

# York Adult Education

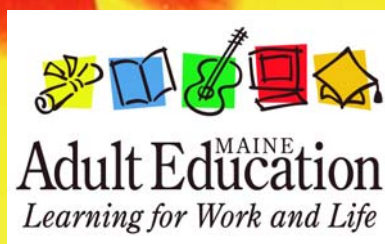
## *Spring 2010 Courses*

**“Don’t go through life, grow through life.”**

*Guy Finley*

207.363.7922

[www.yorkadulthoodeducation.org](http://www.yorkadulthoodeducation.org)



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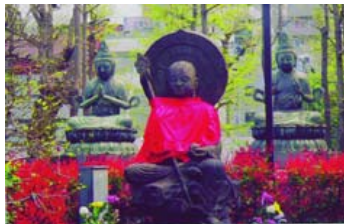
York Adult Ed Staff  
 Polly Stanwood, Director  
 Katie Schindler, ABE Coordinator  
 Andrea Winslow, Adult Ed. Secretary



## TOUR OF JAPAN INFORMATION EVENING

**Wednesday, May 5, 6 pm**

Join us for an exciting 2-week tour of Japan around the beginning of November, 2010, just at a time of the year when the weather there is warm and clear (with daytime temperatures averaging about 60 degrees F) and the brilliant colors of autumn foliage are at their peak. We will visit such famous sights in Tokyo as Meiji Shrine and the Imperial Gardens, Toshogu Shrine in Nikko, the Golden Pavilion, Silver Pavilion and Imperial Palace in Kyoto, and Todaiji Temple, Kasuga Shrine, and the Deer Park in Nara, as well as important museums in these cities and, as a special feature, we will attend performances of Kabuki theater and Bunraku (traditional puppet theater). An additional third week optional tour of either Ama-no Hashidate (on the West coast of Japan) or Itsukushima Shrine (off the coast of Hiroshima on the Inland Sea) - two of the 'three most important sights' of Japan - will be available to those who are interested. In October, before the tour, we will also offer a series of orientation sessions through the York Adult Education program, covering such subjects as The Origin of the Japanese People; the Japanese Language; Japanese History; Mythology and Religion (Shinto and Buddhism); Literature; Arts and Crafts (Brush Painting, Block Prints, Ceramics, and Lacquerwork); Music; and Theater. This program will be helpful by affording participants to acquaint themselves beforehand with the culture of the country they will be visiting; it will be conducted by *Dr. Roger Finch, a 30-year resident of Japan and retired professor of Language, Linguistics, and Comparative Culture at Sophia and Waseda Universities in Tokyo.*



Cost: No charge (Pre-registration required)

(See page 6 for Beginning Japanese)

## SENIOR SYMPOSIUM

**Wednesday, June 2, 6-7:30 pm**

Over age 55, looking for direction, planning for retirement, assisting your parents? Please join us for an informative presentation with local business professionals to understand how the change in the economy and real estate market may affect seniors in planning for their retirement and future. Be informed about the services, support and tools you need to facilitate change in the direction you desire "THE WAY LIFE SHOULD BE" and enjoy your retirement.

**Sponsored for Seacoast residents by Sentry Hill of York Harbor in collaboration with:**

Front Porch Appraisal Services  
Stunning Spaces  
RE/Max Realty One  
Bank of America Home Loans  
A Perfect Move  
Edward Jones Financial Services  
Wilkinson Law Offices

Cost: No charge (Pre-registration required)





## GENERAL INTEREST

### MAINE DRIVING DYNAMICS

*Tom Baran*

This two-session, five hour course offers all drivers the opportunity to improve their defensive driving abilities. The course includes attitudes and the basic elements that constantly challenge drivers on Maine's highways. The course is taught by a certified Maine Driving Dynamics instructor. The course format engages students with lectures, videos, and class discussion/participation. Those completing the course will receive a three-point credit on their driving records. **It is important that you arrive at class on time, otherwise you will not receive credit.** **Tuesday & Thursday, April 27 & April 29, 6:30-9 pm**  
**Cost: \$40 (\$10 if over 65)**

### WEEKEND NAVIGATOR, PART I

*Robert Prestridge*

The Weekend Navigator will teach you how to navigate in the digital age and will also teach you the time-honored techniques that never lose their usefulness. Learn to use marine GPS, charts and other electronic and traditional navigation tools. This course is designed for anyone who wants to learn coastal navigation. Topics covered include: an overview of the process of navigation, planning on the fly, piloting without electronics, using Buoys and lights, plotting courses, calculating distances and bearings. This course is being presented by the U.S.C.G. Auxiliary, Portsmouth Flotilla.

**Tuesday, April 6-June 1, 6:30-8:30 pm - 8 sessions**

**(No class April 20)**

**Cost: \$90 (Incl. materials)**

### PHOTOGRAPHY WALKING TOUR OF YORK

*Audrey Gottlieb*

**We will meet at the town hall.** After a brief interactive discussion and camera check, Audrey will share some of her secrets for taking successful photographs. Please bring your camera and manual. If you're bringing a film camera, pack some film and extra batteries. If you've gone digital, you'll also need to bring extra batteries. Tripod optional. Dress accordingly, rain or shine. Group limited to 15 persons. *Audrey Gottlieb is a documentary photographer and educator. She currently teaches and lectures on a freelance basis. You can view her work at [www.audrey-gottlieb.com](http://www.audrey-gottlieb.com).*

**1) Saturday, April 10, 10 am-Noon or,**

**2) Saturday, May 15, 10 am-Noon (Choose one)**

**Cost: \$25**

### YOU'RE ON THE AIR

**(How to Really Make it in Voice-Overs!)**

*Liz Solar*

Voice-overs are hot today! You don't have to be an actor to get voice-over work, but it certainly doesn't hurt! With such notable talent as James Earl Jones, Linda Hunt, and Donald Sutherland lending their voices to commercials, films, and videos, one would think that it would be next to impossible to break into this field. Not so! In this class you'll learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! *Liz Solar, successful voice-over artist, will introduce students to the voice-over business as a whole. You'll step up to the microphone to do some practice recording, and best of all, hear the results!*

**Tuesday, April 13, 7-9 pm**

**Cost: \$25**

### VOICES OF WOMEN

*Meryl Wein*

Join a congenial group of women for a thoughtful, lively discussion of books. Books are chosen by consensus, usually two books a month, so you will read a variety of literature, and come away after each meeting with new perspectives. *Meryl Wein has been a clinical psychologist and child & family counselor. She admits that she is "addicted to books" and volunteers at a library. Please call YACE for title of book for April meeting.*

**Wednesday, April 28 & May 26, 7-9 pm - 2 sessions**

**Cost: \$10**

### ANTIQUES APPRAISAL FAIRE

*Hap Moore*

How much is Great Aunt Ida's prized dinnerware worth? How about that Civil War sword gathering dust in the attic? Here's your chance to find out! Hap Moore will acquaint participants with the workings of the antiques market, the auction process, appraisals and collecting antiques. **This two-hour course is built around evaluation of items brought to class by participants.** Be sure to bring your "unique" antique to class. *Hap Moore has over 35 years experience buying, selling and appraising antiques and over 25 years as an auctioneer. Hap is licensed in Maine, New Hampshire, Vermont and Massachusetts, and actively serves clients throughout the east holding auctions of estates, collections, old households and single items of merit.*

**Saturday, May 15, 10 am-Noon**

**Cost: \$10**





**New!**  
**BASIC BICYCLE  
 MAINTENANCE &  
 REPAIR**

**Robert Chermak**

Learn how to perform basic bicycle maintenance and roadside repairs. Change a tire, perform basic adjustments and lubrications, and much more. BYOB (Bring Your Own Bicycle) is recommended but not required. *Rob Chermak, a bicycle mechanic for over 30 years and owner of Hut Sixty 6 Cyclery & Surf in Ogunquit, would like to share his passion for bicycles and his passion for teaching in a fun, relaxed, hands-on atmosphere.*

**Wednesday, May 12, 6-9 pm**

**Cost: \$5**

**PORTRAIT WORKSHOP *New!***

**Jeremy Heflin**

This class is designed for the beginner to intermediate photography enthusiast to create interesting portraits indoors or out. Students will learn the basics of lighting, skin tone and placement of subjects. Some history of portraiture photography will be provided in class for students to share in the broad field and unravel some techniques for their own portraits. Natural light, improvised lighting (lights you can find in your garage or hardware store) and flash photography instruction will help students to “paint” their subjects with light. Recommended requirements: a **DSLR (Digital Single Lens Reflex) camera - a camera body and at least one lens, camera handbook. Basic understanding of how to manipulate a DSLR camera, change settings, digital file types, uploading of images to computers or websites.**

