Windham Raymond
Adult Education

Winter/Spring Catalog

The Power and Joy of Adult Learning

windham.maaineadulted.org
Welcome, Bienvenidos, Vitame, Bienvenue, Empfang, Benvenuto, Mottakelse, Hoan Nghenh, Dobro Dosli, As Vindas de Boas, Marshabak, Baxirbin, Hoa Galdiniz, Khosh Amadid, Kurdsh, Dobro Pozhalovat

WELCOME to
WINDHAM RAYMOND ADULT EDUCATION

Mission
Windham Raymond Adult Education provides affordable, high quality adult learning opportunities that meet the academic, career, and personal pursuits of our diverse adult population – families, workers, citizens and the business community.

Vision
Windham Raymond Adult Education will be recognized as a community and statewide leader in delivering high quality, diverse, accessible, needs-oriented programming for adults that encourages life-long learning. Those efforts will lead to individual fulfillment, community prosperity, and positive social change - all contributing to a high quality of life.

What Can We Do for YOU?

Academic Programs
These FREE classes are designed to help you increase your skills as you work toward high school credentials or prepare to take the HiSET®.

College Prep and Guidance
Looking to get the skills you need to succeed in college? Need help with financial aid or even where to begin? We can help. We offer classes to help you do well on the Accuplacer test and succeed in college. We can help you find and apply for scholarships and even arrange college visits.

Assessments and Credentialing
Not sure what you want to be when you grow up? We can help with assessment tools that will guide you toward a fulfilling college or career path. We offer in-house and on-site classes in computer, office skills, soft-skills, career development, resume and interview assistance, and much more. Are you a business owner who needs your employees to learn on-the-job? We can design a custom training program to meet your needs and deliver instruction at your business around your schedule.

Tutoring
Are you - or someone you know - struggling with reading, math, using a computer or filling out a job application? We can help. WRAE offers discreet, private tutoring at no cost.

Learn English
We offer both day and evening FREE ESOL (English for Speakers of Other Languages) classes. We focus on conversation, pronunciation and grammar. Our small classes offer practical real-world scenarios, humor and student-centered curriculum. Tutoring is also available.

Online Learning
We offer 100’s of reasonably priced online classes that you can take at your convenience in your own home or place of business. Whether you want to add to your career skill set or increase your knowledge for your favorite hobby – we have the classes for you!

Holidays & Office Hours

WRAE Office Hours:
Monday - Thursday: 8:00 AM - 8:00 PM
Friday: 8:00 AM - 4:00 PM

Winter/Spring Calendar:
Course Registration: Begins Monday, Dec. 27th
Academic Classes: Jan. 3rd - Jun. 2nd
Enrichment & ESL Classes: Jan. 18th - Jun. 3rd
Graduation: Jun. 16th

Our office will be closed the following Holidays:
Martin Luther King Jr. Day: 1/17
Presidents’ Day: 2/21
Winter Break: 2/21 - 2/25
(No in-person classes)
Spring Break: 4/18 - 4/22
(No in-person classes)
Memorial Day: 5/30
Independence Day: 7/4

CALL 207-892-1819 FOR ASSISTANCE WITH ANY OF OUR PROGRAMMING!
To Our Community and Friends

“To mask, or not to mask: that is the question:
Whether ’tis nobler in the mind to suffer
The slings and arrows of this outrageous virus,
Or to take arms against it to avoid a sea of troubles,
And by opposing end them?”

Now that we have started to offer many of our classes in-person again, this is the question we often get asked. While we certainly miss the smiling faces of our students, we also want to keep everyone safe and healthy. We follow the guidelines set by RSU14 but do our best to accommodate any students who are not comfortable wearing a mask while indoors. We have clear face shields and even clear foam-cushioned masks that we encourage our students to request if needed. We know how uncomfortable masking and distancing can be but we want all of our students, teachers, and staff to remain as protected and safe as possible until we can eventually not need to take these precautions.

We extend our appreciation and gratitude to our adult education staff and teachers, along with RSU 14 administration and staff, that have supported our efforts to continue offering a high-quality, diverse and robust adult education program to our communities. We look forward to seeing you in the coming months.

Be well,

WRAE Staff
**Family Fun & Literacy**

**Raymond Village Library**
3 Meadow Road, Raymond - 207-655-4283  
www.raymondvillagelibrary.org

*Please contact the library for hours of operation and scheduled events.*

**Seniors Welcome!**
Tuesdays between 9 AM and noon are open for senior hours. Stop by for some coffee, books & games. The RVL Bridge group meets from 9:00 AM - 12:00 PM during senior hours. All skill levels are welcome to join. Interested in joining an activity group? Knitting, Scrabble, Chess, Mahjong? Let us know what activities you would like to join.

**Discount Passes**
The Raymond Village Library has passes available to the Maine Wildlife Park in Gray, the Portland Children’s Museum, Maine Maritime Museum and the Southworth Planetarium. These passes offer either discounted or free admission. Please contact the circulation desk for more information about available passes.

**Windham Public Library**
217 Windham Center Road, Windham - 207-892-1908  
www.windham.lib.me.us/

*Please contact the library for more details.*

**Comics Plus**
Comics Plus gives you unlimited access to thousands of digital comics, graphic novels, and manga! Every title is available 24 hours a day, 7 days a week, on your computer, tablet, or phone no holds or wait-lists required. Available with a current, valid Windham Public Library card. The Teen Services Desk can be reached at 207-892-1908 ext. 8

**Tech Help**
Free one-on-one tech help with experienced, computer-savvy library staff. Help with email, downloading applications, printing online pictures, navigating websites, laptops, eReaders, tablets, & more. No rsvp needed. Contact the Help Desk (207-892-1908 ext.5) for more information. Wednesdays, from 3:00 - 4:00 PM

**Conversation Cafe**
Open, hosted conversations via Zoom! No homework, no agenda – just a simple discussion process that helps us make sense of our world and each other. Starting in January on the second Wednesday of the month from 6:00 - 7:00 PM.
WHO ARE TODAY’S ADULT LEARNERS?

English Language Learners
High School Diploma Seekers
Workforce Trainees
Dancers
American Sign Language Learners
Outdoor Enthusiasts
Medical Professionals
Health & Fitness Enthusiasts
Aspiring Cooks
**HiSET® Testing and Classes are FREE!**
Most Adult Basic Education (ABE) classes are open enrollment and are held at the WRAE Learning Center with some classes offering hybrid options online and in-person.
No classes: 1/17, 2/21-2/25, 4/18-4/22, and 5/30. Class end dates are subject to change.

**HiSET® Testing**
The HiSET® has replaced the GED as Maine’s High School Assessment. Students must contact and meet with our ABE Coordinator to schedule these tests. Tests are scheduled for Tuesdays, Wednesdays and Thursdays at various times - day and evening.
**By Appointment Only**
In-Person, Tues, Weds, & Thurs, 1/4 - 5/26

**HiSET® Prepping for the Tests**
HiSET® pre-testing, test-taking strategies, and skill building are offered to prepare students for successful completion of Maine’s High School Equivalency Test (HiSET®) formerly known as the GED. Online learning is an option once student registers.
Instructors: Cathy Giuffre-Renaud/Tom Durkin
In-Person, Tues & Thurs, 1/4 - 5/26, 9:00 - 11:00 AM

**Adult Ed Math**
This high school credit course is open to high school diploma and credit recovery students. Focus is on strengthening math skills aligned to the College and Career Readiness Standards. This class is not open enrollment. The last day for registration is on 2/28.
Instructor: Romolo Marcoccio
In-Person, Tuesdays, 1/25 - 5/17, 4:00 - 7:00 PM

**HiSET® Math Learning Lab**
This learning lab supports students preparing for the HiSET® mathematics test. Instruction covers test-taking skills as well as problem solving strategies in the content areas of Algebra, Geometry, Statistics, Number Operations and more. This class meets in-person.
Instructor: Jessica Conley
In-Person, Tuesdays, 1/11 - 5/31, 11:00 AM - 2:00 PM

**High School Diploma**
Take classes and earn credits toward completing your high school diploma. We have small group instruction, self-study and even on-site computer-based learning opportunities. Call our ABE Coordinator to schedule an appointment to discuss these flexible, high quality, and interactive solutions. Subjects and schedules assigned based on students’ needs.
Instructor: Cathy Giuffre-Renaud
In-Person, Various Days & Times, 1/3 - 6/10

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**HiSET® - High School Equivalency Test**
The HiSET diploma consists of five tests: reading, writing, math, social studies and science. Passing these tests demonstrates academic knowledge and skills equivalent to a high school diploma. Successful participants earn their high school credential upon completion and, based on test scores, may indicate college readiness. You must be at least 17 years old to take the HiSET exam in Maine.

*All adults need to demonstrate preparedness for the official tests by taking pre-tests through an adult education program.*

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**The Next Steps**
- ACCUPLACER TESTING
- COLLEGE & CAREER GUIDANCE
- FINANCIAL & ADMISSIONS HELP
  - Not sure how to get started filling out FAFSA financial aid forms? We can help!
  - Call to make an appointment and get started.
  - The 2021 - 22 financial aid sign up date for FAFSA started 10/1/21. Apply early for the best financial packages!
Pre-College Courses

College Prep Math
Would you like to go to college, but haven’t done math in years? Do you want to boost your Accuplacer score? This course covers the basics including fractions, percentages, proportions as well as applications. The Accuplacer test will be given at the beginning and end of the semester. All materials will be provided by the instructor.

Instructor: Jodi Harnden
Tuesdays, 2/8 - 4/26, 6:00 - 9:00 PM
Location: Zoom/Virtual
Fee: Free

College Prep Writing
This online course will focus on getting student’s reading and writing to the college level as measured by the Accuplacer test. Written assignments are accessed through Brightspace. Students do one assignment per week then every 3-weeks the instructor will hold a one-on-one Zoom meeting with each student to discuss and revise.

