



OLD ORCHARD BEACH/SACO Adult & Community Education

Learning for Better Living

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See pg 2

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EARLYBIRDW16
by 12/15/15



Creating Mandalas
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Delicious, Nutritious
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Save the \$5 registration fee when you register online!

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ASHTANGA YOGA FLEXIBILITY & STRESS REDUCTION

Enjoy individualized therapy for your aching body and deep rest for your mind. You do not have to be flexible to do this. We synchronize our breath with a series of physically therapeutic and intentional poses to improve flexibility, strength, decrease stress, develop mental focus and cultivate a calmer mind. Learn to walk through your life with a greater sense of relaxation. Options are offered for all poses and this class is suitable for beginners or the experienced 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 1/12-3/1 Sessions: 8
\$79 Kusum Institute Yoga, Saco FTNS.69

Penny Kusum Clum, MS, E-RYT 500, Advanced Yoga Nidra Facilitator, began practicing yoga over 20 years ago. She is the founder of Kusum Institute Yoga, offering yoga classes and immersion programs to bring the calming principles of yoga into daily life.
www.kusuminstitute.com

NEW ATTITUDE WORKOUT

This weight, resistance, and dance workout is designed for mature women who like 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 fitness intensity up! Boost your confidence to be your best with an upbeat mature instructor. Weights and bands provided. It's time for a New Attitude! Bring water, wear loose clothing and sneakers. No class January 18th and February 15th.

Section I:

Mon 5:30-6:30 PM 1/4-3/21 Sessions: 10
\$109 Young School, Cafe/Gym FTNS.75

Section II:

Wed 5:45-6:45 PM 1/6-3/16 Sessions: 10
\$109 Young School, Cafe/Gym FTNS.74

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

RASAMAYA® BARRE

This athletic workout is specifically designed to strengthen and lengthen the body. Fueled by upbeat music, you will efficiently flow through each muscle group, creating endurance and stamina through strength training and increased flexibility through stretching. The movements are influenced by classical ballet barre methods, Pilates, yoga, and orthopedic exercises. Class is taught in a small group setting offering personalized attention through verbal and hands-on corrections.

Please wear loose, comfortable clothing.

Note: Socks with appropriate grips on bottom are required for class and available for purchase at the studio for \$12.

Mon 5:45-6:45 PM 2/1-3/21 Sessions: 8
\$75 Live & Love Studio, OOB FTNS.72

Lena Knight is a 500RYT registered yoga teacher and a certified Rasamaya Barre instructor. She has been a dedicated asana practitioner for 20 years and owns her own yoga studio in OOB.



SPINNING FOR ROOKIES GET IN SHAPE AT SACO SPORT & FITNESS!

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 beginning participants although all levels are welcome as everyone works at their own pace. First timers, please arrive 15 minutes before your first class for bike setup instructions. Bring a water bottle and towel, and enjoy the ride! Registrations accepted through OOB/Saco Adult Education only.

Sun 9:45-10:30 AM 1/24-3/13 Sessions: 8
\$79 Saco Sport & Fitness, Saco FTNS.73

Paula Truman, certified Spinning instructor, has been teaching for many years and works with all fitness levels, from beginners to seasoned athletes.

**REGISTER WITH A FRIEND
& HAVE A BLAST!
AFFORDABLE,
IN YOUR NEIGHBORHOOD,
FUN!**

FITNESS / RECREATION



Make safety your priority!

NEW SELF DEFENSE FOR WOMEN

DAY This class is a great gift to pass on to your daughters and other women you know. Learn simple awareness and self defense techniques that you can use in a variety of situations to protect yourself and your family. Increase your confidence and safely. Discuss the current thinking on self defense and what law enforcement agencies recommend. Please wear loose, comfortable clothing.

Sat 1-3 PM 2/27-3/19 Sessions: 4
\$65 Saco LC, Open Rm FTNS.70

Aaron Parker has been studying martial arts since 1977. Aaron's life-long passion is Martial Arts and he loves sharing it with others.

T'AI CHI LEVEL ONE

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

Mon 6-7 PM 2/22-3/28 Sessions: 6
\$49 Loranger Middle, Gym FTNS.71

Joe Harrigan is certified to teach an evidence-based Taiji (T'ai Chi) program developed by Master Dr. Yang Yang. Joe is a life-long martial artist with a Black Belt in Kenpo Karate. He teaches professionally in many locations including Maine Center for Taijiquan, Saco Seniority, So. Portland Rec, Portland Adult Ed and Goodwill NeuroRehab.



**Secrets to Being
Happy, Energetic &
Productive
Pg 7**

NEW BEGINNER CRIBBAGE AT BANDED HORN BREWING COMPANY

Cribbage is the best game in the universe! 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 and a beverage while Brandon from Banded Horn walks you through the ins-and-outs of this popular board game. This is a beginner to advanced beginner level class. Boards will be provided for the evening and beer (or a nonalcoholic choice) will be served. Registration through OOB/Saco Adult Ed only. Tuition includes 1 beverage per class.

Tue 6-8 PM 2/23-3/15 Sessions: 4
\$75 Banded Horn Brewing Co, Bidd. RECS.71

Brandon Malacara is an avid cribbage player and is excited about the chance to share his skills with others.

NEW BUILDING YOUR SURVIVAL KIT

Put together a kit for short term vs. long term survival. We will have various types of equipment and gear on hand to see and handle. Learn to make informed decisions based on the survival needs of shelter, water, fire, and food. Tuition includes materials for your starter kit.

Tue 6-8:30 PM 2/2 Sessions: 1
\$29 OOB HS, 111B RECS.73

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

FEEDING & IDENTIFYING WINTER BIRDS

Learn how birds adapt to the many challenges that Maine's harsh winter weather brings to our fine-feathered friends, including finding food and water. We will also explore the migratory birds that visit Maine including ducks and birds of prey.

Wed 6-8 PM 2/3 Sessions: 1
\$18 OOB HS, 109 RECS.75

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

RECREATION / FAMILY, HOME & GARDEN



WILD FOODS INTO MODERN MEALS

Explore a seasonal approach to gathering wild plants: setting up a calendar, finding resources for identifying plants, processing, and storage of your foods. See a cooking demo including drying, shelling and leaching acorns, along with sampling some wild goods. Tuition includes materials.

Tue 6-8:30 PM 3/1 Sessions:1
\$29 OOB HS, 111A RECS.69
Lou Falank Jr.-see bio pg 4.

FLY TYING BASICS

Fly tying is easy and fun when you know the basics. This class is for the complete novice or experienced fly tyer. Learn the tools and materials needed to work on standard and traditional Maine patterns. Tie wet flies, dry flies, streamers and more. Work on knots and finishing with man made and natural elements: feathers, chanelle, tinsel, various threads and other readily available resources. Basic tools and materials will be provided but feel free to bring your own. No class February 16th. Tuition includes materials.

Tue 6-8 PM 1/26-3/8 Sessions: 6
\$79 OOB HS, 110 RECS.74

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

TRAVEL LIGHT FOR LESS

Tired of schlepping several heavy bags when traveling? Pack with veteran world traveler, Susan Lieberman, and find out what to take and how to pack it for travel abroad using one carry-on bag. Receive a packing checklist you can use for any trip, any time of the year. Susan will come with a bag packed for a three week trip which she will unpack and repack. Get the scoop on where to look for the best deals on transportation, accommodations, and attractions.

Thu 6-9 PM 1/28 Sessions: 1
\$29 OOB HS, 101 RECS.70

Susan Lieberman has traveled extensively throughout Europe and Asia. She never takes more than one bag and always finds the bargain-priced trip!

