

2023/24 YORK ADULT EDUCATION

COURSE CATALOG



YOU MATTER.

Unless you multiply yourself by
the speed of light squared...

Then you energy!

FROM THE DIRECTOR



MATTERING HAS THE POWER TO TRANSFORM!

It's our birthday!! For 45 years we have helped the Yorks learn, grow, and thrive! Since 1978, York Adult Education has provided courses which equip community members with the tools necessary to pursue their academic, vocational and personal goals, contribute to the economic strength of the community, and participate as informed members of society. York Adult Education offers a comfortable, personalized learning environment with teachers who keep learner goals at the center of their instruction. We'd love to have you join us - with courses meeting in-person, online, and offsite, there's sure to be a class that you can participate in.

Sincerely, Lisa Robertson

REGISTER EARLY AND OFTEN

Pre-registration and payment is required at least one week prior for all courses. Space is not guaranteed until payment is received. Courses may be cancelled due to insufficient enrollment.

LOCATION

Our offices and classroom are located at York Middle School, 30 Organug Rd., York, Me.

OFFICE HOURS

Monday - Wednesday from 8 AM to 8 PM, Thursday 8 AM to 4PM, and Friday by appointment. On holidays and school breaks the office is closed and no classes are held.

LOOKING FOR A CLASS NOT LISTED HERE?

FIRST: CHECK OUR FULL DETAIL CATALOG ONLINE at

www.yorkadulthoodeducation.org

SECOND: Check with our content partners who bring you hundreds more classes than we can list in our catalog.

 **National Digital Equity Center** - Free computer classes! https://digitalequitycenter.org/classes/class_location/york-adult-education/

 **Ed2Go** - Arts and Design, Legal, Teacher PD, Test

YORK ADULT EDUCATION 24-7



Online: Yorkadulthoodeducation.org



Chat: On our website



Phone: 207.363.7922



<https://tinyurl.com/YACEupdates>



Facebook: @YorkAdultEd



Twitter: @YorkAdultEd

NEW! NEW!





Lisa Robertson,
Director



Lynn Sheehan,
Assistant to the Director



Shawn Cola,
Student Services Coordinator



Archie Donis,
Bookkeeper

Meet the fab YACE Staff

York Adult
Education has a
learner-first
approach to
programming.

PARTNER RECOGNITION

Thank you, partners. We'd like to publicly recognize the various partners we work with to bring a world of quality educational opportunities to our community. This list is alphabetical, not in order of importance or level of involvement, as each contribution is special in its own way.

Academy of Medical Prof.
Choose to Be Healthy Coalition,
York Hospital
Durgin Pines, Continuum
Ed2go
Engen
LERN
Maine Adult Education Assc.
MindEdge
National Digital Equity Center
Tedx YorkBeach

White Pines
Workforce Solutions
York Community Services
Association
York County Chamber of
Commerce
York County Community
College
York Hospital
York Public Library
York Region Digital Inclusion
Coalition

CONTENTS

LEARN

- 01 English Language
- 02 High School Diploma
- 03 College Prep

GROW

- 04 Career Prep
- 05 Healthcare Careers
- 06 Technology
- 09 Finance for a Lifetime
- 11 Business

THRIVE

- 12 Fine Arts
- 15 Music/Language/Dance
- 16 Health & Wellness
- 17 Creating Community
- 19 Fine Print/Registration
- 20 YACE Programs List



LITERACY/ENGLISH LANGUAGE

TO REGISTER - Click on the course title or call 207.363.7922

CLASSES START SEPTEMBER 11
WITH ROLLING ADMISSION

INDIVIDUAL TUTORING

Teaching Volunteers

Want to privately improve your reading, math, or speaking skills? We can pair you up with a qualified volunteer to help you improve your skills.

By Appointment.

Mon, Tues, Wed, Thur, Anytime, Anyday

FREE

READING AND WRITING BASICS

Joan Halloway

Want to increase your understanding of the news, improve your communication skills for everyday use in the community, or prepare for college or the workplace? This class focuses on basic reading, writing, speaking, and listening skills to help you succeed in life and the workplace. Call to register at 207.363.7922 or email scola@yorkschoools.org. Rolling Admission.

Mon, 6-8pm, Sep 11 - June 28

FREE

MATH BASICS

Marie Enright

From basic arithmetic (addition, subtraction, multiplication, division, decimals, fractions, and percentages) all the way to real world algebra - this class will provide individualized instruction to help you improve your math skills. Call to register at 207.363.7922 or email scola@yorkschoools.org. Rolling Admission.

Tues, 6-8pm, Sep 12 - June 28

FREE

"YOU HEARD THAT ON THE NEWS???" AN INTRODUCTION TO "NEWS LITERACY"!

George Whitbread

Are you frustrated by the changing, confusing, and complex world of news and information? Are you concerned about the effects of misinformation, disinformation, and bias found online and on social media? Explore these critical topics in a nonpartisan manner and discover some useful skills from the field of "news literacy"!

Wed, 6-7:45pm, Oct 4 - Nov 8 | Apr 17 - May 29

FREE

CLICK TO WATCH THE
STUDENT-MADE VIDEO!

ENGLISH LANGUAGE

TBD & Kristin Maurice

English Language learners who want to improve their speaking, reading, writing, and listening skills, will work on vocabulary, pronunciation, comprehension, and conversation. Students must make a registration appointment by calling 207-363-7922, or emailing scola@yorkschoools.org

AM Beginner 9-10:30am,

AM Intermediate/Advanced 10-11:30am, Tues and Thurs

PM Beginner 6-7:30pm,

PM Intermediate/Advanced 7-8:30pm, Mon and Weds

Sep 11 - May 30

FREE

ENGLISH LANGUAGE TUTORING

Teaching Volunteers

Want to privately improve your English speaking? We can pair you up with a qualified volunteer to help you improve your skills. Students must make a registration appointment by calling 207.363.7922 or emailing scola@yorkschoools.org. By Appointment.

Mon, Tues, Wed, Thur, Anytime, Anyday

FREE

US CITIZENSHIP TEST PREP

Shawn Cola

Starting the process of becoming a US Citizen? This 15 week class will cover all of the test material through lessons provided to us by the United States Citizenship and Immigration Services (USCIS). In this course, you will learn about the N-400 application, practice English reading, writing, speaking and listening skills for the interview, and learn about US history and government.

TBD, 15 weeks, once a week, 2 hours per class

FREE



HIGH SCHOOL DIPLOMA

TO REGISTER - Click on the course title or call 207.363.7922

CLASSES START SEPTEMBER 11
WITH ROLLING ADMISSION

BECAUSE YOU MATTER...

- ✓ Class size is purposely small
- ✓ Lessons are created for your goals
- ✓ Your voice is encouraged

HS DIPLOMA READING AND WRITING

Joan Holloway

Brush up on your existing reading and writing skills while building new ones to achieve your high school diploma English credits, or to pass the HiSET Diploma Tests in Reading and Writing. Call to register at 207.363.7922 or email scola@yorkschoools.org. Rolling Admission.

Mon, 6-8pm, Sep 11 - May 20

FREE

HIGH SCHOOL DIPLOMA MATH PREP

Marie Enright

Brush up on your existing math skills while building new ones to achieve your high school diploma math credits, or to pass the HiSET Diploma Test in math. Call to register at 207.363.7922 or email scola@yorkschoools.org. Rolling Admission.

Tues, 6-8pm, Sep 12 - May 28

FREE

"York Adult Education changed my life in more ways than one. With their help, I was not only able to earn my high school diploma but also get into the university I dreamed to attend! During my time in York Adult Ed, I had academic and emotional support and gained the ability to believe in myself and my goals. Without the support of York Adult Ed I wouldn't be where I am today!"
-LDR, High School Diploma Student

HIGH SCHOOL COMPLETION

YAE Instructors

Earn the credits you need to earn your diploma. Call to register at 207.363.7922 or email scola@yorkschoools.org and schedule pre-testing. Rolling Admission.

