



*Learning for Better Living*

# Old Orchard Beach/Saco Adult & Community Education

## IT'S WHAT'S INSIDE THAT COUNTS!

FALL 2016

ENRICHMENT, VOCATIONAL &  
NO COST ACADEMIC CLASSES

Register  
ONLINE by 9/15/16  
SAVE 5%  
See pg 2

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



COVER PHOTO BY GERI LYNN SMITH





Learning for Better Living

Register  
**ONLINE** by 9/15/16  
 SAVE 5%  
 use code  
**EARLYBIRDF16**



**WALK IT OFF!**  
 PG 3



**MAINE'S  
 WILDLIFE** PG 5



**SHORT COURT  
 TENNIS CLINIC**  
 PG 6

OUR COVER IS A  
 PHOTOGRAPH BY GERI  
 LYNN SMITH.

THANK YOU GERI!  
 AND DON'T MISS HER  
 PHOTOGRAPHY CLASSES  
 PG 14

## WELCOME TO FALL 2016

We offer you a wide variety of choices!  
 Affordable, fun learning experiences right  
 in your backyard. Best of all, your  
 satisfaction is guaranteed!

### ENRICH

- Fitness/Recreation** 3-6  
 Kayaking, Horse Handling, Great Workouts, T'ai  
 Chi, Chi Kung, Yoga, Running, Walking, Biking,  
 Golf, Tennis, Wildlife, Survival Skills . . .
- Family, Home & Garden** 6-7  
 Genealogy, Antiques, Landscaping, De-Clutter,  
 Buying Your First Home, Solar Power . . .
- Health/Mind, Body & Soul** 8-12  
 Healthy Eating, Essential Oils, Inflammation, Gut  
 & Thyroid Health, Meditation, Acupressure,  
 Pain, Weight & Energy, Meditation, Find Love,  
 Insurance & Estate Planning . . .
- Culinary Arts** 12-14  
 Anadama Bread, Sushi, Wine, Mediterranean &  
 Veggie Cuisine, Knife Skills, Cider Donuts, Chia  
 Seeds, Hummus, Kale, Canning . . .
- Creative Arts/Music & Dance** 14-18  
 Jewelry, Music & Dance, Photography, Caning,  
 Writing, Painting, Drawing, Furniture Painting,  
 Knitting, Vintage Signs, Basket Weaving . . .

### ADVANCE

- Language** 18  
 Spanish
- Professional Skills** 19-22  
 Etsy, Reupholstery, Web Design, Business &  
 Computer Skills, Social Media Marketing, eBay,  
 Engine Repair . . .
- Certificate & Training Programs** 22-23  
 Veterinary Assistant, CRMA, Notary Public, Sub  
 Teacher Training, Heartsaver CPR/First Aid . . .
- Academics** 24-25  
 HiSET, HSD, ESOL, College Prep,  
 College Readiness . . .

### INFORM

- Policies** 26  
 Cancellations, Refunds, Closings
- Registration** 27  
 How & where to register





## CHI KUNG

Chi Kung (pronounced Chee Gong) is a gentle exercise that relieves stress without straining joints, muscles or ligaments. Think of Chi Kung as slow graceful movements combined with meditation, an exercise that controls energy flow while increasing stamina and awareness. Chi Kung is an ancient Chinese practice that combines intentional, controlled breathing with movements that are said to encourage the flow of chi (vital energy) in the body elevating the immune system, releasing nervous tension and eliminating a buildup of stress, all important factors in maintaining optimal health. Wear loose-fitting clothing and comfortable shoes.

Tue 6:30-7:30 PM 9/27-11/1 Sessions: 6  
\$55 Jameson El, Gym FTNS.08

**Mark Gerardi**, studying and teaching martial arts for 25 years, is the founder of Samurai Fitness and member of the National Qigong Association. He is also a powerful energy healer with formal education in Shiatsu, Herbalism, EFT, KCR and Reiki.  
[www.luminousandhealthy.com](http://www.luminousandhealthy.com)



## FLOW THEN LET GO YOGA MOVE THEN REST IN ONE CLASS!

Flow through the physically therapeutic standing poses of the Ashtanga yoga series in coordination with a steady breath. Then settle into more restorative Yin yoga poses aimed at health and relaxation, done on the floor with props and supports to adapt to every body. Physically therapeutic and intentional poses for our aching bodies and deep rest for our minds. Beginners welcome.

**Note:** This discounted introductory course is open to first time students at Kusum Institute Yoga only. Registration through OOB/Saco Adult Ed.

Wed 5:30-6:30 PM 9/14-11/2 Sessions: 8  
\$75 Kusum Institute Yoga, Saco FTNS.05

**Penny Clum**, E-RYT 500 & founder of Kusum Institute Yoga has been teaching yoga in Saco since 2003 and uses her unique skills to offer students the experience of a deeply peaceful and transformative environment.



## WALK IT OFF!

This class is designed for the true beginning exerciser who doesn't know where to start. Get motivated with the fundamental skills to "walk it off" in a nonjudgmental environment. Get healthy tips along with information on proper hydration and nutrition that will support your weight loss goals. Come make new friends and Walk It Off! Wear walking or running sneakers, appropriate exercise gear and bring water.

Thu 5:30-7:30 PM 9/15-11/10 Sessions: 8  
\$99 OOB HS, 107/Track FTNS.07

**Robert Cyr** is a Safety and Wellness Instructor, Certified Health Coach, organic gardener, and personal chef. He has been an Official Trainer & Pacesetter for the Hannaford-sponsored training runs for the Beach to Beacon road race since 2003.

## NEW ATTITUDE WORKOUT

This weight resistance dance workout is for the mature woman who likes a well-rounded fitness session with no floor work. Combine hand-held weights and resistance bands for strength, with dance combinations to Latin, jazz and more, to keep your interest and fitness intensity up! Boost your confidence to be your best with an upbeat instructor. Weights and bands provided. It's time for a New Attitude! Bring water, wear loose comfortable clothing and sneakers. No class 10/10.

**Section I**  
Mon 5:45-6:45 PM 9/12-11/21 Sessions: 10  
\$105 Young School, Cafe/Gym FTNS.02

**Section II**  
Wed 5:45-6:45 PM 9/14-11/16 Sessions: 10  
\$105 Young School, Cafe/Gym FTNS.06

**Linda Waters**, a certified instructor in Group Exercise, Healthways Silver Sneakers, Zumba & Zumba Gold, BTS Group Groove, and Night Club Cardio, has been dancing & teaching for 50+ years. She has studied all over the United States.

**NEW**

Kayaking pg 4  
DIY Tree Care pg 7  
Accupressure pg 8  
Cook with Chia Seeds pg 13  
Engine Repair pg 19

# FITNESS / RECREATION

## T'AI CHI LEVEL I

Learn the basic movements while keeping your focus on breathing and relaxation in this gentle exercise program. T'ai Chi benefits people of all ages and has been proven to reduce the risk of falling by enhancing balance and increasing body awareness. Increased coordination and flexibility can lead to stress reduction and pain management. Wear loose-fitting clothing and comfortable shoes.

Wed 6:30-7:30 PM 9/7-10/12 Sessions: 6  
\$55 Jameson, Gym FTNS.01

**Alex Turek**, teaching since 2003, is certified to teach Dr. Lam's T'ai Chi for Arthritis, Diabetes and Energy. She has trained for 16+ years and continues her studies with 10th Degree Black Belt Master John Fritz.

## T'AI CHI LEVEL II

Strengthen and deepen your T'ai Chi practice by expanding your basic exercises while learning to put moves together to create a form. Some meditation practices may be included as an aid to further relaxation, stress reduction and to help with pain management. Wear loose-fitting clothing and comfortable shoes. No class 11/23.

**Required:** Knowledge of T'ai Chi Level I

Wed 6:30-7:30 PM 10/26-12/7 Sessions: 6  
\$55 Jameson, Gym FTNS.09

**Alex Turek**-see bio above.

## RUNNING FOR BEGINNERS

A consistent running program needs a solid plan to keep you motivated and successful. Get the support and knowledge you need to get started in a fun, relaxed, nonjudgmental atmosphere geared to your individual fitness level. Leave the program ready to run a 5K (3.1 miles) at a comfortable pace as we will pick an optional run in the fall for all to participate in. All fitness levels welcome! Wear running sneakers, running gear and bring water. No class 10/25, 11/8.

**Note:** Check with your doctor if you are just beginning a fitness program.

Tue 5:30-7:30 PM 9/13-11/15 Sessions: 8  
\$99 OOB HS, 107/Track FTNS.03

**Robert Cyr**-see bio pg 3.

## YOGA FOR CROSS-TRAINING

Cross-training simultaneously stretches your overused muscles and strengthens your underused opposing muscles. Moving through the poses, you will stretch, strengthen, cultivate deep breathing, and sweat as you detoxify your system.

**Note:** This discounted introductory course is open to first time students at Kusum Institute Yoga only. Registration through OOB/Saco Adult Ed.

Tue 6:15-7:45 PM 9/13-11/1 Sessions: 8  
\$95 Kusum Institute Yoga, Saco FTNS.04  
**Penny Clum**-see bio pg 3.

## RECREATION



**INTRO TO  
KAYAKING  
ROLLING  
CLINIC**

Join Seaspray Kayaking owner Scott Shea, as he demonstrates, instructs and reviews paddling skills, entries, exits, and rescues. Try a variety of kayaks, including recreational, sea, sit-on top and double kayaks. Please email [info@seaspraykayaking.com](mailto:info@seaspraykayaking.com) with any special needs after registering. Rain date is 9/18. Tuition includes equipment.

**Note:** Bring water shoes/sandals, bathing suit, sunblock, hat, sunglasses w/ strap, towel, windbreaker/fleece, garbage bag for wet clothes and a change of clothes.

Sat 1-4 PM 9/17 Sessions: 1  
\$55 Rotary Park Boat Launch, Bidd.  
RECS.05

**Scott Shea**, Master Maine Sea Kayaking Guide and owner of Seaspray Kayaking, has been President of the Maine Association of Sea Kayak Guides and Instructors, a high school Health & Physical Education teacher, and Red Cross First-Aid & CPR instructor.



## DISCOVER MAINE'S WILDLIFE

Maine is home to a diverse array of wildlife from the tiniest hummingbird to the majestic moose. Explore Maine's mammals, birds, amphibians, reptiles and discover some fun facts as well as where to find these creatures. Participants will receive a wildlife watchers guide and will be able to review a variety of great resources.