BEEKEEPING SCHOOL

Learn all you need to know about getting started in beekeeping. Topics include: understanding bees, colony activities, equipment, obtaining/working with bees, four season colony management, special management problems, bee diseases and pests, products of the hive and pollination and bee plants. Please arrive by 5:45 PM for the first class. Bring a three-ring binder for handouts

Required texts: *The Beekeeper's Handbook*, 4th Ed. [Paperback] by Diana Sammataro, Alphonse Avitabile, and Dewey M. Caron (approx. \$20 at Amazon). *Honey Bee Diseases and Pests*, 2nd Ed., revised by C. Scott-Dupree, published by Canadian Association of Professional Apiculturists. Available at: www.brushymountainbeefarm.com Item #980 for \$7.95 - 1-570-568-0870.

Note: If interested in obtaining bees, equipment & supplies this year you should order ASAP from supplier: <http://mainebeekeepers.org/beekeeping-resources/beekeeping-equipment-and-bees/> Any questions about purchasing bees or supplies please call Geoff at (207) 415-9044.

Thu 6-8 PM 2/25-3/24 Sessions: 5
\$109 OOB HS, 110 HOME.71

Geoff MacLean is Vice President of Cumberland County Beekeepers Association, a USM Cooperative Extension Beekeeping instructor, and a beekeeper at Red Brook Honey in Scarborough. www.redbrookhoney.com

OUTBOARD MOTOR REPAIR

Take the mystery out of using and maintaining your outboard motor. Get one-on-one, hands-on help to learn the basics of troubleshooting while working with the gear case, cooling, fuel and ignition systems. Start with a small, 6-horsepower or less, outboard motor, diagnose the problem and then repair it! Yearly maintenance will also be covered. Some small (6 HP or less) outboards will be available or bring your own non-working motor or one that needs some work. Be prepared to get your hands dirty. Instructor will supply all tools or bring your own. No class February 18th. Tuition includes materials.

Thu 6-8 PM 1/28-3/24 Sessions: 8
\$109 INST Shop, Saco HOME.74
Mike Luchetti-see bio this pg.

FAMILY, HOME & GARDEN

DAY BUYING YOUR FIRST HOME

This Maine hoMEworks class covers the entire process of buying a home: making the decision, budgeting for homeownership, repairing credit, getting approved for a mortgage, 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: HUD, USDA, ME State Housing Authority and other lenders. Free individualized counseling is available following the 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 9 AM-2:45 PM 2/27-3/5 Sessions: 2
\$30 Saco LC, Rm 1 HOME.70

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 homebuyer educator.

THE A, B, C & DS OF MEDICARE

Review the way Medicare covers inpatient, outpatient, and prescription drug costs. Learn about 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, adult children and all loved ones of Medicare beneficiaries.

Thu 6-8 PM 3/24 Sessions: 1
FREE OOB HS, Library HOME.69

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



Want to know more about landscaping?
Rob Moody, of Moody's Nursery, is the guy to learn from!

INSTALLING HARDSCAPES

Learn about walkways and patios: paver and natural stone installation or flagstone; for retaining walls: manufactured and dry laid walls, coping with drainage and elevations. Learn some of the easy ways to install and cut pavers, split stone, read the grain of a stone and easy ways to split granite and stone with inexpensive chisels, feathers and wedges.

Tue 6-8 PM 2/2-2/9 Sessions: 2
\$33 OOB HS, 101 HOME.73
Rob Moody-see bio below.

INSTALLING YOUR LANDSCAPE

Start with a brief overview of landscape design and a discussion concerning the right plant for the right place. Detailed installation instructions will be given for plant set up, sod removal, planting and planting soil, watering in, landscape fabric installation, drip edges and crushed stone types, bark mulches, and the final finishing of your design. Additional topics include: basket removal from ball & burlap plant material or not, planting root bound plant material, removing plants from pots easily, and resolving planting problems.

Tue 6-8 PM 2/23-3/1 Sessions: 2
\$33 OOB HS, 101 HOME.72

Rob Moody has extensive knowledge in nursery development, landscape/hardscape design, irrigation installation, and engineering. He was certified by the International Concrete and Paver Institute to install manufactured concrete landscape products. Rob has worked at Moody's Nursery for 35+ years and was President of the Maine Landscape & Nursery Association.
www.moodynursery.com

NEW!
Beginner Cribbage
Pg 4



INTRO TO SHIATSU MASSAGE FOR COUPLES

Shiatsu is Japanese for finger pressure and uses the ancient principles of acupuncture to treat disorders such as headaches, cramps, digestive problems, and backaches. Learn to stimulate the flow of Qi in the body, increasing your well-being and reducing pain using gentle stretches and pressure. We will cover barefoot shiatsu, abdominal massage, and shiatsu in the seated position for head, neck and shoulder tension. Wear loose, comfortable clothing and bring a thick towel or mat for floor work.

Mon 6:30-8:30 PM 2/1 Sessions: 1
\$19 OOB HS, Library HLTH.73

Lisa Bouchard is a licensed massage therapist, Shiatsu practitioner and acupuncturist. She has owned and operated MassageCraft in Biddeford and Old Orchard Beach for the last 25 years.

HYPNOSIS FOR SUGAR ADDICTION

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

Tue 6-8 PM 2/9 Sessions: 1
\$19 OOB HS, 103 HLTH.72
Hugh Sadlier-see bio pg 8.

KICK THE SUGAR HABIT

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

Tue 6:30-8 PM 1/26 Sessions: 1
\$15 OOB HS, 101 HLTH.75

Mary Moskowitz MS,CHC is a Certified Health/Nutrition Coach and Cancer Coach at Mainly Healthy and Nutrition and the Integrative Health Center of Maine.
www.mainlyhealthandnutrition.com



SECRETS TO BEING HAPPY, ENERGETIC & PRODUCTIVE

Why are some people able to stay upbeat, active and get so much done? Discover the secret and start living a more energized, fulfilling life. Learn the seven perspectives to overcome disappointments and frustrations that leave you feeling drained, overwhelmed and unproductive. Gain new listening and rapport-building skills while avoiding conflict by choosing the perspective that will guarantee the best outcome. Leave feeling more confident and skilled in dealing with any situation life throws your way.

Tue 6-8 PM 3/15-3/22 Sessions: 2
\$39 OOB HS, 103 HLTH.67

Jodi Flynn, founder of Luma Coaching, specializes in helping business leaders overcome stress and self doubt while creating the business and lifestyle of their dreams. Her podcast, Women Taking the Lead, inspires women to overcome self doubt and lead with confidence and integrity.



ESSENTIAL OILS

Often used to support health, reduce stress and in green cleaning, essential oils can enhance so many areas of your daily life. You will receive an excellent foundation in essential oils, their safety and tips on how to create a more natural, healthy lifestyle.

Wed 6:30-8:30 PM 2/10 Sessions: 1
\$18 OOB HS, 101 HLTH.71

Kim Clavette, Certified Health Coach through the Institute for Integrative Nutrition in NYC, specializes in helping clients regain their health via digestive wellness and nontoxic living.

NEW CERTIFICATE PROGRAMS

NEW! Ice Rescue Technician
NEW! ServSafe Food Protection Manager
Certified Residential Medication Aid
Heartsaver CPR & First Aid
FREE! Substitute Teacher Training
Pgs 21-23

HEALTH



Tea, a sweet & warm way to benefit your health.

THE HEALTH BENEFITS OF TEA

Tea is one of the most popular drinks of the 21st century, especially among those seeking to keep fit, stay young, and live longer. Review current research regarding the health benefits of tea (from the tea plant, not herbal teas), along with a brief overview of the many types of tea. Discuss how tea gets from plant to cup while enjoying an assortment of teas with simple treats.

Tuition includes tea and treats.

