

# Biddeford Adult Education

Give Yourself a Raise...Education Pays

Fall 2019  
*Course Catalog*  
Sept.-Dec.



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MAINE  
Adult Education  
*Learning for Work and Life*

[www.biddeford.maineadulted.org](http://www.biddeford.maineadulted.org)  
207-282-3883

# WELCOME *Learners*

The aspect of our job that gives us the greatest joy is meeting and speaking to our enthusiastic and delightful students. Your energy, thirst for knowledge, and curiosity inspire us to compile a catalog of offerings that will cater to your vast range of interests. We especially love when you share ideas for new classes. The other half of the equation is our dedicated and talented instructors. Please join us at our Open House on August 22nd and meet our staff. In closing, I hope that each of you in receipt of this catalog will find at least one program that interests you and fits your schedule. If you would like to see a particular offering in a future catalog, please contact us and we will do our best to make it happen!

*Paulette Bonneau*  
Director



August 22nd  
4:00pm-6:00pm  
Learning Center  
189 Alfred Street, 2nd Floor  
Biddeford

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## Interested in a career in Information Technology?

TechHire Maine's focus is to recruit, assess, train, and place young adults and underserved individuals into Maine's IT industry. This program serves individuals who are out of secondary school; have an interest in information technology and computing; and lack the educational attainment, work experiences, and/or skill level to secure full-time employment in middle or high-skill tech-based jobs.

This grant funded program provides a host of services to train young adults (between the ages of 17 and 29) as well as career changers who are looking to transition into IT roles.\* Eligibility requirements do apply.

This \$4 million project (funded by a U.S. Dept. of Labor Employment and Training Administration grant) is an equal opportunity employer/program. Auxiliary aides and services are available upon request to individuals with disabilities.

For more information please contact: Coastal Counties Workforce area: Dylan Barnett, [dylan.barnett@workforcesolutionsme.org](mailto:dylan.barnett@workforcesolutionsme.org), 207-274-9131

\*For those over the age of 29, connect with your local career center to learn what training and employment services are available. <http://www.mainecareercenter.gov/>



Did you know that if you are High School Graduate, received a High School Equivalency, or are a current High School student, you can attend classes during the day at the Regional Center of Technology (BRCOT)? BRCOT offers courses to high school students and adults serving the communities of Biddeford, Old Orchard Beach, RSU 21 and RSU 23.

### Courses are:

- Architecture & Design
- Auto Collision Repair
- Auto Mechanics
- Building Construction
- Business & Financial Management
- Business & Information Technology
- Electrical Technology
- Engineering
- Health Assistant
- Intro to Medical Sciences
- Legal Studies
- Medical Assisting
- Precision Machining
- Teaching & Education
- Welding & Metal Fabrication
- Plumbing

Classes begin again in September. Contact Paulette Bonneau, Director at 282-1501 for more information.

## Still Life Drawing for Beginners

Experience the exciting art of looking! When you draw, you learn to see things again for the first time. Line, light and shadow, space, and perspective all come together to create an image. In this class you will discover how each of those elements work to produce a great piece of art! We will also be trying out some different tools such as blending sticks and erasers and mediums such as pencil and charcoal.

**Supply list:** at least two Graphite Pencils - 2B and 6B, and vine or willow charcoal. (Paper will be provided by the instructor.)

**Instructor:** Kyle Durkin

Date	Day	Time
9/24-10/15	T	6:00pm-8:00pm
Learning Center/Room 27 \$45		

## The Book Inside You

Express your ideas into a book, novel, chapterbook, children's book or journal. Learn to organize, brainstorm, web ideas, outline, make a storyboard and insert illustrations. Start putting your ideas into a concrete form with words and images. There will be individualized attention to each person's project. Enjoy being creative, only you can tell your own story!

**Instructor:** Toni Truesdale

Date	Day	Time
10/9-11/13	W	6:00pm-7:30pm
Learning Center/Room 28 \$90		

## The Book Inside You II

This advanced class is for writers that are looking to continue work on their manuscripts and stories to bring them along or complete them. Explorations will include how to write a query letter, find publishers, editors, illustrators also self-publishing options and contracts. Joining in with local collections of oral histories and national focus on cultural storytelling.

**Instructor:** Toni Truesdale

Date	Day	Time
10/10-11/14	Th	6:00pm-7:30pm
Learning Center/Room 28 \$90		



## Bread Basket with Fabric Liner



The Holidays are coming and what better than a homemade bread basket! This woven bottom basket measures approx. 6"Wx9"Lx4"H. Add color if you wish!

**Supply list:** a mop size bucket, sturdy scissors, 12 spring type clothespins, pencil, jackknife, tape measure, and a spray bottle.

**Instructor:** Martha Chessie

Date	Day	Time
11/4	M	5:30pm-9:00pm
Learning Center/Room 23 \$19 PLUS \$14 Mat. fee (due at registration)		



## Market Basket



This basket with color would make a sweet gift basket, or be great for greens and berries, rolled up towels, or shopping!

**Supply list:** a mop size bucket, sturdy scissors, 12 spring type clothespins, pencil, jackknife, tape measure, and a spray bottle.

**Instructor:** Martha Chessie

Date	Day	Time
12/2	M	5:30pm-9:00pm
Learning Center/Room 23 \$19 PLUS \$16 Mat. fee (due at registration)		





## Every Picture Tells a Story: Organizing Photographs

Learn techniques on how to work through that box of photographs we all have. Integrating the stories behind the pictures will also be explored. Please bring some of your photographs to get started.

**Instructor:** Jill Braceland

Date	Day	Time
11/7	Th	10:00am-12:00pm
Learning Center/Room 28		
\$19		

## Downsizing?



This seminar is designed to offer organizing strategies to start your downsizing efforts. Establish your project priorities, learn what supplies you might need, and set realistic time constraints. Leave with an action plan.

**Instructor:** Jill Braceland

### Session I:

Date	Day
10/22	T
Time	
10:00am-12:00pm	
Learning Center/Room 28	
\$19	

### Session II:

Date	Day
12/5	Th
Time	
6:00pm-8:00pm	
Learning Center/Room 28	
\$19	

## Taming the "To Do" List

Identify techniques that will help you organize your personal time. Suggestions offered include prioritizing, creating the "To Do" list, and how we underestimate time. Tips on how to stop procrastinating and being overwhelmed will also be discussed.

**Instructor:** Jill Braceland

Date	Day	Time
9/19	Th	6:00pm-8:00pm
Learning Center/Room 28		
\$19		

## Start Writing: A Quick Intro to Creative Writing



Start writing that great American novel that rests within each of us. Learn about a writer's notebook, pre-writing process, poetry, and publication issues. Enjoy two sessions of exploring creative writing in a friendly environment.

**Instructor:** Jill Braceland

Date	Day	Time
10/29 & 11/5	T	10:00am-12:00pm
Learning Center/Room 28		
\$29		

**\*STUDENT-INITIATED REFUNDS will be given if requested at least three working days before the day of the first class. After that time, no refunds can be given. No refunds are issued if you fail to attend class.**

## You Should Be a Stand-Up Comic

How many times have your friends said that you are so funny that you should be sharing your sense of humor on stage? But the thought of doing stand-up comedy is scary right? Let our stand-up comedy class take the scary out of going on stage. Our comics, Stephen Cloutier and Dennis Fogg will teach you basic usable tools for creating your own well received comedy routine. There will be a real comedy show on October 25th where your friends and family can attend. All levels welcome.

**Instructors:** Stephen Cloutier & Dennis Fogg

Class Date	Day	Time	Show Date	Day	Doors Open	Show Begins
9/11-10/30	W	6:00pm-9:00pm	Oct. 25th	Fri	7:00pm	8:00pm
Learning Center/Room 18A				Biddeford High School/Little Theater		
\$179				Donation: \$15 per person/\$20 for 2		
Tickets can be purchased in advance at Biddeford Adult Ed office or CASH only at the door.						



## Balsam Fir Christmas Wreath

Join us for a fun filled class! Create a gift, continue a Maine tradition and keep Maine Green this Christmas. Make a beautiful fresh 24" balsam fir Christmas wreath. Beginners become instant wreath makers with easy clamp rings. Your wreath will remain fresh throughout the holidays and beyond. After the holidays, recycle the ring and use the balsam in a fragrant sachet.

**Materials provided:** Freshly picked Maine Balsam Fir, Red Ribbon, Easy Clamp Ring. Additional supplies available.

**Supply list:** gloves and small hand pruners.

**Instructor:** Our instructors are experienced wreath makers, crafters and educators. Presented by Woodlot Management & Products, a family owned and operated tree farm.



## Christmas Table Runner



Looking for something to cheer up your table at the holidays? You will learn to applique and add embellishments to make the table runner festive.

### Supply list:

- Your sewing machine or use one of the schools
- Matching thread
- Seam Ripper
- Cutting Board
- Scissors
- Straight Pins
- Rotary Cutter

Instructor will call you with supply list.

(Some machines available at the Learning Center)  
Don't forget your lunch!!

**Instructor:** Terri Laverriere

Date	Day	Time
11/7	Th	6:30pm-8:30pm

Learning Center/Room 23

\$19 PLUS \$11 Mat. fee (payable to instructor CASH ONLY)

Date	Day	Time
11/16	Sat	9:00am-1:00pm

Learning Center/Room 27  
\$19

## Balsam Fir Kissing Ball Workshop

Create a gift, bring the fragrance of Christmas into your home and keep Maine green this Christmas. Using materials provided, you will make a beautiful, 16" full arrangement of Maine balsam decorated with red ribbons. Your kissing ball is designed to be hung in an archway or outdoors. It will remain fresh throughout the holidays and beyond. After the holidays, recycle the balsam in a fragrant sachet.



**Materials provided:** Freshly picked Maine Balsam Fir from our local woodlot, red ribbon, kissing ball form. Additional supplies available.