Thu 6:30-8:30 PM 10/13 Sessions: 1  
\$19 OOB HS, 103 RECS.09

**Linda Woodard** has been the Director of Scarborough Marsh Audubon Center for 18 years. She has taught high school biology, bird watching, marsh ecology and a wide variety of environmental topics.

## FRICION FIRE

### BOWDRILL & HANDDRILL TECHNIQUES

We will cover fire starting material selection, craftsmanship, and techniques. Working in a group or individually, we will use knives and synthetic cord for practice and discuss and make natural and synthetic rope alternative options as well. The feeling you get when you create an ember and breathe life into a tinder bundle as it bursts into flame is a powerful experience. Tuition includes materials.

Tue 6:30-8:30 PM 10/4 Sessions: 1  
\$25 OOB HS, 111B RECS.07

**Lou Falank**, owner/operator of Mountain Bear Programs/Guide Service & instructor at Maine Primitive Skills School, has worked with programs across ME, NY & PA.  
[www.mountainbearprogramsandguideservice.com](http://www.mountainbearprogramsandguideservice.com)



## BUILD YOUR OWN BACKPACKING STOVE

Walk away with your own multi-fuel camp stove which burns alcohol, hexamine, charcoal, and bio mass (wood, dry dung, etc.). We will discuss the history and use of stoves, their efficiency, why they are an alternative to canister stoves and a great tool to have if the power goes out. If you like, bring safety glasses and leather work gloves. Tuition includes materials.

Tue 6:30-8:30 PM 10/18 Sessions: 1  
\$29 OOB HS, 111B RECS.10

**Lou Falank**-see bio above.

## HORSE HANDLING 101

Learn to groom, lead and handle your assigned horse through basic ground exercises. Grow from the increasing bond of trust you build between you and your horse. Many life lessons can be learned through this relationship in and out of the barn! Burn calories, lower blood pressure, practice patience, leadership skills, self-relaxation and much more. Registration through OOB/Saco Adult Education only.

**Required:** Comfortable clothing to get dirty in and sturdy walking shoes. No open-toe shoes allowed.

Wed 6-7:30 PM 9/7-10/12 Sessions: 6  
\$75 Ever After Mustang Rescue, Bidd. RECS.01

**Mona Jerome**, owner/operator of Ever After Mustang Rescue, has worked with horses for 30+ years, specializing in Mustangs. She trained with numerous national horse trainers & volunteered at Bureau of Land Management adoption events.  
[www.mustangrescue.org](http://www.mustangrescue.org)



## COMMUNITY BIKE RIDES

Join fellow bike enthusiasts as you pedal your way to good health, meet new friends, and enjoy autumn in Maine. Leisurely rides will take you to the fishing village of Camp Ellis, the Eastern Trail to the Scarborough Marsh, and through the farmlands of Saco. Learn riding safety techniques and the rules of the road. Bring a bottle of water and enjoy the ride.

**Required:** Properly fitted bicycle helmets and comfortable riding clothing

**Note:** The first class will meet in the Old Orchard Beach High School parking lot to go over basic biking skills and tips before our first ride.

Wed 5:30-7 PM 9/14-10/12 Sessions: 5  
\$55 OOB HS, front lot RECS.04

**Wally Estrella** is a biking enthusiast who has been riding for 40+ years. He is a League of American Bikers cycling instructor and bicycle/pedestrian safety educator.



**Small  
& Outboard Engine  
Repair  
pg 19**

# RECREATION / FAMILY, HOME & GARDEN



## BEGINNER GOLF

Learn the technical aspects of the long and short game including full swings, chipping and putting, and general rules.

You will be capable of playing on the golf course after this class. The first three classes will be held at Cascade Golf Range in Saco with a weekly ball fee of \$4; the fourth at Deep Brook in Saco with a ball fee of \$8. Clubs are provided or bring your own. Register early - this class fills fast!

**Required:** Sneakers or golf shoes. No jeans or T-shirts allowed. Collared shirts required.

**Note:** In case of rain, there will be an indoor rules and etiquette class at OOB High School. You will be notified of weather cancellations and make up dates, if needed, by 3 PM the day of class.

### Section I

Mon 4:30-5:30 PM 9/12-10/3 Sessions: 4  
\$105 Cascade Golf Course, Saco RECS.03

### Section II

Wed 4:30-5:30 PM 9/7-9/28 Sessions: 4  
\$105 Cascade Golf Course, Saco RECS.02

**Jake McVety** is a PGA-certified golf instructor and owns an instruction center in Westbrook. He studied PGA Golf Management at Campbell University in NC and worked under multiple top 100 golf instructors.

## INTERMEDIATE GOLF

Review your game with video, including full swing analysis, chipping and putting, and sand shots. The first two classes will be on the driving range at Cascade Golf Range with a weekly ball fee of \$4. The last two will be at Deep Brook in Saco with a weekly ball fee of \$8. The third class will be on the short game, and the last will be an on-course playing lesson. Clubs are provided or bring your own.

**Required:** Sneakers or golf shoes. No jeans or T-shirts allowed. Collared shirts required.

**Note:** You will be notified of weather cancellations and make up dates, if needed, by 3 PM the day of class.

Wed 4:30-5:30 PM 10/12-11/2 Sessions: 4  
\$105 Cascade Golf Course, Saco RECS.08

**Jake McVety**-see bio above.



## SHORT COURT TENNIS CLINIC

Learn a new and exciting game played on a smaller court area with a larger dense foam ball and a youth size tennis racket. This is a great low-impact, full-body workout for young and old alike. Short Court Tennis takes the frustration out of the game of tennis and is a great way to enjoy the game while learning the skills. No experience necessary! So put on your sneakers and enjoy the game!

Thu 5-6:30 PM 9/22 Sessions: 1  
\$15 OOB HS, Tennis Courts RECS.06

**Eric Driscoll**, USTA New England Tennis Service Representative for Maine & SE New Hampshire, has worked for the USTA for 16+ years helping to promote tennis.

**Jo Dill**, Coordinator for Maine Senior Games, spent 40 years teaching Health & Physical Education, coached many sports and spent 13 years as Executive Director for the Maine Association for Health, Physical Education, Recreation and Dance.

## FAMILY, HOME & GARDEN

### APPRAISING ANTIQUES & COLLECTIBLES

Join Rachel Gurley and local antique specialists to learn about the value of your treasures. Included will be an introduction to appraising personal property for various purposes: insurance and estate planning, donations, and selling. Understand the professional's role in evaluating antiques and collectibles and receive resources for research and appraisals. Find out what your items may be worth and how much you could expect to make at auction. Refreshments will be graciously served.

**Note:** Three items allowed per student. Bring your antique or vintage: jewelry, buttons, furniture (or a photo if piece is too big), fine American or European paintings, prints, sculptures or statues, glassware, pottery, vintage toys, paper items (postcards, tin types, trade card albums, old photo albums), military items, flags or any item of value.

Tue 6-8 PM 10/11 Sessions: 1  
\$19 Gurley Antiques, Scarb. HOME.04

**Gurley Antiques Gallery** is a quality multi-dealer shop featuring 36 dealers of Authentic American Antiques, decorative arts and accessories. Rachel Gurley is the proprietor, antiques enthusiast and specialist.





## BUYING YOUR FIRST HOME

This Maine hoMEworks class covers the process of buying a home from the decision to closing and avoiding predatory lenders. Learn about down payments, closing costs, and assistance available to first-time home buyers, veterans and others. Earn a Certificate of Completion required by: USDA, ME State Housing Authority and others. Free individualized counseling is available. Please bring a pen, notepad, beverage and bag lunch.

**Note:** Register another at the same time and get a \$10 rebate.

Sat 9 AM-2:45 PM 11/5-11/12 Sessions: 2  
\$30 Saco LC, Rm 1 HOME.06

**Lee Sullivan** is a HUD and hoMEworks-certified housing counselor and homebuyer educator.



## DIY TREE CARE TRIMMING AND PRUNING

Pruning and trimming is an ongoing process for the life of your tree, saving money and giving you a healthier, easier-to-maintain tree. Get the keys to pruning coniferous and deciduous trees, perform inspections, and learn what to look for and when to prune. Proper cutting angles, how much to cut, caring for cuts, personal safety and tools for tree care will be covered.

Tue 6-9 PM 10/11 Sessions: 1  
\$29 OOB HS, 110 HOME.03

**Rob Moody** has extensive knowledge from nursery development & landscape design to irrigation installation & engineering. He has worked at Moody's Nursery for 35+ years and was President of the Maine Landscape & Nursery Association. [www.moodysnursery.com](http://www.moodysnursery.com)



## HOME LANDSCAPE MAINTENANCE

The key to landscape maintenance is keeping the existing grounds in good condition. Look at landscape maintenance from a seasonal perspective, since autumn will differ from winter, spring and summer. Receive a checklist to track your landscape's needs to help you work smarter not harder.

Tue 6-9 PM 9/20 Sessions: 1  
\$29 OOB HS, 110 HOME.01

**Rob Moody**—see bio above.

## SIX STEPS TO CLUTTER-FREE LIVING

Are you feeling overwhelmed and frustrated with too much stuff in your home and life? Do you wish you could just get organized? Get focused and take action using six SIMPLE steps to gain freedom from your stuff, allowing you to live a fuller life and do more of what you love.

Tue 6-8 PM 10/4 Sessions: 1  
\$19 OOB HS, 109 HOME.02

**Lisa Luken** is a Professional Organizer and Life Coach helping others find joy and freedom through simplifying. [www.simplejoyliving.com](http://www.simplejoyliving.com)

## GENEALOGY BASICS

Build your family history by making basic pedigree charts, finding and using paper documents, and creating filing systems. Find out where specific information is by exploring various websites, holdings in local libraries, the Maine Historical Society, and more! Bring your laptop, if you'd like.

Tue 6:30-8:30 PM 9/13-9/27 Sessions: 3  
\$55 OOB HS, 109 FMLY.01

Siblings **Iona Desmond** and **Ivan Tate** have 50+ years experience researching their family history and have traced it back 14+ generations. Ivan has written two articles on genealogy for the next volume of *The 1790 Project*.



## SOLAR POWER SAVING THE PLANET & YOUR MONEY

Utilize the sun's power to lower your energy footprint while saving hundreds on your heat & water bills. Learn about new solar technology: water heaters, photo voltaic panels, and hot air heating systems you can purchase at wholesale prices. Get plans on building solar-heated water troughs and bird baths that don't freeze in winter. Learn to construct homemade battery banks, solar panels, hot water heaters, hot air systems, ovens and distillation units using recycled parts. Bring lunch or visit a local shop on our break.