Tue 6-8 PM 3/22 Sessions: 1
\$18 OOB HS, 111A HLTH.66

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

TAKE A NATURAL APPROACH TO BONE HEALTH

Many doctors recommend the use of medications when treating their patients for bone loss (osteopenia or osteoporosis). However, these drugs have potential side effects—some of which can be serious. There are much safer and effective ways to maintain bone health and sometimes even reverse bone loss. Learn what dietary, lifestyle and supplement solutions can help keep you strong, healthy and upright for years to come!

Tue 6:30-8 PM 3/1 Sessions: 1
\$18 OOB HS, 103 HLTH.66

Dr Devra Krassner has been in private practice for 25 years. She currently practices at IHCM with a specialty in women's health care and uses many modalities, including herbal medicine, nutrition and homeopathy.
www.maineintegrative.com



UNLOCK YOUR DREAMS WITH HYPNOSIS

How can you unlock the riddles that your dreams present? Your subconscious mind created your dreams and it can also interpret them for you. Ordinary, extraordinary, recurring, frightening - all dreams can be interpreted. Learn to understand and cultivate your dreams as this is your subconscious mind's way of trying to get your attention about something important.

Tue 6-8 PM 2/23 Sessions: 1
\$19 OOB HS, 103 HLTH.70

Hugh Sadlier, practicing hypnotherapy for 24 years, has worked with over 2300 people on more than 260 separate issues, including weight management & eating disorders. He practices at the Integrative Health Center of Maine in Portland.



Living 3 Right. Make this your magic number.

LIVING 3 RIGHT

EAT RIGHT, THINK RIGHT, MOVE RIGHT!

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

Wed 6:30-7:30 PM 1/27-2/10 Sessions: 3
FREE OOB HS, 108 HLTH.74

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

MIND, BODY & SOUL / CULINARY ARTS



TALK TO YOUR ANIMALS

Start communicating with your animal partner for a better understanding of who they are. Learn what animal communication is, ways to communicate, how to prepare to receive your animal's information and tools for validation. Please bring photos of your animals to class.

Wed 6-8 PM 3/9 Sessions: 1
\$17 OOB HS, 201 MIND.74

Jailene Fontaine has communicated with the animal kingdom since childhood. She trained and rehabilitated horses for 25 years using her communication skills and a holistic approach. She also has a vast knowledge of essential oils, supplements, and is a certified herbalist.

WHO SHOULD YOU BE DATING?

We answer that question based on scientific research from Helen Fisher, Ph.D. and with a fun party game to see which answer seems more relevant and useful. Explore what your personality says about who you are likely to mesh well with. We end by discovering ways to stay true to ourselves as we date.

Mon 6:30-8 PM 3/7 Sessions: 1
\$15 OOB HS, 101 MIND.73

Erin Oldham, Ph.D, a divorce and relationship coach, supports people as they navigate getting into, sustaining and getting out of relationships. www.localflamesmaine.com

YOGA NIDRA GUIDED MEDITATION

Come in, lay down and cover up as this guided relaxation takes you deep inward through the layers (koshas) of your being as you set a personal intention specific to your life. This method aids in healing, stress relief, addictions, feelings of loss and the release of long held behavioral patterns, leading to physical, mental and emotional relaxation. Bring a mat, wear comfortable clothing, and minimize the use of perfumes.

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

Mon 6:15-7:15 PM 2/8-3/28 Sessions: 8
\$69 Kusum Institute Yoga, Saco MIND.75

Kathleen McCallum, CYT 200, RPP, Advanced Amrit Yoga Nidra facilitator, Reiki II (Usui Lineage), developed a deep attunement to Spirit/Energy/Prana through the practice of Yoga. She attended the Amrit Yoga Institute for Yoga Nidra Professional Training and offers services in Polarity Therapy, Reiki, Yoga Nidra, and Yoga.



A TOUR OF CALIFORNIA WINES

California is famous for Cabernet Sauvignon, Chardonnay and Pinot Noir but there are many different varietals now growing there. Explore what's new on the Cali wine scene while sampling four different wines paired with light, healthy appetizers courtesy of Vic & Whit's. Registration through OOB/Saco Adult Education only. Tuition includes food/wine.

Thu 6-8 PM 2/25 Sessions: 1
\$35 Vic & Whit's, Saco CLNR.75

Gene A Barber, a wholesale rep for Devenish wines, started his first wine tasting club in 1974 and has been an avid student ever since. He deals primarily in low-yield, low-production wines that are sustainable, organic and natural.



BANDED HORN BEER TASTING & TOUR

Are you interested in learning more about the process and ingredients responsible for the taste of fine, hand-crafted beers? Join brewer Bob at Biddeford's Banded Horn Brewing Company, for an in-depth experience in the production, packaging, and tasting of our beers. Explore the various beer ingredients, their influences on our styles, an overview of our specialty brewing process, and a guided tasting of the beers we craft. Take an in-depth tour of the brewery followed by a sampling/discussion session of our unique ales and lagers. Pizza will be provided by Portland Pie Company. Cheers! Registration through OOB/Saco Adult Education only. Tuition includes food/drinks.

Mon 6-8 PM 2/1 Sessions: 1
\$35 Banded Horn Brewing Co, Bidd CLNR.74

Banded Horn, where tradition meets trends! This local craft brewery is known for its unique and varied ales and lagers. www.bandedhorn.com



NEW!
Wild Foods Into
Modern Meals
Pg 5

CULINARY ARTS



BEYOND THE RECIPE WINTER EATS KITCHEN IMPROV W/ BOB

Not all recipes need to be by the book, and knowing the tricks of the trade can save a lot of time and money. Our popular and talented chef, Bob Cyr, will show you how to translate and simplify recipes or whip something up on your own without one. Create an impressive, tasty seasonal dinner for your family anytime with the ingredients in your fridge and the spices in your cabinet. On the menu: root vegetables, a protein and butternut squash dessert. Come prepared to cook, taste, and enjoy! Tuition includes food.

Thu 6-8:30 PM 2/4 Sessions: 1
\$29 OOB HS, 111A CLNR.73

Robert Cyr is a Safety and Wellness Instructor, Certified Health Coach, organic gardener, and personal chef.



COOKING 101

This hands-on introduction will include basic knife skills and cooking techniques such as: sautéing, poaching, broiling, grilling and pureeing, sanitation guidelines, measurements, and ingredients. Start with a basic Chicken Broth and move to Egg Drop and Cream of Chicken soups, as well as Southwest Chili. Build on your new skills to create mouthwatering Stir-Fried Beef, Pork Milanese and Chicken Piccata. Our final class pulls it all together as we create a dinner party from soup to nuts. This elegant four course meal includes: Bruschetta, California Salad, Stuffed Pork Tenderloin and Sabayon. Tuition includes food.

Mon 6-9 PM 2/29-3/14 Sessions: 3
\$109 OOB HS, 111A CLNR.72

Moira Rascati is a graduate of the Culinary Institute of America in New York and has been a sous-chef at Joseph's by the Sea for the past 25 years. Moira has also taught the Garde Manger course at Southern Maine Community College for 10+ years.



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 them or losing flavor, and never again cry when cutting an onion. Learn the tricks of the trade, discover the four knives every chef needs in their kitchen, and finish with a lesson on honing and sharpening your knives at home. Please bring a sharpened paring knife, French knife and sharpening steel, if you have one. Tuition includes materials.

Mon 6-8 PM 1/25 Sessions: 1
\$25 OOB HS, 111A CLNR.71
Moira Rascati-see bio this pg.

DELICIOUS, NUTRITIOUS DESSERTS NEW MENU!

Explore healthier versions of your favorite treats with health coach, Dana Johnson. Using quality organic ingredients, create mouthwatering treats to satisfy your sweet tooth without the negative health consequences. On the menu: Raspberry Almond Torte cookies, Chocolate Bark and Banana Ice Cream - all made with the best ingredients. Learn what to substitute and omit to make healthier treats for your family and friends. Tuition includes materials.

