



## Your Monthly News & Updates

Wonderful variety of upcoming classes. Don't miss out.

[Visit Our Website](#)

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### Upcoming Online Courses

#### Google +

Discover the best ways to use this popular and emerging social media platform to raise your online profile, and connect with current and potential new contacts. You'll learn the advantages of using Google+, how it can help your organization to engage existing users, and grow your base and techniques for using the platform to create relationships.



Online: Nov. 2nd - Nov. 27th Course: \$195

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#### Integrating Social Media in Your Organization

Take away a practical strategy and techniques for implementing a social strategy for your organization or business. Learn how to create your own private social network using the Ning platform. See how Google Docs and Calendars work and how to use online video to further your business goals.



Online: Nov. 2nd - Nov. 27th Course: \$195

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#### LinkedIn for Business

Learn how to set up your personal profile so that it gets noticed by others. Discover how LinkedIn can be used to generate leads, recruit new employees, and find new jobs. This class will cover all the intricacies of LinkedIn to help you create, customize, and optimize your presence on LinkedIn.



Online: Nov. 2nd - Nov. 27th Course: \$195

## Online Advertising

Get the keys to making online advertising work for you and your organization. See how pay-per-click advertising with Google AdWords works. Find out how to test low budget Adword campaigns. Learn how you can target local audiences. Then discover Facebook advertising and how you can determine the demographics and even numbers of people you want to reach.



Online: Nov. 2nd - Nov. 27th Course: \$195

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## Hobbies & Interests

### Cabin Girl Basket

Come and join us in creating the solid round base basket with a wooden divider. Add color to this one and enjoy its beauty. This basket can hold remotes, keys, mail or carry your salt, pepper, and condiments. Bring along a bucket, scissors, 12 spring type clothespins, pencil, jackknife, tape measure, and a spray bottle.

Instructor: Martha Chessie

Wed., Nov. 4th

5:30pm-9:00pm

Learning Center/Room 23

\$12 PLUS \$18 Mat. fee

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## Music & Dance

### Beginner Swing Dance

Swing is a fun and energetic partner dance that developed from the swing jazz of the 1920s-1940s. In this crash course, we'll cover the basics of 6-count swing (also known as "East Coast Swing") so that you can get out on the dance floor confidently! Come alone or with a partner. We'll rotate in class so that you get to dance with everyone! Wear comfortable clothing and smooth-soled low shoes or sneakers that are not too "sticky" so you can easily turn on the floor.

Bring water and get ready to have fun!

Instructor: Jennifer Kain

Sat., Nov. 7th

10:00am-12:15pm

J.F.K. Kindergarten Center/Multi Purpose Room

\$20 per person



## Mind & Body Wellness

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

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

Instructor: Brenda Paquette

Thurs., Nov. 5th  
6:30pm-8:30pm  
Learning Center/Room 18A  
\$42



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### Reiki Second Degree

At this level we will learn the seven major chakras, the three Reiki healing symbols, and the definitions and practice drawing them. Receive your Reiki II level attunement, practice long distance healing, protecting and clearing yourself, preparing a space to practice Reiki, building your Reiki practice. The class ends with a guided meditation and your certificate. Once you receive your Reiki level II attunement you are considered a practitioner and practice Reiki on anyone. You must be certified in Reiki I to take this class.

Please bring water and a bag lunch.

Instructor: Brenda Paquette

Sat., Nov. 7th  
10:00am-4:00pm  
Learning Center/Room 18A  
\$145 PLUS \$5 material fee (payable to instructor)



## Enrich Yourself

### Let's Go Ice Skating!

Fun and rewarding ice skating classes for those new to the ice as well as those looking to enhance their skills! Learn at your own pace. Classes follow the US Figure Skating curriculum promoting physical fitness and basic skating skills. You will leave the class with new skills, badges and new friends! Dress warmly and wear gloves. Bring your own skates or rentals available at the rink. Helmets recommended for first time skaters.

Instructor: Diane Simpson

Fri., Nov. 13th - Dec. 18th

6:00pm-7:00pm

Biddeford Arena, 14 Pomerleau Road, Biddeford

\$103 PLUS \$20

OR

Sat., Nov 14th - Dec. 19th

1:00pm-2:00pm

Biddeford Arena, 14 Pomerleau Road, Biddeford

\$103 PLUS \$20



**PLEASE CALL DIANE AT 508-944-6756 or  
email at [icecoachdiane@gmail.com](mailto:icecoachdiane@gmail.com) TO REGISTER.**

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## Family Literacy

### Stress & Anger Management

Information is Power. Life can be overwhelming these days with school, work, and family. Stress is a fact of life; we need to learn how to manage it. We will learn how to take advantage of the positive and reduce the negative effects of stress! Anger is one of the most misunderstood over-used human emotions. In this class we will learn how to recognize anger by identifying our anger triggers. We will learn about the three components of anger; the Emotional State, the Expression, and the Understanding. This class will increase your knowledge about how anger affects you. You will learn new ways to cope with anger and set goals to manage anger more effectively. Learning how to manage stress and anger is a way of taking control of your life. It is also a way of staying healthy and happy.

Instructor: Julie Berube

Thurs., Nov. 6th - Dec. 18th

10:00am-12:00pm

Learning Center/Room 18A

TO REGISTER, CALL JULIE AT 282-6511.

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## Interested in Joining our Team?

Biddeford Adult Education is always looking for motivated, qualified instructors. We are currently seeking applications for the following: Social Sciences, Computer Applications, Fine Arts and Applied Math. Interested applicants must have an Adult Education endorsed certification. Please contact Paulette Bonneau at 207-282-1501 or [pbonneau@biddefordschooldepartment.org](mailto:pbonneau@biddefordschooldepartment.org) for more information.

We are always looking for talented people who would like to share their creativity with others. Individuals interested in teaching their craft/talent should contact Sue De Cesare at 207-282-3883 or [sdecesare@biddefordschooldepartment.org](mailto:sdecesare@biddefordschooldepartment.org) for more information.

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*Biddeford*

Adult Education

Give Yourself a Raise...Education Pays

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