

# Fall 2024 Courses

*Where is your journey taking you?*

Fresh Flower Workshops  
See Page 18

Windham Raymond Adult Education

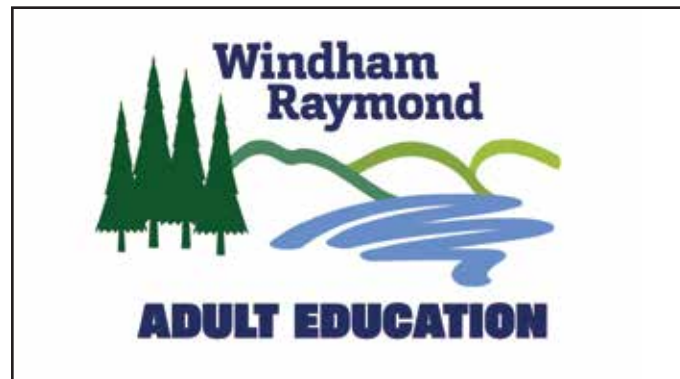


406 Gray Road  
(behind Windham High School)  
Windham, Maine 04062

Call: 207-892-1819 • Email: [wrae@rsu14.org](mailto:wrae@rsu14.org) • web: [windham.maineadulted.org](http://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

**Where to find your WRAE class!**

**WHS - Windham High School**  
406 Gray Road, Windham

**WMS - Windham Middle School**  
406 Gray Road, Windham

**WRAE - Windham Raymond Adult Education**  
*LC: Learning Center; CL: Computer Lab*  
white building behind WHS

**WTH - Windham Town Hall**  
8 School Road, Windham

**NWUC - North Windham Union Church**  
723 Roosevelt Trail, Windham

**Katahdin 1**  
Windham High School

**Sebago Trails Paddling**  
1311 Roosevelt Trail, Raymond

## Welcome to Fall 2024 at WRAE!

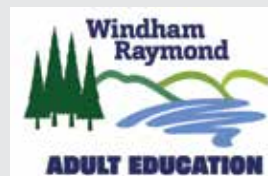
Creating this catalog has been an absolute whirlwind - new classes in about every section! There are more than 250 individual class sessions here to take you on your next journey. Maybe you're thinking about heading to (or back to) college and you need a skills brush up. Maybe you know you're going to start that business you always dreamed of starting. Maybe you need to update your resume, or get your high school credential, or figure out how to budget and pay for these steps toward your dream.

Maybe you want a nice, fun class - dancing, cooking, yoga, crafting, kayaking...the list goes on! I invite you to take a quick flip through these pages to whet your appetite for more. Then hang on to this catalog and go back to it when you've got time to really see and absorb all the wonderful opportunities we've brought you.

Really hankering for a particular class but don't see it? Let us know! We love to create classes - and we do it all the time.

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

~Sue Colley, WRAE Enrichment 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.

## Table of Contents

ESOL and ABE . . . . .	4	Enrichment - Pottery . . . . .	16
High School Completion Pathways . . . . .	5	Enrichment - Get-Aways & Special Events . . . . .	18
College Prep. . . . .	5	Enrichment - Acadian Arts Retreats . . . . .	18
College and Career . . . . .	6	Enrichment - Something for Everyone. . . . .	19-22
Career & Business. . . . .	7	Enrichment - Technology for "Boomers". . . . .	23
Career Pathways . . . . .	8-12	Enrichment - Kitchen Creations . . . . .	24
Career Pathways - Medical Professions. . . . .	9	Enrichment - Kicking Up Our Heels (Dance) . . . . .	25
Career Pathways - Professional Online Certifications. . . . .	10-11	Enrichment - Let's Get Physical! . . . . .	26-27
Enrichment - Let's Get Outside! . . . . .	12	Meet our Instructors . . . . .	28-29
Enrichment - Healthy You! . . . . .	13	Policies & Things to Know. . . . .	30
Enrichment - Fine Arts. . . . .	14	Registration . . . . .	31
Enrichment - Creative Arts& Holiday Special Events . . . . .	15-17		

## 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

**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  
Grace Leavitt, Raymond  
Christina Small, Windham

**Fall 2024 Calendar**  
Enrichment courses may begin the week of September 9th  
Academic courses may begin earlier.  
Check catalog for specific course start dates.  
Course Registration: Begins Now!