Instructor: Jay Hayden
Class Dates: 1/18 - 5/14, Times Variable
Location: Zoom/Virtual
Fee: Free

College Success
This course introduces students to the college environment and provides opportunities to strengthen the academic skills necessary for success at the college level. Students will explore the learning process, learning styles, and student development theory. This course will help students understand and successfully manage, through readings, writings, and activities, some of their life and career transitions. This class may provide high school completion credit in English and one required college graduation credit at Southern Maine and Central Maine Colleges. There are mandatory Zoom meetings on 1/31 and 3/28, the first and last day of class.

Instructor: Cathy Giuffre-Renaud
Mondays, 1/31 - 3/28, 4:30 - 7:30 PM
Location: Zoom/Virtual
Fee: Free

Planning and Paying for College
Do you have children who will be looking at college in the next few years or could you be thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process. FAME is here to help you get ready! The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid. Join Jessica Whittier for this one-hour workshop as we talk all things paying for college. Prior to start of this class the instructor will send a link to join and any additional supporting materials.

Presenter: Jessica Whittier, College Access Counselor, FAME
Section 1: Wednesday, 1/19, 6:30 - 7:30 PM
Section 2: Wednesday, 3/9, 6:30 - 7:30 PM
Location: Zoom/Virtual
Fee: Free

Adulting 101 - Money
Adulting is tough. Money and finances can be some of the trickiest yet unavoidable parts of adulthood. Whether you’ve been Adulting for decades or are just getting started you’ll learn something new and useful in this session. The workshop will cover the basics of banking, spending plans, credit scores and useful tools and apps available to make the whole Adulting thing a little bit easier. Prior to start of this class the instructor will send a link to join and any additional supporting materials.

Presenter: Jessica Whittier, College Access Counselor, FAME
Tuesday, 2/8, 6:30 - 8:00 PM
Location: Zoom/Virtual
Fee: Free

Managing Student Loan Repayments
Would you like to know more about the options available to you when paying back your student loans and learn more about how to consolidate them? Whether you are a recent graduate or have been repaying your student loans for a long time, join us to learn how to best manage your student loan repayment as well as Public Service Loan Forgiveness for federal student loans. Join Jessica Whittier for this 1-hour virtual workshop.

Presenter: Jessica Whittier, College Access Counselor, FAME
Monday, 5/9, 6:30 - 7:30 PM
Location: Zoom/Virtual
Fee: Free

Is the college application process feeling overwhelming?
Don't worry - we can help you navigate the application process, look for grants and scholarships, and even set up college tours.

DON'T LET PAPERWORK STAND IN THE WAY OF YOUR SUCCESS!

Contact our CP/CT Coordinator at 207-892-1819 to Take the Next Step.
For Speakers of Other Languages

To Register: Visit: www.windham.maineadulted.org or Call: 207-892-1819

An appointment is required to register during the semester for all ESOL classes. All ESOL and Adult Basic Education (ABE) classes are open enrollment unless otherwise stated. These FREE classes are either held at the WRAE Learning Center or held hybrid, in-person and online. No classes: 1/17, 2/21-2/25, 4/18-4/22, and 5/30. Class end dates are subject to change.

Beginning Level ESOL (Morning)
Students will practice reading everyday English used in the community, such as newspapers, doctor’s instructions and mail. The class will also give students practice writing basic English sentences and paragraphs through letter writing, short stories and more. This course is for ESOL students who test between 191-200 on CASAS reading test (ESL 3). Additional no class days on 3/7 & 3/14.
Note: A student who misses 3 classes will be withdrawn. May re-enroll in the next session and when able to commit to schedule.

Instructor: Shelley Goad
Hybrid, Mondays, 1/3 - 5/23, 10:00 AM - 12:00 PM

Beginning Level ESOL (Evening)
Students will practice reading everyday English used in the community, such as newspapers, doctor’s instructions and mail. The class will also give students practice writing basic English sentences and paragraphs through letter writing, short stories and more. This course is for ESOL students who test between 191-200 on CASAS reading test (ESL 3).
Note: The nature of this class requires a computer with good internet capability as well as Zoom app downloaded prior to first day of class. If a student misses 3 classes, student will be withdrawn. May re-enroll in the next session and when able to commit to schedule.

Instructor: Sandy Warren
Zoom/Virtual, Mon & Weds, 1/24 - 5/25, 9:00 - 10:00 PM

Citizenship and ELL Civics Education
Improve English speaking, reading and writing skills with civic education focus while preparing for the Naturalization test. Mini lessons developed to cover topics ranging from American Government, American History, Geography, and Rights & Responsibilities of U.S. Citizens. Additional no class days on 3/7 & 3/14.

Instructor: Shelley Goad
Hybrid, Mondays, 1/3 - 5/23, 2:00 - 4:00 PM

Emergent Level ESOL (Evening)
This course is ideal for students who have little-to-no English-speaking ability. The four essential skills of communication will be studied: listening, speaking, reading and writing. Students who test in the ESL Levels 2-3 (CASAS scores 200 and below).

Note: The nature of this class requires a computer with good internet capability as well as Zoom app downloaded prior to first day of class. If a student misses 3 classes, student will be withdrawn. May re-enroll in the next session and when able to commit to schedule.

Instructor: Sandy Warren
Zoom/Virtual, Mon & Weds, 1/24 - 5/25, 5:00 - 6:00 PM

Intermediate Level ESOL
This program assists students in reading, writing, speaking and listening in English. Prerequisite: Completion of Beginning Level ESOL or appropriate scores on CASAS reading literacy test (201-220, ESL Levels 4-5). Students must meet with the ABE Coordinator for registration and testing. Runs virtually over Zoom.

Note: The nature of this class requires a computer with good internet capability as well as Zoom app downloaded prior to first day of class. If a student misses 3 classes, student will be withdrawn. May re-enroll in the next session and when able to commit to schedule.

Instructor: Sandy Warren
Zoom/Virtual, Mon & Weds, 1/24 - 5/25, 6:00 - 7:30 PM

Contact our ABE Coordinator at 207-892-1819 to Register for Classes.
Advanced Level ESOL (Morning)
This course is designed for students who have some advanced English language skills. Students will practice communication skills in everyday situations and build a larger vocabulary through listening, speaking, reading, writing and grammar activities. The use of technology will also be integrated. Prerequisite: Completion of Intermediate Level ESOL or appropriate score on CASAS test (221-235+, ESL 6 and above).
Instructor: Carol Durkin
Hybrid, Tues & Weds, 1/4 - 5/25, 9:00 - 11:00 AM

Advanced Level ESOL (Evening)
This course is designed for students who have some advanced English language skills. Students will practice communication skills in everyday situations and build a larger vocabulary through listening, speaking, reading, writing and grammar activities. The use of technology will also be integrated. Prerequisite: Completion of Intermediate Level ESOL or appropriate score on CASAS test (221-235+, ESL 6 and above).
Instructor: Sandy Warren
Zoom/Virtual, Mon & Weds, 1/24 - 5/25, 7:30 - 9:00 AM

Reading Basics/ESOL Tutoring
Students will practice reading, writing, speaking and listening in English using topics from the community to world events, science/technology and more. This course will help prepare students for success in life skills, workplace, and academics. Students will practice writing to express opinions and ideas, summarize, and share information and personal stories. This course is for ESOL students Levels 3, 4, and 5 (CASAS scores 191-220). Students will be expected to complete weekly homework assignments.
Instructor: Cathy Giuffre-Renaud
Hybrid, Wednesdays, 1/26 - 5/25, 1:30 - 3:00 PM

Computers for ESOL and ABE
Becoming comfortable with technology is necessary in our personal and professional lives. This class is for students with beginner-level understanding of computers and other tools of technology. The goal is for students to improve their computer literacy skills and become comfortable with technology. This class is offered virtually and in-person as needed. Students meet with the instructor for two one-hour sessions per week at various times.
Instructor: Bill Keller
Hybrid, Various Days & Times, 1/3 - 6/30, in two one-hour blocks

Contact our ABE Coordinator at 207-892-1819 to Register for Classes.
Career Pathways/Medical

To Register: Visit: www.windham.maineadulted.org or Call: 207-892-1819

Pharmacy Technician Accelerated Training Course
This intensive training program prepares you to successfully take the Pharmacy Technician Certification Board Exam. As a Pharmacy Technician, you will assist the Pharmacist in every aspect of the daily running of the pharmacy: preparing medications, receiving and verifying prescriptions, helping customers, plus many other vital tasks. This is a growing profession with great salaries and benefits. Due to the accelerated nature of this course, which runs approximately 8 to 10 weeks, it’s recommended that students be able to grasp the concepts and content quickly. The instructor has created two YouTube instructional videos per week followed by a weekly virtual class on Zoom for questions and review. Students with prior medical experience, CNA’s, CRMA’s, or even PCA’s are strongly encouraged to register. High School diploma is required.

Instructor: Savannah Chadbourne, CPhT
Start Date: Monday, 3/7, 6:00 - 8:00 PM, Zoom Meeting
Location: Zoom/Virtual
Fee: FREE (Only 13 Spaces Available)

Please be sure to contact WRAE at 207-892-1819 about how to obtain your textbook and workbook.

The Accelerated Pharmacy Technician program is part of the Bridges to Advancement in Healthcare project, a collaboration between the adult education programs in Cumberland County. The project provides innovative training opportunities and supports to remove barriers for adults who seek to enter or advance in the healthcare field. Funded by the State of Maine Department of Education.

CPR
class includes: adult, child and infant CPR and AED use, adult, child and infant choking, and how and when to call emergency services. The course cost includes use of the manikins, DVD, certified instructor, practical components, and a certificate of completion. The video portion has been shortened, and the practical time has been increased to ensure everyone has enough time to gain confidence in their skills. This class is taught to the standards established by the American Heart Association. The workbook is not included with this class. Masks are required.

Only one section is needed for your certification. Certificates will be sent to you within 5 business days after successful completion of this training.