Mon 6:30-8:30 PM 2/1 Sessions: 1
\$29 OOB HS, 111A CLNR.70

Dana Johnson is a certified health coach and owner of A Healthy Life and Biddeford Saco Bootcamp. She enjoys helping people feel better and achieve their goals.
www.danajohnsonahealthylife.com

FERMENTING VEGETABLES

This hands-on workshop teaches the basic steps for fermenting: preserving equipment, recommended recipes and ingredients. Enjoy the wonders and ease of fermentation with a batch of vegetable ferments, like sauerkraut and kimchi, and take your first batch home! Tuition includes materials.

Wed 6-8 PM 3/2 Sessions: 1
\$29 OOB HS, 111A CLNR.68

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



EVERY DAY FAMILY MEALS

Do you want to be able to prepare scrumptious meals that fill your whole house with savory scents of delicious food? Indulge your senses while preparing braised, slow-cooked winter dishes such as Coq Au Vin (it's just chicken cooked in wine), pot roast, vegetable curry, and more. These dishes are sure to please a hungry gang on a cold night. Tuition includes food.

Thu 6-8:30 PM 3/10 Sessions: 1
\$37 OOB HS, 111A CLNR.69

Jonathan Adelson, owner of Rick's All Season Restaurant in York, ME, has owned several successful establishments. He loves sharing his expertise and passion for home-cooked food.



FOUR MEALS, ONE CHICKEN

It is possible to get four separate meals out of one chicken? Yes! Learn the basic skills of butchering and preparing a chicken. We will cover roasting a whole chicken, cooking thighs or breasts for a quick dinner, utilizing leftover roast chicken, making stock and using it to make soup, and more. You can't afford to miss this combination hands-on/demo class. Tuition includes food.

Wed 6-8:30 PM 1/27 Sessions: 1
\$37 OOB HS, 111A CLNR.67
Jonathan Adelson-see bio above.



HEARTY VEGGIE SOUPS

There is nothing like a nice warm soup on a cold winter's night! Create three delicious vegetarian soups that are easy to make and taste wonderful. On the menu: carrot soup drizzled with cilantro pesto, classic



red lentil soup, filled with hardy lentils and other veggies; and Indian soup over rice and spinach, served with naan. Leave this class filled with samples, recipes and ideas for what to pair with your dishes. Tuition includes materials.

Mon 6:30-8:30 PM 2/22 Sessions: 1
\$29 OOB HS, 111A CLNR.66
Dana Johnson-see bio pg 10.



Make your burger 'the Ultimate'!



MAKE YOUR OWN CONDIMENTS

Save money while creating healthy alternatives to store-bought condiments. Identify flavors and simplify the process of making and storing your favorite condiments right at home and enjoy tastier versions of your favorite toppings. On the menu: Spicy Ketchup, Avocado Mayo and Korean BBQ (and almond butter, if time allows). Condiments make great gifts for family and friends! This is a hands-on class. Tuition includes food.

Thu 6-8 PM 2/25 Sessions: 1
\$29 OOB HS, 111A CLNR.65

April Powell, a Certified Wellness Chef, Internationally Certified Sports Nutritionist and Holistic Health Coach, has crafted her own style of cuisine using local and global flavors, seasonal ingredients and nutrient-dense foods. She runs a consulting and mobile teaching service in Maine. www.fitkitchfoodedu.com



THE ULTIMATE BURGER

Let's face it, burgers are not what they used to be.

Fast forward to today's food scene and you can get anything from a basic beef patty on a bun to a gourmet burger with brie, pickled zucchini strips, served on grilled focaccia. Explore how to enhance a boring beef burger to build a new, innovative, impressive burger your family and friends will rave about. Learn what ingredients to add to make your patties more creative, consistent and tasty. Have fun and save money. The options are limitless. This is a combination demo/hands-on class. Tuition includes food.

Thu 6-8 PM 3/24 Sessions: 1
\$29 OOB HS, 111A CLNR.64
April Powell-see bio above.

CREATIVE ARTS

ACRYLIC LANDSCAPE PAINTING INTENSIVE

Develop an understanding of composition, color, form, and value through landscape painting. Prior experience is helpful, but not required. Students are encouraged to bring in landscape photos to use for painting studies. No class February 16th.

Materials: Palette with cellophane wrap, 3 (9"x12") primed panels or stretched canvases, palette knife, brushes: 1" flat, 1/4 in. filbert, 1/2 in. filbert; water container, spray bottle, 8"x10" canvas pad, graphite pencil, one 2 oz. tube each: cadmium yellow medium, cadmium red medium, cobalt blue, and titanium white. Golden Acrylics are recommended, but any brand is adequate.

Tue 6-9 PM 2/2-2/23 Sessions: 3
\$69 OOB HS, Art Rm CRTV.75

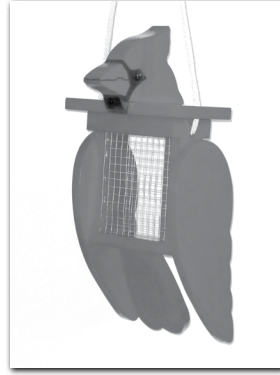
Chris Reed, BA in Visual Arts from Bowdoin College, creates landscape paintings in acrylic and oil. He has taught at Sam's Place in Saco, the New School and River Tree Arts in Kennebunk. His work has been exhibited throughout New England.

BEGINNER DIGITAL PHOTOGRAPHY

Do you own a Digital Single Lens Reflex (DSLR) camera? Explore how digital photography works in the world so you can get all the benefits your digital camera has to offer: what lenses do, and 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 editing programs available, both software and freeware. A field trip is scheduled for one Saturday, time and location to be agreed upon in class. Please bring a DSLR camera, fresh batteries, a memory card, and your questions! Recommended: a laptop computer. **Note:** This class is not for point and shoot only digital cameras, but requires a camera with manual controls.

Mon 6-8:30 PM 2/29-3/28 Sessions: 5
\$99 OOB HS, iMac Lab CRTV.74

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



Make your fine feathered friends happy!

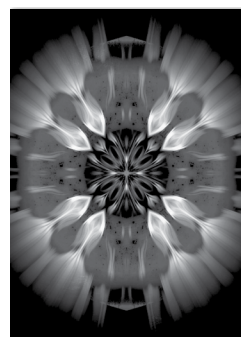
NEW CARDINAL SUET BIRD FEEDER

Create an impressive red cardinal suet bird feeder, the perfect food source and retreat for your backyard, feathered friends. Constructed of sturdy pine, you will assemble the pre-cut kit in class and bring it home to paint. This bright red, stylish feeder will catch the eye of birds, wildlife and many backyard visitors. Perfect for bird watching and enjoying through the long winter months. Tuition includes materials.

Wed 6-8:30 PM 2/10 Sessions: 1
\$59 OOB HS, Tech Lab CRTV.73

George Francis Jr. has been woodworking for a number of years making furniture, children's banks, bird and bat houses. He enjoys sharing his knowledge with others.

NEW CREATING MANDALAS



Mandalas are both ancient spiritual symbols and forms of creative expression. You will be invited to create unique mandalas – inspired by short guided visualizations and hands-on exercises that encourage you to play with color and designs. Enjoy

the experience of centering and focusing through art, in a spirit of play and joyful intention. No art experience necessary.

Mon 6:30-8 PM 3/7-3/28 Sessions: 4
\$69 Saco LC, Rm 1 CRTV.72

Mary Marra has been creating mandalas and meditating with art for years. She believes a spirit of play and an attitude of wonder are at the heart of creativity, that all of us can access our inner artist, and awe and beauty heal the world.



CREATIVE WRITING

Join us and get the tools and support to fulfill your urge to write. Explore your mind and give yourself the opportunity to manifest your creativity into reality. We'll cover what should be in a writer's toolbox, how to develop strong plots and characters, and brainstorm and peer edit your writing, so you can grow as a creator. Please bring your preferred writing instruments: pen and paper or computer. No class February 15th.

