



COURSE CATALOG FALL 2025

New Beginnings.

Register now for our Fall Semester!

www.portlandadulthood.org

Visit us online for full class descriptions and registration

A Letter from Our Director

We hope you had some time to enjoy the outdoors during the summer. At **Portland Adult Education**, we have been busying ourselves getting ready for the fall.

First, we have our steadily popular classes: Italian, Spanish, Yoga, fitness classes, and dance classes. We also have brand new classes like For the Love of Cooks, which features multicultural culinary adventures throughout Portland. Of course, the practical classes that help us in our daily lives, like how to use Google Suites, Quickbooks (what a life-changer!), and pet first aid, remain a cornerstone of our **enrichment program**.

For career novices and re-entrants, our **workforce training** awaits you. If you are still looking for that opportunity to **complete high school or preparing for entering college**, please come visit us!

We are invested in the future of this community, with you, **together**.

Miyabi “Abbie” Yamamoto, Ph.D.
Executive Director, Portland Adult Education



Register Now!

Enrichment registration is open! Workforce applications due by August 13.

See page 20 for information about registering for Academics classes.

REGISTER ONLINE: Visit www.portlandadulthood.org to register and find full descriptions of the courses in the catalog.

BY PHONE: Call **(207) 874-8155** and please have your credit card information ready.

BY MAIL: Complete the **registration form on page 31** and include your credit card information or a check (payable to PAE) and mail to:

Portland Adult Education
14 Locust Street
Portland, ME 04101

IN PERSON: Come in to the school to register. Please check the website for updated hours.

FEES: The registration fees listed reflect pricing for Portland residents (in bold) and non-residents: **Resident**/Non-Resident **\$15**/\$25. All course, lab, and material fees must be paid when you register. A \$10 fee will be added to all agency invoices.

BOOKS: Academic and Workforce books should be purchased at 14 Locust Street unless otherwise specified. We do not provide book refunds.

Registration confirmations are sent via email only.

CLASS LOCATIONS are listed on the back cover of the catalog. Classes do not meet during school vacations and holidays unless otherwise noted during the first class.

Enrich your life through learning a new skill, trade, or language, either virtually or in-person.

Enrichment



Photo courtesy of Factory 3.

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Earn your high school diploma, prepare for college, or learn English to prepare for the world.

Academics



Photo courtesy of Adam MacDonald.

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Prepare for a new job, re-enter the business world, or integrate your knowledge from another country.

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We may add new classes to the schedule, so check the website for new listings. Additional information and school policies can be found at portlandadulthood.org

Course and book fees will be fully refunded if a class is canceled. A \$10 fee is withheld if you drop a course at least one business day before the first class. A 50% refund will be issued if you drop after the first class, but before the second class. No refunds are issued for one session classes or after the second class.

PAE Enrichment Program

Enrichment courses provide a mindful approach to improve overall personal wellness. People who take our courses holistically enrich their lives through learning a new skill, trade, or language; meeting new people; and having a positive counterpoint to the everyday demands of life. Our online and in person programs offer affordable experiences and create new opportunities for Greater Portland residents to learn. **Registration for Enrichment classes is open!**



Business Courses

Intro to QuickBooks® Online

This course uses QuickBooks accounting software. It will cover areas including setting up an accounting system, accounts receivable and payable reconciliation, and financial statement generation.

Instructor	Location	Day/Time	Dates	Fee
Deb Seigars	Remote	MO 5:30PM-7:30PM	9/8-10/13	\$84 /\$94
Deb Seigars	Remote	WE 9:00AM-11:00AM	10/29-12/3	\$84 /\$94

Google Suite for Everyday Use

This intro class introduces students to Google Apps including but not limited to Gmail, Google Drive, Google Docs, Google Sheets, Google Slides, Google Calendar, and Google Meet. It explores the uses of these Apps and their basic functions which will allow the user to increase their productivity and collaboration. Students will learn how to utilize these cloud computing tools to increase productivity, communication and collaboration at school, home, and the workplace.

Instructor	Location	Day/Time	Dates	Fee
Deb Seigars	Remote	WE 9:00AM-11:00AM	9/10-10/15	\$84 /\$94
Deb Seigars	Remote	MO 5:30PM-7:30PM	10/27-12/1	\$84 /\$94

Music & Fine Arts

Ukulele for Beginners

Learn to play the ukulele! It has never been more popular. Here's your chance to find out how to play this wonderfully versatile, go anywhere instrument. Join our no-stress program for some laughs and learning. Bring your sense of humor, a passion for music, and curiosity about playing. Once you master the basics you won't want to stop. So grab a uke, you do not need to read music. Just sign up, tune up and show up. Let your musical journey begin!

Instructor	Location	Day/Time	Dates	Fee
Duncan Perry	Remote	TU 6:00PM-7:30PM	9/16-10/7	\$79 /\$89
Duncan Perry	Remote	WE 6:00PM-7:30PM	10/15-11/5	\$79 /\$89
Duncan Perry	Remote	TU 6:00PM-7:30PM	11/11-12/9	\$79 /\$89

Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class, and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+.

Instructor	Location	Day/Time	Dates	Fee
Craig Coffman	Remote	TU 6:30PM-9:30PM	10/21	\$69 /\$79

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class, and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+

Instructor	Location	Day/Time	Dates	Fee
Craig Coffman	Remote	MO 6:30PM-9:00PM	10/20	\$69 /\$79

Introduction to Drawing

This class is for us for beginners and students with previous drawing experience. You will learn the basic principles of value and composition using various images. The techniques of cross-hatching, blending, and gestural drawing will be explored to help you find your own unique way of working in graphite, charcoal, and ink. A brief meditation at the beginning of each class will help in letting go and trusting the creative process. A supply list will be provided when the class is determined to run. A Zoom link will be sent to all students before the class starts.

Instructor	Location	Day/Time	Dates	Fee
Chris Reed	Remote	MO 6:00PM-8:00PM	10/27-11/10	\$70 /\$80

Introduction to Abstract Landscape Painting

This class will provide students with the basic principles of oil painting that include composition, color, and value. Different images will be used as inspiration in finding your own unique way of expressing yourself. Gestural painting, impasto, and staining are a few of the techniques that will be explored. Open to those with previous painting experience in addition to beginners. A brief meditation at the beginning of each class will help in letting go and trusting the creative process. A supply list will be provided when the class is determined to run. No solvents needed. Acrylic paint can be used alternatively. A Zoom link will be sent to all students before the class starts.

Instructor	Location	Day/Time	Dates	Fee
Chris Reed	Remote	WE 6:00PM-8:00PM	11/19-12/10	\$70 /\$80

Embroidery Workshop

Fun, creative beginner embroidery workshop where you'll learn the basics of hand embroidery in a relaxed, supportive environment. All materials provided, including your choice of a comfy sweatshirt or t-shirt - and you'll personalize it with a unique embroidery pattern. Leave with a finished, wearable keepsake, and the skills/materials to continue embroidering on your own!

Instructor	Location	Day/Time	Dates	Fee
Jen Weidner	PATHS Room 125	WE 6:00PM-8:00PM	10/15	\$55 /\$65

Have a Class You Want to Teach?

WE WANT YOU!

Share your unique talents and passion with the Portland Community.

To share your ideas and learn more, please contact us at adulted@portlandschools.org or call (207) 874-8155.

Fitness & Dance

Fall Interval Fitness

This interval training class offers three essential fitness components: Cardio, strength training, and stretching to release tension. Participants will engage in interval training, essential for calorie burning and weight loss. Students will engage in multiple actions for short bursts. This class is in person and by Zoom. Instructor will contact students with link and payment information. Fee is per drop-in class session.

Instructor	Location	Day/Time	Dates	Fee
Jessica Lockhart	OAS Gym/Remote	T/TH 5:45PM-6:45PM	9/9-12/18	\$4/\$4

Tuesday FUNctional Fitness: Resistance Band

An 8-week strength training class that incorporates movements of everyday life to create an efficient and effective work out. Muscular strength, cardiovascular capacity, balance, coordination, cognitive function, and flexibility with a backdrop of music and humor. Strengthen yourself for easy and graceful function, enhance your physical performance, prevent injury and untwist from sedentary screen work. Accessible and challenging for all levels. Complement this class with Thursdays for a twice-weekly workout. Bring sneakers, mat and a water bottle. emmaholder.com/fitness.

Instructor	Location	Day/Time	Dates	Fee
Emma Holder	LMS Café	TU 5:30PM-6:30PM	9/9-10/28	\$40/\$50
Emma Holder	LMS Café	TU 5:30PM-6:30PM	11/4-12/16	\$30/\$40

Thursday FUNctional Fitness: Resistant Band + Ball

Strength training with resistance bands, with optional stability ball variations offered to add more core work. Complement this class with Tuesdays for a twice-weekly workout. The Stability Ball is a tool for strength, balance, core, and so much more. Beginner through athlete welcome. You MUST be able to easily get up and down off the floor for this class. Bring your inflated ball (optional), a yoga mat, water and sneakers. Resistance bands and a ball pump provided at the class. FMI emmaholder.com/fitness.