*If you would like a workbook, please indicate on your registration form. Cost of the book is $10.

Instructor: Charissa Kerr
Section 1: Tuesday, 1/25, 6:00 - 9:00 PM
Section 2: Thursday, 2/17, 6:00 - 9:00 PM
Section 3: Thursday, 4/28, 6:00 - 9:00 PM
Location: WHS, Katahdin - Classroom 1
Fee: $54 per section

First Aid
The First Aid class includes: medical emergencies, bleeding that you can see, bleeding you cannot see, treating for shock, and how and when to call emergency services. The course cost includes a blend of PowerPoint and DVD, instructor and practical components, and a certificate of completion. This class is taught to the standards established by the American Heart Association. The workbook is not included with this class. Masks are required.

Instructor: Charissa Kerr
Thursday, 5/19, 6:00 - 9:00 PM
Location: WHS, Katahdin - Classroom 1
Fee: $34

Please Note – Each person will be required to wear a mask. There will be disposable masks available if one is needed. Manikins are assigned and each are cleaned and disinfected prior to each class. Everyone is given gloves to use for practical scenarios involving shared equipment.
COMING SOON!

AllMed Staffing of New England, partnering with WRAE and other regional healthcare facilities, are excited to announce their new CNA & PSS trainings!

CNA & PSS Trainings
Slated to start in February of 2022, come work with New England’s premier medical staffing company. High paying assignments, flexibility, and ongoing educational opportunities await. Check these websites often for updates:
www.windham.maineadulted.org
www.allmedne.com

Dental Assistant - AMP
This is a 10-week Certificate program in Dental Assisting for one of the most high-demand careers. This program is designed to teach all aspects of dental assisting and provide you the skills you need to work in this field and pass a national certificate exam. This program is taught by a dentist and includes an opportunity for internships. We now offer an option for lab days please ask for more details! The price of the course includes all books, exam preparation materials and fees for the DANB RHS® certificate program. Upon passing the DANB RHS®, you will receive a certificate of knowledge based on competency for that component from DANB®.

CDA, RHS are registered trademarks of the Dental Assisting National Board, Inc. (DANB). This course is not reviewed or endorsed by DANB.

Instructor: Academy of Medical Professions
Mondays, 2/21 - 4/25, 6:00 - 8:00 PM
Location: Online
Fee: $2,900 (Payment Plans Available)

Call Academy of Medical Professions
866-516-8274 or 207-721-0714
or email info@academyofmedicalprofessions.com

CRMA - Gorham Adult Education
CRMAs are in high demand! This course provides standardized training for professionals working in state-certified residential care homes. State of Maine regulations, standard residential facility policies and basic anatomy and physiology are covered. Discuss medications, safe administration procedures, practice taking vital signs, transcribing physician orders and documenting procedures on the Medication Administration Record in accordance with Maine’s regulations governing residential facilities. Students are required to complete a Clinical Medication Administration of three medication passes for three different residents with 100% accuracy. Full certification and medication pass awarded on successful completion with 40-hours attendance, no exceptions. Course fee is nonrefundable. Participants must be 18 or older. No high school credential or background check required. Payment plans available for qualified applicants. Full vaccination for Covid required before you can do the clinical med pass.

Classes held at Gorham Adult Education
Please contact Gorham Adult Education at 207-222-1095 or email lori.frederick@gorhamschools.org for more information

Complete your first step toward becoming a Clinical Medical Assistant!
• Improve your reading comprehension
• Learn medical terminology
• Meet with an advisor who will help you navigate your next steps

In-Person Instruction
January 22, 2022 to June 11, 2022
Classes Meet on Saturdays
8:00 AM - 4:30 PM
Candidates must show proof of high school diploma and take a short reading test
Classes held at:
Bonny Eagle Adult Education
290 Parker Farm Road
Buxton, ME 04093
Call 207-929-9185 to Apply
WE WANT TO HELP YOU GET BACK TO WORK!

WE ARE YOUR ONE-STOP SITE FOR HIGH-STAKES TESTING AND CERTIFICATIONS

SKILLS ASSESSMENTS
- MS OFFICE
- ACCOUNTING
- TYPING
- CREATE YOUR RESUME
- COVER LETTER WRITING

INDIVIDUAL & GROUP TRAINING
- WORLD OF WORK INVENTORY - WOWI
  Find your perfect career match.
- DIGITAL LITERACY - NORTHSTAR
  Improve your digital skills!
- SOFT - SKILLS
  Do You Need Help Navigating The World Of Employment?

WE ARE YOUR ONE-STOP SITE FOR HIGH-STAKES TESTING AND CERTIFICATIONS

POPULAR ONLINE COURSES

Learn from the comfort of home!
Our instructor-led online courses are informative, fun, convenient, affordable, and highly interactive. We focus on creating supportive communities for our learners. New course sections begin monthly.

ONLINE CAREER TRAINING PROGRAMS
Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Receive your Certificate of Completion.

- 6-8 Month Format
- All Materials Included
- Prepare for Certification
- Student Advisors

INSTRUCTOR-LED ONLINE SHORT COURSE
Our instructor-led online courses are informative, fun, convenient, and highly interactive. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- Discussion Areas
- Expert Instructor

- Veterinary Assistant
- Cert. Residential Interior Designer

Visit our website for program details! careertraining.ed2go.com/wae

Visit our website to find a course! ed2go.com/wae

Contact our CP/CT Coordinator at 207-892-1819 for More Information.
Substitute Teacher Training
Whether you are just thinking about subbing or are a seasoned veteran looking to add some fresh ideas and “tools” to your repertoire, you’ll thoroughly enjoy this professional development opportunity. You will get to tour several schools within the RSU 14 District and will meet various RSU 14 staff members. Learn about the required substitute paperwork and protocol, strategies to keep students on task, tips to make lessons more appealing to reluctant learners along with tried and true behavior modifiers from our Positive Behavioral Interventions and Supports (PBIS) Program. Participants completing the training will receive a differential upon subbing for RSU 14.

Instructor: Christine Fredette
Tuesdays, 3/8 - 3/29, 6:00 - 8:00 PM
Location: WHS - Katahdin Classroom 1
Fee: $29

Behavior Health Professional Certification Training
Our community is looking for individuals who want to make a difference in a child’s life. Children’s Behavioral Health Services are vital to Maine’s children with Intellectual Disabilities, Autism and Mental Health Disorders and their families. The need in our area is great!

We are excited to connect our community to this wonderful ONLINE training program. The online training will equip you to help children who are receiving Behavioral Health services. The training will prepare you for employment through local social services providers. The training can be started at any time and finished at your own pace.

You will complete 12 online modules and 12 hours of live instruction (offered virtually). An online Bloodborne Pathogens training, as well as Child & Adult First Aid & CPR training, will be made available to you, if you do not already possess those certifications. The entire training takes about 45 hours to complete. Registration is ongoing until June 30, 2022.

Any individual who will be 18 years of age or older upon completion of the course may register. (Individuals must be at least 18 and have a high school diploma or equivalent to get certified.)

See Blended Learning Curriculum at Woodfords Family Service for more information at www.woodfords.org/bhp-program/

Presenter: Woodfords Family Services
Start Any Time: 1/3 - 6/30, At Your Own Pace
Location: Online
Fee: $25

Work for Yourself @50+
Are you over 50 and looking for ways to improve your current financial situation? Work for Yourself @50+ has the information you need to succeed. It will help you gain the knowledge, support, and resources you need to make informed decisions about working for yourself and take the right first steps toward successful self-employment.

The decision to start your own business can be both exciting and daunting. Work for Yourself @50+ breaks the choices down for older adults in an approachable way through five steps; it is a careful consideration of the potential benefits and risks of working for yourself.

Instructor: Jean Dempster
Wednesday, 3/23, 6:00 - 7:00 PM
Location: Zoom/Virtual
Fee: Free

FOLLOW US
Introduction to Self-Employment
This one-session workshop will help you decide if self-employment is the right choice for you. The class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed.

Instructor: Jean Dempster
Thursday, 2/10, 6:00 - 7:00 PM
Location: Zoom/Virtual
Fee: Free

Beginning Genealogy
Learn how to get started learning about and recording your family tree. We will begin with the very basics and move forward. How fast we progress and how far we get depends on class experience and desire.

Instructor: Jamie Hyde
Tuesdays, 3/1 - 3/29, 6:00 - 8:00 PM
Location: Virtual/Zoom
Fee: $64

Basic Computer Processing
In this class, we will explore word processing, using a calendar, organizing photos, and other applications that you might be interested in. Students should have basic computer and internet navigation knowledge to participate in this class. An existing Gmail account isn’t required before starting, but one will be needed to fully explore Google’s many apps. Your teacher will get you the account before the course is started. If you have taken Intro to Computers, we will pick up where that course ended. If not, we will help students get up to speed.

Instructor: Bill Keller
Wednesdays, 5/18 - 6/1, 3:00 - 4:30 PM
Location: WRAE - Computer Lab
Fee: $29

Intro to Computers
Do you need more help navigating your computer or logging into your email account? This class is the place to start! In just three short weeks, you will learn: the basics of computer file management, terminology, web-based email, internet searches, and YouTube videos as well as how to join Zoom meetings for virtual learning and communicating with family.

Instructor: Bill Keller
Wednesdays, 4/27 - 5/11, 3:00 - 4:30 PM
Location: WRAE - Computer Lab
Fee: $29

Introduction to Fiction Writing
Designed specifically for those with little to no fiction writing experience, find your pathway toward your fiction writing goals. Learn the basic building blocks of story: character, plot and setting. Then find out the different forms of fiction writing and some of the genres you might like to explore.

Whether you’ve never written a word of fiction, or haven’t written since high school or college, you will complete the course with the skills you need to get started. Create a new work of fiction, or revive an old one that’s been sitting in your bottom drawer. Only one section of this class is needed for completion.