**Supply list:** gloves and small hand pruners.

**Instructor:** Our instructors are experienced kissing ball makers, crafters and educators. Presented by Woodlot Management & Products, a family owned and operated tree farm.

Date	Day	Time
11/25	M	6:30pm-8:30pm

Learning Center/Room 23

\$19 PLUS \$13 Mat. fee (payable to instructor CASH ONLY)

## Christmas Center Piece

Make a lovely seasonal center piece in a birch bark container. Fragrant greens, seasonal berries and glittering accents bring holiday cheer. Putting together a beautiful holiday centerpiece doesn't have to be difficult. Instructor will provide all necessary pieces to make this beautiful center piece.



**Instructor:** Gail Roller

Date	Day	Time
12/11	W	6:00pm-9:00pm

Learning Center/Room 27  
\$19 PLUS \$19 Mat. fee (payable at registration)

## Come Teach with Biddeford Adult Education

Biddeford Adult Education is seeking instructors interested in sharing their skills and knowledge with a Community dedicated to learning and fun. Please email your class description and resume to: Sue De Cesare, Community Adult Education Leader, at [sdecesare@biddefordschools.me](mailto:sdecesare@biddefordschools.me)



## Invasive Bittersweet Basket



Invasive, round-leafed bittersweet is a creeping vine with inedible berries that is considered invasive in North America. Frustrating to gardeners and arborists, and not readily favored by birds, bittersweet is a largely useless bane on wild land. We can use traditional

harvesting techniques to tend Asian bittersweet in the wild; harvesting material for baskets while controlling and suppressing future damaging growth. Learn to make a strong, beautiful basket of invasive round-leaf bittersweet! We'll cover identification, responsible collection, material processing and storage, and creation, including the basics of stake-and-strand twining and weaving.

**Instructor:** Zach Rouda, Rewild Maine

Date	Day	Time	Location	Cost
11/21	Th	5:30pm-8:30pm	Learning Center/Room 23	\$35 (includes all required tools, materials and tuition)

## Pine Needle Basket



White pine (Maine's State Flower) and Red pine are ubiquitous throughout the region and provide a vital pool of resources for human and nonhuman Mainers alike. Pine needles are beautiful, and strong! They can be coiled and sewn together to make jewelry, hats, lovely usable baskets and/or adorably tiny ones. Learn to identify, regeneratively gather, store, process, and weave with pine needles. We will cover the basics of coiled basketry, which is a global, ancient human skill, and create a wonderful pine-needle basket. Every participant will make a basket to take home.

**Instructor:** Zach Rouda, Rewild Maine

Date	Day	Time	Location	Cost
10/10	Th	5:30pm-8:30pm	Learning Center/Room 23	\$35 (includes all required tools, materials and tuition)

## Plaited Birch Bark Basket



Basketry is older than the written record: a truly ancient, global human skill. Around the world various materials and styles of weaving, sewing, twining, and coiling have allowed for the creation of vessels, trays, plates, hats, shoes, clothing, and more. The bark of the paper birch tree may be used to make strong and beautiful baskets, hats, sheaths, buckers, and more. Learn to identify, gather, process and weave with this remarkable, strong, natural material. We'll practice straight and diagonal plaiting to make a small basket for the kitchen or garden.

**Instructor:** Zach Rouda, Rewild Maine

Date	Day	Time	Location	Cost
10/24	Th	5:30pm-8:30pm	Learning Center/Room 23	\$45 (includes all required tools, materials and tuition)

## How to Eat Acorns



Acorns have remained an important and nutritious food source for many animals including humans, around the world, for hundreds of thousands of years. Learn how to identify, gather, process store, and use acorns in the kitchen. We will cover identification, collection, storage, processing, cooking, and consumption. Delicious, unique homemade acorn snacks will be available for sampling, which may include: breads, muffins, cookies, crunchy nuts, porridge, faux meat, and more! This is not a hands-on cooking class.

**Instructor:** Zach Rouda, Rewild Maine

Date	Day	Time	Location	Cost
11/14	Th	5:30pm-8:30pm	Learning Center/Room 23	\$25 (includes all required tools, materials and tuition)



"Taught by Certified Art Night Out Instructors". Art Night Out instructors are experienced artists who provide a relaxed atmosphere, lots of support, and quality materials/tools to ensure a positive experience. Leave class with new skills and an amazing piece you created yourself.

## Mosaic Stepping Stone



Create your unique path with the help of a stepping-stone. Learn how to use mosaic tools while working with our extensive tile collection. Pour your cement and take the form home to be removed the next day. Workshop fee includes all materials to make one 9-inch stepping-stone.

**Instructor:** Art Night Out Instructor

Date	Day	Time
9/17	T	6:00pm-8:00pm
Learning Center/Room 23		
\$19 PLUS \$20 Mat. fee (due at registration)		

## Copper and Bead Ornament



Celebrate the season by making this whimsical ornament. Learn how to crochet wire as well as use various jewelry pliers to fashion a playful, colorful and festive ornament. Workshop includes all materials to make two ornaments.

**Instructor:** Art Night Out Instructor

Date	Day	Time
12/16	M	6:00pm-8:00pm
Learning Center/Room 18A		
\$19 PLUS \$20 Mat. fee (due at registration)		

## Drilled Sea Glass Necklace & Key Chain



Learn the secrets to drilling glass, stones and shells. Add colorful beads and spirals using our easy wire-wrapped loop techniques to create your own unique jewelry. Use our collection of sea glass, beach stones and shells, or bring your own favorites. Workshop fee includes all materials to make one pendant and one key chain.

**Instructor:** Art Night Out Instructor

Date	Day	Time
11/5	T	6:00pm-8:00pm
Learning Center/Room 23		
\$19 PLUS \$20 Mat. fee (due at registration)		

## Stained Glass Hanging Art



Learn the fundamentals of stained glass work while constructing a light-catching hanging artwork. Student will learn how to copper foil and solder stained glass shards while incorporating wire to create links. Workshop fee includes all materials to make one artwork.

**Instructor:** Art Night Out Instructor

Date	Day	Time
10/29	T	6:00pm-8:00pm
Learning Center/Room 18A		
\$19 PLUS \$20 Mat. fee (due at registration)		

## Re-purposed Sweater Mittens

Time to find that well loved wool or wool blend sweater and turn them into toasty mittens just in time for the cold. Please bring a washed wool or blend sweater, 1/3 yard coordinating fleece, thread to match, pins, and fabric shears. If you have a portable sewing machine in good working order, please bring along. Extra sweaters and fleece will be available for a small fee.

**Instructor:** Martha Chessie

Date	Day	Time
10/23	W	5:30pm-9:00pm
Learning Center/Room 27		
\$19		



## Clean Your Machine



Is your sewing machine not running well?  
When was the last time you oiled it?  
This class is a one night class on cleaning  
your machine and trouble shooting.

Please bring all the tools that you have to go with the machine.

**Instructor:** Jena Eaton-Burke

Date	Day	Time
9/17	T	5:30pm-8:30pm
Learning Center/Room 27		
\$19		



## Open Sewing

Bring your unfinished projects or start a new one.

If you have not taken a sewing 101/Sewing Basics class please check out Learning to Sew Stitch by Stitch. So grab your sewing machine and supplies and come join us.

**Prerequisites:** A basic knowledge of your sewing machine is required for this course.

**Instructor:** Jena Eaton-Burke

### Session I:

Date	Day
10/3-10/24	Th
Time	
5:30pm-8:30pm	
Learning Center/Room 27	
\$49	

### Session II:

Date	Day
11/7-12/5	Th
No class 11/29	
Time	
5:30pm-8:30pm	
Learning Center/Room 27	
\$49	

"I really learned a lot in this class and feel I can do a sewing project on my own now - thank you Jena"

## Learning to Sew Stitch by Stitch

Have you been too afraid to learn how to sew? Starting to sew is simple if you go stitch by stitch. Learning how to sew is a "hands on" and "learning by doing" experience. It does take practice to build up skill in order to do all the stitches correctly, but that's the great part about learning with your new best friend the seam ripper. After you do a few of the projects, you will feel that you can do anything with sewing!

### We will cover:

- Sewing machine basics, care and use
- Stitch basics and types
- Fabric and fiber types
- Marking and cutting fabric
- Understanding sewing pattern markings
- Sizing and fitting
- Beginners' Project: PJ pants
- Finishing stitches and pressing
- Picking out your next project

### Supply list:

- Sewing Machine (If unable to bring own machine please let us know, one can be supplied)

**Instructor:** Jena Eaton-Burke

### Session I:

Date	Day
10/3-11/7	Th
Time	
1:00pm-4:00pm	
Learning Center/Room 27	
\$59	

### Session II:

Date	Day
10/22-11/19	T
Time	
5:30pm-8:30pm	
Learning Center/Room 27	
\$59	
No Class 10/31	





## Making a Weighted Blanket



Always wanted a weighted blanket and could not find one. Well you are in luck. Come make a blanket of your own. Sewing knowledge is required.

Supplies to bring to class:

- 1.5 yards top fabric (42" wide)
- 1.5 yards bottom fabric (42" wide)
- 1.5 yards light weight batting
- 6 lbs. poly fill pellets
- Thread

Sewing machines are available upon request.

**Instructor:** Jena Eaton-Burke

### Session I:

Date	Day
10/19	Sat

#### Time

9:00am-2:00pm

Learning Center/Room 27  
\$29

### Session II:

Date	Day
11/26-12/3	T

#### Time

5:30pm-8:30pm

Learning Center/Room 27  
\$29



## Beginners Book Making Workshop



In this 3 part beginners bookmaking workshop, we will learn how a book is put together by deconstructing a forgotten book, then remaking it to

serve a functional purpose-the Folio Book, for all those unorganized papers. Transferring our new understanding of book construction, we will make our own workbook or journal from scratch-the Spine Book. We will also make books as functional art pieces and explore different ways to make eye catching forms with meaningful content- the Art of the Fold Book. Please bring an Old Coffee Table Book.