Reading and Writing, Mon 6-8pm

Math, Tues 6-8pm

Mon, Tues, 6-8pm, Sep 11 - May 28

FREE

HISET DIPLOMA TEST PREP

YAE Instructors

Want to feel more prepared for the HiSET? We help prepare you in math, reading, and writing to pass the test! Call to register at 207.363.7922 or email scola@yorkschoools.org and schedule pre-testing. Rolling Admission.

Reading and Writing Skills, Mon 6-8pm

Math Skills, Tues 6-8pm

Mon, Tues, 6-8pm, Sep 11 - May 28

FREE

SO YOU THINK YOU CAN PASS THE US CITIZENSHIP TEST?

Shawn Cola

What is the supreme law of the land? What is one of the two longest rivers in the USA? Come test your knowledge and see if you have what it takes! This one night class will give an overview of the process immigrants take to become US Citizens by immersing you in the experience for yourself. You'll also hear stories of people in our community who are working on, or have become citizens, and why it is so important to them. By the end of class you will have a better understanding of what it takes!

Mon, 6-8pm, Sep 25 | Oct 23 | Jan 22 | Mar 25

FREE

High School Completion

We can help with that! For FREE!

York High School Diploma
Earn the credits you need to get your diploma through classes, independent studies, and online classes.

HiSET Diploma
Five tests (Reading, Writing, Math, Science, and Social Studies) to show you have the skills you need. Prep classes offered, if needed.

Call for transcript analysis at 207.363.7922.

COLLEGE PREP

TO REGISTER - Click on the course title or call 207.363.7922



COLLEGE PREP ENGLISH

Joan Halloway

Want to feel more prepared for college level classes? Need to pass the Accuplacer, ASVAB, or apprenticeship tests? We help develop your reading and writing skills to pass that test or write that paper! Call to register at 207.363.7922 or email scola@yorkschoools.org. Rolling Admission.

Mon, 6-8pm, Sep 11 - May 20

FREE

COLLEGE PREP MATH

Marie Enright

Want to feel more prepared for college level classes? Need to pass the Accuplacer, ASVAB, or apprenticeship tests? We help develop your math skills to pass that test! Call to register at 207.363.7922 or email scola@york-schools.org. Rolling Admission.

Tues, 6-8pm, Sep 12 - May 28

FREE

FAFSA, FORMS AND EFC

Joshua Bartlett

Filling out college financial aid forms is one thing, but how do you prepare for it? It's important to know the impact of income and asset types before filling out forms, otherwise thousands of dollars in potential aid may be missed.

Mon, 6:30-8:00pm, Oct 16 | Feb 12

FREE

Tues, 6:30-8:00pm, Dec 19 | Apr 9

FREE

GRANTS, LOANS, AND CREATIVE MEANS

Joshua Bartlett

An in-depth look at many of the potential methods for funding college including loans, scholarships, and savings.

Mon, 6:30-8:00pm, Nov 13 | Mar 11

FREE

Tues, 6:30-8:00pm, Jan 16 | May 14

FREE

DUAL ENROLLMENT: LEARN MORE WHILE SAVING \$\$\$

Lisa Robertson, YCCC Staff, and Community Panel

High School juniors and seniors can take up to 8 classes (24 credits) for FREE at the University of Maine and Maine Community College System. High school juniors, seniors, and parents are invited to join the discussion to learn more about Maine's Early College Opportunities, CLEP, and other ways to earn credit for college, while saving thousands of dollars! The benefit is not just in the monetary savings; save time, learn skills to prepare for success in college, and gain the confidence to reach for your dreams! Watch the Recorded Webcast.

Anytime, Anyday

FREE

College Success

Coordinator

AUDREY KIMBALL

Are you interested in learning about your college options? Audrey Kimball, works with prospective adult education graduates to develop academic plans to attend college programs and workforce trainings available in Maine. This includes helping with admissions, financial aid, registration and continued academic success while enrolled. Schedule an appointment with Audrey today at akimball@yorkschoools.org.

"When I come here, I feel really happy. If this program wasn't here, I don't know what I would do. It is a great part of my life and very beneficial. I love my teacher! She is great and I always learn something new." -CK, English Language Student

CAREER PREP

TO REGISTER - Click on the course title or call 207.363.7922

HOW TO WRITE A GREAT RESUME: 1-ON-1

Diane Ross

Whether you have never written a resume, or just need to update one, this course will teach you the best ways to present your experience, skills, and career goals. In this challenging employment market, your resume must reflect your skills in a way that will ensure that you will be contacted for an interview. By Appointment.

Anytime, Anyday

FREE

INDIVIDUALIZED CAREER COUNSELING

Looking for guidance in order to find your path to a career? Planning a career change? Our career counselors can help you plan your career goals, create a personal mission and vision statement, practice interview techniques, improve your online presence, and/or choose new online job search sites. By Appointment.

Anytime, Anyday

FREE



WOWI CAREER ASSESSMENT

Lynn Sheehan

The WOWI (World of Work Inventory) Career Assessment takes into account your skills, interests, and work style. After you take the assessment, a trained WOWI professional will interpret the results with you. You will then meet one-on-one and find out what job(s) you are best suited for. This WOWI service is kept free for you due to the generosity of a grant through the Maine Department of Education. Please complete this brief survey for the DOE and the WOWI is free. If you'd rather not, then the cost is \$75. The counseling time can be in person at the York Adult Education, or livestreamed on your computer.

Anytime, Anyday

FREE



FINDING A PURPOSE IN YOUR CAREER

MindEdge

Whether you're just starting out in the workforce or changing careers, it is important to understand how the job you perform contributes to your sense of fulfillment in life. This course prompts you to examine various job settings and functions, comparing each against your own preferences, values, and expectations, in order to determine the best job fit for you.

Online Anytime, 3 hr course

\$49

EXPLORE A CAREER AS A PARALEGAL

Sam Germana

Careers in the legal field often require many years of training, but paralegals can enter the job market quickly. At the end of this course, you will know if becoming a paralegal is the right career choice for you.

Online Anytime, 6 weeks

\$115

GET STARTED IN GAME DEVELOPMENT

Chad Walker

Prepare to start developing your own games. This course provides the fundamentals of game development, tools and techniques for better game design decisions, and ways to position your games for success.

Online Anytime, 6 weeks

\$115

HEALTHCARE CAREERS

TO REGISTER - Click on the course title or call 207.363.7922

CERTIFIED NURSING ASSISTANT (CNA)

Delcia Allain, Durgin Pines

Looking for a career in the medical field caring for people? Our instructors ensure that each person not only understands the content but can personally care for people as if they were family.

Earn-as-you-learn with Durgin Pines and the class is FREE or pay-for-your-course options (\$1250). Call 207.363.7922 to schedule the required pre-assessment, orientation and interview.

 **Assessment and orientation Aug 29, 30, or 31**

 **Class**  **Clinicals Sep 11 - Nov 6**

Specific details provided at orientation.

Other class sessions begin May 11 and July 8, 2024.

CPR/FIRST AID/AED TRAINING

Maria Romano

This American Heart Association (AHA) Heartsaver First Aid/CPR/AED course uses a combination of video, lecture, and guided skill practice to teach participants to respond to cardiac and other health related emergency situations. Topics include basic first aid, response to environmental emergencies, warning signs of heart attack and stroke, CPR including AED training, and foreign object airway obstruction for adults, children, and infants. Certification is valid for two years. Participants should dress in comfortably fitting clothing that allows for movement, as the class includes both desk and floor work. No written test.

Wed, 5-9pm, Oct 4 **\$99**

Mon, 12-4pm, Nov 6 **\$99**

MEDICAL MATH

Ben Sellers

Master the math skills you need to succeed in the medical field from calculating dosages to using scientific formulas. Whatever medical field you are in, the hands-on activities in this course will help you perform day-to-day medical math tasks quickly, easily, and accurately.

Online Anytime, 6 weeks **\$115**

BHP - BEHAVIORAL HEALTH PROFESSIONAL CERTIFICATION

Woodfords Family Services

Looking for meaningful work? Our community needs individuals who want to make a difference in a child's life. Children's behavioral health services are vital to Maine's children with intellectual disabilities, autism, and mental health disorders and their families. As an integral part of the child's treatment team, a Certified Behavioral Health Professional (BHP) has the opportunity to make an immediate impact while helping a child grow and develop to their full potential. We are excited to connect our community with this blended training and certificate program. Child and Adult First Aid & CPR certification is required. Must be a Maine resident, and at least 18 years old with a high school diploma (or equivalent) to become certified. Be sure to register for course early enough to have time to complete the online portion before the in-person days.