**Wednesday, May 19 & 26, 6:30-8:30 pm - 2 sessions**

**Cost: \$40**

**BEGINNING GENEALOGY *New!***

**Pam Stone Eagleson**

For anyone curious about finding out how to research their family history, or for those who might need a jump start to renew their search, this course explains the genealogical research process. The two part offering will lead participants step by step through the many sources available for uncovering one’s roots. From attic archeology to public records to published works to the Internet learn how to begin a quest that never ends. *Pam Stone Eagleson is a Certified Genealogist who lives in Kennebunk. She is a researcher, writer and teacher who conducts client research nationwide with an emphasis on New England, mid-Atlantic and the Midwest. She serves on the Board of Directors of the Association of Professional Genealogists and co-administrates the Stone surname DNA project.*

**Tuesday, May 11 & May 18th, 6:30-9 pm - 2 sessions**

**Cost: \$25**

**MAH JONGG *New!***

**Beth Saidman**

Activate that gray matter... Learn the American version of Chinese Mah Jongg you will play with tiles. It’s no more difficult than Gin Rummy. *Beth Saidman has been teaching Mah Jongg for about five years.* **Instruction book and playing cards will be available at the first class for \$23.95.**

**Tuesday & Thursday, May 18-June 3, 6:30-8 pm**

**6 sessions**

**Cost: \$30**

***New!***

**GROCERY STORE NUTRITION – EATING  
 HEALTHY STARTS WITH SHOPPING SMART!**

**Amy McClellan, MS, RD, LD**

Are you ever walking down the aisle of the grocery store wanting to make nutritious choices for you and your family wondering what all the stars and checkmarks mean? What is whole grain? How much does someone need? What is Trans fat? Why is it bad? High fructose corn syrup vs. artificial sweeteners? Whatever happened to high fiber? Natural vs. organic, is it worth the extra money? It can be frustrating and time consuming to figure out the difference between a nutritional claim and marketing lingo. *Amy McClellan a registered, licensed dietitian with a Master in Food Science and Human Nutrition will explore all these new trends in nutrition as well as cover the USDA Food Pyramid and label reading.* After this class grocery shopping will be easier as you will be armed with the knowledge of your nutritional needs and an understanding of all of the latest trends and buzzwords.

**Wednesday, May 5, 6-8 pm**

**Cost: \$10**





**SPANISH FOR BEGINNERS AND TRAVELERS** *New!*

**Evelyn Roberge**

¡Hola! This course is designed to introduce Spanish language and culture to people with little or no experience with the subject. While learning basic vocabulary, conversational skills, grammar and correct pronunciation, students will participate in a wide variety of activities. We will role-play, sing songs, practice reading and play games to acquire the ability to communicate in Spanish. ¡Hasta pronto!

**Tuesday, April 13-May 25, 5:30-6:30 pm - 6 sessions**

**(No class April 20)**

**Cost: \$60**

*Evelyn Roberge was born in Peru where she studied Tourism Marketing & Hospitality Industry at the Universidad Nacional San Agustín, graduating with honors. While attending college, her strong interest in foreign languages led her to study French, Italian and English at the Alliance Française, Instituto Cultural Italo Peruano and Centro Cultural Peruano Norteamericano. Evelyn earned a TEFL Diploma and acquired solid experience through teaching and tutoring ESL in Peru. Evelyn came to the United States in December 2006 and has been tutoring Spanish, introducing the wonderful Latino Culture to many Americans. She also translates educational materials and books.*

**INTERMEDIATE SPANISH** *New!*

**Evelyn Roberge**

This course requires a good grammatical foundation; however, it is designed for students with a restricted vocabulary. We will focus on consolidating and enhancing your understanding of more difficult grammatical points and on the correctness of your speech. The focal point of discussions will be contemporary Spanish culture, regional usage of the language, as well as exploration of customs and traditions. An essential part of the course will be the introduction and presentation of new material such as videos, music, newspaper and magazine articles, short stories, etc.

**Tuesday, April 13-May 25, 6:45-7:45 pm - 6 sessions**

**(No class April 20)**

**Cost: \$60**

**BEGINNING JAPANESE**

**Madoka Tonge**

You can speak Japanese! This course covers Lessons 1 through 10 from Japanese for Busy People I: Romanized Version, providing opportunities to acquire basic skills for conversation. The course emphasizes ACTIVE command of Japanese, not passive knowledge. Also, some written characters (Hiragana, Katakana, and Kanji (Chinese Characters)) will be introduced in class. *Madoka was born and raised in Ehime, Japan. After she graduated from college, she traveled to many countries from Europe to Asia gaining many firsthand cultural experiences. She has been residing in Maine with her husband since 1999.* This class is limited to 10 students, so please register early!

**Wednesday, April 7-June 2, 6:30-8:30 pm - 8 sessions**

**(No class April 21)**

**Cost: \$80 (Incl. textbook)**

**CONVERSATIONAL ITALIAN**

**Robert Bottino**

Parliamo italiano!~ Come dicono in Italia:~ “La pratica é più della grammatica.”~ Parleremo e leggeremo delle storie. Questo é un corso per persone che possono parlare e leggere abbastanza bene. Conversational course for those who have a working knowledge of the language. As a child, Robert heard a lot of Italian spoken by his parents and grandparents, then, as an adult, he studied the language. Bring a notebook to class.

**Wednesday, April 7-June 2, 7-9 pm - 8 sessions**

**Cost: \$65**



**SIGN LANGUAGE - INTRODUCTION**

**Cindy Sauve**

This class is not for those desiring a career in Sign Language. It is for those of us that are intrigued when we see someone signing and wish we could communicate with those in our community that depend on Sign Language for communication. Join us and get started with the alphabet and progress each week with basic vocabulary using flashcards, games, storybooks, and role playing to make it more interesting and enjoyable. In addition, there will be some discussion of deaf culture and principles of American Sign Language. *Cindy Sauve has been teaching Sign Language and has been associated with the hearing impaired for many years.* Limit: 8.

**Wednesday, April 28-May 26, 6-8 pm - 5 sessions**

**Cost: \$55**

**BEGINNING FRENCH FOR WORK & TRAVEL**

**Audrey Gottlieb**

A great opportunity to learn basic French vocabulary and phrases for work and travel in a fun, supportive environment. Topics covered will include weather, money, transportation, food and asking for and giving directions. Designed for beginning French speakers, but those with past experience are welcome to join and practice their French. *Audrey Gottlieb was a translator at the United Nations for eleven years.*

**Wednesday, April 28-June 2, 6:30-8:30 pm - 6 sessions**

**Cost: \$60**



**New!**  
**DECORATIVE MARBLE COASTERS**  
**Lorrie Miner**

In this class you will hand stamp a set of four tumbled marble tile coasters with your own unique design. Makes a great gift or

decorative accent for your home. All materials are included. *Lorrie Miner is a full time mom who teaches classes in creative crafting. She enjoys stamping, especially making cards, scrapbooking and home décor items.* Limit: 12.

**Thursday, May 6, 6-8 pm**  
**Cost: \$30 (Incl. materials)**

**BACK TO THE BASICS SEWING New!**  
**Mary Trigge**

Do you have any clothing items that you can't wear because the zipper is broken or the item needs to be hemmed? In this class you will learn how to do basic clothing repairs such as zipper replacement. The first hour of the class, the teacher will give direct instruction and the last two hours will be time for you to work on the items that need to be fixed in your wardrobe. Please bring the items that need to be repaired to the class along with matching thread and any needed notions (i.e. new zipper). *Mary Trigge owns MJ's Custom Sewing business and has been a Family and Consumer Science teacher for over 30 years.*

**Saturday, May 15, 9 am-12 noon**  
**Cost: \$20**

**IRIS PAPER FOLDING & PHOTO FOLDING**  
**Cindy Sauve**

Create beautiful custom cards with the spiraling layers of paper in Iris folding. The intricate design makes it look complicated but it is surprisingly simple. This is *not* origami. It's more like making a quilt pattern with paper and tape instead of fabric and thread. Many different templates and papers to choose from in creating your design but feel free to bring your own special papers if you have something particular you want to work with. Using a different technique, you can achieve a similar result working with 5 copies of your own photograph but the instructor will teach you how with notecards. The materials fee of \$7 includes all materials to create two projects of your choice. Limit: 8.