**Instructor:** Rebecca Cote

Date	Day	Time
11/26-12/10	T	6:00pm-8:30pm

Learning Center/Room 23  
\$39



## The Design Process: Taking Ideas from Thoughts to Action



In this five series class, constructive hands on course, we will learn and work through the processes that can turn your ideas into concrete results. In this course the art of brainstorming, building and testing prototypes, collecting feedback, revision and marketing will be covered. No idea is too big or too small. Experiment in our very own makerspace.

**Instructor:** Rebecca Cote

Date	Day	Time
10/22-11/19	T	6:00pm-8:00pm

Center of Technology/Room T-1  
\$55

## Baby/Lap Quilt



Every baby deserves to have their own quilt or blanket. It is also fantastic to know that wherever you go you have something that is safe, clean and familiar for your little one to snuggle with or play on.

What to bring:

- Your sewing machine or use one of the schools
- Matching thread
- Seam Ripper
- Cutting Board
- Scissors
- Straight Pins
- Rotary Cutter

Instructor will call you with supply list.

(Some machines available at the Learning Center)

Don't forget your lunch!!

**Instructor:** Terri Laverriere

Date	Day	Time
9/21	Sat	9:00am-2:00pm

Learning Center/Room 27  
\$29





## Beginner Soft Pastel

Learn about soft pastels, papers, and underpainting techniques in this beginner class. We'll start with an inexpensive set of student-grade pastels (that you get to keep) on special paper to make an impressionistic landscape using a photo reference provided by the instructor. Learn to block in values, layer pastels, and add finishing marks to your landscape. On the second night, we'll learn a super-easy underpainting technique to give your pastel work dimension. We'll work on an impressionist floral and you will get to test drive some professional pastels so you know what you like and don't like before you go out and buy a set.

**Instructor:** Tara Finlay

Date	Day	Time
9/12-9/19	Th	6:00pm-8:30pm
Learning Center/Room 27 \$29 PLUS \$20 Mat. fee (due at registration)		

## 3D Ink Explosion - Frameless!

This popular class is back but with a twist! We'll mix and pour 2 part epoxy resin into molds and then use special inks to create stunning abstract works of art that create a dimensional look within the resin. Without the frame, these works can be displayed on either side. No artistic experience is required. You will be required to return to Biddeford Adult Ed to pick up your pieces after they have cured. They will be available starting 5:30PM on Wednesday 10/2.

**Instructor:** Tara Finlay

Date	Day	Time
9/24	T	6:00pm-8:00pm
Learning Center/Room 23 \$19 PLUS \$30 Mat. fee (due at registration)		



Soft Pastels

3D Ink Explosion



## Freeform Resin Geode

In this two-night class you'll learn mold-making techniques to make your own resin geode slice. We'll mix, color, and pour 2-part resin and add crystals, glass and other embellishments to simulate a geode slice. Then in the second class you'll demold your creation, finish the edges, and add surface embellishments. Your piece can go home with you the second night.

**Instructor:** Tara Finlay

Date	Day	Time
10/9-10/16	W	6:00pm-9:00pm
Learning Center/Room 23 \$29 PLUS \$40 Mat. fee (due at registration)		

## Floating Resin Ornaments

We'll learn to mix and pour resin into molds and then add embellishments relating to the upcoming holiday. These look great on large trees and mini trees alike. Everyone will make approximately 5 ornaments. You will have to pick your ornaments up after they have cured - you will be told when to pick them up the night of class.

**Instructor:** Tara Finlay

Date	Day	Time
12/10	T	6:00pm-8:00pm
Learning Center/Room 27 \$19 PLUS \$30 Mat. fee (due at registration)		

## Paint Night - Christmas Barn

Let's celebrate the upcoming holiday with a Christmas-themed paint night. This barn is all decked out in colored lights for Christmas. Perfect for absolute beginners or paint night veterans.

**Instructor:** Tara Finlay

Date	Day	Time
12/4	W	6:00pm-9:00pm
Learning Center/Room 23 \$19 PLUS \$15 Mat. fee (due at registration)		

Freeform  
Resin Geode



Floating Resin  
Ornaments

Christmas Barn



## Acrylic Pour: Dips

Learn the specific recipe for making acrylic dips, where the paint is poured onto a surface and the canvas is dipped into it. They come out looking like beautiful abstract flowers! You have the choice to make either four mini canvases or four coasters on tile (Coasters will need to be sealed and backed at home.) The instructor will provide a container for you to take your items home in.

**Instructor:** Tara Finlay

Date	Day	Time
10/28	M	6:00pm-8:00pm

Learning Center/Room 23  
\$19 PLUS \$40 Mat. fee (due at registration)

## Resin Ocean Shells

Resin is a hot topic in art right now. Learn to mix and pour 2 part resin into a shell provided by the instructor. You'll learn how to color the resin to make it look like an ocean. If you would like to add a mini starfish you can purchase one the night of class. Your pieces will have to cure overnight and can be picked up on the next business day.

**Instructor:** Tara Finlay

Date	Day	Time
11/16	Sat	11:00am-1:30pm

Learning Center/Room 23  
\$19 PLUS \$35 Mat. fee (due at registration)

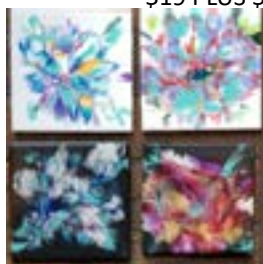
## Paint Night Lake Sunset with Heron

Keep the summer lake vibe going all winter with this colorful sunset painting featuring a heron silhouette. The instructor will lead you through every step of the painting. Perfect for beginners or veteran paint night painters alike.

**Instructor:** Tara Finlay

Date	Day	Time
10/2	W	6:00pm-9:00pm

Learning Center/Room 23  
\$19 PLUS \$15 Mat. fee (due at registration)



Acrylic Pour: Dips



Resin Ocean Shell



Lake Sunset



## Beginner Watercolor Paint Night - Peace in the Woods

In this guided paint night, we'll be working with watercolors to make a peaceful nighttime woodland scene with snow. No experience with art is necessary. You'll take home a 4x6 piece that can be matted and framed.

**Instructor:** Tara Finlay

Date	Day	Time
11/6	W	6:00pm-9:00pm

Learning Center/Room 23  
\$19 PLUS \$20 Mat. fee (due at registration)

## Dutch Pour Method

This acrylic pouring method has an interesting twist. Learn the special recipe for mixing paint to do the popular Dutch pour. If you've tried this method at home with your blow dryer, learn how to do it without the blow dryer. We'll use deep cradled canvas to display our abstract painting which often looks like a flower. All materials included. No experience necessary. Appropriate for absolute beginners to professional artists who want to learn fluid painting methods.

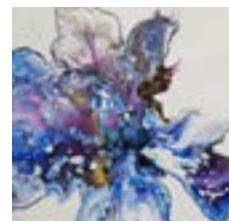
**Instructor:** Tara Finlay

Date	Day	Time
11/19	T	6:00pm-8:00pm

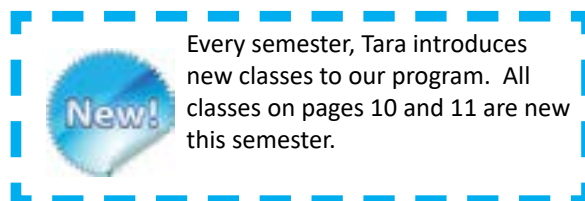
Learning Center/Room 27  
\$19 PLUS \$40 Mat. fee (due at registration)



Peace in the Woods



Dutch Pour Method



Every semester, Tara introduces new classes to our program. All classes on pages 10 and 11 are new this semester.



## Mental Health First Aid



Learn a five step action plan to help loved ones, colleagues, neighbors and others cope with mental health or substance use problems. Similar to traditional first aid and CPR, Mental Health First Aid is help provided to a person developing a mental health problem or experiencing a crisis until professional treatment is obtained or the crisis resolves. Mental Health first aid is an evidenced based public education and prevention tool. It improves the public's knowledge of mental health and substance use problems and connects people with care for their mental health or substance use problems.

**Instructor:** KC McAuliffe

Session I:		Session II:	
Date	Day	Date	Day
10/19	Sat	11/6-11/20	W
Time		Time	
8:00am-4:00pm		12:30pm-3:30pm	
Learning Center/Room 24		Learning Center/Room 24	
\$80		\$80	

## HealthCare Provider Basic Life Support (American Heart Association)

This 2 year certification course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of medical settings. This audience includes nurses, physicians, EMS professionals, students in a healthcare program at a university/college, allied health professionals (physical therapists, occupational therapist, athletic trainers, etc.), and others who may need training in basic life support skills. Taught by American Heart Association Certified Instructor.

**Instructor:** Diane Frechette, R.N., B.S.N., M.S., CNOR

Date	Day	Time
10/19	Sat	8:00am-12:00pm
Learning Center/Room 28		
\$45 PLUS \$19 Text fee (please pick up book at the Adult Ed Office PRIOR to the class)		
Text fee includes a certificate that will be emailed to you two weeks after the course		

## Heartsaver First Aid/CPR/AED Certification Course

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 Heart saver 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.

**Instructor:** Diane Frechette, R.N., B.S.N., M.S., CNOR

Session I:		Session II:	
Date	Day	Date	Day
9/21	Sat	11/16	Sat
Time		Time	
8:00am-4:00pm		8:00am-4:00pm	
Learning Center/Room 28		Learning Center/Room 28	
\$65 PLUS \$19 Text fee		\$65 PLUS \$19 Text fee	
(please pick up book at the Adult Ed Office PRIOR to the class)			
Text fee includes a certificate that will be emailed to you two weeks after the course			





## Just ONCE Guitar for Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. For ages 13+. For more information go to [justonceclasses.com](http://justonceclasses.com)



**Instructor:** Don Pride

Date	Day	Time
11/4	M	6:30pm-9:00pm
Learning Center/Room 18A		
\$25 PLUS		
\$29 Textbook and Practice DVD (payable to instructor)		

## Just ONCE Piano for Busy People

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop.