Friday, 8:30 - 4:30pm, Oct 6

\$25

Thank you Woodfords for helping us keep the cost of this course low!



DENTAL ASSISTANT CERTIFICATION

Kelly Rose, DMD

10 week Certificate program in Dental Assisting for one of the most high-demand careers. This program is designed to teach all aspects of dental assisting and provide you the skills you need to work in this field and pass a national certificate exam. The price of the course includes all books, exam preparation materials and fees for the DANB RHS® certificate program. Upon passing the DANB RHS®, you will receive a certificate of knowledge based on competency for that component from DANB. Payment plans available. CDA, RHS are registered trademarks of the Dental Assisting National Board, Inc. (DANB). This course is not reviewed or endorsed by DANB. Lives-treamed via zoom.

Mondays, 6-8pm, Sep 18 | Feb 5

\$2900

TECHNOLOGY

TO REGISTER - Click on the course title or call 207.363.7922

BASIC COMPUTER SKILLS TESTING

NorthStar Testing and Training

This comprehensive assessment will let you know if you have the computer skills needed to be successful in school, at work, and at home. After testing, we can help you design a learning plan. Call to register 207.363.7922 or email scola@yorkschoools.org.

Anytime, Anyday

FREE

EMAIL BASICS

National Digital Equity Center

Learn the basics of using email in this class. We will look at navigating, composing, replying, working with attachments and more, with hands-on class participation. There are two one hour classes in this session.

Tue & Wed 3-4pm, Sep 12 & 13

FREE

IDENTIFYING FRAUDS & SCAMS

National Digital Equity Center

Learn about the different types of internet fraud and scams, the dos and don'ts of protecting yourself online and what to do if you have experienced online fraud.

Tue, 10-11am, Oct 17

FREE

"CUTTING THE CORD" - GETTING TV & PHONE SERVICES OVER THE INTERNET

National Digital Equity Center

Learn how to use internet-based television and phone services to save money.

Mon, 10-11am, Oct 2

FREE

IPAD BASICS

National Digital Equity Center

This course covers the basics of how to use Apples popular iPad. This class starts with the basics of how to log on using multiple methods from passcode to touch id to face recognition technology. Apple's iCloud service will be discussed as the benefits of this service helps secure your data as well as allow your data to be used across multiple Apple devices. The App Store will be covered as a way to find additional applications that may meet your varied interest and needs. There are three 1 hour classes in this session.

Tue, Wed, & Thu, 1-2pm, Nov 7, 8, & 9

FREE

IPHONE INTERMEDIATE

National Digital Equity Center

This course builds on the skills that are acquired in the iPhone Basics class. The primary focus of the Intermediate class is the exploration of the applications that Apple provides for free as part of the iOS. Applications such as Mail, Contacts, Calendar, Messages, FaceTime, and many others will be covered. There are three 1 hours classes in this session

Tue, Wed, & Thu, 1-2pm, Nov 14, 15, & 16

FREE

TELEHEALTH- CONNECTING WITH YOUR HEALTHCARE PROVIDER FROM HOME

National Digital Equity Center

In this class we will look at how you can connect with your healthcare provider from the comfort of your own home. Telehealth is the new Home Visit, allowing healthcare providers to evaluate, diagnose, and treat patients, whether it's for check ups, consultations, or a follow-up appointment. We will discuss the process; from setting up your initial appointment, what to expect, insurance and patient portals to community resources.

Mon, 1-2pm, Nov 6

FREE

GETTING NEWS & INFORMATION ONLINE

National Digital Equity Center

With online content, we have a constant flow of information as well as misinformation. In this class, we will look at ways to determine; news from fake news and then discover how to find the news information you want using Blogs, Podcasts, online publications,+.

Thu, 10-11am, Sep 14

FREE

CREATING A COMMUNITY FACEBOOK GROUP

National Digital Equity Center

Do you have a Facebook account and wish to know more about how you can create a "Group" for a community, family, or business use? In this Webinar, learn about how to create a Facebook group and adjust the settings so that it meets your needs.

Mon, 11am-12pm, Sep 18

FREE

Check out so many more tech classes with NDEC [HERE!](#)

TECHNOLOGY

TO REGISTER - Click on the course title or call 207.363.7922

BASIC ACCOUNTING AND QUICKBOOKS ONLINE

Val Landry

During these three sessions you will learn basic accounting principles and how to apply them to setting up QuickBooks online for a small business or organization. For this workshop, you may sign-up for a year of QB online. This is a live online class using ZOOM.

Tue, 8:30 -11:30am, Sep 26 - Oct 10 | Jan 30 - Feb 13 \$69

QUICKBOOKS DESKTOP VERSION

Val Landry

During the three sessions you will learn how to create a new company, set up preferences, explore and customize the dashboard, record transactions, customize lists, create recurring transactions, prepare estimates and reports, and create/edit lists. For this workshop you will need to have your own Quickbooks Desktop version. This is a live online class using ZOOM.

Tue, 8:30 -11:30am, Oct 24 - Nov 7 | Mar 5 - Mar 26 \$69

EXCEL BASICS

Val Landry

During this workshop, you will learn how to navigate a simple Excel worksheet, enter data in a worksheet, use basic math functions, do basic formatting, how to replicate data, use built-in functions and work with columns and rows.

This is a live online class using ZOOM.

Thu, 8:30 -11:30am, Oct 26 - Nov 2 | Mar 7 - Mar 14 \$69

CHECK OUT YOUR YORK COUNTY ADULT EDUCATION PROGRAMS

Biddeford Adult Education
Kittery Adult Education
Marshwood Adult and Community Education
Massabesic Adult Learning
Noble Adult and Community Education
Old Orchard/Saco Adult Education
Sanford Community Adult Education
Wells Adult Education
York Adult Education

www.maineadulteducation.org



EXCEL INTERMEDIATE

Val Landry

During this course, you will learn how to navigate multiple worksheets, save your workbook, create formulas, use functions, change the layout of your worksheet, and how to create practical worksheets. Some examples of using Microsoft Excel as a Practical Tool:

Grocery Shopping List,
Contractor Estimate Calculator (a great tool for any contractor to provide estimates for customers),
Household Budget

This is a live online class using ZOOM.

Thu, 8:30 -11:30am, Nov 16 - Dec 7 | Mar 28 - Apr 11 \$69

EXCEL ADVANCED

Val Landry

You will learn how to hide data, split and freeze a window, create ranges, understand the name manager, learn additional functions, copy and paste special, sort data, and learn the power of filters. Some examples of using Microsoft Excel as practical tools including the amortization table, 20 top functions companies want their employees to know, and pivot tables.

This is a live online class using ZOOM.

Thu, 8:30 -11:30am, Jan 11 - Jan 25 | Apr 25 - May 9 \$69

FALL23/WINTER 24

TECHNOLOGY

TO REGISTER - Click on the course title or call 207.363.7922

VIDEOCONFERENCING WITH HEALTH-CARE PROVIDERS, FAMILY, & FRIENDS

National Digital Equity Center

There are several options for speaking face to face with family, friends or coworkers over a device connected to the internet. In this class we will look at some of the most popular options out there including Zoom with a short tutorial on navigating the Zoom room.

Tue, 10-11am, Sep19

FREE

ADOBE 1-ON-1 WITH ROB UNDERWOOD

Certified Adobe specialist



ADOBE ILLUSTRATOR

Anyone can learn Illustrator! Learn how high quality illustrations, logos, and other custom artwork is built. You will need to have at least the 30-day trial of this application on a laptop to participate.

By Appointment

\$59 for 2-hour private session



ADOBE INDESIGN

Learn the basics of Adobe's premiere page layout application. Did you ever wonder how magazines, newspapers, and books were built? You will learn to create documents, work with type, master pages, styles, and export to PDF.

