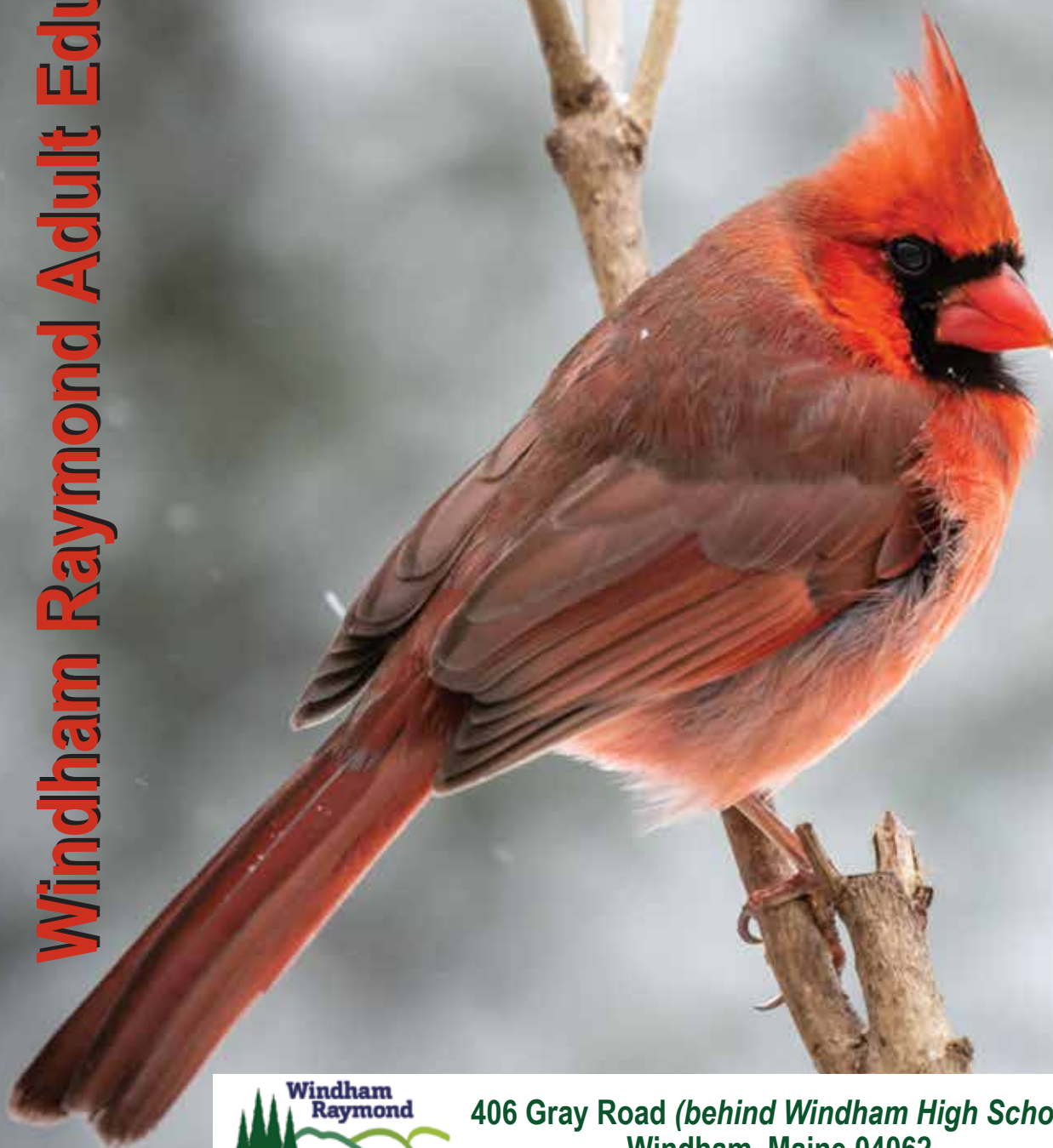


Windham Raymond Adult Education

Winter/Spring 2024 Courses

*Where is your journey
taking you?*

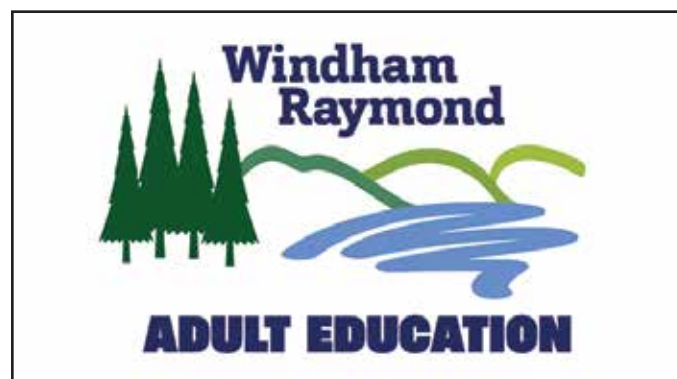


406 Gray Road (behind Windham High School)
Windham, Maine 04062

Call: 207-892-1819 • Email: wrae@rsu14.org •
web: windham.maineadulted.org

Welcome, Bienvenidos, Vitame, Bienvenue, Empfang, Benvenuto, Mottakelse, Hoan Ngenh, Dobro Dosli, Lasko Prosymo,
As Vindas de Boas, Marshabak, Baxirbin, Hos Galdiniz, Khosh Amadid, Kurdsh, Dobro Pozhalovat, An nyeong ha seyo

Welcome!



406 Gray Rd. (Rte. 202) Windham, ME 04062
(Located behind Windham High School)
207-892-1819 • wrae@rsu14.org
www.windham.maineadulted.org

Looking forward to 2024 at WRAE!

As of November 28, 2023, there's been no "real" snow yet, but I can feel it in the air. I'm not quite ready for snow to be honest, but I do look forward to the holidays with a little extra sparkle around.

I want to express the appreciation of all of us here at Windham Raymond Adult Education for you and for all you do to support our programs as you learn, experiment, study, create and just enjoy being with others in our community. WRAE has had a great year of growth. Comparing "apples" to "apples" shows that Fall of 2022 we offered 132 classes and we had 378 people register for those classes. For Fall of 2023 we offered 257 classes and had 697 registrations. Wow!

The last eight weeks have been intense and dedicated to creating WRAE's Winter Spring 2024 courses, and this catalog. I'm really pleased with what we have for you. There are more than 40 brand new classes, including a Professional Teller Training that is a collaboration with Sebago Lakes Region Chamber of Commerce and local banks, the Maine Death and Dignity Act, an exciting new hypnosis series, flower arranging and other new creative arts, trips galore, new cooking classes (fermenting!) and recreational options like golf! There's just so much! Grab a warm beverage and spend some time perusing all the goodness within!

If there's a class you don't see, and you have a few friends interested in taking it too (especially if you know who could teach it), please give us a call at 207-892-1819 or email us at wrae@rsu14.org. We'd love to make it happen for you!

We are always looking forward to taking you to great places on your journey with education and enrichment!

~Susan Colley, WRAE Enrichment Program & Marketing Coordinator



Our 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.

Our 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.

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What Can We Do for YOU?

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

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. Small classes offer practical real-world scenarios, humor and student-centered curriculum.

Online Learning - We offer 100's of affordable online classes to 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!

College Prep and Guidance - 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.

Is trade school, or vocational training more your style? Schedule an appointment to come in and find out how you can jump right onto a solid career track.

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? Let us design a custom training program to meet your needs and deliver instruction business around your schedule.

RSU 14 School Administration

Christopher Howell, Superintendent
Christine Frost-Bertinet, Assistant Superintendent

WRAE Office Hours

Monday – Thursday: 8:00 AM – 8:30 PM
Friday: 8:00 AM – 4:00 PM

Winter/Spring 2024 Calendar

Enrichment courses may begin the week of January 15th
Academic courses may begin earlier.
Check catalog for specific course start dates.
Course Registration: Begins Now!

Office Closed; No Classes on the Following Holidays

Martin Luther King, Jr. Day - January 15th
Winter Break - February 19-23
Spring Break - April 15-19
Memorial Day - May 27
Juneteenth - June 19

RSU 14 School Board Members

Jessica Bridges, Windham
Jennie Butler, Windham
Caitlin Downs, Windham
Jodi Carroll, Raymond
Marge Govoni, Windham
Char Jewell, Raymond
Joseph Kellner, Windham
Mike McLellan, Raymond
Christina Small, Windham

Multilingual Learners Programs -- ESOL Instruction

We offer different levels for all English language learning at various times during days or evenings. We place students into the best level for their abilities based on a literacy test given at registration. Students may start the registration process through Course Storm, but they must complete registration by meeting with the ABE Coordinator.

Within each class, the four essential skills of communication are explored: listening, speaking, reading and writing.

All classes are open enrollment.

NOTE for all Zoom/Remote Classes: The nature of these classes 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.

Citizenship and ELL Civics Education-Multi-level

Shelley Goad

Various levels of students.
Mondays, 1/8-5/20, 9:00-11:00 am, WRAE LC; FREE

Level 1

Sandy Warren

Students new to the English language.
Mon/Wed, 1/17-5/29, 5:30-6:30 pm, Zoom, FREE
Note: 1st day of class is on Wednesday due to Monday holiday.

Level 2

Christie Tebbets

Students with some English speaking and listening skills.
Tues/Thu, 1/16-5/30, 5:30-6:30 pm; Zoom; FREE

Level 3

Sandy Warren, Christie Tebbets

Students with some English conversational ability.
Mon/Wed, 1/17-5/29, 7:30-8:30 pm, Zoom; FREE
Note: 1st day of class is on Wednesday due to Monday holiday.
Tue/Thu, 1/16-5/30, 7:30-8:30 pm, Zoom, FREE

Level 4

Sandy Warren

Students with good English conversational skills.
Mon/Wed, 1/17-5/29, 8:30-9:30 pm, Zoom, FREE
Note: 1st day of class is on Wednesday due to Monday holiday.

Level 5

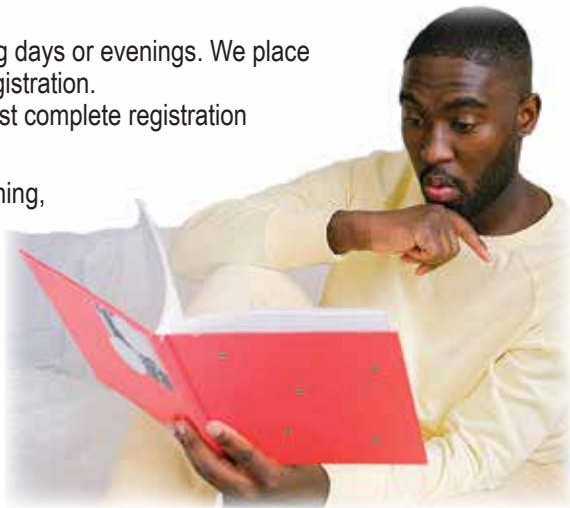
Sandy Warren, Christie Tebbets

Students with fluent levels of literacy in English.
Mon/Wed: 1/17-5/29, 6:30-7:30 pm; Zoom; FREE
Note: 1st day of class is on Wednesday due to Monday holiday.
Tue/Thu: 1/16-5/30, 6:30-7:30 pm, Zoom, FREE

Level 6

Sandy Warren, Christie Tebbets

Students with high school equivalency and/or college goals.
Mon/Wed: 1/17-5/29, 4:30-5:30 pm; Zoom; FREE
Note: 1st day of class is on Wednesday due to Monday holiday.
Tue/Thu: 1/16-5/30, 4:30-5:30 pm; Zoom; FREE



Citizenship and ELL Civics Education

Shelley Goad

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 and Responsibilities of U.S. Citizens.
Mondays, 1/8-5/20, 1:00-3:00 pm; WRAE Learning Center/Online; Free

Computers for ESOL

Bill Keller

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. Call the ABE Coordinator to register for this and other ESOL classes. This class is offered virtually and in-person as needed. Students meet with instructor for two one-hour sessions per week at various times.
Days and Times: Various, 1/1-6/30; WRAE Learning Center/Online; Free

Adult Literacy Tutoring for ABE and ASE

Catherine Giuffre-Renaud

The purpose of this instruction is to assist adult learners in reaching their goal of improved literacy by helping them with their reading and writing, vocabulary, comprehension, and background knowledge about subjects, such as math. Appropriate assessments will lead to design of individualized learning plans specific for each learner. Limited space available each semester. Interested students have the option of joining a waiting list for an available spot.
Days and Times: Various, 1/8-5/30; WRAE Learning Center; Free



High School Completion Pathways

Windham Raymond Adult Education offers high school equivalency pathways to fit your goals.

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.

HiSET students may start the registration process through our website, but they must complete registration by meeting with the ABE Coordinator.

College Prep



Pre-College Math - SMCC or WRAE

Jodi Harnden, Jessica Trimmer

Looking at college, but haven't done math in years? Want to boost your Accuplacer score? Includes the basics: fractions, percentages, proportions, as well as all applications. Accuplacer or CASAS score of 236 or lower is required.
SMCC: Tuesday, 1/23-5/7; 6:00-7:30 pm; Zoom/Brightspace; Free
WRAE: Open enrollment. Contact Jessica at 892-1819; Free

Registering for these classes will put you in contact with Jessica Trimmer, WRAE's Career & College Access Coordinator. She will be in touch!