**Monday, April 26, 6-9 pm**  
**Cost: \$25 (Incl. materials)**

**FUSED GLASS JEWELRY New!**  
**Dyanna Smith**

Create beautiful handmade glass jewelry during this three week class. Learn glass cutting techniques, the art of fusing glass in a kiln, and how to incorporate dichroic elements to give it all a big shine! *Dyanna is a Portsmouth resident, where she creates her unique glass designs using fusing and lampworking techniques. She is a juried member of the League of NH Craftsmen, and President of the Red Eft Project, a nonprofit organization that promotes conservation action.*



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**Wednesday, May 12-May 26, 6-9 pm - 3 sessions**  
**Cost: \$65 (Incl. materials)**

**ART FROM NATURE'S GIFTS New!**  
**James Ayer**

Local artist James Kevin Ayer, will teach you how to use and gather, natural materials to create fine art. Unique gifts to sell or keep. Learn how to use a very unique spectrum of artistic styles in short time. Enjoy an easy, step by step instruction to create fine art and leave with a piece of art you can be proud of. *James Ayer is a self-taught artist who enjoys creating works of art from nature. His artwork includes photography, sculpture, paintings and more. He enjoys teaching and has taught classes to both adults and children.*

**Thursday, May 20 & 27, 6-8 pm - 2 sessions**  
**Cost: \$25**

**OIL & ACRYLIC PAINTING FOR ALL LEVELS**  
**Dennis Poirier**

Learn the principles and basics of painting primarily landscapes (figure and portrait painting can also be included), using photos and copying from masters to learn.

**Please call YACE for list of supplies. Please note: Dennis will have canvas/panels available for purchase in class.** *Dennis Poirier grew up in Gloucester, Massachusetts. The colors, sights, and sounds of the busy port and fishing fleet inspired Dennis. Dennis began his studies in high school and then went to Butera School of Art in Boston. He returned to Cape Ann to become the first student studying the Atelier System with John C. Terelak and Ted Goerschner at the newly formed Gloucester Academy of Fine Arts.*

**Thursday, May 6-June 3, 5:30-8:30 pm -5sessions**  
**Cost: \$65 (Plus materials)**



## ARTS & CRAFTS

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### CROCHET

**Cindy Sauve**

More and more people are wanting to crochet! Come if you want to learn and we'll start with how to chain, single crochet and double crochet or come if you already know how to crochet but would like to learn more. Have you ever seen freeform crochet? What about filet crochet? Have you thought of crocheting with polar fleece? Bring your own scissors and whatever yarn, fleece, and crochet hooks you have or purchase from the instructor. There will be materials to borrow or purchase from the instructor. It will be easy to get started for less than \$10. Limit: 8.

**Monday, May 17 & May 24, 6-9 pm - 2 sessions**

**Cost: \$30**

### MOSAIC BIRDBATH *New!*

**Cindy Sauve**

Time to start thinking about your garden! Learn how to create your own mosaic birdbath. We'll work on a small scale using clay pots and tumbled stained glass pieces. You will complete a 10" birdbath of your design. Limit: 8.

**Saturday, April 10, 9:30 am-12:30 pm**

**Cost: \$24 (Incl. materials)**

## CULINARY ARTS

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### THE BASICS COOKING CLASS *New!*

**Sue Murphy**

Location: Mrs. Murphy's Kitchen, 160 Old Post Road, York

This class is for those of you who would like to learn some basic cooking skills, learn how to prepare some quick and easy vegetarian recipes, or who just enjoy cooking. Perfect for an empty nester, someone who needs to learn to cook for themselves, or those who just want to learn to cook. Limit: 10. All classes are hands on. **All materials included.**

**Monday, April 5, 12, 26 & May 3, 10 am-Noon**

April 5 - Appetizing Appetizers

April 12 - Lettuce-less salads

April 26 - Dinner in a Flash!

May 3 - Delightful Desserts

**Cost: \$25 per class or \$90 for all four classes**

**(Registration deadline: one week prior to class)**



### WHAT'S COOKING? *New!*

**Sue Murphy**

Classes to be held at Mrs. Murphy's Kitchen, 160 Old Post Road, York

In this 5-session class, we will prepare and sample our way through a 5-course vegetarian meal. We will start with tasty hors d'oeuvres, followed by savory soups, "not-just-your-tossed-salad" salads, non-meat versions of some classic entrees and ending with delicious desserts. Limit: 10.

**Thursday, April 8-May 13, 6-8 pm**

**Cost: \$125**

**(Registration deadline: April 1st)**






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**LEARN THE BASICS OF LIVING A LOW GLYCEMIC LIFESTYLE...**
**LOSE WEIGHT WHILE IMPROVING YOUR HEALTH*****New!******Kim Roschewski & Katrina Forrest***

Do you: crave sugary or high carbohydrate foods, feel tired after a meal, indulge in midnight snacking or evening grazing, gain weight around your middle, keep gaining weight despite exercising, constantly yo-yo dieting, have high blood pressure or elevated cholesterol or triglycerides? We will show you how to easily eat for health, energy, fitness and weight management. Our focus is on helping you look and feel your best through **low-glycemic eating** – not diets, deprivation, or exclusion of whole food groups. We will discuss how to prepare simple, delicious, family meals and snacks. We'll even share food tips and tricks as well as some of our favorite and easy recipes! **Kim Roschewski works with both individuals and groups to create a lifestyle of healthy eating that is nourishing instead of focusing on counting calories, points or eating pre-packaged foods. She and her husband started living a low glycemic lifestyle and together lost over 110 lbs!** **Katrina Forrest has a background in fitness, culinary cooking and disease state management. She enjoys teaching others and seeing their transformation to a healthier life.**

**Thursday, 7-9 pm - 1 session each****1) April 8****Or,****2) April 29****3) May 13****(Choose a date)****Cost: \$10**


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**HOME & GARDEN**
**SUSTAINABLE LANDSCAPING BY DESIGN*****New!******Thomas Berger***

**Hardscaping and infrastructure:** This first class is not an ideological exercise but about practical designing, with the goal of creating both functional and beautiful landscaping, while at the same time keeping an eye on sustainability. Thomas Berger will present design features and materials used in landscaping and discuss their best use as well as their effect on the environment. **To make this a class with practical benefits, participants are encouraged to bring their own photos or plans and hopefully some sustainable design ideas can be developed for a few specific projects.** **Soil and Plants:** This second class about sustainable landscape design focuses on soil - discussing good and bad practices - and then on plant choices. We will learn of plants that are easy to maintain, plants that are beneficial for wildlife, and planting schemes for different purposes. We can also discuss the question if native plants are more sustainable than alien ornamentals, and in which cases these different plants should be used with priority. **Participants are encouraged to bring photos of their landscape problem areas, new building lots, over-aged landscape designs in need of fresh ideas, favorite garden niches, ponds and hedges - we will try to find the time to talk about everything.** *Thomas Berger is a landscape designer and stone sculptor in Kittery. He grew up in Germany where he studied agriculture, with a focus on soil science and plant production. He founded Green Art in 1995, a design-build landscaping business, which for several years also included a retail nursery. His love for nature is also reflected in his art work. More at [www.greenart.com](http://www.greenart.com).*

**Wednesday, May 19 & 26, 6-8 pm****Cost: \$30****SHIITAKE MUSHROOM LOG CULTIVATION*****New!******Henry Burke***

Come learn how to grow shiitake mushrooms on oak logs! In this hands-on workshop, we will move step-by-step through the process of plugging oak logs with mushroom spawn. Take home your own shiitake log and after no more than a year of incubation, you will be rewarded with crops of delicious mushrooms for up to 5 years! All materials will be supplied. *Henry Burke is a naturalist at the Seacoast Science Center in Rye, NH. He has a degree in Ecology from the University of Vermont and enjoys many outdoor activities, from kayaking to mushroom hunting!*

**Saturday, May 15th, 1-3 pm****Cost: \$30**



## HOME & GARDEN

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### BASIC HOME MAINTENANCE

**Darryl Winslow** *New!*

If you do not have Norm Abrams coming over to fix your “old house” and you have to do it yourself, come to this class to learn some of the tricks of the trade. We'll demonstrate how to do some basic home repairs and some of the tools of the trade without breaking the bank. *Darryl Winslow has been watching, learning, and doing his own home repairs for many years. He started A1 Handyman Services LLC two years ago with his brother Tom. They help people from the sump pump in the basement to the shingles at the peak of the roof.*

**Tuesday, April 27 & May 4, 6:30-8:30 pm**

**Cost: \$18**

### UNDER OUR SKIN

**Mo Hedges-Olsen & Peggy Conroy**

Now is a critical time to heighten awareness of the prevalence of Lyme Disease here on the Seacoast. The co-founders of Seacoast Lyme-Aid are on a mission to help people prevent this illness from affecting so many families and will be providing a forum for this program. We will be showing the award-winning documentary “Under Our Skin” and allow time for discussion afterwards. Come join us for this informative evening. *Peggy and Mo are co-founders of Seacoast Lyme-Aid, a local organization dedicated to raising awareness, facilitating support, and sharing resources for prevention and treatment of tick-borne diseases. Peggy Conroy, MA, M.SEd., LMT has a private practice in Kittery, Changes & Choices Transition Coaching and Integrative Bodywork. Mo Hedges-Olsen is President of Mowhere in Maine. Both women have had the disease for several years.*

**Date: TBD (Call for information), 6-8:30 pm**

**Cost: \$5**

### 9 GREAT TIPS FOR DECORATING ON A BUDGET

**Cathy Rowe**

Small budget, big dreams? No problem. Great home decorating and interior design doesn't need to cost a fortune. From simple wall treatments and accessories to fool-the-eye tricks, find out how you can update your spaces into showplaces – without breaking the bank. Changing wall colors, adding new accent colors, rearranging your furniture and accessories are just a few of the simple, affordable changes that can create big effects. You **can** have big dreams on a small budget! Come to class with specific ideas and issues you'd like to address and bring pictures, if possible.

