

Spring 2017  
*Course Catalog*  
Jan.-June



**We Did It . . .  
You Can Too . . .**

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



**Adult Education**<sup>MAINE</sup>  
*Learning for Work and Life*

# WELCOME *Featured Story*

## We Did It . . . You Can Too . . .

Healthcare occupations are in high demand and will be for years to come. An estimated 300 new CNA positions will open by 2022 due to the expansion of healthcare services. CNAs are poised to take advantage of the increase in opportunities, by being the first step on the path to several healthcare careers. The CNA program attracts pre-nursing and pre-med students looking to gain valuable clinical experience, along with those exploring new careers in a high demand occupation.

“I knew when my Grandfather was sick and I started caring for him that I wanted to be in the medical field. I chose the CNA course at Biddeford Adult Education. It started fast and there was a lot of work, but I never loved and felt so passionate about this career. Kathy Bickford was my teacher. She was awesome, patient and there for any questions. She really pushed me when I was nervous to do something. I could not have succeeded like I did without her. I look forward to starting my CNA career and already have a job even though I have not yet graduated.” KBrooks

“I’ve always had a passion for caring for others. After my parents died I wanted to help people. I am a Mom, so I have a second nature for caring for others. Kathy made the class and becoming a CNA exciting. I was nervous that I was not going to like being a CNA at first, but I absolutely love it.” TWarren

“Like many other people my age, I was unsure of my future. That was, however, until I saw an ad on the internet for Biddeford Adult Education CNA program. I had always been interested in the healthcare field, but never knew how to take my first step. Biddeford Adult Education made it easy. The class had people like me, who all wanted the same thing, knowledge. Our instructor Kathy combined real world technique with personal experience. Her method worked very well and with it I was able to absorb everything I needed to be successful in my future. I can say in all honesty this program, along with Kathy’s teaching was the most impactful, influential, meaningful, and educational experience of my life. I will carry what I have learned from this course throughout my career and pass on what I can to others who dream the same as I.” CBenway

Biddeford Adult Education’s program has grown and now offers nine CNA courses and six CNA Med classes a year and proctoring over forty four Competency Tests for the State of Maine. Now let’s write your story...



## Table of Contents

<p><b>Career Advancement/Improvement</b></p> <p>Certificate Program.....3-4</p> <p>Healthcare Training..... 5</p> <p>Tools &amp; Trades..... 6</p> <p>Business &amp; Skills Training ..... 7</p> <p><b>Personal Enrichment</b></p> <p>Be Creative.....8-9</p> <p>Computers &amp; Technology..... 9</p> <p>Hobbies &amp; Interests ..... 10-11</p> <p>In the Kitchen..... 12</p> <p>Places To Go..... 13-16</p> <p>Personal Finance..... 17</p> <p>Mind &amp; Body Wellness..... 18-19</p> <p>Music &amp; Dance..... 20-21</p> <p>Enrich Yourself ..... 21</p>	<p>Adult Literacy ..... 22</p> <p>English Learners of Other Languages ..... 22</p> <p>Early Childhood ..... 23</p> <p>Family Literacy ..... 23</p> <p>Adult/College Transitions ..... 24</p> <p><b>Academics</b></p> <p>ETS HiSET ..... 25</p> <p>High School Diploma.....26-27</p> <p>High School /Literacy Calendar ..... 28</p> <p>Registration Information ..... 29</p> <p>Student Information..... 29</p> <p>Biddeford School Department Directory..... 30</p> <p>Biddeford School District Directory..... 30</p> <p>Registration Forms ..... 31</p>
---	---

### Certificate in Customer Service



#### Extraordinary Customer Service

Transform your customer service into something extraordinary. As a result more repeat business will improve your bottom line. Customer service separates you from your competition. Extraordinary customer service comes from focusing on the few essential elements that yield big results. Discover how easy it is to tweak your customer service from the ordinary to the extraordinary. You'll take away a customer service plan that will help you focus on the key elements that will get you started on your pathway to success.

---

**Online:** 3/6-3/31 OR 5/1-5/26 OR 7/37/28      **Course:** \$145      **Instructor:** Fred Bayley

---



#### 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. Through this course you will discover the direct relationship between service skills and career achievement. You will become skilled at being an exceptional service provider. You can help your organization and your career by translating your good service intentions into a workable plan and gain knowledge of ways to consistently deliver great service. The payoff is enormous.

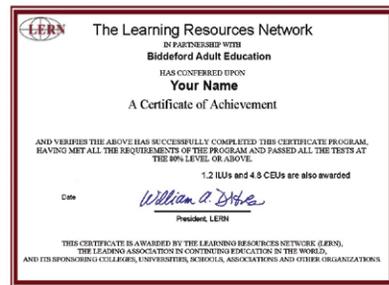
---

**Online:** 2/6-3/3 OR 4/3-4/28 OR 6/5-6/30      **Course:** \$145      **Instructor:** Nanette Sanders-Cobb

---

**To receive the Certificate in Customer Service, both courses must be taken.  
A savings of \$45 when you take both courses.**

## B&E CAREER Advancement Improvement Certificate Program



**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 Instructors 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

Date	Day	Time
2/4	Sat	8:00am-4:00pm

J.F.K. Kindergarten Center/Conference Room  
 \$65 PLUS \$15 Text fee (please pick up book at the Adult Ed Office PRIOR to the class)

**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 in- and out- of hospital 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
4/1	Sat	8:00am-12:00pm

J.F.K. Kindergarten Center/Conference Room  
 \$45 PLUS \$15 Text fee (please pick up book at the Adult Ed Office PRIOR to the class)



### 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.

**Instructor:** Kathy Bickford

**Course:**

<b>Day Class:</b> W & F	<b>Instructor:</b> Kathy Bickford, R.N. 8:00am-1:00pm
Learning Center/Room 25 \$30 Non-refundable background check \$885 Course fee PLUS \$142 Text fee	

<b>Evening Class:</b> M & Th	<b>Instructor:</b> Kathy Bickford, R.N. 4:00pm-9:00pm
Learning Center/Room 25 \$30 Non-refundable background check \$885 Course fee PLUS \$142 Text fee	



