



Learning for Better Living

Old Orchard Beach/Saco Adult & Community Education

SPRING 2017

GET YOUR SPRING ON!

JUST A TASTE!

SUMMER SKIN PG 9

AEROSOLGRAFIA PG 14

ARGENTINE TANGO PG 18

MEDIA PRODUCTION PG 20

PHLEBOTOMY PG 22

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See pg 2



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PHOTO BY GERI LYNN SMITH



Learning for Better Living

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EARLYBIRDS17



BASEBALL 101
PG 5



**TAROT &
ASTROLOGY**
PG 11



**FELT A
FANTASY FISH**
PG 18

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WELCOME TO SPRING 2017

We offer you a wide variety of choices!

Affordable, fun learning experiences right
in your backyard.

Best of all, your satisfaction is guaranteed!

COURSE OFFERINGS

Fitness/Recreation 3-6

Great Workouts, T'ai Chi, Kundalini, Yin & Ashtanga Yoga, Running, Eat to Run, Walking, Spinning, Cards, Dowsing, Cribbage, Cornhole, Mah Jongg, Golf, Magic, Dowsing, , Horses, Metal Detecting, Baseball, Fire Skills . . .

Family, Home & Garden 6-8

Estate Planning, Medicare, MaineCare, Home Buying, Money, Solar Power, Green Cleaning & Clutter, Eye Brow Art, Self Defense, Recycling, Party Planning, Photographing Valuables . . .

Health/Mind, Body & Soul 8-11

Healthy Eating & Living, Skincare, Hypnosis, Lyme, Inflammation & Diet, Gut Health, Body Care, Acupressure, Essential Oils & Tinctures, Trauma Sensitive Yoga, Tarot & Astrology, Sound Healing, Meditation, Online Dating, . . .

Culinary Arts 12-13

Beer Brewing, Seafood, Teas, Italian & Veggie Cuisines, Knife Skills, Homebrew, Challah, Scones, Tea Cakes & Loaves, Fermented Drinks, Cheese . . .

Creative Arts/Music & Dance 14-19

Jewelry, Dance, Photography, Acting, Poetry, Painting, Guitar, Piano, Drums, Felting, Fiber Arts, Furniture Painting, Aerosolgrafia, Art & Nature, Greeting Cards, Printing, Terrariums . . .

Professional Skills 20-23

eBay, Video Marketing, Photoshop, Web Design, Business, Marketing, Motor Repair, Computers, Media Production, . . .

Certificate & Training Programs 22-23

Phlebotomy, Notary Public, Computer Tech, Landscape, Medical Transcription & Editing, AHA Basic Life Support . . .

Academics 24-25

HiSET, HSD, ESOL, College Prep, College Readiness Certificate Program . . .

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Cancellations, Refunds, Closings

Registration 27

How & where to register

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ASHTANGA YOGA

FLEXIBILITY & STRESS REDUCTION

We synchronize our breath with a series of therapeutic, intentional poses to improve flexibility, strength, decrease stress, develop focus and cultivate a calmer mind. Options are offered for all poses. This class is suitable for beginners or experienced people who can easily get up and down from the floor. Bring a mat, wear comfortable clothing, and minimize perfumes.

Note: This discounted introductory course is open to first time students at Kusum Institute Yoga only.

Tue 6:15-7:30 PM 4/11-5/30 Sessions: 8
\$75 Kusum Institute Yoga, Saco

Penny Kusum 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.

NEW

EAT TO RUN

Want to lose weight, get in shape, and run your best? A consistent running program needs a solid plan with diet and nutrition. Runner's bodies need fuel that is fast, nutritious, and provides a good source of energy that will maximize calorie burn, increase muscle mass, and decrease body fat. Learn easy ways to improve diet, hydration, and foods that will provide nutrient-packed ingredients, and ways to get the most from your workouts using fueling strategies before, during, and after the run.

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

Mon 6-7:30 PM 4/24-5/8 Sessions: 3
\$35 OOB HS,109

Robert Cyr, Certified Holistic Health Coach and Wellness instructor, Organic Farmer, Chef and the author of self-help health book *Zombie Truckers*. He is passionate about sharing nutrition, cooking, fitness knowledge, and creating healthy lifestyle changes to becoming Cyriously Fit.



**Survive Online
Dating pg 11**
**Kombucha & Kefir
pg 13**

WALK IT OFF!

Get motivated in a nonjudgmental environment with tips on proper hydration and nutrition to support your weight loss goals. Come make new friends and Walk It Off! Wear walking or running sneakers, appropriate exercise gear and bring water.

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

Tue 5:30-7:30 PM 5/16-6/20 Sessions: 6
\$79 OOB HS, 107/Track

Robert Cyr-see bio this pg.

NEW

YIN YOGA

A slow-paced, meditative practice in which poses are held for 3 to 5 minutes, with the focus on relaxing and stretching parts of the body that are rich in connective tissues; mainly the hips, pelvis, inner thighs, and lower spine. It's a time for the mind to stop and for you to just be. Please wear comfortable, loose fitting clothes and bring a yoga mat.

Wed 5:30-6:30 PM 4/26-5/31 Sessions: 6
\$49 Saco LC, Open Rm

Kristin Hobbs, certified in Yin Yoga, has been practicing yoga since 2013 and after years of high impact workouts, finds yoga a refreshing change with amazing benefits! She loves the way her body and mind feel after completing a Yin Yoga practice and wants to share her experience.

SPINNING FOR ROOKIES DAY

Our instructors will coach and inspire you to find self-motivation through a mind/body connection and exhilarating music that will beg your legs to pedal through flats and hills. Class is geared for beginners although all levels are welcome as everyone works at their own pace. First timers, please arrive 15 minutes before your first class for setup instructions. Bring a water bottle and towel, and enjoy the ride! Registrations accepted through OOB/Saco Adult Education only.

Sun 9:30-10:15 AM 4/2-5/21 Sessions: 8
\$89 Saco Sport & Fitness, Saco

Paula Truman, certified Spinning instructor, teaches at Saco Sport & Fitness. She has been teaching for many years and works with all fitness levels, from beginners to seasoned athletes.

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 clothing and comfortable shoes.

Wed 6:30-7:30 PM 5/3-6/7 Sessions: 6

\$57 CK Burns, Gym

Alex Turek 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.

NEW

KUNDALINI YOGA

Class consists of gentle warm-ups followed by a Kriya, or set of exercises, with a specific focus. Breath patterns, mantra, meditation and deep relaxation are included. Students should be moderately fit. Exercises can be adapted, meeting students at their own level. Wear comfortable non-binding clothing, bring a yoga mat and water. A light covering is recommended for deep relaxation. No class April 17th.

Mon 6-7:30 PM 4/3-5/15 Sessions: 6

\$75 Saco LC, Open Rm

Diane Warming, MA (Kartar Kaur), a certified instructor of Kundalini Yoga and Sat Nam Rasayan, a transcendental healing technique, has 20+ years teaching. She applies the technology of Kundalini Yoga to tap into body wisdom. Her uplifting classes include laughter, challenges and deep, deep relaxation.

NEW ATTITUDE WORKOUT

Designed 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! Weights and bands provided. Bring water, wear loose comfortable clothing/sneakers.

Section I: No class May 29th

Mon 5:45-6:45 PM 4/24-6/19 Sessions: 8

\$89 Young School, Cafe/Gym

Section II: No class May 31st

Wed 5:45-6:45 PM 4/26-6/21 Sessions: 8

\$89 Young School, Cafe/Gym

Linda Waters, a certified 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 US.

NEW

BUILD YOUR OWN CORNHOLE LAWN GAME!

Building this sturdy, wooden, regulation-sized set is a fairly easy woodworking project, and since it's made from exterior wood, it will last for years. Learn the basic steps to create and take home your very own game. Wear work clothing and prepare to get your hands dirty, and bring a power drill, if you have one (cordless preferable but not required).

Wed 5:30-7:30 PM 5/3-5/10 Sessions: 2

\$85 OOB HS, Tech Lab

Brian Armstrong, Lead Carpenter at TPD Construction, former Installer at Marvin Design Gallery by Eldredge Lumber and former business owner at BBA Building Solutions, Inc. is both OSHA and Lead RRP Certified and has a passion for construction and design.

BEGINNER GOLF DAY

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. Clubs are provided or bring your own. Register early - this class fills fast!

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

Required: A weekly ball fee of \$4. Sneakers or golf shoes. No jeans or T-shirts allowed. Collared shirts required.

Section I:

Mon 4:30-5:30 PM 5/1-5/22 Sessions: 4

\$105 Dunegrass Golf Club, OOB

Section II:

Wed 4:30-5:30 PM 5/3-5/24 Sessions: 4

\$105 Dunegrass Golf Club, OOB

Ron Bibeau, a Head Golf Pro since 2002, began working at Dunegrass in 2016. He is currently VP of The New England chapter of the PGA and soon to be elected President. Ron has been a member of The Maine Golf Hall of Fame since 2014.



Music & Dance
pgs 18-19

Trauma Sensitive
Yoga pg 10

INTERMEDIATE GOLF DAY

Review your game with video, including full swing analysis, chipping and putting, and sand shots. Clubs are provided or bring your own. Register early - this class fills fast!