**Instructor:** Don Pride

Date	Day	Time
11/25	M	6:30pm-9:00pm
Learning Center/Room 18A		
\$25 PLUS		
\$29 Textbook and Practice CD (payable to instructor)		



## Spruce up Your Ukulele Playing



Is your ukulele playing getting rusty? Not enough time to keep up with it? Here's your chance to refresh your knowledge and re-energize your playing. You might even step up your skill level a notch! Using his song-based approach, Duncan Perry, our popular instructor, will review the basics, help you work out kinks, and time permitting, add a new technique or two to your ukulele tool box. To enroll in this session, you should be able to make smooth chord transitions, while strumming in the Key of C, and have a serviceable soprano, concert, or tenor size instrument. So, get ukecited again, ignite your playing and sign up for this class.

**MUST** have taken Ukulele for Beginners with Duncan before.

**Instructor:** Duncan Perry

Date	Day	Time
10/7	M	6:00pm-7:30pm
Learning Center/Room 27		
\$25		

## Ukulele for Beginners

The ukulele has captured hearts and minds in Maine and around the world! Come join our beginners' class and share in the joy. The ukulele is versatile and easy to play (if you regularly practice!). You will learn essentials including basic chord positions, strumming techniques and picking styles. This class will give you the tools to play with groups or solo and you don't have to know how to read music. You must have a soprano, concert, or tenor size ukulele (no baritones, please) and an electronic tuner. Bring along a music stand if you have one. If you don't have a uke, let us know when you register and we'll provide information about how and where to buy one to fit your budget. Learn to play the ukulele. Stimulate your mind and light up your world!

**Instructor:** Duncan Perry

Date	Day	Time
10/15-11/5	T	6:00pm-7:30pm
Learning Center/Room 23		
\$75		



## Reiki I

Reiki is a safe and gentle hands-on healing technique that anyone can learn. Reiki is very simple yet powerful healing art that can be used for self-healing as well as loved ones and pets. Reiki is a sacred healing that nourishes, harmonizes, balances and empowers every aspect of life; physical, mental, emotional and spiritual. It's used to support the healing process for illness, induce relaxation, reduce stress and increase general wellness. During this class you will learn the history of Reiki, the principles of Reiki, a brief introduction to the seven major energy centers, hand positions and the benefits of Reiki. You will receive your attunements and end the day with your certificate and the ability to do Reiki on yourself and loved ones.

**Bring:** Bottle of water and bagged lunch

**Instructor:** Rachel Pelletier

Date	Day	Time
10/19	Sat	9:00am-4:00pm
Learning Center/Room 18A		
\$145		

## Reiki II

At this level we will learn the seven major chakras, the three Reiki healing symbols, and the definitions and practice drawing them. Receive your Reiki II level attunement, practice long distance healing, protecting and clearing yourself, preparing a space to practice Reiki, building your Reiki practice. The class ends with a guided meditation and your certificate. Once you receive your Reiki level II attunement you are considered a practitioner and can practice Reiki on anyone. You must be certified in Reiki I to take this class.

**Bring:** Bottle of water and bagged lunch

**Instructor:** Rachel Pelletier

Date	Day	Time
11/16	Sat	9:00am-4:00pm
Learning Center/Room 18A		
\$175		



## Cardio Sculpt Fusion

Cardio Sculpt Fusion....Muscular endurance, strength training & aerobic conditioning. Whether a beginner or intermediate athlete, stronger muscles burn more calories! Each session is a full body workout which will include core exercises, and wrap up with active stretch.

**Bring:** water bottle, hand weights and exercise mat.

**Instructor:** Paula Truman, Certified AAAI/ISMA, Personal Training, SilverSneakers, SPINNING certified

Date	Day	Time
11/5-12/17	T	6:30pm-7:30pm
Learning Center/Room 16		
\$39		

## What is EFT?



Tap your way to better health and more joy with an introduction to the Emotional Freedom Technique. Learn to use EFT to create better health, reduce stress & pain, and to bring more balance, peace, and joy into your life. Experience the power of this simple tool in class and leave with the info you need to start using it!

**Instructor:** Leah Wentworth

Date	Day	Time
9/30	M	6:00pm-7:30pm
Learning Center/Room 27		
\$19		

## Quit Smoking Success!



Work smarter, not harder and quit smoking for good! You are stronger than a cigarette. You were just using the wrong tool for the job. Will power, the Patch, Vaping, etc. are like using a hammer when you need a screwdriver. Let me help you train your mind and give you the right tools for the job, so you can be free of smoke permanently. Learn the same techniques taught to my private clients in this workshop. By using hypnosis, we can talk to the part of the mind responsible for creating the habits in the first place. We can create new, more positive habits that support you and your new smoke-free lifestyle goals without constant struggle. Hypnosis is safe, effective and enjoyable. Many people report feeling very relaxed and empowered.

**Instructor:** Marina Charron, CH

Date	Day	Time
9/19	Th	5:30pm-7:00pm
Learning Center/Room 24		
\$39 PLUS \$10 Textbook (payable to instructor)		

## Reboot For Weight Loss Success!



If you know you “should” eat better, move more...etc, but struggle to stick to it, then this Weight Loss Workshop is for you. By using hypnosis, we can talk to the part of the mind responsible for creating the habits in the first place. We can create new, more positive habits that support you and your weight loss goals without constant struggle. Hypnosis is safe, effective and enjoyable. Many people report feeling very relaxed and empowered.

**Instructor:** Marina Charron, CH

### Session I:

Date	Day
9/10	T

#### Time

5:30pm-7:00pm

Learning Center/Rm 27

\$39 PLUS

\$10 Mat. fee

(payable to instructor)

### Session II:

Date	Day
10/9	W

#### Time

5:30pm-7:00pm

Learning Center/Rm 27

\$39 PLUS

\$10 Mat. fee

(payable to instructor)

## Mastermind Self-Hypnosis Workshop



Getting the life you desire, starts with mastering your thoughts. In this interactive workshop you can learn how to use self-hypnosis to change your habits, sleep better, get the body you want, relax quickly and gain motivation. Learn how hypnosis works and how to enter the state of hypnosis to create lasting change. Learn how to craft effective suggestions using powerful language. Start tapping into your own resources today! Your reality is shaped by our actions. Learn the same techniques taught to my private clients in this workshop. By using hypnosis, we can talk to the part of the mind responsible for creating our habits, patterns, and beliefs in the first place. We can create new, more positive habits and tap into empowerment. Hypnosis is safe, effective and enjoyable. Many people report feeling very relaxed and empowered.

**Instructor:** Marina Charron, CH

Date	Day	Time
11/16	Sat	10:00am-1:00pm

Learning Center/Room 24

\$67 PLUS \$10 mat. fee (payable to instructor)



## The A, B, C and Ds of Medicare



Does the A, B, C and D “Alphabet Soup” of Medicare feel overwhelming? Medicare, begun in 1965, is the US health plan available to qualified people aged 65 and older, as

well as some disabled people below age 65. This overview reviews the way Medicare covers inpatient, outpatient and prescription drug costs, explains enrollment periods and reviews the types of products designed to partner with Medicare, including supplement plans, Medicare Advantage plans and prescription drug plans. This seminar will be informative for current beneficiaries, people beginning Medicare, and the adult, children, or loved ones of Medicare beneficiaries.

**Instructor:** Barbara Hopkins

Date	Day	Time
9/26	Th	6:30pm-8:30pm

Learning Center/Room 18A

\$9

## Nice Girls Finish Rich!

### A Financial Literacy Seminar for Women



If you think money management is too complex, too boring or takes too much time, this course will change your mind! In this seminar designed especially for women, I will share the lessons learned on my own journey from cash-strapped single mom to worry-free early retirement. Anyone can follow this plan! In this entertaining course, I will demystify everything from budgeting to investing, 401k's and Social Security, and everything in between. We will also look at apps and websites that can help. At the end of this course you will have the tools and information you need to create a more secure today and more abundant tomorrow.

**Instructor:** Donna Accettullo, M.Ed.

Date	Day	Time
9/17	T	6:30pm-8:00pm

Learning Center/Room 24

\$30



## Pepperell Mills the Melting Pot

Why Biddeford Saco?...All the way to Francis T. Spencer and his blanket. This series will cover the History of the Industrial Revolution in America and how it pertained to Biddeford.

### Topics:

- Labor for the new mills
- Mill girls
- Working in a weave room
- Child labor in the mills
- Immigrants- the expanding work force

**Instructors:** Dana Peck

Date	Day	Time
9/25-10/30	W	6:30pm-8:30pm
		Learning Center/Room 24
		\$19

## Driving Dynamics

The Maine Driving Dynamics Course offers all drivers the opportunity to improve their defensive driving abilities. This five-hour course will include discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. A certified Maine Driving Dynamics instructor teaches the course, and the course format engages students with lectures, videos, and class discussion/participation. Those completing the course will receive a three-point credit on their driving record. Course can be taken for credit only once every 365 days. (If not on time, you will not get credit for class.) PARTICIPANTS MUST BRING DRIVER'S LICENSE TO CLASS. CLASS HAS A MINIMUM OF 12 PEOPLE AND IS LIMITED TO 25 PEOPLE.

**Instructor:** State of Maine

### Session I:

Date	Day
9/16 & 9/18	M & W
Time	
6:00pm-8:30pm	
Learning Center/Rm 27	
\$40 per person	
(65 years and older \$25)	

### Session II:

Date	Day
11/18 & 11/20	M & W
Time	
6:00pm-8:30pm	
Learning Center/Rm 27	
\$40 per person	
(65 years and older \$25)	

## Spanish - Keep It Simple

Come to this **one** session class to see that learning Spanish can be easy when taught using a common-sense approach. When you leave, you'll know how to construct basic sentences, having the ability and confidence to carry on a conversation at the breakfast table. (So bring a friend.)