Instructor	Location	Day/Time	Dates	Fee
Emma Holder	LMS Café	TH 5:30PM-6:30PM	9/11-10/30	\$40/\$50
Emma Holder	LMS Café	TH 5:30PM-6:30PM	11/6-12/18	\$30/\$40

Yoga for EveryBody

There is no wrong way to have a body and there is no wrong body for yoga! The practice of yoga benefits every body and this class is especially designed for people who may not feel like they fit the description of the typical yoga student. While you do not need to be a specific size, shape, or ability level to attend, special attention will be paid to modifications for larger bodies and bodies with mobility and or flexibility challenges. Classes will move through modified slow flow and offered in a manner that respects and celebrates differences and encourages strength building, balance, flexibility, and self acceptance. Breathwork and meditation will also be explored.

Instructor	Location	Day/Time	Dates	Fee
Katie Beane-Lewis	PATHS Room 310	TU 6:00PM-7:15PM	9/9-10/14	\$65/\$75
Katie Beane-Lewis	PATHS Room 310	TU 6:00PM-7:15PM	10/21-12/9	\$65/\$75

Flow and Gentle Yoga Online Live

From the comfort of your own space. Experience the gifts of yoga through awareness of mind and body, attention to movement and breath, explorations in slowing down, down to the ground, and moments of settling into stillness, all to support your journey.

Instructor	Location	Day/Time	Dates	Fee
Nicola Eden	Online	SA 8:00AM-9:00AM	9/20-10/18	\$75/\$85
Nicola Eden	Online	SA 8:00AM-9:00AM	10/25-11/22	\$75/\$85
Nicola Eden	Online	SA 8:00AM-9:00AM	11/29-12/27	\$75/\$85

Explorations in Chair Yoga Online Live

Take care of yourself from the comfort of your own space. You are welcome to experience the gifts of yoga through awareness of mind and body, attention to movement and breath, studies in slowing down, and moments of settling into stillness, while in and out of your stable chair.

Instructor	Location	Day/Time	Dates	Fee
Nicola Eden	Online	SA 9:30AM-10:30AM	9/20-10/18	\$75/\$85
Nicola Eden	Online	SA 9:30AM-10:30AM	10/25-11/22	\$75/\$85
Nicola Eden	Online	SA 9:30AM-10:30AM	11/29-12/27	\$75/\$85

Intro to Chair Yoga Online Live

An opportunity to take time for yourself from the comfort of your own space. You are welcome to experience the gifts of yoga through mindful movement and breath, explorations in slowing down, and moments of settling into stillness. All you need is a stable chair.

Instructor	Location	Day/Time	Dates	Fee
Nicola Eden	Online	SA 11:00AM-11:30AM	9/20-10/18	\$45/\$55
Nicola Eden	Online	SA 11:00AM-11:30AM	10/25-11/22	\$45/\$55
Nicola Eden	Online	SA 11:00AM-11:30AM	11/29-12/27	\$45/\$55

Ballroom Dance

This class introduces couples to basic ballroom dance patterns and skills to move smoothly on the dance floor. Enjoy learning Merengue, Waltz, Foxtrot, Rumba, Cha cha, Tango, Bachata and much more. Look confident, have fun and enjoy social events like cruises, weddings, anniversaries, birthday parties or clubs. Requirement: a dancing partner. Class payment is per person.

Instructor	Location	Day/Time	Dates	Fee
Patty Medina	OAS Gym	W 7:00PM-8:00PM	9/17-10/15	\$60/\$70
Patty Medina	OAS Gym	W 7:00PM-8:00PM	10/22-11/19	\$60/\$70

Cuban Salsa

In this class, students will learn the basics of the Salsa footwork and some simple, fun moves that will get you out on the dance floor. You will learn how to connect with any partner, and build confidence dancing to different styles and tempos and music. Students will be introduced to the famous Salsa Rueda. Partner is recommended.

Instructor	Location	Day/Time	Dates	Fee
Anna Golendukhina	LMS Cafe	TH 6:45PM-7:45PM	10/9-11/6	\$75/\$75
Anna Golendukhina	LMS Cafe	MO 6:45PM-7:45PM	11/3-12/8	\$75/\$75

Contemporary Line Dance

Line dancing is accessible to everyone, fun for all, and no partner is needed! A wide range of music will be used, not just country. Those who have done jazz and ballroom dancing will enjoy this form of dance too. Dances will be varied and suited for beginner and experienced students. Please wear cool clothing and comfortable shoes! *No class 10/2 or 11/27.*

Instructor	Location	Day/Time	Dates	Fee
Joyce Bailey	OAS Gym	TH 7:00PM-8:15PM	9/11-10/16	\$44/\$54
Joyce Bailey	OAS Gym	TH 7:00PM-8:15PM	10/23-12/11	\$54/\$64

Global Dance Party

Joyful movement to music from around the world: Salsa, Merengue, Tango, Swing, Cha Cha, Reggaeton, Bellydance, African and more. For 45 minutes, participants will bust stress, boost energy and burn calories while using traditional and unique moves to fabulous music. Improvisation encouraged, all levels welcome, in-person. This course also includes floor core work to support your back, your dance, and your life. Bring a mat, sneakers and water bottle. emmaholder.com/fitness. *No class on 10/13, 11/24, 11/26.*

Instructor	Location	Day/Time	Dates	Fee
Emma Holder	LMS Cafe	M/W 5:30PM-6:30PM	9/8-10/29	\$75/\$85
Emma Holder	LMS Cafe	M/W 5:30PM-6:30PM	11/3-12/17	\$60/\$70

Home & Life Skills

How to Sell on eBay, Etsy, and Poshmark for Fun and Profit

Turn your clutter into cash and your hobbies into income! In this hands-on course, you will learn how to successfully sell on eBay, Etsy, and Poshmark. From setting up your shop to creating listings that sell. This class will give you the tools to start making money online, all while having fun. Please bring your laptop and a charger to class.

Instructor	Location	Day/Time	Dates	Fee
Barbara Monroe	PATHS Room 125	WE 6:00PM-7:30PM	10/15-10/29	\$39 /\$49

Navigating and Understanding Commercial Health Insurance Coverage

Understanding health insurance is a challenge for many people. In this course, you will gain an understanding of how to effectively navigate the health insurance world and resolve many of the common challenges faced including checking coverage, prior authorizations, and claim denials/appeals. The goal is to help you avoid surprise bills, and know who to contact when an issue arises.

Instructor	Location	Day/Time	Dates	Fee
Sam Albert	DHS Room 209	TU 6:00PM-8:00PM	9/16	\$29 /\$39

Wine Glass Charms

Wine glass charms sure come in handy when everyone has the same style wineglass! And they make great gifts. Creatively repurpose lonely single earrings, interesting beads and other small found objects into interesting identifiers that attach to your wind glasses. Bring any lonely earrings, beads, sparkly things or small odd items you have collected. You will leave the class with some wine charms to use immediately or gift to friends. Basic materials provided.

Instructor	Location	Day/Time	Dates	Fee
Emma Holder	LMS Café	WE 7:00PM-8:15PM	11/12	\$26 /\$36

Master the Basics of Crochet with the Granny Square

Students will learn the fundamentals of crochet, beginning with choosing the right materials down to joining and finishing a piece. All basic stitches plus a fancy popcorn stitch will be covered as students create a small patchwork “quilt” of crocheted “Granny Squares” which can be added on to indefinitely to create a blanket, scarf, pillow cover etc.

Instructor	Location	Day/Time	Dates	Fee
Amber Lavalley	PATHS Room 125	TU 6:00PM-8:00PM	9/10-10/1	\$55 /\$65

Best Clothing & Makeup Colors for Your Coloring

Is your closet full of black-colored clothing? Would you like to learn what other colors look good on you? In this fun interactive class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive recommendations for eye shadows, blush and lipsticks, along with sunglasses colors and jewelry metals to flatter your coloring!! Please wear a lower neckline (scoop or V-neck) to class.

Instructor	Location	Day/Time	Dates	Fee
Candace Sanborn	PATHS Room 125	TH 5:30PM-8:00PM	10/23	\$35 /\$45

Art of Storytelling Workshop 1: Voice and Delivery

Discover the power of storytelling in this fun, interactive workshop. Through improv games, guided exercises, and peer feedback, you'll gain confidence, structure, and authenticity in your storytelling. Learn key techniques, sharpen public speaking skills, and craft a compelling 2-4 minute story. No experience needed, just a willingness to explore, connect, and captivate your audience.

Instructor	Location	Day/Time	Dates	Fee
Matt Gile	DHS Room 216	TH 5:30PM-7:00PM	9/18-10/9	\$75 /\$85

Intro to Public Speaking

The goal of Introduction to Public Speaking and Communications is to provide caring, professional, and patient instruction, forging successful confidence-building. You will learn why we get uncomfortable “on stage” and attain proven techniques to be a better communicator. You will receive candid feedback in a trusting environment. Whether you are preparing for a job interview or simply wish to become a more confident communicator, this course is for you.