**Monday, May 17, 6:30-8:30 pm**

**Cost: \$15**

### REDUCE YOUR HOME ENERGY COSTS

**Ron Sauve**

You can't do much about the cost of gas for your car, but there are many things you can do to lower energy costs in your home. Learn how to treat your home as a system and ways you can make it work more efficiently to save money. Ron has many years of experience in building and remodeling with particular emphasis on energy conservation and green building design. He tailors his seminar to the needs of the participants and provides many helpful handouts with information and suggestions from [www.greendesignbuild.net](http://www.greendesignbuild.net). Everyone present will qualify for a free Home Energy Evaluation.

**Monday, May 3, 6-9 pm**

**Cost: \$12 (Incl. materials)**

### RAISING BACKYARD POULTRY

**Russ Osgood**

Join Russ Osgood of Eldredge Lumber & Hardware as he shows you how simple it is to raise your own poultry. You will learn to raise chickens, turkeys, ducks and even guinea fowl! He will cover how to house, feed, and maintain the health of your poultry and much more. *Russ Osgood from Eldredge Lumber & Hardware is responsible for Blue Seal Feeds, farm and pet supplies at the store. He is an active 4-H leader and has a small farm in Cape Neddick with many critters including a flock of chickens.*

**Monday, April 5, 6:30-8 pm**

**Cost: \$8**

*New!*

### HOW TO STAGE YOUR HOME FOR SALE

**Cathy Rowe**

Every seller wants his or her home to sell fast and bring top dollar. Does that sound good to you? Well, it's not luck that makes that happen. Selling a home involves much more than putting a sign in the yard. It's careful planning and knowing how to spruce up your home so that it stands out from others on the market that will send home buyers scurrying for their checkbooks. This two-week course will cover what you need to do to prep your house and turn it into an irresistible and marketable home.

**Thursday, April 29 & May 6, 6:30-8:30 - 2 sessions**

**Cost:\$20**

*Cathy Rowe is the Owner of Well Dressed Interiors in Kennebunk, ME, and currently holds certifications in Interior Decorating, Color Consulting and Window Treatment Design. Well Dressed Interiors offers a full array of interior design services, including space planning, color consultations, slipcovers, upholstery services, interior redesign and real estate staging services.*



### USING DRIP IRRIGATION WITH A RAIN BARREL *New!*

**Sharon England and Mary Gilbertson**

Here is a class that gives you an opportunity to “go green”. If you have a vegetable, shrub or flower garden you won’t want to miss this hands-on workshop on rain barrels and drip irrigation. Master Gardeners, Sharon England and Mary Gilbertson, will explain how to choose and install a rain barrel as well as the benefits of storing and using rain water. Learn how to use a rain barrel with low flow drip irrigation to water your perennial, vegetable or raised bed gardens. Take the mystery out of designing a system that can be customized to fit any shape or type of garden including raised beds and container gardens. Learn about fertigation and why

plants thrive when watered with drip irrigation. *Sharon England is the owner of SkyJuice New England, which sells rain barrels and drip irrigation. She is also a Master Gardener. She has used rain systems in her organic gardens for over 30 years. Mary Gilbertson, co-author of the UMCE Bulletin #2702 “Landscapes for Maine: Adding a Rain Garden to Your Landscape”, is President of the York County Master Gardeners Association, certified permaculture designer, and Certified Professional in Erosion and Sediment Control (CPESC). She has been working in the field of water quality and environmental outreach for 10 years.*

**Saturday, April 10, 8:30 am-12:30 pm**

**Cost: \$30**

## COMPUTERS & TECHNOLOGY

### COMPUTERS FOR GROWNUPS

**Amanda Cutrer**

Designed for adults age 55+ this slow-paced class you will move beyond basic computer skills to gain more knowledge, comfort, and skills with using the operating system, internet, email, and word processing. Don’t worry—we won’t let you get lost.

**Tuesday, April 6-May 18, 6-8 pm - 6 sessions**

**(No class April 20)**

**Cost: \$65 (Incl. book)**

### LEARN HOW TO BUY & SELL ON E-BAY

**Amanda Cutrer**

Do you have things lying around that you would like to sell from your home? Have you ever been overwhelmed looking for specific item on E-Bay? This class will go over the basics of buying and selling items on E-Bay. Learn what is needed to create an E-Bay account, a seller’s account, and how to bid on items for sale. We will also put an item up for sale together. Students should be familiar with basic computer and Internet functions.

**Tuesday, May 25, 6:30-9 pm**

**Cost: \$15**

*Amanda Cutrer has been teaching computers for several years and enjoys helping people feel comfortable with their computers. Her goal in every class is to teach at a relaxed pace to ensure that no one gets lost. Join her in class this semester to learn some new skills or brush up on old ones.*

### MINI COMPUTER CLASSES

**Amanda Cutrer**

These two week courses are designed for those who want to spend more time on a specific computer skill. We will learn the skill the first week, then take the second week to practice. Take one class or all three.

**Cost: \$10 per class or \$30 for all 3.**

### E-MAIL

Create an e-mail account for yourself and begin sending messages! We will also learn about attachments in this course.

**Tuesday, April 6 & April 13, 1-3 pm**

### COMPUTER ORGANIZATION

How does all that information get stored? Better yet, how can I find what I am looking for? Learn how to organize your computer so that your information will be at your fingertips.

**Tuesday, April 27 & May 4, 1-3 pm**

### MICROSOFT WORD

Learn some of the basics and have time to explore some of the more powerful features of Microsoft Word. Don’t worry, you don’t need to know how to type!

**Tuesday, May 11 & May 18, 1-3 pm**

**Cost: \$10 per class or \$25 for all 3.**



### INTRODUCTION TO FACEBOOK

**Bill Cutrer**

Want to keep in touch with friends, share photos and follow your favorite interest? Let's walk through the basic features of Facebook together. We will explain how to post photos and videos, find friends that are already using the service, and follow interests from groups and pages. For parents this will give a basic understanding to your youngster's usage of the service and how to protect them.

**Please create an account prior to class.**

**Wednesday, May 5, 6-8 pm**

**Cost: \$15**

### INTERNET MARKETING FOR SMALL BUSINESSES

**Bill Cutrer**

This introductory course explores avenues for small business owners who already have web sites and those who don't. We will cover and explain topics such as SEO (Search Engine Optimization), SEM (Search Engine Marketing), PPC (Pay for Clicks), local search, as well as an introduction to social media as tools to promote your business.