High School Diploma

Catherine Giuffre-Renaud

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 the ABE Coordinator to schedule an appointment to discuss these flexible, high quality, and interactive solutions. Subjects and schedules assigned based on students' needs.
Various days and time, 1/2-6/6; WRAE Learning Center/Online; Free

HiSET®: Prepping for the Tests

Catherine Giuffre-Renaud

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. Rolling admissions. Online learning is set up with the ABE Coordinator.
Tues./Thurs., 1/2-6/6, 9:00-11:00 am; WRAE Learning Center/Online; Free

HiSET Math Learning Lab

Jessica Conley

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. Open enrollment.
Wednesdays, 1/17-6/5; 2:30-5:30 pm; WRAE Learning Center; Free

College Success - SMCC

Catherine Giuffre-Renaud

Focus on the essential skills of a successful college student: study skills, time management, decision-making strategies, financial literacy, career pathways exploration and building writing skills for academic readiness. Accuplacer score of 470 or higher or CASAS score of 239 or higher is required. Fulfills required FIG graduation credit at both CMCC & SMCC.
Monday, 1/22-3/18; 5:00-8:00 pm; In-person/Brightspace; Free

Pre-College Reading & Writing - SMCC or WRAE

Vanessa Sylvester, Jessica Trimmer

Strengthen your understanding of the interconnected relationship between reading and writing for academic purposes. Apply your comprehension of paragraph and essay structure to analyze and produce narrative, compare and contrast, cause and effect, and persuasive writing. Accuplacer score of 470 or higher or CASAS score of 239 or higher is required.
SMCC: Mon. & Wed., 1/17-5/24; 11am-1 pm; SMCC; Free
WRAE: Open enrollment. Contact Jessica at 892-1819; Free

Questions about ESOL or ABE?

Call ABE Coordinator Catherine Giuffre-Renaud at 207-892-1819, extension 2191 or email WRAE@rsu14.org



Successful Scholarship Searches and Applications *Finance Authority of Maine (FAME)*

Scholarships can go a long way in helping students cover college costs, but being successful in the scholarship application process can take some work. Learn to build and work your own

scholarship application plan. Try out different scholarship websites, learn how to best use a scholarship information tracker, and avoid some challenges of the scholarship process. Students and parents interested in learning about the scholarship process can join Jessica Whittier, College Access Counselor with FAME for this 1 hour workshop as we talk scholarships. **Monday, 2/12; 7:00-8:00 pm; Zoom; Free**

Student Loan Repayment - Know your Options! *Finance Authority of Maine (FAME)*

Federal Student Loans have gone back into repayment. How's it going? If you are struggling with your payments, did you know there are several income-based repayment plans as well as deferment or forbearance? Did you know you could get .25% off your interest rate if you use auto-debit on your federal loans? Do you know you can work towards loan forgiveness now if you work for a non-profit, government or tribal agency? Whether you're a recent college grad or of have been repaying your student loans for a long time, come learn how to best manage your student loan repayment. Join Nikki Vachon, College Access Counselor from the Finance Authority of Maine as she shares pro-tips and answers questions. **Wednesday, 2/21; 6:00-7:00 pm; Zoom; Free**

Adulting 101: Money Starts *Finance Authority of Maine (FAME)*

Adulting is tough and finances can be one of the trickiest parts of adulthood. Whether you've been "Adulting" for decades or are just getting started, banking basics, spending plans, credit scores and useful tools and apps are available to make the whole Adulting thing a little bit easier. Join Steve Kautz, Financial Education Programs Specialist from FAME for this 1-hour virtual workshop as we dive into some adulting money basics together. **Wednesday, 4/3; 6:30-7:30 pm; Zoom; Free**



Planning and Paying for College *Finance Authority of Maine (FAME)*

Do you have children who will be looking at college in the next few years or might you be thinking of returning to school yourself? Now is a great time to start thinking about the college financial aid process and ways to boost college savings. The earlier you start, the more confident and relaxed you will feel when it is time to apply for financial aid. Join Jessica Whittier, College Access Counselor with FAME for this 1-hour workshop as we talk all things paying for college. **Wednesday, 5/15; 7:00-8:00 pm; Zoom; Free**

Get a Jump-Start on Planning your Child's Higher Education *Finance Authority of Maine (FAME)*

Is higher education in your family's future? Join a college savings specialist from FAME to talk about planning and saving for higher education. Come learn about the aspirational and financial impacts of savings for students of all ages, as well as the program highlights of Maine's Section 529 plan, a tool many families use to prepare for higher education expenses. Also, take home some tips and tricks for getting a jump-start on the scholarship search while your child is in middle school/early high school. Join Maire Pelletier, College Savings Counselor from FAME for this 1-hour virtual session and get started with saving for your child or grandchild's higher education. **Tuesday, 4/23; 6:00-7:00 pm; Zoom; Free**

Putting the Literacy in Financial Literacy: Book Club *Finance Authority of Maine (FAME)*

Join FAME's College Savings Counselor, Maire Pelletier, in dissecting Erin Lowery's "Broke Millennial Takes on Investing". This book club is great for someone looking for an introduction to different investment-related topics. In Lowery's second edition of the "Broke Millennial" financial book series, she addresses some of the biggest questions early investors have such as: Should I invest while paying down student loans? How do I invest in a socially responsible way? What about robo-advisors and apps - are any of them any good? Where can I look online for investment advice? Students will need to purchase their own copy of the book to participate. Group meets every two weeks (2/6, 2/20, 3/5, 3/19). **Tuesday, 2/6-3/19; 6:00-7:00 pm; Zoom; Free**



Changing Jobs, Finding Work that Fits *Chris Morin, New Ventures Maine*

A three-session class for women. Are you considering a job change? This online class for women will help you identify work options and benefits that align with your interests, skills, and values. In three 60-minute sessions, you will: explore current local and statewide work and training opportunities, practice negotiating for better benefits and pay, connect with other women who are building confidence and exploring more rewarding careers. **Thursday, 2/29-3/14; 6:00-7:00 pm; Zoom; FREE**

Let's Talk about Credit *Tom Grogan, New Ventures Maine*

Learn how to reduce your debt, improve your credit, and maintain a good credit score. Create your own step-by-step plan to pay down your debt. **Wednesday, 3/13; 3:00-4:00 pm; Zoom; FREE**



New Ventures Maine was founded in 1978 as the Displaced Homemakers program through state legislation. They operated as Women, Work, and Community until 2015 when they became New Ventures Maine. The organization is administered by and operates under the educational tax-exempt status of the University of Maine at Augusta/University of Maine System. An Advisory Council appointed by the Governor provides strategic guidance and support.

World of Work Inventory (WOWI) Career Assessment

Do you need some help finding the career path that is right for you? You need a career assessment that measures more than one aspect of who you are. The WOWI (World of Work Inventory) does just that.

This comprehensive assessment will consider your skills, interests, and work style to help you find the career for which you are best suited!

Our Career Advisor will meet with you one-on-one to assess your results and help you plan your next steps!

Registering for WOWI will put you in contact with Coordinator, Jessica Trimmer. She will be in touch to schedule a convenient time to meet with you.

Dates and times - by appointment; WRAE LC; FREE



Thinking about Going to College??

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. We can provide Accuplacer testing, college and career guidance, and financial and admissions help.

Nervous about FAFSA applications? We can help!

Call Jessica Trimmer at 892-1819 for lots of help.



College & Career Advising

Whether you are looking to start college, or a new career, we have services and resources that can help!

- Develop college and career goals
- Receive academic support to reach those goals
- Assistance with applications
- Support with the Financial Aid process
- Create a resume and cover letter
- Explore occupations and your interests/skills

Call Jessica Trimmer, WRAE's College and Career Advisor, at 207-892-1819 to make an appointment.

Substitute Teacher Training

Jessica Trimmer

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. The \$34 course fee will be reimbursed to any participants who 1) complete the program, and 2) complete a day as a sub for RSU14.
Friday, 3/15; 9:00 am-2:00 pm; WRAE; \$34 (includes lunch)



Behavioral Health Professional (BHP) Certification

Woodford's Family Services

Make a difference in a child's life as a BHP. This online training will equip you to help children with disabilities, autism and mental health disorder who are receiving behavioral health services and to prepare for local employment through social services providers. Includes 12 online modules and 12 hours of live, virtual instruction and bloodborne pathogens training. An online child & adult first aid & CPR training is available if needed. The entire training takes about 45 hours to complete. You must be 18 years of age or older upon completion of the course, and have a high school diploma or equivalent. Register on our website for information. Our Career and College Access Coordinator will connect you with Woodford's Family Services to begin the training.

Start anytime; Online; FREE

Free Training Money

Did you know...

WRAE creates and customizes training for local business!

Have specific training needs?

Let us know! We can help you provide the tools and knowledge that your employees need to succeed.

Concerned about the cost?

WRAE can connect you with FREE training dollars thanks to a grant with the Harold Alfond Center for the Advancement of Maine's Workforce.

Free training for your employees?

It is a win - win!

**Call Jessica at
207-892-1819
for complete info!**



WRAE is excited to be expanding our partnership with the Academy of Medical Professions, a Maine-based training school.



Register on our website for information. Our Career and College Access Coordinator, Jessica Trimmer, will connect with you and will make a referral for you with AMP.

Medical Transcription

Medical transcription is a great field for working at home. Strong typing, computer, and English grammar skills are essential. Medical terminology, formats, rules and regulations, jobs, calculation of pay, confidentiality, and tricks of the trade, all equipment, reference books, and course books are provided with the course fee. Classes are on-line for 16-weeks with a completion of 16- weeks to 6-month options. Program includes medical terminology, Anatomy & Physiology, and transcription. \$3200, includes everything for the course and the field. Required: typing skills above 60 WPM, Microsoft Word proficient.

Online Anytime, Self-Paced; \$3200

Application referral and information is FREE

Phlebotomy

Become Nationally Certified in 10 weeks! Prepare with live Zoom classes (Tuesdays) and in-person skills labs (Thursdays). Perform basic phlebotomy venipuncture procedures, answer patient questions, perform basic testing, such as blood glucose levels, prepare blood, urine, and other body fluid specimens for testing. \$3200 includes Certified Phlebotomy Technician (CPT) national certification through NHA, books, resume, and job assistance. *Labs may not be available at all locations.

Tue. & Thu., 3/5-5/16; 5:30-8:30 pm; \$3200

Application referral and information is FREE



Medical Coding

Learn all aspects of medical coding to become nationally certified and get working as a Certified Professional Coder. Includes Medical Terminology, Anatomy & Physiology, Step-by-Step Coding, CPC-A exam, AAPC membership, 3 practice CPC tests and all books. Basic computer skills are required; \$3950. Adding Practicode (6–10-week online program) will remove the apprenticeship designation from the CPC credential; \$5150.

Thursday, 3/14-7/18; 5:30-8:30 pm; \$3950 or Online (start anytime); \$3950

Application referral and information is FREE

Dental Assisting

Explore all aspects of dental assisting and gain skills needed to work in this field and pass a national certificate exam. This program is taught by a dentist and includes an opportunity for internships. The price of the course (\$3200) 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.

Monday, 2/5-4/2; 6:00-8:00 pm; \$3200; Online; start anytime; \$3200

Application referral and information is FREE



Pharmacy Technician

Take this program online or via live Zoom classes. Pharmacy Technician is one of the fastest growing jobs in health care today. Learn everything from the role of the technician in the pharmacy setting, to the basic sciences at the core of pharmacy practice, to preparing for the PTCB exam. This Certificate Program includes all course materials and PTCB National Certification (CPHT) Exam fee.

Thursday, 1/25-6/6; 5:30-8:30; Zoom; \$2850; Online; start anytime; \$2850

Application referral and information is FREE

Clinical Medical Assisting

This program includes live via Zoom classes on Tuesdays and in-person skills labs* on Thursdays that prepare you to pass the National Certification. Upon completion of the program, you will sit for your CCMA (Certified Clinical Medical Assistant) exam through NHA. \$3500 includes national certification, 6 practice exams, online study materials, books, resume assistance, and fees. Externships may be available in your area. *Labs may not be available at all locations.

Tue. & Thu., 3/14-6/20; 5:30-8:30 pm; \$3500

Application referral and information is FREE

Your New Career in Banking!

Professional Teller Training Course

Jessica Trimmer and the Windham Banking Community - with special sponsor Sebago Lakes Region Chamber of Commerce

Are you looking for a stable, in-demand, professional career? Join us this spring for our seven-week bank teller training course. You'll receive content-area instruction from local banking professionals, work readiness skills training, and the opportunity to participate in a mock interview. Get the knowledge and confidence to begin a successful career within the banking industry. Please call Jessica Trimmer at 892-1819 to be included on the interest list for this exciting training opportunity!

Tuesdays, 3/26-5/7; 5:00-8:00 pm; WRAE; \$289*

**scholarships available for qualified candidates*



First Aid & CPR – with Charisa Kerr

CPR - AHA Certification

Learn about adult, child and infant CPR and AED use, adult, child and infant choking, and how and when to call emergency services. Includes use of manikins, video, certified instruction, practical components, and completion certificate. Optional workbook is available for \$10 (cash please) from instructor at class.

Tuesday, 1/30; 6-9 pm; Katahdin 1; \$69

Tuesday, 2/27; 6-9 pm; Katahdin 1; \$69

Thursday, 4/4; 6-9 pm; Katahdin 1; \$69

Monday, 5/13; 6-9 pm; Katahdin 1; \$69

First Aid - AHA Certification

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 video, instructor and practical components, and a certificate of completion. Optional workbook is available for \$10 (cash please) from instructor at class.

Tuesday, 2/27; 4:30-5:30 pm; Katahdin 1; \$49





90-Day Online Certificates
(February 5-April 24 or April 1-June 28)

Grab some wifi & a beverage and study by the fire...
...wherever (& whenever) you like!