Instructor	Location	Day/Time	Dates	Fee
Steve Alpren	DHS Room 207	WE 6:00PM-8:00PM	9/17-10/22	\$70 /\$80

For the Love of Cooks

Embark on a journey to learn how to make one of your favorite meals from a different culture. Through local, culturally-specific grocery stores and tastings, discover diverse foods and traditions by connecting with natives from all over the globe. Participants gain confidence in exploring an array of ingredients and environments building confidence to cook differently, while expanding culinary horizons. Engage with diverse communities in Portland through intercultural dialogue and recipes. Experience the world, one grocery aisle at a time. Classes will be located at various stores in the Portland area. Restaurant fees are not included in the course fee.

Instructor	Location	Day/Time	Dates	Fee
Topaz Smith	Offsite	WE 6:00PM-8:00PM	9/10-9/24	\$79 /\$89

Ferment This! Kombucha

You could buy a \$4 bottle of kombucha, or you could make your own for pennies. It's simply sweetened black or green tea with a culture added. This hybrid-option class will include a science overview and a primary ferment creation to take with you. A secondary ferment will be demonstrated so you can do it at home. We'll discuss kombucha's microbiology, troubleshooting, glass-ware and SCOBYs (they're provided). The zoom link, in-person address, and materials list will be shared when you register.

Instructor	Location	Day/Time	Dates	Fee
Emma Holder	LMS Café/Hybrid	WE 7:00PM-8:15PM	10/22	\$26 /\$36

Ferment This! Sauerkraut and Slow

You'll learn a basic sauerkraut recipe, technique, and troubleshooting, some flavor options (ginger? spices? aromatics?) and how to spin off a slow variation. Local delicious cabbage makes ferments that last for months, maintains flavor and boosts nutrient and probiotic content. Ferments make excellent gifts for hosts and holidays. You'll learn about the marvelous microorganisms that surround us and give us “terroir”, and keep us healthy by replenishing our microbiomes. This hybrid-option class will include a science overview and two ferment variations to take home. The zoom link, in-person address, and materials list will be shared when you register.

Instructor	Location	Day/Time	Dates	Fee
Emma Holder	LMS Café/Hybrid	WE 7:00PM-8:15PM	10/29	\$26 /\$36

Ferment This! Fermented Veggie Variety Pack

Fermenting vegetables preserves them and adds nutritional value and probiotics. It's so easy - you'll be a master in no time. Also, they are beautiful to behold and tasty to eat. Basic fermentation techniques will be demonstrated, and then you can use it on pretty much any vegetable combination. This hybrid-option class includes a science overview and you'll create your personal ferment(s) to take home. The zoom link, in-person address, and materials list will be shared when you register.

Instructor	Location	Day/Time	Dates	Fee
Emma Holder	LMS Café/Hybrid	WE 7:00PM-8:15PM	11/5	\$26 /\$36

Pet First Aid Workshop

In this comprehensive workshop you will learn basic pet first aid: Wound cleaning; bandaging; and emergency pet kit essentials, along with how to transport injured pets safely. Airway obstruction, GDV/bloat awareness, and what to do when pets have ingested toxins or poisonous materials will also be discussed. You will the learn difference between urgent care and emergency care, along with senior pet emergency considerations.

Instructor	Location	Day/Time	Dates	Fee
Amy Bell	PATHS Room 125	MO 6:00PM-7:30PM	9/29	\$25 /\$35

Visit portlandadulted.org to view full descriptions and register!

Home & Life Skills *(continued)*

Introduction to Nordic Skating and Ice Safety

In addition to the two class sessions there will be one, 4 hour session on wild ice. Classroom sessions include detailed discussions of the equipment required to navigate wild ice, the characteristics of natural ice and how Maine's ever changing weather creates the conditions for safe skating throughout the winter. Most importantly, students will learn the basic techniques to assess wild ice to determine its strength.

Instructor	Location	Day/Time	Dates	Fee
Richard Behr	DHS Room 212	WE 6:30PM-8:00PM	10/22-10/29	\$85 /\$95

BoomerTECH Adventures: Introduction to iPhone Basics

Discover the must-know features of your iPhone-from Apple ID setup to texting, FaceTime, Control Center, and essential apps. Stay updated and master the latest iOS features with ease. This is an asynchronous class presented by BoomerTECH Adventures. You will receive a link and directions for support after registration.

Instructor	Location	Day/Time	Dates	Fee
Multiple	Online	ASYNCHRONOUS	--	\$40 /\$50

BoomerTECH Adventures: iPhone & iPad Photography: Capture Like a Pro

(Previous title: Taking Awesome Pictures With Your iPhone/iPad Camera (v3)) This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to significantly upgrade their photography skills. This is an asynchronous class presented by BoomerTECH Adventures. You will receive a link and directions for support after registration.

Instructor	Location	Day/Time	Dates	Fee
Multiple	Online	ASYNCHRONOUS	--	\$40 /\$50

BoomerTECH Adventures: Take Fabulous Photos of the Flora and Fauna in Your World

Did you know...your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? Our iPhones/iPads have many time-saving features that allow you to be creative, efficient, and have fun. These "hidden gems" will show you how to learn advanced features of your iPhone and iPad. This is an asynchronous class presented by BoomerTECH Adventures. You will receive a link and directions for support after registration.

Instructor	Location	Day/Time	Dates	Fee
Multiple	Online	ASYNCHRONOUS	--	\$40 /\$50

BoomerTECH Adventures: Hidden Gems Lurking on Your iPhone & iPad

Did you know...your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? Our iPhones/iPads have many time-saving features that allow you to be creative, efficient, and have fun. These "hidden gems" will show you how to learn advanced features of your iPhone and iPad. This is an asynchronous class presented by BoomerTECH Adventures. You will receive a link and directions for support after registration.

Instructor	Location	Day/Time	Dates	Fee
Multiple	Online	ASYNCHRONOUS	--	\$40 /\$50

Cooking With BoomerTECH Adventures

BoomerTECH Adventures guides Chris, Jill, and Ed share their love of cooking and enjoyment for lots of different types of foods. You will learn how to prepare several tasty stir fries using traditional Chinese flavorings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade. We haven't forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie? This is an asynchronous class presented by BoomerTECH Adventures. You will receive a link and directions for support after registration.

Instructor	Location	Day/Time	Dates	Fee
Multiple	Online	ASYNCHRONOUS	--	\$40 /\$50

Factory 3 class cancellation policy: <https://factory3.org/class-cancellation-policy>.

Languages

Spanish 1

As an introduction to the Spanish language, this course emphasizes pronunciation and basic conversational skills. Students will explore the language and culture, while also engaging in basic Spanish discussions. **Required:** purchase *Practical Spanish Grammar, A Self-Teaching Guide*, by Marcial Prado, ISBN: 0-471-13446-5

Instructor	Location	Day/Time	Dates	Fee
Daissy Foss	DHS Room 216	TU 6:00PM-7:30PM	9/9-12/9	\$126 /\$136

Spanish 2

Students will continue their Spanish language development by working on pronunciation, conversational abilities, and vocabulary skills. This course is also appropriate for students who have had a semester of Spanish but need to refresh their skills. **Required:** purchase *Practical Spanish Grammar, A Self-Teaching Guide*, by Marcial Prado, ISBN: 0-471-13446-5

Instructor	Location	Day/Time	Dates	Fee
Daissy Foss	DHS Room 216	TU 7:35PM-9:05PM	9/9-12/9	\$126 /\$136

Spanish 3

This class helps students continue with their Spanish language development, focusing on basic conversational skills, vocabulary, and grammar. **Required:** purchase *Practical Spanish Grammar, A Self-Teaching Guide*, by Marcial Prado, ISBN: 0-471-13446-5

Instructor	Location	Day/Time	Dates	Fee
Daissy Foss	DHS Room 216	WE 6:00PM-7:30PM	9/10-12/3	\$126 /\$136

Spanish 4

Building off Spanish 3, students will increase their Spanish grammar and advanced conversational skills. **Required:** purchase *Practical Spanish Grammar, A Self-Teaching Guide*, by Marcial Prado

Instructor	Location	Day/Time	Dates	Fee
Daissy Foss	DHS Room 216	WE 7:35PM-9:05PM	9/10-12/3	\$126 /\$136

Italian 1

Ciao! Interested in learning what scholars call "the most romantic language"? Explore conversational approaches to the basics of Italian. Learn about the country and the culture at the same time. This class is for people with no previous experience with the Italian language. **Required:** purchase *Italian Made Simple*, by Cristina Mazzoni

Instructor	Location	Day/Time	Dates	Fee
Giovina Ferrante	DHS Room 220	WE 6:00PM-8:00PM	9/10-12/3	\$149 /\$159

Italian 2: Continuing

This is a continuation of the Italian 1 class. Increase your vocabulary and learn to speak more fluidly. **Recommended prerequisite:** at least one semester of Italian

Instructor	Location	Day/Time	Dates	Fee
Giovina Ferrante	DHS Room 220	TU 6:00PM-8:00PM	9/9-12/2	\$139 /\$149

Italian 3: Conversational

Come to this class and really test your ability to speak Italian. You must have taken Italian classes prior to enrolling. Immerse yourself in the Italian culture with a motivated group.