Mon 6-8 PM 2/1-2/29 Sessions: 4
\$65 OOB HS, 109 CRTV.71

Alexandra Johnson, BA in Media & Communication from USM, has been writing avidly for years and working as a contract marketer and freelance writer. She is excited to show students how amazing it feels to immerse yourself in your own world of words.

CROCHETED WIRE NECKLACE

Learn to construct a necklace or bracelet, using wire and high quality glass beads, simply by crocheting. No prior experience is necessary. Choose from our variety of colorful beads to accent your stunning jewelry and give it a unique look. Give your piece a finishing touch with a beautiful gold or silver plated clasp. Make and take home one necklace or bracelet. Tuition includes all materials.

Wed 6-8 PM 3/16 Sessions: 1
\$39 OOB HS, 111A CRTV.70

Artascope 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.
www.artascope.com

DRILLED SEA GLASS JEWELRY

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

Wed 6-8 PM 2/3 Sessions: 1
\$39 OOB HS, 111A CRTV.69
Artascope-see bio above.

FLESHING OUT YOUR STICK FIGURES DRAWING FOR BEGINNERS

Explore drawing through training in the direct observation of form and its surrounding elements. The emphasis will be on tonal drawing to re-creating the appearance of nature with use of still life forms. The development of forms as derived from the study of perspective, composition, and value will play as the foundation for this class. Please bring: Vine Charcoal, kneaded eraser, charcoal paper, a basic pencil (materials approx. \$20). No class February 15th.

Mon 6-8:30 PM 1/25-2/29 Sessions: 5
\$89 OOB HS, Art Rm CRTV.68
Russel Whitten-see bio pg 15.



FOLK ART RUG HOOKING

Like all old fashioned crafts, rug hooking is low-tech, simple and lots of fun! You can easily incorporate rovings, hand spun and commercial yarns, felting techniques and embellishments, once you have mastered the basics. Learn the sequence and procedure of rug hooking, from start to finish. Discuss history and traditions, finding and preparing materials, and sources for design inspiration. Choose your mat or chair pad (purchased from the instructor) which will include everything needed: hook, instructions, design suggestions, binding, burlap, hoop and a selection of one-of-a-kind heirloom and hand dyed wools (\$41-\$60, depending upon size) Please bring lunch, sharp fabric scissors and email the instructor to reserve your favorite kit design at www.jconnerhookedrugs.com

Sat 9 AM-1 PM 1/23 Sessions: 1
\$35 Saco LC, Rm 1 CRTV.67

Janet Conner holds a BS in Art Education from Moore College of Art and Design in Pennsylvania, and is a member of the Saco Valley Fiber Artists. Janet exhibits regionally and at Maine Fiber Arts Center.
www.jconnerhookedrugs.com



Fly Tying Basics

Pg 5

CREATIVE ARTS

FURNITURE PAINTING WITH CHALK PAINT

Create beautiful, professional quality, painted furniture for your life using chalk paint, a new paint medium that is changing the world of decorating. Bring a small portable piece of furniture to class that you want to give new life to and leave with a beautifully painted addition to your home. Learn technique and process as well as discover your style preferences in furniture finishing. Individual coaching provided, as needed, throughout the class.

Required: a small piece of furniture, an apron, a small drop cloth and a \$3 SAMPLE jar of matte or satin paint in your favorite color from Home Depot (Behr) or Lowes (Valspar). Tuition includes all chalking materials, brushes, applicators, tools, waxes, topcoats and glazes.

Mon 5:30-9 PM 2/1 Sessions: 1
\$55 OOB HS, Tech Lab CRTV.66

Meredith (Miki) 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. Visit royalchalk.com or facebook.com/royalchalk.

HOW TO USE YOUR DIGITAL CAMERA

Digital cameras offer a marvelous photography experience, but can seem more complicated than a traditional film system. Subjects include resolution, metering, exposure compensation, white balance, macro techniques, and using menus and possible settings. Register early - this is a very popular class. Bring your digital camera, fresh batteries, and your manual to learn the basics of this computer with a lens!

Thu 6-9 PM 2/4 Sessions: 1
\$29 OOB HS, 103 CRTV.65

Liam Sawyer is a 2014 graduate of Chatham University with a BA in Visual Arts and Photography. His work focuses on printmaking and photography. Liam loves teaching people of all ages and abilities.



**Build Websites
for Less**
Pg 20



SCREENPRINTING 101

This versatile process can be used to transfer graphic images to paper, wood, and fabric. It's ideal for making T-shirts, posters, coasters, greeting cards, stationery, and more. This course provides a basic intro to screenprinting. Designs will be available for you to choose from and you will leave with a finished product.

Required: T-shirt or canvas bag (available at local craft stores).

Tuition includes all other materials.

Thu 6-8:30 PM 3/3 Sessions: 1
\$39 OOB HS, Art Rm CRTV.57
Liam Sawyer-see bio this pg.

IPHONEOGRAPHY

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

Mon 6-8:30 PM 1/25-2/8 Sessions: 3
\$59 OOB HS, iMac Lab CRTV.64
Liz Bieber-see bio pg 12.

WATERCOLOR BASICS

Build a strong foundation in watercolor by studying color theory, color mixing, application, how to create the illusion of distance, and composition. You will be 'walked through' your first painting, then the sky is the limit! The instructor will be there to help you continue to build your skills and confidence. No class February 17th.

Please bring: 1 small tube each: Cadmium Yellow (light), Cobalt Blue, Alizerin 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.

Wed 6-8:30 PM 1/27-3/2 Sessions: 5
\$89 OOB HS, Art Rm CRTV.55
Russel Whitten-see bio pg 15.

CREATIVE ARTS



Make beautiful, earthy jewelry for your family, friends, AND yourself. Artascope makes it easy!



SILVER & STONES

Customize your jewelry with handmade sterling silver findings. Make your own ear wires, clasps and connectors using hammers and steel plates to texturize, dap (curving metal into a dome with special dies and punches), and punch (no drill required). Tuition includes materials for one pair of earrings OR a keychain, as well as a pendant in sterling silver.

Wed 6-8 PM 2/24 Sessions: 1
\$59 OOB HS, 111A CRTV.56
Artascope-see bio pg 13.



Paper crafting has a million & one applications!



PAPER CRAFTING

Paper crafting involves folding, cutting, gluing, molding and layering to create dimensional art. Learn to use a scoring board and various tools to create perfect creases and patterns in card and/or paper stock. Make adorable mini gift boxes, gift tags and decorative accents to apply to them.

Please bring a pair of scissors, one roll of Washi tape and eight pieces of 12" x 12" heavy card stock in your preferred colors.

Tue 6-8:30 PM 3/1 Sessions: 1
\$25 OOB HS, 111B CRTV.58
Kelly Thayer-see bio this pg.

ONE NIGHT PICASSO

In a single evening, learn to control watercolor like a pro! Create your own simple still life with three-dimensional results. With the use of a spotlight on a subject, you will be shown with step-by-step instruction how to paint what you see. No experience in watercolor is required.

Please bring: #10 watercolor round brush, 1" watercolor flat brush and 1 sheet of Arches 140 lb. cold press watercolor paper (approx. \$20).

Mon 6-9 PM 3/14 Sessions: 1
\$29 OOB HS, Art Rm CRTV.61

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. Students love his easy, supportive style.



This class is a BLAST!

KNIT WITH YOUR ARMS!

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

Required: 3 balls of a bulky or super bulky weight yarn (suggested: Lion's Brand Wool Ease or Lion's brand Hometown USA).