Business Communication
Certificates

Basic Game Design Certificate

Games are tools that can serve beyond entertainment. Learn what goes into the design and development of both video and analog games, with a particular focus on the use of games outside of consumer entertainment.
Intro to Game Design: 2/5-3/1 or 4/1-4/26; \$245
Interm. Game Design: 3/4-3/29 or 5/6-5/31; \$245
Certificate (take both): 2/5-3/29 or 4/1-5/31; \$395

Business Writing Certificate

Discover the keys to successful writing for the workplace. Successful communicators in the workplace move forward, others move back.
Business Writing: 2/5-3/1 or 4/1-4/26; \$195
Effective Copywriting: 3/4-3/29 or 5/6-5/31; \$195
Writing News/Press Releases: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495

Customer Service Certificate

With the increase of technology, human interaction with customers becomes important. Retaining customers, serving your audience, or turning inquiries into sales, good customer service is now one of the central factors in organizational success.
Keys to Customer Service: 2/5-3/1 or 4/1-4/26; \$145
Ext. Customer Svc: 3/4-3/29 or 5/6-5/31; \$145
Certificate (take both): 2/5-3/29 or 4/1-5/31; \$245

Effective Grammar & Writing Certificate

Improve your grammar, punctuation, and writing skills without feeling like you're back in eighth grade English class. This fun, down-to-earth, comprehensive course in English grammar is for anyone who wants to enhance their communication skills.

Word Level Grammar: 2/5-3/1 or 4/1-4/26; \$145
Sentence Level Grammar: 3/4-3/29 or 5/6-5/31; \$145
Refine your Writing: 4/1-4/26 or 6/3-6/28; \$145
Certificate: 2/5-4/26 or 4/1-6/28; \$295

Workplace Communication Certificate

Good communication in the workplace is critical to your career advancement and success. Come get a comprehensive and intensive preparation with skills and techniques you can use on Monday morning.
Conflict Management: 2/5-3/1 or 4/1-4/26; \$245
Negotiation-Get what you want: 3/4-3/29 or 5/6-5/31; \$245
Use Personality Profiles: 4/1-4/26 or 6/3-6/28; \$295
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$595

Data Science
Certificates

Data Analysis Certificate

Data Analysis is one of the most sought-after skills in the workplace. Companies have vast amounts of data, but need someone with the ability to analyze that data to see trends and make predictions. Access to Microsoft Excel required.
Intro to Data Analysis: 2/5-3/1 or 4/1-4/26; \$195
Intermed. Data Analysis: 3/4-3/29 or 5/6-5/31; \$195
Advanced Data Analysis: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495

Mastering Excel Certificate

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world. Access to Excel required.
Mastering Microsoft Excel: 2/5-3/1 or 4/1-4/26; \$195
Intermediate Excel: 3/4-3/29 or 5/6-5/31; \$195
Advanced Excel: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495

Statistics for Decision Making Certificate

Improve your decision-making success with an advanced practical how-to process for gathering statistics. Help your organization design effective surveys to improve business and workplace effectiveness.
Stats for Decisions with Surveys: 2/5-3/1 or 4/1-4/26; \$195
Evaluation Research: 3/4-3/29 or 5/6-5/31; \$195
Action Research: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495

Leadership Training
Certificate

Leadership Development Certificate

Especially geared for future leaders in the Gen Y generation (born 1980-1999), advance your leadership potential and make a difference in both the workplace and in society.
Leadership Principles: 2/5-3/1 or 4/1-4/26; \$145
Dev. Leadership Skills: 3/4-3/29 or 5/6-5/31; \$145
Dev. Professional Career: 4/1-4/26 or 6/3-6/28; \$145
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$395

New Media Marketing
Certificates

Digital Marketing Certificate

Discover eMarketing: improving email promotions, analyzing web site traffic, doing search engine optimization, and how to successfully employ online advertising.
Imp. Email Promotions: 2/5-3/1 or 4/1-4/26; \$195
Boosting Website Traffic: 3/4-3/29 or 5/6-5/31; \$195
Online Advertising: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495

Marketing Certificate

Discover advanced and new best practices in Integrated Marketing, the growing field that integrates traditional print marketing with digital marketing for even greater marketing success.
Adv. Marketing Concepts: 2/5-3/1 or 4/1-4/26; \$195
Writing Marketing Copy: 3/4-3/29 or 5/6-5/31; \$195
Integ. Markt. Best Practices: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495

Social Media for Business Certificate

Communicate, market and serve your customers and clients, right where they are! For businesses, nonprofits, government, and other organizations. From Facebook to Twitter and more, discover principles of communication that apply across all networks, how these specific social networks work and the possible uses for your organization.
Intro to Social Media: 2/5-3/1 or 4/1-4/26; \$195
Markt. Using Soc. Media: 3/4-3/29 or 5/6-5/31; \$195
Integ. Soc. Media: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495

Mastering Video Marketing Certificate

Shoppers viewing product videos were 144% more likely to add the product to their cart. Video with good SEO has a 53% higher chance of showing up on page one of Google searches. Do what text cannot do.
Video Marketing: 2/5-3/1 or 4/1-4/26; \$245
YouTube for Business: 3/4-3/29 or 5/6-5/31; \$245
Certificate (take both): 2/5-4/26 or 3/4-5/31; \$395

Online Teaching
Certificate

Online Teaching Certificate

Get the best instruction from the foremost authorities in online learning. Thousands have taken this fundamental yet advanced training in teaching online.
Adv. Teaching Online: 2/5-3/1 or 4/1-4/26; \$195
Designing Online Inst.: 3/4-3/29 or 5/6-5/31; \$195
Fostering Discussions: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495

Technology Skills
Certificates

Coding Certificate

Coding is becoming one of the most in-demand skills in the workplace. Learn the basics of computer programming and programming languages. Then discover HTML and CSS. Discover the advanced features of CSS and learn how to use this very powerful language.
Intro to Coding: 2/5-3/1 or 4/1-4/26; \$195
HTML Fundamentals: 3/4-3/29 or 5/6-5/31; \$245
CSS Fundamentals: 4/1-4/26 or 6/3-6/28; \$245
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$595

Graphic Design Software Certificate

Master the Adobe software tools which are the leading software for graphic design. Access to the Adobe software tools required.
Illustrator Essentials: 2/5-3/1 or 4/1-4/26; \$225
Photoshop Essentials: 3/4-3/29 or 5/6-5/31; \$225
InDesign Essentials: 4/1-4/26 or 6/3-6/28; \$225
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$545

Web Design Certificate

A website's design is the #1 criteria for deciding whether a company is credible or not. Understand what it takes to produce effective web design for today's market of highly saturated digital competition.
Introduction to Web Design: 2/5-3/1 or 4/1-4/26; \$245
Intermediate Web Design: 3/4-3/29 or 5/6-5/31; \$245
Advanced Web Design: 4/1-4/26 or 6/3-6/28; \$245
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$595

WordPress Certificate

Start by building a simple WordPress website or blog: explore CMS, WP installation and setup, page and content creation, administration, themes, working with widgets and plugins, and more. Get advanced knowledge about WP options and features. Learn to modify web pages by hand-coding, learn about simple yet effective search engine optimization (SEO) techniques that improve your website ranking, and much more.
Certificate: 2/5-4/26 or 4/1-6/28; \$495

Certificate In Mastering Computer Skills For The Workplace

Get hands-on experience with the most widely used computer programs in the world, and take away the skills to create professional documents, presentations, and spreadsheets.
Mastering Excel: 2/5-3/1 or 4/1-4/26; \$195
Mastering Word: 3/4-3/29 or 5/6-5/31; \$195
Mastering PowerPoint: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495

Management
Certificates

Management Certificate

Enhance your management skills through this program for supervisors, managers, and emerging leaders. Discover what motivates each generation at work, what incentives they respond to, and what messages they value.
Management Boot Camp: 2/5-3/1 or 4/1-4/26; \$295
Collab. Management: 3/4-3/29 or 5/6-5/31; \$245
Managing Generations: 4/1-4/26 or 6/3-6/28; \$175
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$595

Remote Work Manager Certificate

Discover keys to communicating with and managing remote workers, one of the fastest growing sectors of the workforce. Home workers are 25% more productive than those who work in an office. Working from home is here to stay. Tap into the experience of a CEO managing remote workers for 22 years.
Remote Work./Commun.: 2/5-3/1 or 4/1-4/26; \$245
Manage Remote Workers: 3/4-3/29 or 5/6-5/31; \$245
Remote Work Mgr. Practicum: 4/1-4/26 or 6/3-6/28; \$245
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$595

Non-Profit Administration Certificate

Run it like a business. You have competition, a need to generate income and a surplus. Staff need to be more productive. Get the best training on revenue generation for nonprofits, and program evaluation for nonprofits. Come away with the latest best information from instructors who train people in nonprofits.
Revenue Generation: 2/5-3/29 or 4/1-5/31; \$495
Program Evaluation: 4/1-4/26 or 6/3-6/28; \$245
Certificate (take both): 2/5-4/26 or 4/1-6/28; \$595

Project Management Certificate

Project management provides visibility of project health to the business and the customer, with continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation. It is one of the fastest paths to promotion.
Int to Project Management: 2/5-3/1 or 4/1-4/26; \$195
Project Mgmt. Processes: 3/4-3/29 or 5/6-5/31; \$195
Project Mgmt. Knowledge: 4/1-4/26 or 6/3-6/28; \$195
Certificate (take all 3): 2/5-4/26 or 4/1-6/28; \$495



About Neural Retraining Therapy



Neural Retraining Therapy (NRT) is a self-directed and drug free programming system that uses neuroplasticity to help retrain the brain, and to change maladapted stress responses which are found in many chronic illnesses such as Chronic Fatigue Syndrome,

Multiple Chemical Sensitivity, Fibromyalgia, Chronic Lyme Disease and addictions.

NRT targets brain function to correct stress responses, allowing the body to move from survival mode to a place of repair and new growth. This is where healing can happen.

Never Say Diet Again!
(The Mind-Body Weight Loss System)

Carol Charland-Cliche

This program is unlike other weight loss programs, it is more than a diet...the holistic food plan developed by a physician and scientifically proven is a “way of eating” to manage your weight instead of a diet plan that you go on and off. It addresses two key components for long-lasting weight loss: 1) a holistic food plan that works with how your body digests foods and burns calories; 2) Neural Retraining “Retrain Your Brain” Therapy (NRT) mind-body techniques to eliminate unhealthy eating habits that sabotage weight loss efforts. This food plan helps eliminate gut inflammation, bloat, water weight gain and belly bulge, it balances blood-sugar levels and helps detox the body. Class includes: 75-pg diet eBook *The Mind-Body Weight Loss System* with food plan/sample menus and step-by-step guide to NRT techniques, a daily plan that helps you incorporate it all into daily routine. Bonus: a 30-minute NRT meditation/therapy session to jumpstart your weight loss goals (you can record for reinforcement at home use).

Tuesday, 1/23; 6:00-8:30 pm; Zoom; \$49

Creating your Reality through Meditation

Kathryn Williams

Use meditation with visualization to reach beyond the borders of your current imagination to access new possibilities, new perspectives and new inspiration. Meditation positively affects your health, your relationships, and your professional life along with every other part of life. Join us as we explore being the creators of our own reality. All you'll need is a notebook along with an open mind and heart.

Wednesday, 1/17-2/14; 6:00-7:30 pm; WMS Lib; \$87

Wednesday, 3/6-4/3; 6:00-7:30 pm; WMS Lib; \$87

Successfully Stop Smoking (or Vaping) in 14 Days

Carol Charland-Cliche

Carol's revolutionary “Retrain Your Brain” program is unlike any other method you have used to quit in the past. It uses a powerful combination of NLP Neurolinguistics and modern neuroscience discoveries in brain neuroplasticity to release “stuck” habits stored in the brain. The 14-day program gets to the root cause of why you smoke and eliminates it! It releases old habits “stuck” in the brain going back to when you first started smoking... even if that was a teenager! It does not matter how long ago you started...this program can help you quit. Class includes: free coaching support after class and eBook “Retrain Your Brain to Successfully Stop Smoking” the 14-day program with step-by-step guide to proven NLP techniques to help you quit. Bonus: 30-minute smoke cessation NLP therapy session (in-class) to jumpstart quitting (you can record for reinforcement therapy for home use).

Thursday, 1/25; 6:00-8:00 pm; Zoom; \$49

Creating Wellness with Medical Guided Imagery

Carol Charland-Cliche

Learn medical guided imagery skills to boost wellness, relieve stress, lose weight and sleep peacefully. Guided imagery, sometimes called visualization meditations, mental rehearsal or guided self-hypnosis is easy to do and learn. It has many health benefits. It elicits a very daydreamy relaxed state of mind for deep stress relief, peaceful sleep and overall well-being. Learn how to correctly write guided imagery scripts, how to use powerful word suggestions to elicit habit change and tap into the mind-body connection to achieve wellness goals. Once you learn how to correctly word and write imagery scripts you can use the skill to achieve other goals; changing habits, to eat healthy and lose weight, sports performance. Class includes Instructional eBook with sample guided imagery meditation scripts you can record on mobile phone recorder and use for promoting wellness. Bonus: a 30-minute (in class) NRT therapy session to promote wellness (you can record for home use).

Thursday, 2/6; 6:00-8:00 pm; Zoom; \$49



Women's Health Series

Carole Freeman

The Female Brain in Stress – Monday, 2/5; 6-8 pm; Zoom

Most of the brain development that determines a woman's sex-specific circuits happens during the first 18 weeks of pregnancy. We inhabit primitive bodies built to live in the wild. Our perception of reality and stress responses are uniquely female and were designed to react to physical danger and life-threatening situations.

Women, Hormones & Superpowers–Monday, 2/12; 6-8 pm; Zoom

The female brain is so deeply affected by hormones that their influence can be said to create a woman's reality, and can shape her values and desires.

Pain Matters - Monday, 2/19, 6-8 pm; Zoom

A woman's guide to understanding and managing pain.

Learn how women experience pain differently from men.

Informative, engaging, and empowering for women who want to better understand their pain.