Two long-time Maine educators felt there was a need for a simpler program for those just starting out, or have already tried but became frustrated. Spanish-Keep It Simple is very user-friendly so makes it perfect for independent learners. Book/audio CD will be offered at an introductory rate of \$20 the night of class.

Choose only **one** date for your class.

**Instructor:** Patricia Mailman

Date	Day	Date	Day
9/3	T	11/15	F
9/9	M	12/11	W
10/2	W	12/12	Th
10/10	Th		

**Time**  
6:00pm-8:15pm

**Location**  
Learning Center/Rm 24  
\$19

**Time**  
6:00pm-8:15pm

**Location**  
Learning Center/Room 24  
\$19

Date	Day
11/16	Sat

**Time**  
9:30am-11:45am  
**Location**  
Learning Center/Rm 26  
\$19

Every effort has been made to make this publication accurate as of the publication date; however, all policies, procedures, course fees and curriculum are subject to change at any time by appropriate action of instructors or administrators of Biddeford Adult Education. This publication is not intended to be a contract, explicit or implied, and Adult Education reserves the right to make changes regarding the information contained herein.



## Opiate Awareness

So much of what we hear in the news today is about the “opiate epidemic”. This evening is intended to be an open discussion about what is happening locally, how we are responding to it as a community, what is available for resources and treatment options.

**Instructor:** Substance Use Liaison Maegan Lambert-Irish  
Street Crimes Sergeant Steve Gorton

Date	Day	Time
10/2	W	6:00pm-9:00pm

Biddeford Police Department  
\$9

Participants will NOT have to pay to park.

## Safety Awareness Theft Prevention

With the Holidays approaching many become concerned with personal safety and account security as they shop both locally and online. This presentation is intended to be an open discussion about what we see for local trends/threats and what you can do to build habits to enhance your safety/security and minimize your chances of becoming a victim.

**Instructor:** Street Crimes Sergeant Steve Gorton,  
Det. Bob Perkins

Date	Day	Time
11/5	T	6:00pm-9:00pm

Biddeford Police Department  
\$9

Participants will NOT have to pay to park.

## Apple/Fruit Tree Pruning

Fruit tree enthusiasts all know it has always been a tradition to prune your fruit trees on the warm spring day, we will show you that you can also prune in the fall. If you have a tree that has been neglected and want to reinvigorate it but are not sure how to properly prune your tree, then this class is for you. This class will cover how to prune a fruit tree, what to look for and then we will have a demonstration.

**Instructor:** Casey Elmer

Date	Day	Time
10/19	Sat	9:00am-12:00pm

TBA  
\$19



## Crime Scene/Evidence

Television shows and movies have many interested in crime scene processing techniques. Learn how we locally use some of the newest skills and techniques in Crime Scene and Evidence processing. Collect latent fingerprints, discover hidden footwear impressions, cast and collect 3-Dimensional tire treads, and see how tool-mark impressions are obtained.

Our Technicians will demonstrate and explain how these techniques are used to investigate a variety of crimes.

We encourage hands-on participation so come prepared to get involved!!

**Instructor:** Evidence Technician Matt Baldwin

Date	Day	Time
10/1	T	6:00pm-9:00pm

Biddeford Police Department  
\$9

Participants will NOT have to pay to park.



**In association with:**

## Looking at Your Woodlot Like a Garden

Do you have a woodlot and want to know how to make the most of it? Is your woodlot just the trees in your back yard that haven't done very much? Then Looking at Your Woodlot Like a Garden is for you! This class will be an open discussion of what makes your woodlot grow and thrive. We will be discussing the benefits of what your woodlot can do for you, animals and community. We will also touch upon management strategies of what you can do to improve your woodlot for birds, mammals, reptiles and for people. Wear appropriate clothing and bring crampons for better footing.

**Instructor:** Casey Elmer

Date	Day	Time
10/26	Sat	10:00am-2:00pm

Kennebunkport Conservation Trust  
57 Gravelly Brook Road, Kennebunkport

\$19

Come join us as we travel to Boothbay to see the lights. Gardens Aglow has over 650,000 lights strung in the gardens. You will walk around on your own and at your own pace. Besides the beautiful lights there is a s'mores pit, kettle corn stand. Inside there is a Marketplace where you can purchase snack/comfort food and drinks. The Education Center will host the Model Trains. Remember it is cold outside so bring warm clothes.



Bus Tickets \$47 per person  
(includes ticket to Gardens)

**Sat 12/14 Please indicate your location of pickup and return**

**Biddeford**

Bus:

- leaves from Park & Ride at Exit 32 at 2:30pm
- leaves the Gardens at 6:00pm
- returns to Park & Ride at Exit 32 at approximately 7:30pm

**South Portland**

Bus:

- leaves from Park & Ride at Exit 45 at 3:00pm
- leaves the Gardens at 6:00pm
- returns to Park & Ride at Exit 43 at approximately 8:00pm

## Annual Christmas Craft Fair in Boston

Enjoy sampling the delicious products found in the Specialty Food Aisle. One entire aisle was not big enough and this year there are even more exhibitors to tantalize your taste buds. Be amazed at the sensational Gingerbread Houses created by Boston's top pastry chefs vying for Best in Show honors.

**Sat 11/9 Please indicate your location of pickup and return**

**Biddeford**

Bus:

- leaves from Park & Ride at Exit 32 at 8:15am
- leaves Boston at 4:00pm
- returns to Park & Ride at Exit 32 at approximately 6:00pm

**South Portland**

Bus:

- leaves from Park & Ride at Exit 45 at 7:45am
- leaves Boston at 4:00pm
- returns to Park & Ride at Exit 43 at approximately 6:30pm

Bus Tickets \$57 per person  
(includes ticket to fair) **OR**

Group of 4 or more \$52 per person

**For group of  
4 or more, use  
Promo Code**

**NO REFUNDS  
AFTER 11/2**



**TIP**  
Suggested driver  
gratuity \$3/person  
will be collected  
on the bus.



## Christmas at the Castle: Castle in the Clouds

Welcome to Tom and Olive Plant's mountaintop estate, Lucknow, built in 1913-1914 high in the Ossipee Mountain Range. Known as Castle in the Clouds since its opening to the public in 1959, the house is an unusual example of Arts and Crafts architecture in New England, expressing that aesthetic movement's philosophy of living in harmony with nature. Designed by the architectural firm of J. Williams Beal & Sons of Boston, the house not only exhibits skilled hand craftsmanship in every aspect of its interior and exterior, but also features a number of technological innovations of the early 20th century.

Groups will enjoy a self-guided tour of the Estate, visit the Gift Shop, Carriage House and Art Gallery. An Artisan Fair featuring local, handmade wares will take place in the Carriage House where guests can get a jump start on their holiday shopping. Lunch service is available as walk in from 11:00am to 3:00pm also in the Carriage House.



**Sat 11/30**

**Biddeford**

Bus:

- leaves from Park & Ride at Exit 32 at 8:30am
- leaves the Castle at 3:00pm
- returns to Park & Ride at Exit 32 at approximately 4:30pm



**Suggested driver  
gratuity \$3/person  
will be collected  
on the bus.**

**NO REFUNDS  
AFTER 11/20**

Bus Tickets \$57 per person (includes  
admission to Castle) **OR**

Group of 4 or more \$52 per person

**For group of  
4 or more, use  
Promo Code**



## GOING TO SEE MICKEY, MINNIE, GOOFP AND THE GANG

Are you planning a Walt Disney World vacation? Looking for someone to break down your options, guide you through this daunting process, and help you get the most out of your vacation and budget? If so, join us and get personal insight on all things Disney World!! This includes theme parks, water parks, ticket options, resort options, dining options, dining plans, seasonal events, tours, dinner shows, unique experiences, and even MagicBands. We'll also discuss the pros and cons of using a travel agency vs. booking the vacation yourself, staying on Disney property vs. off-site, and relying on Disney transportation vs. renting a vehicle. See how to factor in seasonal park crowd levels, average monthly temperatures, and rainy days into your plans. Gain some insight on how to think through your budget as we look at potential expenses and consider ways to save money in various areas of your vacation.

**Instructor:** David Murch

Date	Day	Time	Location	Cost
10/10	Th	5:30pm-8:30pm	Learning Center Room 24	\$14 per person \$19 per couple

## Welding, Basic (Tuesdays)

A skillful welder is an asset to any company! Join the class to learn basics or gain additional skills in the art of welding. Focus on TIG & MIG.

Topics covered:

- Materials used in welding process
- How to operate welding equipment
- Operation of welding equipment in the flat and horizontal positions
- Safety practices

Students should wear jeans, long sleeve shirts, steel toe boots and bring welding gloves, and safety glasses to class. It is recommended that students bring a welding helmet (auto darkening).

**Instructor:** Mike Lambert

Date	Day	Time
9/17-12/3	T	6:00pm-9:00pm
Center of Technology/T-4 \$125 Res/\$129 Non-res		

**"Mike Lambert was an outstanding instructor for his knowledge of welding made the course very interesting."**

## Welding, Basic (Wed & Thurs)

A skillful welder is an asset to any company! Join the class to learn basics or gain additional skills in the art of welding. Focus on stick & MIG.

Topics covered:

- Materials used in welding process
- How to operate welding equipment
- Operation of welding equipment in the flat and horizontal positions
- Safety practices
- Intro to TIG welding

Students should wear jeans, long sleeve shirts, steel toe boots and bring welding gloves, and safety glasses to class. It is recommended that students bring a welding helmet (auto darkening).