### 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 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)

<b>Day Class:</b> 3/20-5/30	<b>Instructor:</b> Kathy Bickford, R.N. M T & Th 8:00pm-2:00pm
Learning Center/Room 25 \$30 Non-refundable background check \$929 Course fee PLUS \$76 Text fee PLUS \$100 Competency Test	

<b>Evening &amp; Sat Class:</b> 1/25-5/31	<b>Instructor:</b> Patti Feda, R.N. W 4:00-9:00pm Sat 8:30am-3:30pm
Learning Center/Room 25 \$30 Non-refundable background check \$929 Course fee PLUS \$76 Text fee PLUS \$100 Competency Test	

<b>Evening Class:</b> 1/30-4/27	<b>Instructor:</b> Patti Feda, R.N. M T & Th 4:00pm-9:00pm
Learning Center/Room 25 \$30 Non-refundable background check \$929 Course fee PLUS \$76 Text fee PLUS \$100 Competency Test	



**Auto Body**

This is a hands on class where you will be working on your own vehicle, and Viktor will be there to answer any questions or give you a helpful hint. Shop space is limited to 8 vehicles with no storage. Each student will be responsible for purchasing the supplies needed for their own project.

**Instructor:** Viktor Garnik

Date	Day	Time
1/24-5/16	T	6:00pm-9:00pm
No class 2/21 & 4/18		

Center of Technology/T-6  
\$225 Res/\$229 Non-res



**Auto Mechanics - The Backyard Pro**

This is a “hands on” course. Much of the course will be geared toward the needs of the participant and his/her specific vehicle. It is an excellent opportunity for a person to learn basics of maintaining and servicing his/her own vehicle. You need to provide a vehicle to work on and there is NO storage at the school.

**Instructor:** Larry Fickett

Session I:		Session II:	
Date	Day	Date	Day
1/25-5/17	W	1/26-5/18	Th
No class 2/22 & 4/19		No class 2/23 & 4/20	
Time		Time	
6:00pm-9:00pm		6:00pm-9:00pm	
Center of Tech./Rm T-7 \$155 Res/\$159 Non-res		Center of Tech./Rm T-7 \$155 Res/\$159 Non-res	



**Small Engine Repair “Hands On”**

Small gas engines serve us in many ways. They power lawn mowers, tillers, cultivators, trimmers, edgers, snow blowers, chain saws, pumps, generators, air compressors, and other useful home tools. They also power our fun: outboard boats, snowmobiles, motorcycles, all-terrain vehicles, ultralight aircraft, and other toys. To keep them operating efficiently regularly servicing your small engine will ultimately save you money and time. This is a hands on class where you will be working on your own small engine, and Steve will be there to answer any questions or give you a helpful hint.



**Instructor:** Stephen Cloutier

Date	Day	Time
1/24-4/25	T	6:00pm-9:00pm
No class 2/21 & 4/18		

Center of Technology/T-7  
\$125 Res/\$129 Non-res

**Woodworking**

Join this class and learn how to use hand tools and power equipment in a well organized shop. Choose a simple project to complete during the semester. Safety practices are stressed. Students need to bring:

- Wood for project
- Wood glue
- Tape measure
- Pencils and notepad
- Hardware, paint, stain and/or finish for your project

**Instructor:** Mike Aaskov

Date	Day	Time
1/26-4/27	Th	5:30pm-8:30pm
No class 2/23 & 4/20		

Biddeford High School/Shop  
\$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
1/24-4/25	T	6:00pm-9:00pm
No class 2/21 & 4/18		

Center of Technology/T-1  
\$125 Res/\$129 Non-res

### Welding, Basic

A skillful welder is an asset to any company! Join the class to learn basics or gain additional skills in the art of welding. Topics covered:

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

Students should wear jeans, long sleeve shirts, steel toe boots and bring welding gloves, and safety glasses to class.

#### Session I:

Instructor	
Mike Lambert	
Date	Day
1/24-4/25	T
No class 2/21 & 4/18	

**Time**  
6:00pm-9:00pm  
Center of Tech./Rm T-4  
\$125 Res/\$129 Non-res

#### Session II:

Instructor	
Gordon Workman	
Date	Day
1/26-4/27	Th
No class 2/23 & 4/20	

**Time**  
5:30pm-8:30pm  
Center of Tech./Rm T-4  
\$125 Res/\$129 Non-res

### National Electrical Code 2017

The National Electrical Code is the basis for electrician installations. This class will cover NEC requirements exclusively with no time allotted for labs or theory. Conductor sizing, wiring methods, residential calculations as well as motor, transformer, commercial/industrial wiring requirements, and special occupancy wiring methods will be examined. This class will be presented in PowerPoint format accompanying the text "Illustrated Guide to the National Electrical Code". Emphasis will be placed on the thorough understanding of the layout of the NEC and its efficient use. This course meets the licensing requirements of the Electrician Examining Board in the State of Maine.

**Instructor:** Bill Gervais

Date	Day	Time
2/28-6/13	T	5:30pm-8:30pm
No class 4/18		

Center of Technology/T-1  
\$279 Res/\$285 Non-res  
PLUS \$90 Text fee

### Customer Service Leadership

Discover the keys to lead customer service with your team. From selecting customer service oriented employees to developing the best processes, you'll find simple ways to increase your bottom line with outstanding customer service. By saving time and building lifelong customers you will develop lifelong customers.



Upon successful completion of the course, you will:

- Identify the key processes of customer service and know how to improve them
- Know how to identify service team members who will best provide outstanding customer service.
- Be able to lead the customer service team to the best results
- Understand the important components of evaluating customer service.