Pelvic Floor Strength & Function - Monday, 2/26, 6-8 pm; Zoom

Explore the anatomy and function of the pelvic floor muscles, and how they relate to core and spine stability.

Learn how to identify and treat different types of pelvic floor dysfunction, such as weakness or tightness.

A Positive Guide to Menopause-Monday 3/4, 6-8 pm; Zoom

Find reasons to feel great about life after menopause. We'll discuss the huge change that occurs, including, who you are, and who you want to become as outdated roles fall away and you give yourself permission to become more yourself.

Series is \$85. Individual sessions will be recorded.

A Female Advantage

Carole Freeman

Why Fitness is Different for Women - Wed., 2/7; 6-8 pm; Zoom

Women are not just smaller, weaker versions of men. We'll help you map your own fitness course that considers your anatomy, physiology, hormones and unique strengths.

Improve Breathing Capacity - Wed., 2/14, 6-8 pm; Zoom

Learn to adopt the habit of more functional breathing, reduce shortness of breath on exertion and have more stamina.

Increasing Respiratory Strength & Endurance

Wed. 2/21, 6-8 pm; Zoom

Learn how to open those airways, take in more oxygen, strengthen your diaphragm and have more energy and endurance to do those things you want to do while reducing shortness of breath.

Women's Hormones and Cardio - Wed., 2/28, 6-8 pm; Zoom

Build endurance, burn more fat, reduce strain. Learn new guidelines about when and how to train, that consider your female body and brain.

Core Strength Training for Spinal Stability

Wed., 3/6, 6-8 pm; Zoom

How to improve core strength, back and spinal stability.

Improve balance, coordination and the importance of optimal breathing with pelvic floor function.

Series is \$85. Individual sessions will be recorded.

The Maine Death with Dignity Act

Valerie Lovelace

Misunderstanding and misinformation about Maine's compassionate end-of-life care option still exists, with many providers and patients still unaware of this Act. Since September 2019 Maine law permits physicians to practice medical aid-in-dying under specific circumstances. Come hear about this law, learn how to have this conversation with your physician, and how to gain support you or a loved one may need. Bring note-taking supplies - there will be lots of information!

Thursday, 1/25; 6:30-8:00 pm; Zoom; Free

Inner Thoughts:

Approaching Life's Emotional Challenges

Vary Fischer, RN

Feeling burdened with old hurts and memories? Let's change that up and release some freedom for our emotional energies!

This brief but purposeful workshop will explore just how our inner parts work. Come to understand how to “be” in the present and stop carrying the baggage of past traumas. Put to rest old frustrations and unfulfilled intentions and move on to a present and a future with more focused emotional energy. Specify session when registering.

Thursday, 2/1; 6:30-8:30 pm; WRAE; \$42

Thursday, 3/14; 6:30-8:30 pm; WRAE; \$42

Hypnotherapy with Hugh Sadlier, Hypno-Health

Hugh Sadlier, M.Ed., Board-Certified Hypnotherapist, has been practicing hypnosis in Maine since 1991. He developed and uses a unique way of empowering people to achieve optimal well-being.



Hypnosis - A Basic Introduction

Hugh Sadlier, M.Ed.

Learn how to enter a comfortably relaxed, self-hypnotic state and be able to return to that state anytime you desire. You can simply enjoy the deeply relaxed feelings or work with your inner mind to make changes within yourself and in your life.

Tuesday, 3/19-3/26; 6:00-8:00 pm; WMS Library; \$54

Hypnosis for Successful New Year's Resolutions

Hugh Sadlier, M.Ed.

Say “goodbye” to the old way of using only your conscious mind and will-power (8% success). Use your subconscious mind to dramatically increase your ability to reach your goal (100%).

Tuesday, 1/16-1/23; 6:00-8:00 pm; WMS Library; \$45

Relieve Chronic Pain with Hypnosis

Hugh Sadlier, M.Ed.

Think of chronic pain as a serious issue, but also a symptom of what caused it. Hypnosis can help you identify the underlying cause(s), disconnect their impact, and relieve (and possibly eliminate) the pain.

Tuesday, 4/23-4/30; 6:00-8:00 pm; WMS Library; \$54

Sebago Lake Kayak Lesson and Historical Tour

Bill Allen & Katelyn Perry, Sebago Trails Paddling

Join the Registered Maine Guides at Sebago Trails for an on-the-water adventure. This two-hour course will begin with a safety briefing and lesson covering the fundamentals of recreational kayaking. Using the EZ launching system at Sebago Trails Paddling, the tour will explore the water-carved bends and twists of a meandering stream, unveiling local wildlife in a rustic backdrop. Then continue on to Jordan Bay of Sebago Lake as the guides share stories dating back to the settlements of the region. Come for the beautiful lake views and leave with your new favorite hobby! This is a great experience for anyone looking to get outdoors. Perfect for first time kayakers and experienced kayaking enthusiasts. Sebago Trails Paddling will provide: Kayak, Paddle, Lifejacket. **Saturday, 5/18; 11 am-1 pm; Sebago Trails Paddling; \$49**
Sunday, 5/19; 11 am-1 pm; Sebago Trails Paddling; \$49



Map & Compass Basics

Brad Rounds

Map and Compass Basics is a Next Step program from Maine Inland Fisheries and Wildlife. This workshop teaches use of maps to obtain distance, direction, and detail information and how to use an orienteering compass. Also learn how to use map and compass together. If you have a preferred compass bring it, but loaners are available. It's a combination indoor/outdoor session.

Thursday, 5/2; 5:30-8:00 pm; WRAE; \$19

Maine Boating Safety

Brad Rounds

Participation in a boating education course will teach you how to properly operate and maintain a boat. The Maine Inland Fisheries and Wildlife course is approved by NASBLA. Passage of a final exam is required. The course covers proper operation and safety (boat handling, equipment, trailering), laws, emergencies and cold-water survival, self-help first aid, and environment/ethics. You must attend the entire course to receive your certificate.

Wed/Thu, 5/22-5/23; 5:15-8:30 pm; WRAE; \$19

Drone Training

Daniel Leclair

Does the idea of owning and flying a drone appeal to you but you're not sure of all the ins & outs - or all the applications drones have? Discover the operation of various models, hands-on flight practice, uses across industries, FAA regulations, risks, insurance, career opportunities & more! Working (or thinking about a career) in real estate, construction, transportation, insurance, public safety, photography? Discover how Mainers are using drones in their business settings, and how you could start your own business! We'll also talk about opportunities for further training! There's a good bit of technical reading involved, and you should be comfortable browsing the internet.

Saturday, 3/30-4/13; 9 am to 1 pm; WRAE; \$179



Trail Wise

Brad Rounds

Start from ground zero, or learn more about hiking as well as getting prepped for snowshoe and off-track ski excursions in the Maine woods. Maine has literally thousands of miles of woodland trails accessible for various uses. This "101" program provides information for being on the trails



in all four seasons. Topics include methods of hiking/snowshoeing, reducing risk, tools of the trade such as packs and trekking poles, clothing, trail marking, trail guides, weather, getting lost, stream crossings and more.

Wednesday, 4/10; 5:15-8:30 pm; WRAE; \$19

Animals Around Us

Brad Rounds

Get great information about wildlife common to Southern Maine and the White Mountains. Designed for hikers, woods-walkers, hunters and anyone who enjoys animals. It's all about signs: prints, scats, tracks, habits, and sounds. Why learn about animal sign? Because there is a lot more of it to experience than animals themselves and adds a fun dimension to time in the woods, even if your guesses are wrong some of the time!

Thursday, 3/7; 6:00-8:15 pm; WRAE; \$19



Gold Prospecting

Kevin Frost, Maine Guide School 360

Here's the coolest class you'll find this coming Spring! We'll talk about prospecting and panning techniques, including the basic set up you'll need. Learn how to read the river, and where to legally hunt for gold in the rivers of Maine! Kevin will lay it all out for you - a great adventure to have with your friends! or your kids! or all by yourself!

Tuesday, May 21; 4:30-7:30 pm; WRAE; \$49



Basic Drawing from Life

Patrick Corey

Ever wondered how artists draw what they see? In this basic drawing course we will create artwork by observing still life objects. Topics discussed will include light, tone, composition, techniques for pencil and wash drawing, form, and art supplies. A suggested supply list will be provided.

Thursday, 1/25-2/15; 6:00-8:00 pm; WRAE; \$59

Tuesday, 3/19-4/9; 6:00-8:00 pm; WRAE; \$59



Basic Landscape Drawing

Patrick Corey



There's no better way to draw a landscape than to experience and observe it in person. Learn about the tools, materials, and techniques plein air artists use to capture their natural surroundings using pencil and wash on paper. The initial class will

take place inside where observational drawing, composition, approach, and supplies will be discussed. The following three classes will take place at selected locations within five miles of the WRAE classroom. A suggested supply list will be provided.

Thursday, 4/25-5/16; 5:30-7:30 pm; WRAE; \$59

Woodcut Watercolor Printmaking

Chris Newcomb

Woodcut Watercolor Printmaking is a unique and enjoyable art form and this workshop is a great starting place for those who are new to watercolor and the perfect place for those with experience to broaden their skill range. Although one can produce realistic imagery, this process makes it quite easy to explore abstract designs. The focus of this workshop will be learning and practicing the creative process through printmaking. Creativity enhances every aspect of our lives by providing more meaningful and rich experiences.

The creative process is accompanied by both uncertainty and courage, disappointments and pleasant surprises, spontaneity, and often a good deal of laughter. Previous students have shared how much they loved the class and appreciated the focus on the creative process. They also expressed their joy in having a place and time to work on an art project with other creative people in the room. "It's like being in art school again!" was a common theme. (Check out woodcut watercolor prints on google images or at www.chrisnewcombart.com). There is an additional materials fee, payable directly to the instructor at class. Please see website for details and supply list. There is an additional materials fee, payable directly to the instructor at class. Please see website for details and supply list.

Tuesday, 2/6-3/5; 6:00-8:00 pm; WRAE; \$96

Tuesday, 4/23-5/14; 6:00-8:00 pm; WRAE; \$96

Basic Watercolor from Life - Beginner/Intermediate

Patrick Corey



Watercolor is a great medium for creating artwork from life. In this course we will create watercolor drawings of still life objects. Topics discussed will include colors and how to mix them, brushes, basic techniques including wash and dry brush, process,

and art supplies. A suggested supply list will be provided.

Monday, 1/22-2/12; 6:00-8:00 pm; WRAE; \$59

Thursday, 2/29-3/21; 6:00-8:00 pm; WRAE; \$59

Watercolor - Intermediate/Advanced

Charlene Lee

If you have experience with watercolor painting and are ready to take it to a higher level, this class is for you. Join other intermediate and advanced watercolorists to learn more about composition, explore new painting techniques, and expand your color palate. Each class includes a carefully planned lesson with a sample drawing, color suggestions, painting techniques, and helpful feedback - all within a fun, supportive environment. Students are strongly encouraged to paint between classes and bring in their work to share with the teacher and classmates.

Wednesday, 2/7-4/24; 1:00-3:00 pm; Windham Veterans Ctr.; \$130



Trees of Life

Tree of Life Ornament

Tammy Mullen

Come join local artist Tammy Mullen and learn to make Gemstone Tree of Life ornaments. You will choose from a variety of semi-precious gemstones - citrine, amethyst, aquamarine, jasper, amazonite and aventurin. Along with gold or antique copper wire, we will create a beautiful 3-inch tree of life ornament. All tools provided. Materials fee of \$12.50 (cash please) payable to instructor at class. Tuesday, 1/30, 6:30-8:30 pm; WHS Closed Cafe; \$29



Tree of Life on Stone Base

Tammy Mullen

Create this beautiful ornamental piece of art for a special spot in your home or to give as a beautiful gift. Choose from a variety of semi-precious gemstones, gold or antique copper wires and a variety of stone bases. We'll be crafting a 4" Tree of Life and will be attaching it to the stone

base. Due to drying time, it will be necessary to let it cure, and come back to pick it up two days later. Materials fee of \$16.50 (cash please) payable to instructor at class. Tuesday, 2/13, 6:30-8:30 pm; WHS Closed Cafe; \$29

Fresh Flower Workshop

Courtney King

We love to receive a delivery of those artfully-crafted bouquets, don't we? Inspired by their beauty, we think "I could do that... I could make a beautiful arrangement like that..." And then, the reality... an awkward cluster of drooping blooms that just doesn't quite "get there." If that sounds familiar, put this night on your calendar and register early to get your spot!

Using fresh flowers, Courtney will wow us with basic floral arranging techniques as well as some interesting points about the flowers we're using. The end result will be a beautiful bouquet to take home! Materials fee of \$20 (cash please) is payable to the instructor at class.

Thursday, 1/18, 6:00-7:30 pm; WRAE; \$19
Monday, 2/26, 6:00-7:30 pm; WRAE; \$19



Let's Play with Polymer Clay!

Polymer Clay Jewelry

Maire Trombley

Discover making 3D items out of polymer clay and turn those masterpieces into earring, pendants, pins or magnets! All tools and supplies will be provided as well as findings to turn your creations into wearable art. Students typically create 3-5 mini projects in a one-night class, ready to gift or keep!

Wednesday, 1/17, 6:00-8:00 pm; WHS Closed Cafe; \$45



Playing with Polymer Clay Canes

Maire Trombley

Craft something amazing and special for... Valentine's Day gifting... or just for yourself! We'll be creating from polymer clay canes - logs of clay making a design that runs the entire length of the cane that are then sliced to create many "beads" or "tiles" to create a larger piece of art. The possibilities are endless! All tools



and supplies will be provided.

Wednesday, 2/7, 6:00-8:00 pm; WHS Closed Cafe; \$45

Polymer Clay Easter

Maire Trombley

How fun are these? Maire's creativity is really amazing! Tuck some of these mini cuties into your Easter Baskets - or create an adorable decoration for your Easter brunch or dinner table! Lots of design options - bring your ideas! All tools and supplies will be provided.