**Office Closed the Following Holidays**  
Columbus (Indigenous Peoples') Day - October 14th  
Veterans Day - November 11th  
Thanksgiving Break - November 28 & 29  
Christmas - December 25  
New Year's Day - January 1

## 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 our website, but they must complete registration by scheduling a 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 this class requires a computer with good internet capability as well as Zoom app downloaded prior to first day of class. If a student misses 3 classes, the student will be withdrawn. They may re-enroll in the next session and when able to commit to schedule.

### Multi-level - Intermediate

**Shelley Goad**

Various levels of students. In person only  
Monday, 9/16-12/16; 9:00-11:00 am; WRAE LC; FREE

### Multi-level - Beginner

**Shelley Goad**

Various levels of beginners. In person only.  
Monday, 9/16-12/16; 12:00-2:00 pm; WRAE LC; FREE

### Level 1

**Luki Hewitt**

Students new to English. Remote (Zoom)  
Tues/Thu, 9/17-12/19, 5:30-6:30 pm; Zoom; FREE

### Level 2

**Karin Kelly**

Students with some English speaking and listening skills.  
Mon/Wed, 9/16-12/18; 5:30-6:30 pm; Zoom; FREE

### Level 3

**Christie Tebbets**

Students with some conversation ability.  
Tues/Thu, 9/17-12/19, 5:30-6:30 pm; Zoom; FREE

### Level 4

**Luki Hewitt**

Students with good conversation skills.  
Tues/Thu, 9/17-12/19, 7:00-8:00 pm; Zoom; FREE

### Level 5

**Karin Kelly, Christie Tebbets**

Students with fluent levels of literacy.  
Mon/Wed, 9/16-12/18; 6:30-7:30 pm; Zoom; FREE  
Tue/Thu, 9/17-12/19; 6:30-7:30 pm; Zoom; FREE

### Level 6

**Christie Tebbets**

Students with high school equivalency and/or college goals.  
Tue/Thu, 9/17-12/19; 4:30-5:30 pm; Zoom; FREE



### Citizenship and ELL Civics Education

**Shelley Goad, Luki Hewitt**

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.  
Schedule determined upon registration.  
In person and/or Remote (Zoom); 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.

Various, 9/3-12/20; Schedule determined upon registration.

In person and/or Remote (Zoom); 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.

Various, 9/3-12/20; Schedule determined upon registration. In person; 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.**

## 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 scheduled assigned based on students' needs.

Various days and times, 9/3-12/20; In person or Remote; 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., 9/3-12/20; 9:00-11:00 am; In person only; 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.

Days and times TBD, 9/3-12/20; In person only; FREE

## 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: Monday, 9/9-12/9; 7:00-8:30 pm; Free

WRAE: Open enrollment. Contact Jessica at 892-1819; 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, 10/21-12/9; 5:00-8:00 pm; 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 contract, cause and effect, and persuasive writing. Accuplacer score of 470 or higher or CASAS score of 239 or higher is required.

SMCC: TBA; 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!**

## Questions about ESOL or ABE?

Call ABE Coordinator Catherine Giuffre-Renaud at 207-892-1819, extension 2191 or email [WRAE@rsu14.org](mailto:WRAE@rsu14.org)



### Successful Scholarship Searches and Applications

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 scholarship application plan. Try out different scholarship websites, and learn to avoid some of the challenges of the scholarship process. Students and parents interested in learning about the scholarship process are encouraged to attend. **Wednesday, 9/18; 7:00-8:00 pm; Zoom; FREE**

### College Savings Options for Higher Education

Is higher education in your family's future? Join Maire Pelletier, a college savings specialist from FAME to talk about planning and saving for higher education. In this one-hour-long workshop, we will cover how to discern the "Net Price" (what you'll actually pay) vs the "Sticker Price" when planning for higher education expenses, and the aspirational and financial benefits of savings for students of all ages. Discover several options available when saving for higher education, such as Coverdell, UTMA/UGMA accounts, and the program highlights of Maine's Section 529 plan, NextGen 529. Get started with saving for your child or grandchild's higher education. **Monday, 10/7; 6:00-7:00 pm; Zoom; FREE**

### Planning and Paying for College

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's time to apply for financial aid. Join Jessica Whittier, FAME's College Access Counselor for this one-hour workshop as we talk all things paying for college. **Monday, 12/2; 7:00-8:00 pm; Zoom; FREE**

### Adulting 101: Money Starts

Adulting is tough. 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 budgeting tools are available to make things a little bit easier. Join Steve Kautz, FAME's Financial Education Programs Specialist, for this one-hour virtual workshop as we explore fundamental money skills. **Wednesday, 10/9; 6:30-7:30 pm; Zoom; FREE**