Tue 6-8 PM 2/9 Sessions: 1
\$19 OOB HS, Library CRTV.63

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

PAINTING GLASSWARE

Learn to paint on glassware! Create fun, unique and personalized gifts. Leave with a custom, hand-painted wine glass and basic painting skills to use for future projects. Please bring a clear, dishwasher-safe wine glass and several small fine to large-sized acrylic paint brushes, (approx. \$10-\$15). Tuition includes paint.

Tue 6-8:30 PM 1/19 Sessions: 1
\$25 OOB HS, 111A CRTV.59
Kelly Thayer-see bio above.

CREATIVE ARTS / MUSIC & DANCE



What could be more fun for a Ladies Night Out?



NAIL ART LADIES NIGHT OUT!

Forget one color and one coat, your options are limitless! Why not try a multicolored design or 3-D nails by affixing tiny rhinestones on top of a sparkly polish and watch your fingers shine. The professional staff at Saco Nails & Spa will share their expertise and unique ideas to make your nails stand out! Explore what is involved in creating a professional manicure including: procedures, products, options, designs and everything needed for a quality, lasting manicure. Choose your color and unique design, sit back and relax as you enjoy a nail makeover from the pros. Tuition includes materials.

Tue 7-8:30 PM 2/2 Sessions: 1
\$20 Saco Nail & Spa, Saco CRTV.62

Saco Nails & Spa, the area's newest salon, provides personalized, professional facial, massage, nail and waxing services to the community.



PAINT ON IT!



Have fun using stencils, stamps and household items to create your own designs with fabric paint. Learn to look at ordinary items in new ways for creative inspiration. Get basic skills to take home and make fun, funky patterns

which give new life to items like clothing, pillows, furniture, and more.

Required: 1 light-colored plain tote bag or linen tea towel, available at local craft stores.

Tue 6-8:30 PM 3/22 Sessions: 1
\$25 OOB HS, Art Rm CRTV.60
Kelly Thayer-see bio 15.

BEGINNER GUITAR EXTENDED CLASS!

Playing and learning guitar is a blast! With a seasoned teacher and musician like Travis you cannot go wrong. You will 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 and making your friends and family smile. No class February 17th.

Required: nylon or steel stringed acoustic guitar, picks (plectrums), an electronic tuner or a tuning app on your smart phone, and the book *Hal Leonard Method Complete Set with CD* (approx. \$20-\$25).

Wed 5:30-7 PM 2/3-3/2 Sessions: 4
\$65 Saco Middle, A-2 MUSC.75

Travis Taylor has been playing the guitar for 14 years, and with a local band for six. He has been teaching guitar at Saco Middle School for the past 10 years.



Get your jingle on with Syrena.

BEGINNING BELLY DANCE

Belly dance is wonderful exercise for every belly! Join us in a judgment-free space where the focus is on movement, positive body image, encouragement, and support! Beginners will learn basic movements and combinations, while intermediate students will refine their knowledge and begin experimenting with "layers." The tummy toning results are a positive side effect for inspiration! This is a fragrance free class. Please wear comfortable workout wear and bring water. Shoes and hip scarves are optional. No class February 20th.

Sat 9-10 AM 2/6-3/19 Sessions: 6
\$59 Saco LC, Open Rm DANC.72

Syrena has been belly dancing since the age of 10, and performs throughout the year as a member of Naya's Trance Belly Dance Troupe.

MUSIC & DANCE / LANGUAGE

TAP YOUR WAY TO FITNESS

Have fun, burn calories, and get a great workout! Basic tap steps will be taught in fun combinations using jazz, Broadway, musical theater, rock, rhythm and blues, and more. No previous experience needed. Please bring water, wear cool, loose clothing and flat or low-heeled tap shoes. No class February 15th.

Mon 7-8 PM 1/25-3/7 Sessions: 6
\$65 Saco LC, Open Rm DANC.75
Linda Waters-see bio pg 3.



*Try a taste of Latin Dance.
You will love it!*

LATIN DANCING

Put a little heat into your winter with some spicy Salsa, captivating Cha Cha and romantic Rumba. Latin dancing is flirty and fun, a great way to liven up the cold winter months. This introductory course is appropriate for all. No prior dance experience necessary. Course fee is per person. Wear soft-soled shoes and comfortable clothing. No class February 18th.

Thu 7:30-8:30 PM 1/28-3/10 Sessions: 6
\$65 Young School, Cafe/Gym DANC.73

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.

LINE DANCING

Learn to line dance to a variety of patterns, from the Electric Slide to country standards and Latin dances like the Samba and Salsa. Join in for some fun and exercise and no partner needed! Wear comfortable clothing and soft-soled shoes. No class February 18th.

Thu 6:30-7:30 PM 1/28-3/10 Sessions: 6
\$65 Young School, Cafe/Gym DANC.74
Elizabeth Richards-see bio above.



*Have a great time learning Ukulele
with Duncan Perry.*

INTRODUCTION TO THE UKULELE

The ukulele is so versatile that folk music, rock, blues, jazz, pop, country, tunes grandma knows - even classical music is easy to learn. Learn playing essentials including chord basics, strumming techniques and picking styles. The instructor will contact all registered students to help sort out what style/size best suits you and where to purchase your uke.

Required: soprano, concert, or tenor ukulele (no baritones please), electronic tuner, loose-leaf notebook, pencil, eraser, and highlighter.

Thu 6-7:30 PM 2/25-3/17 Sessions: 4
\$65 OOB HS, Library MUSC.74

Duncan Perry, a ukulele player for seven years, regularly entertains at hospices, nursing homes, libraries & kid's venues. He is a member of the Falmouth Library Ukulele Society that added a touch of Hawaii to the PSO's 2014 Magic of Christmas programs!

BEGINNER SPANISH

No experience needed! This course will emphasize the basics of pronunciation, vocabulary, grammar and will help students develop fundamental conversation skills. No class February 16th.

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

Tue 6-8 PM 1/26-3/22 Sessions: 8
\$119 OOB HS, 109 LANG.75

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

SKILL BUILDERS

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 why it is important to research before listing your items and about potential scams and pitfalls to avoid.

Prerequisite: basic computer, Internet and email skills.

Tue 6-8 PM 2/2-2/9 Sessions: 2
\$29 OOB HS, 107 PROF.74

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

BECOMING A NOTARY PUBLIC

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

Wed 6-8 PM 3/23-3/30 Sessions: 2
\$49 OOB HS, 110 PROF.66

Frank Lee, a full-time Firefighter/Paramedic, has been a Maine Notary Public since 2006.



BE RECOGNIZED & REWARDED FOR WHAT YOU DO

Are you smart and hardworking yet still get overlooked at work? Would you like to be recognized, promoted and given a raise for all that you contribute? What you may not realize is that there are subtle things which may be impacting how others perceive you and your work. Discover the changes you can make today that will finally get you the attention and recognition you deserve. Learn the secret to becoming so valuable that your workplace leaders will do anything to keep you.

Wed 6-8 PM 2/24-3/2 Sessions: 2
\$39 OOB HS, 103 PROF.72

Jodi Flynn, founder of Luma Coaching, specializes in helping business leaders overcome stress and self doubt while creating the business and lifestyle of their dreams. Her podcast, Women Taking the Lead, inspires women to overcome self doubt and lead with confidence and integrity.

SPEAK UP, SPEAK WELL

LOSE YOUR FEAR OF PUBLIC SPEAKING!

Public speaking ranks high on most people's list of things to avoid. Mike Harris will put his extensive experience to work helping you to improve your communication skills, opening doors to greater communication and productivity. With Mike's guidance you can overcome feeling terrified and ineffective when speaking in front of a group. His friendly, compassionate and humorous approach will help you gain the confidence and skills needed to become a better speaker, communicator and leader.

Tue 6-8:30 PM 1/19-2/9 Sessions: 4
\$69 OOB HS, 108 PROF.75

Mike Harris, a professional speaker/entertainer and a trainer of Public Speaking at UNUM, has mentored many who felt terrified in front of groups into confident, effective speakers & group leaders.