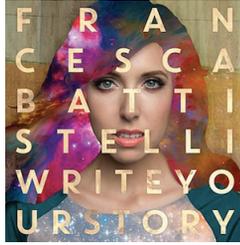
**Instructor:** Fred Bayley

<b>Online:</b> 3/6-3/31 OR 5/1-5/26 OR 7/3-7/28	<b>Course:</b> \$145
---	----------------------



### 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
2/8-3/15	W	6:00pm-7:30pm
No class 2/22		
Learning Center/Room 28 \$90		

### Bookmaking and Illustration

**New!** Create one-of-a-kind artists books: with hand stitched, accordion, pop-ups, specialty and spiral binding processes. Learn illustration techniques to illuminate your own books. This class is self-paced, individual instruction for all artistic levels; with group feedback sessions. There will be a share/trade table to exchange papers and other materials, some available for purchase. Bring you creative ideas and have fun.

**Instructor:** Toni Truesdale

Date	Day	Time
2/11-3/18	Sat	10:30am-12:00pm
No class 2/25		
Learning Center/Room 24 \$90		



### Mastering Microsoft Excel

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Master the options that can take your Excel worksheet from plain, drab numbers to exciting and engaging multimedia.



<b>Online:</b> 2/6-3/3 OR 4/3-4/28 OR 6/5-6/30	<b>Course:</b> \$195
<b>Instructor:</b> Betsy Flanagan	

### Intermediate Excel

This course will help you increase your efficiency by learning how to organize, display and calculate your data into useful information. Find out how you can consolidate your data proficiently into readable rows and columns using different table designs and styles. Discover how easily pivot tables can be created to quickly summarize large amounts of data. Through this course, these tasks will make your work outstanding and unique.



<b>Online:</b> 3/6-3/31 OR 5/1-5/26 OR 7/3-7/28	<b>Course:</b> \$195
<b>Instructor:</b> Amy Klous	

### Advanced Excel

Advanced Excel contains tools that can help you prepare your worksheets accurately, examine your data for authentication, and then find those answers to your most difficult questions. This course will help you learn these required business functions along with the tools required to analyze data efficiently within the workplace. Save time for yourself by protecting your valuable data and know with assurance that the entered data is accurate without any errors. By completing the course, discover how to attractively visualize your data into meaningful information with confidence.



<b>Online:</b> 4/3-4/28 OR 6/5-6/30 OR 8/7-9/1	<b>Course:</b> \$195
<b>Instructor:</b> John Rutledge	

# BAE

## Enrichment

Hobbies & Interests

### Large Gathering Basket

Come make a basket large enough for holding quilts, toys, or veggies.

Using a 10" round wooden base, this basket has dyed accents and leather handles for easy transport.



Bring along a mop size bucket, scissors, 12 spring type clothespins, pencil, jackknife, tape measure, and a spray bottle.

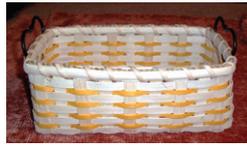
**Instructor:** Martha Chessie

Date	Day	Time
5/10	W	5:30pm-9:00pm

Learning Center/Room 23  
\$12 PLUS \$20 Mat. fee  
(due at registration)

### Muffin Basket

Let's make this rectangular (6"wx8"Lx 4"h) woven bottomed basket that is perfect for your table. Add color and 2 side wrought iron handles.



Bring along a mop size bucket, scissors, 12 spring type clothespins, pencil, jackknife, tape measure, and a spray bottle.

**Instructor:** Martha Chessie

Date	Day	Time
4/26	W	5:30pm-9:00pm

Learning Center/Room 23  
\$12 PLUS \$16 Mat. fee  
(due at registration)

### Mystery Quilt in a Day

Bring your fabric stash and come spend a day with other quilters to have a day of creating a Mystery quilt. Bring your sewing skills, quilting supplies and your lunch.

Don't forget your scissors and your portable machine if able. (Some machines available at the Learning Center)

**Instructor:** Terry Laverriere

Date	Day	Time
3/4	Sat	9:00am-2:00pm

Learning Center/Room 27  
\$29

## Open Crops

### Friday Night No Frills Crop

If you love to scrapbook and just need a place to do it, this is for you. Bring your craft supplies and work on any project you wish. Bring your own meal/snacks & beverages or order out. **MUST Pre-Register and money will be taken at the door.**

Dates	Day	Time
1/13, 2/10, 3/10, 4/7, & 5/19	F	4:00pm-9:00pm

J.F.K. Kindergarten Center/Conference Room  
\$5 per Friday



### Saturday All Day Crop

If you love to scrapbook and just need a place to do it, this is for you. Bring your craft supplies and work on any project you wish. Bring your own meal/snacks & beverages or order out. **MUST Pre-Register and money will be taken at the door.**

Dates	Day	Time
1/14, 2/11, 4/8 & 5/20	Sat	8:30am-4:00pm

J.F.K. Kindergarten Center/Conference Room  
\$10 per Saturday

### Re-purposed Sweater Mittens



Baby, it is still cold outside! Come create a pair of toasty repurposed sweater mittens tonight. Bring along a washed sweater, preferably wool or wool blend, 1/3 yard polar fleece, thread to match, pins, and fabric shears. If you have a portable sewing machine in good working order, please bring along. Instructor will have sweaters and fleece available for a small fee.

**Instructor:** Martha Chessie

Date	Day	Time
3/15	W	5:30pm-9:00pm

Learning Center/Room 27  
\$12

### Intro to Archery

This course is open to all levels of experience and ages 12 and over. The first class will be on safety and types of equipment. The next three classes will be shooting and improving technique. We will have bows for those who do not, as well as arrows and wrist bands.



**Instructor:** Thomas Lacascia

Date	Day	Time
4/29-5/20	Sat	2:00pm-4:00pm
York County Fish & Game Club, Route 35, Lyman \$29		

### 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
4/1	Sat	10:00am-2:00pm
Clifford Park, Biddeford \$12		



### Apple/Fruit Tree Pruning

Fruit tree enthusiasts all know it has always been a tradition to prune your fruit trees on the warm spring days before leaf out. 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
3/25	Sat	9:00am-12:00pm
24 Perkins Lane, Kennebunk \$12		

### Birding Basics: Winter

**New!** Enjoy an evening all about wild birds! You'll learn to recognize many of the common birds of winter, and become familiar with essential birding tools (binoculars, field guides, etc.) as well as some of Biddeford's birding hotspots. This class is perfect for casual observers of backyard birds as well as complete novices.