Wednesday, 3/6, 6:00-8:00 pm; WHS Closed Cafe; \$45



Want to Offer an Enrichment Class at WRAE?

Sue Colley, WRAE Enrichment Coordinator

If you've been browsing through this catalog, you already know...WRAE has a fantastic variety of opportunities for folks to learn, exercise, socialize, explore and create. But we are always looking for more!

Thought about sharing one of your interests or talents with others? Offer a class in adult education! Teaching adult ed enrichment classes is all about sharing what you know with others who "want to know what you know"! We'll walk you through the process. It's easy. It's fun.

Contact Enrichment Coordinator Sue Colley at WRAE!
Email: wrae@rsu14.org or call 207-892-1819.



Porch Sign Painting

Gabrielle Lovi

You have seen these tall wood signs propped up on people's front entrances. Now you can make them yourself. These signs are 48" tall and 9.5" wide. You get to choose ahead of time your stencil with many designs to choose from and your projects background paint/stain color. When you arrive to class you get to do all the fun stuff. There will be a lot of paint colors to choose from to make your project your own. The class is instructor-led, so you will have the experience of Gabrielle to guide you along

the way. Learn how to avoid those nasty bleeds on your project and stencil with confidence. When you leave, you take home that evening a beautiful project. Materials fee of \$20 (cash please) is payable to the instructor at class.

Thursday, 2/8; WHS Closed Cafe; \$50



Stay Connected & get the first scoop on new things!

<https://www.facebook.com/windhamraymondadulthood>

Wood Sign Painting

Gabrielle Lovi

So much fun to be had! Gabrielle has so many designs to choose from. You get to choose ahead of time your stencil design and your project's background paint/stain color. When you arrive to class you get to do all the fun stuff. There will be a lot of paint colors to choose from to make your project your own. The class is instructor-led, so you will have the experience of Gabrielle to guide you along the way. Learn how to avoid those nasty bleeds on your project and stencil with confidence. When you leave, you take home a beautiful project! Materials fee of \$15 (cash please) is payable to the instructor at class.

Thursday, 1/25, 6:00-8:00 pm; WHS Closed Cafe; \$40

Thursday, 3/7, 6:00-8:00 pm; WHS Closed Cafe; \$40



Spring Felt Flowers

Gabrielle Lovi

Oh my goodness... how unique and beautiful are these spring flowers?? Learn how to create beautiful flowers out of felt to build a bouquet for spring! Materials fee of \$20 (cash please) is payable to the instructor at class.

Thursday, 4/11, 6:00-8:00 pm; WHS Closed Cafe; \$25



Pottery: An Invitation to Clay

Leah Gagne

Our beginning clay classes cover the basics of handbuilding and/or throwing on the potter's wheel. Create mugs, bowls, art, and other fun and inspiring pieces. Enjoy your time and let your creativity flow while you experience something brand new! We'll talk about all the stages - clay, creating, glazing, and firing. Bring lots of ideas and have some fun! Specify session when registering. Course fee includes 25 pounds of clay, limited glazes and firing. Students are expected to purchase and bring a pottery tool kit - see Amazon for many options in the \$15-\$25 range.

Monday, 1/22-3/4 (no class 2/19);

5:00-7:30 pm; WHS Rm 305; \$169

Monday, 3/18-4/29 (no class 4/15);

5:00-7:30 pm; WHS Rm 305; \$169



Open Pottery Studio

Hillary McHugh

We've added a week and increased class time by 30 minutes per week! So, here's a great opportunity for former or current pottery students who just want a little more studio or wheel time. The course fee covers firing, limited glazes, other studio resources, and instruction as needed. It does not cover clay. You are welcome to bring your own clay (with instructor approval), or you may purchase a 25-pound block from WRAE for \$28.

Students are expected to purchase and bring a pottery tool kit - see Amazon for many options in the \$15-\$25 range.

Saturday, 1/20-3/2 (no class 2/24);

10 am-12:30 pm; \$149; WMS Field Allen

Saturday, 3/16-4/27; (no class 4/20);

10 am-12:30 pm; \$149; WMS Field Allen

Exploring the Wonder of Iceland! *June 21 to Sunday, June 30*
WRAE & Nancy Dorrans, Adventure Marketplace

Join us on our 9 day private tour as we travel along the (circumference) Ring Road of Iceland! We will explore the Lake Myvatn area, the Jokulsarlon Glacier Lagoon, the Golden Circle and many other magnificent spots in Iceland. Experience some of the most spectacular scenery from rugged coastlines and glacial valleys, some of Europe's largest and most powerful waterfalls, hot spring spas, and traverse otherworldly, volcanic landscapes!

Includes:
Inclusions: 8 nights accommodations, breakfast daily (except arrival day), full time driver & private guide, daily transportation and tours as noted.
Not included: Travel Insurance, International Airfare (which will be arranged by Adventure Marketplace closer to trip date), Meals not listed, Gratuities, personal items.
Tentative Itinerary:

Day 1 (Arrival): Pick up at Keflavik Airport, travel to Borgarfjordur region, Hraunfossar waterfalls, Barnafoss rapids
Day 2: Hvammstangi (Iceland Seal Center), valley of Vatnsdalur, village of Hosfos
Day 3: Akureyi, Myvatn geothermically heated bathing lagoon, Dettifoss Waterfall
Day 4: The East Fjords area – Borgarfjordur Eystri, Seydisfjordur, Djupivogur
Day 5: The South East – Jokulsarlong Glacier Lagoon, Skaftafell National Park
Day 6: The South Coast Black Beaches & Waterfalls – Reynisfjara, Skogafoss
Day 7: The Golden Circle – Pingvellir National Park, Gullfoss waterfall, local dormant & active geysers
Day 8: Reykjavik, northernmost capital city in the world – museums, shops and cafes
Day 9 (Departure): The Reykjanes Peninsula, possible hike to regularly erupting volcano. Return transfer to Keflavik Airport

Tour Prices based on a minimum of 14 travelers:
Land package rate: \$4989 per person, based on double occupancy lodging; Single Supplement: \$1395 per person.
Payment breakdowns/dates: Per Person Single \$1275 due at registration • \$2600 due Feb. 16 • Balance (+/-) \$2509 due Apr. 12
Per Person Double \$1000 due at registration • \$2000 due Feb. 16 • Balance (+/-) \$1989 due Apr. 12



Cape Cod & Nantucket Daffodil Festival Motorcoach Tour
Nancy Dorrans, Adventure Marketplace



Join us April 26-28 for the annual "Three Million Daffodil Celebration" on Nantucket. We will depart Portland, Maine, head south and spend 2 nights in Hyannis. Saturday we'll hop on the high-speed ferry (across the street from our hotel) to Nantucket for the annual Daffodil Festival on Saturday. Enjoy the Daffodil Festival's grand event - the Annual Antique Car Parade, which features over 100 daffodil-bedecked vintage cars. Wear your daffy hat, watch the car parade and welcome spring!

Minimum: 25 (Max 48) Participants required to guarantee this departure
Includes:

- Transportation (Roundtrip coach from Portland (and points south)
- Tours to Glass Museum and Harvard MNH Glass Flower Display
- Accommodations (2 nights stay at the Hyannis Harbor Hotel) with breakfast
- Ferry Ticket from Hyannis to Nantucket for the festival and parade
- Escorted (Services of a Professional Tour Director)
- Taxes/Fees (All Hotel Taxes / Fees / Baggage Handling)

Not included:
•Meals (Any Meals not listed on inclusions)
•Gratuities (Gratuities to your coach driver and tour director, -recommended \$5 per person, per day; any local guides and housekeeping staff -recommended \$2-3 pp per day
•Misc (All items and expenses of a personal nature.)
•Trip Insurance (Optional- Contact Nancy@adventure-marketplace.com.

Rates/Payments:
•Rates from \$559 to \$809 per person depending on room type
•\$150 per person deposit due at registration; Balance due by March 27, 2024
Reservations:

Contact nancy@adventure-marketplace 207-712-5699 or for complete Itinerary details and to register visit www.adventure-marketplace.com

UK Spring Garden Tour - Snowdonia, Cotswolds & the Chelsea Flower show, Wales & England
Nancy Dorrans, Adventure Marketplace



Cross the "Pond" May 11-23 and wander through Wales' largest National Park in Snowdonia. We'll amble through the rolling green hills of the Cotswolds, visit Shakespeare's theatre in Stratford-Upon-Avon, experience Stonehenge and conclude our adventure with three nights in historic London with one full day to explore London's top attractions followed by the grand finale; The Royal Horticultural Society's Chelsea Flower Show, the world's "greatest flower show" bursting with horticultural inspiration in sustainability.

Escorted by local botanist Andrea Southworth (the Ecology Project Manager for Friends of Fort Williams Park & instructor at SMCC)
Minimum: 12 (Max 24) Participants required to guarantee this departure.
Includes:

- 11 nights in deluxe 4* Hotels with breakfast daily
- Full time driver and professional tour leader
- Admissions and guided garden tours (Stratford-Upon-Avon & Stonehenge)
- Free Day in London with Hop on hop off pass
- Admission to Chelsea Flower Show
- All hotel taxes, fees and baggage handling

Not included:
•International Airfare, Trip Insurance, Meals not listed, Gratuities, Personal items
Rates/Payments:
•Land Package Rate: \$4959 per person based on double occupancy
•Single Supplement: \$1000 per person
•20% Deposit Due at Registration / Final payment and additional terms/conditions sent at registration

Reservations:
Contact nancy@adventure-marketplace 207-712-5699 or for complete Itinerary details and to register visit www.adventure-marketplace.com

Boston Hong Kong Dragon Boat Festival
Guided by Chris Toy

Sunday, June 9th is the date for this day of fun and exploration with adventurer-extraordinaire Chris Toy! We'll board the Amtrak Downeaster in Portland and travel in comfort to North Station in Boston. A quick subway ride takes us close to the John W. Weeks



Footbridge on the Charles River in Cambridge where we'll get to experience many cultural activities along Memorial Drive. Events include: food vendors, parades, dancers, drummers, martial arts demonstrations, cultural arts and crafts. We'll cheer on our favorite Dragon Boat racers. When we've had our fill of excitement, we'll meander over to Chinatown and choose one of Chris' favorite dimsum restaurants. After making our way back to North Station, we'll hop on the Downeaster's 4:15 train and relax on our way back to Portland.

Walking shoes are highly recommended. Plan for "iffy" weather. Bring funds for souvenir purchases and dimsum lunch.
Trip includes: Round trip Downeaster ticket, subway ticket, professional guiding by Chris Toy!
Sunday, 6/9; 7:30 am-7:30 pm; \$159

Acadian Arts Retreats

Make an adventure of it with **Acadian Arts Retreats**, dedicated to Watercolor Painting or Asian Fusion Cooking! Mary Laury and Chris Toy will be certain to enrich your life over the course of a wonderful get-away.

All meals are included in the workshop fee, as well as specially planned optional evening activities designed to extend your learning from the day's workshops. Day students are welcome and the event fee of \$495 covers workshops and meals. Lodging is available at each location and the details regarding accommodations are noted on our website, www.windham.maineadulted.org. Search "Acadian Arts."

Acadian Arts Asian Fusion Cooking or Watercolor Retreats
Chris Toy & Mary Laury



Chris Toy is the author of 6 popular cookbooks, a private chef, and has taught Asian-fusion cooking for several Maine community education programs. Learn how to prepare a variety of recipes from Asia, Europe, and the Americas incorporating traditional and local ingredients. Each meal will actively engage cooks with the tools, techniques, and stories behind the dishes being created.

Mary Laury is an accomplished watercolorist and highly esteemed teacher. She encourages all her students to believe they can be successful. Painting is an exciting medium; it flows and moves and does beautiful things. Beginners to advanced welcome! We all learn together!



Broadway, Birds and Blooms-NYC Spring Adventure
****April 17-20, 2024, Nancy Dorrans Adventure Marketplace**

There's something special about New York City in Springtime when the buds are busting, birds are singing and Broadway is hoppin! Please join us April 12-15, 2024 as we travel from Portland and points south (during April School Vacation) We'll spend three nights at the lovely Belvedere Hotel in Times Square, with our tour escort we'll experience a Broadway show, explore the Brooklyn Botanical Garden and discover extra insider experiences...
Minimum: 25 (Max 48) Participants required to guarantee this departure.

- Includes:**
- Roundtrip transportation from Portland and points south
 - 3 nights at the sophisticated Belvedere Hotel West 48th Street
 - Admission to a Broadway Show (To Be Announced)
 - Free time to explore city
 - Optional bus tour of the Big Apple's highlights ending at the 9/11 Memorial
 - Optional tours & show tickets available
 - All taxes, fees, and baggage handling.
 - Services of a tour escort throughout.