By Appointment

\$59 for 2-hour private session



ADOBE PHOTOSHOP

Learn the basics of Adobe's premiere photo editing application. Did you ever want to remove an unwanted family member from a photo? Here's your chance to learn how to "photoshop" images. You will learn to retouch photos, color correction, photo illustrations, tools panel, working with layers, selections, and channels.

By Appointment

\$59 for 2-hour private session

QUICKBOOKS ONLINE FOR BEGINNERS: UNLOCK THE POWER OF FAST, AUTOMATED, ACCURATE ACCOUNTING

David Nosnik, CPA

Running a business successfully requires precise tracking of income and expenses. When your financial records are organized, you will avoid surprises and plan for profitable growth. That's why QuickBooks Online is the ultimate solution for small businesses, revolutionizing the way financial tasks are handled with its fast, automated, and accurate features.

Mon, 6:30-8pm, Sep 18, \$19

FINANCIAL LITERACY FOR ENTREPRENEURS AND SMALL BUSINESS OWNERS

David Nosnik, CPA

Financial literacy can be a game changer for entrepreneurs and small business owners. It's the key to making informed financial decisions, achieving stability, and avoiding common pitfalls. In just 90 minutes, our introductory course empowers you with essential financial knowledge, including: 1. Budgeting and Money Management: Learn to create and stick to budgets, track expenses, and maximize income. 2. Set Powerful Financial Goals: Develop a roadmap for short-term wins and long-term success. 3. Understand Financial Statements: Gain the confidence to interpret balance sheets, income statements, and cash flow statements, unlocking vital insights into your business's financial health and performance. Empower yourself with the financial literacy that fuels success in your business journey. Join our course today and take control of your financial future.

Mon, 6:30-8pm, Oct 9

\$19

"This catalog is created in InDesign, by a not overly techy administrator. Rob taught me about layout, type, paragraph styles, and color swatches. I can design a full color catalog from a blank page...not something I could do before my tutoring from Rob." - LR, Director

FINANCE

TO REGISTER - Click on the course title or call 207.363.7922

*FREE FINANCE WORKSHOPS
Virtually and only 1 hour!*



STUDENT LOAN REPAYMENT

The Federal Student Loan repayment pause ends on October 1st. Are you ready? Would you like to know more about the options available to you when paying back your student loans? Would you like to learn more about how to consolidate loans to make repayment smoother? Join a money specialist from The Finance Authority of Maine as we cover these topics and more. In this virtual workshop we'll discuss federal and private student loan repayment as well as Public Service Loan Forgiveness for federal student loans. We'll share the necessary resources for successful student loan repayment – including an overview of federal student loan consolidation and private education loan refinancing. Bring your questions and join us for this 1-hour virtual workshop.

Wed, Sep 13, 6:30-7:30pm

FREE

SAVING FOR YOUR CHILD'S HIGHER EDUCATION

Is higher education in your family's future? Join a college savings specialist from the Finance Authority of Maine to talk about planning and saving for higher education. Come learn about the aspirational and financial impacts of savings for students of all ages, as well as the program highlights of Maine's Section 529 plan, a tool many families use to prepare for higher education expenses. Join Marie Pelletier, College Savings Counselor from the Finance Authority of Maine for this 1 hour virtual session and get a head start on saving for your child or grandchild's higher education.

Wed, Nov 29, 6:30-7:30pm

FREE

SUCCESSFUL SCHOLARSHIP SEARCHES AND APPLICATIONS

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. In this session you'll learn to build and work your own scholarship application plan. You'll also learn about and try out different scholarship websites, learn how to best use a scholarship information tracker, and learn to avoid some of the challenges of the scholarship process.

Tue, Sep 19, 6:30-7:30pm

FREE

PLANNING AND PAYING FOR COLLEGE

Do you have children who will be looking at college in the next few years or might you be thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid.

Wed, Oct 4, 6:30-7:30pm

FREE

ADULTING 101: MONEY

Adulting is tough. Finances can be one of the trickiest parts of adulthood. Whether you've been Adulting for decades or are just getting started, banking basics, spending plans, credit scores and useful tools and apps are available to make the whole adulting thing a little bit easier.

Tues, Oct 17, 6:30-7:30pm

FREE

FINANCIAL WELLNESS: BUILDING WEALTH

Curious about how to improve your financial future? In this session we'll talk money building strategies including making the most of your existing income and finding a gig to increase the money in your pocket. We'll also talk about banking and investing tools that can get your money work for you.

Thur, Nov 2, 6:30-7:30pm

FREE

FINANCE OVER A LIFETIME

TO REGISTER - Click on the course title or call 207.363.7922

FAFSA, FORMS AND EFC

Joshua Bartlett

Filling out college financial aid forms is one thing, but how do you prepare for it? It's important to know the impact of income and asset types before filling out forms, otherwise thousands of dollars in potential aid may be missed.

Mon, 6:30-8:00pm, Oct 16 | Feb 12

Tues, 6:30-8:00pm, Dec 19 | Apr 9

FREE

FREE

GRANTS, LOANS, AND CREATIVE MEANS

Joshua Bartlett

An in-depth look at many of the potential methods for funding college including loans, scholarships, and savings.

Mon, 6:30-8:00pm, Nov 13 | Mar 11

Tues, 6:30-8:00pm, Jan 16 | May 14

FREE

FREE

YOUR MEDICARE 101 CLASS

Alan R "AL" Minthorn

This course provides an overview of transitioning into senior health insurance (Medicare). Items covered: Social Security; the "parts" of Medicare; timelines - how and when to apply; avoiding penalties and pitfalls; how to shop for plans.

Tues, 5:30-8:30pm, Oct 10

\$12

ESTATE PLANNING

Kathryn Bedell, Esq.

This class will begin with an overview of basic estate planning, including Wills, Powers of Attorney, Health Care Directives, etc. The class will then delve into, learning how revocable trusts can help avoid probate and protect your privacy, and how irrevocable trusts can protect your assets from nursing home or Maine Care (Medicaid) liens. Discussion will include other strategies to safeguard assets from life events such as business failure or divorce of adult children.

Kathryn Bedell is a lawyer in York, Maine and has been practicing for 31 years. Her practice focuses on estate planning, asset preservation, and probate matter.

Wed, 6 - 8pm, Nov 29, \$19

PERSONAL FINANCE

Matt Crabtree, CFP

Do you have clear financial goals? Are you confident you will be able to retire someday? How can you be sure of making the right investments? Learn how to change your credit report to reduce your expenses and increase your financial security, keep good financial records, and make decisions on data.

Online Anytime, 6 weeks, \$115



ARE YOU RETIREMENT READY?

Tim Harrigan & Andy Trowbridge

Do you have questions about Medicare? This informative, lively educational event will help you understand the basics of Medicare in relatable, easy-to-understand language. In addition, you will receive useful tips about how to choose a plan best suited to you in time for the Annual Enrollment Period (AEP) beginning October 15th. Tim Harrigan is a Senior Benefits Specialist with Harrigan Insurance Services, Inc. He has 25 years of experience in the insurance industry and, as an independent agent, represents all the major Medicare plans in Maine and New Hampshire.

Mon, 6-7:30pm, Sep 25 - Oct 2 | Jan 22 - Jan 29 | Apr 22 - Apr 29

\$19

MEDICARE ANNUAL ENROLLMENT TIPS

Tim Harrigan

Do you have questions about Medicare? This informative, lively educational event will help you understand the basics of Medicare in relatable, easy-to-understand language. In addition, you will receive useful tips about how to choose a plan best suited to you in time for the Annual Enrollment Period (AEP) beginning October 15th.

Wed 6-7:30pm, Nov 15

\$19

BUSINESS

TO REGISTER - Click on the course title or call 207.363.7922

UNDERSTANDING BOARD LEADERSHIP IN TODAY'S NONPROFIT LANDSCAPE

Alyssa Wright

Joining a nonprofit board is a great opportunity to make change in your community. This workshop will educate you on the diverse needs nonprofits are facing and will then help you, to clearly define your role and become a more effective and skilled volunteer leader.