Sat 8:30 AM-5 PM 10/15 Sessions: 1  
\$89 Saco LC, Rm 1 HOME.05

**Lee Zwicker** has 40 years construction experience, lived off the grid for 14 years and has been teaching solar energy classes in several states over the last seven years.

# HEALTH



## **ACUPRESSURE IS FINGER PRESSURE ON ACUPUNCTURE POINTS-**

**A SIMPLE, SAFE, EASY TO LEARN,  
ON-THE-GO TOOL FOR SELF CARE.**

### **ACUPRESSURE FOR HEADACHES & NECK PAIN**

Find and treat the most common pressure points in the head and neck area, and how to release the nagging “pain in the neck” and various types of headaches. In this hands on class, learn common acupressure points by giving yourself a mini treatment. Wear comfortable clothing.

Tue 6:30-8:30 PM 10/18 Sessions: 1  
\$19 OOB HS, 101 HLTH.07

**Meret Bainbridge, LAc, MAcOM**, owner of Acupuncture by Meret in Portland and Saco, has been practicing acupuncture and Traditional Chinese Medicine in Greater Portland since 1997, and in Saco since 2016. Meret is a licensed acupuncturist and a registered practitioner of Jin Shin Do Bodymind Acupressure with over 20 years experience.

### **ACUPRESSURE FOR STRESS & ANXIETY**

Acupressure - finger pressure on acupuncture points - is a simple, safe, easy to learn, on-the-go tool for self care. Acupressure can help calm the busy “monkey mind”, increase mental focus and relaxation, and help you get a good night’s sleep. Learn effective pressure points for relaxation and stress relief. In this hands on class, learn common acupressure points by giving yourself a mini treatment. Wear comfortable clothing.

Tue 6:30-8:30 PM 11/1 Sessions: 1  
\$19 OOB HS, 101 HLTH.09

**Meret Bainbridge**-see bio above.

### **BANISH YOUR SUGAR DEMONS**

Hypnosis can help you get to the root cause of your sugar cravings. Repeated messages, experiences, and influences in our lives cause habits in our subconscious mind. Discover the underlying mental and emotional connections that are not available to your conscious mind. Release the connections and replace them with positive outcomes to conquer your sugar demons, banishing them for ever.

Mon 6-8 PM 10/24 Sessions: 1  
\$19 OOB HS, 105 HLTH.08

**Hugh Sadlier**-see bio pg 9.



## **ARTHRITIS SAFE MANAGEMENT TECHNIQUES**

Are you or someone you know suffering from chronic joint pain? Have you been told that you have arthritis, but do not know what to do? Osteoarthritis is one of the leading causes of joint pain, affecting millions of people each year, and reducing their quality of life. If you have arthritis, or you want to learn how to help prevent its development, join us to learn about the causes of arthritis and the benefits of safe exercise.

Tue 6:30-8 PM 9/20 Sessions: 1  
\$15 OOB HS, Library HLTH.04

**Brandon Freeman, PT, DPT, FAAOMPT**, graduated from UME with a BS in Kinesiology, and UNE with a Doctorate of Physical Therapy. He completed a two year program at the Institute of Orthopaedic Manual Therap and currently treats patients and manages Portland Physical Therapy.



## **OH MY ACHING BACK**

Proactively manage your back pain using noninvasive, healing strategies. The doctors from Boucher Family Chiropractic will cover the importance of good spinal health, address what can cause back pain, and how to effectively treat it. Explore different spinal treatment options, postural changes and at home care protocols including: proper stretching techniques, safe exercise strategies and anti-inflammatory nutritional advice. Leave with new insight and tools for getting relief from your disabling back pain without depending on pain medications and injections.

Wed 6-8 PM 11/9 Sessions: 1  
\$19 OOB HS, Library HLTH.10

**Beth Boucher**, Founder of Boucher Family Chiropractic, earned her Doctor of Chiropractic from Sherman College of Chiropractic and has a practice built around family wellness care focusing on education and lifestyle choices.

**Meghan Schoening** earned her Doctor of Chiropractic degree from Northwestern College of Chiropractic. She works at Boucher Family Chiropractic focusing on whole family wellness care and nutrition. In addition, Meghan is the owner of Balanced Wellness offering nutrition classes and detox.







### THE HEALTH BENEFITS OF TEA

Tea is one of the most popular drinks of the 21st century, especially among those seeking to keep fit, stay young, and live longer. Review current research

regarding the health benefits of tea from the tea plant, not herbal teas, as well as explore myths and beliefs about tea. We'll have a brief overview with examples of many different types of tea while learning the results of the latest research on tea and human health. Discuss how tea gets from plant to cup while enjoying an assortment of teas with simple treats. Tuition includes tea and treats.

Tue 6-8 PM 11/15 Sessions: 1  
\$19 OOB HS, 111A HLTH.12

**Marianne Russo** is a certified tea specialist trained at Specialty Tea Institute. She attends The World Tea Expo, Tea Tutorials with Pearl Dexter of *TEA, A Magazine*, and with John Harney, of Harney & Sons Fine Teas.

### THE INFLAMMATION/DISEASE CONNECTION

#### ARE YOU INFLAMED?

Persistent, systemic inflammation is at the root of practically all known chronic health conditions including: rheumatoid arthritis, colitis, heart disease, dementia and cancer. Inflammation is your body's response to stress whether from diet, lifestyle or environmental factors. Learn how the inflammatory response can lead to unhealthy aging and disease, some of the primary causes of chronic inflammation and what you can do to fight it and prevent disease. Space is limited so register early!

Wed 6:30-8 PM 10/12 Sessions: 1  
\$19 OOB HS, 101 HLTH.06

**Dr Devra Krassner** has been in private practice for almost 30 years. She practices at IHCM with a specialty in women's health care, using many modalities, including herbal medicine, nutrition and homeopathy. [www.maineintegrative.com](http://www.maineintegrative.com)

### THYROID HEALTH, NATURALLY A LIFESTYLE GUIDE TO A TOPNOTCH METABOLISM

Hypothyroidism is a common issue for many Americans, particularly women. Often times medication may help only so much before fatigue, weight gain, brain fog, and skin issues begin creeping in again. Join us for this crash course on thyroid function, why medication may not be the only thing necessary to fix the problem, and simple lifestyle strategies to get you on the road to recovery.

Tue 6-7:30 PM 9/20 Sessions: 1  
\$15 OOB HS, 103 HLTH.03  
**Dr. Aline Potvin**-see bio pg 10.

### WEIGHT MANAGEMENT WITH HYPNOSIS

Whether you have a little or a lot to lose, hypnotherapy can help you achieve your ideal weight. Discuss new methods of weight reduction and practical solutions for your individual needs. Come away relaxed, empowered, and equipped with tools and techniques to help you reach and maintain your ideal weight.

Mon 6-8 PM 9/19-10/3 Sessions: 3  
\$49 OOB HS, 105 HLTH.02

**Hugh Sadlier**, practicing hypnotherapy for 25 years, has worked with over 2500 people on more than 270 separate issues, including weight management & eating disorders. He practices at Integrative Health Center of ME in Portland.

### WHY CAN'T YOU LOSE WEIGHT?

Discover a safe way to drop pounds and feel fully satisfied. Explore weight loss problems and why it has become such an epidemic. Learn why diets don't work and what you can do today to kick start your weight loss efforts without starving yourself or depending on extreme workouts. Begin eating the foods that will support fat burning, while avoiding the top fat-storing foods typical in the standard American diet.

Mon 6:30-8 PM 11/14 Sessions: 1  
\$15 OOB HS, Library HLTH.11

**Mary Moskowitz** is a certified Integrated Health Coach at Mainely Health & Nutrition at Portland's Integrative Health Center of ME. She specializes in autoimmune thyroid disease and weight loss. [www.mainehealthandnutrition.com](http://www.mainehealthandnutrition.com)

# HEALTH & COMMUNITY OUTREACH

## YOUR HEALTH, YOUR GUT

THE ROAD TO HEALTH IS PAVED WITH GOOD INTESTINES!

Fatigue, stubborn weight gain, hormone imbalance, and aches/pains are just a few of the symptoms many of us struggle with. Come learn how imbalance in digestion and diet is actually the root cause of these nagging symptoms, and simple strategies to ensure your other health goals can fall into place.

Thu 6-7:30 PM 10/6-10/13 Sessions: 2  
\$29 OOB HS, 103 HLTH.05

**Dr. Aline Potvin** is a naturopathic doctor, teacher, medical muse, and healthcare advocate. Her love of working with patients in her family health practice in Arundel, ME is only surpassed by her deep desire to educate and support families to become independently healthy, and bring that forward into building community.

## COMMUNITY HEALTH OUTREACH



### ESTATE PLANNING DOCUMENTS THAT YOU SHOULD HAVE

WHAT SENIORS & THEIR FAMILIES NEED TO KNOW!

Each of us needs a Last Will and Testament, a Durable Power of Attorney, an Advance Health Care Directive, and a HIPAA Authorization. Learn the purpose and significance of each of these documents and get your questions answered. Mr. Womer will assist any participants who want to stay to prepare an Advance Health Care Directive free of charge.

Tue 6:30-8 PM 10/18 Sessions: 1  
\$15 OOB HS, 110 CMTY.04

**Martin C. Womer, Esq.** is the President and Managing Attorney of the Maine Center for Elder Law, LLC in Kennebunk. He assists clients with MaineCare planning and applications, planning for VA Pension eligibility, estate planning, guardianships and conservatorships, and trust and estate settlement.



### MAINECARE ELIGIBILITY BENEFITS & ESTATE RECOVERY

WHAT SENIORS & THEIR FAMILIES NEED TO KNOW!

Learn the eligibility requirements for MaineCare long-term care (nursing home) benefits and MaineCare estate recovery. Learn how an individual, married or single, becomes eligible and how, in general terms, to become eligible without unnecessarily impoverishing the "community spouse" or losing one's life savings.

Tue 6:30-8 PM 10/4 Sessions: 1  
\$15 OOB HS, 110 CMTY.03

**Martin C. Womer**—see bio this pg.



### THE HEALTH INSURANCE MARKETPLACE WHAT CAN IT DO FOR YOU?

Many people are unaware of the savings potential of the Marketplace, especially for the self-employed and retired. Please join us for a FREE presentation about the benefits and have your questions answered. Handouts will be provided.

Thu 6:30-8 PM 9/29 Sessions: 1  
FREE OOB HS, 105 CMTY.02

**Robin Hewitt Bibber, LSW**, and Certified Marketplace Navigator, worked in a long term care/skilled nursing rehab and as an elder advocate.