**Instructor:** Josh Fecteau

Date	Day	Time
2/13	M	6:30pm-8:30pm
Learning Center/Room 24 \$12		



# BAE Enrichment In The Kitchen

## Super Saturday COOKING

Would you like an interesting and delicious Saturday afternoon? If so, you and your friends should sign up for the Saturday cooking classes. You'll meet great people, learn something new, have fun, and go home VERY satisfied with a full tummy...and you do NOT do dishes! See you there.

**Instructor:** Sue Schofield



### Savory Morocco - Super Saturday Cooking

Moroccans cook with the best spices in the world, and they do it in a tagine. Today, we'll do the same and see how this tool works. You'll go home happy and full, so sign up early.

Date	Day	Time
2/4	Sat	11:00am-2:00pm

Learning Center/Room 23  
\$12 PLUS \$15 Mat. fee  
(due at registration)

### American South - Super Saturday Cooking

The taste sensations of the American South are rich, diverse, and very famous. So convince your friends to sign up with you and see what all the fuss is about. You'll talk about it all the way home. Yum!



Date	Day	Time
3/4	Sat	11:00am-2:00pm

Learning Center/Room 23  
\$12 PLUS \$15 Mat. fee  
(due at registration)

### China - Super Saturday Cooking

Today we will cook and eat some of the finest foods in China. This is not Chinese restaurant food, but Chinese home cooking. Also, there is a possibility that we will have a guest



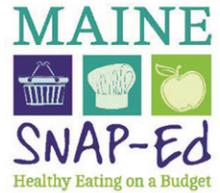
from China in the class who can answer questions. This class will fill quickly, so bring an empty tummy, gather your friends, and sign up today!

Date	Day	Time
4/8	Sat	11:00am-2:00pm

Learning Center/Room 23  
\$12 PLUS \$15 Mat. fee  
(due at registration)

## Add a Fruit or Vegetable to Every Meal

Based on the USDA's 2010 Dietary Guidelines, nutrition lesson plans are interactive and will provide knowledge in a fun and engaging manner. Handouts are provided with "10 tips" that are easy to follow at home. Food demonstrations and tastings are provided during each session.



### Topics:

- Focus on Whole Fruits
- Vary Your Veggies
- Make 1/2 Your Grains Whole Grains
- Vary Your Protein Routine
- Move to Low-fat or Fat-free Milk or Yogurt

**Instructor:** Tina Marescia

Date	Day	Time
3/16, 3/30,	Th	9:30am-10:30am
4/13, 4/27 & 5/11		

Learning Center/Room 23  
FREE

## Sushi Made Simple

Sushi may seem mysterious and exotic but making great sushi at home is something anyone can do. Join us for a fun and very hands-on adventure into the art of sushi rolling. Carol will reveal the many nutritional benefits that sea vegetables offer. Participants will help slice and dice an assortment of sushi fillings, making it fun to customize your own rolls to eat. Miso soup and a dessert, both made with sea vegetables, will also be served. A complimentary bamboo mat will be given to each participant. No raw fish will be served. Please bring a cutting board, sharp non-serrated knife, large bowl, and a cotton dish towel. Tuition includes all food. Children ages 12 and older are welcomed to register with a registered adult.



**Instructor:** Carol Steingart

Date	Day	Time
2/7	T	5:30pm-8:30pm

Learning Center/Room 23  
\$49

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



# 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
2/16	Th	5:30pm-8:30pm	Learning Center/Room 26	\$14 per person/\$19 per couple



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
- Early Childhood Education
- Electrical Technology
- Engineering
- Health Assistant
- Intro to Medical Sciences
- Legal Studies
- Medical Assisting
- Precision Machining
- Welding & Metal Fabrication
- Plumbing

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





### Superheroes of the Garden: 2017 at the Boston Flower & Garden Show

Travel by bus to Boston’s Seaport World Trade Center for the Flower and Garden Show.

An early morning departure will bring you to the Seaport World Trade Center in Boston for a fun day at the Boston Flower & Garden Show. Enjoy free time at the show along with the perfume of the season’s first blossoms mixed with fresh warm earth, the soft graze of a pussy willow, the gentle ripple of a gurgling stream and spring’s first signs of renewal.

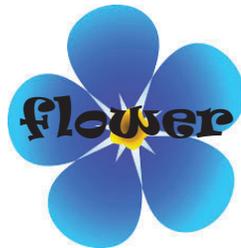
Sat 3/25 8:30am-5:00pm  
Bus leaves from and returns to:  
Park & Ride (across from Wal-Mart), Biddeford  
Bus Tickets \$57 per person and includes bus and entrance  
fee to the Flower Show **OR**  
Group of 4 or more \$47 per person



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

**NO REFUNDS AFTER 3/15**

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



# GETTING TO KNOW SALEM IN THE SPRING



Welcome back to Salem. Now is the time to get to know a little more about Salem. We will be touring the House of Seven Gables, then off to the Salem Witch Museum. Lunch will be on your own.

You can spend the afternoon at your leisure. For those who wish to have a psychic medium, clairvoyant, palm reader or Tarot therapist session, this is your opportunity.

## House of Seven Gables

The House of the Seven Gables has an 18th century granite sea wall, and two seaside Colonial Revival Gardens. The museum houses more than 2,000 artifacts and objects, more than 40 framed works, 500 photographs and glass plate negatives, and more than 50 volumes in a rare book library. When we arrive at The House of the Seven Gables guides will greet us for an unforgettable historical experience. The House of the Seven Gables, also known as the Turner-Ingersoll Mansion was built in 1668, and is the oldest surviving 17th century wooden mansion in New England. The House of the Seven Gables inspired author Nathaniel Hawthorne to write his legendary novel of the same name. The home where Hawthorne was born was moved to The House of the Seven Gables and now lies



just feet away from the mysterious mansion. When you step into the Nathaniel Hawthorne House (c.1750), you will learn about the life of the famous author.

## Salem Witch Museum

Then off to the Salem Witch Museum where we will follow the history of witches, witchcraft and witch hunts through a presentation of the events of the Salem Witch Trials of 1692. Witches - Evolving Perceptions is a provocative exhibit which presents the ancient pagan wise woman, the stereotypical witch, modern witchcraft and the phenomenon of witch hunts.