Tues, 5:30-7:30pm, Sep 26

\$10

BUSINESS WRITING BEST PRACTICES

Benjamin Smith

Gain business writing skills to improve your emails, web content, sales materials, and marketing campaigns. Covering topics ranging from grammar tips to ChatGPT, this course is perfect for salespeople, entrepreneurs, and business owners.

Wed, 6:30-8:30pm, Sep 6 - Sep 27 | Oct 11 - Nov 1

\$29

VOICE OVERS...NOW IS YOUR TIME!

Dan Levine

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your voice for commercials, films, audio-books, and more.

Tues, 6:30-8:30pm, Sep 19

\$39

HUNDREDS OF CLASSES ONLINE

Learn at your own pace
in the comfort of your home or office.

- SEARCH ENGINE OPTIMIZATION
- PC TROUBLESHOOTING
- ACCOUNTING FUNDAMENTALS
- LANGUAGES
- GRE PREP
- BUSINESS COMMUNICATION



CURRENT ISSUES FACING WOMEN IN BUSINESS

MindEdge

This general awareness course will assess the representation of women in various domains including sports, politics, education, STEM fields, pink-collar jobs, and managerial positions. We will also review challenges that many working women face, as well as strategies for addressing those challenges both as an individual and from an organizational perspective. The course concludes with a brief review of milestones in the history of women in the workplace and an assessment of some ways that better representation of women can benefit businesses.

Online Anytime

\$79

FINANCIAL LITERACY FOR ENTREPRENEURS AND SMALL BUSINESS OWNERS

David Nosnik, CPA

Financial literacy can be a game changer for entrepreneurs and small business owners. It's the key to making informed financial decisions, achieving stability, and avoiding common pitfalls. In just 90 minutes, our introductory course empowers you with essential financial knowledge, including: 1. Budgeting and Money Management: Learn to create and stick to budgets, track expenses, and maximize income. 2. Set Powerful Financial Goals: Develop a roadmap for short-term wins and long-term success. 3. Understand Financial Statements. Empower yourself with the financial literacy that fuels success in your business journey. Join our course today and take control of your financial future.

Mon, 6:30-8pm, Oct 9

\$19

START A PET SITTING BUSINESS

Jeff Grognet

Discover how you can turn your love of animals into a profitable pet-sitting career. This course covers everything you need to know about caring for pets from nutrition, exercise and first aid and everything that goes into starting a successful business.

Online Anytime, 6 weeks

\$115

FINE ART: PHOTOGRAPHY

TO REGISTER - Click on the course title or call 207.363.7922

"Courses are engaging, motivating and fun! The teachers are top notch and focus on the joy of learning and enhancing your skills. I hope to take many more!" -AL, Enrichment Student

DIGITAL PHOTO 1 BEGINNER SERIES

Steve McGrath

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera ready and learn when and how to use its special features - such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography.

Thurs, 7:30-9pm, Sep 21 - Oct 19 **\$89**

Thur, 5:30-7pm, Mar 7 - Apr 4 **\$89**

DIGITAL PHOTO 2 INTERMEDIATE

Steve McGrath

You are comfortable with your camera and you want more! In this class we will explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. We will take an in-depth look at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques.

Tues, 7:30-9pm, Nov 7 - Dec 5 **\$89**

Thur, 5:30-7pm, Apr 18 - May 16 **\$89**

SMARTPHONE PHOTOGRAPHY

Steve McGrath

This class is dedicated to helping you with understanding how to use your smartphone photography, how to take a create great Images on your phone, what editing apps to use, how to share and print your images. Join Steve as we go over how to find out how to use essentials controls on your phone along with the best free and low-cost tools for editing and image management.

Thur, 5:30-7pm, Feb 1 -Feb 15 **\$69**

NATURE PHOTOGRAPHY

Steve McGrath

Join Nature Photographer Steve McGrath on a Wildlife Photography Workshop where you will learn how to use your digital camera like a pro and improve your wild-life photographic technique. Understand the settings of your camera and what you need to compose a professional looking photograph.

Thur, 7:30 - 9pm, Jan 4 - Jan 18 **\$69**

PORTRAIT PHOTOGRAPHY

Steve McGrath

This portrait photography course is designed to teach you everything you need to know to take professional-quality portraits. You will learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work!

Mon, 5:30 - 7pm, Jan 8 - Jan 22 **\$69**

LANDSCAPE PHOTOGRAPHY

Steve McGrath

In this Beginner/Intermediate Landscape Photography Class Steve will show you all the various camera settings you can use when taking Landscape Photography utilizing your Shutter and Aperture settings and Hyper Focal Distance and Photo Stacking for the best exposure. Including understanding and using natural light, finding the best composition, understanding the ways different focal length lenses behave, and using depth of field and the use of filters. Tripods are also a plus but not mandatory for the class and you can use Smartphone or Digital Cameras for this class.

Thur, 7:30 - 9pm, Feb 1 - Feb 15 **\$69**



FALL23/WINTER 24

FINE ARTS

TO REGISTER - Click on the course title or call 207.363.7922

SO POPULAR! THESE CLASSES FILL UP QUICKLY! REGISTER EARLY!

FIRED UP WITH MANDALA DOTTING

Joyce Amend

Ceramic tile trivets with beautifully painted dot mandalas created by you! What fun! Each mandala is created by a dotting method using specific tools. No artistic experience required. In this 2-hr. workshop you will design a dot mandala on a 6" clay bisque trivet using a template to define your design. Step by step instruction assures success! Once painting is finished, instructor will have your creation kiln-fired. Your finished piece will then be ready for pick up in 7-10 days. All tile trivets, brushes and paints are included in the class fee, except for dotting tools which you will need to purchase if you don't already have them. A set of tools are \$15 paid directly to the instructor. The tool fee is in addition to the workshop fee. Class size limited.

Tues, 5:30-7:30pm, Oct 3

\$19

WATERCOLOR ABSTRACTS MERGE WITH PEN & INK

Joyce Amend

Stress-free, relaxing workshop series wherein watercolors and ink merge with lines and shapes to create beautiful, mindful, abstract paintings. A tranquil mood will allow for self-expression as you create unique works of art while listening to soothing music. You will paint a series of small, mindful abstract paintings throughout 3 sessions that reflect intuitive creative expressions. New projects each session. No artistic experience is required. You will bring a watercolor pan set to class and #8 and #2 round brushes or similar. All other supplies will be provided for a material fee of \$10 payable to the instructor. Those who have attended this series will not need to pay \$10 material fee.

Tues, 6-7:30pm, Oct 10 - Oct 24

\$59

CRAFTY CAULDRON MUG

Firefly Pottery

"Are you a good witch or a bad witch"...let your cauldron mug do the talking for you! Using paper technique and Bubble painting, create your Cauldron mug perfect for your morning brew.

Tues, 10:30am - 12:30pm, Oct 3

\$29

Thur, 6:30 - 8:30pm, Oct 5

\$29

EASY TIPS & TRICKS FOR DRAWING & PAINTING

Rob Underwood

Does creating art with paint and markers seem a daunting task? In this one night class, instructor Rob Underwood discusses different methods for making artwork fun, easy, and relaxing. One hour of instruction, followed by two hours of practicing these techniques. You will leave with a finished drawing, and new knowledge to practice for years to come.

Tues, 5-8pm, Oct 10

\$25

WONDERFUL WATERCOLOR - BEGINNER

Kathryn Carter

Watercolor moves freely with surprising results, yet can be easily controlled when desired. In these fun, easy classes, Kathryn will guide you with clear step-by-step instruction and helpful demonstrations as you enjoy creating your own beautiful paintings. (Materials list available upon registration.) Beginners Introduction to paints; pigments; saturation; washes (basic); edges; palette set-up; brushes; paper and all materials – the fundamentals for practical painting.

Thur, 10am - 12pm, Oct 5 - Nov 2 | Jan 4 - Feb 1

\$149

WONDERFUL WATERCOLOR - ADVANCED BEGINNER

Kathryn Carter

Advanced Beginners/Intermediates Continuing to build on our knowledge and skills using new techniques to create provocative, rich darks, luminously atmospheric lights, textures and details; color recipes that are exciting and limitless;.