Instructor	Location	Day/Time	Dates	Fee
Giovina Ferrante	DHS Room 220	MO 6:00PM-8:00PM	9/15-12/1	\$129 /\$139

Visit portlandadulted.org to view full descriptions and register!

Factory 3

Factory 3®

Intro to Quilting

Learn the steps to make a small quilt from start to finish. Emphasis on completion, not perfection.

Instructor	Location	Day/Time	Dates	Fee
Travis Clough	Factory 3	TH 6:00PM-8:00PM	9/4-9/25	\$235 /\$245
Travis Clough	Factory 3	TH 6:00PM-8:00PM	10/30-11/20	\$235 /\$245

Intro to Weaving

Explore the art of handweaving on a pre-dressed (already prepared) 4-shaft table loom, while producing a woven sampler of different patterns and colors.

Instructor	Location	Day/Time	Dates	Fee
Margaret B. Russell	Factory 3	SA 10:00AM-2:00PM	9/13	\$150 /\$160
Margaret B. Russell	Factory 3	SA 10:00AM-2:00PM	11/8	\$150 /\$160
Margaret B. Russell	Factory 3	SA 10:00AM-2:00PM	12/13	\$150 /\$160

Peg Loom Weaving

Learn to prepare and weave on a peg loom. Simple in design but with limitless possibilities to make colorful and textured pieces or tapestries out of yarn, fleece, fabric strips, even recycled material.

Instructor	Location	Day/Time	Dates	Fee
Margaret B. Russell	Factory 3	SA 10:00AM-2:00PM	9/27	\$130 /\$140
Margaret B. Russell	Factory 3	SA 10:00AM-2:00PM	11/22	\$130 /\$140

Intro to Sewing

Learn the basics of cutting fabric, using a sewing machine, and the stitches available on most machines.

Instructor	Location	Day/Time	Dates	Fee
Multiple	Factory 3	SU 1:00PM-5:00PM	9/14	\$120 /\$130
Multiple	Factory 3	SA 10:00AM-2:00PM	9/20	\$120 /\$130
Multiple	Factory 3	TU 4:00PM-8:00PM	9/23	\$120 /\$130
Multiple	Factory 3	SA 10:00AM-2:00PM	10/4	\$120 /\$130
Multiple	Factory 3	SU 1:00PM-5:00PM	10/12	\$120 /\$130
Multiple	Factory 3	SA 10:00AM-2:00PM	10/18	\$120 /\$130
Multiple	Factory 3	TU 4:00PM-8:00PM	10/28	\$120 /\$130
Multiple	Factory 3	SA 10:00AM-2:00PM	11/1	\$120 /\$130
Multiple	Factory 3	SU 1:00PM-5:00PM	11/9	\$120 /\$130
Multiple	Factory 3	SA 10:00AM-2:00PM	11/15	\$120 /\$130
Multiple	Factory 3	TU 4:00PM-8:00PM	11/25	\$120 /\$130
Multiple	Factory 3	SA 10:00AM-2:00PM	12/6	\$120 /\$130

Sewing 2

Learn seams, finishes, and techniques used for sewing woven (non-stretch) clothes.

Instructor	Location	Day/Time	Dates	Fee
Katie Champlin	Factory 3	SA 3:00PM-7:00PM	10/4	\$125 /\$135
Katie Champlin	Factory 3	SA 3:00PM-7:00PM	11/1	\$125 /\$135
Katie Champlin	Factory 3	SA 3:00PM-7:00PM	12/6	\$125 /\$135

Sewing 3: Patterns and Construction

Learn fabric choices, order of construction, instructions and patterns; seams, hems, buttonholes, zippers, marks and measurements, embellishment techniques. (Sewing 2 is prerequisite).

Instructor	Location	Day/Time	Dates	Fee
Katie Champlin	Factory 3	TU 4:00PM-8:00PM	10/21	\$125 /\$135
Katie Champlin	Factory 3	TU 4:00PM-8:00PM	12/16	\$125 /\$135

Sewing Machine Maintenance

Basic care and keeping of your sewing machine-cleaning, lubrication, troubleshooting, preventative care, and storage.

Instructor	Location	Day/Time	Dates	Fee
Stacy Owen	Factory 3	TU 6:00PM-8:00PM	10/7	\$55 /\$65
Stacy Owen	Factory 3	TU 6:00PM-8:00PM	12/9	\$55 /\$65

Sewing with a Serger

Learn to finish your edges with a serger, bringing your sewing skills to the next level.

Instructor	Location	Day/Time	Dates	Fee
Stacy Owen	Factory 3	SU 10:00AM-2:00PM	12/7	\$125 /\$135

Clothes Mending Workshop

Mend your favorite garments to keep them out of landfills while saving money. You will learn on woven and knit fabrics, stitching by hand or machine.

Instructor	Location	Day/Time	Dates	Fee
Dan Toomre	Factory 3	SU 4:30PM-7:30PM	9/21	\$105 /\$115
Dan Toomre	Factory 3	SU 4:30PM-7:30PM	10/19	\$105 /\$115
Dan Toomre	Factory 3	SU 4:30PM-7:30PM	11/16	\$105 /\$115

Garment Sewing: Project Class

Learn about patterns, fabric, stitches, and seams while making on of two projects. Palazzo pants or a side tie top. Prerequisite: Sewing 2, or comfortable operating a sewing machine and understanding patterns, basic seams, pressing and pinning.

Instructor	Location	Day/Time	Dates	Fee
Katie Champlin	Factory 3	TU 3:00PM-8:00PM	9/9	\$155 /\$165
Katie Champlin	Factory 3	TU 3:00PM-8:00PM	12/9	\$155 /\$165

Basket Making: Basics

Make an attractive, functional item while learning the basics of basketry; for first time and returning students.

Instructor	Location	Day/Time	Dates	Fee
Kimberley Harding	Factory 3	SU 1:00PM-5:00PM	9/14	\$100 /\$105
Kimberley Harding	Factory 3	SU 1:00PM-5:00PM	11/9	\$100 /\$105

Basket Making: Weaving with Foraged Materials

Make an improvisational, unique basket from foraged materials.

Instructor	Location	Day/Time	Dates	Fee
Kimberley Harding	Factory 3	SU 1:00PM-5:00PM	10/12	\$105 /\$115

Basket Making: Woven Bear Ornament

Weave a bear ornament from birch bark.

Instructor	Location	Day/Time	Dates	Fee
Kimberley Harding	Factory 3	SU 1:00PM-4:00PM	12/14	\$75 /\$85

Factory 3 class cancellation policy: <https://factory3.org/class-cancellation-policy>.

Factory 3 *(continued)*

Candle Making

Learn the basics of creating jar candles using 100% soy wax and fragrances infused with essential oils.

Instructor	Location	Day/Time	Dates	Fee
Lauren Chunias	Factory 3	SA 3:00PM-5:00PM	9/13	\$95 /\$105
Lauren Chunias	Factory 3	SA 3:00PM-5:00PM	10/11	\$95 /\$105
Lauren Chunias	Factory 3	SA 3:00PM-5:00PM	11/8	\$95 /\$105
Lauren Chunias	Factory 3	SA 3:00PM-5:00PM	12/13	\$95 /\$105



Photo courtesy of Factory 3.

Craft Project Night: Spooky Craft Night

Start to finish, a project you can complete in one class...This class will carve your own rubber plates to make reproducible prints.

Instructor	Location	Day/Time	Dates	Fee
Dana Falsetta	Factory 3	MO 5:30PM-7:30PM	10/6	\$65 /\$75

Craft Project Night: Block Printing

Start to finish, a project you can complete in one class...This class will carve your own rubber plates to make reproducible prints.

Instructor	Location	Day/Time	Dates	Fee
Dana Falsetta	Factory 3	MO 5:30PM-7:30PM	11/3	\$65 /\$75

Craft Project Night: Felting

Start to finish, a project you can complete in one class...This class you will use wet felting and needle felting techniques to create small sculptures.

Instructor	Location	Day/Time	Dates	Fee
Dana Falsetta	Factory 3	MO 5:30PM-7:30PM	12/1	\$65 /\$75

Creative Bootcamp

Learn to break through limiting beliefs, create habits that last, and cultivate community. Mixing the science of habits with psychology of art, each session will tackle a different facet of the creative life.

Instructor	Location	Day/Time	Dates	Fee
Emma Reynolds	Factory 3	SU 5:30PM-7:30PM	10/12-10/26	\$100 /\$110

Factory 3 class cancellation policy: <https://factory3.org/class-cancellation-policy>.

Creative Writing Deep Dive

Build a community amongst other writers and hone your craft in this 4-week creative writing deep dive.

Instructor	Location	Day/Time	Dates	Fee
Kathryn Amato	Factory 3	TH 6:30PM-8:30PM	9/4-9/25	\$125 /\$135

Creative Writing: Fiction from Real Life

This two-hour writing class will have a different focus each month. Each is a standalone class, so you can sign up for one, more than one, or all.

Instructor	Location	Day/Time	Dates	Fee
Kathryn Amato	Factory 3	TU 6:30PM-8:30PM	10/7	\$50 /\$60
Kathryn Amato	Factory 3	TU 6:30PM-8:30PM	11/4	\$50 /\$60
Kathryn Amato	Factory 3	TU 6:30PM-8:30PM	12/2	\$50 /\$60

Fiction Workshop

Connect with fellow writers and sharpen your skills in crafting fiction in this 4-week workshop.