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

Required: A weekly ball fee of \$4. Sneakers or golf shoes. No jeans or T-shirts allowed. Collared shirts required.

Wed 4:30-5:30 PM 6/7-6/28 Sessions: 4
\$105 Dunegrass Golf Club, OOB
Ron Bibeau-see bio pg 4.

NEW

INTRODUCTION TO MAGIC TRICKS!

CARD, ROPE & COIN TRICKS! OH MY!

Delight your audience with these sleight-of-hand tricks using everyday objects. Become the life of the party, impress your friends and family, or turn the knowledge of magic into your own personal business!

Required: Set of keys, one quarter, and one half dollar coin. Tuition includes materials.

Wed 6:30-8:30 PM 5/17-5/24 Sessions: 2
\$39 OOB HS, 103

Robert Chipman, local artist and performer, has worked as a professional birthday clown, juggler and stage magician for more than 30 years.

HOW TO PLAY MAH JONGG

Mah Jongg is a centuries-old version of rummy played with tiles instead of cards. Learn the basics and quickly begin playing and adding to your skills. Match your memory, wits and luck against your three opponents and be the first to declare Mah Jongg!

Required: The 2017 National Mah Jongg League card of standard hands, available for \$8 at www.nationalmahjonggleague.org.

Tue 6:30-8:30 PM 4/25-5/23 Sessions: 5
\$79 OOB HS, Library

Caryl Everett is an avid Mah Jongg player who is passionate about sharing her love for the game with others.



Loaf & Tea Cakes
pg 12

Challah pg 13

Learning for Better Living

FRICTION FIRE BOW & HAND DRILL TECHNIQUES

Cover material selection, craftsmanship, and techniques. Students work as individuals and in groups while we use knives and synthetic cord for practice. The feeling you get when you breathe life into a tinder bundle and it bursts into flame is a powerful experience.

Note: Class will be both in and out of doors so please dress appropriately.

Tue 6-8:30 PM 4/11 Sessions: 1
\$29 OOB HS, 105

Lou Falank Jr., owner of Mountain Bear Programs/Guide Service & instructor at Maine Primitive Skills School, has worked/volunteered with programs at camps and schools across ME, NY & PA.

METAL DETECTING FOR THE NOVICE

Imagine uncovering coins, jewelry and historical relics that have been buried for years! Learn to choose the right detector and accessories for your interests and suggestions on finding the best places to detect, connect with other detectorists, share information and more. If you are considering purchasing a detector or a newbie wanting additional tips this is a great place to start. Our last session will be an "on the beach" hunt. Bring your own detector if you have one.

Tue 6-8 PM 5/2-5/23 Sessions: 4
\$65 OOB HS, 105

John Glass is a member of several metal detecting clubs and has had his photos published in club newsletters. He has experience searching abandoned structures, historical landmarks and is a serious beachcomber.

NEW

BASEBALL 101

Discuss the rules and strategies, the history of Major League Baseball, the social impact of the game, and more! Whether a casual fan, a diehard Red Sox fanatic, or trying to learn the game, this will be a fun time discussing the greatest game ever played!

Mon 6-8 PM 6/5-6/19 Sessions: 3
\$49 OOB HS, 107

Mike Harris' baseball memories go back to Ted Williams' final year with the Red Sox. Mike was his team's MVP during senior year and the Boston Herald named him as an honorable mention to the Massachusetts All-State team. He has played and coached the game from Farm League up through American Legion Baseball. A die-hard Red Sox fan, he claims he spent his entire childhood in the bleachers at Fenway Park.

RECREATION

NEW HORSES!

LEASING, PURCHASING, & OWNERSHIP

Leasing or owning a horse can be an amazing adventure or an experience that, at times, feels overwhelming and expensive. Discover the horse industry, what to look for in your ideal horse, the dos and don'ts when signing a lease, navigating sales ads, trainers, brokers & auctions, how & when to incorporate your vet, and when to sign on the dotted line or walk away. Handouts will be available. Please bring a pen and notepad.

Mon 6-8 PM 4/10-4/17 Sessions: 2
\$39 Oceanwood, Program Office

Jen Hayes has 20+ years experience working for horse business settings in management, leadership and program development. She is a PATH-certified instructor and Horse Program Director for Oceanwood.

HORSE HANDLING 101

Learn to groom, lead and handle your assigned horse through basic ground exercises. Many life lessons can be learned through this bonding relationship in and out of the barn! Burn calories, lower blood pressure, practice patience, leadership skills, self-relaxation and more.

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

Thu 6-7:30 PM 4/13-5/18 Sessions: 6
\$75 Ever After Mustang Rescue, Biddeford

Mona Jerome, owner of Ever After Mustang Rescue in Biddeford, 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.

CRIBBAGE FOR BEGINNERS

Traditionally played with 2 to 4 people, it may seem intimidating at first, but the basics are easy to learn. Join us for a fun, relaxed evening of cribbage, while you learn the ins-and-outs of this popular board game. This is a beginner to advanced-beginner level class. Bring your own cribbage board, if you have one. No class April 19th.

Wed 6-7:30 PM 4/5-5/3 Sessions: 4
\$55 OOB HS, 109

Bob Nadeau has been playing cribbage daily for 70 years! He has taught many people how to play and is excited for the opportunity to teach this class.

THE ART OF DOWSING

Rediscover this new-old practice and apply it to find solutions to problems of many kinds. Learn the history and types of dowsing, tools and enhance your dowsing ability and accuracy. Tools will be provided for practice and if you have rods or a pendulum, please bring them with you. Dowsing rods available for purchase, if interested, for an additional cost of \$4 - \$10.

Tue 6-8 PM 5/2-5/16 Sessions: 3
\$45 OOB HS, 101

Glen Johnson, a dowser for over 60 years, specializes in finding water, moving water veins, map dowsing and locating lost objects.

FAMILY, HOME & GARDEN

NEW WOMEN'S SELF DEFENSE

The first part of staying safe is improving your awareness. Cover the three circles of awareness and techniques for escaping from a variety of grabs and holds along with simple techniques of how and where to strike and where not to. Have the courage to give yourself permission to keep yourself safe. This class is fun AND empowering. Wear loose, comfortable clothing.

Fri 6-7 PM 5/5-5/26 Sessions: 4
\$39 Saco LC, Open Rm

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.

NEW THE PERFECT ARCH EYE BROW SHAPING & TECHNIQUES

Receive individual attention to specifically shape and transform your brows. Learn tricks to match uneven brows and instruction for the most common brow blunders. So gather your eyebrow supplies for an informative fun class!

Tue 6:30-8:30 PM 6/6 Sessions: 1
\$27 OOB HS, 111B

Hanna Jalbert, Medical Aesthetician and Professional Makeup Artist, studied 1200 hours of Medical Aesthetics at the Catherine Hinds Institute of Esthetics. She currently owns Beauty Couture, a Skin Care/Cosmetic Studio in Saco.

FAMILY, HOME & GARDEN

NEW

GREEN CLEANING WITH ESSENTIAL OILS

Easy on your wallet and effective against bacteria! Make and take home an all-purpose cleaner, dusting spray, glass cleaner and foaming hand soap. Leave with a list of essential oils best for cleaning, the properties that make them so effective, along with various articles and educational materials. Tuition includes materials.

Tue 6-8 PM 5/2 Sessions: 1
\$45 OOB HS, 111A

Amanda Kimball-see bio pg 9.

CLUTTER-FREE LIVING IN SIX SIMPLE STEPS

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 4/11 Sessions: 1
\$19 OOB HS, 110

Lisa Luken is a Professional Home & Photo Organizer and Simple Living Coach, helping others find joy and freedom through simplifying.

BUYING YOUR FIRST HOME

This Maine hoMEworks class covers the entire process of buying a home: making the decision, budgeting, repairing credit, mortgage approval, choosing a realtor, property inspections, insurance, the closing process, energy efficiency and avoiding predatory lenders. Learn about down payment and closing cost assistance available to first-time home buyers, veterans and others. Participants earn a Certificate of Completion required for certain mortgage programs. Free individualized counseling is available after class. Please bring a pen and notepad, beverage, snacks and a bag lunch. Register another person at the time of your registration and get a \$10 rebate.

Sat/Sun 9 AM-2:45 PM 4/29-4/30 Sessions: 2
\$30 Saco LC, Rm 1

Lee Sullivan has experienced the home-buying process multiple times and successfully redeveloped several bank-owned residential properties. She is a HUD and hoMEworks-certified housing counselor and home buyer educator.

NEW

PHOTOGRAPHING YOUR VALUABLES

GETTING THE INSURANCE \$ YOU DESERVE

Learn the best way to photograph your valuables in case of a loss. This information is provided from an insurance point of view so that maximum recovery can be acquired. Making a light box, managing and methods for your photos and proper storage are just some of the topics discussed. You cannot afford to miss this class!

Wed 6-9 PM 6/7 Sessions: 1
\$29 OOB HS, 101

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.

NEW

GRADUATION PARTY PLANNING

Planning the perfect graduation party takes work! Learn to organize, manage and stay on budget for creating a fun-filled party that your grad will love. The last half of the class will serve as an open forum and discussion for your specific party planning needs & questions! ConGRADulations! Please bring a notebook & pen.