Sat, 10am - 12pm, Oct 7 - Nov 4 | Nov 18 - Dec 16 |

Jan 6 - Feb 3 | Feb 17 - Mar 16 | Mar 30 - Apr 27

\$149

SOLDERED FILIGREE BRACELET

Alice Carroll

This class will include many traditional techniques, such as forming and bending wire, soldering, and light hammering. We will also discuss various finishes including a high polish. No experience required, all levels welcome.

Sat, 10am - 12pm, Feb 24

\$69

FINE ARTS

TO REGISTER - Click on the course title or call 207.363.7922

ALL NEW CLAY AND GLASS
check it out!

BEZEL SET SEAGLASS

Alice Carroll

Learn how to texture, size, solder and set a stone in a three hour class. Each student will learn how to make their own bezel, then texture a pendant and solder them together. After the pendant is created, each student will learn how to set a stone in a bezel setting. All materials are included, but if you have a gemstone, beach stone or seaglass that you are partial to, please feel free to bring it in. No experience necessary.

Sat, 10am - 12pm, Jan 20 **\$69**

DANGLE BEAD EARRINGS

Alice Carroll

Come and create a beautiful pair of go to earrings. Each student will pick out their beads and create the earring around the bead. This class will cover cold connections for attaching the stone/bead to the earring. Each student will also learn to solder, form, hammer, and drill. No experience required, all levels welcome.

Sat, 10am - 12pm, Sep 23 **\$69**

DELFT CLAY CASTING

Alice Carroll

This is a great opportunity to reproduce a beautiful button or bead in silver or bronze, and incorporate it in a piece of jewelry. Each student will have the opportunity to pack their object in the clay mold and hand pour molten metal into the mold. It's a fast and fun way to cast and create an element to make into earrings, rings or pendants. No experience required- all levels welcome.

Sat, 10am - 12pm, Nov 4 **\$69**

STACKED RINGS

Alice Carroll

Learn how to texture, size, solder, and set stones as you create two stunning sterling silver rings with your choice of colorful gems! These versatile rings can be worn separately or stacked to create a variety of customizable looks. No metals experience is required, so it's a perfect beginner project and super fun to take with a friend. This charming ring makes a great little gift, too--make one for you and one for someone special!

Sat, 10am - 12pm, Oct 14 **\$69**

"TIM BURTON" INSPIRED WITCH HAT LANTERN W/ PUMPKIN

Firefly Pottery

A fun a spooky version of this bewitching symbol of Halloween. Color changing Tea Light included!

Tues, 10:30am - 12:30pm, Oct 17 **\$49**

Thur, 6:30 - 8:30pm, Oct 19 **\$49**

BERRY BRANCHES PLATTER

Firefly Pottery

Bright Red Berries clinging to November branches evoke the season of final Harvest and coming Winter. A beautiful centerpiece for your Holiday table.

Tues, 10:30am - 12:30pm, Nov 7 **\$49**

Thur, 6:30 - 8:30pm, Nov 9 **\$49**

CLAY INCENSE BURNER

Firefly Pottery

Working with real clay. Hand build your very own incense burner to enjoy your favorite incense at home.

Price includes both firings and painting.

Tues, 10:30am - 12:30pm, Oct 31 **\$29**

Thur, 6:30 - 8:30pm, Nov 2 **\$29**

CLAY VILLAGE HOUSES CANDLE SHIELD

Firefly Pottery

Working with real clay, we'll sculpt and hand build a sweet row of Holiday houses.

Tues, 10:30am - 12:30pm, Dec 5 **\$29**

Thur, 6:30 - 8:30pm, Dec 7 **\$29**

GLASS FUSED ORNAMENTS!

Firefly Pottery

Working with brightly colored fusing glass, create 3 sparkly ornaments that will look beautiful on your tree, in a window or given as a treasured gift!

Tues, 10:30am - 12:30pm, Dec 19 **\$39**

Thur, 6:30 - 8:30 pm, Dec 21 **\$39**

WINTER TREES AT NIGHT PLATTER

Firefly Pottery

This design is a favorite! Easy to create with stunning results. Painted on a 14x11 inch platter large enough to hold all the cookies!

Tues, 10:30am - 12:30pm, Nov 28 **\$69**

Thur, 6:30 - 8:30pm, Nov 30 **\$69**

MUSIC & DANCE & LANGUAGE

TO REGISTER - Click on the course title or call 207.363.7922

SEW IT, DON'T THROW IT!

Lynn Sheehan

Did you know about 10% of landfill product is from textiles? With a few basic skills, we can work on lowering that number. In this class you'll learn basic sewing skills to fix textiles around the house instead of replacing them. Does your favorite sweatshirt have a hole in it? Learn to patch it. Has that old t-shirt seen too many washes, but your not ready to part with it? Turn it into a bandana.

Wed, 6-7:30pm, Oct 18

\$19

PRIVATE PIANO LESSONS

Susan Frank

Have you always wanted to learn to play the piano? Or did you begin when you were young and want to learn more? Now is your chance! Take private lessons, four lessons at a time, and see how far you can go!!

Mon or Tues, 2:30, 3:00, or 3:30, You Pick

\$120/4

HOW TO PLAY PIANO BY EAR

Craig Coffman

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

Sat, 9am - 12pm, Oct 28

\$59

SPANISH CONVERSATION (BEGINNER)

Israel Robles

Hola, mis amigos! Get started with the foundations of speaking Spanish. Build listening and practice phrases with dialogues using a variety of exercises.

Online Wed, 6 - 7:30pm, Jan 10 - Feb 14 |

Mar 6 - Apr 10

\$49

PLAY THE UKULELE, THE JOURNEY BEGINS!

Duncan Perry

Learn to play the ukulele! It has never been more popular and you don't even need to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new -- even classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using familiar songs. You will need a playable ukulele and an electronic tuner or a tuner app.

Tue, 6-7:30pm, Sep 26-Oct 17 | Wed, 6-7:30pm, Oct 25-

Nov 15 | Tues, 6-7:30pm, Nov 28-Dec 19 | Wed, 6-7:30pm,

Jan 31-Feb 21 | Tue, 6-7:30pm, Feb 27-Mar 19 |

Wed, 6-7:30pm, Apr 3-Apr 24

\$89

BALLROOM & LATIN FOR BEGINNERS & INTERMEDIATES

Robin Shaw

Let's dance the Waltz, Rumba, Foxtrot & Swing! In six weeks we can do it all & you'll be ready for your next social event or fun at home! Smooth soled shoes work best.

Wed, 6:30-7:30pm | Oct 4-Nov 8 | Jan 10-Feb 14 |

Mar 6-April 10

\$79

PRIVATE BALLROOM DANCING LESSONS

Robin Shaw

Do you have a special event coming up? Do you want a personalized dance for it? During your two sessions, one hour each, Robin will work with you to choreograph and practice the perfect dance to your song. Smooth soled shoes work best.

Wed, You pick date, 5:30-6:30pm

\$69

SPANISH CONVERSATION (IN-PERSON)

Adriana Benítez

Enhance your Spanish speaking skills and confidently say "Yo hablo Español"! Engage in interactive sessions, guided discussions, and practical exercises to boost your conversational proficiency.

Tues, 6 - 7:30pm, Dates TBD

\$49

HEALTH & WELLNESS

TO REGISTER - Click on the course title or call 207.363.7922

DEEP PEACE: A YOGA NIDRA EXPERIENCE

Beth Sehlmeier

This class will lead students in the meditation and relaxation technique called Yoga Nidra. Yoga Nidra induces full body relaxation and quiets the mind by discharging muscular, nervous, mental and emotional tensions.

Come relax and restore your entire being! Students need to be able to lie down or sit for 45 minutes.

Online course through zoom.

Tues, 7-8pm, Oct 3 - Oct 17

FREE Mon, 6:30-7:30pm, Oct 16 - Nov 20

\$29

WOMEN'S FITNESS

Carole Freeman

Women's Health and Fitness is designed for women of ALL fitness levels and ages to help you improve your physical and mental well-being. You will learn how to regain lost energy and stamina, how to optimize your breathing for different activities and situations, how respiratory muscle strength affects your endurance, and what are the new rules for cardio and stamina.