TEACH OR VOLUNTEER!

We are particularly interested in instructors for dance, computer, computer aps, languages, music, fitness, home improvement, psychic development, law, finance, and NEW ideas, of course!.

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



CAREER EXPLORATION

STARTING YOUR SMALL BUSINESS

This is a fast-paced look at starting a small business: the challenges, available resources, and the important steps from research to planning. Learn 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.

Wed 6-8:30 PM 2/3 Sessions: 1
\$9 OOB HS, 103 PROF.73

Maine Small Business Development Center is administered by USM's School of Business, to develop small businesses in Maine.



Let Emma Pope-Welch help you get your blogging groove on.

BLOGGING FOR \$\$

Blogging establishes credibility and authority, helping potential customers find you when they search the web. Learn tricks to blogging successfully without being a perfect writer as blogging is all about voice, perspective and thought leadership. Explore content planning, styles and platforms; what successful blogs look like in your field, and how to insert your voice into the online conversation. Bring your laptop or tablet.

Tue 6-8 PM 3/15-3/29 Sessions: 3
\$45 OOB HS, 101 PROF.71

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



Put your investigative hat on!

CRIME SCENE INVESTIGATION REALITY VS. TELEVISION

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

Thu 6-8:30 PM 3/17 Sessions: 1
FREE Saco Police Dept, Saco PROF.67

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

WANT TO BE A PRIVATE EYE?

Private investigating is a diverse profession requiring a broad range of knowledge and skills. Explore this popular profession and get your questions answered by an experienced, licensed investigator. Learn about licensing requirements, education and experience required, the types of investigation and equipment used. We will share some real life stories of past investigations and results. Equipment used during an investigation will be displayed and discussed. Bring your curiosity and questions!

Thu 6-9 PM 3/24 Sessions: 1
\$15 OOB HS, 109 PROF.65

Edward Spicer is a licensed PI in ME, MA, NH, and RI with 31 years of investigative experience in both law enforcement and the private sector.

COMPUTER SKILLS



We have awesome, patient computer teachers.

BUILD WEBSITES FOR LESS

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

Thu 6-8 PM 2/25-3/24 Sessions: 5
\$65 OOB HS, 204 PROF.54

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.

COMPUTER BASICS EMAIL & MS WORD

Email, surf the Internet, download attachments, and attach documents. Write and edit in Microsoft Office using all the techniques to create the perfect document. Cut and paste images and text from the Internet and create your own email account. This is a basic beginners class packed with great information. Students should have access to a computer outside of the classroom and be familiar with the keyboard and mouse. No class February 15th.

Mon 6-8 PM 1/25-2/29 Sessions: 5
\$79 OOB HS, 204 PROF.56

Dennis Nightingale, BA in Computer Information Systems from Baker College, is a Computer Systems Specialist for the Oncology Dept at Maine Med. He previously worked as a computer programmer in the Telecommunications industry & as a consultant at IBM.

EXCEL SPREADSHEET BASICS

Excel is a powerful tool for performing calculations, developing budgets, and analyzing and managing data. Master the essentials of creating and modifying a spreadsheet including: text and number formatting, sorting and filtering data, basic formulas, and charts.

Prerequisite: Completion of a Computer Basics course, Microsoft Word or equivalent familiarity creating documents, formatting text, navigating menus/toolbars in software programs. Please bring a thumb drive and binder for handouts.

Mon 6-8 PM 3/7-3/28 Sessions: 4
\$75 OOB HS, 204 PROF.53
Dennis Nightingale-see bio this pg.

ONE-TO-ONE COMPUTER TUTORING

Have an issue that might not need a 10 hour class to figure out? We are here to offer you one-on-one attention for your technology needs. Topics include Mac/PC computer information, Facebook, Pinterest, video, social media, email and attachments. Perhaps you need help with photos: saving, sending, editing; iTunes, Microsoft Office and others, Internet and Internet providers, backing up your work and virus protection. Sessions will be 6-7 PM & 7:15-8:15 PM. Please call to register and to specify which slot you are interested in.

Tue 6-8:15 PM 2/23-3/22 Sessions: 5
\$49 OOB HS, 204 PROF.55

Daniel Barrett, BS in Technology Education from the USM, is currently a teacher at Woodfords Family Services Preschool in Westbrook. His other interests include: board games, computer gaming, hiking, golf, and brewing beer.

*- I really enjoyed this class. Dennis is a dynamic & engaging teacher who uses his sense of humor to impart a huge amount of information, complete with hand outs & hands on.
-Cindy Coulombe
Computer Basics student-*



CERTIFICATE PROGRAMS



The ability of saving a life is a great skill to have.

HEARTSAVER® CPR & FIRST AID FOR ADULTS & CHILDREN

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

Wed 6-9 PM 1/20-1/27 Sessions: 2
\$69 OOB HS, 103 PROF.61

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

- Frank Lee is awesome & a very good communicator, easy going & easy to learn from - non-judgemental in his teaching skills. Good Job!
- Philip Vezina, Heartsaver student-



Food safety is an important part of working with the public.



SERVSAFE FOOD PROTECTION MANAGER CERTIFICATE PROGRAM

Delve into the National Restaurant Association's top-quality food handling program. Learn the specifics about food-borne illness and prevention, time and temperature controls, and how to promote good personal hygiene in your establishment. For restaurant and food service professionals and managers, this course will culminate in the chance to earn the nationally accredited ServSafe Food Protection Manager certification.

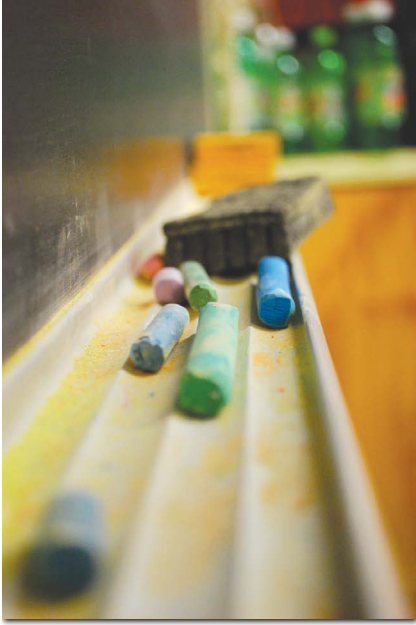
Required: Must register by March 10th. Text must be purchased and read before class. *ServSafe Manager Book* 6th Edition with single exam answer sheet (ISBN-13: 978-0133075687). Text available through Amazon.com, Servsafe.com or by calling ServSafe at 1-800-765-2122 ext. 6703. Please contact instructor at jmayberry@rsu23.org by March 10th, 2016, for special instructions on ordering your required materials.

Sat 9 AM-5 PM 3/26 Sessions: 1
\$69 Saco LC, Rm 1 PROF.57

Jen Mayberry spent more than 10 years in the grocery and food retail industry and was previously a trainer and educator for Whole Foods Market.

Learn Spanish
Pg 17

CERTIFICATE PROGRAMS



This opportunity will increase your teaching skills and rate of pay. Register ASAP as this class fills fast!



SUBSTITUTE TEACHER CERTIFICATE PROGRAM

Prepare to be a substitute teacher in Old Orchard Beach and Saco school districts. Learn the expectations of substitute teaching through a series of strategies you can use in your classroom. Upon successful completion you will feel comfortable teaching and your employment in both school districts will be at a higher rate of pay. Fingerprinting, background checks, and application forms for both districts are hiring requirements to be addressed in class. All paperwork to be accepted as a substitute must be submitted before the end of the course. Certificates awarded upon successful completion of the course. No class January 18th and February 1st.