**Wednesday, May 12, 6-8 pm**

**Cost: \$15**

*Bill Cutrer is a small business owner in southern Maine who does freelance internet marketing consulting. Bill recently launched Cutrer Communications and is affiliated with Perspective Internet Marketing and SayitSocial.com.*

**New!**

### EFFICIENT USE OF A PDA (PERSONAL DIGITAL ASSISTANT) FOR HOME AND WORK

**Bill Ragland**

Personal digital assistants and Smart phones are growing in popularity and finding out how to do more than playing solitaire and keeping a few phone numbers and an event calendar can save a lot of time. The two sessions will be divided into an overview of the features and benefits of the 3 main types (Palm, I-phone and Pocket PC/Windows Mobile 6+) and determination of the major interests of the attendees in the first session and then going through how to discover and learn your own device function with overhead visualization of the instructor's device as an example. There will be time for individual guidance for each attendee on their own device. *Bill Ragland was a U.S. Naval Officer for 20 years and spent 40 years in healthcare marketing where he acquired instructional skills. During his military career he was a training officer and filled multiple computer application training responsibilities in the sales and marketing career. Bill is very sensitive to the wide variation in natural computer use comfort between individuals coming forward to improve their computer skills and moves smoothly between training techniques needed for each individual, including encouragement of help from other students.*

**Thursday, April 8 & April 15, 6:30-9 pm - 2 sessions**

**Cost: \$30**

### THE ULTIMATE BASIC DIGITAL PHOTOGRAPHY WORKSHOP

**Jeremy Heflin**

This class is designed for the absolute beginner photography enthusiast with a new digital camera. Perhaps you can shoot with your new digital camera, but find the jargon a bit confusing. Not to worry, Jeremy is here to walk you down the road of digital photography 101! A little photography history will be included to introduce basic composition and fields of the medium. Students will learn about different image file types (RAW, jpegs, tiffs), the setting elements of a digital camera to create images, in camera and external flash photography, uploading of images for different purposes (to a computer or websites), and basic manipulation of images with Adobe Photoshop. Bring to class your digital camera, with photos already taken, its manual, and USB cable and a USB flash drive. The objective of the class is to make the students feel more comfortable about using their digital cameras and understand how to manipulate files so they can upload images. Demystify how to get photos from your camera to the ones you love. *Jeremy Heflin shoots commercial, wedding, portrait and fine art photography. His business, Jeremy Heflin Photography, is based at the Salmon Falls Artist Mills in Rollinsford, NH. He also travels for various projects. Over twenty years ago, Jeremy began his career as a professional photojournalist covering global events for various publications and organizations. Publications from San Francisco to Boston, abroad and many local periodicals such as Taste of the Seacoast, Seacoast Brides, and The Wire have published his work.*

**Wednesday, April 28 & May 5, 6:30-8:30 pm**

**2 sessions**

**Cost: \$40**



### GAGA OVER GOOGLE

**Margie Genereux**

Google isn't just an amazing search engine - it's also chock-full of FREE applications for everyone! This one-day workshop will tour everything Google, but will focus on Gmail, Google Docs and Google Calendar. You'll walk away with excellent resume bullet items, as well as all the skills you'll need to organize yourself at work AND at home.

**Saturday, April 10, 9 am-3 pm**

**Cost: \$35**

### DIGITAL SCRAPBOOKING

**Kristen Gurtman**

Create the perfect picture! If you are comfortable on the computer, and like taking pictures, this class is for you! Come learn how to digitally alter your photos to look the way you want! In this class we will learn how to work with photos in Adobe Photoshop. Doing everything from cleaning up your old ones to making collages with new ones! First we will get acquainted with the program and see just what it can do for us. Next we will bring in our own photos to clean up and enhance. Then we will work on combining pieces of different photos and add some clip art and text to make our works of art. Always wondered what your dog would look like with a cat's head? We will learn to do just that! Come join us to make your personalized digital scrapbook pages. *Kristen Gurtman has been working with computers for about 15 years. She has a degree in Graphic Design from the Maine College of Art where she also studied photography. She currently works for the Seacoast Media Group; and enjoys spending time with her family.*

**Tuesday, April 6-May 4, 7-8:30 pm - 4 sessions**

**Cost: \$45**



### WORD & EXCEL ESSENTIALS

**(ESPECIALLY FOR JOB**

**SEEKERS)**

**Margie Genereux**

If you've been job searching lately, you know that most companies are looking for word processing and spreadsheet skills, and this one-day workshop will give you all of the essential tips, tricks and skills that you'll need to get your foot in the door. Microsoft Word 2007 will be covered in the morning, and Microsoft Excel 2007 will be covered in the afternoon.

**Saturday, May 15, 9 am-3 pm**

**Cost: \$35**

### COMPUTER/LAPTOP QUESTION & ANSWER LAB

Location: York Middle School - Adult Ed.

Classroom

**Amanda Cutrer**

You may have taken some computer classes already, but you still have questions or there are things that you just can't remember how to do. You may not see a course to fit your needs. This four-week course will allow you the time to work on your own computer skills in a comfortable lab setting. Use our computers or bring in your laptop. Amanda will be there to assist with any area that you need help in. The class size will be kept small so we will all be able to learn from each other. Come prepared with questions and/or projects to work on.

**Wednesday, May 12, May 19, May 26 & June 2, 1-3 pm**

**Cost: \$10 per session or \$30 for all 4**

## PERSONAL FINANCE

### FINANCIAL MANAGEMENT FOR SMALL BUSINESS

**Linda Goulette**

In today's economy, it is critical that small businesses focus on their company's financial health. In this course we will discuss the concepts of financial management, cash flow analysis and financial reporting.

**Monday, April 26, 7-8:30 pm**

**Cost: \$15**

### INTRODUCTION TO QUICKBOOKS - Simple Start 2010

**Linda Goulette**

Quickbooks Simple Start 2010 is a free financial management software package. In this class, we will review basic financial management concepts, learn how to set up a company in Quickbooks, record daily transactions, backup data, generate financial reports and much more.

**Monday, May 3, 6:30-8:30 pm**

**Cost: \$15**

*Linda Goulette is a CPA and a certified Advanced Quickbooks Pro advisor.*



REVERSE MORTGAGES

Amy Catling

Federally insured reverse mortgages provide an option for homeowners 62 and older to safely convert part of the equity in their homes into tax free income, without having to sell their home, give up title, or take on a new monthly mortgage payment. We will go over the pros and cons of reverse mortgages, the qualification process, costs, and the impact the current market has on reverse mortgages. You will hear real-life examples of unique ways seniors are managing their wealth through the use of this FHA mortgage. Bring questions! This course is also appropriate for the children of seniors looking for a way to assist their older parents. Amy Catling is a York resident, a Certified Senior Advisor, and the owner of Seacoast Reverse Mortgage, based in York, Maine.

Tuesday, May 18, 4-6 pm

Cost: \$10

NOWADAYS, LIVING A LONG LIFE IS ALMOST A CERTAINTY, ISN'T IT?

Bob Davidson

But living a long life doesn't guarantee that it'll be a perfectly healthy one, does it? The possibility of needing long term care is very real. Almost a quarter of U.S. households - 22 million - already are involved in caring for a relative or friend who is 50 or older, according to the non-profit National Alliance for Caregiving. If you needed care, the question isn't who will take care of you. The question is how will caring for you impact your family, and how many months or years could you continue to afford to pay for care before you depleted your assets? A well-thought out plan for addressing the need for care is essential to the financial, emotional, and physical needs of you and your family. What's your plan? Let's talk. Come to this workshop and learn about your options and other important considerations involved in this critically important issue. Bob Davidson, licensed long term care specialist, and one of only three representatives in the state of Maine trained and authorized to offer long term care courses endorsed by AARP.

Wednesday, May 5, 6:30-8 pm

Cost: No charge (Pre-registration required)



New!

EVERYTHING (ALMOST) YOU WANT TO KNOW ABOUT SOCIAL SECURITY!

Susan Heckaman & Robert Clark

SESSION I

This session is designed for those under (or soon to be) age 62. Help determine what your benefits will be, how they are calculated and when to begin receiving your SSI. Please bring your annual Social Security Statement with you! These are automatically mailed 60 days before your birthday. We will go over how to read them and correct any errors that you find.

Tuesday, May 4, 6:30-8:30 pm

Cost: No charge (Pre-registration required)

SESSION II

This session is designed for those already receiving SSI. Learn about SSI benefits and your pension, survivor benefits, how to use the SSI website and protecting your identity. Please bring your annual Social Security Statement with you! These are automatically mailed 60 days before your birthday. We will go over how to read them and correct any errors that you find.

Tuesday, May 4, 3-5 pm

Cost: No charge (Pre-registration required)

Susan Heckaman is a Financial Advisor with Edward Jones in York and Robert Clark is a Public Affairs Specialist with the Social Security Administration in Portland.

ROLL IT, TAKE IT, LEAVE IT, MOVE IT:KNOW YOUR EMPLOYER RETIREMENT PLAN OPTIONS

Susan Heckaman

Suitable for Working Investors, job changers, workers facing a layoff & recent retirees. We'll help you evaluate your retirement goals, strategies to meet them, understand tax issues & review the options available as you decide what to do with the assets in your company's retirement plan.