**\$35 per person PLUS \$17 entrance ticket**  
**OR Group of 4 or more**  
**\$25 per person PLUS \$17 entrance ticket**  
**(due at registration)**

Sat 4/22 8:30am-6:00pm (bus leaves Salem at 4:00pm)  
Bus leaves from and returns to:  
Park & Ride (across from Wal-Mart), Biddeford

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



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

**NO REFUNDS AFTER 4/12**



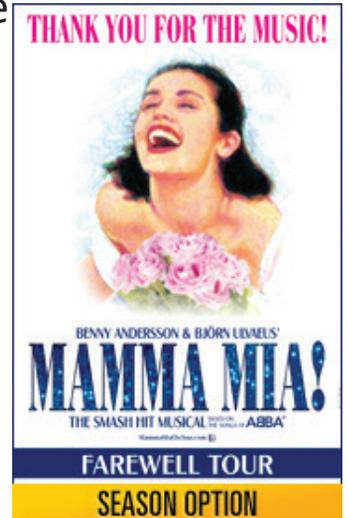


# MAMMA MIA

## BROADWAY IN BOSTON®

New!

A mother. A daughter. Three possible dads. And one trip down the aisle you'll never forget! This tale full of sun and fun unfolds on a Greek island paradise when, on the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years before. The storytelling magic of ABBA's timeless songs propels this enchanting tale of love, laughter, and friendship.



We will be picked up in Maine and go to Faneuil Hall until 1:00pm, and then we go to the Boston Opera House. We will board the bus after the play and head back. Stopping on the way for dinner.

**No Refunds**

Sat 6/3 8:00am-7:00pm  
 Bus leaves from and returns to:  
 Park & Ride (across from Wal-Mart),  
 Biddeford, Exit 32  
 \$159 per person.  
**Dinner is on your own.**

**Instructor:** Sue De Cesare



### Money Basics



Whether you are 5 or 40 years from retirement, building your investor IQ starts with understanding the basics. This workshop will discuss the importance of developing a strategy, the impact of asset allocation and the influence of inflation on your long-term goals. You'll learn investment strategies to help design the retirement you want, while helping you understand investing concepts at a level that suits your needs.



**Instructor:** Matt Simmons

Date	Day	Time
1/25-3/8	W	6:00pm-7:30pm
No class 2/22		

Learning Center/Room 18A  
\$15

### Buying Your First Home

Tired of renting? Not sure if homeownership is right for you, or how to take the first steps? This Maine hoMEworks class covers the entire process of buying a home – making the decision, credit score basics, budgeting for homeownership, getting pre-approved for a mortgage, working with a realtor, property inspections, insurance, the closing process, energy efficiency, building equity and avoiding predatory lenders. The class will also provide an overview of no and low-down payment mortgage programs that are available to Maine residents, veterans and others. All students will have the opportunity to receive free, individualized pre-purchase counseling upon completion of the class. **Please bring water and a bag lunch.**

**Instructor:** Lee Sullivan

Date	Day	Time
3/4 & 3/11	Sat	9:00am-2:30pm

J.F.K. Kindergarten Center/Conference Room  
\$30 per individual, \$50 per couple



### 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
5/2	T	6:00pm-8:00pm

Learning Center/Room 18A  
\$9



# BAE

## Enrichment

Mind & Body Wellness

### REIKI FIRST DEGREE

Reiki is a laying-on of hands healing technique thought to be thousands of years old. It is a very simple yet powerful healing art that can be used on yourself as well as others, and can easily be learned by everyone. Reiki is a sacred healing force that nourishes, harmonizes, balances and empowers every aspect of life; physical, mental, emotional and spiritual. It's used to support the healing process of almost any illness, induce relaxation, reduce stress and increase general wellness. During the class you will learn the history of Reiki, the ideals and principles of Reiki, the different levels of Reiki and the benefits of Reiki. You will learn about clearing and protecting yourself, and practice doing Reiki on yourself or others after you receive your attunement. The class will end with a guided meditation and your certificate. Once you received your attunement you are able to do Reiki on yourself or loved ones. **Introduction to Spiritual Energies is recommended before this class. Please bring water and a bag lunch.**

**Instructor:** Brenda Paquette

Date	Day	Time
1/28	Sat	10:00am-4:00pm

Learning Center/Room 18A

\$93 PLUS \$5 material fee (payable to instructor)

## The 5 principles of Reiki

**Just for today:**

I will let go of anger.

I will let go of worry.

I will do my work honestly.

I will be grateful for my many blessings.

I will be kind to every living thing.



### Reiki Second Degree

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. Please bring water and a bag lunch.**

**Instructor:** Brenda Paquette

Date	Day	Time
4/1	Sat	10:00am-4:00pm

Learning Center/Room 18A

\$145 PLUS \$5 material fee (payable to instructor)

### Reiki Third Degree

At this level the student will learn what being a Reiki Master means. Understanding the 12 Chakras, learning to work with Reiki



Guides and Healing Angels, understanding what a healing crisis is, and learning the attunement process. Receive the Master Symbols and practice drawing them. Receive the Master level attunement. Practice giving Reiki attunements and Reiki on each other, also more helpful advice on how to build your own practice. The class ends with a guided meditation. You will receive your Reiki Master certificate at the end of class. **At this level you must be certified in Reiki I & II. Please bring water and a bag lunch.**

**Instructor:** Brenda Paquette

Date	Day	Time
5/13	Sat	10:00am-4:00pm

Learning Center/Room 18A

\$195 PLUS \$5 material fee (payable to instructor)



### Introduction to Spiritual Energies

This class will help you to understand what Spiritual energies are and how they can positively or negatively impact your life. You'll learn the basics of what your aura and chakras are, how they are affected by our thoughts and feelings. This class will also help to strengthen your connection to the Divine, learn how to change your thought processes, and to achieve the joyful life you were meant to live. This will assist you to move forward on your path.