**Celyn Reed**, Certified Marketplace Navigator, has worked extensively in billing and insurance, serving uninsured and underinsured in having their hospital bills paid.

## LIVING 3 RIGHT

EAT RIGHT, THINK RIGHT, MOVE RIGHT!

Through a 3-section process of education, preparation and action, build a foundation of knowledge and awareness to help change underlying behaviors. Our focus is on integrating how we eat, think, and move with practical strategies and discussion for improvement in each area. Participants have had remarkable outcomes with significant benefit to their families as well.

Wed 6:30-7:30 PM 9/21-10/5 Sessions: 3  
FREE OOB HS, Library HLTH.01

**Dr. Jonathan Emler, DC**, of Scarborough Family Chiropractic, has BAs in Biology & Life Sciences, a Masters in Nutrition & Human Performance, and shares tools on living healthier by focusing on what is natural for the body.

**NEW!**  
Walk it Off!  
pg 3  
Learning for Better Living

# HEALTH / MIND, BODY & SOUL

## THE A, B, C & DS OF MEDICARE

Review the way Medicare covers inpatient, outpatient, and prescription drug costs. Discuss enrollment periods and the types of products designed to partner with Medicare, including supplement plans, Medicare Advantage and prescription drug plans. This seminar will be informative for current, newcomers and the adult children/loved ones of Medicare beneficiaries.

Tue 6-8 PM 9/13 Sessions: 1  
FREE OOB HS, Library CMTY.01

**Barbara Hopkins**, Masters in Communications Management & certification in Corporate Training, is a licensed ME agent with 20 years experience in health insurance operations.

## MIND, BODY & SOUL



### ENERGY CLEARING FOR HOMES & LAND

The art of Feng Shui is all about balancing the energies of our environment for optimum results. Past events in your house or on your property can leave an energetic residue. Learn to identify the likely spots where dense energies tend to accumulate and a variety of simple techniques for clearing them. Employing these techniques allows the energies to come back into balance, promoting good health and prosperity.

Thu 6:30-8:30 PM 11/17 Sessions: 1  
\$19 OOB HS, 110 MIND.05

**Mark Gerardi**-see bio pg 3.



### IMPROVE YOUR LIFE WITH ESSENTIAL OILS

Learn to incorporate essential oils into your routine to remove toxins from your home, increase your physical and mental wellness, boost immunity, foster brain power and focus, increase energy and much more! Leave with a 'make your own' item of choice, based on your desire to improve certain areas of your life- emotional, physical health or beauty! Tuition includes materials.

Wed 6-8 PM 11/9 Sessions: 1  
\$29 OOB HS, 110 MIND.07

**Michelle Wilder**-see bio this pg.



### ESSENTIAL OILS FOR BEAUTY & RELAXATION

Essential oils are nature's best kept secret for youthful, radiant, skin and hair; promoting wellness and relaxation. Oils provide amazing benefits to your appearance, relax and rejuvenate your soul, and help you exude confidence for your most beautiful self. Learn which oils to use, safety guidelines and leave with a product that you have made. Tuition includes materials.

Wed 6-8 PM 9/21 Sessions: 1  
\$29 OOB HS, 110 MIND.06

**Michelle Wilder** is a distributor with Young Living Essential Oils, and has also worked in the Marketing industry for 14 years. She has a Master's in Business Administration.

## INTRO TO NUMEROLOGY

Discover how numerology influences your personality, career options, life influences and compatibility with others and possible life partners. Calculate your life lesson number, when major life change will occur, how others see you, what you are supposed to do in life and which issues to focus on. An informational CD is included in the tuition.

**Required:** *Numerology and the Divine Triangle* by Faith Javane and Dusty Bunker (Amazon, Target, ABE Books approx. \$14).

Wed 6-8:30 PM 9/21 Sessions: 1  
\$19 OOB HS, 103 MIND.01

**Linda Hargesheimer**, a former schoolteacher, has a BSEd from Bowling Green State, has been doing numerology for 20+ years, is a Licensed Louise Hay Teacher and a student of spirituality for 30+ years.



### MINDING YOUR MIND

We can't always escape the chaos but we can learn tools to help us find relief. Breathing meditation quiets the mind and has been shown to have many health benefits: lowering blood pressure and heart rate- while improving memory. Relax into the moment, let go of all that is hurtful and holding you back.

Thu 6-8 PM 10/20-11/10 Sessions: 4  
\$69 OOB HS, Library MIND.04

**Jon Gale** is a retired educator, practitioner in Buddhist meditation techniques, and presently studying as an interfaith chaplain.

# MIND, BODY & SOUL / CULINARY ARTS



## PERSONAL ENERGY CLEARING & PROTECTION

We are affected by the energies that surround us, be they environmental or through personal interaction. Dense or negative energies can create stress and sickness. Discuss the basics of human energetics and identify the source of dense energies and some simple techniques for clearing them. Employing these techniques, drawn from a number of sources, allows our energy field to come back into balance bringing more clarity and ease to our lives.

Thu 6:30-8:30 PM 9/29 Sessions: 1  
\$19 OOB HS, 110 MIND.02

Mark Gerardi-see bio pg 3.



## TRANSFORM YOUR LOVE LIFE ARE YOU REALLY READY?

Learn to develop a healthy understanding about the choices you make regarding dating and/or your past, present, future relationships. Discover your misperceptions and the unconscious mistakes you make that get in the way of having what YOU want. Come get on track for the love life you want. Wouldn't you like more success, fun and happiness in the dating/love life world?

**Required:** Read and bring *Love in 90 Days* by Diana Kirschner, Ph.D. ISBN #978-1-59995-122-5, available at Amazon.com.

Tue 6-8:30 PM 10/18 Sessions: 1  
\$25 OOB HS, 109 MIND.03

**Betts Gabrielsen Mayer**, has 25 years experience as a psychotherapist. In her retirement she has enjoyed serving as a Sr. Love Mentor on Dr. Diana Kirschner's Love Mentoring Team helping women find love and create joyful committed relationships



Learning for Better Living

## TEACH OR VOLUNTEER!

Call (207) 934-7922 for a course proposal form or download one from our website:

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



## ANADAMA BREAD

Join the Snell Family Farm's resident baker, Abby Snell, in making this classic New England favorite. Full of corn meal and rich molasses, this bread is easy to make at home. Tuition includes food.

**Note:** Bring an 8x4-inch loaf pan to bake and take your creation home.

Mon 6:30-8:30 PM 11/14 Sessions: 1  
\$29 OOB HS, 111A CLNR.11

**Abby Snell** is a graduate of the culinary program at SMCC and a baker in Portland for 10 years with time at Standard Baking Co. and Rosemont Market.

## BEST EVER VEGGIE BURGERS

Plant-based burgers are a great alternative to store-bought veggie burgers. Use the 'batter' for everything from burgers to meatballs to salad and soup toppings. They are not only tasty and gluten-free but made from healthy, real food ingredients. On the menu: black bean burger, a quinoa squash burger, and a tempeh veggie burger. We will try some different tasty toppings and wraps. Tuition includes food.

Tue 6-8:30 PM 9/20 Sessions: 1  
\$39 OOB HS, 111A CLNR.01

**Jean Mack**, a Community Health Educator, has thrived on a vegetarian diet for many years. She currently works for Dining Services at Bowdoin College in Brunswick.

## CIDER DONUTS & PUMPKIN BREAD

Join the Snell Family Farm's resident baker, Abby Snell, in creating delicious, seasonal cider donuts and quick and easy pumpkin bread. Using ingredients right from the farm, learn proper techniques for making moist, fluffy baked goods. Come ready to cook and enjoy sampling the products along with some fresh cider. Tuition includes food.

Mon 6:30-8:30 PM 10/24 Sessions: 1  
\$29 OOB HS, 111A CLNR.05

**Abby Snell**-see bio above.



Learning for Better Living

**Weight  
Management**  
pg 9



## COOK WITH CHIA SEEDS

Filled with fiber, Chia seeds help with weight loss, are high in Omega-3s, reduce blood

pressure and help with hydration. On the menu: pudding, baked oatmeal, beverage, smoothie and a bag of seeds to try your new recipes at home. Tuition includes food.

Mon 6:30-8:30 PM 11/7 Sessions: 1  
\$29 OOB HS, 111A CLNR.07

**Dana Johnson** is a certified health coach and owner of A Healthy Life and Biddeford Saco Bootcamp. She enjoys helping people feel better and achieve their goals.  
[www.danajohnsonahealthylife.com](http://www.danajohnsonahealthylife.com)

## COOKING WITH KALE

This super food aids in digestion and elimination with its high fiber content, rich in nutrients, vitamins, folate and magnesium; is high in antioxidants and known for its anti-inflammatory properties. Prepare easy kale chips, a kale smoothie, and some tasty green salads and leave with recipes for these dishes and more to try at home. Come with your appetite and enjoy! This is a demonstration class. Tuition includes food.

Mon 6:30-8:30 PM 9/26 Sessions: 1  
\$29 OOB HS, 111A CLNR.02

**Dana Johnson**-see bio above.

## CULINARY KNIFE SKILLS

Become faster and more accurate with your knife work to create dishes that cook evenly and look professional. Explore proper hand placement and the four fundamental cuts: dice, mince, julienne & brunoise. Chop herbs without bruising or losing flavor, and never again cry when cutting an onion. Discover the four knives every chef needs in their kitchen and finish with a lesson on honing and sharpening. Tuition includes food.

**Note:** Please bring a sharpened paring knife, French knife, and sharpening steel, if you have one.

### Section I

Wed 6-8 PM 10/26 Sessions: 1  
\$29 OOB HS, 111A CLNR.06

### Section II

Wed 6-8 PM 12/7 Sessions: 1  
\$29 OOB HS, 111A CLNR.12

**Moira Rascati**, a sous-chef at Joseph's by the Sea for more than 12 years, is a graduate of the Culinary Institute of America in New York.



## HOMEMADE HUMMUS

Join us to make three flavors of your own great tasting, fresh hummus. Hummus has

become a staple for those seeking alternative and healthy food options, as its surprisingly easy and inexpensive to make - and flavors are only limited by one's imagination. Homemade hummus also tastes much better than anything one can purchase. Yum! Tuition includes food.

Thu 5:45-7:45 PM 11/10 Sessions: 1  
\$35 OOB HS, 111A CLNR.10

**Jessica Wood**, a vegan since 2002, has a passion for experimenting with vegan cooking and enjoys entertaining and cooking for her friends and family.