### Adulting 102: Money Grows

So, you're on a budget, managing a bank account, and wondering about the next steps in your financial journey. We'll look at the differences between saving and investing, and if you are ready to invest, how to get started. Other topics will include protecting your assets (insurance) advanced budgeting, and understanding the role economics plays in our financial life. Join Steve Kautz, FAME's Financial Education Programs Specialist for this one-hour virtual workshop as you take the next steps into Adulting. **Wednesday, 10/23; 6:30-7:30 pm; Zoom; FREE**

### Student Loan Repayment Strategies

There are many different facets to the student loan program that can be powerful in helping you achieve your financial goals but also can be confusing. 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 sign up for 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 have recently graduated from college or have been repaying your student loans for a long time, join us to learn how to best manage your student loan repayment. Nikki Vachon, FAME's College Access Counselor shares pro-tips and answers questions. **Wednesday, 11/13; 6:00-7:00 pm; Zoom; FREE**

### 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**



*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.*



## Build Your Business Series

### Business Basics

This one-session workshop will help you decide if self-employment is the right choice for you. The class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed. **Wednesday, 9/18; 12-1 pm; Online; FREE**

### Tax Readiness for the Self-Employed

Learn how to organize your financial records, understand your tax responsibilities, become familiar with tax forms, and file your taxes with confidence. This workshop is designed for sole-proprietors. **Thursday, 10/10; 6:00-7:00 pm; Online; FREE**

### Business Success -Your Marketing Strategy

This workshop walks you through the business marketing strategy - mission statement, customer, market research, branding, selling and pricing. Our goal is to give you a framework so that you can create your own marketing strategy for your business. **Thursday, 10/17; 12:00-1:00 pm; Online; FREE**

### My Next Career Move – Self-paced

Take charge of your career and create an action plan to achieve success. Using our career development model, you will review your skills, interests, and experiences and relate them to career options. Identify high-growth job fields. Explore education and training options. Strengthen your resume for a targeted job search. Graduates of My Next Career Move are eligible to apply for the GEN Scholarship to be used at any University of Maine System University, any Maine Community College, or the University of New England. **Runs between 9/1 and 12/1; your timeline; Online; FREE**

### Resume Strategies

Do you need to write or update your resume? In this interactive workshop, you will learn how to write an effective resume that highlights your skills and experience. **Wednesday, 11/13; 12:00-1:00 pm; Online; FREE**

### Business Success - Pricing Strategies

Learning how to price your products and services is critical for your success. In this interactive workshop, we will explore different pricing strategies to help you develop the best methods for your business. **Thursday, 10/24; 12:00-1:00 pm; Online; FREE**

### Business Success - Bookkeeping Solutions

This workshop will help you understand the logic and basics of keeping accurate financial records. Several choices will be illustrated so you can choose the system that works best for your business. We will introduce and explain each of the financial statements you can use to evaluate the health of your business and plan for future growth. **Thursday, 10/31; 12:00-1:00 pm; Online; FREE**

### Business Success - Projecting Cash Flow

Understanding how cash flows in and out of your business is critical for your success. In this interactive workshop, we will explore how to develop income and expense estimates. An Excel template will be reviewed in class and provided to create your own cash flow projections. **Thursday, 11/14; 12:00-1:00 pm; Online; FREE**

## Build Your Career Series

### Changing Jobs: Finding Work That Fits

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 class 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. **Wednesday, 9/25-10/9; 6:00-7:30 pm; Online; FREE**

### Interview Strategies

Join this engaging workshop and prepare to interview with confidence! We will explore different types of interviews, tips for answering difficult questions, and the next steps after the interview. It is your gateway to interview success! **Wednesday, 11/20; 12:00-1:00 pm; Online; FREE**

**Substitute Teacher Training**

*Jessica Trimmer & Laurie Fabrizio-Bowen (RSU 14 HR)*

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 participant who 1) completes the program, and 2) completes a day as a sub for RSU14.  
 Friday, 10/11; 9:00 am-2:00 pm; WRAE LC; \$34 (includes lunch)



**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!**



**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**



**Customer Service and Sales Certified Specialist Training**

*Just in time for the busy holiday retail season!*

Elevate your career with our comprehensive Customer Service and Sales Certified Specialist Training. This course is designed to help you master essential customer service and sales skills, including understanding the customer life cycle, developing effective strategies to engage customers, assessing customer needs, and closing sales.

You’ll also gain crucial workplace skills such as problem-solving, teamwork, interpreting customer body language, and strategies for increasing customer satisfaction and retention.