Instructor: UGotClass
Section 1: 2/7 - 3/4
Section 2: 4/4 - 4/29
Fee: $195 per section (at your own pace)
Career Pathways/Professional/Online

To Register: Visit: www.windham.maineadulted.org or Call: 207-892-1819

ONLINE Training

Only one section of a class is needed for completion. Some classes offer a certificate option. Please contact our Workforce Coordinator at 207-892-1819 for more information.

All classes are held online and at your own pace by a UGotClass Instructor.

**Keys to Customer Service**
Become skilled at being an exceptional customer service provider.

- **Section 1:** 2/7 - 3/4
- **Section 2:** 4/4 - 4/29
- **Fee:** $145 per section

**Digital Reporting**
Explore the world of digital court reporting in courtroom and freelance settings.

- **Section 1:** 2/7 - 3/4
- **Section 2:** 4/4 - 4/29
- **Fee:** $195 per section

**Mastering Computer Skills for the Workplace**
Must-have skills to succeed in the workplace including: MS PowerPoint, MS Word, MS Outlook, and MS Excel.

- **Section 1:** 2/7 - 3/4
- **Section 2:** 4/4 - 4/29
- **Fee:** $195 per section

**Business Writing**
Take away the key practices you need to develop and hone your business writing communication effectively and successfully.

- **Section 1:** 2/7 - 3/4
- **Section 2:** 4/4 - 4/29
- **Fee:** $195 per section

**Writing News and Press Releases**
Writing a good news story, press release or publicity notice is a skill that can set you apart in the workplace.

- Dates: 4/4 - 4/29
- **Fee:** $195

**Marketing Using Social Media**
Develop social media marketing using Twitter, LinkedIn, blogging and other platforms.

- **Section 1:** 2/7 - 3/4
- **Section 2:** 4/4 - 4/29
- **Fee:** $195 per section

**Mastering Excel - Beginner**
Learn this must-have skill for business and the ability to create, edit, and manage spreadsheets.

- **Section 1:** 2/7 - 3/4
- **Section 2:** 4/4 - 4/29
- **Fee:** $195 per section

**Mastering Excel - Intermediate**
This course will help you increase your efficiency by learning how to organize, display and calculate your data into useful information.

- **Section 1:** 3/7 - 4/1
- **Section 2:** 5/2 - 5/27
- **Fee:** $195 per section

**Introduction to SQL**
Learn how to write SQL code to create and populate database tables and how to write simple SQL queries that are capable of retrieving vast amounts of information from a database.

- **Section 1:** 2/7 - 3/4
- **Section 2:** 4/4 - 4/29
- **Fee:** $245 per section

**Intermediate SQL**
Discover how to write powerful SQL queries that enable you to retrieve data from one table or from multiple tables stored in the database simultaneously.

- **Section 1:** 3/7 - 4/1
- **Section 2:** 5/2 - 5/27
- **Fee:** $595 per section

**Podcasting**
People with a niche hobby are turning podcasts into a business. Podcasting is experiencing a rebirth as mobile devices are everywhere.

- **Section 1:** 2/7 - 3/4
- **Section 2:** 4/4 - 4/29
- **Fee:** $245 per section

To see full course descriptions, visit our website at windham.maineadulted.org
Enrichment/Outdoors

To Register: Visit: www.windham.maineadulted.org or Call: 207-892-1819

There’s No Such Thing as Away
Have you ever wondered what happens to your trash after you throw it “away?” We’re here to tell you, and it’ll probably surprise you. Join Katrina Venhuizen, Senior Environmental Educator, to learn how your household waste is turned into renewable energy and what you can do to further reduce the space your household’s waste is taking up in landfills.

Instructor: Katrina Venhuizen
Wednesday, 3/23, 6:00 - 7:00 PM
Location: Zoom/Virtual
Fee: Free

Forest Therapy
We invite you to join Maureen LaSalle, of Leaf it Behind, for a 2+ hour therapeutic forest bathing walk. Maureen is a trained guide with the Association of Nature and Forest Therapists. Through a series of invitations, this leisurely walk will immerse participants in the natural beauty of the woods in the spring. Forest bathing has been shown to lower blood pressure, prevent stress and anxiety, increase cognitive functions and boost immunity - things we can all benefit from during these challenging times.

This guided session will bring participants no further than a ½ mile walking distance. Attendees must be 16 years or older. Pets are not allowed. The “extreme weather” reschedule date will be emailed to students if required. A list of items each student must bring with them will be included in your email receipt. We are limiting each group to 6 participants. Masks are required and proper social distancing will be maintained.

Instructor: Maureen LaSalle
Section 1: Sat, 4/2, 10:00 AM - 12:00 PM; Rain Date 4/3
Section 2: Sat, 5/7, 10:00 AM - 12:00 PM; Rain Date 5/14
Section 3: Sat, 6/18, 10:00 AM - 12:00 PM; Rain Date 6/19
Location: Leaf it Behind, 483 Gray Rd. Windham, ME
Fee: $35 per section

Taking the Stink Out of Trash (Compost)
From your backyard to an industrial composting facility, we’ll go over all the ways available to make sure your food scraps are contributing to local soil production instead of sitting in a landfill! Join Katrina Venhuizen, ecomaine Senior Environmental Educator, in learning more about what’s in your trash can and how to reduce your household waste.

Instructor: Katrina Venhuizen
Wednesday, 3/16, 6:00 - 7:00 PM
Location: Zoom/Virtual
Fee: Free

Recycling 101
Have you wondered where your recycling is actually going and how it’s made into something new? Join Katrina Venhuizen, Senior Environmental Educator, to learn more about what’s in your recycling bin, where these items end up, and how to reduce your household waste and carbon footprint while creating a stronger community.

Instructor: Katrina Venhuizen
Wednesday, 3/9, 6:00 - 7:00 PM
Location: Zoom/Virtual
Fee: Free

Backyard Poultry
Are you considering raising chickens for tick control or fresh eggs or maybe ducks would be cute? We can help you choose the right breed and bird to suit your lifestyle for a harmonious relationship. In this class, we will cover the fundamentals of raising poultry from hatchling to egg laying. The focus will be on proper nutrition, housing for your flock, and predator proofing coops and runs. We will give you all the information you need to raise healthy and happy chickens, ducks, and geese.

Instructor: Melanie Locke, Blue Seal
Monday, 3/21, 6:00 - 8:00 PM
Location: WRAE, Learning Center - LC
Fee: Free
Enrichment/Outdoors

To Register: Visit: www.windham.maineadulted.org or Call: 207-892-1819

Introduction to Stand Up Paddle Boarding
Want to try the fastest-growing paddle sport in the nation? Here is a great opportunity for the novice SUP-er or “never been before but always wanted to try it” paddler. Come join Bill & Katelyn Allen and learn the essential skills and knowledge you need for Stand-Up Paddling, on boards especially designed for ease of use and learning. One day on-the-water instruction covers the basics of SUP’s, types of boards, getting on and off, basic paddle strokes and essential safety issues. Then there will be plenty of time to practice in a quiet, flat water environment. Paddle board and PFD’s for all on-the-water instruction will be provided.

Instructors: Bill & Katelyn Allen, Sebago Paddling Company
Tour 1: Saturday, 5/21, 12:30 - 2:30 PM
Tour 2: Saturday, 5/28, 12:30 - 2:30 PM
Tour 3: Saturday, 6/4, 12:30 - 2:30 PM
Tour 4: Saturday, 6/11, 12:30 - 2:30 PM
Tour 5: Saturday, 6/18, 12:30 - 2:30 PM
Location: Meet at Sebago Trails Paddling Co, Raymond
Fee: $39 per section

Introduction to Recreational Kayaking
Come learn the essential skills and knowledge the novice kayaker or “never been before but always wanted to try it” paddler needs for recreational kayaking. One day on-the-water instruction covers a variety of kayaking fundamentals from safety equipment, rescue techniques, smooth entering and exiting, to weather and water conditions, and more. Learn the basic types of kayaks and how to select the one that is best for you. Kayaks, paddles, and PFD’s for all on-the-water instruction will be provided.

Instructors: Bill & Katelyn Allen, Sebago Paddling Company
Tour 1: Saturday, 5/21, 10:00 AM - 12:00 PM
Tour 2: Saturday, 5/28, 10:00 AM - 12:00 PM
Tour 3: Saturday, 6/4, 10:00 AM - 12:00 PM
Tour 4: Saturday, 6/11, 10:00 AM - 12:00 PM
Tour 5: Saturday, 6/18, 10:00 AM - 12:00 PM
Location: Meet at Sebago Trails Paddling Co, Raymond
Fee: $39 per section

Sunset Tour of Sebago Lake by Kayak
Take part in this fun and relaxing adventure, in the midst of a natural Maine setting. This two-hour tour explores the water-carved bends and twists of a meandering stream unveiling local wildlife in a rustic backdrop. This tour will continue on to Jordan Bay of Sebago Lake as you paddle alongside lakeside cottages, boats, and man-made canals. Here, you will get a panoramic view of the sun as it sets behind the trees. Along the way the Registered Maine Guide will share local stories that make the scene come alive! This outing is the perfect activity for first-time paddlers and experienced paddlers alike. Includes a tasty Maine treat and bottled water while enjoying the sunset over the west shores of Sebago Lake. All equipment will be provided.

Instructors: Bill & Katelyn Allen, Sebago Paddling Company
Tour 1: Friday, 6/3, 6:30 - 8:30 PM
Tour 2: Friday, 6/10, 6:30 - 8:30 PM
Tour 3: Friday, 6/17, 6:30 - 8:30 PM
Location: Meet at Sebago Trails Paddling Co, Raymond
Fee: $54 per section (includes treat and bottled water)

Wilderness Survival Basics
Are you interested in hiking, camping, snowmobiling, boating, or basic survival in the Maine woods? Then this course is for you! Instructed by a local Maine Guide, this course is specifically designed to build confidence for all your outdoor adventures.