**Instructor:** Gordon Workman

Date	Day	Time
9/18-10/30 No class 10/3	W & Th	5:30pm-8:30pm

Center of Technology/T-4  
\$125 Res/\$129 Non-res

## Computer Aided Drafting (CAD)



Learn the fundamentals of computer-aided drafting using AutoCAD. Learn how to draft at an entry level using the AutoCAD program to draw technical drawings

in the architectural, mechanical, land development, or engineering field. The course material will be presented in a series of brief hands-on demonstrations which will teach you the basics of AutoCAD and will be tailored to each student depending on individual interests. The student will be provided weekly exercises in class and work individually or in groups on a final drawing assignment at the end of the course. A working knowledge of personal computers is mandatory in order to take this class.

**Instructor:** Chris Michaud

Date	Day	Time
9/17-12/3	T	6:00pm-9:00pm
Center of Technology/T-1 \$125 Res/\$129 Non-res		

## Substitute Teaching Training

Substitute teaching can be a challenging, yet highly rewarding job. Although it takes a lot of enthusiasm and hard work, you can build a set of skills that will help you become an expert substitute teacher. If you're looking for job flexibility, days full of fun and variety, and enjoy investing in students—then substitute teaching may be for you!

You should plan on investing several hours in preparing to become a substitute teacher. School districts will often require trainings, orientation sessions, and tests to ensure that prospective substitute teachers are ready for the classroom. Although each district may have specific requirements, we will walk you through the most common requirements for substitute teachers.

**Instructor:** Paulette Bonneau

Date	Day	Time
9/9-9/30	M	6:00pm-7:30pm
Center of Technology/ Conference Room \$95 PLUS Fingerprinting		



## Certified Nursing Assistant

This is a Maine State Approved Certified Nursing Assistant training course. There are 180 course hours which prepare students to become C.N.A. certified (90 classroom hours, 20 lab hours, and 70 clinical hours). Routine tasks required for personal nursing care will be taught.

Applicants must attend an informational orientation, 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 Sue at 282-3883 to receive an application or you may also download the application at our website [www.biddeford.maineadulted.org](http://www.biddeford.maineadulted.org)

**Prerequisites:** Reading score 239.

<b>Day Class:</b>	<b>Instructor:</b> Kathy Bickford, R.N.		
9/11-12/27	W & F		
	class	8:00am-2:00pm	
	clinical	7:00am-2:00pm	
Learning Center/Room 25			
\$30 Non-refundable background check			
\$929 Course fee PLUS \$76 Text fee			
PLUS \$100 Competency Test			

## Legal Nurse Certificate Training Course - Online

Session I:		Session II:	
Date	Cost	Date	Cost
8/26-10/11	\$895	10/21-12/6	\$895

## Law School Preparation Course - Online

Session I:		Session II:	
Date	Cost	Date	Cost
8/26-10/11	\$300	10/21-12/6	\$300



THE CENTER FOR  
LEGAL STUDIES



## Certified Nursing Assistant MED

Medications course follows standardized curriculum approved by the Maine State Board of Nursing. The purpose of this course is to teach experienced certified nurses assistants 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 certified nursing assistant (CNA) to administer medications accurately and safely.

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

**Prerequisites:** Reading score 244, worked as a CNA for 2080 hours.

**Instructor:** Kathy Bickford

<b>Fall Class:</b>	<b>Instructor:</b> Kathy Bickford, R.N.		
9/10-11/26	T & Th		
	class	8:00am-1:00pm	
	clinical	7:00am-2:00pm	
Learning Center/Room 25			
\$30 Non-refundable background check			
\$885 Course fee PLUS \$142 Text fee			



## Paralegal Certificate Course - Online

Session I:		Session II:	
Date	Cost	Date	Cost
8/26-10/11	\$1,395	10/21-12/6	\$1,395

## Advanced Paralegal Certificate Course - Online

Cost	Cost per topic
\$2,100	\$350

For course descriptions, please visit our website.

# Online Learning

*anytime, anywhere...  
just a click away!*



## ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self paced online Career Training Program. You can learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

### MANAGEMENT

#### **Certificate in Non Profit Administration \$595**

Get the best training on revenue generation for nonprofits, and program evaluation for nonprofits, with our Certificate in NonProfit Administration.

**This Certificate requires the following 2 courses.**

#### **Revenue Generation for Non Profits**

Discover how to increase revenue from your current activities. Develop strategies for building new ones. Know how to effectively set prices or fees.

**\$495**

#### **Program Evaluation for Non Profits**

Enhance your understanding of program evaluation within the nonprofit context. Find out how to improve your evaluation planning, data collection, data analysis and data use. Special attention will be paid to the real-world challenges that organizations may face when conducting evaluation, including staff time, costs and reporting evaluation results to funders.

**\$245**

#### **Certificate in Project Management \$495**

Project management is one of the fastest paths to promotion by increasing your network through greater exposure.

**This Certificate requires the following 3 courses.**

#### **Introduction to Project Management**

Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholder for quick resolution, including project cancellation.

**\$195**

#### **Project Management Processes**

Acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge (PMBOK) Guide.

**\$195**

#### **Project Management Knowledge Areas**

The Project Management Professional community monitors through the five (5) Project Management Processes supported by the ten (10) Project Management Knowledge Areas.

**\$195**

### SOCIAL MEDIA FOR BUSINESS

#### **Social Media for Business Certificate \$495**

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations.

**This Certificate requires the following 3 courses.**

#### **Intro to Social Media**

Find out the top sites and how businesses are using the sites for communication, customer retention, branding, marketing, market research, needs assessment and serving customers and clients.

**\$195**

#### **Marketing Using Social Media**

Develop a two-way communication and marketing strategy for your organization using social media.

**\$195**

#### **Integrating Social Media in Your Organization**

Get your company listed properly on local search engines so more customers can find you.

**\$195**

**Any Certificate course is available to take individually.**

#### **Managing Social Media Platforms Certificate \$495**

Get a skill set for working and managing different social media platforms. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.

**This Certificate requires the following 3 courses.**

#### **Twitter**

Learn the best way to take advantage of the unique opportunities Twitter offers – and discover the best ways to create relationships and network with your key constituents.

**\$195**

#### **Facebook for Business**

This is an advanced class and assumes you have started a Page on Facebook and have some basic knowledge of the platform.

**\$245**

#### **LinkedIn for Business**

Learn how to set-up your personal profile so that it gets noticed by others. Discover how LinkedIn can be used to generate leads, recruit new employees, and find new jobs.

**\$195**

Visit our website for program details, and start dates.  
[www.biddeford.maineadulted.org](http://www.biddeford.maineadulted.org)

## BUSINESS COMMUNICATIONS

**Certificate in Workplace Communication****\$595**

Good communication in the workplace is more important than ever. And critical to your career advancement and success.

**This Certificate requires the following 3 courses.**

**Conflict Management**

Discover a workable conflict management model, discuss case studies in conflict management, and then take away successful conflict management strategies to apply in your workplace. **\$245**

**Negotiation: Get What You Want**

Knowing strategies to clarify what you want and how to prioritize needs will ensure you get more of what's essential. **\$195**

**Using Personality Profiles for Better Work Performance**

Learn how to improve your communication with others, convey your ideas effectively, and improve your ability to understand what is important to those who don't share your same style. **\$295**

**Certificate in Customer Service****\$245**

Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success.

**This Certificate requires the following 2 courses.**

**Extraordinary Customer Service**

Discover how easy it is to tweak your customer service from the ordinary to the extraordinary. **\$145**

**Certificate in Presentation Media****\$495**

Whether your presentation is online or in-person, presentation media not only enhance your message, but often make your message successful.

**This Certificate requires the following 3 courses.**

**Infographics**

The course begins with a history of Infographics and the types of infographics used in Business, Education and Industry. Students will be exposed to Pinterest and other web-based sources of infographics. **\$195**

**Photoshop for Presentations**

You will gain both a foundational and advanced understanding of the popular software, and practice the most commonly used methods, such as managing text, working with layers, and image file properties. **\$195**

**Graphic Design for Visual Presentations**

Get the latest most advanced techniques on graphic design principles, including page layout, typography and basic design considerations. **\$295**

**Keys to Customer Service**

Learning to build your customer service skills will have a powerful impact on your career success as well as success in other areas of your life. **\$145**

**Stress Management**

Stress isn't the enemy. It is our perceptions of stress that amp our anxiety and use up all our steam. Reducing stress is as easy as understanding what stress is, understanding what stress is to you, and using that knowledge to restructure your thoughts. Turn stress into a stepping stone, not a stumbling block! **\$145**

## TECHNOLOGY SKILLS

**Certificate in Mastering Excel****\$495**

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets.

**This Certificate requires the following 3 courses.**

**Mastering Microsoft Excel**

Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. **\$195**

**Intermediate Excel**

Create a unique style for yourself to improve your spreadsheet appearance to make the content easier to understand for your target audience. **\$195**

**Advanced Excel**

This course contains these tools that can help you prepare your worksheets accurately, examine your data for authentication, and then find those answers to your most difficult questions. **\$195**

**Graphic Design Software Essentials Cert.** **\$545**

The Adobe software tools are the leading software for graphic design. Adobe Illustrator is the industry standard computer illustration software. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web.

**This Certificate requires the following 3 courses.**

**Adobe Illustrator Essentials**

You will learn Adobe Illustrator fundamentals to set up a print document and use various tools to draw, type and color all kinds of shapes and illustrations. **\$225**

**Adobe Photoshop Essentials**

You'll learn all the basics of Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch and enhance existing images or create your own composite digital art work. **\$225**

**Cert. in Web Design** **\$595**

Online users say a website's design is the number one criteria for deciding whether a company is credible or not, according to recent research. Understanding what it takes to produce effective web design is essential in today's market of highly saturated digital competition.