Thu 6-9 PM 4/27 Sessions: 1
\$29 OOB HS, 103

Kelly Thayer has worked as a professional event planner and fundraiser for the past 10 years. She is excited to share her knowledge with you!

NEW

SHIFTING THE \$\$ MINDSET MOVING TOWARDS ABUNDANCE

Join us for a dynamic presentation that will give you some incredible insight as to how your past beliefs about money are creating today's empty wallet. Leave with a half dozen powerful DIY techniques for shifting your money mindset. Bring a notebook and pen.

Wed 6-8 PM 5/17 Sessions: 1
\$19 OOB HS, 107

Tam Veilleux, coach, trainer and transformational speaker empowers people to manage the mind/body/spirit for maximum results.

FAMILY, HOME & GARDEN



Let's go GREEN!

NEW RECYCLING

FROM BIN TO BALE

You'll be surprised at the journey your soup can, yogurt container and paper products take and how all this helps take a bite out of climate change. Learn convenient ways to sort waste, make a positive impact on the environment, and lower trash outputs and costs. Bring your questions! ecomaine leads in raising public awareness of sustainable waste management strategies.

Wed 6-7:30 PM 6/14 Sessions: 1
\$5 OOB HS, Cafe

Katrina Venhuizen has seven years experience in Environmental Educator roles. She is responsible for designing curricula, tour programs and other programming that facilitates engaged waste reduction among residents, schools and businesses.

SOLAR POWER DAY

SAVING THE PLANET & YOUR MONEY

Discover how to utilize the sun's power to lower your energy footprint while saving hundreds on your heat & water bills. Learn about new solar technology including water heaters, photo voltaic panels, and hot air heating systems you can purchase at whole-sale prices. Get plans on how to build 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. You can't afford to miss this class! There will be a half hour break for lunch.

Sat 8:30 AM-5 PM 6/17 Sessions: 1
\$89 Saco LC, Rm 1

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.

NEW

ACUPRESSURE SHOULDER & NECK RELEASE

Acupressure - finger pressure on acupuncture points - is a simple, effective technique originating in Asian medicine. This class will focus on releasing shoulder and neck tension. Give and receive a simple 5-step protocol of acupressure points in the shoulder and neck region, followed by a 5-step protocol of centering points for relaxation and calming, done lying down or sitting. Register with a friend for future practice, single participants will be matched for in-class practice. Course fee is per person.

Required: Two bed pillows, cushioned blanket for treatment table, comfortable clothing.

Wed 6-8:30 PM 5/10 Sessions: 1
\$25 OOB HS, 111B

Meret Bainbridge, L.Ac., owner of Acupuncture by Meret, has been practicing acupuncture and Traditional Chinese Medicine since 1997. She is a 20+ yr registered practitioner of Jin Shin Do® Bodymind Acupressure®.

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.

Wed 6:30-8:30 PM 5/3 Sessions: 1
\$19 OOB HS, 111B

Meret Bainbridge-see bio above.

THE A, B, C & DS OF MEDICARE

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

Thu 6-8 PM 5/18 Sessions: 1
FREE OOB HS, 101

Barbara Hopkins, Masters in Communications Management & certification in Corporate Training, is a licensed ME agent, has 20 years experience in health insurance operations including 10 years conducting member education meetings throughout ME.

HEALTH & COMMUNITY OUTREACH

ESTATE PLANNING DOCUMENTS YOU SHOULD HAVE

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 5/2 Sessions: 1
\$15 OOB HS, 107

Martin C Womer, Esq. is the President and Managing Attorney of the Maine Center for Elder Law, LLC in Kennebunk.

MAINECARE ELIGIBILITY, BENEFITS & ESTATE RECOVERY

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 spouse or losing one's life savings.

Tue 6:30-8:30 PM 6/6 Sessions: 1
\$19 OOB HS, 110

Martin C Womer—see bio this page.

NEW BEAUTIFUL SUMMER SKIN WITH ESSENTIAL OILS

Learn how easy and effective caring for your skin without chemicals can be! Make and take home: bug spray, sun block, cool down mist and full-body moisturizer. You will love these all natural and purposeful products both for their aroma and effectiveness. Leave with a list of ingredients, supplies to always have on hand, and essential oils best for summer skin, the properties that make them so effective, and your hand-made products! Tuition includes materials.

Tue 6-8 PM 6/6 Sessions: 1
\$45 OOB HS, 111A

Amanda Kimball has been studying the use of essential oils for years and creates homemade products ranging from therapeutic body care to toxin-free household cleaners.



**Terrarium Building
& Poetry**
Pg 16

Learning for Better Living

THE INFLAMMATION DISEASE CONNECTION

Persistent, systemic inflammation is the root of most chronic health conditions: rheumatoid arthritis, colitis, heart disease, dementia and cancer. Inflammation is your body's response to stress whether from diet, lifestyle or environmental factors and can lead to unhealthy aging and disease. Learn the causes of chronic inflammation and what you can do to fight it.

Tue 6:30-8:30 PM 5/9 Sessions: 1
\$19 OOB HS, 103

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.

NEW DIY NATURAL BODYCARE MAKE YOUR OWN NATURAL BODY CARE PRODUCTS!

Learn the advantages and benefits of crafting your own body products along with the secrets of how simple, minimally-processed ingredients can help your skin feel refreshed and glowing. These apothecary techniques give you the skills to make body care gifts for your friends and family. Each student will create and take home a body spray, facial scrub, and deodorant. Ingredients supplied by Whole Foods Market.

Thu 6-7:30 PM 4/6-4/13 Sessions: 2
\$19 OOB HS, Art Rm

Dalton Link is a body care and vitamin specialist from Whole Foods Market in Portland, ME. He finds joy in making products his friends and family can use and is excited to share the many merits of natural skin care with you.

ALL ABOUT LYME DISEASE

Learn what Lyme disease is, prevention, symptoms and co-infections. Discuss the controversies and how to ask your doctor for a proper work up. Be entertained and informed with plenty of chances to ask questions. Dr. McCloy's approach is to get to the root causes and treat them using natural methods, rather than covering up symptoms with drugs, causing more symptoms.

Thu 6-7:30 PM 4/27 Sessions: 1
\$19 OOB HS, 101

Dr. Sean McCloy, MD, MPH, MA, is Medical Director/founder of Integrative Health Center of ME and specializes in Lyme-literate treatment.

HEALTH

NEW

TRAUMA SENSITIVE YOGA AN INTRODUCTION

Trauma Sensitive Yoga (TSY), a SAM-SHA-approved clinical treatment, is for complex trauma or chronic, treatment-resistant PTSD. Through discussion, shared information and experiential practices, students will develop an awareness of what “interoception” is and participate in a full TSY class. Anyone can benefit from this program as well as yoga students and teachers, therapists and clinicians. No experience necessary. Please wear comfortable clothing and bring a yoga mat or pad.

Mon 6-8 PM 4/10 Sessions: 1
\$19 OOB HS, Library

Kelcy McNamara is a registered, certified yoga teacher (RYT) through the Boston Trauma Center to facilitate yoga for trauma treatment. Kelcy teaches sessions of TCTSY (trauma center trauma sensitive yoga) and offers workshops for yoga teachers and clinicians.

NEW

HERBAL TINCTURES & THEIR USES

Tinctures are concentrated extracts of herbs made with water and alcohol. Discuss water to alcohol ratios for specific herbs according to herbal pharmacopeia, the process of making extracts at home, vinegar and glycerol-based tinctures, syrups and elixirs and when to use an extract opposed to a tea. Make a tincture in class with organic vinegar and strain a vinegar extract as well. Tuition includes materials.

Tue 6-8:30 PM 4/4 Sessions: 1
\$35 OOB HS, 111A

Debbie Mercier, owner of Greenwood Herbs in Limerick, is an Herbalist, Master Gardener and Reiki Practitioner.

NEW

CREATE A WHOLE FOOD ANTI-INFLAMMATORY DIET

Learn strategies for implementing a whole foods diet even if you have limited time and budget. Receive strategies for healthy eating and develop a deeper understanding of what foods fuel your body best. No class April 19th.

Wed 6-7:30 PM 4/5-4/26 Sessions: 3
\$45 OOB HS, 103

Meghan Schoening earned her Doctor of Chiropractic degree from Northwestern College. She works at Boucher Family Chiropractic and is the owner of Balanced Wellness, offering nutrition classes and detox support.

ALL NEW WITH HYPNOSIS!

GET WALKING

Hypnosis can help you get on track with a walking program – and stay with it! By removing obstacles in your mind and replacing them with confident, motivated commitments, you can get yourself moving and enjoy the benefits of walking.

Mon 6-8 PM 5/8 Sessions: 1
\$17 OOB HS, 103

CONQUER PROCRASTINATION

Hypnosis can help you do now what you used to put off until later. Release the potentially paralyzing stress, anxiety and tension connected with procrastination to create a comfortable, confident you.

Mon 6-8 PM 5/22 Sessions: 1
\$17 OOB HS, 103

UNDERSTANDING DREAMS

Hypnosis is a great way to help you understand what your dreams are all about. Your subconscious mind creates your dreams and also interprets them. Even recurring dreams, which are your subconscious mind's way of trying to get your attention, can be understood with hypnosis.