Instructor: Kevin Frost, Registered Maine Guide
Tuesday, 3/8, 4:30 - 7:30 PM
Location: WRAE, Learning Center - CL
Fee: $49

Map, Compass and GPS Basics
Basic map, compass & GPS covers all you need to know to get started. Learn how to read a map, plan a route and develop a better understanding of how navigation works. This course is instructed by a local Maine Guide and is specifically designed to build confidence for all outdoor adventures. Please bring a notebook and pen.

Instructor: Kevin Frost, Registered Maine Guide
Tuesday, 3/15, 4:30 - 7:30 PM
Location: WRAE, Learning Center - CL
Fee: $49

Beginner Guitar
Come join our own Perry Schlanger to have fun while learning to play a guitar. All that’s needed is a guitar and the desire to learn. Reading music is a skill not needed. This class will progress at a comfortable pace so everyone feels accomplished and gains a good understanding of the basics of playing guitar. Our self-taught instructor believes that everyone can make music and reach the objective to be a guitar player. A guitar is required for all classes and an electronic tuner and capo are needed by the second class. If you have any questions, feel free to contact the instructor at perinator@myfairpoint.net.

Instructor: Perry Schlanger  
Wednesdays, 3/2 - 4/6, 6:00 - 8:00 PM  
Location: WMS, Music Room  
Fee: $39

Beginner Belly Dance
Are you looking for a fun, new way to get some exercise? Then why not explore the ancient art form of “Belly Dance.” Come learn basic moves, hear some of the history behind the dance, and get the chance to meet other women in your community. No prior dance experience needed.

Instructor: Ann Beal  
Section 1: Thursdays, 1/20 - 2/24, 6:00 - 7:00 PM  
Section 2: Thursdays, 3/3 - 4/7, 6:00 - 7:00 PM  
Location: The Maine Dance Center, 1233 Roosevelt Trail (Rte. 302), Raymond  
Fee: $72 per section

Line Dancing
Come join the fun with Flamin’ Raymin’ & Sizzlin’ Suzzin’ as we kick up our heels to various genres of music for some fun (and exercise) as we do beginner to intermediate dances! The focus will be on having fun while learning some new dance moves! Bring your comfortable dancin’ shoes and a smile.

Instructors: Flamin’ Raymin’ & Sizzlin’ Suzzin’  
Section 1: Tuesdays, 1/25 - 3/1, 6:30 - 7:45 PM  
Section 2: Tuesdays, 3/8 - 4/12, 6:30 - 7:45 PM  
Location: Windham Town Hall - Gym  
Fee: $44 per section

Music Fundamentals - Part 1
Designed for the absolute beginner to build skills necessary to succeed in music! Using a free web-based software called flat.io, you’ll be able to not only place the notes on the page, but this hands-on approach will enable you to hear what you’ve created in real time.

Musical Harmony - Part 2
Expand on the skills from your first class by exploring harmony, melody, and interval training. We will work on writing for two instruments in harmony by placing strong emphasis on proper techniques of part-writing and interval recognition to help produce the harmonies you want to create.

Music Composition - Part 3
Take the skills you’ve learned in the previous classes and start composing music from the get go! Explore harmony even further while diving into chord structure and chord progressions that are found in the most popular music from Mozart to today! Focus will be on melodic writing for chords learned, best practices for basic 4-part chorale writing, and creation of original pieces!

Note: Parts 1, 2, & 3 are designed to be taken in order. Personal laptops and free software are required for these courses. Call us to get your 10% registration discount when you sign up for all three parts!

Instructor: Josh Witham  
Part 1: Wednesdays, 1/26 - 2/16, 6:30 - 8:00 PM  
Part 2: Wednesdays, 3/2 - 3/23, 6:30 - 8:00 PM  
Part 3: Wednesdays, 3/30 - 4/20, 6:30 - 8:00 PM  
Location: Virtual  
Fee: $59 per section

The Keys to Play Piano
Have you wanted to play piano but don’t know where to start? This class will teach you all the basic chords you will need to play any song and how to get more out of sheet music.

Instructor: Jeanette Villanueva  
Tuesday, 4/12, 6:00 - 8:00 PM  
Location: Zoom/Virtual  
Fee: $39
To Register: Visit: www.windham.maineadulted.org or Call: 207-892-1819

Beginner ASL Community & Communication
Have you found yourself curious about ASL and Deaf Culture and want to learn some ASL informally? Unlike the rigor expected at a college program, this is a basic ASL class. It is optional to do extra work outside of the classroom and we will not be following a formal curriculum. This is a highly interactive class, please wear comfortable clothing and shoes. No class 2/24.

Instructor: Regan Thibodeau
Thursday, 2/3 - 3/31, 6:00 - 7:30 PM
Location: WRAE, Learning Center - LC
Fee: $129

Be a Hero - Be a Foster or Adoptive Parent
Did you know that YOU could be the life-changing person for a child here in Maine? Yes, YOU can become a foster or adoptive parent! Come learn about what it means to be a foster/adoptive parent and the different ways you can help Maine children. There is a special need for people who can care for infants, sibling groups, and adolescents while also supporting the reunification process. There are also over 100 children waiting to find a forever family. Join us for this informational meeting and take that very first step to becoming a resource family.

Instructor: Stephanie Eklund
Monday, 3/28, 6:00 - 7:30 PM
Location: WHS - Room 130
Fee: Free

Basic Home and Fire Safety
We all want our homes to be as safe as possible. In this informative session we will cover basic home fire safety tips including fire detection and fire alarm systems, home evacuation plans, wood stove fire safety, and holiday decoration safety suggestions. Bob has a total of 28 years in fire safety as a retired fireman, instructor and inspector for the Maine State Fire Marshal’s Office.

Instructor: Bob Beane
Thursday, 2/3, 6:00 - 8:00 PM
Location: WHS - Room 130
Fee: Free

Crack the Code on Clutter in 2022
Have you ever wondered why you can be accomplished in so many areas of your life, except when it comes to keeping your home tidy? Join professional home organizer, Bettina Blanchard, who has spent over 20 years helping people “tidy up” as she shares her simple system to organize your home. In this class you will understand the real problem with clutter and it’s not your fault. Learn a proven system, SOS (Sort Organize Simplify) and discover how the mind/body tool known as EFT (Emotional Freedom Techniques) can help you conquer feeling overwhelmed. Make 2022 the year you put clutter in its place!

Instructor: Bettina Blanchard
Section 1: Wednesday, 2/16, 6:00 - 7:30 PM
Section 2: Wednesday, 3/16, 6:00 - 7:30 PM
Location: Zoom Virtual
Fee: $39
Enrichment/Arts & Crafts

To Register: Visit: www.windham.maineadulted.org or Call: 207-892-1819

Pottery: An Invitation to Clay
This beginning clay class will cover the basics of throwing on the potter’s wheel and hand building techniques to create mugs, bowls and other exciting pieces. This “fun-paced” course is designed to get your “juices flowing” and trying something new. The stages of clay, from creating the piece all the way through the firing process, will be discussed. All levels and abilities are welcomed. Bring your ideas and we will help you create them.

Instructor: Guenola Lefeuvre
Mondays, 1/24 - 4/4, 5:00 - 7:30 PM
Location: Windham High School - Room 305
Fee: $169

Watercolor - Intermediate/Advanced
Students must have experience with watercolor and be able to work independently. There will be weekly critiques and a review of techniques. Some painting outside of class is suggested.

Instructor: Charlene Lee
Wednesdays, 2/2 - 3/23, 1:00 - 3:30 PM
Location: Windham Veterans Center
Fee: $99 (senior citizen discount available)

Painting with Becky - Beginner/Intermediate
Join Becky Catroppa online for fun-filled evenings learning to recreate one of these fine art masterpieces. Using easy to work with acrylic paints, Becky will guide you through the process of laying out your canvas, applying your paint, choosing colors, and many other techniques she has developed throughout her professional career. The goal of these classes is to have fun and learn a bit about painting along the way! Becky’s new spring series includes some fun and enchanting impressionistic pieces you can hang in your home throughout the season.

*A supply list and Zoom login information will be included with all email receipts for registrations.

Instructor: Rebecca Catroppa
Fee: $29 per section (supplies not included in price)

Windy Sea
Painting 1: Mondays, 1/31 - 2/7, 7:30 - 9:00 PM

Rainy Spring
Painting 3: Monday, 4/11, 7:30 - 9:00 PM

Cherry Blossoms
Painting 4: Mondays, 5/2 - 5/9, 7:30 - 9:00 PM
How to Plan a Disney World Vacation

Are you planning a Walt Disney World vacation? Looking for someone to break down your options, guide you through this daunting process, and help you get the most out of your vacation and budget? If so, join us and get personal insight on all things Disney World!! This includes theme parks, water parks, ticket options, resort options, dining options, dining plans, seasonal events, tours, dinner shows, unique experiences, and even MagicBands. We’ll also discuss the pros and cons of using a travel agency vs. booking the vacation yourself, staying on Disney property vs. off-site, and relying on Disney transportation vs. renting a vehicle. See how to factor in seasonal park crowd levels, average monthly temperatures, and rainy days into your plans. Gain some insight on how to think through your budget as we look at potential expenses and consider ways to save money in various areas of your vacation.

Instructor: David Murch
Thursday, 4/14, 5:30 - 8:00 PM
Location: TBD
Fee: Free

Intro to Quilting

Learn to make a quilt with Travis! This class will take you through the steps of making a small quilt from start to finish: cutting, strip-piecing, assembling the top & layers, quilting, and basting. Homework will be required each week to be ready for the next step. Emphasis will be on completion, not perfection! You are required to bring your own sewing machine, along with basic quilting tools and fabric. If you own a table top ironing board and iron please bring it to class. No quilting experience is needed but basic sewing machine experience is necessary. A supply list will be sent out upon registration. No class 2/24.