## MEDITERRANEAN CUISINE HEALTHY ESSENTIALS

Heart-healthy olive oil, protein-rich legumes, fish, whole grains, and moderate amounts of wine and meat are the cornerstones of Mediterranean cuisine. The flavors are rich and the health benefits abundant. Learn the essentials of this wholesome cuisine as we prepare an appetizer, salad and a main dish. This is a hands-on class, so come prepared to cook, taste and enjoy! Please bring a sharp cutting knife. Tuition includes food.

Wed 6-9 PM 11/9 Sessions: 1  
\$39 OOB HS, 111A CLNR.08

**Moira Rascati**-see bio this pg.

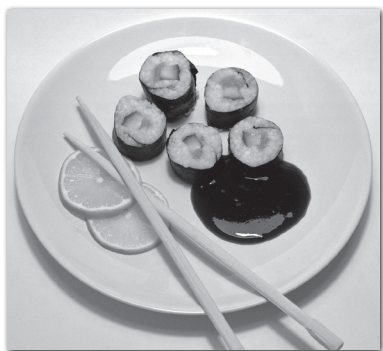
## NATURAL EUROPEAN WINES

Some of Italy's most exciting wines come from the regions of Piedmont and Lombardy. We'll explore small farms that are producing incredible wines. Taste reds and whites made from grapes you have never heard of! These wonderful farms produce a small amount and export even less. Join us to sample four village wines paired with light, healthy appetizers courtesy of Vic and Whit's. Tuition includes food and wine. Registration through OOB/Saco Adult Education only.

Thu 6-8 PM 11/10 Sessions: 1  
\$35 Vic & Whit's, Saco CLNR.09

**Gene A Barber**, a rep for Devenish wines, started his first wine tasting club in 1974. He deals primarily in low-yield, low-production wines that are sustainable, organic and natural.

# CULINARY ARTS / CREATIVE ARTS



## SUSHI MADE SIMPLE

Join us for a fun and very hands-on adventure into the art of sushi rolling while Carol reveals the many nutritional benefits sea vegetables offer. Slice and dice an assortment of fillings and have fun customizing your own sushi. Miso soup and dessert, both made with sea vegetables, will be served. A complimentary bamboo mat, for rolling sushi, will be given to each participant. No raw fish will be served. Tuition includes food.

**Required:** Cutting board, sharp non-serrated knife, large bowl, and a cotton dish towel.

Mon 6-8:30 PM 10/17 Sessions: 1  
\$49 OOB HS, 111A CLNR.04

**Carol Steingart**, owner of Coast Encounters, LLC, is a marine educator, and specializes in unique programs centered around Maine's rocky intertidal region.

## WATER BATH CANNING

This hands-on food preservation workshop will teach you the basic steps for canning and freezing. Receive a Preserving the Harvest food preservation packet, learn recommended methods for preserving foods, the latest and safest recipes, about equipment to ensure safety, and how to check for properly sealed jars. Please bring a pot holder. Tuition includes food.

Tue 6-9 PM 10/4 Sessions: 1  
\$29 OOB HS, 111A CLNR.03

**Kate McCarty**, Food Preservation Community Educator at UMaine Cooperative Extension, served with the AmeriCorps VISTA program and has completed the Master Food Preserver Program, an intensive, hands-on training in all aspects of home food preparation.

## BEGINNING PHOTOGRAPHY

Learn the basic functions of photography and your digital or film camera. Explore theory, including aperture, shutter speed, ISO and how these three elements combine to create a photograph. Our hands on experiments will help you understand what your camera can do. There's no limit to your creativity.

**Required:** Your film or digital camera with fully charged batteries and manual.

Wed 6-9 PM 9/28 Sessions: 1  
\$29 OOB HS, 110 CRTV.04

**Geri Lynn Smith** is an award-winning photographer who shoots primarily in the New England area. She is a member of the Portland Camera Club where she enjoys teaching and leading a mentor/mentee group.

## DESIGNING YOUR PHOTOGRAPHS

Learn how to see art, what creates composition, color wheel techniques, lens techniques and advanced camera operations that allow you to go from taking basic snapshots to professional-looking photographs.

**Required:** Your film or digital camera with fully charged batteries and manual.

Wed 6-9 PM 10/5 Sessions: 1  
\$29 OOB HS, 110 CRTV.08

**Geri Lynn Smith**-see bio above.

## CHAIR CANING MADE EASY

Learn the seven-step method to creating a hand-woven cane seat. Complete this project and you will be able to cane on your own! We will also cover the care and feeding of your chair to prolong its use. Please make sure your chair is refinished/repainted before bringing it to class. You will be bringing your chair home to work on between classes.

**Required:** \$40 for kit with instructions, steel awl, 12 caning pegs, 500' of cane for one large or two small chair seats, is payable at the first class.

Thu 6-8 PM 9/29-10/27 Sessions: 5  
\$79 OOB HS, 111A CRTV.05

**Gordon Andersen**, a retired Baptist pastor, learned to cane from one of his parishioners and has been enjoying this craft ever-since. He started his own caning business in 2001.

## CHALK PAINTED FURNITURE

Learn the DIY trend revolutionizing the home decorating world. Explore style, skills and technique while practicing paint application, basic top coat, and wax finishes on practice boards provided by the instructor. Learn through demonstration about two color distressing, paint washing, dry brushing, glazing and antiquing, clouding, texture strokes, dark wax application, and gilding. Come dressed for painting! Tuition includes materials.

Tue 5:30-8:30 PM 9/27 Sessions: 1  
\$45 OOB HS, Art Rm CRTV.02  
Meredith Earle-see bio pg 16.

## DRILLED SEA GLASS PENDANT

Learn the secret to drilling glass, stones and shells. Add colorful beads and an easy wire-wrapped loop technique to create your unique pendant. Use our collection of sea glass, beach stones and shells, or bring your own favorites. Create one pendant, which you can hang from our satin or suede cords. Tuition includes materials.

Wed 6-8 PM 9/28 Sessions: 1  
\$39 OOB HS, 111A CRTV.03

**Art Night Out instructors** are experienced artists who provide a relaxed atmosphere, lots of support, quality materials/tools to ensure a positive experience. [www.artnightout.com](http://www.artnightout.com)

## INTRO TO DRAWING

Working primarily in charcoal, explore contour, depth, composition and perspective derived from the observation of natural and still life objects. We will discuss drawing media and papers. No class 10/19.

**Required:** Drawing pad, pencil-charcoal, soft or extra soft vine, Strathmore charcoal paper, and gum or kneaded rubber eraser (approx. \$20).

Wed 6-8:30 PM 10/5-11/9 Sessions: 5  
\$95 OOB HS, Art Rm CRTV.07

**Russel Whitten** studied at The Art Students League of New York, Heartwood College of Art, and is a member of The Ogunquit Art Association/ Barn Gallery.



## INTRO TO PASTELS

Pastels are simple to use, easy to clean up, need no drying time or smelly solvents and you will love the luscious colors and velvety textures. They are perfect for quick, loose sketches and for detailed renderings with no tricky techniques to master! This class can be tailored to meet the individual needs of each student, from beginners to gifted amateurs.

**Required:** Starter box of 12 pastels, pad of neutral tinted pastel paper, pencil or vine charcoal, paper stump, tortillon or cotton swabs, drawing board or thick smooth cardboard, clips, tape or tacks, kneaded eraser (approx. \$30).

Thu 6:30-8:30 PM 10/6-10/27 Sessions: 4  
\$85 OOB HS, Art Rm CRTV.09

**Iona Desmond** is an artist and teacher with over 38 years of experience. Her pastels and sculptures are in many private collections in the US and Canada and she has won several awards for her artwork.

## IPHONEOGRAPHY

The best camera is the one you have in hand, which is often your smartphone. Improve your photo-snapping skills, composition and aesthetic while exploring capture and editing tools to effectively communicate your photographic vision. We will look at master photographers and contemporary iPhone photography for inspiration, and have weekly shooting exercises. Discover post-production editing and sharing programs such as Photoshop Touch and Instagram.

**Required:** Fully charged iPhone and a laptop, if you have one.

Tue 6-8:30 PM 11/29-12/13 Sessions: 3  
\$65 OOB HS, 108 CRTV.16

**Liz Bieber** is a photographer specializing in portrait and event photography. In 2008, she graduated from the Master's Program in Film & Media at Hunter College. Liz teaches photography courses and workshops locally, including MECA and SMCC.

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Selling on eBay pg 21  
Social Media Marketing pg 19  
Learning for Better Living

# CREATIVE ARTS

## KNIT WITH YOUR ARMS!

Knit a beautiful infinity scarf or cowl with your two arms! Experience the basic method of arm knitting, and leave class with your finished product.

**Required:** Three balls of bulky or super bulky weight yarn (suggested: Lion's Brand Wool Ease or Lion's brand Hometown USA).

Tue 6-9 PM 10/4 Sessions: 1  
\$29 OOB HS, Art Rm CRTV.06

**Kelly Thayer**, BA in Studio Art from the University of Maine, is the owner/artist at Kreaions working with all types of materials.



## KNITTED VICTORIAN FINGERLESS GLOVES EXCELLENT HOLIDAY GIFT!

Create a pair of beautiful hand-knitted gloves! Advanced knitter kits (\$20) will include the instructor's original pattern and enough hand-dyed 100% wool yarn to complete one pair. Demonstrations will be provided for managing circular knitting on double point needles, picot bind offs and cast ons, as well as an easy lace pattern. These quick mitts provide a snug fit around your wrist, therapeutically warming and supporting your hands as you knit, rug hook, sew or type. A beautiful gift for busy, working hands.

**Prerequisite:** Not a beginner knitting class. Attendees must be able to knit, purl, cast on and bind off, and have recently completed one hand-knit project.

**Required:** #6 double pointed needles, or contact the teacher at [www.jconnerhookedrugs.com](http://www.jconnerhookedrugs.com) in advance to purchase needles in class. Kits-\$20/ea, additional yarn \$15, payable to the instructor.

Sat 9 AM-1 PM 11/19 Sessions: 1  
\$39 Saco LC, Rm 1 CRTV.15

**Janet Conner**, BS in Art Education from Moore College of Art & Design in PA, is a member of the Saco Valley Fiber Artists and exhibits regionally and at Maine Fiber Arts Center. Her rugs are featured in Rug Hooking Magazine and contributed to the book *Finishing Hooked Rugs*.



## MANAGING YOUR PHOTO LIBRARY

Take the photos from your digital camera to your computer. Create folders, find your photos on your computer, edit in any photo program, improve your photos, copyright and frame your shots. Basic computer skills are helpful but not necessary.