**This Certificate requires the following 3 courses.**

**Intro to Web Design**

Discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. **\$245**

**Intermediate Web Design**

Anyone wanting to find out how to create effective and dynamic websites/applications will want to take this course. **\$245**

**Advanced Web Design**

Responsive Web design enables Web designers and developers to build and maintain a single website to serve all kinds of device sizes: smartphones, tablets, laptops and more. **\$245**

**Adobe InDesign Essentials**

InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. This course is a comprehensive exploration of InDesign tools and capabilities to create professional documents. **\$225**

# Online Learning

*anytime, anywhere...*

*just a click away!*

Visit our website for program details, and start dates.  
[www.biddeford.maineadulted.org](http://www.biddeford.maineadulted.org)



**YOU MUST: Call 282-6511 to schedule your Intake/Registration/Placement Testing.**

## English Learners of Other Languages (ELL)

These classes provide a wide variety of educational options needed to learn English. Students can develop skills necessary to be able to train for new job skills, or transition to college-level courses. Our experienced instructors appreciate ethnic diversity, and cultivate multicultural exchanges in the classrooms. The tuition-free program invites students who may have never been to school, or who may have some high school level education or less. For more information, call (207) 282-6511.

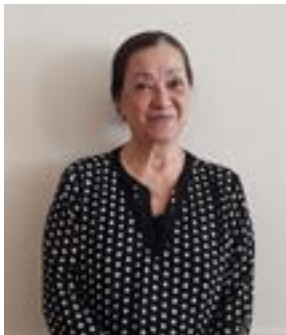
**Instructor:** Sam Smithwick

Levels 1-6	9/3-12/12	M T W & Th	9:30am-11:45am
No class 10/14, 11/11			

Learning Center/Room 26

Levels 4-6	9/4-12/11	M & W	12:30pm-2:30pm
No class 10/4, 11/11			

Learning Center/Room 26



Hoa Deschambault

Raad Al-Saadoun



Heyder Hammoodi



Ghaith Kareem



**YOU MUST: Call 282-6511 to schedule your Intake/Registration/Placement Testing.**

## Adult Basic Education Math (ABE)

Receive supplemental practice along with alternate explanations in order to understand a variety of mathematical topics at a deeper level. Work independently or with peers to complete assigned tasks and improve skills.

**Instructor:** Sam Smithwick

Date	Day	Time
9/3-12/10	T	12:30pm-2:30pm

Learning Center/Room 26

## Adult Basic Education English (ABE)

Whether pursuing a diploma or just "brushing up" on English related skills, this class has something for you. Practice your reading comprehension skills and enhance your writing. Review the parts of speech or prepare for college entrance exams. This course provides individualized and small group instruction in grammar, reading, and spelling. You can learn without embarrassment.

**Instructor:** Sam Smithwick

Date	Day	Time
9/3-12/12	T & Th	12:30pm-2:30pm

Learning Center/Room 26





## Creative Play Class I

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

**Instructor:** Julie Berube

Date	Day	Time
9/11-12/18	W	1:00pm-2:00pm
Learning Center/Room 14		

## Creative Play Class II

For parents with children ages 3-5, this program will have more of an academic feel. Parents and children will explore the alphabet together. This class will be filled with lots of art projects, painting, cooking, music, and really great books. Our goal is to provide a space and forum for parents and children to have a great time together and develop a love for lifelong learning. We invite new participants every week. Come play, learn, and explore with us!

**Instructor:** Julie Berube

Date	Day	Time
9/9-12/16	M	1:00pm-2:30pm
No class 10/14 & 11/11		
Learning Center/Room 14		

## Family Story Hour

The family story hour will provide a welcoming and fun environment to listen to stories, participate in great themed activities with your children, and have a snack together. Family story hour is a wonderful opportunity for parents and children to spend time together (PACT). Come and introduce your child/children to really great books and a love of reading. Special guest readers and surprise hosts are scheduled throughout the year.

**Instructor:** Julie Berube

Dates	Day	Time
10/16 & 12/18	W	6:00pm-7:30pm
Learning Center/Room 23		



## Parent Talk (Active Parenting Now)

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.

**Instructor:** Julie Berube

Date	Day	Time
9/26-11/7	Th	10:00am-12:00pm
Learning Center/Room 18A		

## Stress & Anger Management

Information is Power. Life can be overwhelming these days with school, work, and family. Stress is a fact of life; we need to learn how to manage it. We will learn how to take advantage of the positive and reduce the negative effects of stress!

Anger is one of the most misunderstood over-used human emotions. In this class we will learn how to recognize anger by identifying our anger triggers. We will learn about the three components of anger; the Emotional State, the Expression, and the Understanding. This class will increase your knowledge about how anger affects you. You will learn new ways to cope with anger and set goals to manage anger more effectively. Learning how to manage stress and anger is a way of taking control of your life. It is also a way of staying healthy and happy.

**Instructor:** Julie Berube

Date	Day	Time
9/9-12/16	M	10:00am-12:00pm
No class 10/14 & 11/11		
Learning Center/Rooms 18A		



The HiSET (High School Equivalency Test) is an assessment of skills and knowledge comparable to those of a high school graduate. It is not to be considered a substitute for completing high school and earning a diploma. It is an alternative for those who, for a variety of reasons, are unable to finish high school. HiSET has replaced GED in the state of Maine as the assessment tool used to award the High School Equivalency Diploma.

The HiSET test is a series of five tests covering writing, science, math, literature and the arts, and social studies. These tests require the test taker to apply reading, math, language, and critical thinking skills. Tests are taken one at a time, and can be taken in any order. Passing the HiSET test series allows student to earn their High School Equivalency Diploma (HSED).

You must be at least 17 years of age. Intake/ Orientation/Pre-Test sessions are available both morning and late afternoon (**3 days are required**). Students may enroll at any time during the semester. There is no fee for this program. Students are required to take the CASAS reading and math assessments and the official HiSET practice tests prior to HiSET testing.

- Please bring a MAINE Government issued picture identification to Orientation
- There is NO FEE for the HiSET® Testing with a Maine ID. If you do not have a Maine ID, there will be a \$50 fee PER test.
- NO CHILDREN ALLOWED at any session
- There is a lot of paper work, so please bring your patience

**Daytime:**

9:30am-12:30pm

Tues Sept 3, Wed Sept 4, Thurs Sept 5  
 Tues Sept 17, Wed Sept 18, Thurs Sept 19  
 Tues Oct 1, Wed Oct 2, Thurs Oct 3  
 Tues Oct 15, Wed Oct 16, Thurs Oct 17  
 Tues Oct 29, Wed Oct 30, Thurs Oct 31  
 Tues Nov 5, Wed Nov 6, Thurs Nov 7  
 Tues Nov 19, Wed Nov 20, Thurs Nov 21  
 Tues Dec 3, Wed Dec 4, Thurs Dec 5  
 Tues Dec 17, Wed Dec 18, Thurs Dec 19

**Evenings:**

3:00pm-6:00pm

Mon Sept 16, Tues Sept 17, Wed Sept 18  
 Tues Oct 15, Wed Oct 16, Thurs Oct 17  
 Mon Nov 18, Tues Nov 19, Wed Nov 20  
 Mon Dec 16, Tues Dec 17, Wed Dec 18

Adults (17 and older) can earn a high school diploma through the adult education program. Previously earned credits as well as life experience will count toward your credit total. All courses taken for diploma credit are free.

Current graduation requires 24 credits: 3 Math credits, 4 English credits, 3 Social Science credits, 3 Science credits, 1 Fine Arts credit, and 10 Electives.

**YOU MUST: Call 282-6511 to schedule your 1/2 hour Intake/Registration.  
No registrations will be accepted after September 3rd.**



## English Course

### U.S. History & Media Literacy

This course will examine the mass media and its effect on American History and culture. We will trace the historical development of the media and journalism from the invention of the printing press to the explosion of the internet.

**Instructor:** Sam Smithwick

Date	Day	Time
9/4-12/18	W	5:00pm-8:00pm

Learning Center/Room 26



## Math Course

### Intermediate Math

You will review the 4 basic math operations: addition, subtraction, multiplication, and division. We will work with whole numbers, fractions, decimals, and percent's. An emphasis will be placed on activities that involve problem solving. We will also review algebra and geometry.

**Instructor:** Cindy Blais

Date	Day	Time
9/5-12/19	Th	9:00am-12:00pm
No class 11/22		

Learning Center/Room 24



High School Academics Course Fees: \$47 Res./\$49 Non-res. unless otherwise noted. Biddeford Adult Education High School Diploma students do not pay a course fee. Non-res. High School Supplement students ARE responsible for a \$25 supplement fee per semester.

## Science Course

### Forensics

Do you enjoy watching CSI, Criminal Minds, or other crime TV shows? Then this is the class for you! Study crime-solving techniques such as blood spatter and fiber analysis. Analyze your own fingerprints and handwriting patterns. Students will participate in hands-on labs and activities while learning how forensic scientists use various techniques to solve crimes.