Instructor: Travis Clough
Thursdays, 2/10 - 3/10, 6:00 - 8:00 PM
Location: WRAE – Learning Center
Fee: $75

Acadian Arts Spring Retreat

Escape to the grand Victorian inn, Grey Havens, on the coast of Maine with an intimate group of artists and cooks. You’ll get to choose one of three hands-on workshops, plus an opportunity to experience one or more of the other offerings during our four days together. All meals and workshop materials are included. For overnight accommodations please contact The Grey Havens Inn https://greyhavens.com for lodging rates. Day students are also welcome.

1. Watercolor Painting:
Workshop participants will do landscapes and sea-scapes in this 4 session course. Both beginners and current painters will enjoy this course. Materials will be provided, but bring what you have. Each participant will receive a list of optional supplies.

2. Set Your Creative Spirit Free:
Working with a variety of provided materials and keeping a process journal, you will tap into your own true storehouse of knowing to express your talent through crafting and journaling.

3. International Fusion Home Style Cooking:
Together you’ll prepare lunches and dinners for yourselves and fellow artists. Instruction will include selection and care of tools, finding, choosing and preparing ingredients, and techniques for getting great results in record time. All supplies and tools will be provided.

Instructors: Mary Laurie, Kat Logan, & Chris Toy
Monday, 5/23 - Thursday, 5/26
Location: Grey Havens Inn, Georgetown, ME
Fee: $395 (fee covers workshops and meals only)

Introduction to Spanish

This class is designed for anyone who is a total beginner or maybe someone who knows a little bit of the Spanish language. We will use Duolingo, an online language application, as the basis for our curriculum so laptops will be needed for each class. Using this site will allow students to move at their own pace throughout the course. The class will practice basic conversations for greetings, travel, and restaurants/shopping. You will also learn some culture and the geography of Spanish-speaking countries.

Instructor: Trish Soucy
Wednesdays, 3/9 - 5/4, 6:00 - 7:30 PM
Location: WHS, Room 207
Fee: $79
Beautiful You & Color
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 for your coloring so you can put the two together to create a more vibrant you!

Instructor: Candace Sanborn
Wednesday, 2/16, 5:30 - 8:00 PM
Location: WHS, Katahdin Classroom 1
Fee: $29

Best Hairstyles, Glasses, Necklines & Jewelry for Your Face Shape
Learn what looks good for your face shape! In this fun class, you’ll learn your face shape and tips for enhancing your appearance by working with your facial features. We’ll teach you hairstyle dos and don’ts for your face shape as well as glasses, jewelry, clothing patterns and necklines that harmonize with your features. You’ll also be draped in different necklines so you can see which ones flatter you. Come on your own or grab a friend and learn some great tips that will help you look your best!

Instructor: Candace Sanborn
Wednesday, 3/30, 5:30 - 8:00 PM
Location: WHS, Katahdin Classroom 1
Fee: $29

Makeup Techniques for Your Features
Do you avoid wearing makeup because you don’t like looking “made up”? Have your features changed with time and you’re not sure what to do? Come learn easy makeup tips that give you an enhanced, natural appearance! Together with the instructor and classmates, we’ll identify your face, eye and lip shapes then we’ll teach you easy application techniques for your features. STUDENTS ARE REQUIRED TO BRING MAKEUP TO APPLY DURING CLASS ALONG WITH A SMALL MIRROR. INSTRUCTOR WILL EMAIL ALL STUDENTS PRIOR TO CLASS WITH LIST OF MAKEUP.

Instructor: Candace Sanborn
Thursday, 5/19, 5:30 - 8:30 PM
Location: WHS, Katahdin Classroom 1
Fee: $29

Preparing Your Estate Plan
Do you know where your assets will go when you die? If not, this seminar will help you and your family plan for the future and show you how an estate plan puts you in control. This seminar focuses on strategies you can use to care for the people and things they love most and how to leave a lasting and meaningful legacy.

Presenter: Mark Morrison
Wednesday, 2/16, 6:00 - 7:30 PM
Location: WRAE, Learning Center - CL
Fee: Free

Leave It, Move It, Roll It, or Take It
This seminar is designed to help you learn how to handle your 401(k), pension or other employer-sponsored retirement plan when you leave a job.

Presenter: Jennifer Arsenault
Tuesday, 3/8, 6:30 - 8:00 PM
Location: Zoom/Virtual
Fee: $Free
Planning Your Retirement
This seminar covers preparing for and navigating through retirement. Topics covered: weathering job transitions, preserving your future, breaking your planning into manageable steps, and identifying and mitigating risk that can throw off financial and retirement goals.

Presenter: Mark Morrison
Wednesday, 3/23, 6:00 - 7:30 PM
Location: WRAE, Learning Center - CL
Fee: Free

Retirement - Making Your Money Last
Are you getting close to retirement? What are your considerations or tradeoffs when developing a withdrawal strategy - working longer, spending less and delaying social security? Join Jennifer to discuss the ways to plan for expected and unexpected expenses with insurance.

Presenter: Jennifer Arsenault
Tuesday, 4/5, 6:30 - 8:00 PM
Location: WebEx/Virtual
Fee: Free

Your Medicare & Social Security Benefits
This seminar discusses the important things you need to know about Medicare and maximizing your Social Security benefits; enrollment details and deadlines, considerations for managing health care options and costs in retirement, and how to make the most of your Social Security benefits.

Presenter: Mark Morrison
Wednesday, 4/6, 6:00 - 7:30 PM
Location: WRAE, Learning Center - CL
Fee: Free

Welcome to Medicare
Do you or a loved one need help understanding your options with Medicare? Did you know there are two ways to get your Medicare: Original Medicare and Medicare Advantage? When should you take Part A, Part B? Do I need a Medigap (supplement) Plan, a Prescription Drug Plan (Part D)? If you have answered YES to any of these questions, then this course is for you. Sponsored by the Southern Maine Agency on Aging (SMAA), this course is generously offered free of charge. Donations to SMAA are always gratefully accepted. Only one section is required.

Instructor: SMAA, Certified SMP/SHIP
Section 1: Tuesday, 2/1, 5:00 - 6:30 PM
Section 2: Tuesday, 3/1, 5:00 - 6:30 PM
Section 3: Tuesday, 4/5, 5:00 - 6:30 PM
Section 4: Tuesday, 5/3, 5:00 - 6:30 PM
Location: Zoom/Virtual
Fee: Free

eMedicare Plan Finder
This second part to the Welcome to Medicare course will cover the most used tool on Medicare.Gov, the eMedicare Plan Finder. This online web portal allows you to search approved Medicare Advantage Plans (MAPs) and all the Prescription Drug Plans (PDPs) that are available to you in your area by name, lowest cost, and more. This course will also show you how to create your own My Medicare account with an in-depth review of the features and functionality of the eMedicare Plan Finder. This course is generously offered free of charge by the Southern Maine Agency on Aging, donations to SMAA are always gratefully accepted. Only one section is required.

Instructor: SMAA, Certified SMP/SHIP
Section 1: Tuesday, 2/8, 5:00 - 6:30 PM
Section 2: Tuesday, 3/8, 5:00 - 6:30 PM
Section 3: Tuesday, 4/12, 5:00 - 6:30 PM
Section 4: Tuesday, 5/10, 5:00 - 6:30 PM
Location: Zoom/Virtual
Fee: Free
It’s Greek to Me
Join Nick Orgo and take a tour through Greece by learning how to make these classic dishes: Spanakopita (spinach pie), Greek Chicken Rosemary skewers with a Tzatziki (cucumber yogurt sauce) and orzo pilaf. Finish this delicious meal with the yummy dessert Loukoumades (Greek donuts).
Instructor: Nick Orgo
Thursday, 3/10, 5:30 - 7:30 PM
Location: WHS - Room 302
Fee: $59 (includes the cost of food)

Ramen 101
Ramen is the ultimate comfort food, whether it’s a simple bowl of noodles and broth or a hearty meal with eggs, meat, and fresh veggies. Learn how to create this iconic Japanese dish at home. With step-by-step instructions, you can upgrade from a pack of instant noodles and a foil packet to hand-made noodles, flavorful broth, and tasty toppings from scratch. Chris will have his Ramen Made Simple cookbook for sale and signing after class.
Instructor: Chris Toy
Thursday, 3/31, 5:30 - 7:30 PM
Location: WHS - Room 302
Fee: $59 (includes the cost of food)

Next Level Italian
Join Nick Orgo and take your taste buds on a tour of Italy. Learn how to make homemade gnocchi and three meat bolognaise sauce. Nick will also teach you how to make an easy appetizer, balsamic strawberry goat cheese bruschetta, that is great for entertaining.
Instructor: Nick Orgo
Wednesday, 4/13, 5:30 - 7:30 PM
Location: WHS - Room 302
Fee: $59 (includes the cost of food)

Asian Hotpot
Some like it spicy, some not so much. Some are vegetarians, some eat fish, some eat everything. Then there’s gluten free. What’s a party host to do? The best solution for a social gathering, Asian Hotpot, where everyone eats what they want, and more if they dare! Join Chris to learn how to make, and eat, this amazing soup-based dinner.
Instructor: Chris Toy
Thursday, 5/26, 5:30 - 7:30 PM
Location: WHS - Room 302
Fee: $59 (includes the cost of food)
Enrichment/Exercise/Yoga

To Register: Visit: www.windham.maineadulted.org or Call: 207-892-1819

Evening Indoor Walking Program
Are you looking for a dry, safe, and well-lit place to walk? Join us for a healthy way to keep fit. A walking clinic will kick off the program providing information on techniques, proper stretching, goal setting, and record-keeping. Info night for new participants is Monday, 1/24 from 5:30 - 6:30 PM in the high school cafeteria. No need to attend if you have previously participated in the walking program. Families are welcome to walk from 3:00 - 6:00 PM after the intro night. The nominal fee covers the entire semester! Kids are free.
No access 2/21 - 2/25, 4/18 - 4/22
Instructor: Tom Nash
Info Night: Monday, 1/24, 5:30 - 6:30 PM
Mon - Thurs, 1/24 - 5/26, 3:00 - 8:00 PM
Location: WHS, Hallways
Fee: $14