Mon 6-8 PM 6/12 Sessions: 1
\$17 OOB HS, 103

Hugh Sadlier, a practicing hypnotherapist for 26 years, has worked with over 2600 people on more than 260 separate issues, including weight management & eating disorders. He practices at the Integrative Health Center of Maine in Portland, ME.

YOUR HEALTH, YOUR GUT

THE ROAD TO HEALTH IS PAVED

WITH GOOD INTESTINES

Fatigue, stubborn weight gain, hormone imbalance, skin issues, and aches/pains are symptoms many struggle with. The root cause of nagging symptoms can often be the digestive tract. We've entered a new season, so come learn simple strategies to cleanse and care for your digestive system, setting a healthy foundation for all of your other concerns.

Tue 6-9 PM 4/25 Sessions: 1
\$29 OOB HS, 103

Dr. Aline Potvin is a naturopathic doctor, teacher, medical muse, and healthcare advocate. Her love of working with patients in her family 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.

MIND, BODY & SOUL

INTRODUCTION TO SOUND HEALING

Sound Healing uses the penetrating properties of frequencies to reset the vibratory rate of your body's energy field bringing it back to a healthy balance. Shamans in various cultures traditionally utilize mantras, Tibetan bells, singing bowls, gongs, drums, flute and rattles. Explore these tools to help heal yourself or others.

Mon 6-7 PM 4/24-5/8 Sessions: 3
\$29 OOB HS, Library

Mark Gerardi, is a powerful energy healer with formal education in Shiatsu, Herbalism, EFT, KCR and Reiki.

NEW MEDITATION BASICS

Use the breath and body to cultivate mindfulness, explore seated, guided and moving meditations to see which form of stilling the mind fits your personality and lifestyle best. Elements of Qi Gong standing meditation will be included. Wear loose, comfortable clothing.

Mon 6-7 PM 6/5-6/25 Sessions: 4
\$39 Saco LC, Open Rm
Mark Gerardi-see bio this pg.

NEW NEW MOON GONG RELAXATION

Deeply relax to the trance inducing waves of the Symphonic Gong to release old patterns from the subconscious mind. Begin with a short yoga warm-up then get comfortable while the gong washes through you. Wear comfortable clothing and bring something to lie on and light blanket and pillow along with any items, such as an eye mask, that may deepen your relaxation.

Wed 6:30-8 PM 4/26 Sessions: 1
\$15 OOB HS, Library
Diane Warming-see bio pg 4.

NEW HONORING THE MOTHER DAY

As we celebrate our mothers, it is a perfect time to explore the archetype of "Mother". Through Kundalini Yoga, mantra and meditation, experience the blessing of the universal Mother on a personal level, exploring this sacred relationship in our own lives. Open to both men and women. Wear comfortable non-binding clothing, bring something to lie on and water.

Sat 9 AM-12 PM 5/13 Sessions: 1
\$29 Saco LC, Open Rm
Diane Warming-see bio pg 4.

NEW SURVIVE ONLINE DATING & ENJOY YOURSELF

When you get clear, focused and confident about what you want, online dating is an experience unlike what you have had or think it is. Explore and learn to laugh and find out what makes you feel special and glad to be who you are. You may find online dating IS fun and leads to what you desire!

Wed 6-8 PM 5/10 Sessions: 1
\$19 OOB HS, 109

Betts Gabrielsen Mayer, a psychotherapist for 25 years, now enjoys serving as a Sr. Love Mentor on Dr. Diana Kirschner's Love Mentoring Team helping women find love and create joyful committed relationships.

NEW TAROT & ASTROLOGY

Read the cards intuitively and the signs of the zodiac through the tarot. Cover the major/minor arcana and focus minorly on symbolism. Gain insight into the minor arcana, learn the suits, elements (air, water, fire, earth) and practice intuition drills, exercises, and reading for each other in class.

Required: Tarot deck, notebook and pen.

Tue 6-8 PM 5/2-5/30 Sessions: 5
\$85 OOB HS, 111B

Heather Nichols is the owner and trusted tarot and astrology reader, and soul retriever of Stones & Stuff, a rock shop in Portland, ME.

MINDFULNESS YOGA & GUIDED MEDITATION

Slow meditative poses with guided meditation, called Yoga Nidra, create a deeply calming experience. This method has proven effective in medical communities to aid in healing, stress relief, addictions, feelings of loss, and long held emotional patterns. Bring a mat, wear comfortable clothing, and minimize the use of perfumes. No class May 29th.

Note: This discounted introductory course is open to first time students at Kusum Institute Yoga only.

Mon 5:45-7:15 PM 4/10-6/5 Sessions: 8
\$95 Kusum Institute Yoga, Saco

Penny Kusum Clum, E-RYT 500 & founder of Kusum Institute Yoga, and **Kathleen McCallum**, certified Yoga Nidra facilitator, use their unique skills to offer a deeply peaceful and transformative environment.

CULINARY ARTS

NEW TASTE TEAS

FROM AROUND THE WORLD!

From black to white teas, from China to India... learn about different styles and types of teas from around the world! Explore the brewing, origins & flavor profiles, and the best ways to enjoy teas at this luxurious educational tea tasting experience!

Thu 6-7:30 PM 4/27-5/4 Sessions: 2
\$25 Elements, Biddeford

Marc Cardullo is a local beekeeper and owns a licensed apiary. He has an extensive background in gourmet foods, honey and tea from working at his family owned & operated gourmet foods store in Harvard Square, Cambridge, MA.

THE ART OF HOMEBREWING FROM GRAINS TO GLASS

Get an overview of the home beer brewing process. Cover the ingredients and what they contribute to the final product, discuss the steps of the brewing process, basic equipment needed to start, recipe development, evaluation of brews and troubleshooting. Grain, hop, and yeast samples will be brought to show and taste. Last class will meet at Dirigo Brewery in Biddeford. Tuition includes materials.

Thu 6-8 PM 5/4-5/25 Sessions: 4
\$65 OOB HS, 111A

Gregg Carine, a homebrewer for 20+ years, serves on the governing board of The Portland Mashing Maineiacs Home Brew Club. He has taught or demonstrated at Portland Brewfest, Urban Farm Fermentory, and organizes the Pro-Am competition for Portland Beer Week.

NEW SPRING INTO SALADS

Eating green vegetables is essential to creating a healthy body. Learn new and creative ways to make salads with vegetables and whole foods that will naturally crowd out unhealthy foods. Taste how astonishingly delicious these foods are and learn about the incredible nutrient-rich properties that will nourish your body and your soul. Tuition includes materials.

Mon 6-8 PM 5/22 Sessions: 1
\$35 OOB HS, 111A

Robert Cyr-see bio pg 3.

NEW COOKING WITH DANDELIONS SAVORY TO SWEET!

Learn to safely identify the dandelion and some of its look-a-likes and discuss harvesting, processing, and preserving. Prepare and taste samples from root to flower! Dandelions are one of nature's greatest plants, full of vitamins and nutrients. Its time to shine the light on this wonderful free and natural food.

Tue 6:30-8:30 PM 5/16 Sessions: 1
\$25 OOB HS, 111A

Lou Falank Jr.-see bio pg 5.

NEW BISCUITS & SCONES

Tender, flakey, buttery... are the words for the perfect biscuit or scone. Though not difficult to make, it can be intimidating to find the right combination of techniques and ingredients. Get hands-on baking time, learn tricks and skills to make buttery buttermilk biscuits, tender scones, and a roster of ideas on customizing your treats. Snack on your creations, and take some home to brag about!

Required: Cookie sheet, dish towel, wooden spoon and apron.

Tue 6-8 PM 4/25 Sessions: 1
\$29 OOB HS, 111A

Briana Holt, a baker at 13, began her professional career running an elite pastry kitchen in Long Island and Brooklyn's Pies and Thighs. Now in Maine, Briana showers the city of Portland with her skillfully crafted scones and pies from Tandem Coffee Roasters.

NEW LOAF & TEA CAKES!

Quick breads, tea breads, loaf cakes, tea-cake, & pound cake! There are many names and ways of making these loaves and cakes, and the appeal is that they are tasty, endlessly customizable, and quick! Bake three kinds of cake, exploring tips and techniques to get the most out of your creations. Learn proper mixing, choosing quality ingredients, using whole or heritage grains, and ways to make your cakes special. Snack on loaves and tea breads while baking and leave with a tasty treat!

Required: 9x5" loaf pan, dish towel, wooden spoon and apron.

Tue 6-8 PM 5/23-5/30 Sessions: 2
\$49 OOB HS, 111A

Briana Holt-see bio this pg.



Eat to Run
pg 3

Argentine Tango
pg 18

Learning for Better Living

NEW VEGETARIAN SPRING MEAL

Expand your culinary repertoire with new recipes for easy, nutritious vegetarian meals. On the menu: chilled pea soup, salad with sautéed mushrooms, baked tofu with sauce and jasmine risotto spring rolls with a vanilla dipping sauce for dessert. Bring your questions and appetite to this demonstration class. Tuition includes food.

Mon 6:30-8:30 PM 5/1 Sessions: 1
\$33 OOB HS, 111A

Dana Johnson is a certified health coach and owner of A Healthy Life and Biddeford Saco Bootcamp.