Not included:
•Meals, •Gratuities, •Trip Insurance, •Personal Items
Rates/Payments:

•Rates from \$989 pp Quad; \$1,049 pp Triple; \$1159 Double 1 bed; \$1169 Double 2 beds, \$1569 Single - depending on room type
•\$250 per person deposit due at Registration
•Final payment due on or before March 8th, 2024

Reservations:
Contact nancy@adventure-marketplace 207-712-5699 or for complete Itinerary details and to register visit www.adventure-marketplace.com



****date changed**

2024 Acadian Arts Retreats
Homeport Inn and Tavern, Searsport

The Homeport Inn and Tavern has 9 private suites tastefully updated with comfortable furnishings. There's live music each evening in the tavern. Specially discounted rates including breakfasts, are available by contacting the Inn.
1/12-1/15; \$495

Harbor View House, Prospect Harbor

Escape to a Victorian Inn, the Harbor View House in Prospect Harbor on the coast of Maine, with an intimate group of artists, cooks and creatives! To book your stay at the inn call 207-963-9122 or visit https://harborviewhousellc.com/.
4/4-4/9; \$495

Roosevelt Campobello Park, New Brunswick Canada

Step back to a time when President Franklin Roosevelt, Eleanor, and their family escaped to their "beautiful little island" in the Canadian Maritimes, Campobello Island. We will be exclusive guests of the international park, staying in historic Victorian cottages. Register for the retreat then call Sherry Mitchell at 506-752-2922 to make room reservations. Acadian Arts Retreats participants will have exclusive overnight accommodations in the park.
6/21-6/23; \$495

Intro to Improvisational Theater

Tom Nash

Join seasoned actor and director, Tom Nash as you participate in theater games and exercises, and hone your improvisational acting skills. Explore various acting techniques aimed at creating unique vivid characters and enhancing your ability to improvise. This active, participatory course will help you delve into the psyche of a character

and discover the potential of communication via movement and gesture along with the spoken word. Enjoy scenario development and perform some short scenarios with your new “troupe”. No previous acting experience is required. While this is not comedy improv, participants are guaranteed to experience much laughter and fun!

Thursday, 1/25-2/15; 6:00-8:00; WMS Library; \$54

How to Dress for your Body Shape

Candace Sanborn

Learn simple techniques to create the illusion of a slimmer body or more curves! Dressing for illusion is about learning how to wear color, clothing styles and embellishments to trick the eye in to seeing something different on the body than is really there, such as slimmer hips, a flatter stomach, more curves, or a taller, leaner figure. Learn simple techniques to look your best!

Tuesday, 1/23; 5:30-7:30 pm; WMS Cafe; \$29

Best Hairstyles, Glasses & Necklines for your Face Shape

Candace Sanborn

Learn what looks good for your face shape! In this fun class you'll learn all about your face shape and receive tips, hairstyle do's and don'ts, as well as best glasses, clothing patterns and necklines for your features. Come on your own or grab a friend and learn some great tips that will help you look your best!

Thursday, 2/15; 5:30-8:30 pm; WMS Cafe; \$29

Best Clothing & Makeup Colors for your Coloring

Candace Sanborn

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!

Thursday, 3/7; 5:30-8:30 pm; WMS Cafe; \$29



Introduction to Fiction Writing

Jacqui Lipton, UGotClass

Designed specifically for those with little-to-no fiction writing experience, find your pathway towards 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.

2/5-3/1 or 4/1-4/26;

Online on your schedule; \$195



Tell the Truth, but “Tell it Slant”
Creative Nonfiction Writing
for Beginners

Kymberly Dakin-Neal

Creative Nonfiction (CNF) is a new writing genre with fun and interesting applications for beginning writers. Are you yearning to write a memoir? An opinion piece, a play, poetic or journalistic essays? This class will get you off to a great start with surprising techniques and prompts to spur your curiosity and imagination. CNF provides the perfect venue to share your unique voice with the world!

Wednesday, 1/17-2/28; 6:00-7:30 pm; WHS Library; \$69

Make a Difference

Roy Gedat, Americorps

Make a Difference in your community by enrolling to lend your ability to advance a well-thought-out project and program with Americorps. Receive a stipend, health benefits and an education award for post-secondary tuition/fees. Hear more about how you can enlist through Americorps at this free seminar.

Thursday, 1/25; 6:00-7:00 pm; WRAE; Free

Thursday, 4/25; 6:00-7:00 pm; WRAE; Free

Create an Estate Plan for your Future

Mark Morrison

Plan for the future with an estate plan. Put yourself in control of your financial legacy. Topic will focus on strategies you can use to care for the people and things you love most while leaving a lasting and meaningful legacy.

Wednesday, 3/20; 6:00-7:30 pm;
WHS 130; \$19



Maximizing Social Security
Benefits and Live the Life
You've Earned!

Mark Morrison

Can Social Security provide the income you need in retirement? Let's figure out how to make the most of it! Make determinations on how much income you'll need in retirement and how to identify potential income sources to make your savings last.

Wednesday, 4/24; 6:00-7:30 pm; WHS 130; \$19

The Basics of Bookkeeping

Sharon deFonteny, UGotClass

Whether you are looking to advance in your career, or you're an entrepreneur, (or maybe you are a part of a family business), this course will help you if you are looking to understand the numbers and record every penny that comes into your business and every penny that goes out of your business. All of the money you spend, and all of the money you earn, have a place to go. Learn where the numbers go, and why! Master bookkeeping terminology as well as what it means to keep track of the numbers.

3/4-3/29 or 5/6-5/31; online on your schedule; \$195

Discovering ASL: Adventures in American Sign Language
Tristan Petersen

WRAE is excited to announce a “you-asked-for-it” class, Discovering ASL: Adventures in American Sign Language! Start with the basics of ASL communication – numbers and fingerspelling.

Move on to common words and phrases, and advance on to higher-level concepts. Enjoy an easy, relaxed atmosphere while you practice ASL and experience the nuances of deaf culture.

No class 1/27 or 2/20.

Tuesday, 1/23-3/5; 6:00-7:00 pm; WHS Lib.; \$68

Tuesday, 3/12-4/23; 6:00-7:00 pm; WHS Lib.; \$68



Get the Most from your Auto Insurance

Rachel McCombs

Are you new to driving in Maine? Not sure what all the questions on your insurance application mean? Wondering what level of insurance you really need for your vehicle? Does your insurance agent profit from your policy? These are some of the questions to which Rachel will provide answers, insights and more. Rachel works in Portland and enjoys helping folks navigate the insurance process to their best benefit. Specific claims questions cannot be addressed in this session.

Monday, 3/4; 6:00-7:30 pm;

WRAE; \$23



AARP Smart Driver

Andrew Grant, AARP

Welcome to the nation's first refresher course specifically designed for drivers aged 50 and older. In this simple format, brush up on your driving abilities and knowledge of traffic regulations. Driver distractions, using safety features on cars properly, left turns, right-of-way and roundabouts are some of the topics covered. There are also state-specific rules and regulations in 19 important areas such as construction zones, child safety seats, school buses, cell phone use and more. Help lower accidents and traffic penalties while learning something new. Materials fee (\$20 for AARP members, \$25 for non-members) payable to instructor at class.

Thursday, 4/4-4/11; 6:00-8:00 pm; WRAE; \$19

Podcasting - Boost your Business!

Matt Honsberger, UGotClass

Businesses are turning to podcasting to grow their brand and connect with customers. People with a niche hobby are turning podcasts into a business. Podcasting is experiencing a rebirth as mobile devices are everywhere. The intimate nature of the audio medium allows potential clients to get to know who you are and determine if you are the kind of company with which they want to do



business. Learn how to take your business or hobby and turn it into a podcast. This step-by-step class will take you from start to finish and cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear.

2/5-3/1 or 4/1-4/26; online on your schedule; \$245

Mastering Computer Skills for the Workforce

UGotClass

Get hands-on experience with the most widely used computer programs in the world, and take away the skills



to create professional documents, presentations, and spreadsheets. Whether you're looking to enhance your current career or launch a new one, this certificate program will equip you with the skills you need to succeed in today's digital world. Earn a certificate that demonstrates your mastery of computer skills for the workplace by taking all three classes in this series. Discover the power of Microsoft Excel to create, edit and manage spreadsheets, master the art of professional document creation with Microsoft Word, and bring your proposals and presentations to life with Microsoft PowerPoint.

Excel: 2/5-3/1 or 4/1-4/26; online on your schedule; \$195

Word: 3/4-3/29 or 5/6-5/31; online on your schedule; \$195

PowerPoint: 4/1-4/26 or 6/3-6/28; online on your schedule; \$195

Certificate bundle all three: 2/5-4/26 or 4/1-6/28; \$495

Cutting the Cord:

Getting TV & Phone Services over the Internet

Jessica Trimmer and the National Digital Equity Center

What does it mean to “Cut the Cord”? It's about canceling cable or satellite services and being able to watch television shows online, as well as options that would allow you to get rid of your landline. This class will not only show you the wide variety of options out there, but also teach you some tools to decide if cutting the cord is right for you. No devices are required; just bring yourself.



Friday, 2/23; 10-11 am; WRAE CL - Online interactive; Free

In 2014, BoomerTECH Adventures was born when three Maine educators—Ed Brazee, Jill Spencer, and Chris Toy—decided to repurpose instead of retiring. Ed suggested to Jill and Chris that there were 70 million Baby Boomers out there and many of them needed help with their digital lives. Wouldn't it be interesting and fun to find ways to help them!

Jill was a teacher, international consultant, and author of several books on middle-level education. Chris was a middle school principal, international consultant, and author of six fabulous cookbooks. Ed was a professor at the University of Maine, book editor, and consultant.



Better Use of your iPhone and iPad!

Introduction to iPhone Basics

BoomerTECH Adventures

Most iPhone users don't access all of the available iPhone features. Learn to use your iPhone to the best possible advantage. Critical features covered include Apple ID and password; structure of the iPhone (buttons and how they work); best apps to have and how to get them; how to text, phone, FaceTime, and email; how to use the Control Center; mastering Settings; updating operating systems; using key apps; and more. Includes the latest iOS updates and the unique features of the newest iPhones.

Open Enrollment - take it when you want; Online; \$38



Hidden Gems Lurking on Your iPhone & iPad

BoomerTECH Adventures

Did you know... your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? You can calculate in your search window? Our iPhones/iPads have many time-saving features that allow us to be creative, efficient, and have fun. These "hidden gems" will show you how to learn advanced features of your iPhone and iPad.

Open Enrollment - take it when you want; Online; \$38



15 iPhone/iPad Vision Accessibility Features

BoomerTECH Adventures

Find vision accessibility options on your iPhone and iPad and learn how to use them. Our devices connect us to the universe. We communicate with family and friends, search for answers and information, and contribute to our communities in a variety of ways. When it's difficult to read the screen easily, we might tend to withdraw from these activities. Apple provides accessibility features that allow those with vision issues to continue to use their devices. Explore your options to personalize your device.

Have vision issues? A variety of iPhone & iPad settings allow you to use your device more easily when vision challenges arise. The vision accessibility features are identical on the iPhone and iPad except in a couple of noted instances.

Open Enrollment - take it when you want; Online; \$38



All About Zoom

Introduction to Zoom Basics

BoomerTECH Adventures

Using Zoom more than ever? Here is a great way to learn everything you need to know about the Zoom Video Conferencing platform including using Zoom on different devices—smart-phones, tablets, and computers. Course content includes: Muting audio and video; using chat; screen sharing; recording; trouble-shooting; scheduling meetings; break-out rooms; and more. This course is appropriate for Zoom beginners as well as those who have used Zoom and want to learn more.

Open - take it when you want; Online; \$38



Create & Deliver Online Zoom Courses

BoomerTECH Adventures

This course is designed for those who want to develop an online course using Zoom, a video conferencing platform. This guide consists of step-by-step videos that explain and demonstrate how to use Zoom as well as appropriate instructional tips to build an engaging online course in any subject. You will learn everything you need to know about Zoom—tools, settings, security, instructional strategies, building community, Zoom tips for instructors and students, and much more.

Open Enrollment - take it when you want; Online; \$38



BoomerTECH Adventures courses contain videos which are self-paced.

Students complete courses on their own time, at their own speed.

Each course is a PDF booklet with information about the class, instructions for taking the class, and the content of the class (videos and articles accessible from direct links).

The three instructors (Jill, Chris, and Ed) provide personalized support for the class via email, phone, and Zoom.

iPhone and iPad Photography Topics



Taking Awesome Pictures with your iPhone/iPad

BoomerTECH Adventures

This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to upgrade their photography skills. Learn to take photos, portraits, slo-motion, panos, and more. Discover camera settings for proper focus and exposure, High Dynamic Range, and picture composition.

Open Enrollment - take it when you want; Online; \$38

Take Fabulous Photos of Flora and Fauna in your World

BoomerTECH Adventures

Explore how to take beautiful photos of flowers, plants, and wildlife. Four easy-to-follow videos demonstrate and give examples of each of the topics: Using focus, exposure and HDR features to capture the beauty of your surroundings; avoiding blurry images; composing your images; and editing options that turn so-so images into stunning images. Build your repertoire of photographic strategies. This course is made for you if you want to learn to use your camera or significantly upgrade your skills and abilities.

Open Enrollment - take it when you want; Online; \$38



Fantastic Photo Finishes

Organize & Edit Images on Your iPhone/iPad

BoomerTECH Adventures

Do you take hundreds of photos that languish on your iPhone/iPad or in the cloud. Knowing how to edit images and organize your photos on your device is essential. Learn about using the tabs in the Photos app—"For You" tab (ready-made slide shows), creating, using, and sharing albums, and the very useful search function.

Open Enrollment - take it when you want; Online; \$38

Cooking with BoomerTECH

Cooking With BoomerTECH Adventures



Chris, Jill & Ed

In this course, BoomerTECH Adventures guides (Chris, Jill, and Ed) share their love of cooking and enjoyment for lots of different types of foods. You will learn how to prepare several tasty stir fries using traditional Chinese flavorings, make fresh pasta, turn leftover sweet potato into gnocchi, stir up a great fried rice, and give ramen soup a delicious upgrade. In addition, discover an easy way to make your own pita pockets, flat breads, and tortillas. Plus, you will see a way to combine the benefits of cooking on cast iron with your love of grilling. We haven't forgotten dessert! Who can resist a delectable chocolate brownie torte or apple pie?

Open Enrollment - take it when you want; Online; \$38

Tell your Story

Digital Tools for the Beginning Memoir Writer

BoomerTECH Adventures

Everyone has a story to tell. Reflect on the experiences that impacted you and helped shape who you are.