Section I:

M/W 2:30-5 PM 1/6-2/8 Sessions: 8
FREE Saco Middle, C8 PROF.64

Section II:

M/W 2:30-5 PM 3/7-3/30 Sessions: 8
FREE Saco Middle, C8 PROF.58

Noelle Gallant has been a teacher at Saco Middle School for five years. She loves finding ways to use technology to simplify her life, in the classroom and at home.



ICE RESCUE TECHNICIAN (IRT) CERTIFICATE

This foundational course offers fast-paced training for Public Safety and Rescue

Professionals, Law Enforcement, Fire, Rescue, and EMS. The focus is on surface rescue for cold water and ice incidents and the skills necessary for safe rescue and recovery. This course meets NFPA 1670 Standard for Technical Rescue operations and includes: 2-hour class, two 2.5 hour practical sessions on ice and in cold water, 1-hour debriefing and written exam.

Subjects and/or practical include: The Rescue Process, Ice Safety Principles, Incident Command, Cold Water Rescue and Survival, Ice Rescue and Survival, Recognition and Management of Hypothermia, and Use of Specialized Safety and Rescue Equipment. Participants are continually active and responsible for manning tether lines when not serving in other capacities such as primary or secondary rescuer or victim. Candidates must be in good physical condition and comfortable in deep water while wearing a Cold Water/Ice Rescue Suit or Dry Suit with a PFD. Certificates and insignia are awarded to those who successfully meet all course objectives: participation in class, completion of practical evaluations and passing the written final examination.

Required Equipment: Exclusive use of an approved cold water/ice rescue suit (i.e. Mustang Ice Commander, Survitec Imperial 1500, Stearns Dryflex, Stearns Neoprene I595).

Note: Students who successfully complete the classroom sessions and final written exam, but who cannot successfully complete the practical sessions, will be awarded an Ice Rescue Awareness certificate.

Sat 8 AM-6 PM 1/9 Sessions: 1
\$150 Saco LC, Open Rm PROF.63

Kevin Romano began working in the Fire/EMS service in 1999, obtained his Fire Science degree from Southern Maine Technical College in 2003 & his Paramedicine degree from Southern Maine Community College in 2011.



CERTIFICATE PROGRAMS

FREE CERTIFICATE PROGRAM INFO SESSION

**CERTIFIED RESIDENTIAL MEDICATION AID
WEDNESDAY 7-8 PM 1/6 OOB HS, 110**

**THIS FREE INFORMATIONAL SESSION IS RECOMMENDED FOR ALL STUDENTS
CONSIDERING TAKING OUR CRMA PROGRAM.**

**YOUR INSTRUCTOR, JENNIFER COURTOIS, WILL BE THERE TO DISCUSS
PREREQUISITES, COSTS & ALL REQUIREMENTS FOR PROGRAM COMPLETION.
PLEASE BRING YOUR QUESTIONS & CONCERNS.**

**MEET YOUR TEACHER, FELLOW CLASSMATES & GET STARTED ON
YOUR NEW CAREER PATH.**

REGISTRATION IS REQUIRED. WE WELCOME YOU!



CERTIFIED RESIDENTIAL MEDICATION AID CERTIFICATE PROGRAM

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

Participants must be 18 or older to enter this certificate program; high school credential not needed. No background checks required.

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

Note: Payment plans are available for qualified applicants. Course fee is nonrefundable.

Sat 8:30 AM-4:30 PM 1/16-2/13/2016
Sessions: 5
\$400 Saco LC, Rm 2 PROF.62

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

Check out our Career Counseling Services

- Take a career interest inventory
- Write a résumé
- Conduct a job search
- Prepare for an interview

**Email Liis Nigol, our
Student Services Coordinator, at
lnigol@rsu23.org or call
(207) 282-3846**

Schedule your appointment today!



**Skill Builders
Pg 18**

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 COURSES

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.



We got our High School credential, so can you!

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.

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.

HiSET ORIENTATION SESSIONS

Get an overview of the HiSET and take the practice exams. Score 12 or higher to be scheduled for the official HiSET tests. Those with scores under 12 are registered for our HiSET workshops or classes to improve their skills before taking the actual HiSET. Pass and you will receive your Maine High School Equivalency Diploma.

**DROP-IN REGISTRATION
FOR NEW
& RETURNING STUDENTS
MONDAY, JANUARY 4TH, 2016
FROM NOON TO 6 PM**



COLLEGE READINESS



MAINE College Transitions

College Prep for Adults

COLLEGE READINESS PROGRAMS AT NO COST TO YOU

We offer a College Readiness Certificate Program, college preparation classes and workshops. Prepare for college-level math, English, brush up your computer skills and more. Check out our College Readiness Certificate Program and take the classes you need for college. Take the Accuplacer test, learn about college and financial aid applications, explore career options and much 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 CRC (College Readiness Certificate) 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 CRC program to a few people and I will continue to do so."

*- Kristen Tuggle
CRC Student, 2012*

FREE

INFORMATION SESSION

REQUIRED FOR OUR

COLLEGE READINESS

CERTIFICATE PROGRAM

Thursday, January 28th, 2016

10 AM - 12 PM OR 4 - 6 PM

Saco Learning Center, 80 Common St.

CALL (207) 282-3846

**COLLEGE? YES!
You DO HAVE OPTIONS**

COLLEGE READINESS CERTIFICATE PROGRAM

This FREE program consists of four classes, meeting one day a week for 14 weeks from September to December or February to June. Learn what you need to know to prepare for college. Our College Readiness program this Winter starts on Thursday, February 4th, 2016.

**LEARN MORE,
EARN MORE!**

Check out our Career Counseling Services

- Take a career interest inventory
- Write a résumé
- Conduct a job search
- Prepare for an interview

Email Liis Nigol, our
Student Services Coordinator, at
lnigol@rsu23.org or call
(207) 282-3846

Schedule your appointment today!

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 age 17 and older.

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

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

OOB/Saco Adult & Community Education endeavors to provide a diverse listing of course offerings to our community. The views and ideas expressed by course instructors are not necessarily those of OOB/Saco Adult & Community Education staff. 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, re-schedule them, or change instructors when absolutely 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.

REFUNDS & WITHDRAWALS

In order to receive a refund, notify our office seven calendar days prior to the course start date. Your refund will be less a \$5 processing fee.

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 the day of class or when the course is listed as nonrefundable.

When a refund is granted, a \$5 processing fee will be retained as well as any materials fees owed to the course instructor.

TRANSFERS & CREDITS

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

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

NO Transfer Credits are given the day of class.

STORMS & CLOSINGS

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

REGISTRATION

HOW TO REGISTER

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 Code	Course Title	Start Date	Course Fee	Book Fee	Amount Enclosed
Our registration fee is per person, per semester (waived when registering online or for those 65 or older)					\$5
TOTAL					

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 VISA
 DISCOVER AMEX

Credit Card Number (Please print clearly) Security code Exp. Date

Print name as it appears on your credit card

Signature

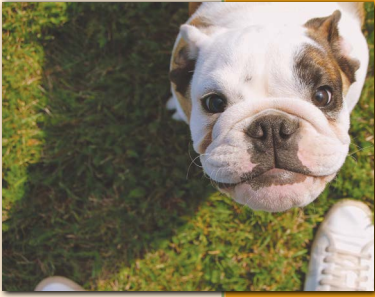
Date

NEED ANOTHER REGISTRATION FORM? Visit www.oobsaco.maineadulted.org

**TRY
SOMETHING
NEW!**

*Just a taste
of what's inside.*

TALK TO YOUR ANIMALS



pg 9

LET'S PLAY CRIBBAGE



pg 4

FOUR MEALS, ONE CHICKEN



pg 11

**WE HAVE VARIETY.
YOU'VE
GOT CHOICES!**

www.oobsaco.maineadulted.org

(207) 934-7922

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OOB/Saco Adult & Community Education
A Division of Regional School Unit 23
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