colegas que também trabalham para desenvolver suas habilidades no idioma inglês. Oferecido em vários níveis. Espera-se que os alunos tenham frequência regular às aulas e transporte confiável. Ligue ou envie uma mensagem para (207) 282-3846 ou learningcenter@rsu23.org para agendar uma consulta de admissão.

Yekola mpe salá Lingelesi na moko ya bakelasi na biso ya miso to na nzela ya Internet oyo ezingami na mwa etuluku ya baninga oyo bazali mpe kosala mpo na kokolisa mayele na bango ya monoko ya Lingelesi. Epesami na ba niveaux ebele. Bazelaka ete bana-kelasi bázala na kelasi mbala na mbala mpe bázala na mituka oyo bakoki kotyela motema. Tosengi yo obenga to tindela (207) 282-3846 to learningcenter@rsu23.org mpo na kosala rendez-vous ya Intake.



FREE Academic Classes

High School Diploma (HSD)

Meets the needs of students, 17 and older, who have not completed high school. 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. Must be officially withdrawn from the K–12 school system to enroll in our program.

HiSET (High School Equivalency Test, formerly GED)

The HiSET is an alternative for those who, for a variety of reasons, are unable to finish high school. It consists of five tests covering writing, science, math, literature and the arts, and social studies. Tests are can be taken in any order. Passing the test series allows students to earn their High School Equivalency Diploma (HSED). Must be at least 17 and officially withdrawn from K–12 schools. CASAS reading and math assessments and official practice tests prior to official HiSET testing.

College & Career Preparation

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

Bring a MAINE Government-issued photo ID. Do not bring your children, no childcare provided.
Note: There is a lot of paper work, so please bring your patience.

Contact us for more information!
 Biddeford Adult Education (207) 282-3883
 adulated@biddefordschools.me
 Saco Learning Center (207) 282-3846
 learningcenter@rsu23.org

Adult and/or Child

Parent Talk (Active Parenting Now)

Julie Berube



Do you have questions about parenting? Do you want to improve your parenting skills? Are you overwhelmed? If you answered yes to any of these questions, “Parent Talk” may be for you. Happy Families aren’t born... They’re made one day at a time. Through this video-based program, you will learn the skills that will help you develop cooperation, responsibility and self-esteem in your children, and encourage your children to be their very BEST! You’ll also learn positive discipline techniques so you can avoid those all too familiar power struggles. You will be receiving an Active Parenting Certificate upon completion of this course.

Thurs, May 1–Jun 5
 Biddeford LC/Rm 28

6:00pm–7:30pm
 FREE

Family Literacy Night

Julie Berube



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

Spring Has Sprung! Bunny Theme

Wed, Apr 16
 Biddeford LC/Rm 28

6:00pm–7:30pm
 FREE

Flowers, Mothers & Bugs!

Wed, May 21
 Biddeford LC/Rm 28

6:00pm–7:30pm
 FREE



= register with Biddeford Adult Ed.



= register with OOB/Saco Adult Ed.

Biddeford Adult Education Registration Form

Name: _____ DOB: ____/____/____
 Address: _____
 City: _____ State: _____ Zip: _____ Phone: _____
 Email: _____

Course Title	Start Date	Course Fee

Would you like to make a donation to our literacy program? How much? _____
Please include your donation amount in your total. Donations ensure that we can continue to offer free teaching and tutoring services to students in our communities.

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

CARD PAYMENT VISA MC AMEX DISCOVER
 Card Number _____ - _____ - _____ - _____
 Expiration ____ / ____ CVV ____
 Signature _____

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

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

BIDDEFORD ADULT EDUCATION POLICIES



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



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



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



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

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

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

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

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

OOB/Saco Adult Education Registration Form

Name: _____ DOB: ____ / ____ / ____
 Address: _____
 City: _____ State: _____ Zip: _____ Phone: _____
 Email: _____

Course Title	Start Date	Course Fee

Would you like to make a donation to our literacy program? How much? _____
Please include your donation amount in your total. Donations ensure that we can continue to offer free teaching and tutoring services to students in our communities.

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

CARD PAYMENT VISA MC AmEX DISCOVER
 Card Number _____ - _____ - _____ - _____
 Expiration ____ / ____ CVV _____
 Signature _____

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

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

OOB/SACO ADULT EDUCATION POLICIES

FOR MORE IN-DEPTH POLICY INFORMATION, VISIT OBSACO.MAINEADULTED.ORG



Register online at oobsaco.maineadulted.org
 OR scan completed form and email to
 adultedinfo@rsu23.org



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



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



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

REGISTRATION & FEES: All classes must be paid in full at the time of registration. If paying by check, your spot is not guaranteed until payment is received. Credit/debit cards are subject to a non-refundable \$1.99 fee per class. All courses are open to persons 18 and older. *Academic courses usually have open enrollment and are open to persons 17 and older.

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

CHANGES & CANCELLATIONS: We reserve the right to cancel, reschedule, or change instructors as necessary. Courses with insufficient enrollment are canceled one to five business days prior to the start date. We notify all registered students of any changes whenever possible. Please do not buy materials for the class unless you know it's running. Check our "Go" list at oobsaco.maineadulted.org to see if your class will run.

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

P O BOX 624
BIDDEFORD, ME 04005

FEATURED PROGRAM:

BUS DRIVER CDL CLASS B PERMIT PREP

BUS DRIVERS ARE IN HIGH DEMAND IN MAINE!

This course will help prepare you for the CDL Class B permit exams. You will study the Maine Bureau of Motor Vehicles handbook with a specific focus on requirements for bus drivers. After successfully completing the course and passing the exams, you will have the opportunity to work for Biddeford Public School as a bus driver trainee.



Prerequisites: Current Class C license, CASAS assessment score of 238 or higher.
Please call Anne at (207) 282-3883 to schedule your CASAS test.

Spring Class: Saturday, May 17th, 9am-3:30pm, Biddeford LC/Rm 24

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

Old Orchard Beach/Saco Adult Education
oobsaco.maineadulted.org
207-934-7922