Explore a variety of digital tools that make the process of memoir writing more fun and a little less daunting. Discover unique approaches to research, learn strategies for gathering and accessing materials, and delve into ways to illustrate your memoir. Polishing your work for publication and presenting it in a public format are other video topics. Begin your writing adventure!

Open - take it when you want; Online; \$38



Experience Cooking with Chris Toy!

We're really excited about all the creative and delicious options our good friend and cookbook author Chris Toy is bringing us in 2024!

A reviewer has said about Chris, "Chris Toy has been teaching Asian cooking for more than 30 years. His popular hands-on classes focus on one guiding principle: food is much more than nutrition; it feeds the spirit of your family and friends." We agree!

Hand-made Tortellini and Ravioli

Chris Toy

Oh the combos we'll create tonight! Chris will lead us in the preparation of two doughs for tortellini & ravioli. We'll follow that up with two different fillings which you can use in either dough. Top it all off with two different sauces and you've got combination options galore!

Food fee is included. Bring a container for leftovers!
Wednesday, 3/27; 5:00-8:00 pm; WHS Room 302; \$62

Herbs for Stress & Anxiety

Katie Munn, Clinical Herbalist & Nutritionist, LMSW-CC

Are you interested in finding natural stress remedies that will work for you? Life isn't only about what happens to you — it's also about how you respond. You have more power over your stress than you may realize - the right herbs can be a potent tool to help you calm the stresses and become more resilient.

Join Katie and explore herbs and lifestyle practices to incorporate into your daily life to help lower stress and reduce anxiety.

Monday, 1/22; 6:30-8:00 pm; WRAE; \$39

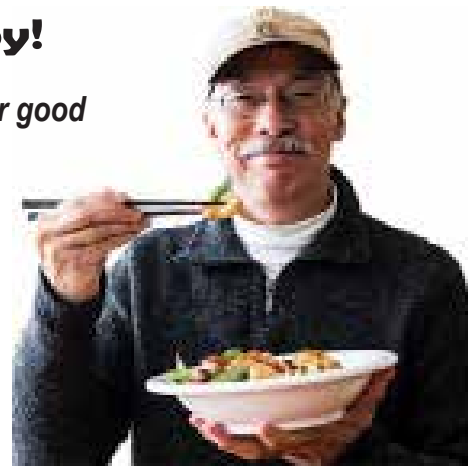
Make Your Own Herbal Tinctures

Katie Munn, Clinical Herbalist & Nutritionist, LMSW-CC

Herbal extracts are a wonderful way to get the healing power of plants. This class will teach you how to make herbal tinctures going over herbs that are commonly used for stress, anxiety, stress and digestion.

Every person will leave with their very own tincture. \$10 Material fee (cash please) payable to the instructor on the night of class.

Monday, 3/4; 6:00-8:00 pm; WRAE; \$39

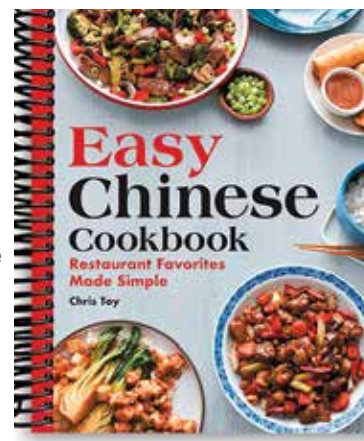


Easy Chinese Favorites

Chris Toy

You know you love taking Chris' classes. We're going "old school" back to his first book of "Easy Chinese" recipes! At press time, the exact menu hadn't been established, but it could include egg rolls, hot & sour soup, lo mains, and a delicious dessert. There will be tips & tricks and stories galore. Bring a container for leftovers!! Food fee is included!

Wednesday, 4/10; 5:00-8:00 pm; WHS Room 302; \$62



Simply Produce

Diana Currier

Are you trying to eat more fresh vegetables and fruits but not sure how to select and store a ripe avocado? Come join us for two classes that will walk you through the easy steps of selecting, ripening, storing, and preparing common produce items. Both sessions will include hands-on activities and tasting healthy and delicious seasonal items. The instructor and author of her newly released book, **Simply Produce** encourages you to take good care of yourselves. Here's the



spark you may have been looking for! Please bring a \$5 food fee (cash please) to pay the instructor at class.
Tuesday, 1/16-1/23; 6:30-8:00 pm; WHS 302; \$34

Ferment All of This!

Emma Holder, LMT MSc, CMLDT

What a great opportunity to experience some fermenting guidance from a local expert! Each of these classes are available on Zoom, or you may opt (with prior confirmation) to attend the class live at 14 Locust Street, Room B in Portland.

Ferment This! Curried Cauliflower & Shish Taouk Turnips

Emma Holder

Flavors from India and Lebanon will infuse these vegetable ferments. We'll discuss basic fermentation techniques, and then create 1) A curry-style ferment using cauliflower, and 2) Shish Taouk turnips. If you order shawarma or falafel from a street vendor in Montreal, delicious tangy pink morsels will be tucked into the pita with the onions and yogurt sauce. Learn how to create these yummy fermented veggies with turnips or white daikon radishes. The secret to both ferments is in the spice.

Tuesday, 3/12; 6:00-7:00 pm; Zoom; \$23

Ferment This! Sauerkraut variants; Curtido and Coleslaw

Emma Holder

Lacto-ferment cabbage and add some twists to result in delicious safe home-made signature cabbage-based ferments. You'll learn a bit of microbiology and basic techniques to create basic sauerkraut, Salvadorean curtido, and coleslaw. Fermented vegetable salads/condiments add flair, probiotics and nutrition to any meal. Zoom link and materials list provided by instructor upon registration.

Tuesday, 3/5; 6:00-7:00 pm; Zoom; \$23

Ferment This! Kombucha

Emma Holder

You could buy a \$4 bottle of kombucha, or you could make your own for pennies. It's simply sweetened black or green tea with a culture added and allowed to ferment. We'll make both a primary (tea and sugar only) and a secondary (flavored) ferment with your favorite fruit or juice. Some fascinating history, some microbiology, troubleshooting, the right glassware and what the heck is a SCOBY? (It's provided - pick up at the WRAE office - we'll let you know when it's ready for you).

Tuesday, 2/27; 6:00-7:00 pm; Zoom; \$23



Valentine's Day Cookies

Ellen Lachapelle

A bundle of sweet love for your Valentine! Join us for a fun, hands-on evening of decorating cookies for Valentine's Day. Spread



the love to your family, friends or secret crushes with an assortment of delicious custom-decorated bites of sweet affection. With "naked" cookies, Ellen will demonstrate some beautiful designs you can recreate, and then you'll decorate a nice assortment to package as gifts, or treat yourself and nibble away! Please bring a materials fee of \$20 payable in cash to the instructor at class.

Monday, 2/12; 6-7:30 pm; WHS Closed Cafe; \$22

Easter Basket Cookies

Ellen Lachapelle

Think how special those Easter Baskets will be when you add these bright-



ly-colored, hand-decorated-by-you sugar cookies! Ellen will be here sharing her gift of producing beautiful, sweetness-infused unique cookies — and you get to take the credit! Cookies, royal icing, embellishments and more will be provided. You provide the creativity and the love! Please bring a materials fee of \$20 payable in cash to the instructor at class.

Wednesday, 3/27; 6-7:30 pm; WHS Closed Cafe; \$22

Mother's Day Cookie Bouquet

Ellen Lachapelle

Mother's Day is Sunday, May 12th... how about presenting Mom a lovely cookie bouquet? Flowers wilt, and drop petals everywhere... but cookies... mmmm, cookies won't last long enough to create a mess!

Ellen will bring her goodies tool-box and we'll create an assortment of beautifully-decorated-by-you cookies to build an arrangement, or add to an existing arrangement. You can't beat the "special" factor of this gift. Please bring a materials fee of \$20 payable in cash to the instructor at class.

Tuesday, 5/7; 6-7:30 pm; WHS Closed Cafe; \$22



Cardio Core and More!

Jenna Chase

During this class you will hit multiple muscle groups and burn calories in a workout that is designed to strengthen the cardiovascular system, tone muscles and boost balance, flexibility and endurance. Everyone can work at their own pace and fitness level. There will be progressions and regressions for each exercise. The goal is to leave sweaty, with a smile and feeling empowered! Please bring your own exercise mat and a set of hand weights. Water is also highly encouraged!

Wednesday, 1/17-2/28; 6:15-7:00 pm; NWUC; \$57
Wednesday, 3/6-4/10; 6:15-7:00 pm; NWUC; \$57
Wednesday, 4/24-5/29; 6:15-7:00 pm; NWUC; \$57

Evening Indoor Walking Program

Tom Nash

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 Tuesday, 1/16 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 3:00-8:00 pm after

the intro night. The nominal fee covers the entire semester! Kids are free. February 19-23, April 15-19 no walking available.

Info Night: Tuesday, 1/16, 5:30-6:30 pm
Mon.-Thurs., 1/16-5/23; 3:00-8:00 pm; WHS Hallways; \$14

Gentle-Moderate Mindful Yoga**

Nancy Kristiansen

Please join us for the experience of breathing and stretching in this Mindful Yoga class. This practice of yoga can help rewire or reshape our brain and improve the quality of our life experiences. In this gentle moderate class, we move mindfully through a series of postures designed to increase flexibility and build strength while encouraging a connection between movement and breath. Please dress comfortably and bring a yoga mat! No class 2/20 or 4/16.



Tuesday, 1/16-2/27; 5:30-6:45 pm; NWUC; \$59
Tuesday, 3/12-4/24; 5:30-6:45 pm; NWUC; \$59
Tuesday, 4/30-6/4; 5:30-6:45 pm; NWUC; \$59

Feel Younger Longer with the Fit & Free Lifestyle Workshop

Pearla Phillips and Tracey DuBois

This workshop kicks off with a 90-minute session providing you with the tools and instructional guidance to prepare for two weeks of our Fit & Free Classes either Live or On-Demand.

Increase your mobility, stability, strength and balance while relieving pain-related tension. Our Certified Nutritionist will provide a meal plan with recipes! Discover how consistency, commitment and just 45 minutes a day, a few days a week, will increase your range of motion, free up space in your body, build strength and stability and keep you feeling young longer.

The Fit & Free Program combines Yamuna®, Yoga and Functional Fitness for overall total body sustainability.

The Yamuna Kit is available from the instructor for a discounted price of \$65 and includes access to recorded or live sessions.

Tuesday, 1/23; 7:00-8:00 pm; Zoom; \$20
Tuesday, 2/27; 7:00-8:00 pm; Zoom; \$20

Roll & Restore for Better Sleep - Virtual

Tracey DuBois

Feel the tension of your day just melt away as you join virtually from the comfort of your own home. We will use aromatherapy, Yamuna Bodywork and passive stretching to promote relaxation for more restful slumber. Yamuna balls are required. This will be recorded and you will have access to the recording for the entire week. The Yamuna Kit is available from the instructor for a discounted price of \$65.

Tuesday, 1/23; 7:00-8:00 pm; Zoom; \$20
Tuesday, 2/20; 7:00-8:00 pm; Zoom; \$20
Tuesday, 3/26; 7:00-8:00 pm; Zoom; \$20

Line Dancing**

Ray & Sue Hall

Come join the fun with Flamin' Raymin' and Sizzlin Suzin' 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. No class on 2/20 or 4/16.

Tuesday, 1/16-2/27; 6:30-7:45 pm; Windham Town Hall; \$50
Tuesday, 3/12-4/23; 6:30-7:45 pm; Windham Town Hall; \$50

**This class is eligible for 10% senior discount.

Intro to Hatha Yoga

Joan Grady

"Ha" (sun) "ta" (moon) Yoga is designed to bring balance between the sun and moon within you in a slow practice focused on breath, gentle and controlled movements and stretching. This easy and peaceful class is geared for all levels, from beginner to pro. Hatha Yoga is a great help with pain management and stress as you improve your posture and tone muscles. Bring a yoga mat & towel and a waterbottle. Wear loose clothing, suitable for exercise. Come and relax! No class 2/22 and 4/18.

Thursday, 1/18-3/14; 6:00-8:00 pm; WMS Music; \$88
Thursday, 3/28-5/23; 6:00-8:00 pm; WMS Music; \$88



Thursday, 4/25-5/9; 6:00-7:00 pm; Sunset Ridge Golf Links; \$50

fa FOOD ADDICTS in recovery anonymous

Are you having trouble controlling the way you eat?

Do you struggle with food obsession, overeating, undereating or bulimia? There is a solution. Food Addicts in Recovery Anonymous is holding a FREE information session online and by phone. Session is Tuesday, 5/21; from 6:30-8:00 pm.

For more information and meeting ID/passcode, call Sharon at 207-250-7373 or email fa.newcastle.maine@gmail.com

Looking for a class, but not seeing it?

Maybe we can help! If you've got a group of five people or more who are committed to a particular topic, and you'd like to see a class in that topic, let us know! We'll do our level best to create that class just for you!

Win-win. It's what we do!

Contact Enrichment Coordinator Sue Colley at wrae@rsu14.org or call WRAE at 207-892-1819

Beginner Golf Clinic

Johnny Johnston

The purpose of this golf clinic for beginners is to teach the fundamentals of the sport in a fun, judgement-free indoor setting using simulators or the driving range, weather permitting. This clinic is designed for beginner golfers either new to the game or anyone who is looking for the basic fundamentals. Join us for an in-depth introduction of putting, chipping and full swing with irons and woods along with a discussion of the rules and course etiquette. Please Note: Bringing your own clubs is highly recommended. Please note at the time of registration if you do not have a set.