NEW MAKE YOUR OWN KOMBUCHA & KEFIR

Get acquainted with the wonderful world of tangy, fermented drinks. We will demonstrate the fermentation process, equipment and safety of fermentation and provide samples. Leave knowing how to ferment confidently and with a kombucha SCOBY and kefir grains to finish at home. Tuition includes food and materials.

Wed 6-8 PM 5/10 Sessions: 1
\$29 OOB HS, 111A

Kate McCarty, Food Preservation Community Educator at UMaine Cooperative Extension, served with the AmeriCorps VISTA program and has completed the Master Food Preserver Program.

CULINARY KNIFE SKILLS

Become faster and more accurate with your knife work to create dishes that cook evenly and look truly 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. Learn the tricks of the trade and finish with a lesson on honing and sharpening your knives. Please bring any knives you would like to sharpen. Tuition includes materials.

Wed 6-8 PM 4/12 Sessions: 1
\$29 OOB HS, 111A

Maira Rascati is a graduate of the Culinary Institute of America in NY. She has been a sous-chef at Joseph's by the Sea for the past 25 years. Maira has also taught the Garde Manger course at SMCC for 10+ years.

NEW CHEESES OF THE WORLD!

Taste and experience different cheeses from various cheesemaking regions of the world and learn what pairs well with them! Join us for this exciting and worldly cheese experience! Cheese generously supplied by Whole Foods Market.

Wed 6-8 PM 5/24-5/31 Sessions: 2
\$19 OOB HS, Cafe

Emily Rama, Specialty Team Leader for Whole Foods Market in Portland, ME, is an experienced sommelier and avid cheese connoisseur. **Shannon Tallman**, Specialty Foods Buyer for Whole Foods Market, is one of three Certified Cheese Professionals living in ME.

NEW DELICIOUS HEALTHY SEAFOOD

The virtues of seafood are touted as part of a healthy lifestyle and eating fish is a nice alternative to heavier meats. Learn basic seafood techniques: pan searing, quick sauces, and accompaniments. Menu includes sole, salmon and shellfish. Bring a sharp French knife. Tuition includes food.

Wed 6-9 PM 6/14 Sessions: 1
\$49 OOB HS, 111A

Maira Rascati-see bio this pg.

NEW SIMPLE NORTHERN ITALIAN COOKING

Northern Italian cuisine has a rich tradition of hearty meals. Explore a few simple dishes: grilled pepper salad, pasta with tomato basil sauce, pork with garlic rosemary sauce and finish with a light and airy Marsala custard. Bring a sharp French knife. Tuition includes food.

Wed 6-8 PM 5/17 Sessions: 1
\$39 OOB HS, 111A

Maira Rascati-see bio this pg.

NEW CHALLAH

EASTER IS JUST AROUND THE CORNER!

Challah has beautiful braiding and light, fluffy interior - perfect for French toast or modified into a classic Easter loaf, a real conversation starter! Please bring an apron, notepad/pen. Tuition includes food.

Tue 6:30-8:30 PM 4/11 Sessions: 1
\$29 OOB HS, 111A

Abby Williams 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.

CREATIVE ARTS

WIRE-WRAPPED SEA GLASS PENDANT & 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. Choose from our collection of sea glass, beach stones and shells, or bring your own favorites. Tuition includes materials to make one pendant and one key chain.

Wed 6-8 PM 4/26 Sessions: 1
\$39 OOB HS, 111A

Art Night Out instructors are experienced crafters providing a relaxed environment, lots of support, quality materials/tools to ensure a positive experience. Leave class with new skills and an amazing project you created yourself.

RESIN PENDANT

Create high-quality jewelry using beautiful patterned paper and resin. Design a small collage in an attractive silver bezel, adding ice resin over the top of decorative papers for a jewel-like finish. A magical process! You can even customize your earrings with laser copies of your photos or other memorabilia. Tuition includes materials to make one pair of earrings.

Note: If using your own images, ONLY laser copies work in these collages.

Wed 6-8 PM 5/31 Sessions: 1
\$39 OOB HS, 111A

Art Night Out-see bio this pg.

SMARTPHONE PHOTOGRAPHY

Bring any phone that takes photos and improve your photo-snapping skills, composition and aesthetic while exploring capture and editing tools to effectively communicate your photographic vision. View master smartphone photography for inspiration, and learn from our weekly shooting exercises.

Required: Post-production editing and social media apps Instagram, VSCO and Pixlr; a fully charged smartphone, and if you have one, an iPad/tablet.

Wed 6:30-9 PM 4/26-5/10 Sessions: 3
\$75 OOB HS, 105

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



Aerosolgrafia or spray can art . . .AMAZING!

NEW KNITTING IS BACK!

Beginners and knitters of all experience levels are welcome as each student is taught based on their level. Bring a project for expert help and tips. If you have no project, bring a pair of wooden #8 straight needles with worsted yarn to start. Supplies and choosing a project will be discussed and lots of handouts will be available. Enjoy the company of fellow knitters as we sit, knit and solve the problems of the world. Participants receive a discount at a local yarn shop. No class April 17, May 29.

Mon 5:30-7 PM 4/3-6/5 Sessions: 8
\$79 OOB HS, 101

Beth Cassel-Tableman has been teaching knitting for 16 years and has been mentored by Master Knitters. She enjoys teaching to all levels of knitting experience and loves sharing this art with others.

NEW AEROSOLGRAFIA ART DAY INTRO TO SPRAY CAN ART

Differing considerably from graffiti, Aerosolgrafia takes the viewer on a surreal journey of creating art. Create Fine Art using spray paints, crumpled paper, and common household materials through the magical aerosolgrafia technique. Tuition includes other materials.

Required: 3 can/jar lids (3-8" across), soft sponges and Rustoleum 2x Spray Paint in: Gloss black and white, Brilliant Blue, Meadow Green, Gloss Apple Red and Gloss Sun Yellow and disposable particle mask. Wear clothing to paint in. All paints/mask can be found at Home Depot (approx. \$20-25).

Sat 9-11 AM 6/3-6/10 Sessions: 2
\$45 Saco LC, Parking Lot

Robert Chipman, local artist/performer, works with spray paint, found objects, acrylics, charcoal, pen, pencil and watercolors. His paintings has been published in several novels and magazines.

EARLY AMERICAN PENNY RUGS

Anyone who enjoys quilting, rug hooking, or braiding will enjoy making penny rugs, also known as coin, button, or money rugs. The penny uses small circular patches of wool to make geometric and pictorial scenes which will be demonstrated from start to finish along with discussing history, antique samples, and sources for materials. No prior experience needed.

Required: Purchase a kit (\$20-\$75) from the teacher, containing a unique selection of pre-washed and hand-dyed wools, patterns, design suggestions, embroidery needle and threads. Bring small sharp fabric scissors to class.

Note: Please bring a bag lunch.

Sat 9 AM-1 PM 4/1 Sessions: 1
\$39 Saco LC, Rm 1

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

CHALK PAINTED FURNITURE

Learn the DIY trend revolutionizing the home decorating world. Explore style and technique while practicing paint application, basic top coat, and wax finishes on practice boards. 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.

Thu 5:30-8:30 PM 4/13 Sessions: 1
\$65 OOB HS, Tech Lab

Meredith Earle, owner of Royal Chalk, specializes in training the DIY student in the art of chalk painting. She also creates and provides chalk painting products through her business and classes.



TEACH OR VOLUNTEER!

Call (207) 934-7922 for a course proposal form or download one from our website:
www.oobsaco.maineadulted.org



Wouldn't it be lovely to get one of these cards in your mailbox!

NEW

CROCHET A BASKET!

THIS IS NOT YOUR MAMA'S CROCHET!

Know how but are tired of making blankets and pot holders? Join us for some basic crochet skills and leave with a completed basket. Tuition includes pattern, instructions and materials

Required: One size K or L crochet hook.

Tue 6-8 PM 4/4-4/11 Sessions: 2
\$45 OOB HS, 103

Meleena Erikson has been crocheting for over 15 years and currently sells the items she creates in her Etsy shop. She has over 10 years of experience teaching college and adult education courses.

CONNECTING ART & NATURE

Create your own art supplies from the natural world around you. Learn to create simple blueberry ink, pine needle paint-brushes, and twig pens. Discuss plant and tree identification and ethical harvesting techniques. Please dress appropriately for going outside for part of the class. Tuition includes materials.

Tue 6-8:30 PM 6/6 Sessions: 1
\$29 OOB HS, Art Rm

Lou Falank Jr.-see bio pg 5.

NEW

GREETING CARDS

STAMPED & COLORED

Make lovely, original, hand-crafted greetings cards. Learn the basics of stamping and hand coloring while creating a thank you layered ink card, birthday marker and gel ink card, and a get well card using watercolor pencils. Tuition includes materials.

Wed 6-8 PM 4/5 Sessions: 1
\$29 OOB HS, Art Rm

Faith Garnett began teaching card making in 2009. She has sold her original greeting cards at craft fairs and currently on Etsy.



CREATIVE ARTS

NEW

GREETING CARDS

INTRICATE FOLDS & CUTS

Make lovely, original, hand-crafted greetings cards. Learn the basics while focusing on folds and cuts. Make a birthday flip card, baby step card and a sympathy gate fold card. Tuition includes materials.