Instructor	Location	Day/Time	Dates	Fee
Kathryn Amato	Factory 3	TH 6:30PM-8:30PM	10/2-10/23	\$125 /\$135

Deep Listening

Widen your sensory experience through active mindfulness with creative and social elements.

Instructor	Location	Day/Time	Dates	Fee
Billy Halibut	Factory 3	SU 1:00PM-3:30PM	9/21	\$45 /\$55
Billy Halibut	Factory 3	SU 1:00PM-3:30PM	10/19	\$45 /\$55
Billy Halibut	Factory 3	SU 1:00PM-3:30PM	11/16	\$45 /\$55

Intro to Acrylic Painting

Begin your painting journey with popular, veratile acrylics.

Instructor	Location	Day/Time	Dates	Fee
H. Carroll, K. Grass	Factory 3	MO 10:00AM-1:00PM	9/8-9/15	\$140 /\$150
H. Carroll, K. Grass	Factory 3	MO 5:30PM-8:30PM	10/13-10/20	\$140 /\$150
H. Carroll, K. Grass	Factory 3	MO 10:00AM-1:00PM	11/10-11/17	\$140 /\$150
H. Carroll, K. Grass	Factory 3	MO 5:30PM-8:30PM	12/8-12/15	\$140 /\$150



Photo courtesy of Factory 3.

Visit portlandadulted.org to view full descriptions and register!

Factory 3 *(continued)*

Sketching and Watercolor

A new look at objects: learn the basics of both sketching and watercolors to enhance your paintings.

Instructor	Location	Day/Time	Dates	Fee
Audrey Parker	Factory 3	WE 5:30PM-8:30PM	10/15-10/22	\$130 /\$140
Audrey Parker	Factory 3	WE 5:30PM-8:30PM	12/3-12/10	\$130 /\$140

Intermediate Watercolors

Take your watercolor basics and shape a painting practice yourself. Some experience required, such as Factory 3's other water color classes.

Instructor	Location	Day/Time	Dates	Fee
Audrey Parker	Factory 3	WE 6:00PM-8:00PM	9/3-9/24	\$175 /\$185

Portraiture for Beginners

Explore the intricacies of portraiture and facial features with mixed media materials.

Instructor	Location	Day/Time	Dates	Fee
Audrey Parker	Factory 3	SU 5:00PM-8:00PM	9/21	\$65 /\$75
Audrey Parker	Factory 3	SU 5:00PM-8:00PM	11/16	\$65 /\$75

Intro to Cyanotype Printing

Make unique prints using the historic cyanotype process that uses sun to print on any specially coated surface.

Instructor	Location	Day/Time	Dates	Fee
Megan Bainbridge	Factory 3	SU 9:30AM-12:30PM	9/14	\$80 /\$90
Megan Bainbridge	Factory 3	SU 9:30AM-12:30PM	10/12	\$80 /\$90
Megan Bainbridge	Factory 3	SU 9:30AM-12:30PM	11/9	\$80 /\$90
Megan Bainbridge	Factory 3	SU 9:30AM-12:30PM	12/14	\$80 /\$90

Intro to 3D Printing

Learn the basics of 3D printing, an exciting tool used to make an almost unlimited variety of projects.

Instructor	Location	Day/Time	Dates	Fee
T. Amadeo, E. Mokas	Factory 3	SA 10:00AM-1:00PM	10/4	\$105 /\$115
T. Amadeo, E. Mokas	Factory 3	SA 10:00AM-1:00PM	11/1	\$105 /\$115
T. Amadeo, E. Mokas	Factory 3	SA 10:00AM-1:00PM	12/6	\$105 /\$115

Intro to Laser Cutting

Learn how a laser cutter works, what materials can be cut with it, and how it can expand your making skills and engrave your artwork.

Instructor	Location	Day/Time	Dates	Fee
Isaac Atkins	Factory 3	SA 10:00AM-1:00PM	9/20	\$105 /\$115
Isaac Atkins	Factory 3	SA 10:00AM-1:00PM	10/18	\$105 /\$115
Isaac Atkins	Factory 3	SA 10:00AM-1:00PM	11/15	\$105 /\$115

Fundamentals of Computer-Aided Design

Whether designing a machine part, a table, or a house, learn the basic function of CAD software from a professional designer and engineer.

Instructor	Location	Day/Time	Dates	Fee
T. Amadeo, E. Mokas	Factory 3	SA 10:00AM-2:00PM	9/13	\$130 /\$140
T. Amadeo, E. Mokas	Factory 3	SA 10:00AM-2:00PM	10/11	\$130 /\$140
T. Amadeo, E. Mokas	Factory 3	SA 10:00AM-2:00PM	11/8	\$130 /\$140
T. Amadeo, E. Mokas	Factory 3	SA 10:00AM-2:00PM	12/13	\$130 /\$140

Intro to Python Programming

Learn the fundamentals of Python coding in this hands-on, beginner-friendly workshop.

Instructor	Location	Day/Time	Dates	Fee
Elizabeth Willard	Factory 3	SA 10:00AM-2:00PM	11/22	\$130 /\$140

Factory 3 class cancellation policy: <https://factory3.org/class-cancellation-policy>.

Intro to Raspberry PI and Arduino

Learn the fundamentals of Python coding in this hands-on, beginner-friendly workshop.

Instructor	Location	Day/Time	Dates	Fee
Elizabeth Willard	Factory 3	SA 10:00AM-1:00PM	10/25	\$105 /\$115

Intro to Metal Lathe

In this class for those with a strong interest in metalworking tools, you will learn safe setup and basic operation of the classic South Bend Lathe.

Instructor	Location	Day/Time	Dates	Fee
Dan Gill	Factory 3	SA 10:00AM-2:00PM	11/1	\$210 /\$220

Intro to Welding

Learn the basics of MIG welding in a safe, encouraging environment. Open to all levels, including beginners.

Instructor	Location	Day/Time	Dates	Fee
Beau Cormier	Factory 3	SA 10:00AM-1:30PM	9/13	\$170 /\$180
Beau Cormier	Factory 3	WE 5:30PM-9:00PM	9/17	\$170 /\$180
Beau Cormier	Factory 3	WE 5:30PM-9:00PM	10/1	\$170 /\$180
Beau Cormier	Factory 3	SA 10:00AM-1:30PM	10/11	\$170 /\$180
Beau Cormier	Factory 3	WE 5:30PM-9:00PM	10/15	\$170 /\$180
Beau Cormier	Factory 3	WE 5:30PM-9:00PM	11/5	\$170 /\$180
Beau Cormier	Factory 3	SA 10:00AM-1:30PM	11/8	\$170 /\$180
Beau Cormier	Factory 3	WE 5:30PM-9:00PM	11/19	\$170 /\$180
Beau Cormier	Factory 3	WE 5:30PM-9:00PM	12/3	\$170 /\$180
Beau Cormier	Factory 3	SA 10:00AM-1:30PM	12/13	\$170 /\$180
Beau Cormier	Factory 3	WE 5:30PM-9:00PM	12/17	\$170 /\$180



Photo courtesy of Factory 3.

Welding 2

If you took Factory 3's Intro to Welding class or have some welding experience, you're ready to apply and grow your skills with a small project.

Instructor	Location	Day/Time	Dates	Fee
Beau Cormier	Factory 3	SA 3:00PM-7:00PM	9/13	\$180 /\$190
Beau Cormier	Factory 3	SA 3:00PM-7:00PM	10/11	\$180 /\$190
Beau Cormier	Factory 3	SA 3:00PM-7:00PM	11/8	\$180 /\$190
Beau Cormier	Factory 3	SA 3:00PM-7:00PM	12/13	\$180 /\$190

Visit portlandadulted.org to view full descriptions and register!

Factory 3 *(continued)*

Electric Soldering

Learn soldering, a critical skill for making electronic circuits.

Instructor	Location	Day/Time	Dates	Fee
Preston Haynes	Factory 3	SA 2:00PM-4:30PM	10/4	\$105 /\$115
Preston Haynes	Factory 3	SA 2:00PM-4:30PM	11/1	\$105 /\$115
Preston Haynes	Factory 3	SA 2:00PM-4:30PM	12/6	\$105 /\$115

Intro to Bridgeport Milling Machine

In this class for those with a strong interest in metalworking tools, you will learn safe setup and basic operations of the classic Bridgeport milling machine.

Instructor	Location	Day/Time	Dates	Fee
Daniel Gill	Factory 3	SA 10:00AM-2:00PM	10/4	\$210 /\$220
Daniel Gill	Factory 3	SA 10:00AM-2:00PM	12/6	\$210 /\$220

Intro to Woodshop

Gain hands-on experience with woodshop machines, turning a rough-sawn piece of hardwood into a cutting board. Beginners welcome.