**Instructor:** Victoria Salo

Date	Day	Time
9/3-12/10	T	5:00pm-8:00pm

Biddeford High School/Room A007



Registration begins August 13th  
Classes begin September 4th

High School Diploma classes: Six students is the required number to "make a class"

## CLASS: College Preparation for Adults

### **Biddeford Adult Education**

189 Alfred Street, Biddeford, ME 04005  
p: (207) 282-3883 f: (207) 286-9581  
adulted@biddefordschools.me  
www.biddeford.maineadulted.org

### **Marshwood Adult Education**

260 Dow Highway, Route 236  
South Berwick, ME 03908  
p: (207) 384-5703 f: (207) 384-5608  
lorraine.robida@rsu35.org  
www.marshwood.maineadulted.org

### **Noble Adult Education**

388 Somersworth Rd, North Berwick, ME 03906  
p: (207) 676-3223 f: (207) 676-2160  
brenda.gagne@msad60.org  
www.noble.maineadulted.org

### **Old Orchard Beach/Saco Adult & Community Education**

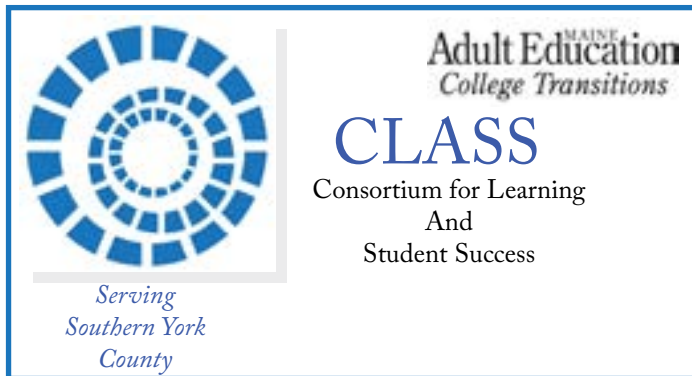
40 E. E. Cummings Blvd., OOB, ME 04064  
p: (207) 934-7922 f: (207) 934-3705  
adultedinfo@rsu23.org  
www.oobsaco.maineadulted.org

### **Wells-Ogunquit Adult Community Education**

200 Sanford Road, Wells, ME 04090  
p: (207) 646-4565 f: (207) 646-4596  
adulted@wocsd.org  
www.wells-ogunquit.maineadulted.org

### **York Adult Education**

1 Roberts Stevens Drive, Wells, ME 04090  
p: (207) 363-7922 f: (207) 363-0717  
lrobertson@yorkschoools.org  
www.york.maineadulted.org



#### **What can CLASS do for you?**

- Offer classes and workshops specific for college-level work including college & career advising, math, writing, Accuplacer testing, and college survival skills
- Online eLearning and video conferencing
- Provide adults with the skills to persist and succeed in college
- Create an individualized learning plan and conquer the college application and financial aid process

#### **Who joins the College Transitions program?**

- Current high school diploma and HiSET students who want to go to college
- Anyone who wants to get a better job or start a new career
- Adults who have tried college in the past
- Current college students needing to improve in writing, reading, or math
- Student who do not want to pay the high cost of college level classes

#### **Why join the College Transitions program?**

- Gain the confidence and skills to succeed in college
- Participate in classes appropriate for your skill level to prepare for college level courses
- Improve your score on the Accuplacer college placement exam
- Most classes are free



# Student Information

## COURSE PAYMENTS AND FEES

Course fees and book/material fees are payable in full at time of registration. Payment ensures a place for you in the class. Non-payment will not guarantee your placement. Payment is made by cash, check, money order, or credit card (Visa or MasterCard) at time of registration. Make checks payable to Biddeford Adult Education. Please Note there is a \$25.00 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. Confirmation of Credit Card payments will be mailed to you. Payments of Checks and Cash will not be confirmed by mail.

## 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. **After that time, no refunds will be given.**

**NO REFUNDS ARE ISSUED IF YOU FAIL TO ATTEND CLASS.**

## NO SCHOOL/STORM CANCELLATIONS

Adult Education will follow the Biddeford schedule. No programs will be held if Biddeford Schools' are cancelled due to storm conditions or during school vacations. Cancellations due to late developing severe weather conditions will be announced on local television and [www.biddefordschools.me](http://www.biddefordschools.me), as well as on the adult education office answering machine 282-3883 after 3:00 p.m. Your instructor will schedule make-up time as needed.

## NON-RESIDENTS

Residents from other communities are welcome to enroll in any of our programs. Non-residents pay the Non-Res. fee.

## BOOK POLICY

Most books required for courses at Biddeford Adult Education may be purchased at the Biddeford Adult Education Bookstore. **Books must be paid for and picked up before class begins.** The Bookstore is located at the Main Office, 189 Alfred Street 2nd Floor, Biddeford, ME 04005.

You may register as soon as you receive this Catalog

## 5 Easy Ways To Register



[www.biddeford.maineadulted.org](http://www.biddeford.maineadulted.org) - the fastest, easiest way to register! Register yourself (and your family & friends) for fun and vocational classes. A confirmation e-mail is sent automatically upon registration.



Please have your debit/credit card ready when you call. If paying by check, please note, we cannot guarantee your spot in a class until we receive payment. Phone: 282-3883



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

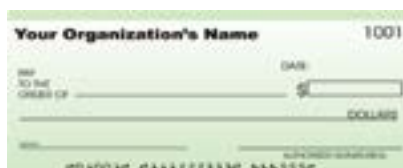


Complete the registration form and mail it along with your payment to:  
Biddeford Adult Education  
P.O. Box 624  
Biddeford, ME 04005



If paying by debit/credit card, fill out the registration form located in this catalog and fax to 207-286-9581. We accept VISA and MasterCard.

## Payment Methods We Accept



## Class Locations:

Biddeford High School (BHS)  
20 Maplewood Ave.  
Biddeford, ME 04005  
207-282-1596

Regional Center of Technology (COT)  
10 Maplewood Ave.  
Biddeford, ME 04005  
207-282-1501

J. Richard Martin Community Center  
(Learning Center)  
189 Alfred Street  
Biddeford, ME 04005  
207-282-6511

## Biddeford School Department Directory

### ADMINISTRATION

ALAN CASAVANT  
*Mayor*

JEREMY RAY  
*Superintendent*

CHRIS INDORF  
*Assistant Superintendent*

### SCHOOL COMMITTEE

ALAN CASAVANT, CHAIR  
DENNIS ANGLEA  
NATHAN BEAN  
DOMINIC DESCHAMBAULT  
RANDY FORCIER  
ANTHONY MICHAUD  
KAREN RUEL  
LISA VADNAIS

### ADULT EDUCATION STAFF

PAULETTE BONNEAU  
*Director*

SUSAN DE CESARE  
*Community Adult  
Education Leader*

ANNE BEAULIEU  
PATT HAMEL  
*Administrative Assistants*

NANCY OUELLETTE  
*Student Advisor*

JULIE BERUBE  
*Family Literacy*

JULIE BERUBE  
PATT HAMEL  
*Night Supervisors*

MAGGIE BUTTERS  
*HiSET Examiner*

### BIDDEFORD SCHOOL DISTRICT DIRECTORY

Biddeford High School  
20 Maplewood Ave.  
Phone: 282-1596 Fax: 282-8284

Biddeford Regional Center of Technology  
10 Maplewood Ave.  
Phone: 282-1501 Fax: 282-7986

Biddeford Middle School  
25 Tiger Drive  
Phone: 282-6400 Fax: 282-6040

Biddeford Intermediate School  
335 Hill Street  
Phone: 282-5957 Fax: 282-8289

Biddeford Primary School  
320 Hill Street  
Phone: 282-8285 Fax: 286-9225

J.F.K. Memorial School, Kindergarten Center  
64 West Street  
Phone: 282-4134 Fax: 284-7199

Leadership Office  
18 Maplewood Ave.  
Phone: 282-8280 Fax: 284-7956

Special Education Department  
18 Maplewood Ave.  
Phone: 282-8283 Fax: 284-7956

Business/Personnel Office  
18 Maplewood Ave.  
Phone: 282-8281 Fax: 284-7956

Transportation Department  
371 Hill Street  
Phone: 282-0909 Fax: 282-0101

Food Service Department  
320 Hill Street  
Phone: 391-6899 Fax: 284-9225

Facilities Department  
205 Main Street  
Phone: 571-1602 Fax: 284-7996

Technology Department  
20 Maplewood Avenue  
Phone: 391-6886 Fax: 282-8284

"It is never too late to register as long as  
there is room in a class."

**282-3883**

Visit our Website:

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

FOR MAIL-IN, include debit/credit card information or check. Mail to:

Biddeford Adult Education  
P.O. Box 624, Biddeford ME 04005

FAX to: 207-286-9581. You MUST include debit/credit card information.

www.biddeford.maineadulted.org

adulted@biddefordschools.me

Please REPRODUCE as needed for additional forms.



NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_ ☐ MALE ☐ FEMALE

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE: \_\_\_\_\_ HOME/CELL \_\_\_\_\_

E-MAIL \_\_\_\_\_ PHONE: \_\_\_\_\_ HOME/CELL \_\_\_\_\_

## COURSE INFORMATION

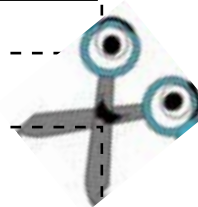
COURSE NAME	COURSE FEE	TEXT/ MATERIAL FEE

☐ CHECK ☐ CASH ☐ VISA ☐ MC ☐ AMERX ☐ DISCOVER TOTAL \_\_\_\_\_

Card No: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Ex. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Sec. Code \_\_\_\_\_

Name on card

Signature



NAME \_\_\_\_\_ BIRTH DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_ ☐ MALE ☐ FEMALE

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE: \_\_\_\_\_ HOME/CELL \_\_\_\_\_

E-MAIL \_\_\_\_\_ PHONE: \_\_\_\_\_ HOME/CELL \_\_\_\_\_

## COURSE INFORMATION

COURSE NAME	COURSE FEE	TEXT/ MATERIAL FEE

☐ CHECK ☐ CASH ☐ VISA ☐ MC ☐ AMERX ☐ DISCOVER TOTAL \_\_\_\_\_

Card No: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Ex. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Sec. Code \_\_\_\_\_

Name on card

Signature



P.O. Box 624  
Biddeford, ME 04005

PRSRT-STD  
ECRWSS  
Portland, ME 04101  
U.S. Postage Paid  
Permit #454  
Postal Patron  
Local

Phone (207) 282-3883  
Fax (207) 286-9581

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

**CONGRATULATIONS TO ALL OUR GRADUATES.**  
**Including those that were unable to attend**  
**our graduation ceremony.**



**Location**  
**189 Alfred Street 2nd Floor**  
**Biddeford, ME 04005**

**[adulted@biddefordschools.me](mailto:adulted@biddefordschools.me)**  
**[www.biddeford.maineadulted.org](http://www.biddeford.maineadulted.org)**  
**Phone 207-282-3883**  
**Fax 207-286-9581**

**Mailing Address**  
**P.O. Box 624**  
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