Online course through zoom.

Tues, Thur, 6-7:30pm, Oct 17 - Oct 24

\$85

WOMEN'S GENERAL HEALTH SERIES

Carole Freeman

You will learn how breathing is different for women and why it matters, how to manage pain and stress through breathing techniques, how female sex hormones influence your breathing and health, how to prevent and treat pelvic floor dysfunction, and how to cope with menopause symptoms. This class will empower you to take charge of your health and well-being by understanding and improving your breathing habits.

Online course through zoom.

Mon, Wed, 6-7:30pm, Oct 16 - Oct 30

\$85

USING SOFTWARE & DEVICES FOR BETTER HEALTH

National Digital Equity Center

In this class, we will explore apps, software, and devices that help promote and maintain exercise and diet, monitoring blood sugar, blood pressure, weight medication reminders, using FitBits, Apple Watch, etc., and connecting with Bluetooth.

Mon, 9:30-10:30am, Sep 25

FREE

A FLEXIBLE SPINE

Stan Wrobel

"If you would seek health, look first to the spine," said the wise Socrates. In this class you will explore gentle movements, guided by verbal instructions, to develop awareness of the spine as a pathway to increasing the flexibility of the spine and to integrating it with the whole body to create easier movements and greater comfort. Suitable for everyone.

Mon, 6:30-7:30pm, Oct 16 - Nov 20

\$29

ARE YOU HAVING TROUBLE CONTROLLING THE WAY YOU EAT?

Food Addicts in Recovery Anonymous

Do you struggle with food obsession, overeating, undereating or bulimia? There is a solution, free information session online and by phone.

Tues, 6:30-8pm, Oct 17

FREE

TELEHEALTH- CONNECTING WITH YOUR HEALTHCARE PROVIDER FROM HOME

National Digital Equity Center

In this class we will look at how you can connect with your healthcare provider from the comfort of your own home. Telehealth is the new Home Visit, allowing healthcare providers to evaluate, diagnose, and treat patients, whether it's for check ups, consultations, or a follow-up appointment. We will discuss the process; from setting up your initial appointment, what to expect, insurance and patient portals to community resources.

Mon, 1-2pm, Nov 6

FREE

VIDEOCONFERENCING WITH HEALTHCARE PROVIDERS, FAMILY, & FRIENDS

National Digital Equity Center

There are several options for speaking face to face with family, friends or coworkers over a device connected to the internet. In this class we will look at some of the most popular options out there including Zoom with a short tutorial on navigating the Zoom room.

Tue, 10-11am, Sep 19

FREE

CREATING COMMUNITY

TO REGISTER - Click on the course title or call 207.363.7922

PAGE TURNERS BOOK CLUB

Beth Knight

Are you tired of reading in solitary confinement? Bored of never having anyone to gush about your latest literary obsessions with? Look no further! Our diverse and open-minded community welcomes readers of all kinds – whether you're a seasoned bookworm or a newbie eager to dive into uncharted literary waters. The only requirement for joining the Page Turners Book Club is a voracious appetite for books and an eagerness to share your excitement! Let's read, laugh, and bond over the stories that make our hearts race and our imaginations soar! October's great read is *Hello Beautiful* by Anne Napolitano, a New York Times Bestseller.

Wed, 6:30-8:30pm Fall - Oct 4, Nov 1, Dec 6 \$35
Winter - Jan 3, Feb 7, Mar 6 \$35
Spring - Apr 3, May 1, June 5 \$35

CLASS: COLLABORATIVE LEARNING AND SOCIAL SKILLS

Instructor TBD

Unlock the power of effective communication and collaboration in our adult social skills class. Discover the art of active listening, conflict resolution, and teamwork through games, crafts and real world experiences. Enhance your relationships, both personally and professionally, in a supportive and engaging environment. Join us now for a brighter social future!

Wed, Oct 11-May 29, 6:30-8pm **FREE**

BOATING SKILLS AND SEAMANSHIP

Coast Guard Auxiliary

Boating Skills and Seamanship is the premier Coast Guard Auxiliary boater education course. It is a comprehensive course designed for both the experienced and the novice boater. This course qualifies you for a boater education certificate recognized in every state which requires such a certificate, including New Hampshire. The course includes Which boat is for you, safety equipment, trailering, boat handling, aids to navigation and rules of the road. Many boating insurance companies offer a discount for completing this class.

Mon, 6:30 - 8:30pm, TBD \$65

THE POWER OF KINDNESS – THE SUPER-POWER THAT CAN CHANGE YOUR LIFE (AND THE WORLD)

Jeff Edelstein

Learn how “intentional acts of kindness” can transform your friendships, relationships, families, workplaces, schools, and politics. Students will create their own “personal kindness practices” and explore ways to work together, if interested, on community acts of kindness. Learn, go practice, come back and discuss: Oct 10, Oct 24, Nov 7.

Tues, 6-8pm, Oct 10

FREE

“YOU HEARD THAT ON THE NEWS???” AN INTRODUCTION TO “NEWS LITERACY”!

George Whitbread

Are you frustrated by the changing, confusing, and complex world of news and information? Are you concerned about the effects of misinformation, disinformation, and bias found online and on social media? Explore these critical topics in a nonpartisan manner and discover some useful skills from the field of “news literacy”!

Wed, 6-7:45pm, Oct 4 - Nov 8 | Apr 17 - May 29

FREE

SOURCES IN RESEARCH: YORK HISTORY

James Kences

What can we use to learn about early York? What are the books that are most helpful and reliable as a source of information? How can deeds, probate, court records, town records be used, and what can they tell us?

Wed, 7-8pm, Oct 18 - Nov 8

\$29

THE HOWS & WHYS OF YORK HISTORY

James Kences

A deeper look into important periods of York History, up to and including the Civil War, with an emphasis upon why certain events occurred and how they occurred. The class can decide upon one or more periods of history.

Wed, 7-8pm, Feb 28 - Mar 20

\$29

CREATING COMMUNITY

TO REGISTER - Click on the course title or call 207.363.7922

DISNEY TRIP PLANNING

Audrey Kimball from Academy Travel

Are you dreaming of a trip to one of the Disney Parks? Join Audrey Kimball for this free one-night class on planning the perfect Disney vacation to fit your family and your budget. Audrey is an official Disney Vacation Planner and she has all the inside information about how to make the most of your trip. In this session, you will learn about how to take advantage of Disney's special offers, how to schedule your days in the parks, and which resort and dining options work best for your vacation.

**Mon, 6-7pm, Sep 25 | Tues, Nov 14, 6-7pm |
Wed, Jan 3, 10-11am**

CRUISING WITH KELLY

Kelly Monroe

Are you interested in taking a cruise but not sure where to start? Come to this one night class with Kelly Monroe, owner of In The Magic Travel. Learn about cruise lines, itineraries, departure ports, what to expect, how to proceed and get answers to your questions!

Tues, 6-8pm, Oct 3 | Mar 19

\$9

SO YOU THINK YOU CAN PASS THE US CITIZENSHIP TEST?

Shawn Cola

Come test your knowledge and see if you have what it takes! This one night class will give an overview of the process immigrants take to become US Citizens by immersing you in the experience for yourself. You'll also hear stories of people in our community who are working on, or have become citizens, and why it is so important to them. By the end of class you will have a better understanding of what it takes!

Mon, 6-8pm, Sep 25 | Oct 23 | Jan 22 | Mar 25 **FREE**

MAINE DRIVING DYNAMICS

Maine Bureau of Highway Safety

This two-class, five hour course offers all drivers the opportunity to improve their defensive driving abilities. Those completing the course will receive a three-point credit on their driving records. Discount for over 65.

Mon & Wed, 6 - 8:30pm, Date TBD

\$45

DOWNSIZING?

Jill Braceland

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

Mon, 6-8pm, Oct 23

\$25

GET YOUR HOUSE READY TO MOVE

Jill Braceland

It's a lot of work to move to a new home, and having the right information can make it easier. Learn about moving companies, packing tips, downsizing before you move, and setting up a successful moving day. Leave with resources needed to plan a successful move to your new home.