**Required:** Your camera with fully charged batteries, manual and, if you have one, a laptop.

Wed 6-9 PM 10/12 Sessions: 1  
\$29 OOB HS, 110 CRTV.11

**Geri Lynn Smith**-see bio pg 14.



## PAINT A VINTAGE HOLIDAY SIGN

Add a beautiful one-of-a-kind touch to your holiday season that will be treasured forever! Learn to turn a pine board into a beautiful aged vintage holiday keepsake or any type of wooden sign for home decor, gifts or sales. Choose between one of two projects which will include learning to age, vintage paint and distress your board as well as lettering and sealing without owning any expensive equipment. Come dressed for painting! Tuition includes materials.

Tue 5:30-8:30 PM 11/15 Sessions: 1  
\$45 OOB HS, Art Rm CRTV.14

**Meredith Earle**, owner of Royal Chalk, specializes in training the DIY student in the art of chalk painting. She creates and provides chalk painting products.

## WATERCOLOR BASICS

Build a strong foundation in watercolor by studying color theory & mixing, application, how to create the illusion of distance, and composition. Students will be 'walked through' their first painting, then the sky is the limit! The instructor will be there to help you continue to build your skills and confidence. No class 10/10.

**Required:** 1 sm tube ea: Cadmium Yellow (light), Cobalt Blue, Alizerin Crimson, 1 Round #10 watercolor brush, 1" wide flat brush, 1 drawing pencil #3B, 1 eraser, 1 lt board or cardboard, two sheets of Arches watercolor paper, 140 lb. cold press (\$25-\$30).

Mon 6-8:30 PM 9/19-10/24 Sessions: 5  
\$95 OOB HS, Art Rm CRTV.01

**Russel Whitten**-see bio pg 15.



# CREATIVE ARTS / MUSIC & DANCE

## PAINTING GLASSWARE

Create fun, unique and personalized gifts while learning basic painting skills. Leave with custom, hand-painted wine glasses! Tuition includes paint.

**Required:** Two clear, dishwasher-safe wine glasses, fine to medium-sized acrylic paint brushes, sizes: 2/0, 1, 4 & 8 (approx. \$10-\$15).

Tue 6-8:30 PM 11/1 Sessions: 1  
\$25 OOB HS, Art Rm CRTV.12

**Kelly Thayer**-see bio pg 16.



## WEAVE YOUR OWN MARKET BASKET

This rectangular, handled basket is great for taking to your local farmer's market, working in your garden, as well as apple, blueberry or strawberry picking. Pretty yet practical. This basket measures 8"x15" at the base and is 8" to the rim, 14" to the top of the handle. Registration deadline is September 30th.

**Required:** Bucket (reeds need to be wet while working with them), sharp scissors, spring style wooden clothes pins and a pencil.

**Note:** A materials fee of \$40, payable to the instructor at first class, covers the cost of your kit containing all materials needed to complete the basket and is available in dark blue, wine and dark green; please indicate your color choice when registering.

Tue 6-9 PM 10/11-10/18 Sessions: 2  
\$55 OOB HS, 111A CRTV.10

**Kim Crepeau**, a basket weaver since 1984, has been enthusiastically teaching her craft for the past 15 years. From beginner to intermediate, the baskets Kim chooses for her classes can be made by all.



## WIRE-BOUND SEA GLASS NECKLACE & EARRINGS

Twist, wrap, and loop your way to a sophisticated design using elements drawn from the sea. Using sterling silver wire, pearls and sea glass, you'll create a lovely necklace and earring set. No drilling necessary. Bring your own sea glass or choose from our collection. Makes one pendant and a pair of earrings in sterling silver.

Wed 6-8 PM 11/2 Sessions: 1  
\$59 OOB HS, 111A CRTV.13  
**Art Night Out instructors**-see bio pg 15.

## BALLROOM DANCING

Ballroom dance is always in style, easy to learn, and great fun! Learn to dance with a partner and gain the confidence you are looking for by learning the basics of Waltz, Fox trot and Swing. Come alone or bring a dance partner. Course fee is per person. Wear comfortable clothing and soft-soled shoes.

Thu 7:30-8:30 PM 9/29-11/3 Sessions: 6  
\$65 Young Schl, Cafe/Gym DANC.02

**Elizabeth Richards** has been teaching for many years and dancing for more than 20. Elizabeth loves to share the joy of dance with her students.

## BASICS OF SINGING

Learn to sing with the right training and practice in a fun, supportive environment! Using vocal exercises and games, proper breathing, posture, and articulation techniques, you will be amazed by your newly found vocal production. Sheet music will be provided. For practice, singers will have the option of singing a song solo or in a small group.

Mon 6-9 PM 10/3 Sessions: 1  
\$59 OOB HS, Music Rm MUSC.01

**Kathy Slack** has a BA in Theater/Speech with a Minor in Voice from Ithaca College. Her recent training has been with jazz greats, Rhiannon and Bobby McFerrin, in addition to Jeanette LoVetri of NYC's, Voice Workshop. Kathy completed her full certification (Level III) in the LoVetri Method.

## BEGINNER BELLY DANCE

Join us in a judgment-free space where the focus is on movement, positive body image, encouragement, and support! Beginners will learn basic movements and combinations, while intermediate students will refine their knowledge and begin experimenting with layers. The tummy-toning results are a positive side effect for inspiration! No class 10/10, 10/31.

**Note:** This is a fragrance free class. Please wear comfortable workout wear and bring water. Shoes and hip scarves are optional.

Mon 6-7 PM 9/26-11/14 Sessions: 6  
\$59 Saco LC, Open Rm DANC.01

**Heather Lundin** has traveled across the US & overseas to study with internationally-recognized belly dance stars. She currently teaches Belly Dance, Yoga, Kids Yoga, and performs with the Barefoot Truth Dancers Troupe throughout New England.

# MUSIC & DANCE / LANGUAGE



## BEGINNER GUITAR

Playing and learning guitar is a blast, and with a seasoned teacher and musician like Travis you cannot go wrong. Focus on the names of strings, notes in the first position, and build to learning chords and strumming patterns. Before you know it you'll be playing music!

**Required:** Nylon or steel stringed acoustic guitar, picks (plectrums), an electronic tuner, and the book *Hal Leonard Method Complete Set with CD* (approx. \$20-\$25).

Wed 5:30-7 PM 10/5-10/26 Sessions: 4  
\$65 Saco Middle, A6 MUSC.02

**Travis Taylor** has played guitar for 14 years, and with a local band for six. He has been teaching guitar in Saco schools for the past 10 years

## PIANO 101

You can learn the basics of piano easily with a seasoned teacher like Suzanne Farley. She will introduce you to the keyboard, get you reading music, and playing basic songs before you know it! If you are interested in checking out the piano, this is a wonderful opportunity. An electronic keyboard will be provided during class for each student.

**Required:** *Piano Adventures for the Older Beginner Lesson book 1, Theory Book 1, and Technique and Artistry Book 1 for the Older Beginner* (books approx. \$23), by Nancy & Randall Faber, available at Midtown Music. Students should have access to a keyboard to practice between classes.

Mon 5:30-6:30 PM 10/31-12/19 Sessions: 8  
\$99 OOB HS, Music Rm MUSC.04

**Suzanne Farley** has taught music for more than 31 years. She teaches privately, performs locally, and is eager to share her love of music with others.

## LINE DANCING

Learn to line dance to a variety of patterns, from the Electric Slide to country standards and Latin dances like Samba and Salsa. Join in for some fun and exercise – no partner needed! Wear comfortable clothing and soft-soled shoes.

Thu 6:30-7:30 PM 9/29-11/3 Sessions: 6  
\$65 Young Schl, Cafe/Gym DANC.03  
**Elizabeth Richards**—see bio pg 17.

## PLAY THE UKULELE!

The ukulele is so versatile and easy to play: folk music, rock, blues, jazz, pop, country, tunes grandma knows – even classical! Learn playing essentials including chord basics, strumming techniques and picking styles. This course is meant for those who have never learned to play a stringed instrument and who have little or no knowledge of music theory. If you need to purchase a ukulele the instructor can help you sort out what style and size suits you best and where to buy good beginner ukes.

**Required:** Soprano, concert, or tenor size ukulele (no baritones please), an electronic tuner, and music stand. Bring a loose-leaf notebook, pencil, eraser, and highlighter.

Mon 6-7:30 PM 10/17-11/7 Sessions: 4  
\$69 OOB HS, Library MUSC.03

**Duncan Perry**, a ukulele player for nine years, entertains at hospices, nursing homes, libraries & kid's venues. He is a member of the Falmouth Library Ukulele Society (FLUKES).

## LANGUAGE

### BEGINNER SPANISH

#### NO EXPERIENCE NEEDED!

This course will emphasize the basics of pronunciation, vocabulary, grammar and will help you develop fundamental conversation skills. No class 10/19.

**Required:** *Easy Spanish Step-By-Step* by Barbara Bregstein, available on Amazon.com ISBN 978-0071463386 (approx. \$10).

Wed 6-8 PM 9/21-11/16 Sessions: 8  
\$129 OOB HS, 109 LANG.01

**Eva Tomecka** has been teaching Spanish to beginners for 15 years. She enjoys world travel and brings real life experience and cultural awareness back to her classroom.



# SKILLS FOR HOME & BUSINESS

## BASIC REUPHOLSTERY

Learn the basics of reupholstering – the tools, techniques and tricks on how to reupholster small projects on a tight budget without skimping on quality. In the first session (2 hrs) you will learn to disassemble your item properly and discuss what you should bring to the last two sessions (3 hrs each) where you will be reupholstering your piece.

**Required:** Bring your small portable item (footstool, dining room chair), scissors, heavy duty pliers, 1 large and 1 small flat head screwdriver, 5-in-1 painters tool, electric staple gun with staples (optional the first class), tape measure, markers, and a trash bag. Bring all of the tools above, plus the fabric and foam to the last 2 sessions. Materials cost is approx. \$45, depending on the type of fabric you purchase.

Wed 6-8 PM, 6-9 PM 9/28-10/12 Sessions: 3  
\$75 OOB HS, Tech Lab PROF.10

**Kathryn Devonshire**—see bio pg 20.

## CRIME SCENE INVESTIGATION

### REALITY VS. TV

Get a taste of what really goes on during a crime scene investigation with topics such as: investigation of a crime scene, types of evidence, seven S's of CSI, evidence collection, latent prints, gunshot patterns, crime scene photography and more. Case scenarios are provided to help students understand the complexities of a crime scene, along with practical exercises to analyze simulated crime scene evidence. Registration is required through OOB/Saco Adult Education only.