**Instructor:** Brenda Paquette

Date	Day	Time
1/24	T	6:30pm-8:30pm

Learning Center/Room 18A  
\$42

### What are Angels and How to Communicate with Them

This class will explain what Angels are, how to ask for the Angel's help, and why their presence on this planet is so important at this time. You will discover your divine communication style through learning about the four major clairs of communication with the Angels; Clairvoyance, Clairaudience, Clairsentience and Claircognizance. You will then learn the difference between true guidance and false guidance; this will allow the Angels and their love to guide you on your spiritual path.

**Instructor:** Brenda Paquette

Date	Day	Time
2/16	Th	6:30pm-8:30pm

Learning Center/Room 18A  
\$42

### Meditation 101

You will learn why meditation is so important to connecting with your inner self and with the Divine/God/Spirit and how it will help you to have a greater love & respect for you and your life. We will discuss the challenges/benefits of meditation and why we are here, the three progressive types of meditation (to help you explore deeper states of peace & connectedness); followed by a guided meditation and discussion. "Meditation brings wisdom; lack of meditation leaves ignorance." Buddha

**Instructor:** Brenda Paquette

Date	Day	Time
2/2	Th	6:30pm-8:30pm

Learning Center/Room 18A  
\$42

### Strength, Tone, and Tighten

Stronger muscles burn more calories! This class combines cardiovascular movements, strength training and core focus. Each session is a full body workout which will wrap up with active stretching. Please bring hand weights, and exercise mat.



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

Session I:		Session II:	
Date	Day	Date	Day
1/10-3/7	T	4/4-5/16	T
No class 2/21		No class 4/18	
Time		Time	
6:00pm-7:00pm		6:00pm-7:00pm	
J.F.K. Kindergarten Center/ Multipurpose Room \$39 per person		J.F.K. Kindergarten Center/ Multipurpose Room \$29 per person	

### Freedom through Forgiveness

In this class you will learn to change your perception of the concept of forgiveness and how valuable a tool it is to help us to navigate the perceived painful challenges we experience in our lives. The importance of forgiveness not only towards others but also for yourself. Join us for a meaningful evening of understanding the power of forgiveness. How to deal with pain and how Karma plays a role in our experiences. You will experience a guided meditation on forgiveness, so bring within your heart one person or yourself you would like to forgive, to free yourself and feel the deep healing take place. "The weak can never forgive. Forgiveness is the attribute of the strong" Mahatma Gandhi.

**Instructor:** Brenda Paquette

Date	Day	Time
3/2	Th	6:30pm-8:30pm

Learning Center/Room 18A  
\$42





### UKULELE FOR BEGINNERS

The ukulele is a versatile, go anywhere instrument that is fun to play! Learn folk music, rock, blues, pop, country, music grandma knows and more. Learn basic chord positions, strums and picking styles using familiar songs. This class is for those who have never learned to play a stringed instrument with little or no knowledge of music theory. Duncan will be glad to share information about how and where you can buy the best ukulele for you. All music will be provided. Required: A soprano, concert, or tenor size ukulele (no baritone ukes, please) and an electronic tuner. Bring along a loose-leaf notebook, pencil and eraser, a highlighter and a music stand, if you have one. Duncan Perry, a ukulele player for seven years, regularly entertains at hospices, nursing homes, libraries & kids venues. He is a member of the Falmouth Library Ukulele Society that added a touch of Hawaii to the PSOs 2014 Magic of Christmas programs!

**Instructor:** Duncan Perry

Date	Day	Time
5/4-5/25	Th	6:00pm-7:30pm
Learning Center/Room 18A \$65		



### 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)



Fred R. enjoying his Just ONCE Guitar class.

**Instructor:** Don Pride

Date	Day	Time
3/20	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
5/1	M	6:30pm-9:00pm
Learning Center/Room 18A \$25 PLUS \$29 Textbook and Practice CD (payable to instructor)		





### Capoeira

Capoeira is a Brazilian art form which combines martial art, dance, musical rhythm and movement. Capoeira is a dialog between players - a conversation through movement which can take on many shades of meaning. Capoeira started 400 years ago in Brazil, when the Portuguese brought slaves from Africa to work on their plantations in South America. Capoeira emerged out of the traditional roots of those African slaves as a means of achieving their liberation. In this introductory class, students will learn the basic movements, routines, and music for playing Capoeira. Each class provides a great workout for people of all ages and levels of physical fitness. This course is geared towards the complete beginner, but is open to all levels of experience.

**Instructor:** Joao Bordallo  
**Assist. Instructor:** Shane Hall

#### Session I:

Date	Day
1/25-3/22	W
No class 2/22	

#### Time

4:15pm-5:30pm

Learning Center/Rm 16  
 \$80 per person

#### Session II:

Date	Day
3/29-5/17	W
No class 4/19	

#### Time

4:15pm-5:30pm

Learning Center/Rm 16  
 \$80 per person



### 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:** Todd Richard, State of Maine

#### Session I:

Date	Day
2/7 & 2/9	T & Th

#### Time

6:00pm-8:30pm

Center of Tech./Rm T-107  
 \$40 per person  
 (65 years and older \$10)

#### Session II:

Date	Day
4/11 & 4/13	T & Th

#### Time

6:00pm-8:30pm

Center of Tech./Rm T-107  
 \$40 per person  
 (65 years and older \$10)



### Beginner Tap Dance For Adults

Learn to tap dance! This class is aimed at students with little to no dance or tap experience. You'll learn technique and steps slowly, working your way up to short combinations each week. Students should bring tap shoes if they have them, or smooth-soled choes if they don't.