Barre Bootcamp
Barre Bootcamp is a low impact workout that will produce a big burn! Barre combines elements of strength training, Pilates/Yoga and dance. Small movements and many reps will help sculpt and tone muscles you didn’t even know you had!
Instructor: Jenna Chase
Section 1: Tuesdays, 1/18 - 2/22, 6:15 - 7:00 AM
Section 2: Tuesdays, 3/1 - 4/5, 6:15 - 7:00 AM
Section 3: Tuesdays, 4/12 - 5/17, 6:15 - 7:00 AM
Location: Zoom/Virtual
Fee: $44 per section

Pumped UP Strength
Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism.
In these classes you will want a set of hand weights anywhere from 5lbs - 15lbs. Virtual and in-person sections are separate registrations.
No in-person class on 2/23 and no virtual class on 4/22.
Instructor: Jenna Chase
In-person Sections: Manchester School Gym
Section 1: Weds, 1/19 - 3/2, 6:00 - 6:45 AM
Section 2: Weds, 3/9 - 4/13, 6:00 - 6:45 AM
Section 3: Weds, 4/27 - 6/1, 6:00 - 6:45 AM
Zoom/Virtual Sections:
Section 1: Fri, 1/21 - 2/25, 6:15 - 7:00 AM
Section 2: Fri, 3/4 - 4/8, 6:15 - 7:00 AM
Section 3: Fri, 4/15 - 5/27, 6:15 - 7:00 AM
*All virtual classes are recorded and sent to students for practice.
Fee: $44 per section
(virtual and in-person sections are separate registrations)

Exercise for Your Life
Start your day off right! Give yourself a gift this year of “Body RENEWAL.” You will look better, feel better, and your HEART will thank you. This dynamic exercise class is on-going! JOIN ANYTIME! No classes 2/21 and 5/30
Social distance is maintained in this class.
Instructor: Diana Ward
Section 1: Mon - Thurs, 1/18 - 3/24, 8:30 - 9:30 AM
Section 2: Mon - Thurs, 3/28 - 6/2, 8:30 - 9:30 AM
Location: Windham Town Hall Gym
Fee: $70 per section (no senior discount)

Face coverings are required for ALL in-person classes and exercise classes!
**Enrichment/Exercise/Yoga**

**To Register:** Visit: [www.windham.maineadulted.org](http://www.windham.maineadulted.org) or Call: 207-892-1819

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**Muscle Strength**

This 60-minute class will challenge all your major muscle groups by using weightroom-like exercises such as squats, lunges, curls, presses and more! This class is appropriate for all levels and a perfect fit for those that hate cardio, those that want to lose weight, burn fat, tone up, gain confidence in going to the gym on their own, and most importantly - gain strength! Weightlifting has been proven to help build not just the strength of your muscles, but of your bones and connective tissues too, to ensure your health for years to come!

Instructor: Vicki Toole  
Section 1: Tuesdays, 1/25 - 3/1, 9:00 - 10:00 AM  
Section 2: Tuesdays, 3/8 - 4/12, 9:00 - 10:00 AM  
Section 3: Tuesdays, 4/26 - 5/24, 9:00 - 10:00 AM  
Location: Zoom/Virtual  
Fee: $29 per section (No discounts)

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**Virtual Gentle Yoga**

We invite you to join us for a morning of breathing and stretching as we learn and practice the fundamentals of yoga through gentle and detailed step-by-step instruction. The practice of yoga reduces stress, builds physical strength, and supports positive mental health and wellness. Please dress comfortably and use a yoga mat if you have one or a soft carpeted area that is quiet and separated from the rest of the hectic world. Live classes are recorded and emailed to students to practice at home.

Instructor: Nancy Kristiansen  
Section 1: Mondays, 1/24 - 2/28, 6:00 - 7:00 PM  
Section 2: Mondays, 3/7 - 4/11, 6:00 - 7:00 PM  
Section 3: Mondays, 4/18 - 5/23, 6:00 - 7:00 PM  
Location: Zoom/Virtual  
Fee: $29 per section

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**Zumba® Toning**

Rockin Party. Rock Hard Body. When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast. Live classes are recorded and emailed to students for practice at home.

Instructor: Vicki Toole  
Section 1: Mondays, 1/24 – 2/28, 9:00 – 9:45 AM  
Section 2: Mondays, 3/7 – 4/11, 9:00 – 9:45 AM  
Section 3: Mondays, 4/18 – 5/23, 9:00 – 9:45 AM  
Location: Zoom/Virtual  
Fee: $29 per section

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**Face coverings are required for ALL in-person classes and exercise classes!**
**Healthy Hips - Workshop**

Tight hips? Hip Pain? Sciatica? Pelvic pain? The hips are one of the most used and troubling joints in the body, bringing tightness and stiffness with age. In this one-day class we will show you how to release the psoas, glutes, and external rotators. Integrating these routines into your life will help to prevent the breakdown of the hip joint and keep your hips healthy for years to come. Yamuna balls are provided and you will be able to purchase your own at this class.

Instructor: Tracey DuBois  
Thursday, 1/27, 5:00 - 6:30 PM  
Location: WMS, Library  
Fee: $20

**Guided Meditation for Stress Management**

In this class, students will learn the tools and techniques to help themselves overcome the effects of stress. Guided meditation for stress management is one of the parts of the Shamanic healing process. It is a proven method of using gentle breathing and meditation to guide the body in healing itself. In today’s world, we are subjected to large amounts of stress which negatively affects our minds, our bodies, and our well-being.

Instructor: Bob Beane  
Section 1: Thursday, 3/3, 6:00 – 8:00 PM  
Section 2: Thursday, 5/5, 6:00 – 8:00 PM  
Location: WHS, Library  
Fee: $14

**Reiki**

Reiki is a simple hands-on healing modality that reduces stress, provides deep relaxation and promotes healing of mind, body, and spirit. It restores and balances your life force energy, thus enhancing your immune system and sense of wellness. It enables the release of old emotional patterns, alleviates or eliminates physical pain, and facilitates personal growth and spiritual transformation. Learn some basic information and treat yourself to a relaxing healing experience.

Instructor: Bob Beane  
Tuesday, 4/5, 6:00 - 8:00 PM  
Location: WHS, Library  
Fee: $14

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**Interested in Teaching a Course or Two?**

We are Looking for Instructors!

- Accounting
- Computer Classes
- Web Design
- Graphic Design
- Foreign Language
- MS Excel
- Real Estate Basics
- Creative Writing
- Skilled Trades

All Ideas Are Welcome!

Call 207-892-1819  
or email WRAE@rsu14.org  
for more information!
Instructor Bios

To Register: Visit: www.windham.maineadulted.org or Call: 207-892-1819

Bill Keller holds B.S. degrees in Science, Computer Tech, and an MSED in Secondary Ed/Science. Bill has been teaching technology courses to seniors and ESOL students at Windham Raymond Adult Education since 2008 and is a superb raised bed gardener.

Bill & Katelyn Allen co-owners of Sebago Trails Paddling Company, have over 30 years of paddling experience and instruction between them.

Bettina Blanchard has worked for the last 20 years helping her clients to organize their homes making the space they live in, a space they love to live in.

Bob Beane is a Shamanic Practitioner and former firefighter who has a private practice, “An island in a Sea of Turmoil”, and has taught meditation and healing strategies at WRAE for many years.

Candace Sandborn has worked for over 25 years creating marketing and branding strategies to help organizations achieve their sales goals. She started Radiant Image in 2019 and uses her knowledge to help people nurture the image they want to create resulting in increased self-confidence to help them achieve their work and life goals.

Carol Durkin is a certified English teacher who spent her teaching career in New York. She joined Windham Raymond Adult Education the fall of 2019 teaching in our ESOL program sharing her writing expertise and technology skills.

Cathy Giuffre-Renaud has been working in adult education since 2007 as an instructor, Academic Coordinator and now Adult Basic Education (ABE) Coordinator. Cathy is certified in English and holds endorsements in ESOL and Literacy.

Charissa Kerr has been a Firefighter and Advanced EMT with the Raymond Fire Department since 2003 and an American Heart Association certified CPR instructor since 2005.

Charlene Lee has been teaching with WRAE for more than 30 years and is represented by the Boothbay Region Art Foundation.

Chis Toy is a Stonewall Kitchen Cooking School Instructor, author and has been teaching Asian Fusion cooking in Maine for over 30 years.

Christine Fredette is an instructor at the Katahdin Program in Windham High School who has joined us to help new substitute teachers learn the ropes. She was instrumental in writing the grants that funded the start-up of the REAL Lunch program and the building of two gardens for Communities Putting Prevention to Work.

David Murch is from Raymond, and he and his wife have visited Walt Disney World 14 times over the past 15 years.

Diana Ward is a fitness advocate and trainer who has worked with the WRAE community for more than 25 years.

Guenola Lefeuvre has been working in Porcelain for over a decade and is now at Portland Pottery. She is selling her work full time at galleries, art shows & Etsy under the name Textured Porcelain. Guenola has been teaching at Windham Raymond Adult Ed since 2017.

Jamie Hyde has worked on her own and other’s genealogy for over 30 years. She owns a business teaching others how to get started with their own family trees and researching the past.

Jenna Chase’s goal is to make exercise fun while she encourages everyone to move their body!

Jennifer Arsenault is a licensed Financial Advisor with Edward Jones located in Windham, Maine.

Jessica Conley is a meteorologist at NEWS CENTER Maine in Portland, Maine. Jess graduated from Plymouth State University with a degree in meteorology and a technical math minor. She grew up in South Portland and attended Catherine McAuley High School. After moving to Mississippi for her first job, then back to Maine, then to Savannah, Georgia for another job, she is so happy to be home in Maine where she plans to live forever and ever.

Jessica Whittier has served FAME as the College Access Counselor covering York, Cumberland, Androscoggin and Oxford counties since 2011.