Thu 6-8:30 PM 10/20 Sessions: 1  
FREE Saco Police Dept, Storer St PROF.15

**Detectives** from the Saco Police Department will present this class. The detectives have more than 30 years of collective experience in investigating a wide variety of crime scenes.



**Horse Handling 101** pg 5  
**Appraising Antiques** pg 6  
**Landscaping**  
**Tree Care**  
**Solar Power**  
pg 7



*Keep those engines running!*



## SMALL ENGINE REPAIR PREPARING FOR WINTER

Study the operation, maintenance and repair of snow blowers, generators and K-1 space heaters (torpedo heaters). Course will include maintenance and repair of carburetor, traction wheels, drive belts, shear pins, circuit breakers, nozzles and pump pressures. Tuition includes materials.

Tue 6-8 PM 10/4-10/25 Sessions: 4  
\$109 Duhamel's Garage, OOB PROF.11

**Scott Nielsen** has 25 years experience as a repair technician fixing everything from small engine, autos, heavy equipment to K-1 heaters. **Chris Daley** has 30+ years experience repairing everything from small engines to military jet engines.

## OUTBOARD MOTOR REPAIR

Take the mystery out of using and maintaining your outboard motor. Get one-on-one, hands on help to learn the basics of troubleshooting while working with the gear case, cooling, fuel and ignition systems. Start with a 6-horsepower or less, outboard motor, diagnose the problem and then repair it! Yearly maintenance will also be covered. Some outboards will be available or bring your own non-working motor or one that needs some work. Be prepared to get your hands dirty. Instructor will supply all tools or bring your own. Tuition includes materials.

Thu 6-8 PM 9/29-11/17 Sessions: 8  
\$109 Instructor's shop, Saco PROF.07

**Mike Luchetti**, of Vintage Outboard Restoration, is a former schoolteacher & avid fisherman. He has taught boat/motor repair for the past 25 years and enjoys showing others what he has learned.

# COMPUTER & BUSINESS SKILLS

## BUILD WEBSITES FOR LESS

Discover the free resources available and how to use them to create your own website. Become proficient at owning, maintaining and updating your site using a 'drag and drop' builder to embed pictures, music, videos, Facebook and other social media. Create a blog, a wedding site, home business, or anything you can imagine without the high price of hiring someone. It costs less than \$15 a year and no tough coding involved in owning a site and running it successfully.

Thu 6-8 PM 9/22-10/20 Sessions: 5  
\$69 OOB HS, 204 PROF.04

**Bil Moriarty**, Donation Development Coordinator for the Salvation Army and a member of the Biddeford School Committee has eight years experience building fast, low-cost sites and cross marketing social media to maximize online effectiveness.

## ETSY 101

### SELLING YOUR CRAFT ONLINE EXTENDED CLASS!

Set up a FREE Etsy store, learn basic terminology and branding strategies, set up a PayPal account, list items, decode the mystery of quality packing and shipping, and the basics on branding, picture taking, description writing, and pricing.

**Prerequisite:** Basic computer, Internet and email skills.

Thu 6-9 PM 11/3-11/10 Sessions: 2  
\$59 OOB HS, 204 PROF.17

**Kathryn Devonshire** is a graduate of the US Military Academy and Thomas College. An avid DIYer, bargain hunter, and owner/artist of incidentallyArt, she has also remodeled homes on a budget and loves to learn and teach others.

## FACEBOOK FOR BUSINESS

Cover the basics and learn the tools to bring your social media game, and your business, to the next level. It's about knowing your audience and building it up to an engaged following.

**Note:** Please bring your fully charged laptop and/or tablet.

Tue 6-8 PM 9/27-10/4 Sessions: 2  
\$39 OOB HS, 103 PROF.09

**Emma Pope-Welch**-see bio this pg.



Utilize FREE marketing on social media, giving your business the boost it needs.



## PINTEREST FOR BUSINESS

Pinterest is an excellent platform for social media marketing. The audience is looking for consumer thoughts and those thoughts could be about your product. Pinterest users spend more, on average, than users referred to e-commerce sites from other platforms. Cover the basics of Pinterest, address best practices and tools to make your product look visually enticing. If you're selling a product, especially in an e-commerce setting, this class is a must. Please bring your fully charged laptop and/or tablet.

Tue 6-8 PM 11/15-11/22 Sessions: 2  
\$39 OOB HS, 103 PROF.20

**Emma Pope-Welch**, with a Masters in Journalism & Communications from UMaine Orono, has worked with nonprofits, small businesses and one-person shops. She is passionate about finding the right strategic fit to help market products and grow businesses.,

## SELLING ON EBAY

Get the tips and tricks for selling your merchandise and getting the best ratings! Learn to list an item, set up a PayPal account, and get the ins and outs of packing and shipping. Gain an understanding of why it is important to research before listing, and about potential scams and pitfalls to avoid.

Mon 6-8 PM 10/17-10/24 Sessions: 2  
\$35 OOB HS, 111B PROF.14

**Cara Methot** is a certified eBay education specialist. She is an experienced, full-time top rated seller for the past seven years with over 33,000 positive feedback ratings.

# COMPUTER & BUSINESS SKILLS

## PROTECT & MONITOR YOUR DIGITAL FOOTPRINT



### WHAT DOES YOUR DIGITAL FOOTPRINT LOOK LIKE?

How is it created and used? What image do you want to present to the world or future employers? Explore the answers to these questions of the digital age where privacy is a confusing topic. Learn

to manage your digital footprint, how to clean it up, and discuss the benefits of having a digital footprint versus removing it. If you send emails, use social media, shop online, or have a smartphone, you may be surprised at what is out there even if you don't use the internet!

Tue 6-9 PM 11/1 Sessions: 1  
\$29 OOB HS, 204 PROF.16

**Brian Ciccariello, BS**, is a telecommunication specialist for a worldwide engineering consulting firm specializing in cyber security. He has over 14 years experience working in the IT, telecommunications, and security industries.

## ONE-TO-ONE COMPUTER TUTORING

We are here to offer a one hour, one-on-one appointment for your technology needs. Your questions could include Mac/PC computer information, social media, email and attachments. Perhaps you need help with photos: saving, sending, editing; iTunes, office programs, Internet and internet providers, backing up your work or virus protection. Bring your laptop or use one of our Macs. Appointments available from 6-7 PM or 7:15-8:15 PM on Wednesdays from 9/14 thru 10/12. Call OOB/Saco Adult Ed to register and choose your one hour appointment.

Mon 6-8:15 PM 11/7-12/5 Sessions: 5  
\$49 OOB H, 204 PROF.18

Instructor-TBA

## COMPUTER BASICS EMAIL & MS WORD

Email, surf the Internet, download and attach documents. Write and edit using all the techniques to create the perfect document. Cut and paste images and create your own web email account. This beginners class is packed with great information. No class 10/10.

**Required:** Access to a computer outside the classroom and be familiar with keyboard/mouse.

Mon 6-8 PM 9/19-10/24 Sessions: 5  
\$89 OOB HS, 204 PROF.02

Instructor-TBA

## QUICKBOOKS FOR HOME & OFFICE

This easy to use, full-featured accounting system is perfect for the home or small business owner, keeping all of your information in one location so you always know where you stand financially. Review basic accounting principles, get organized, balance your checkbook, manage budgets, track expenses and inventory, and pay bills with ease. Stop wasting time managing your books and have more time for managing your home and business.

**Prerequisite:** A computer basics course or equivalent experience, being comfortable using the keyboard and working in a PC-Windows environment.

Tue 6-8 PM 9/27-10/18 Sessions: 4  
\$79 OOB HS, 204 PROF.08

**Kirk Allen, CPA**, has been in practice for 25 years and currently works for Filler & Associates, PA, in Portland. He has been teaching QuickBooks for many years.



**NEW**

Flow then Let Go Yoga pg 3  
Acupressure pg 8  
Transform Your Love Life pg 12  
Cook with Chia Seeds pg 13

# SKILLS / CERTIFICATES

## BECOMING A NOTARY PUBLIC

A notary's primary duty is to formally witness transactions involving paper documents and, in Maine, officiate at weddings. Prepare to be commissioned as a notary public, learn the history of the office, its powers and duties, eligibility, procedures, and record-keeping. Applicants must be a resident of Maine. New Hampshire residents who are regularly employed in Maine or carry on a trade or business in Maine are also eligible. Leave with all the testing and paperwork completed and ready to submit to the State. License is approx. \$50 and is valid for seven years.

Thu 6-8 PM 11/10-11/17 Sessions: 2  
\$49 OOB HS, 101 PROF.19

**Frank Lee** is a full-time Firefighter/Paramedic and Maine Notary Public. He has been involved with technology instruction and security since 1996 and is currently involved with technology integration in the Fire and EMS fields.



## HEARTSAVER® CPR & FIRST AID FOR ADULTS & CHILDREN

This instructor-led course teaches the critical skills needed to respond to and manage first aid, choking, or sudden cardiac arrest in the first few minutes until emergency medical services (EMS) arrive. Learn how to treat bleeding, sprains, broken bones, shock and other first aid emergencies; as well as adult/child/infant CPR and Automated External Defibrillator (AED) use. First Aid and CPR cards are good for two years.

Mon 6-9 PM 10/17-10/24 Sessions: 2  
\$69 OOB HS, 101 PROF.13

**Frank Lee**-see bio above.



## SUBSTITUTE TEACHER CERTIFICATE PROGRAM

Prepare to be a substitute teacher in Old Orchard Beach and Saco.



Learn the expectations of substitute teaching at all levels of education through a series of strategies you can use in your

classroom. Upon successful completion you will feel comfortable teaching in a classroom setting and your employment will be guaranteed in the OOB/Saco districts at a higher rate of pay. Certificates awarded and course fee reimbursed upon successful completion of all program requirements. No reimbursements will be issued after 11/2/16. No class 10/10.

**Required:** Valid email address, access to a computer, passing grade based on course expectations, including a strategies project. Completed fingerprinting and background checks - an additional expense of \$70. A completed Substitute Application Packet. All course requirements are due the last day of class.

M/W 3:30-5 PM 9/21-10/26 Sessions: 10  
\$89 Saco Middle, C8 PROF.03

**Noelle Gallant** has been an English/Language Arts teacher at Saco Middle School for eight years with previous experience in fundraising, volunteer coordination, and event design.