**Instructor:** Jennifer Kain

#### Session I:

Sat, 1/21-2/25 10:00am-11:00am

J.F.K. Kindergarten Center/Multipurpose Room  
 \$60/session or \$12 per class

#### Session II:

Sat, 3/4-4/8 10:00am-11:00am

J.F.K. Kindergarten Center/Multipurpose Room  
 \$60/session or \$12 per class

#### Session III:

Sat, 4/15-5/20 10:00am-11:00am

J.F.K. Kindergarten Center/Multipurpose Room  
 \$60/session or \$12 per class





### 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.

**Instructors:** Bo Parker  
Dorrie Roedner

Date	Day	Time
1/23-5/18	M-Th	9:00am-12:00pm
No class 2/20-2/23 & 4/17-4/20		

Learning Center/Room 28

### 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.

**Instructors:** Bo Parker  
Dorrie Roedner

Date	Day	Time
1/23-5/18	M-Th	9:00am-12:00pm
No class 2/20-2/23 & 4/17-4/20		

Learning Center/Room 28



Sr. Theresa works one on one with a students in our ABE/ESOL classes.



This course helps students develop the skills to communicate in English, to improve job skills and to further their academic studies. Receive the educational skills necessary to help your children in school. Become a more employable, productive, and responsible citizen. Study for the US citizenship test.

**Instructor:** Bo Parker

Date	Day	Time
1/23-5/18	M-Th	12:30pm-2:30pm
No class 2/20-2/23 & 4/17-4/20		

Learning Center/Room 28



Bo Parker assists students in both ABE/ESOL classes.



### 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
1/11-5/17	W	1:00pm-2:00pm
No class 2/22 & 4/19		

Learning Center/Rooms 14 & 16

### 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
1/9-5/18	M & Th	1:00pm-2:30pm
No class 1/16, 2/20, 2/23, 4/17 & 4/20		

Learning Center/Rooms 14 & 16

### Monthly Family Story Hour

The monthly 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
2/15, 3/15 4/12, & 5/17	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

Session I:		Session II:	
Date	Day	Date	Day
1/23-3/6	M	3/20-5/1	M
No class 2/20		No class 4/17	

Time	Time
10:00am-12:00pm	10:00am-12:00pm
Learning Center/Room 18A	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
1/27-5/19	F	10:30am-12:30pm
No class 2/24 & 4/21		

Learning Center/Rooms 18A



## CLASS: College Preparation for Adults

### Adult Education of the Kennebunk & Arundel

89 Fletcher Street, Kennebunk, ME 04043  
 p: (207) 985-1116 f: (207) 985-6732  
 adulted@rsu21.net  
 www.kennebunk.maineadulted.org

### Biddeford Adult Education

64 West Street, Biddeford, ME 04005  
 p: (207) 282-3883 f: (207) 286-9581  
 adulted@biddefordschooldepartment.org  
 www.biddeford.maineadulted.org

### Kittery Adult Education

12 Williams Avenue, Kittery, ME 03904  
 p: (207) 439-5896 f: (207) 439-3789  
 cferbish@kitteryschools.com  
 www.kittery.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@yorkschoos.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 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



**CLASS**  
 Consortium for Learning and Student Success



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 18 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

### HiSET Prep Class

If after attending our Intake/Orientation/Pre-Test session you find that you need a refresher before taking the Official Test, this class is for you. We will cover the subject(s) you need help with. You will be surprised how quickly you will succeed.

**Instructor:** Sue Schofield

Date	Day	Time
1/25-5/17	W	9:00am-12:00pm
No class 2/22 & 4/19		



Learning Center/Room 27



# BAE High School Academics

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 January 23rd.**

## English Courses

### World Stories and Cultural Studies

With a focus on short stories, poetry and current articles, this course is designed to teach students about varied cultures and the lives of people around the world. Map studies and related information will enhance the students' knowledge and understanding of cultural differences and human commonalities in our global community.

**Instructor:** Gail Roller

Date	Day	Time
1/24-3/23	T & Th	9:00am-12:00pm
No class 2/21 & 2/23		
Learning Center/Room 24		

### World Literature

Stories of love and longing, hope and fear, exist in all cultures. In World Literature, explore stories from cultures around the world and throughout time. Reading, writing and analytical skills will all be improved in this course.

**Instructor:** Sam Smithwick

Date	Day	Time
1/25-5/17	W	5:00pm-8:00pm
No class 2/22 & 4/19		
Learning Center/Room 24		

### Basic English

This class will help you understand the structures of grammar, reading, and writing. You will be surprised at how quickly you will succeed, and how well you will write a memoir. Sign up today.

**Instructor:** Sue Schofield

Date	Day	Time
1/24-5/16	M	9:00am-12:00pm
No class 2/21 & 4/18		
Learning Center/Room 27		

### Women in World Literature

We will find some themes to explore in women's writings, perhaps work, identify, hunger, or "place" in society, and arrive at some universals and differences. You do not have to buy books; just bring an open mind. See you there.

**Instructor:** Sue Schofield

Date	Day	Time
1/26-5/18	Th	9:00am-12:00pm
No class 2/23 & 4/20		
Learning Center/Room 27		

Registration begins January 9th  
Classes begin January 23rd

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

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 Courses

### Marine Biology

We live near the Atlantic Ocean but how much do you really know about the living organisms that live in it? Explore the abyss, dissect a squid, design your own fish, and look at bioluminescence and more in the class. This class will be a mix of projects and labs.

**Instructor:** Victoria Salo

Date	Day	Time
1/24-5/16	T	5:00pm-8:00pm
No class 2/21 & 4/18		

Biddeford High School/Room A007

### Biology

This class will fulfill the requirements of a high school biology class. The curriculum includes topics in ecology, cell biology, genetics, and heredity. There will be plenty of hands-on activities along with experiments. Create a cell model while studying cell parts, extract DNA and learn to decipher the genetic code in molecular biology, and see how traits are passed down while studying heredity. The course grade will consist of quizzes, tests, lab experiments, and class participation.

**Instructor:** Victoria Salo

Date	Day	Time
1/25-5/17	W	5:00pm-8:00pm
No class 2/22 & 4/19		

Biddeford High School/Room A007

## Math

### Intermediate Math

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

**Instructor:** Cindy Blais

Date	Day	Time
3/28-5/23	T & Th	9:00am-12:00pm
No class 4/18 & 4/20		

Learning Center/Room 24



### Art Class

We tell stories in many different ways. In this course, explore themes in film, drama and music.