Instructor	Location	Day/Time	Dates	Fee
E. Dunder/C. Devine	Factory 3	WE 9:00AM-1:00PM	9/17	\$160 /\$170
E. Dunder/C. Devine	Factory 3	SA 10:00AM-2:00PM	9/20	\$160 /\$170
E. Dunder/C. Devine	Factory 3	SA 10:00AM-2:00PM	10/4	\$160 /\$170
E. Dunder/C. Devine	Factory 3	WE 9:00AM-1:00PM	10/15	\$160 /\$170
E. Dunder/C. Devine	Factory 3	SA 10:00AM-2:00PM	10/18	\$160 /\$170
E. Dunder/C. Devine	Factory 3	SA 10:00AM-2:00PM	11/1	\$160 /\$170
E. Dunder/C. Devine	Factory 3	WE 9:00AM-1:00PM	11/12	\$160 /\$170
E. Dunder/C. Devine	Factory 3	SA 10:00AM-2:00PM	11/15	\$160 /\$170
E. Dunder/C. Devine	Factory 3	SA 10:00AM-2:00PM	12/6	\$160 /\$170
E. Dunder/C. Devine	Factory 3	WE 9:00AM-1:00PM	12/17	\$160 /\$170



Photo courtesy of Factory 3.

Factory 3 class cancellation policy: <https://factory3.org/class-cancellation-policy>.

Intro to Wood Router

Learn how to assemble and disassemble a wood router and use it in a router table and as a handheld tool. If you have your own router, you may bring it.

Instructor	Location	Day/Time	Dates	Fee
Eric Dunder	Factory 3	TH 6:00PM-8:00PM	9/25	\$80 /\$90

Lathe Wood Turning Workshop: Bowls

Learn the basics of lathe turning to make elegant bowls.

Instructor	Location	Day/Time	Dates	Fee
Paloma Diaz-Dickson	Factory 3	TU 6:00PM-9:00PM	9/9t-9/23	\$420 /\$430
Paloma Diaz-Dickson	Factory 3	TU 6:00PM-9:00PM	11/4-11/18	\$420 /\$430

Woodworking Project: Bandsaw Box

Learn the basic woodworking techniques and safety skills to make your own bandsaw boxes, which can be made in a variety of sizes and shapes.

Instructor	Location	Day/Time	Dates	Fee
Chuck Devine	Factory 3	SU 2:00PM-5:00PM	11/9	\$115 /\$125

Woodworking Project: Sliding Lid Box

Learn some woodworking techniques to make a versatile sliding lid box. From mundane utility to presentation, these boxes have done it all.

Instructor	Location	Day/Time	Dates	Fee
Chuck Devine	Factory 3	SU 2:00PM-5:00PM	10/12	\$115 /\$125

Woodworking Project: Wall Shelf

Learn some woodworking techniques to make an immediately useful wall shelf with design elements of your own.

Instructor	Location	Day/Time	Dates	Fee
Chuck Devine	Factory 3	SU 2:00PM-5:00PM	9/14	\$115 /\$125
Chuck Devine	Factory 3	SU 2:00PM-5:00PM	12/14	\$115 /\$125

Woodworking Workshop: Build a Windsor Stool

Build an elegant Windsor Stool, a great first step toward making fine furniture.

Instructor	Location	Day/Time	Dates	Fee
Annalise Rubida	Factory 3	WE 6:00PM-9:00PM	12/3-12/17	\$480 /\$490

Woodworking Workshop: Hand-Cut Dovetails

In this workshop for beginners and intermediate woodworkers, you will learn the steps of making hand-cut dovetails for boxes, cases, and many other wooden pieces. You will leave with an attractive step stool that you made. No class on 10/15.

Instructor	Location	Day/Time	Dates	Fee
Annalise Rubida	Factory 3	WE 6:00PM-9:00PM	10/1-10/29	\$440 /\$450

Have a Class You Want to Teach?

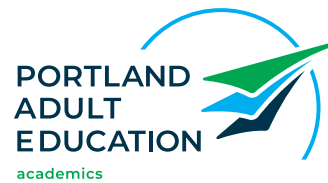
WE WANT YOU!

Share your unique talents and passion
with the Portland Community.

To share your ideas and learn more, please contact us
at adulthood@portlandschools.org or call (207) 874-8155.

PAE Academics

Sharpening math skills, preparing for college, learning English: PAE's academic programs help students reach their specific goals at the most appropriate skill level.



Our **Language Arts and Math** programs focus on improving reading, writing, and math skills as students work toward a High School Diploma, HiSET, or college readiness. **ESOL classes** at a variety of levels help students to improve their English for better jobs, higher academic achievement, or to more fully participate in the community.

PAE Academics: ESOL

English for Speakers of Other Languages (ESOL)

We offer approximately **45 English classes** for students learning or improving their English.

- » Morning, afternoon, and evening sessions available
- » **Levels Beginning through Level 6** (advanced)
- » Starting at Level 5, students may also enroll in English Language Arts classes
- » Most courses meet twice a week (Monday/Wednesday or Tuesday/Thursday) for 2.5 hours
- » Some courses are remote, and some in-person

New students and those returning after a year or more need a new student placement test. Call PAE now for more information: (207) 874-8155.

Come to the office to ask about available courses, registration, or to get on our waiting list.

ESOL Classes

Citizenship

This course will prepare students to take the U.S. citizenship exam. Topics include: U.S. history and government and reading and writing vocabulary needed to pass the exam. The class is designed for students ESOL 3 and below and who have been in this country for 4 years or longer. **Book Fee: \$20.00**

Instructor	Location	Day/Time	Dates	Fee
Moey Burchenal	PAE Room 5	M/W 12:00PM-2:30PM	9/10-12/10	\$0/\$0

Do You Have Internet Access?

If you want to enroll in any hybrid or remote courses,

you must have internet access at home.

Portland Adult Education does not provide hotspots.

PAE Academics: Math & Science

PAE math students learn to be flexible with numbers and often appreciate the change from the rigid, take-it-or-leave-it methods they first learned. Students are free to make mistakes, explore, and choose the method that works best for them.

Registration begins on August 18, 2025.

Math & Science

Whole Numbers

This course will help students become comfortable solving problems with whole numbers using basic operations, and strengthen a student's number sense. **Book Fee: \$20**

Instructor	Location	Day/Time	Dates	Fee
Maryann Kurdyla	PAE Room 5	M/W 9:00AM-11:30AM	9/10-12/10	\$0/\$0

Fractions

This course will help students understand common fractions, decimals, and percents so they can use them within their day-to-day life. Fraction equivalents, as well as math operations with fractions, will all be covered in this class. **Book Fee: \$20**

Instructor	Location	Day/Time	Dates	Fee
David Santoro	PAE Room 4	TU/TH 9:00AM-11:30AM	9/11-12/11	\$0/\$0

Decimals

This course will help students understand decimal numbers and how they relate to fractions and percents. Basic operations will be covered. **Book Fee: \$20**

Instructor	Location	Day/Time	Dates	Fee
Carol Hager	PAE Room 4	M/W 9:00AM-11:30AM	9/10-12/10	\$0/\$0

Ratios/Measurement

This course will develop ratio and proportional thinking and reinforce fraction and percent skills. Students will also explore measurement in both customary and metric units. **Book Fee: \$20**

Instructor	Location	Day/Time	Dates	Fee
David Santoro	PAE Room 5	TU/TH 12:00PM-2:30PM	9/11-12/11	\$30/\$40
Diane Kaneza	PAE Room 4	TU/TH 6:00PM-8:30PM	9/11-12/11	\$30/\$40

Algebra A

This course introduces students to algebraic problem solving including integer operations, exponent properties, solving multistep equations and inequalities. **Book Fee: \$20**

Instructor	Location	Day/Time	Dates	Fee
Carol Hager	PAE Room 4	M/W 12:00PM-8:30PM	9/10-12/10	\$30/\$40

Geometry

This course is taught in two parts. Shapes, angles, area, volume, and perimeter are taught in the first half of the class. Coordinate geometry, including, plotting equations, slope, and parallel and perpendicular lines in the second part. **Book Fee: \$20**

Instructor	Location	Day/Time	Dates	Fee
Christel Driscoll	PAE Room 4	TU/TH 12:00PM-2:30PM	9/11-12/11	\$30/\$40

Algebra B

This course continues building from Algebra A and includes topics such as quadratic equations, systems of equations and probability. **Book Fee: \$20**

Instructor	Location	Day/Time	Dates	Fee
Jen Jackson	PAE Room 5	TU/TH 9:00AM-11:30AM	9/11-12/11	\$30/\$40
Solomon Nkhalamba	PAE Room 5	TU/TH 6:00PM-8:30PM	9/11-12/11	\$30/\$40

Visit portlandadulted.org to view full descriptions and register!

Math & Science *(continued)*

Introduction to Statistics

This course will introduce students to descriptive statistics and will involve data collection, organization and analysis. All students are required to have home internet access. *Online work required outside of class.*

Instructor	Location	Day/Time	Dates	Fee
Solomon Nkhalamba	PAE Room 5	M/W 6:00PM-8:30PM	9/10-12/10	\$30/\$40

General Science

Learn many aspects of science, such as atomic theory, scientific method, Newton's Laws, cells, and ecosystems. *Online work required outside of class.*

Instructor	Location	Day/Time	Dates	Fee
Carolyn Lancia	PAE Room 10	TH 6:00PM-8:30PM	9/11-12/11	\$30/\$40



Do you want to...