Wed 6-8 PM 4/12 Sessions: 1

\$29 OOB HS, Art Rm

Faith Garnett-see bio pg 16.

NEW

ACTING 101

How does a stage production come to life? With so many community theaters around we can look at what goes on behind the scenes – the audition process, casting, developing the set, blocking along with many helpful acting techniques.

Mon 6-8 PM 5/1-5/15 Sessions: 3

\$49 OOB HS, 107

Mike Harris, a veteran of community theaters, acting and improv groups, has performed in Peter Pan, Damn Yankees, and Oliver, to name a few. He performs with Curtain Call Productions and has a slew of local TV commercials to his credit.

NEW

PRINTMAKING

INTRODUCTION TO LINOCUTS

Design an image and learn to carve your block so the finished product looks the same as your drawing. Cover composition, technique, tools and safety. Once your image is carved, you will ink and print multiple copies. Leave the class with black & white prints of your original image.

Thu 6-8 PM 4/27-5/18 Sessions: 3

\$85 OOB HS, Art Rm

Jennifer Jackson graduated from USM with a BFA in Fine Art, concentrating in painting. Jennifer has continued studies in drawing, printmaking, photography and art education.

NEW

THE BEGINNER POET

This workshop for beginning writers will lay the foundation for building poems that have purpose and passion. Explore how the use of imagery makes poems stronger. Writing exercises will give you the opportunity to try out new skills in a fun and friendly environment. Please bring a pen and notebook.

Tue 6-9 PM 5/23 Sessions: 1

\$29 OOB HS, 109

Susan Richardson-see bio this pg.

NEW

POEMS FOR PUBLICATION

THE SUBMITTING PROCESS

Explore the process of submitting your work to literary journals. Discuss when a poem is ready to submit, finding appropriate markets, and preparing your submission.

Note: Bring a pen, notebook and an example of your poetry to read, if time allows.

Tue 6-9 PM 4/25 Sessions: 1

\$29 OOB HS, 101

Susan Richardson is a poet, creative writing teacher, and alumna of Goddard College, earning a MA in psychology and counseling. She has published in *Maine Women Magazine*, *skirt! Magazine*, *Foliate Oak*, *Third Wednesday*, *Calyx*, and *Maine Bar Journal*, to name a few.

NEW

TERRARIUM BUILDING

FOR BEGINNERS

Learn the fundamentals of creating a self-sufficient botanical ecosystem known as a terrarium. Construct a micro-habitat with terrarium-friendly plants, creating a beautiful ecosystem, enclosed or open-air. A selection of glassware will be provided or bring your own small to medium apothecary-like jar and learn the fundamental guidelines of keeping your terrarium green, cheerful, and lasting! Tuition includes materials.

Thu 6-7:30 PM 5/25-6/8 Sessions: 3

\$55 OOB HS, Art Rm

Dalton Link, a burgeoning botanist, is inspired by the terrarium format for their layered aesthetics and easy maintainence. Other botanical specialties include urban farming and mini-cactus growing.

BEGINNER DIGITAL PHOTOGRAPHY

Explore how digital photography works in the world so you can get all the benefits your Digital Single Lens Reflex (DSLR) camera has to offer: what lenses do, manual features such as aperture, shutter speed and ISO. Go beyond these controls to focus points, white balance, program settings and editing photos using the best digital programs available, both soft and freeware.

Required: DSLR camera, fresh batteries, a memory card, and your questions! A laptop is recommended.

Wed 6-8:30 PM 4/26-5/24 Sessions: 5

\$99 OOB HS, 101

Geri Lynn Smith-see bio pg 7.

NEW

REVISION YOUR

DAY

WORLD THROUGH PHOTOGRAPHY

Shoot macro style to make tiny details of common subjects close and fascinating. Using what you've learned in Beginning Digital Photography, shoot close-ups and begin to see the world around you in a new light! A telephoto or macro lens with a DSLR camera works best but bring your the equipment you have and let's have some fun.

Required: Camera, fresh batteries, manual.

Sat 9:30 AM-12:30 PM 5/20 Sessions: 1

\$29 Saco LC, Open Rm

Geri Lynn Smith-see bio pg 7.

HOW TO USE YOUR DIGITAL CAMERA FROM CAMERA TO COMPUTER

Today's digital cameras offer unprecedented ability to capture the world around us, but their numerous features can be intimidating! Cover the basics of using your camera, with an emphasis on how to get better pictures. Walk through getting images from the camera to your computer and the best ways to store and archive your photos.

Required: Compact digital camera or DSLR, manual, fresh batteries, and all of your questions.

Tue 5:30-8:30 PM 5/2-5/9 Sessions: 2

\$59 OOB HS, 103

Matt Stapleton has an extensive photographic background combined with a career in IT allowing him to embrace new photographic technologies. He has a gift of making complicated digital photography easier to understand.

NEW

INTRO TO

NIGHT PHOTOGRAPHY

Explore the basics of low light and long exposure shooting for successful night photography. Review common post processing techniques and student work captured during field sessions. Receive hands on instruction in our excursions with an emphasis on getting the best night images with your gear. Grab your camera bag, tripod and join us for night photography! No class April 19th. Rain date: May 25th.

Required: DSLR or advanced compact digital camera capable of manual exposures preferably with a bulb exposure mode, and a tripod.

Recommended: Cable release or remote shutter release, Fast aperture lens in the f/1.4 to f/3.5 range, headlamp, laptop with editing program.

Wed 6:30-8:30 PM 4/5-5/17 Sessions: 6

\$99 Thornton Academy, Computer Lab/FA137

Matt Stapleton-see bio this pg.

NEW

T-SHIRT CRAFTING!

Reuse your T-shirts and create fun, useful items and gifts! Transform your T's into beautiful infinity scarves, pet toys, or tote bags! Tuition includes additional materials

Required: Five new or gently used T's and scissors that can easily cut through fabric.

Thu 6-9 PM 5/18 Sessions: 1

\$29 OOB HS, 111B

Kelly Thayer, BA in Studio Art from U Maine, is the owner/artist of Kreationz working with all types of materials.

WATERCOLOR BASICS

Build a strong foundation in watercolor by studying color theory, color 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 help you continue to build your skills and confidence.

Required: 1 small tube each of Cadmium Yellow (light), Cobalt Blue, Alizarin Crimson, 1 Round #10 watercolor brush; 1" wide flat brush, 1 drawing pencil #3B, 1 eraser, 1 light board or piece of cardboard and two sheets of Arches watercolor paper, 140 lb. cold press. (approx. \$25)

Mon 6-8:30 PM 4/24-5/22 Sessions: 5

\$95 OOB HS, Art Rm

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

BASIC DRAWING BEGINNERS & BEYOND

If you love to draw or have always wanted to try, this class will get you started! In a relaxed, open atmosphere, you will be working primarily in charcoal as you explore contour, depth, composition and perspective derived from the observation of still life objects. We will discuss drawing media and papers.

Required: 11x14" drawing pad (or bigger), pencil-charcoal pencil, medium vine or willow and compressed charcoal and a gum or kneaded rubber eraser (approx. \$20).

Wed 6-8:30 PM 5/3-5/31 Sessions: 5

\$95 OOB HS, Art Rm

Russel Whitten-see bio this pg.



**Selling on eBay
&
Video Marketing
pg 20**



CREATIVE ARTS

NEW

FELT A FANTASY FISH DAY

Explore the world of wet felting by creating a fish using the Norwegian resist method. Versatile and easy, begin or continue your felting journey with this wonderful technique. No prior experience needed. Tuition includes kit containing resist material, colorful Merino wool, instructions, buttons or beads for eyes and makes one medium or two small fish.

Note: Bring a bag lunch, old bath towel and apron.

Sat 9:30 AM-4 PM 5/13 Sessions: 1
\$69 Saco LC, Rm 1

Julie Yarborough practiced graphic arts for 13 years before becoming a farmer and ceramic artist. Captivated by wet felting for 20 years, she enjoys teaching in the US and internationally.

NEW

SILK SCARF PAINTING DAY

Take the process of silk painting from the beginning: stretching the silk, choosing and applying your design, the resist and the dyes; to the finished scarf: setting dyes, detaching and rinsing, to enjoying your work of art. No prior experience needed. Tuition includes a kit containing two resists, brushes, a set of silk paints, a silk scarf and paint palette. The instructor will provide art design choices and silk stretchers.

Note: Bring a bag lunch.

Sat 9:30 AM-4 PM 6/10 Sessions: 1
\$79 Saco LC, Rm 1

Julie Yarborough-see bio this pg.

INTRO TO PASTELS

Pastels are a great medium for on location, illustrative and abstract work. Experiment from the hardest and most inexpensive to the softest imported chalk and oil pastels, and the types of pastel papers on the market. Enjoy the benefits of weekly critiques of your work. The objective is for you to feel comfortable with this medium and develop a style of your own.

Required: Assorted pastel set, artist's paper tape, drawing board, 18x24 sheet of pastel paper, plastic eraser, and workable fixative (approx. \$60).

Tue 6-8:30 PM 4/25-5/30 Sessions: 6
\$99 OOB HS, Art Rm

Wade Zahares has illustrated seven children's books, including *Window Music*, a 1998 NY Times Best Illustrated Book. He specializes in corporate commissions for such clients as McDonalds, Bank of America & HBO.