Wed, 6-8pm, Nov 15

\$19

MY DYING TO DO LIST

Jill Braceland

Do you know how much paperwork is involved in organizing your estate? This quick overview deals with matters involving Family, Finances, Future, Funeral. You will leave with a list of resources. This is an informational seminar only. Material Fee: \$5.00/pp paid directly to instructor.

Tues, 6-8pm, Oct 3

\$19

STAR WARS FAN NIGHT

Rob Underwood

Do you absolutely love Star Wars? Do you yearn to talk about it at length with other fans? Then this is the class for you! Come dressed as your favorite character (Optional). The class is structured so that everyone has a voice, and it is always open for debate. Every class features: Star Wars in the news, show and tell (bring your toys), Star Wars art project, videos, a new feature for each night, and trivia.

Tues, 5-7pm, Oct 24

\$25



FALL23/WINTER 24

REGISTER EARLY!



Pre-registration and payment is required at least one week prior for all courses. Space is not guaranteed until payment is received. Courses may be cancelled due to insufficient enrollment.



ONLINE REGISTRATION

Go to www.yorkadulthoodeducation.org



PHONE REGISTRATION

Call the York Adult Education office at 207.363.7922 and we will be happy to help.



MAIL-IN REGISTRATION

Complete the registration form here. Include your card number or make your check payable to: York Adult Education and mail to YACE, 30 Organug Road, York, ME 03909

THE FINE PRINT

- **Disclaimer:** We do our best to ensure accuracy, but there may be errors, changes, or acts of God that render price, dates, or times incorrect.

- **Age Requirement:** Minimum age for participation in York Adult & Community Education classes is 17 unless otherwise stated in the course description or special permission is granted in writing by the director.

- **Storm cancellation policy:** Adult Education classes will be cancelled if school is cancelled. Please check area radio and TV stations for cancellation information. If there is a one hour delay for the York Schools, daytime Adult Education classes will be held as scheduled. A two hour delay will postpone daytime Adult Education classes one hour. We do our best to reschedule classes that have been disrupted by storm cancellations, but it is not always possible to extend courses. We do not give partial refunds due to storm cancellations.

- **Disability Access Statement:** The York Adult and Community Education program provides equal access to all programs and activities.

- **Payment Options:** York Adult and Community Education accepts payments in cash, check, debit or credit cards. There will be a \$30 fee with any returned check.

- **Refunds:** 100% refund of payment if the course is cancelled. If a participant withdraws two business days prior to first class they will receive 100% refund of the cost of the course, but no refund of credit card bank processing fee. No refunds or partial refunds once a class has started. No refunds for trips after registration deadline. It takes 2-3 weeks to process refunds if paid by check. Cooking classes have a 5 day cancellation notice as they require the advance purchase of perishable products. No shows and late cancellations can not be refunded.

PER STATE OF MAINE LAW, THERE IS NO SMOKING, VAPING, DRINKING, OR DRUGS PERMITTED IN, ON, OR OUTSIDE ANY YORK SCHOOL PROPERTY.

REGISTRATION FORM - FALL 2023/WINTER 2024

NAME _____

EMAIL _____

MAILING ADDRESS _____

PHONE _____ CELL PHONE _____

| Course name | Day/Date | Fee |
|------------------------|------------------------------|-----|
| | | \$ |
| | | \$ |
| | | \$ |
| | | \$ |
| Literacy Fund Donation | \$5_ \$10_ \$25_ Other _____ | \$ |
| | Total Amount Enclosed | \$ |

All information is confidential.

Check # _____ OR Credit Card# _____ Exp. date _____ CVV* _____

(*On back of card)

WE CAN HELP WITH THAT!

OUR MISSION: To provide affordable, accessible, quality, lifelong learning opportunities to equip community members with the tools necessary to pursue their academic, vocational and personal goals, contribute to the economic strength of the community, and participate as informed members of society.

IN OTHER WORDS, WE HELP YOU LEARN, GROW, AND THRIVE.

Programs and Services

Please call 207.363.7922 for more information.

Academic Programs

FREE reading, writing, and math classes are all designed to increase your skills in order to help you reach your goals. Also, HiSET® (replaces the old GED® exams) high school equivalency test prep classes can help you earn your high school credential.

Learn English!

English Language Learners (ELL), Multilinguals (ML)

We offer flexible, FREE ELL classes. The focus of the class will be on conversation, pronunciation and grammar. Class sizes are small so we can offer individual attention and can structure the class to meet your needs. In addition to classes we can also provide one on one tutoring.

Individual Tutoring

Many people in Maine have trouble reading a newspaper, filling out a job application or using a computer. If you know someone who has difficulty reading, call us, we can help. All tutoring is private and FREE. Also, if you would like to be a tutor, we'd love to pair you up with someone wanting to learn.

College/Career Prep and Guidance

Looking to get the skills you need to succeed in college? Our college prep classes will not only help you pass the Accuplacer test, but also build your skills (and confidence) in order to do well in college. Career certifications such as CNA can also be earned through York Adult Ed. Not sure what you want to do for a career? Meet with our career counselors to find out what jobs are out there in your range of interests!

Veteran Recognition

Did you leave high school to fight in Korea or WWII? York Adult Education appreciates your contributions and will award you a diploma. Operation Recognition is a program to honor veterans who were unable to continue high school due to World War II or the Korean War. To qualify, service must have been during the period of September 16, 1940 – December 31, 1946 (WWII) or June 25, 1950 – January 31, 1955 (Korean War). Graduating veterans receive actual diplomas.

Online Learning

Like the idea of learning from home in your pjs? We partner with several high quality businesses to offer a myriad of online courses from academics, to career exploration, to certifications, and hobbies! Your career path may lead you to need more training - or maybe you have a hobby that you'd like to keep up to date - either way, we have online classes that may fit your need.

Customized Business Training

Customer service needs improvement? New computer system at work? Are you a local business with a need to train your staff? Let us help you by creating a program custom designed to meet your needs.



Volunteer and Support Opportunities

Volunteers Needed - Literacy/Math Tutors

We are looking for volunteers to work with our adult academic students. Opportunities exist to work one-on-one or with small groups to help students improve their math, reading, writing, or English language skills.

Volunteers Needed - Computer/Tech Tutors

In today's tech world, more people are being left out of learning and socializing opportunities due to their lack of technology skills. Work one-on-one or with small groups to help adults increase their comfort level and tech skills on their computer or phone.

Volunteers Needed - Childcare

We occasionally have a need for volunteers to help with childcare while parents are attending classes or participating in special training. If you enjoy spending time with young children and have some time to spare, we'd love to have you working with our "Little School".

Volunteers Needed - Fundraising Events

We could use some help with our fundraising events like our paint party and trips. If you'd like to volunteer to help with these contact us and we will get you in touch with our volunteer liaison.

Class Ideas Needed - Teaching

We're always on the lookout for enthusiastic teachers who would like to share their expertise with members of the community. Contact us with your course suggestion, a brief description, and your credentials for teaching this course at: lrobertson@yorkschoools.org or call 207.363.7922.

Sponsorship Needed - Become a Literacy Friend!

Want to support your community, neighbors, and the great work going on at York Adult Education? Have a desire to be generous with your resources? We have opportunities for you - give to our scholarship fund, literacy program, or sponsor our website or catalog! Call York Adult Education at 207.363.7922 or email Lisa Robertson at lrobertson@yorkschoools.org to find out how you can become a YACE Sponsor.



45 Years and 1000s of courses!

Yes, it's our 45th year of helping adults in our community through high quality learning opportunities. Join us this year, you'll be glad you did!

\$1,000,000 More

The wage increase an adult education graduate can earn in their lifetime.[1]

43,000,000

The number of working-age adults in the U.S. who lack the skills needed for many of the nation's fastest-growing, highest-paying jobs.[2]

28,000,000

The number of adults in the U.S. without basic digital skills to operate a computer.[2]

We can help with that!
Really, we can.

ADULT EDUCATION MATTERS

Full detailed catalog at
www.yorkadulthoodeducation.org