Tuesday, 4/30-5/14; 6:00-7:00 pm; Sunset Ridge Golf Links; \$50



Disc Golf Basics

To Be Announced

Are you interested in learning how to play disc golf and the rules associated with disc golf? We will share everything you need to know to get started from the types of discs you can throw to tips on developing your disc golf form. Disc golf is a game in which players attempt to throw a frisbee disc from a tee box into a standing basket hole. Playing disc golf can also show you a new, exciting way to exercise and spend your free time, a way to engage socially and make new friends, and even a new way to relax in an atmosphere like no other. No need to have your own set of discs to start as loaners will be available at class. \$5 course fee/week is covered in the cost of the class.



Stay connected with WRAE!

<https://www.facebook.com/windhamraymondadulthood>

Monthly Fun at Windham Public Library

•Author Talk

First Wednesdays from 6-7 pm

•Arthouse Film Series

Second Wednesdays from 5-7 pm

•Book Group

Fourth Wednesdays from 6-7 pm

For more info contact:
Ray Marcotte, Reference/Technology Librarian
207-892-1908, ext. 5



Meet Our Instructors

Acadian Arts Retreats offer extraordinary art and culinary retreats in iconic Maine settings. They have recently added retreats at Campobello Island in New Brunswick, Canada.

Academy of Medical Professions offers certification programs to provide job-specific training to enable students to be job-ready within 16-week or 20-week online programs.

Andrea Elder-Bruns has been with WRAE for over 20 years as a HiSET (formerly GED) examiner. Daytime she works as an instructional coach in mathematics for Westbrook Schools. Andrea loves seeing adult learners achieve their dreams!

Andrew Grant is the Maine Volunteer State Coordinator for AARP Driver Safety. WRAE is pleased to partner with Age Friendly Windham to bring the AARP Smart Driver course this April.

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

Bill Keller holds B.S. degrees in Science, Computer Tech, and an MEd 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.

BoomerTECH Adventures Three Maine Educators (Ed Brazee, Jill Spencer, and Chris Toy) joined forces to create courses in technology and other ideas especially for the Boomer generation.

Brad Rounds resides in Windham, and is a Master Recreation Guide and Maine Inland Fisheries and Wildlife Outdoor Skills instructor with more than 8,000 miles hiking, backpacking, snowshoeing, canoeing and kayaking, including the New England 4,000 footers.

Candace Sanborn creates 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 Charland Cliche is a natural wellness coach and published author with a diploma in Complimentary-Alternative Medicine and Certified NLP Neurolinguistics Practitioner specializing in Neural Retraining Therapy (NRT).

Carole Freeman operates an online school, Breath-Taking Online which offers a wide variety of self-paced, on-demand classes encompassing the entire field of Breathing Disorders. This Fall she's bringing two multi-week Zoom offerings.

Catherine 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.

Chris Newcomb is a retired teacher of gifted & talented students. He taught in Raymond for 13 years. He is an artist, author and storyteller.

Chris Toy is a cookbook author, event presenter, and has been teaching Asian Fusion cooking in Maine for over 30 years.

Christie Tebbets is a former Title I Reading Interventionist and Special Education teacher. During the day, she homeschools her son and enjoys time with her family and dog. As a lifelong learner herself, Christie loves helping adult learners achieve their dreams!

Courtney King joins us from Studio Flora Designs in Windham. We are so excited for you to experience her creativity.

Daniel Leclair is the Director of Unmanned Aircraft Systems (UAS) Education and Research at the University of Maine at Augusta. Col Leclair served in the US Air Force for 20-years on active duty and currently serves as a volunteer in the US Air Force Auxiliary as a Search and Rescue / Disaster Recovery pilot.

Diana Currier is a natural health advocate and is certified in Holistic and Integrative Health. She loves to inspire people to continuously better themselves.

Ellen Lachapelle reached out to us on Facebook, and history is being made! She creates the most beautiful cookies and we're so glad she'll be sharing that talent with us!

Emma Holder seeks to balance movement and food, learning and fun to create a healthy happy lifestyles. Check out her website at emmaholder.com!

FAME (Finance Authority of Maine) helps Mainers by making it easier to see educational and business dreams become a reality.

Gabrielle Lovi has been in the crafting business for over 30 years, creating handmade crafts and Shaker-inspired furniture. In 2008, she expanded her business to include online sales featuring crafts and her licensed candy and bakery business.

Hillary McHugh teaches at WMS and is helping WRAE expand our pottery program, bringing with her a great love of Mosaic! She's excited to get to share her talents with us.

Hugh Sadlier, M.Ed., Board-Certified Hypnotherapist, has been practicing hypnosis in Maine since 1991. He developed and uses a unique way of empowering people to achieve optimal well-being.

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

Jessica Conley grew up in South Portland and she is so happy to be home in Maine where she plans to live forever and ever. She teaches math at WHS and WRAE.

Jessica Trimmer has worked in Adult Education for over 17 years. She has taught English to Multilingual Learners, Adult Basic Ed, HiSET prep, and Citizenship prep. She is excited to be on the WRAE team to help students with their college and career goals!

Joan Grady has taught Hatha Yoga at area adult education programs for years! We're looking forward to having her join us here at WRAE this Winter/Spring.

Johnny Johnston is a certified member of the United States Golf Teachers Federation and a certified member of the International PGA. He also holds certifications in golf psychology, golf coaching, and golf management.

Kathryn Williams Embarking on an adventure of reality creation through visualization meditations, I seek to stretch the boundaries of imagination to unlock untapped possibilities. I have a background in guiding both private contemplations and group meditations.

Katie Munn is a clinical herbalist as well as a LMSW-cc. She recently moved to Windham and is looking forward to sharing her experiences and expertise with locals!

Kevin Frost is the founder of Bug'n Out Adventures and Maine Guide School 360. He is a registered Maine Guide and his mission is sharing the Maine woods with all.

Kymberly Dakin-Neal, M. Ed. is the founder and principal of Voice Into Learning, LLC. Her secret sauce is delivering high impact experiential training and coaching for individuals and small groups. She's written a great new book, Words in Motion.

Leah Gagne is a 2001 graduate from the Maine College of Art. She has wheel and hand building experience and enjoys working with others and helping them to create beautiful pieces of pottery.

Maire Trombley is a local crafter and educator with over 15 years of teaching experience and has been crafting her whole life. She started Catmint Crafts in 2022 and has her work in 15 stores in Maine and New Hampshire. She loves to work in miniature, and by hand, and believes in having fun while making-- the creative process itself is the reward.

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

Mary Laury serves as the founder of Schoodic Arts for All, an award-winning non-profit organization celebrating arts and culture in Downeast Maine for over 20 years. She has taught painting and drawing in the field for many programs throughout her career.

Nancy Dorrans owns Adventure Marketplace and believes that everyone deserves to feel safe, guided and nurtured when venturing forth to explore, discover, and expend their sense of self and space in this world.

Nancy Kristiansen has been practicing YOGA for more than 20 years, and received her RYT200 Certification in 2018 from the Tula Institute at Posabilities in Norway, Maine.

National Digital Equity Center brings years of community, state, national and international stakeholder engagement to action-oriented broadband planning toward digital equity.

New Ventures Maine helps people all over the state venture in new directions by offering tuition-free programs for career, business, and financial education. They have guided individuals through life changes every day for 40 years.

Patrick Corey is a creative director who works with for- and non-profit organizations. He has a BFA in painting and drawing. In his free time he enjoys drawing and photographing landscape and still life compositions.

Meet Our Instructors

Pearla Phillips through her work with Functional Fitness will give you a workout that includes movements that increase longevity and lifespan! Explore body movements that simulate the 'functions' we use on a daily basis to increase mobility, strength and balance.

Rachel McCombs works for a national insurance company and frequently is approached by customers who just don't know what to ask about and look for when selecting an appropriate insurance policy for themselves or their family. This is especially true with customers who are new the US. She's excited to see how she can help you with her insights!

Raymond & Susan Hall are still kicking it up after more than 30 years of dance instruction and entertainment. Their motto has always been "Dancing for the fun of it."

Roy Gedat recently retired from a career leading non-profit organizations, elected political service, and state/federal advocacy and is proud to call Maine his home for over 40 years.

Sandy Warren has a MEd from Saint Joseph's College, has 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.

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

Tammy Mullen has been an artist for 8 years, finding the call after raising her family. She started teaching a year ago wanting to share the love of creating with others. She lives in Gray with her husband.

Tom Nash is the Director of WRAE. 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 also been acting and directing for more than 38 years!

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.

Tristan Petersen is a member of the Deaf/Hard-of-Hearing community and we're excited that he's joined us here at WRAE. He enjoys sharing the experience of deaf culture with others.

UGotClass WRAE has partnered with UGotClass for many years. Their certificate programs (and the classes that make up their certificates) get great reviews. All the course work is done on your schedule. Morning, noon, night... at your desk or in your pj's... whatever works for you.

Valerie Lovelace is the heart and soul of Maine Death with Dignity. She has lots of info about Maine's compassionate end-of-life options, and looks forward to sharing those with us!

Vary Fischer, RN, is a Level 2 Trained Internal Family Systems Practitioner. She is pursuing certification and Grief Recovery Specialist, and is excited to offer her services to us here at WRAE in the form of new classes!

Things 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 10% discount on selected courses, as noted in the course description. This is a change to our previous policy.

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.

Material fees: If your class lists a materials fee, these fees are paid (cash please) directly to the instructor on the first day of class. Material fees are not refundable.

WRAE Storm Cancellation Policy

With some 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 Facebook page where we will post all closures.

WRAE Refund Policy - updated November, 2022

- 100% credit or refund if course is cancelled.
- 100% refund if participant withdraws at least five business days before the class. Refunds for online payments will be processed immediately. Refunds for cash or check payments will be by check and may take up to two weeks to process via RSU 14's business office.
- No refund if participant withdraws within five business days of the class.
- For multi-week (more than two) classes: 50% refund (by check) or 100% credit toward a future class if participant withdraws before the second class. No refund or credit after second class.
- In the event of district-wide extended closure, participants will receive 100% credit for onsite-only classes that have not begun. Participants will receive a prorated refund for incomplete onsite-only classes.
- No refunds or credits for onsite courses designed to transition to a remote format in the event of a closure.

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.

Registration Information

Visit us online: www.windham.maineadulted.org

Call us at 207-892-1819 for registrations by credit card.

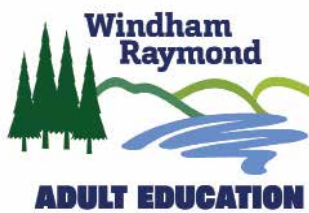
Text us at 207-814-8808

Mail in with check: Complete the form below.
Make check payable to: RSU 14
Mail to: Windham Raymond Adult Education
406 Gray Rd.
Windham, ME 04062

Email us: WRAE@rsu14.org

Visiting us: Walk-ins are welcome at our office (the white portable building behind Windham High School)

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



WRAE Registration Form

Make checks payable to:
RSU 14

Name_____Email_____

Address_____City_____State_____ZIP_____

Phone_____DOB____/____/____

Course Name	Start Date	Course Fee

Windham Raymond Adult Education Scholarships
Would you like to make a donation to help provide WRAE scholarship opportunities to others in need?

Adult Scholarship Fund Contribution _____
Less 10% Senior Discount (_____) (only select classes)
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

Superintendent's Office
228 Windham Center Road
Windham, ME 04062

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Windham ME 04062

Registration starts immediately!

Cycle of Memory Film Screening **Alex Leff, Director & Producer**

Join the Windham Public Library, Windham Parks & Recreation Department, and Windham Raymond Adult Education for a special intergenerational screening of Cycle of Memory: the new award-winning documentary about two siblings' bicycle adventure to find the memories their grandfather lost to Alzheimer's.



Mel Schwartz escaped the Great Depression on a bicycle adventure he'd remember for the rest of his life. But when Alzheimer's takes Mel's memories away, it's left to his grandkids to recreate the life-changing bike trip and find those memories again.

Guided by old photographs of the 1945 trip, they search for places aged by time. But while searching for Grandpa Mel's past, the two are confronted with their own fraught history. If they're going to complete the turbulent journey, they'll have to face their own emotional potholes and tumultuous relationship.

With the help of a grandmother learning to live alone for the first time, Mel's lifelong friend and co-adventurer on the bike trip, and a family collection spanning 1950s film reels to 1990s video tapes, Cycle of Memory explores the importance of intergenerational connection, healing painful pasts, and leaving a meaningful time capsule for the future.

"Powerful, inspiring, and moving." - Eilon Caspi BSW MA PhD, Gerontologist & Dementia Behavior Specialist

"Cycle of Memory is beautiful, thoughtful, real, poignant and fitting for all ages and audiences. The care, authenticity, and courage that it takes to love and stay connected to family was very inspirational." - Lisa Peterson, Nationally Board Certified Music Therapist working with seniors with memory loss and their caregivers

"Cycle of Memory is very moving, with a real sense of family and place; there is much time for reflection or discussion, suitable for an audience that wants to stick around after a viewing." - Mark Poarch, CEO Alzheimer's BRACE

Thursday, May 9; 3:00-5:00 pm; WHS Performing Arts Center; Q&A with the filmmaker follows the viewing. Admission is free, but a donation of non-perishable food items or personal care products would be most appreciated!



Travel like a Pro

Nancy Dorrans, CTC

Fresh off of her travels to Italy and Japan, join Nancy, owner of Adventure Marketplace, for a unique seminar on how to travel like one of the pros, locally or internationally! Learn about how to organize a trip from start to finish and develop the right type of itinerary for your interests and budget. Learn more information about passports, Real ID's, health requirements, visas, insurance and more in today's travel market. Nancy will guide you through the steps you can take to prepare for your trip that can make or break your experience. Come ready with your questions, learn from the group, and discover the magic of travel!

Thursday, 3/21; 6:00-7:30 pm; WRAE LC; \$19