NEW

THE ARGENTINE TANGO AN INTRODUCTION

Tango is a communication without words, an art you express. This intoxicating dance has three styles: Tango, Milonga, and Vals. Learn the basics to start moving with connection, musicality, turns, pivots, the cruzada, leading, following, and social codes for the dance floor. All participants are encouraged to lead and follow. Bring shoes with soles that slide. No partner necessary!

Tue 6:30-8 PM 5/9-6/13 Sessions: 6
\$79 Oceanwood, Lawton Lodge

Laura Balladur, teaching Tango since 2008, brings her knowledge of body mechanics, dance, music, and pedagogy to the classroom. Both a recognized leader and follower, she creates a fun atmosphere for you to become a confident dancer.

PIANO 102

Have you taken Beginning Piano or Piano 101 and are ready for the next step? Explore melodies with simple chord structures to really expand your piano playing. An electronic keyboard is provided for each student during class. No class May 29th.

Prerequisite: Beginner Piano/Piano 101.

Required: *Piano Adventures for the Older Beginner Lesson Book, Theory Book 1 for Older Beginners and Performance Book 1 for Older Beginners* by Nancy & Randall Faber, available at Midtown Music, 282-0254, (approx. \$22). A keyboard is needed for practice between classes.

Mon 5:30-6:30 PM 4/24-6/19 Sessions: 8
\$99 OOB HS, Music Rm

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.

INTRO TO CUBAN SALSA

Learn the basics of Salsa footwork and some simple, fun moves that will get you out on the dance floor. Learn to connect with any partner and build confidence dancing to different styles and tempos of music. Gain an introduction to the famous Rueda de Casino - a social circle dance that is the life of any party! No dance partner needed. Please wear flat shoes with soles that slide.

Mon 6-7 PM 4/3-5/22 Sessions: 8
\$95 Jimmy The Greek's Restaurant, Club Rm
Lazaro Hernandez Pomeraz-see bio pg 19.

MUSIC & DANCE

LATIN DANCE BASICS FOR COUPLES

Learn Latin dance skills to help you enjoy a night out, or prepare for special events and social gatherings. Boost your confidence and learn to look great while dancing to styles such as Salsa, Bachata and Merengue. Wear flat shoes with soles that slide.

Note: Course fee is per couple.

Mon 7-8 PM 4/3-5/22 Sessions: 8
\$129 Jimmy The Greek's Restaurant, Club Rm

Lazaro Hernandez Pomeras grew up dancing in Cuba. He attended a Cuban school of dance, finishing with a degree in Physical Education. He is known as one of the most energetic and skilled dance instructors available.

BEGINNER BELLY DANCE

Join us in a judgment-free space where the focus is on movement, positive body image, encouragement, and support! Learn basic movements and combinations, while intermediate students begin experimenting with layers. Tummy-toning results are a positive side effect for inspiration! This is a fragrance free class. Wear workout wear and bring water. Shoes and hip scarves are optional. No class May 29th.

Mon 5:45-6:45 PM 5/1-6/12 Sessions: 6
\$59 OOB HS, Cafe/Stage

Heather Lundin has studied with internationally recognized belly dance stars. She currently teaches Belly Dance, Yoga and Kids Yoga and performs with Barefoot Truth Dancers Troupe.

LINE DANCING

Latin, country standards, even the Electric Slide! No partner required so come get a great cardio workout! Requests for specific dances/music taken the first night, and taught whenever possible. Wear comfortable clothing and soft-soled shoes.

Thu 6:30-7:30 PM 4/27-6/1 Sessions: 6
\$65 Young School, Cafe/Gym

Elizabeth Richards-see bio this pg.

TAP YOUR WAY TO FITNESS

Have fun, burn calories, and get a great workout! Tap basics are taught in fun combinations using jazz, Broadway, musical theater, rock, rhythm and blues, and more. No experience needed. Bring water, wear cool, loose clothing and flat or low-heeled tap shoes. No class May 29th.

Mon 7:15-8:15 PM 5/8-6/19 Sessions: 6
\$85 OOB HS, Cafe/Stage

Linda Waters-see bio pg 4.

NEW AFRO-CUBAN & BRAZILIAN DRUMMING

Discover the roots of rhythms originating from Cuba, Brazil, and western Africa and their influences on American music. Learning hand-drumming styles, enjoy some listening and brief history. Students of all musical backgrounds are encouraged as the instructor will cater to the level of each individual. Please bring any hand drums, bells, or miscellaneous percussion instruments.

Thu 6-8 PM 5/4-5/25 Sessions: 4
\$75 OOB HS, Music Rm

Joe Perullo, percussionist, studied at College of the Atlantic, Concordia University and USM. His teachers include Shannon Powell, Khary Abdul-Shaheed, Brandon Marger and many others. Joe is the drummer for Viva and the Reinforcements, a private teacher, and freelance musician.

NEW INTERMEDIATE BALLROOM

Want to move beyond the basic moves to more complex patterns and steps? Join us for new steps to the Waltz, Foxtrot and Swing, and Latin rhythms like Rumba and Cha Cha as well. Partners recommended, but not required. Fee is per person. Wear soft soled shoes and comfortable clothing.

Thu 7:30-8:30 PM 4/27-6/1 Sessions: 6
\$65 Young School, Cafe/Gym

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

BEGINNER GUITAR

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: A 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 5/10-5/31 Sessions: 4
\$65 Saco Middle, A6

Travis Taylor has been playing the guitar for 17 years, and with a local band for eight. He has been teaching guitar at Saco Middle School for the past 10 years.

BUSINESS & TECHNOLOGY

NEW VIDEO & CONTENT MARKETING

Content marketing creates leads generated by material shared through website, blog or social media channels. Engage your customers and potential customers with potent video clips. Video is leading the way as the most successful form of content but requires a balanced mix to make it valuable. If you aren't actively participating in a content marketing strategy, including videos, you're missing out on potential customers!

Required: Fully charged laptop and/or tablet.

Tue 6-8 PM 4/25-5/2 Sessions: 2
\$35 OOB HS, 110

Malorie Pastor has degrees in Media Studies from USM & a MA in Public & Organizational Relations. She has worked with nonprofits and corporate organizations doing marketing, communications, PR & social media.

SELLING ON EBAY NAVIGATE LIKE A PRO!

Get the best ratings with the tips and tricks on selling your merchandise. List items, get the ins and outs of packing/shipping, set up a PayPal account, understand the importance of research before listing items and about potential scams and pitfalls to avoid. While there will be no computer use in the class students should have basic computer, Internet and email skills.

Tue 6-8 PM 4/25-5/2 Sessions: 2
\$29 OOB HS, 204

Cara Methot is a certified eBay education specialist. She is an experienced, full-time, top-rated seller for 7+ years with over 33,000 positive feedback ratings.

STARTING YOUR SMALL BUSINESS

Look at the challenges, available resources, important steps from research to planning, how to outline your business plan and why it is important, understand marketing and pricing, and how to finance your startup costs. Leave prepared to take that next big step.

Tue 6-8:30 PM 5/16 Sessions: 1
\$9 OOB HS, 110

Roy J. Hebert is responsible for York County Small Business Development Center in Saco. He is a NH SCORE Certified Councilor, has a Bachelor's of Science and completed the Executive Management Program at Northeastern University.

NEW VIDEO MARKETING YOUR BUSINESS ON FACEBOOK

In 2016, 75% of marketers were using Facebook video in their marketing strategies. Learn the basic tools to bring your social media game, and your business, to the next level. Cover the importance of video on Facebook, recording marketing videos, including Facebook live, and how to engage an audience in this dynamic way.

Required: Fully charged laptop and/or tablet.

Thu 6-8 PM 4/27-5/4 Sessions: 2
\$35 OOB HS, 110
Malorie Pastor-see bio this pg.

NEW MEDIA PRODUCTION MADE EASY

Make videos online and upload them to social media sites like Facebook, YouTube, Google+, SnapChat, and more. Learn about free resources such as picture/image editing and music/sound sites. Be it your personal life or marketing your business, video is the next big trend. Please note that we will be going live in class.

Thu 6-7:30 PM 6/1-6/22 Sessions: 4
\$49 OOB HS, 204

Bil Moriarty, of the Biddeford School Committee and in donation development for The Salvation Army, has eight years experience building fast, low-cost sites and cross marketing social media to maximize online effectiveness.

OUTBOARD MOTOR REPAIR

Get one-on-one 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 repair it! Some small outboards will be available or bring your own motor (6 HP or less) that needs work and prepare to get your hands dirty. All tools supplied or bring your own. Tuition includes materials.

Section I:
Tue 6-8 PM 4/25-6/13 Sessions: 8
\$109 INST Shop, Saco

Section II:
Thu 6-8 PM 4/27-6/15 Sessions: 8
\$109, INST Shop, Saco

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

BEYOND COMPUTER BASICS

Explore the Windows Control Panel so you can manage your computer including program and device management, and user, security and system settings. Learn advanced file management: .zip files, backing up data to removable memory and drives, and advanced options such as alternate web browsers, add-ons, and free software.