Wednesday, May 12, 6:30-8:30 pm

Cost: \$10



### ACTIVE ISOLATED STRETCHING (AIS) *New!*

*Carole Freeman*

Do you have pain and stiffness? Active Isolated Stretching (AIS) techniques improve athletic activity, increase range of motion and reduce risk of muscle and joint injury. They also rehabilitate muscle, tendon and ligament injuries faster and increase the removal of body toxins. You will work in small groups and receive the personal attention of a trained therapist. The techniques are gentle, suitable for all fitness levels and ages, and can be used at home for continued benefits. Wear comfortable clothes. Bring a yoga mat if you have one. Carole is a licensed massage therapist with advanced training in Active Isolated Stretching techniques. She is also a certified weight trainer. Carole teaches AIS classes at a local facility and with private clients.

#### STRETCHING: UPPER BODY

Stiff neck and upper back is common with office workers and those who drive or work on computers for long hours. In this class, we will work with tight neck muscles that can contribute to headache and general fatigue. Upper back knots and tenderness, rounded shoulders, frozen shoulders and rotator cuff problems will be addressed.

**Wednesday, May 19, 6-8:30 pm**

**Cost: \$15**



#### STRETCHING: LOWER BODY

Stiffness in the lower back, hips and legs lead to difficulty walking, sitting, and bending. You will work to improve range of motion in hips and legs, reduce soreness in back and trunk. Active Isolated Stretching techniques help restore full joint movement, decrease tissue soreness and fatigue, and improve posture. **Please bring a Yoga mat to class.**

**Wednesday, May 26, 6-8:30 pm**

**Cost: \$15**

### FALUN GONG

*Marcus Gale*

Falun Gong is an advanced chi-gong (energy) exercise system originating in ancient China. It promotes energy flow in the body through five simple easy to learn exercises. Practiced in over 70 countries worldwide, Falun Gong may improve quality of life through increased physical energy and mental clarity. This introductory class will provide a brief overview of the system, plus a demonstration of the exercises. *Marcus Gale of North Berwick has practiced Falun Gong for 12 years, and does volunteer instruction throughout the Seacoast area.*

**Tuesday, April 6, 6:30-8:30 pm**

**Cost: No charge (Pre-registration required)**



### REIKI I - INTRO TO REIKI

*Peg Losee*

Reiki is a Japanese technique used in stress reduction and relaxation which also promotes healing. It is a simple, natural and safe method of spiritual healing and self-improvement everyone can use. The first night of this course you will receive an attunement and start

the "life force energy" flowing through you. You will learn more about Reiki and have opportunity to practice on yourself and the others in the class. *Peg is a teacher of the deaf who moved from NY to Maine about 8 years ago. She took her first Reiki class through York Adult Education and is now a Reiki Master/Teacher herself. She has been working with Reiki for the past 6 years. She is also an Angel Healing Practitioner.*

**Wednesday, April 28-May 12, 6:30-8 pm - 3 sessions**

**Cost: \$30**



## HEALTH & FITNESS

### YOGA FOR US ALL

**Mary Burke**

If you have ever thought of taking Yoga and found it too big of a step out of your comfort zone, this is the class for you. Gentle stretching movements, instruction in beginning postures, and breathing techniques will be a part of the class. Yoga is an ancient practice that helps tone the body and calm the mind. Come and experience the many benefits of Yoga, reduced stress, increased strength, greater balance, and increased flexibility. You may also find you have reduced fatigue and improved sleep. Please bring your Yoga sticky mat to class.

1) Monday, April 5-June 7, or  
2) Thursday, April 8-June 3, (Choose one)  
4-5 pm - 8 sessions  
Cost: \$80

### YOGA FOR CONTINUING STUDENTS

**Mary Burke**

Continue your exploration of Yoga. This class combines instruction in breathing techniques with a mixed hatha flow of balance and strengthening poses, easing into a floor series and final relaxation. Modifications for poses are offered to allow each participant to reap the benefits of yoga in a safe, effective manner. Yoga is an ancient practice that helps one the body and calm the mind. Come and experience the many benefits of Yoga, reduced stress, increased strength, greater balance, and increased flexibility. Please bring your Yoga sticky mat to class.

Thursday, April 8-June 3, 5:15-6:30 pm - 8 sessions  
(No class April 22)

Cost: \$80

*Mary has an interdisciplinary approach to Yoga. She is a graduate of Nosara Yoga Institute and has been teaching for 4 years. She has a firm belief in Yoga's therapeutic healing benefits. "Whether you are new to Yoga or have been practicing for years, Yoga can increase your enjoyment of living in your body." Mary teaches with a combined sense of humor and reverence for Yoga.*



### ZUMBA®

**Lucia Cortina**

Discover the latest dance exercise craze! Zumba® fuses latin rhythms and easy to follow moves to create a dynamic fitness class. The routines feature interval training sessions where fast and slow rhythms combined with a Latin flavor and international zest create a fun

dance routine. **Anyone can Zumba® no matter what their fitness level, or experience with dance is.** Wear comfortable clothing that you can easily move in, and sneakers with good support.

1) Monday, April 5-June 7, 5:30-6:30 pm - 8 sessions (No class April 19) Or,

2) Wednesday, March 31-May 26, 5:30-6:30 pm - 8 sessions (No class April 21)

Cost: \$40 / \$75 for both

### BELLY DANCING

**Lew-Ann Leen**

Location: York Beach Fire Station

Why can't exercising be fun and glamorous? It can! Strengthen your core, improve your flexibility, shake and shimmy off inches while moving to the beautiful mysterious melodies from the Old World. As a means of self expression, this ancient art inspires grace, poise and confidence, boosting self esteem and just plain makes us feel womanly. Now every woman can explore her goddess within and become a diva. So...why Belly Dance? We Belly Dance because it is fun!

Monday, April 5-May 17, 6:30-7:30 pm - 6 sessions  
Cost: \$60

### INTERMEDIATE TAP DANCE

**Lew-Ann Leen**

Location: York Beach Fire Station

Intermediate tap is for those students with previous tap dance experience. We will be exploring at a more complex level of toe tapping fun. Music varies from favorites from the Twenty's, Thirty's, Forty's to those right off the top charts of today. This is a great workout from head to toe, tapping your way to a happier you.

Monday, April 5-May 17, 5:30-6:30 pm - 6 sessions  
Cost: \$60

*At age three Lew-Ann donned her first pair of tap shoes. She has been dancing ever since. Lew-Ann has taught classes in Tap, Jazz and Ballet in the New England area for over twenty five years. Much of her training took place in NYC in the early 80's. At that time she studied with such greats as Phil Black, Michael Owens, Gregory King, Douglas Wassell, Lee Theodore, Steven Harding, Frank Hatchet, Sue Samuels, Michele Assef. Lew-Ann attended Dance Teacher Training school at Kent State with scholarship from Dance Masters of America, New England Chapter.*



## BASIC WEIGHT TRAINING FOR WOMEN

**Heidi Oliver**

Location: York Fitness Center, Rte 1

Have you ever joined a gym and not gone because you didn't know what to do? Or heard that all women need to strength train to prevent osteoporosis, or building muscle helps to maintain metabolism. Join Heidi Oliver, ACSM certified Health/Fitness Instructor for this fun, instructional course for beginners. Learn the basics of how to lift, what to lift, and when to lift. We'll cover technique of how to use machines and free weights with an emphasis on prevention of osteoporosis, muscular strength, and toning. You will leave the class with your own personalized workout program, as well as the confidence to work out in a gym (you may even meet a workout buddy). Participants should bring a clip board to class. Limit 8.

**Wednesday, May 5-May 26, 10 am-10:45 am - 4 sessions**

**Cost: \$40**

## STRENGTH TRAINING FUSION

**Andy Ferragamo, M.Ed.**

Location: TBD

Are you willing to try something challenging that will halt bone loss, improve balance, help control weight, improve flexibility, revitalize and energize you?! Then, please join us for this interesting and effective class. Strength Fusion is a one-hour interval class. Each body part is individually targeted with a well-planned series of varied strength exercises. The shorter, easy to follow cardio drills are alternated with strength exercises. The instructor focuses on correct technique, as well as modifying the exercises to suit individual goals and challenges. You will be focusing on burning calories and building muscle. In addition, Pilates core movements are included... and you will have fun! All levels welcome. **Bring two sets of dumbbells (e.g. 5lb and 8lb) and a mat for floor exercises.** Other props will be provided.