## Check out our Career Counseling Services

- Get your HS credential
- Career research & interest inventory
- job skills & résumé writing
- College prep support

Email **Liis Nigol**, our Student Services Coordinator, at [lnigol@rsu23.org](mailto:lnigol@rsu23.org) or call (207) 282-3846 or (207) 934-7922

Schedule your appointment today!



## FREE CERTIFICATE INFO SESSIONS

Your instructors will be there to answer all your questions about their industry and our certificate programs.

### VETERINARY ASSISTANT

Mon 6-7 PM 9/12 FREE OOB HS, 107

### CERTIFIED RESIDENTIAL MEDICATION AID

Thu 6-7 PM 9/22 FREE OOB HS, 110



*Your friends await your help!*

### VETERINARY ASSISTANT CERTIFICATE PROGRAM

This 100 hour program invites you into the exciting and growing field of veterinary medicine. Learn about the care of animals and how to recognize signs of illness and disease. Interpersonal communication, interaction with clients and their animals, as well as how to assist the veterinarian during examinations will also be covered. Administrative duties such as fee collection, banking, and accounts payable are emphasized skills necessary to maintain an efficient front office. Enjoy learning through classroom lecture, hands on labs and site visits to local veterinary offices. Tuition includes textbooks.

**Note:** This program does not include a national or state certification or a clinical rotation. Students will receive a certificate from OOB/Saco Adult Education upon successful completion of the course.

M/W 5:30-9 PM, Sat 9 AM-4 PM 9/26-12/14  
Sessions: 25  
\$1899 OOB, 107/Saco LC, Rm 2 PROF.06

**Our instructors** are local industry professionals and bring formal teaching and/or field training experience to the classroom. Most have at least seven years of practical work, often times entering the classroom after decades in the field.



### CERTIFIED RESIDENTIAL MEDICATION AID CERTIFICATE PROGRAM

CRMA's are in high demand in this area! This course provides standardized training for professionals working in state-certified residential care homes. State of Maine regulations, standard residential facility policies and basic anatomy and physiology are covered. Discuss common medications, the many uses, common side effects, and client response to side effects. Learn safe administration procedures, practice taking vital signs, transcribing physician orders, and documenting procedures on the Medication Administration Record in accordance with Maine's regulations governing residential facilities. Students are required to complete a Clinical Medication Administration of three medication passes for three different residents with 100% accuracy. Full certification and medication pass awarded on successful completion with 40 hours attendance, no exceptions. Course fee is nonrefundable.

**Note:** Participants must be 18 or older to enter this program. No high school credential or background check required. Payment plans available for qualified applicants. \$100 fee, for medication pass, is payable to the instructor at the time of the test (to be scheduled between instructor and student).

**Required:** *The Pill Book* (ISBN# 9780553593563), available at Walmart (approx. \$7).

Sat 8:30 AM-4:30 PM 10/15-11/12 Sessions: 5  
\$300 Saco LC, Rm 2 PROF.12

**Jennifer Courtois, RN**, has 40 years of nursing experience, from hospital, home health, diabetes & community education and 10+ years teaching of CNA, PSS & CRMA in both the classroom & clinical areas.

# ACADEMICS

## Saco Learning Center

80 Common St, Saco, ME 04072 • (207) 282-3846

### TO REGISTER OR FOR MORE INFO

Call (207) 282-3846 to schedule your FREE appointment with our Student Services Coordinator.

### FOR CATALOGS & SCHEDULES

Call (207) 282-3846 or visit [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)

### OPEN ENROLLMENT

Many classes allow enrollment after the start date so it's 'never too late'!

### AGE POLICY

Courses are open to students 17 & older unless otherwise stated.

## NEW & RETURNING STUDENT REGISTRATION

SEPTEMBER 1ST, NOON - 4PM

SACO LEARNING CENTER

## NO COST ADULT BASIC EDUCATION CLASSES

### HIGH SCHOOL COMPLETION BE A HIGH SCHOOL GRADUATE!

These courses provide an opportunity to earn a high school diploma or prepare to pass the HiSET.

### HiSET ORIENTATION SESSIONS

Get an overview of the HiSET and take the practice exams. Score high enough and you may be scheduled for the official HiSET tests. Those with lower scores can be registered for our HiSET workshops or classes to improve their skills before taking the actual HiSET. Pass and you receive your Maine High School Equivalency Diploma.

### ESOL ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

Focus on basic English conversation, reading, and writing skills. Our staff will strive to set up an individual tutor for students who need basic English instruction. Those having some English language facility may be able to join our other reading and writing classes.



*We did it! So can you!*

### ESSENTIAL SKILLS IMPROVE READING, WRITING, & MATH!

Improve these essentials and nurture other life skills toward the goal of completing high school, helping children with homework, or preparing for a new job or career.



# COLLEGE READINESS



## MAINE College Transitions

College Prep for Adults

### COLLEGE READINESS AT NO COST TO YOU!

We offer a College Readiness program, college preparation classes and workshops. Prepare for college-level math, English, brush up your computer skills and more. Check out our College Readiness program and take the classes you need to prepare for college. Take the Accuplacer test, learn about college and financial aid applications, explore career options and more.

### ACCUPLACER TESTING

This test will help you identify which academic skills you need to improve for entry into college-level classes.

*"If it were not for the College Readiness program, I would already be struggling in English and math. Because of those classes I am #1 in my algebra class and I just got my first essay back and earned 100%! I have recommended the program to a few people and I will continue to do so."*  
- Kristen Tuggle

*Student, 2012*

**FOR MORE INFORMATION:  
[WWW.OBSACO.MAINEADULTED.ORG](http://WWW.OBSACO.MAINEADULTED.ORG)**

### FREE INFORMATION SESSION REQUIRED FOR OUR COLLEGE READINESS PROGRAM

Thursday, September 1st, 2016  
10 AM - 12 PM OR 4 - 6 PM  
Saco Learning Center, 80 Common St.

**CALL (207) 282-3846 OR  
(207) 934-7922**

### COLLEGE? YES! You DO HAVE OPTIONS

### COLLEGE READINESS

This FREE program consists of four classes, meeting one day a week for 14 weeks from September to December or February to June. Choose what you need to learn to prepare for college. Our College Readiness program this Fall starts on Thursday, September 13th, 2016.

#### Check out our Career Counseling Services

- Get your HS credential
- Career research & interest inventory
- job skills & résumé writing
- College prep support

Email Liis Nigol, our  
Student Services Coordinator, at  
[lnigol@rsu23.org](mailto:lnigol@rsu23.org) or call  
(207) 282-3846 or (207) 934-7922

Schedule your appointment today!

**LEARN MORE,  
EARN MORE!**

Register online at [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)



# POLICIES



*Learning for Better Living*

## MISSION STATEMENT

*Old Orchard Beach/Saco Adult & Community Education offers learning opportunities to enrich the quality of life for citizens in our community by providing programs to assist in pursuing a variety of personal enrichment, educational, and vocational goals.*

## OUR GUARANTEE

We strive to offer educational programs of the highest quality. If, after the completion of a course, you feel that the quality was unsatisfactory, you may request a refund.

## REGISTRATION & FEES

All fees must be paid in full at the time of your registration. All courses are open to persons age 17 and older.

Our Adult Education program is made possible through the support of Regional School Unit #23 and the Saco School Department.

OOB/Saco Adult & Community Education is not responsible for typographical errors.

OOB/Saco Adult & Community Education endeavors to provide a diverse listing of course offerings to our community. The views and ideas expressed by course instructors are not necessarily those of OOB/Saco Adult & Community Education. Course attendees are urged to utilize their best independent judgment in evaluating statements or suggestions made by course instructors.

## CHANGES & CANCELLATIONS

We reserve the right to cancel classes, reschedule them, or change instructors when necessary. Courses with insufficient enrollment will generally be canceled one to five business days prior to the class start date. We notify all registered students, by phone or email, of any changes whenever possible. When a class has already filled, canceled, or if you have been placed on a waiting list, you will receive a full refund. PLEASE do not buy materials for a class unless you know it will run. Check our 'Go' list online: [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)

## REFUNDS & WITHDRAWALS

In order to receive a refund, notify our office seven calendar days prior to the course start date.

To request a refund or credit, because the course content was unsatisfactory, please provide a written request to our Director, stating the reasons for your dissatisfaction within 10 days of the course completion date for consideration.

Refunds or credits are not an option on or after the starting date of class or when the course is listed as nonrefundable.

When a refund is granted within three business days of a class start date, any materials fees owed to the course instructor will be retained.

## TRANSFERS & CREDITS

Transfer credits, instead of refunds, are given when your request is within six calendar days before the course start date. A credit placed on your account is good toward any of our Adult Ed classes for up to one year from the issue date.

If you request a transfer credit within three business days prior to the course start date, it will be less any materials fees owed to the instructor.

NO Transfer Credits are given on or after the starting date of class.

## STORMS & CLOSINGS

Adult Education classes are canceled whenever day schools are canceled. Please check your local radio and television stations. We will contact you with class rescheduling information whenever possible.

# REGISTRATION

## ONLINE

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

**FAX (207) 934-3705** Fill out and fax the Registration Form below with your credit card info.

## PHONE (207) 934-7922

Please have your course information and credit card handy.



**IN PERSON** Come see us at the address below. We are open from 10 AM to 9 PM, M-Th.

**MAIL** Fill out and mail the Registration Form to:

OOB/Saco Adult Ed,  
40 E. E. Cummings Blvd.  
Old Orchard Beach, ME 04064

Please include your check payable to: OOB/Saco Adult Education or your credit card information and signature.

### Please Print Clearly

Check here if new address

Student Name (First, Last)

Address (please use credit card billing address, if applicable)

City

State

Zip

Birthdate (mo/day/yr)

Home Phone (With Area Code)

Work Phone (With Area Code/Ext.)

E-mail Address

### Course Information

Course Title

Start Date

Course Fee

Course Title	Start Date	Course Fee
<b>TOTAL amount enclosed</b>		

**Credit Card Information** By signing our Registration Form you acknowledge and accept the refund policy and release OOB/Saco Adult Education from any and all responsibility in case of accident and approve the charge made to your credit card account.

MasterCard  DISCOVER  VISA  AMEX

Credit Card Number (Please print clearly)

Sec. code

Exp. Date

Print name as it appears on your credit card

Signature

Date

NEED ANOTHER REGISTRATION FORM? Visit [www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)

# TRY SOMETHING NEW!

*Just a taste of what's inside.*



**SMALL ENGINE REPAIR**  
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**INTRO TO KAYAKING**  
pg 4



**DIY TREE CARE**  
pg 7

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