Required: Know how to use the mouse, keyboard, create/save files and have access to a computer outside the classroom.

Note: This is not an absolute beginners course.

Wed 6-8 PM 5/31-6/28 Sessions: 5
\$89 OOB HS, 110

Kevin Neely-see bio this pg.

BUILD WEBSITES FOR LESS

Think having your own website is too expensive or hard to create? Did you know it costs less than \$15 a year and no tough coding is involved? Learn about all of the free resources and how to use them to own, maintain and update your website. Discover how to embed pictures, music, videos and social media. Create your own blog, wedding website, home business, or anything you can imagine!

Thu 6-8 PM 4/27-5/25 Sessions: 5
\$65 OOB HS, 204

Bil Moriarty-see bio pg 20.

ADOBE PHOTOSHOP BASICS

Build a basic foundation for working with digital images using Adobe Photoshop CS6. Create new images; manipulate objects, color, size, shape, texture, combine and edit digital images; restore/edit damaged photos and learn the basics of color. Develop a fundamental understanding of digital images, expanding your knowledge through examples and tutorials.

Prerequisite: comfortable making/organizing files into folders on a Mac or PC. Bring a notebook, pen/pencil, and 4GB+ flash drive.

Wed 6:15-8:15 PM 5/3-6/7 Sessions: 6
\$99 OOB HS, 108

Maureen Topa graduated from the Art Institute of Pittsburgh with a Bachelor's in Graphic Design. She has worked as a designer for a print shop, a newspaper, a nonprofit and for various clients as a freelance artist.

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: Computer basics course or equivalent, know the keyboard and PC-Windows environment.

Mon 6-8 PM 4/24-5/22 Sessions: 5
\$79 OOB HS, 110

Kevin Neely has spent over 30 years helping people get comfortable with computer technology which has taken him throughout North and South America, Europe and Australia.

NEW

COMPUTERS FOR SENIORS

Are you tired of asking the grandchildren for help with your computer? Would you like to be able to research Origami or the best ways to travel in Italy? Want to make a collage of your family tree or pass your favorite recipes on to your loved ones?

Computers can do all of this and more! We will cover creating folders and lists, email, managing/importing contact lists and any other questions you may have.

Wed 6-8 PM 4/26-5/24 Sessions: 5
\$89 OOB HS, 110

Kevin Neely-see bio this pg.

BECOMING A NOTARY PUBLIC

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. Leave with all the testing and paperwork completed and ready to submit to the State. Applicants must be residents of Maine or New Hampshire and are employed or carrying on a trade or business in Maine. The State's license fee (approx. \$50) is valid for 7 years.

Mon 6-8 PM 6/5-6/12 Sessions: 2
\$49 OOB HS, 110

Frank Lee has been a Notary Public since 2006 and has successfully taught this class for many years.

NEW CERTIFICATES

NEW

AHA BASIC LIFE

DAY

SUPPORT FOR THE HEALTHCARE PROVIDER

The BLS instructor-led course teaches both single-rescuer and basic life support skills for application in both pre-hospital and in-facility environments, with a focus on High-Quality CPR and team dynamics. Cards are good for two years after successful completion of the course and in-class written exam. Tuition includes card processing fees.

Sat 9 AM-1:30 PM 5/27 Sessions: 1
\$59 Saco LC, Rm 1

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

NEW

MAINE CERTIFIED SUSTAINABLE LANDSCAPE PROFESSIONAL CERTIFICATE PREP

Prepare to take and pass the Maine Certified Sustainable Landscape Professionals (MCSL) exam covering standards used to measure the effectiveness of a landscape professional in the state of Maine. The goal is to provide landscape and nursery knowledge to Maine professionals in the horticulture and landscape industry. Cover business practices including customer relations, on the job safety, bidding and estimating; botany and basic soil science, designing landscapes and hardscapes, water quality, conservation, water features, composting, pruning, lawn care and more! Exam, taken through the State of Maine, an additional \$75, and requires a High School credential. No class April 17th, or 19th, 22nd. Tuition includes study guide.

Note: Please bring a notebook, pen and 1" or larger three ring binder.

Required: Employed in the nursery/landscape industry for four or more years, graduate of a 2 or 4 year horticulture program or related field and have a minimum of two years employment in the nursery/landscape industry and a member of the Maine Landscape & Nursery Association (MELNA).

T/Th 6-8 PM, Sat 9 AM-12 PM
4/11-5/11 Sessions: 11
\$249 OOB HS, 109/Saco LC, Rm 1

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 MELNA.

NEW

FREE CERTIFICATE Info Sessions

Maine Certified Sustainable Landscape Professional Certificate Prep Program

Tue 6-7 PM 3/28 OOB HS, 111B

Phlebotomy Technician

Mon 6-7 PM 3/13 OOB HS, 101

Your instructors will be there to answer all your questions about the industry and these certificate programs. Registration is required.

Participants must be 18 or older, a High School credential is not needed for the courses but is required to sit for the MCSL & Phlebotomy NHA exams.

NEW

PHLEBOTOMY TECHNICIAN

This in demand 90-hour course prepares students to collect blood specimens for the purpose of laboratory analysis. All aspects related to blood collection and developing comprehensive skills to perform venipunctures completely and safely are taught. Class and lab work includes terminology, anatomy and physiology, blood collection procedures, specimen hands-on practice, and training in skills and techniques to perform puncture methods. Possible externship available (scrubs required). High School credential is not needed for the course but is required to sit for NHA exam (additional \$115). Upon successful completion of the course students can immediately apply for a job (with/without externship) at hospitals, local blood labs and blood facilities, some OBGYN and doctors offices and urgent care facilities. Tuition includes textbooks. No class April 17th, 19th and May 29th.

Note: Please bring a 1" or larger three-ring binder.

M/W 5:30-9 PM, Sat 9 AM-3 PM
4/3-6/21 Sessions: 24
\$1799 OOB HS, 201/Saco LC, Rm 2

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.

NEW ONLINE CERTIFICATES



FREE Laptop?

Study At My Own Pace?

YES!

**Online Study
Certificate Programs
through Career Step**

**Computer Technician
Medical Transcription
& Editing**

Career Step is an online school, offering career-focused education designed to help students quickly enter the workforce. We are committed to providing the best education with interactive learning tools; one-on-one instructor support by phone, email, and chat; and comprehensive graduate resources to help students transition from education to employment.

NEW COMPUTER TECHNICIAN

Developed by a Computer Technology Industry Association (CompTIA) education partner, this online program is specifically designed to prepare students for the CompTIA A+ certification exams. Learn about hardware, operating systems, networking, security, and troubleshooting as well as more specialized topics such as mobile devices, laptops, and printers. In addition to one-on-one support from experienced instructors throughout the course and access to personalized support after graduation, students receive ebooks, two quick-reference exam study guides, a computer repair toolkit, a power supply tester, a USB drive, and two vouchers to cover the cost of the CompTIA A+ certification exam. This program is designed to be completed in 3 months of full-time study. However, the online course format allows you to study on your own schedule, so your enrollment includes 6 months of program access in case you need extra time.

Fee: \$1995

Participants are eligible to receive a **FREE** laptop from Career Step upon registering & payment in full of course fees with OOB/Saco Adult Education. Refunds are available during the 14 day online trial period.

Call (207) 934 7922 for more info!

NEW MEDICAL TRANSCRIPTION & EDITING

Approved by the Association for Healthcare Documentation Integrity (AHDI), the online Medical Transcription and Editing program focuses on teaching the skills needed to work as a medical transcriptionist and medical transcription editor. Students study medical terminology, anatomy, healthcare documentation, and editing theory and technique and they develop and practice their typing and listening skills on hundreds of authentic, employer-provided dictations from a variety of specialties. In addition to one-on-one instructor support and personalized graduate support, enrollment includes ebooks, a transcription foot pedal, an AHDI membership, a subscription to an online reference library, and a voucher to take the RHDS exam. This program is designed to be completed in 4 months of full-time study. However, the online format allows you to study on your own schedule, so your enrollment includes 12 months of program access to ensure you'll have the time you need to complete your training.

Fee: \$2995

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

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.

NO COST ADULT BASIC EDUCATION 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.

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 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.

COLLEGE READINESS



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.OOBSACO.MAINEADULTED.ORG

FREE INFORMATION SESSION REQUIRED FOR OUR NO COST COLLEGE READINESS PROGRAM

Tuesday, September 5th, 2017

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 January to June. Choose what you need to learn to prepare for college. Our College Readiness program this Fall starts on Tuesday, September 12th, 2017.

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 or call
(207) 282-3846 or (207) 934-7922

Schedule your appointment today!

LEARN MORE, EARN MORE!

POLICIES



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 ages 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

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 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

Weather cancellations are on channels 6 (check <http://www.wcsh6.com/closings>), 8, & 13.

If RSU23 (Old Orchard Beach) day school closes then OOB/Saco Adult Ed will be closed as well.

You can call our Storm Line at 207 934 7922 and press 9 after 8 AM or check our site: http://oobsaco.maineadulted.org/weather_cancellations

REGISTRATION

ONLINE

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

TOTAL amount enclosed		

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

**TRY
SOMETHING
NEW!**

*Just a taste
of what's inside.*

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TRICKS**
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**SILK
SCARF
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YOU'VE
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