**Thursday, April 29-June 3, 5:30-6:30 pm - 6 sessions**  
**Cost: \$60**

*Ms. Andy Ferragamo, M.Ed. has owned her personal training business, and has been a health educator and certified fitness instructor since 1987. She also owned a women's health club for 9 years. She acquired a double masters degree in exercise physiology and health education, and has many national certifications in the health and fitness field.*

## HATHA YOGA

**Janet Clark**

Hatha Yoga is a means of awakening the body and mind. Instruction is individually structured to allow your body to open at your pace. As we age movement becomes restricted. Yoga can give you a renewed sense of well-being and calm that can seem so elusive these days. *Janet Clark is a certified Yoga instructor with more than 30 years of practice and has been teaching Yoga locally for over 8 years. She is also a licensed Massage Therapist with training in both eastern and western traditions.*

**Tuesday, April 6-June 1 - 8 sessions**

**(No class April 20)**

**1) 5:30-6:30 pm (Choose a time)**

**2) 7-8 pm**

**Cost: \$80**



## YOGALATES

**Andy Ferragamo, M.Ed.**

Location: TBD

Yogalates is a on-hour class comprised of a compilation of exercises appropriate for group exercise that are derived from classic disciplines such as Yoga, weight training, Pilates, sports and rehabilitation conditioning, as well as physical therapy and dance. The exercises, movements, postures and positions are performed to increase strength; especially core strength, flexibility and balance of the entire body. Core exercises and stabilizing techniques, which involve unified body movements improve posture and increase ease of movement and balance. If your goal is to enhance your current level of fitness and health, not hurt yourself, and have fun — this class will appeal to you. All fitness levels welcome. **Bring a yoga or padded mat and a small towel to class.**

**Thursday, April 29-June 3, 6:30-7:30 pm - 6 sessions**  
**Cost: \$60**



## PERSONAL EXPLORATION

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### SUCCESSFUL WEIGHT LOSS WITH HYPNOSIS

#### **Anita Findlen**

Why are you carrying excess weight? Is the weight serving a purpose? Does it provide protection, a buffer, a sponge to absorb negative feelings - or could it be a tool to punish yourself, a way to keep you in a rut, and prevent you from trying new things? What is your connection to food? Let hypnosis help you release the old connections and build new connections that will lead to a thinner, healthier you. Bring a comfortable folding chair and a small pillow if desired. Each participant will receive a CD.

**Monday, April 26, 6:30-8 pm**

**Cost: \$30**

### PAST LIFE REGRESSION AND YOU!

#### **Anita Findlen**

Take this opportunity to experience memories of other times and other places you only thought you had forgotten. Hypnosis offers the chance to enter the subconscious mind and explore your past lives. It is an exciting journey within that could change your life by bringing the wisdom and understanding of other lifetimes into your current life. Anita has studied with leaders in the field - Henry Bolduc, Brian Weiss, Alan Chips, and others. Bring a comfortable folding chair and a small pillow if desired.

**Wednesday, May 26, 6:30-8:30 pm**

**Cost: \$30**

### SECOND READER'S GROUP **New!**

**- Get that book published!**

#### **Jen Saunders & Amy Phalon**

A workshop group for writers who have written a manuscript and would like to get constructive feedback from a second reader. The group will read and discuss each other's work as well as methods for shopping manuscripts around to agents and publishers. We will also experiment with a variety of revision techniques. Writers with work from all genres are welcome including children's books, novels, poetry, short stories, essays, drama and non-fiction. *Amy Phalon is a graduate of Middlebury College's Bread Loaf School of English. She is currently Adjunct Professor of English at York County Community College. She has worked as a freelance writer for the Seacoast Media Group, and is the author of a children's book. Jennifer Saunders is an adjunct English professor and writing specialist at three Seacoast colleges and a professional writer whose work has been featured in several newspapers and magazines. She co-authored the acclaimed historical drama "Submit" with York author Michael Kimball and her coming-of-age novel, "The Piper's Place," is being reviewed by a potential agent review as she has begun to take her love of literary fiction from the creation phase to the complicated world of publication.*

**Thursdays, April 8-May 27, 6:30-7:45 pm - 6 sessions**

**(No class April 22)**

**Cost: \$60**

### TAKE CHARGE OF YOUR TIME! **New!**

#### **Maggie McCauley**

There's not time to waste and there's not time like the present to start putting time on your side! Are you a slave to the clock, always feeling behind, running to catch up and frustrated because there's not time left for YOU? You'll learn the secrets to overcoming procrastination, perfectionism and distractions and be able to implement practical and effective tools that will have you finally in control. Isn't it time?

**Thursday, April 8, 6-8 pm**

**Cost: \$10**

### FIVE SIMPLE STEPS TO INCREASE YOUR PROSPERITY **New!**

#### **Maggie McCauley**

Prosperity is a way of being in the world that encompasses health, wealth, relationships, career and unlimited possibility. Are you blocking the prosperity you deserve? This is the year it could all change for you. There are five simple, but powerful steps that when implemented will raise your consciousness and open you to receiving what you truly desire.

**Thursday, April 29, 6-8 pm**

**Cost: \$10**

*Maggie McCauley is a Certified Life Coach and Professional Organizer. She motivates and inspires her clients to maximize their time, energy and space more effectively. Her specialty is changing habits that promote overall well-being. [www.anewviewforyou.com](http://www.anewviewforyou.com).*

### RESUME WRITING FOR SUCCESS

#### **Amy Pollard**

Whether you have never written a resume, or just need to update your resume, this course will teach you the best ways to present your experience, skills and career goals.

**Wednesday, April 7, 6:30-8:30 pm**

**Cost: \$10**

### JOB INTERVIEWING SKILLS

#### **Amy Pollard**

Learn some interviewing tips. This course will focus on the job interview itself—what to say (and what not to say!) in an interview in response to those difficult questions, and what questions you should be asking the interviewer.

**Wednesday, April 14, 6:30-8:30 pm**

**Cost: \$10**

*Amy Pollard has over twenty-five years experience in Human Resources as a recruiter, and has an MS in Vocational Rehabilitation Counseling.*



**EXPLORING VERNAL POOLS: A FAMILY PROGRAM**

*White Pine Programs Staff*

Location: White Pine Programs, 330 Mountain Road, Cape Neddick

Bring the kids for an afternoon of hands-on learning about vernal pools! We'll explore a few of these "wicked big puddles" searching their shorelines and depths for frog eggs, salamanders, fairy shrimp, predatory insects and more! Be prepared to get wet and dirty! This program runs rain or shine.

**Saturday, April 24, 9 am-Noon**

**Cost: \$15 per parent/child pair; \$30 per family**

**SPRING BIRDING & BIRD LANGUAGE: A MORNING WALK**

*White Pine Programs Staff*

Location: Hilton-Winn Conservation Area (off of North Village Road in Cape Neddick)

Want to know a yello warbler from a vireo? Ever wonder how to find a scarlet tanager by voice? Curious about how birds and other wildlife communicate with each other? This morning bird walk will teach you how to identify spring birds by sight and sound as well as how to understand what they're saying. Bring along a set of binoculars, and a bird guide if possible. Led by veteran birder Dan Gardoqui. We can see as many as 40 species in this three hour walk!

**Saturday, May 15, 8 am-11 am**

**Cost: \$25**

**GEOCACHING FOR THE WHOLE FAMILY *New!***

*Eric Lawson*

Location: Meet at the base of Mt. Agamenticus

Geocaching is a great sport that can be enjoyed by the entire family. There are millions of caches hidden all over the world by people just like you. Using a handheld GPS unit we will go out and explore the woods around Mount Agamenticus, where there are 3 geocaches hidden in and around the park. The instructor will supply the GPS units and the coordinates taken from [www.geocaching.com](http://www.geocaching.com). If you wish to trade an item for something in the cache, please bring small trinkets you can part with to trade for items in the cache. Things we may find in the cache could be small toys, Pez dispensers, coins, or pens/pencils. These caches are usually the size of a lunch box, so nothing too big as it will not fit in it for the next finder. *Eric Lawson is the technology integration specialist for the elementary grades at York. He has taught for 10 years in southern Maine at the elementary level. He also enjoys hiking, sports and technology.* If you have your own handheld GPS unit, you are welcome to bring it along. **This class is open to individuals also.**

**Saturday, May 15, 9:30 am-12:30 pm**

**Cost: \$15 per person/\$30 per family**



**MUSIC**

**INTRODUCTION TO THE HARMONICA**

*Mike and Beverly Rogers*

Learn to play a song with some basic techniques including and introduction to the blues in this fun-filled class for the whole family (ages 8 and up). Everyone will receive a harmonica included in the cost of the class. *Mike and Bev Rogers have been teaching and performing in schools, retirement centers and in concert for over 30 years. [www.harmonicaworkshops.com](http://www.harmonicaworkshops.com).*

**Thursday, April 29, 6:30-8:30 pm**

**Cost: \$18**



**LEARN THE BASICS OF SINGING**

*Susan Frank*

Location: York Middle School

Do you want to learn to sing? This six-week course will prepare you to sing in front of an audience, to audition for a singing group, and to learn breathing and vocal techniques that you can continue after the class is over. This class requires no previous experience; only a desire to sing on pitch, project your voice, to build your self-confidence and to express your emotions through music! *Susan Frank is the music and chorus teacher at the York Middle School. Trained in vocal performance at Smith College and Northwestern University, Ms. Frank was a finalist at the Metropolitan Opera auditions in 1984 and a recitalist and freelance singer before she became a music teacher. She has also taught voice and piano for over 25 years. **High school students are welcome to join this class too.***

**Wednesday, April 28-June 2, 7-8:30 pm**

**Cost: \$60**



**Are You Interested in Completing your High School Diploma or receiving your GED?**

York Adult and Community Education (YACE) will work with you to develop a plan to fit your individual needs.