- » **Earn your High School Diploma or pass the high school equivalency HiSET Test?**
- » **Improve your math, reading, and writing skills for a job?**
- » **Prepare for college?**

For **HiSET exam preparation**, contact
Heidi Davidson at davidh@portlandschools.org

For **diploma completion & college preparation**, contact
Anja Hanson at hansoa@portlandschools.org

**All students are required to have home internet access for remote and hybrid classes.*

PAE Academics: Language Arts

- » Advance your reading and writing skills
- » Get help applying for scholarships
- » Earn credits toward your High School Diploma or build skills for the HiSET test
- » Prepare for college or career through our College Transitions Program (and avoid paying for remedial courses at college that don't give college credit)
- » Courses require the use of Google Classroom and independent online work outside of class time.

Registration Information

- » **Registration begins August 18.**
- » If you are a new student or have been away from PAE for over a year, call now to make an appointment for a placement test!

English Language Arts Levels at PAE for High School Diploma and College Prep

- 100** Required for completion of the High School Diploma program
- 200** Continued college preparation
- 300** College-ready in English language skills

Level: ESOL 5+

Readings in Health Sciences Credit: Science or English

Learn about topics in the Health Sciences while developing your reading skills and vocabulary.*

Instructor	Location	Day/Time	Dates	Fee
Carolyn Lancia	Remote	TU 6:00PM-8:30PM	9/16-12/9	\$30/\$40
Carolyn Lancia	PAE Room 3	TH 12:00PM-2:30PM	9/18-12/11	\$30/\$40

Readings in Social Studies Credit: Social Studies

Learn about misinformation on the Internet, civics and elections, and human rights. Students will do weekly reading and writing assignments.

Instructor	Location	Day/Time	Dates	Fee
Heather Moore Wood	PAE Room 3	TU 3:00PM-5:30PM	9/16-12/9	\$30/\$40

Academic Writing Credit: English

Learn key grammar concepts and organization of ideas in academic texts; practice them through writing assignments about selected academic readings.*

Instructor	Location	Day/Time	Dates	Fee
Nicole Ivins	PAE Room 3/Hybrid	M/W 9:00AM-11:30AM	9/10-12/10	\$30/\$40

Maine Adult Education Association

Additional adult educational opportunities are available by visiting the
Maine Adult Education website at: maineadulted.org



Visit portlandadulted.org to view full descriptions and register!

Level: 100/200

Informational Text (Level 100) Credit: English

Improve your ability to read informational texts and build your academic vocabulary; improve your ability to respond academically in speaking and in writing. A good course for your High School Diploma or to prepare you for the College Transitions program.* **Book Fee: \$30.00**

Instructor	Location	Day/Time	Dates	Fee
Alison Perkins	PAE Room 3	W 6:00PM-8:30PM	9/10-12-10	\$30/\$40
Rochelle Yanike Hale	Remote	TU/TH 12:00PM-2:30PM	9/11-12/11	\$30/\$40

Information Text (Level 200+) Credit: English

Improve your ability to read and write informational texts and build your academic vocabulary; learn how to write organized academic paragraphs and essays. Part of our College Transitions program.* **Book Fee: \$30.00**

Instructor	Location	Day/Time	Dates	Fee
Briana Bizier	PAE Room 3/Hybrid	M 9:00AM-11:30AM	9/15-12/8	\$30/\$40
Ann Hall	PAE Room 3	TU 6:00PM-8:30PM	9/16-12/9	\$30/\$40

Advanced ESOL (Level 6) Credit: English

Advanced ESOL grammar, workplace-related reading, writing, speaking, listening., and CASAS prep.* **Book Fee: \$30.00**

Instructor	Location	Day/Time	Dates	Fee
Carla Reyes	Remote	M/W 6:00PM-8:30PM	9/10-12/10	\$30/\$40
TBA	PAE Room 3	TU/TH 9:00AM-11:30AM	9/11-12/11	\$30/\$40

U.S. History Credit: History

Investigate a few key periods in U.S. History and improve your ability to read and write about advanced academic texts. Think deeply about whether and how the U.S. has lived up to its ideals of liberty, equality, rights, democracy, and opportunity.*

Instructor	Location	Day/Time	Dates	Fee
TBA	PAE Room 3	M/W 12:00PM-2:30PM	9/10-12/10	\$30/\$40

Level: 300

Preparation for College Success

This challenging course will focus on the essential skills of a successful college student. Highlighted topics include study skills, time management, decision-making strategies, financial literacy, career pathways exploration, and building the writing skills necessary for academic readiness.*

Instructor	Location	Day/Time	Dates	Fee
Briana Bizier	Online	ASYNCHRONOUS	9/10-12-10	\$30/\$40

*All students are required to have home internet access for remote and hybrid classes.

College & Career Access Program

We can help you achieve your goal of **succeeding in college!**

Develop a plan with an advisor to prepare for college.

To be eligible for the program, **you must have a high school diploma or high school equivalency.**

The College & Career Access Program Includes:

- » Classes to improve **essential academic skills**
- » **Placement testing** in reading & math
- » Academic **advising**

For more info or to schedule an appointment with an advisor,

call (207) 842-4611 or email: hansoa@portlandschools.org

“To get there, I persevere.
Try and you will succeed!”
— Scholastique W., Class of 2024

New Student Testing for Language Arts or Math

To sign up for any of our Academic courses (Language Arts, Math, Science, or History/Social Studies), **you will need either a teacher recommendation OR an interview and placement test with a teacher.**

Call (207) 874-8155 to make an appointment for new student testing. The appointment will take about 2 hours.

- » Please be prepared to **register and pay** for your course immediately following the appointment.
- » If you have **ACCUPLACER scores**, please bring them to the appointment with you.

We want to place you in the right course...

Call now for an appointment to find out your level!

PAE Workforce Training

PAE offers training programs that last between 12 and 24 weeks that are designed to support participants as they prepare to enter into the workforce for the first time, re-enter after some time away or change their career path. The programs are offered on a rotating basis throughout the year. **Applications for Fall programs must be submitted before August 13, 2025.** We will be offering many of the same programs later in the school year. Please visit our website for more information and to fill out our interest form. We will contact you when applications open for the program you are interested in.

The Workforce Training Department at PAE also offers individual classes for upgrading workplace skills. Enrollment for those courses will be open until September 10 as space allows.



Training Programs & Classes

Bridge to Clean Energy Program **NEW!**

This program assists students with an interest in pursuing a career in clean energy with the language and digital skills they need to take their next step. Students build reading comprehension, speaking, and writing skills. In addition, they explore the opportunities available here in Maine and set short and long-term goals for a future career in the clean energy industry. **Prerequisite:** CASAS score of 214-222.

Instructor	Location	Day/Time	Dates	Fee
Multiple	PAE Room TBD	Varies	9/10-12/11	**

English for Job Preparation Program

This intensive course is designed for English as a Second Language learners with intermediate English language skills that are searching for their first job in the US. Students will learn how to search for a job and expand their English skills through contextualized English for the workplace. Students will refine their customer service skills and will also learn financial literacy and money management skills from ProsperityME teachers. **Prerequisite:** ESOL 4.

Instructor	Location	Day/Time	Dates	Fee
Multiple	PAE Room 8	M-F 12:00PM-2:30PM	9/10-12/10	**

Transportation Careers Program

The purpose of this program is to support students as they prepare for the Commercial Driver's License permit test, reinforcing the learning of technical terminology used in online resources to prepare for the multiple choice exam. Students are also required to enroll digital skills and Career Preparation, where they will be connected to employers that are certified to help them complete their training and licensing. **Prerequisite:** Maine Class C driver's license, US work authorization, high school diploma or equivalent, CASAS score of 225+.

Instructor	Location	Day/Time	Dates	Fee
Multiple	PAE Room TBD	Varies	9/10-12/11	**

Intro To Understanding Teaching in US Schools

In this stand-alone class, students will be introduced to the organization of public schools, the roles of an Educational Technician (Ed Tech 3s), methods and approaches to teaching academics, classroom management and social and emotional skills.

Students will leave class with an understanding of what jobs in schools they are currently qualified for, what further college level coursework they may need to take and the process of becoming certified to work in public schools. **Prerequisite:** CASAS 217+.

Instructor	Location	Day/Time	Dates	Fee
Sarah Norsworthy	PAE Room TBD	M/W 9:00AM-11:30AM	9/10-12/11	**

Differentiated Instruction for Exceptional Students in the Regular Education Classroom (Meets MDOE Certification Requirements)

In this stand-alone class, students will learn about the variety of abilities in the regular education classroom. Students will continue to develop understandings of the complexities of exceptionalities and how to teach so that all students have the opportunity to learn. Attention will be given to the impact of academically, socially, emotionally and linguistically diverse learners in the PreK-12 classroom. **Prerequisite:** CASAS 249+. **Recommended:** Teachers with Conditional Certification; Teachers with Professional Certification

Instructor	Location	Day/Time	Dates	Fee
Sarah Norsworthy	Remote	MO TBD	9/15-12/8	**

Join the Healthcare Field!