**Instructor:** Sam Smithwick

Date	Day	Time
1/25-5/17	W	9:00am-12:00pm
No class 2/22 & 4/19		

Learning Center/Room 24

## Electives

### Are We What We Eat?

We will explore our basic health requirements, our relationship to illness. In each class we will cook and eat healthy food and research how we can keep our health and protect our food and water supply.

**Instructor:** Sue Schofield

Date	Day	Time
1/23-5/15	T	9:00am-12:00pm
No class 2/20 & 4/17		

Learning Center/Room 23

### American Sign Language Level 2

Students need basic conversation, vocabulary and finger spelling knowledge in ASL. This is a continuation of ASL Level 1. The course is the second in a series of courses designed to develop the skills and knowledge needed to communicate in American Sign Language. This course continues to develop American Sign Language vocabulary and sentence construction as well as finger spelling. In addition, students will continue to refine their knowledge of the D/deaf community and Deaf education.

**Instructor:** Patti Feda

Date	Day	Time
1/23-5/19	M & F	9:00am-10:30am
No class 2/20, 2/24, 4/17, & 4/21		

Learning Center/Room 27



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>morning</b>	<b>American Sign Language</b> 9:00-10:30 1/23-5/19  <b>Are We What We Eat?</b> 9:00-12:00 1/23-5/15  <b>ABE Basic Math</b> 9:00-12:00 1/23-5/18  <b>ABE Basic English</b> 9:00-12:00 1/23-5/18  <b>Parent Talk SI</b> 10:00-12:00 1/23-3/6  <b>Parent Talk SII</b> 10:00-12:00 3/20-5/1	<b>World Stories &amp; Cultural Studies</b> 9:00-12:00 1/24-3/23  <b>Basic English</b> 9:00-12:00 1/24-5/16  <b>Intermediate Math</b> 9:00-12:00 3/28-5/23  <b>ABE Basic Math</b> 9:00-12:00 1/23-5/18  <b>ABE Basic English</b> 9:00-12:00 1/23-5/18  	<b>HiSET Prep Class</b> 9:00-12:00 1/25-5/17  <b>Art Class</b> 9:00-12:00 1/25-5/17  <b>ABE Basic Math</b> 9:00-12:00 1/23-5/18  <b>ABE Basic English</b> 9:00-12:00 1/23-5/18	<b>World Stories &amp; Cultural Studies</b> 9:00-12:00 1/24-3/23  <b>Women in World Literature</b> 9:00-12:00 1/26-5/18  <b>Intermediate Math</b> 9:00-12:00 3/23-5/23  <b>ABE Basic Math</b> 9:00-12:00 1/23-5/18  <b>ABE Basic English</b> 9:00-12:00 1/23-5/18	<b>American Sign Language</b> 9:00-10:30 1/23-5/19  <b>Stress &amp; Anger Mgmt</b> 10:30-12:30 1/27-5/19  <b>AGE POLICY</b> Minimum age for Diploma students is 17 years.	
	<b>afternoon</b>	<b>ESOL</b> 12:30-2:30 1/23-5/18  <b>Creative Play II</b> 1:00-2:30 1/9-5/18	<b>ESOL</b> 12:30-2:30 1/23-5/18	<b>ESOL</b> 12:30-2:30 1/23-5/18  <b>Creative Play I</b> 1:00-2:30 1/11-5/17	<b>ESOL</b> 12:30-2:30 1/23-5/18  <b>Creative Play II</b> 1:00-2:30 1/9-5/18	
			<b>Marine Biology</b> 5:00-8:00 1/24-5/16	<b>World Literature</b> 5:00-8:00 1/25-5/17  <b>Biology</b> 5:30-8:30 1/25-5/17	<b>All High School Academic Courses are 45 hour courses.</b>	

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 but are responsible for any Material, Lab, and Text fees. Non-res. High School Supplement students ARE responsible for a \$25 supplement fee per semester.

You may register as soon as you receive this Catalog

# 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.biddefordschooldepartment.org](http://www.biddefordschooldepartment.org), 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, 64 West Street., Biddeford, ME 04005.

## 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 64 West Street, 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



Your Organization's Name 1001  
DATE: \_\_\_\_\_  
PAY TO THE ORDER OF \$ \_\_\_\_\_ DOLLARS  
ADDRESS SIGNATURE: \_\_\_\_\_  
#0400 4P #44422330 44455P



## 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

John F. Kennedy Memorial School (JFK)  
64 West Street  
Biddeford, ME 04005  
207-282-4134

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  
CRYSTAL BLAIS  
BRIANNA GILBERT  
ANTHONY MICHAUD  
HEATHER MILLS  
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  
LISA MARTEL  
*Night Supervisors*

MAGGIE BUTTERS  
*HiSET Examiner*

### BIDDEFORD SCHOOL DISTRICT DIRECTORY

Biddeford High School  
20 Maplewood Ave.  
Phone: 282-1596      Fax: 282-8275

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

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

Leadership Office  
18 Maplewood Ave.  
Phone: 282-8283      Fax: 282-8424

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

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

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

Food Service Department  
64 West Street  
Phone: 282-4134      Fax: 284-7199

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

Facilities Department  
205 Main Street  
Phone: 571-1602      Fax: 284-7956

“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@biddefordschooldepartment.org

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

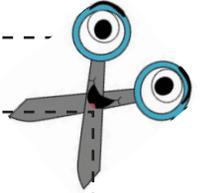
COURSE NAME	COURSE FEE	TEXT/ MATERIAL FEE

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  
64 West Street  
Biddeford, ME 04005

PRSR-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 Anne and Sue on your achievements.

Anne has received her certification through LERN as a  
Certified Marketing Planner (CMP)

Sue has received her certification through LERN as a  
Certified Program Planer (CPP).



Anne M. Beaulieu, CMP



Susan E. De Cesare, CPP

**Main Office**  
P.O. Box 624  
Biddeford, ME 04005  
207-282-3883

[adulted@biddefordschooldepartment.org](mailto:adulted@biddefordschooldepartment.org)  
[www.biddeford.maineadulted.org](http://www.biddeford.maineadulted.org)

**Learning Center**  
189 Alfred Street 2nd Floor  
Biddeford, ME 04005  
207-282-6511