We offer two paths to complete your degree:

1. Complete the credits you need to earn a York High School diploma.
2. Prepare for and pass the GED Test and receive a high school equivalency diploma from the State of Maine.

Which is a better option for you? Call us at 363-4214 ext 2113 or 363-7922 to discuss your options and we will work together to figure out a plan that works for you.



**Did you or someone you know leave high school without a diploma?**

It is never too late to finish! We can help and it's free! The GED tests give adults who did not finish high school an opportunity to demonstrate their knowledge and earn a high school credential. The GED is earned by passing a series of five tests which include: reading, writing, science, social studies and mathematics. We offer classes to help you prepare and test as you are ready. Free childcare provided during morning class times. Please call 207.363.4214 ext. 2113 or 363.7922 to get started.

**Graduation is June 17th ~ ~ There is still time to be a part of graduation!**

*"A high school diploma or GED is worth an additional \$7500 per year in earnings."  
~ U.S. Department of Labor statistics*

**LEARN ENGLISH!**

**ENGLISH LANGUAGE LEARNERS (ELL)**

We offer flexible 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. **Please call Katie Schindler at 207-363-4214 ext.2113 for more information or to discuss placement.**

**COLLEGE TRANSITIONS**

Are you ready to return to college but think you might need to brush up on academic skills?? YACE can help. We offer a course to help with your math and writing skills so you are ready for the college level courses. We can also help prep for the Accuplacer, and develop essential organizational skills. Please call Katie Schindler at 207-363-4214 ext 2113 with questions or to register for this class.



**Graduation is June 17, 2010.  
Call today to start working toward your GED  
or High School Diploma.**

**York Reads!**

**One Book, One Community**

The sixth annual “York Reads! One Book, One Community” provides an opportunity for friends, families, neighbors, townspeople, and co-workers to share the experience of reading a single book and discussing their thoughts and ideas with each other. Formally or informally, in passing, or at an organized event.

This year’s books is “Olive Kitteridge,” by Pulitzer Prize winning author Elizabeth Strout.

Books are available at the York Public Library for \$10. York Reads! is encouraging participants to read the book in February for programs being offered throughout the community in March and early April.

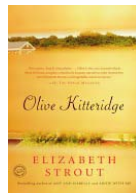
**Public Book Discussion**

**York Public Library**

**Thursday, April 8th Brown Bag Lunch at**

**12:00 p.m at the York Public Library**

Sandell Morse will lead this lunchtime interactive discussion about Olive Kitteridge. Sandell Morse has taught writing in the English Departments at both the University of Maine and the University of New Hampshire. She has lead book discussions for the American Library Association’s Discussion Series and for the York Diversity Forum. This session is designed to provide an opportunity to revisit and reflect on the book as a conclusion to the various York Reads programs and events. Sponsored by the York Public Library



**Need help navigating Medigap (Medicare Supplemental Insurance Plans)? Tuesday, April 13th at 4:00p.m. at the York Public Library**

York Hospital and the Southern Maine Agency on Aging invite you to attend a free community discussion on Medigap (Medicare Supplemental Insurance) plans. Come to this informative community discussion to learn more about these plans and why they are important. **RSVP's are required.** Call York Hospital's Fundraising office at 363-2385 or email [fr@yorkhospital.com](mailto:fr@yorkhospital.com). Sponsored by York Hospital

**YORK GOES GREEN**

The York Energy and Efficiency Committee will be holding the second annual **York Energy, Climate and Sustainability Fair** on Saturday, May 1, 2010, 9 am-2 pm at the York Middle School. The purpose of the fair is to bring individuals, businesses, non-profits, and local government together to expand our understanding and appreciation of the energy and climate challenges. It is a means to bring awareness to our community of the needs and opportunities to respond to these concerns. For more information visit <http://yorkgoesgreen.org>.

**SAVE THE DATE!  
CRIMES OF THE HEART**

May 12, 13 & 14, 7:30 pm  
at YHS Auditorium

The YHS Players present Beth Henley’s Pulitzer Prizewinning comedy **CRIMES OF THE HEART** directed by Lisa Stathoplos. Join the McGrath sisters for a poignant and hilarious look at an all-american family you won’t soon forget.

## REGISTRATION INFORMATION

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We accept



and



### How do I register?

You may register as soon as you receive this catalog.

- 1) **By mail:** using the registration form on the inside back cover of this catalog. Checks must accompany the registration, unless you are using your Visa or Mastercard.
- 2) **By phone:** 363-7922 or fax: 363-0717, using your Visa or Mastercard.
- 3) **Online** at [www.yorkadulthoodeducation.org](http://www.yorkadulthoodeducation.org).

Space is not guaranteed until payment is received.

**Cancelled Classes:** Because we are a non-profit organization, it may become necessary to cancel classes due to inadequate enrollment. We rely on registration fees to pay our instructors. You can help to avoid this disappointment by sharing information about classes with friends and family, and by registering early. If a class is cancelled, registered students will be notified by phone and a full refund will be mailed within 2-3 weeks.

**Course location:** All classes are held at York High School, unless otherwise noted.

### What are cancellation and refund policies?

Refunds: 100% refund if the course is cancelled or if participant withdraws two business days prior to first class, this also applies to one-night classes. No refunds once a class has started. No refunds for trips after registration deadline. It takes 2-3 weeks to process refunds.

### Will I be sent a confirmation?

**No News is Good News!** When you register for one of our great courses, don't wait by your phone or camp at your mailbox. You will only hear from us if the class is full, there is a change in time or day, or you send a stamped self-addressed envelope requesting a confirmation.

**Cancellations due to inclement weather:** Check local TV stations and our voice mail at 363-7922.

**Age Policy:** 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.

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



**THERE IS NO SMOKING  
IN, ON OR OUTSIDE  
YORK SCHOOL PROPERTY**

**Mailing address:  
York Adult & Community Education  
1 Robert Stevens Drive,  
York, Maine 03909  
Phone: 363-7922 · Fax: 363-0717**

REGISTRATION FORMS

Please print

Registration Form - Spring 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

Town/State/Zip \_\_\_\_\_

Day phone \_\_\_\_\_ Eve. phone \_\_\_\_\_

E-mail \_\_\_\_\_ Year of birth: \_\_\_\_\_

COURSE NAME	DAY/DATE	FEE
		\$
		\$
		\$
		\$
		\$
TOTAL AMOUNT ENCLOSED		\$

*All information is confidential.*

College Scholarship Fund Donation: \$5\_\_\_ \$10\_\_\_ \$25\_\_\_ Other\_\_\_

Credit Card # \_\_\_\_\_ Exp. date \_\_\_\_\_ CVV\* \_\_\_\_\_ (\*On back of card)

Check # \_\_\_\_\_

Please make checks payable to "York Adult & Community Education" or "YACE"  
Mail form to: York Adult Education, 1 Robert Stevens Drive, York, ME 03909

Please print

Registration Form - Spring 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

Town/State/Zip \_\_\_\_\_

Day phone \_\_\_\_\_ Eve. phone \_\_\_\_\_

E-mail \_\_\_\_\_ Year of birth: \_\_\_\_\_

COURSE NAME	DAY/DATE	FEE
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		\$
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Please make checks payable to "York Adult & Community Education" or "YACE"  
Mail form to: York Adult Education, 1 Robert Stevens Drive, York, ME 03909

York Adult & Community Education  
1 Robert Stevens Drive  
York, Maine 03909

Non-Profit Organization  
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York, Maine 03909  
Permit No. 12

**Postal Customer  
ECRWSS**

*Courses begin April 5th.  
Keep this course guide handy for quick reference.*



*Spring! A time to revitalize and learn something new....*

*Tour of Japan ..... page 3*

*Bicycle Maintenance..... page 5*

*Sustainable Landscaping... page 9*

*Geocaching... page 19*

*Learn the Basics of Singing..... page 19*

**Graduation is June 17th ~ ~ There is still time to be a part of graduation!**

**See page 20 for details.**