Josh Witham is a professional vocalist and woodwind player living in Portland. He has over 30 years experience with music. He graduated from USM with a concentration in vocal performance. He currently teaches private lessons and taught for the past two years at Hebron Academy.
Kat Logan is a Grammy nominated singer-songwriter, artist, and teacher, lives in Georgetown Maine. Kat is sharing her maker experience and helping others to find their inner creativity at the Arcadia Arts Spring Retreat.

Katrina Venhuizen is one of ecomaine’s environmental educators and works with ecomaine communities to navigate the world of trash and recycling.

Kevin Frost is the founder of Bug’n Out Adventures and Maine Guide School 360. Kevin was born and raised in western Maine, worked building sections of the Appalachian Trail, is a Registered Maine Guide in Recreation, has his Degree in Hospitality from Southern Maine Community College, and is employed full time at Edward Little High School in the English Language Learners “ELL” department.

Mary Laury served as the founding Executive Director of Schoodic Arts for All, an award winning non-profit organization celebrating the arts and culture in Downeast Maine for over 20 years. The botanical subjects and dynamic nature of Maine are Mary’s passions. An experienced teacher, she has taught painting and drawing in classrooms and in the field for many programs throughout her career.

Mark Morrison is a licensed Financial Advisor with Ameriprise Financial and Windham Town Council Member.

Maureen LaSalle is a Certified Forest Therapy guide and owner of Leaf-It-Behind in Windham.

Melanie Locke, manager of Windham Blue Seal, will share her knowledge and enthusiasm for poultry keeping with anyone interested in keeping chickens, ducks, or geese.

Nick Orgo is the executive chef and owner of M.A.N.E Catering and Event Services. Nick believes quality food is the medium to bringing family and friends together.

Perry Schlanger is a self-taught guitar player who enjoys teaching and sharing his enthusiasm for playing guitar with others.

Raymond & Susan Hall are still kicking it up after 24 years of dance instruction and entertainment. Their motto has always been “Dancing for the fun of it.”

Rebecca Catroppa is a professional artist with an AAS, BFA from Cazenovia College- 2004 Alum. She is an accomplished impressionistic painter who specializes in acrylics painting.

Regan Thibodeau is a native of Maine who is Deaf. She has taught ASL locally and nationally since 1998. She currently teaches at USM.

Romolo Marcoccio is a certified Math teacher who enjoys working with both adults and high school students to help them get graduation credits or brush up on their math skills for college entry.

Sandy Warren, MSED from Saint Joseph’s College, worked as an ESOL teacher in Michigan, taught ESOL in the Dominican Republic for 10 years, built ESOL curriculum, and led ESOL professional-development groups. She also holds a secondary life science teaching endorsement and recently completed her MA in TESOL from Cornerstone University in Michigan.

Savannah Chadbourne, CPhT Comes to us with 15 years of Pharmacy Technician experience and a passion to share her knowledge.

Shelley Goad taught in public schools for 39 years. Since retiring, she has been teaching adult education at York County Jail before working for Windham Raymond Adult Education.

Stephanie Eklund a former and long-standing advocate for victims of domestic violence, joined A Family for ME as a foster/adoptive parent recruiter in Southern Maine. Stephanie brings with her a wealth of knowledge regarding recruitment, collaborative efforts with community members, public speaking and training, volunteer engagement, and helping people in need. In her personal time, Stephanie enjoys reading, working out, traveling, and spending time with her family.

Tom Durkin is a certified English teacher who spent his teaching career in New York. He joins Windham Raymond Adult Education in the HiSET® program sharing his writing expertise and technology skills.

Tom Nash is the Director of Windham Raymond Adult Education. He also starts each semester’s Indoor Evening Walking Program by virtue of his college nickname, Tom “Crazy Legs” Nash, and his many, many years of experience. Tom has been walking since he was 13 months old.

Tracey DuBois’ thoughtful sequences empower her students to get to know their bodies, recognize where they hold tension patterns and teach them to use Yamuna® Body Rolling and Yoga to help prevent and/or alleviate injuries. Her classes are accessible to all levels with modifications as necessary.

Travis Clough comes from a large family of Maine quilters, but didn’t pick it up for himself until 2008. His love of colors and fabric drove his obsession and he’s looking forward to sharing it with you!

Vicki Toole absolutely loves teaching Zumba classes. The reason she says is simple: Every class feels like a party! She is currently licensed to teach Zumba, Zumba® Toning, Aqua Zumba®, Zumba Gold®, Zumba® Step.
REGISTRATION MADE EASY

Online - Visit Our Website
www.windham.maineadulted.org

Call Us
207-892-1819
Registrations are accepted by phone if you are paying with a credit card.

Mail - In
Complete the form below. Checks should be made payable to “RSU 14” and mailed to
Windham Raymond Adult Education
406 Gray Rd. Windham, ME 04062

Email Us
WRAE@rsu14.org

Visiting Our Office
Walk-in are welcome. Face coverings are required.

Pre-registration and payment is required for all WRAE courses. Space is not guaranteed until payment is received.

The “OTHER” Stuff You Need to Know

Age requirements - Students must be at least 17 years old, not enrolled in school, or meet other specific requirements for High School Diploma, HiSET, Academic, and Enrichment classes. Participation in some classes is based on the discretion of the instructor.

Seniors - Can receive a 20% discount on selected courses. There are no discounts for one-night classes, trips, or if noted in the course description.

Class Cancellations/Rescheduling - WRAE reserves the right to cancel/reschedule/combine a class due to low registrations. Every effort will be made to run our classes, so get your registrations in early and bring a friend!

WRAE Fees - are listed with each class. If required, login access and material lists will be supplied by email receipt after class registration. A $1.99 processing fee is charged for each course registration made by credit card.

Refunds - If we cancel a class, all fees will be refunded. There will be no refunds for withdrawal after the second night of a class or after a one-night or one-day class. Refunds for canceled classes can take up to four weeks to process.

WRAE REGISTRATION FORM

Name__________________________ Email_______________________________
Address_______________________ City_______________ State_____ ZIP______
Phone________________ DOB____/____/_____ Make checks payable to - “RSU 14”

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Start Date</th>
<th>Course Fee</th>
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Windham Raymond Adult Education Scholarships
Don’t let affordability stop you from taking a class! WRAE has scholarships available call us at 207-892-1819 for more information.

Adult Scholarship Fund Contribution
Less 20% Senior Disc. (________)

TOTAL

TO PAY BY CREDIT CARD PLEASE VISIT OUR WEBSITE. OR CALL 207-892-1819. A $1.99 Processing Fee is Charged for Each Course Registration by Credit Card.
### Windham Raymond Adult Education Learning Center

406 Gray Rd.
Windham, ME 04062
(207) 892-1819
www.windham.maineadulted.org
WRAE@rsu14.org

### WRAE STORM CANCELLATION POLICY

With many of our courses still being offered virtually this semester, we do not foresee the need to cancel all classes due to bad weather. We will try to remain aware of any power or internet outages that may affect your classes and communicate that with you via email. If weather looks to be an issue on the day of your class PLEASE check your email or (our website, FB) where we will post all closures.

Updates will also be posted on the RSU 14 website, [www.rsu14.org](http://www.rsu14.org) our Facebook page, and at our website, [www.windham.maineadulted.org](http://www.windham.maineadulted.org)

This catalog is available in alternate formats upon request. Accommodations on the HiSET® Tests are available for qualified individuals with a documented disability. For more information on any accommodation, please contact director Tom Nash at 207-892-1819. It is the policy of Windham Raymond Adult Education to ensure equal employment/education opportunities/affirmative action regardless of race, gender, color, national origin, marital status, religion, age, sexual orientation or disability in accordance with all federal and state legislation. Individuals with a disability who may need accommodations are asked to place their request at least two weeks in advance of the event in order that appropriate accommodations/arrangements may be made.

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### Other Area Community Learning and Adult Education Centers

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<tr>
<th>Location</th>
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<tbody>
<tr>
<td>Bonny Eagle</td>
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</tr>
<tr>
<td>Gorham</td>
<td>207-222-1095</td>
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<tr>
<td>Gray / New Gloucester</td>
<td>207-657-9612</td>
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<tr>
<td>Lake Region &amp; Fryeburg Area</td>
<td>207-627-4291</td>
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<tr>
<td>Portland</td>
<td>207-874-8155</td>
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<tr>
<td>Freeport</td>
<td>207-865-6171</td>
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<tr>
<td>Scarborough</td>
<td>207-730-5040</td>
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<tr>
<td>South Portland</td>
<td>207-767-3266</td>
</tr>
<tr>
<td>Westbrook</td>
<td>207-854-0826</td>
</tr>
</tbody>
</table>

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### Register Today!!

Windham Raymond Adult Education Learning Center is located behind Windham High School
406 Gray Rd.
Windham, ME 04062
(207) 892-1819
[www.windham.maineadulted.org](http://www.windham.maineadulted.org)
WRAE@rsu14.org

By Mail, Website, In-Person or Call Us!

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About Us & Our Partners

To Register: Visit: [www.windham.maineadulted.org](http://www.windham.maineadulted.org) or Call: 207-892-1819

Register Today!!
Through Windham Raymond Adult Education we can provide ways to:

- Connect with others you are missing by taking classes together with family or friends
- Give yourself a mental respite and discover new skills, establish new habits and gain new passions, cross an item off your “bucket-list” and just plain ‘ole have fun!
- Improve your career, change your path and “do what you love and love what you do” in a sustainable, fulfilling job
- Prepare for your future by getting ahead in your education and/or planning for good health and financial stability
- Do good for the community by finding ways to help others

**What You Can Do For Us!**

**Tutoring**
If you are interested in becoming a volunteer tutor for WRAE, contact Cathy Giuffre-Renaud at cgluffre-renaud@rsu14.org or call 207-892-1819.

**Teaching**
We are always looking for new and interesting classes to offer. Contact us with your course ideas at dlevasseur@rsu14.org or call 207-892-1819.