*All students are required to have home internet access for remote and hybrid classes.

**Please contact the office to apply and for tuition and scholarship information.

Visit portlandadulthood.org/programs/workforce-training to learn more and register!

Healthcare Programs

Medical Assistant Pre-Apprenticeship Program

The goal of this in-person course is to prepare students to meet requirements to enroll in a Medical Assistant program in future semester(s). Students focus on reading comprehension, medical terminology, anatomy and physiology, and basic math and receive individualized advising support. Students must enroll in a medical assistant program after completion of this pre-apprenticeship to become a Certified Clinical Medical Assistant. **Prerequisites:** CASAS score of 233, high school diploma or equivalent, approved application, work authorization preferred but not required.

Instructor	Location	Day/Time	Dates	Fee
Multiple	Varies	Varies	9/10-3/25	**

Bridge to Healthcare Careers Program

This program assists students with an interest in pursuing a healthcare career with the English skills they need to take their next step. Students build reading comprehension, speaking, and writing skills. In addition, they explore the healthcare opportunities available here in Maine and set short and long-term goals for a future career in healthcare. In addition, students are required to enroll in a Digital Skills for Learning and the Workplace class or document their digital skills through completion of a test prior to the start of class.

Prerequisites: CASAS score of 220-237, approved application and interview.

Instructor	Location	Day/Time	Dates	Fee
Multiple	PAE Room TBD	Varies	9/10-12/11	**

Supported CNA Program

A 6-month program to become a CNA held at Portland Adult Education. Students first complete core coursework to prepare them for success, including Healthcare Essentials, Digital Skills for Learning and the Workplace, and Foundational Skills for Professional Careers classes. After completion of these courses, then students participate in the CNA class. During this time, they also receive additional academic support in completing the required curriculum. After successfully completing the classroom and lab instruction, students attend 40 hours of clinical hours and sit for their state exam. **Prerequisites:** CASAS score of 238-248; US work authorization; high school diploma or equivalent; approved application including two letters of reference; immunizations required.

Instructor	Location	Day/Time	Dates	Fee
Multiple	PAE Room TBD	Varies	9/10-3/25	**

Have a Class You Want to Teach?

WE WANT YOU!

Share your unique talents and passion with the Portland Community.

To share your ideas and learn more, please contact us at adulted@portlandschools.org or call (207) 874-8155.

Scholarships Available!

Don't let the cost of tuition be a barrier to your growth.

For more information, please email: paeworkforce@portlandadulted.org

To learn more about our Workforce Programs, including course schedules and how to apply, please visit our **newly updated website:**



*All students are required to have home internet access for remote and hybrid classes.
**Please contact the office to apply and for tuition and scholarship information.

Visit portlandadulted.org/programs/workforce-training to learn more and register!

New Mainers Resource Center

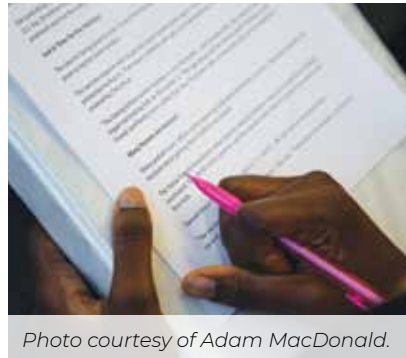


Photo courtesy of Adam MacDonald.

The New Mainers Resource Center is designed to help internationally trained professionals and immigrants enter the U.S. workforce.

The New Mainers Resource Center (NMRC) is a statewide program serving immigrants, refugees, and employers in the Greater Portland, Lewiston, and Bangor areas. We work with internationally trained professionals who have a bachelor's degree or above from their home country and immigrants with work experience in the trades (electricians, plumbers, welders, etc.). We provide advising and case management, workshops focused on job readiness skills, connections to employment and networking opportunities, and other services designed to support New Mainers of all professions overcome barriers to enter the U.S. workforce and thrive.

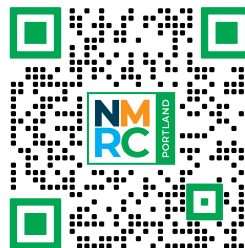
Services include:

- » **Career guidance** and case management
- » Development and implementation of **individualized professional career or educational plans**
- » Assistance with the credential review process and **Maine licensing requirements**
- » Employer connections and **professional networking**
- » **Job search skills**
- » Workforce workshops
- » **Referral and coordination** with other services, training and educational programs
- » Help locating **training programs and resources**

NMRC provides financial assistance with credential evaluations and professional licensing.

Contact us to learn what we can do for you! Visit the website, send us an email, or scan the QR code to get in touch:

nmrcmaine.org | nmrc@portlandschools.org



Friends of Portland Adult Education

The mission of Friends of Portland Adult Education

(FPAE) is to **find innovative ways to help adult learners reach their educational and employment goals.** We are extremely grateful to the individuals, corporations, private foundations, volunteers, and partners that have made these projects possible:



- » **Improved student placement process** to reduce the waiting list
- » Established a **Tuition Assistance Program** for PAE courses
- » Supported highly skilled immigrants to **prepare for their careers in Maine**
- » Secured funding for **technology upgrades for teachers and classrooms**
- » Encourage and support **staff development**

Friends of Portland Adult Education is a 501(c)(3) organization that supports the efforts of Portland Adult Education.

To donate, please visit our website at www.friendsofpae.org or contact Rob Wood by email at friendsofpae@gmail.com.

PAE Registration Form

Mail or fax completed registration form to:

Portland Adult Education

14 Locust Street, Portland, ME 04101

Phone: (207) 874-8155 Fax: (207) 773-0151

STUDENT INFORMATION

Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Other Phone: _____ Birth Date: _____

Email Address: _____ ☐ Male ☐ Female ☐ Non-Binary

COURSE INFORMATION

Course Name	Date/Time	Fee

PAYMENT METHOD

☐ Check (payable to PAE) ☐ MasterCard ☐ Visa

Card #: _____ Expiration Date: _____

Cardholder Signature: _____

TOTAL: _____

Visit portlandadulted.org to view full descriptions and register!

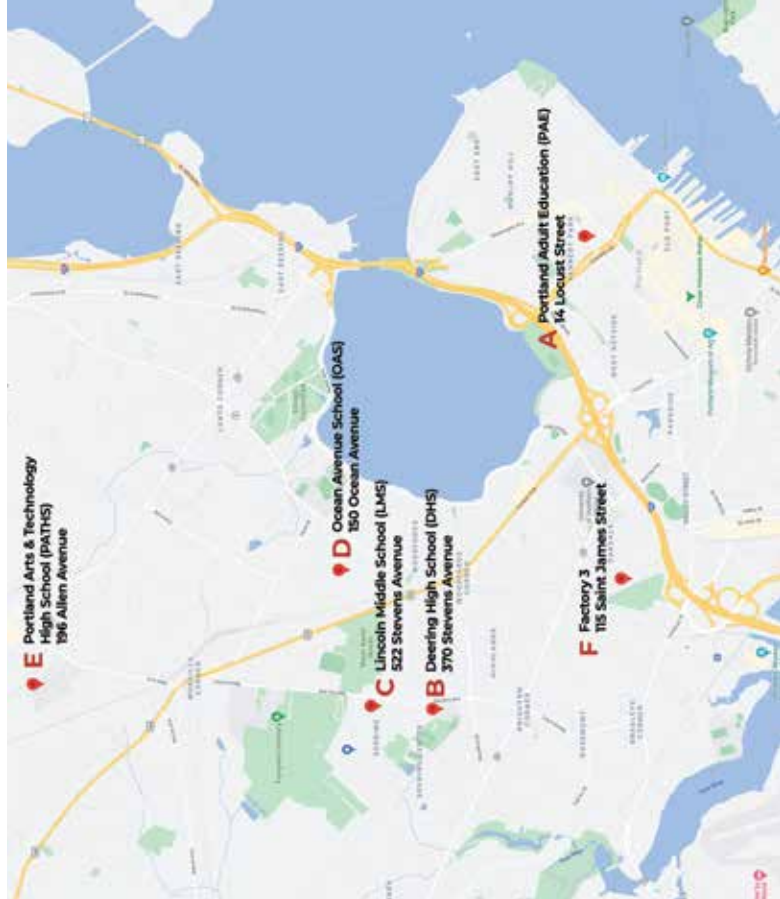
Locations

Classes will be offered in-person, remote, or both (hybrid). **Use the map below** to find the location of your in-person class.

- A.** Portland Adult Education (**PAE**)
Cathedral School, 14 Locust St.
- B.** Deering High School (**DHS**)
370 Stevens Avenue
- C.** Lincoln Middle School (**LMS**)
522 Stevens Avenue
- D.** Ocean Avenue School (**OAS**)
150 Ocean Avenue
- E.** Portland Arts & Technology High School (**PATHS**)
196 Allen Avenue
- F.** **Factory 3**
105 St. James Street



Portland Adult Education
A Division of Portland Public Schools
14 Locust Street
Portland, ME 04101



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PORTLAND, ME
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