Classes will meet in person once a week for 2 hours, with an additional 3 hours per week of lessons and homework. The training spans 7 weeks, with the final week dedicated to mock interviews with representatives from local businesses. *Upon completion, a proctored 90-minute exam will be administered, leading to certification and a recognized credential in the industry.*

**Schedule:** Tuesdays, October 1 - November 12; 3:00-5:00 p.m.; WRAE; \$149 (Local agency and business sponsors may pay for you!)



**WRAE continues our partnership with Academy of Medical Professions, a Maine-based training school.**

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

**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., 10/15-2/11; 5:30-8:30 pm; \$3500**

**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, 9/16-12/9; 6:00-8:00 pm; \$3200**

**or Online; start anytime; \$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, 10/17-3/6; 5:30-8:30 pm; \$3950 + Optional \$1200 Practicode

**or Online (start anytime); \$3950 + Optional \$1200 Practicode**

**Application referral and information is FREE**

**Medical Office Specialist (Administrative Medical Asst.)**

Learn practical, real-world skills essential for success in the healthcare field. This all-inclusive course includes: Medical Terminology, Medical Front Office Skills, Electronic Medical Records Boot Camp, and Medical Billing. Upon completion of all courses, you will sit for your CMAA (Certified Medical Administrative Assistent) Certification exam through the National Healthcareer Association (NHA). Course fee includes national certification, all books, fees, and resume and job assistance.

**Wednesday, 10/16-2/12; 5:30-7:30 pm; \$3200**

**or Online; start anytime; \$3200**

**Application referral and information is FREE**

**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 online 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**

**Pharmacy Technician**

Take this program online. 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.

**Online; start anytime; \$2850**

**Application referral and information is FREE**

**Phlebotomy**

Become Nationally Certified in 10 weeks! Prepare with live Zoom classes and in-person skills labs. 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., 10/15-12/19; 5:30-8:30 pm; \$3200**

**Application referral and information is FREE**



**Registering with WRAE will get your interest and contact info forwarded to Jessica Trimmer, our Career and College Access Coordinator. She will make contact with the folks at Academy of Medical Professions, and AMP will then contact you with specific steps to register for the class.**

**Payment Plans Available through AMP including WIOA/voucher approved (Goodwill, MyCAA, Maine Department of Labor, EMDC/HOOPE, etc.)**



**90-Day Online Certificates: September 3 to November 29**  
**Grab some wifi & a beverage and study wherever (& whenever) you like!**

**Bookkeeping Certificate**

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure and manage the financial health of your business. This program focuses on cash basis accounting.



No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource

your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business. The Bookkeeping Certificate courses must be taken in the following order: Understanding Debits and Credits, General Ledger and Month End Procedures, Closing Procedures and Financial Statements.

Understanding Debits & Credits: 9/3-9/28; \$195  
 General Ledger & Month End Procedures: 10/7-11/1; \$195  
 Closing Procedures and Financial Statements: 11/4-11/29; \$195  
 Certificate (take all 3): 9/3-11/29; \$495

**Data Analysis Certificate**

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally you will find out how to perform inquiries that will be useful to your business or organization, and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home based or a large company, this certificate will take you to the next level where important decision-making is concerned.

Students need to have Microsoft Excel to complete this certificate. Courses must be taken in the following order: Introduction, Intermediate, Advanced.

Intro to Data Analysis: 9/3-9/28; \$195  
 Intermediate Data Analysis: 10/7-11/1; \$195  
 Advanced Data Analysis: 11/4-11/29; \$195  
 Certificate (take all 3): 9/3-11/29; \$495

**Accounting & Finance for Non-Financial Managers Certificate**

Every successful person in the workplace utilizes financial information to aid effective decision making. The Certificate in Accounting and Finance for Non-Financial Managers explains the financial concepts and accounting processes used in most businesses and will provide practical techniques that will increase your effectiveness and career.

First, get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance.

Learn what you need to know about cash, the non-financial manager who really makes a difference in the day-to-day finance activities. Discover how to maximize cash flow, learn the importance of cash and find out your role in cash flow success.

Finally, acquire advanced knowledge on the financial information that drives your organization. See how business reports are assessed and analyzed. An understanding of this information will help you make smart decisions when it comes to budgeting, setting goals, and assessing performance within your own area of influence.

Accounting & Finance for Non-Financial Managers: 9/3-9/28; \$195  
 Cash is King: 10/7-11/1; \$195  
 Financial Analysis & Planning for Non-Financial Mgrs: 11/4-11/29; \$195  
 Certificate (take all 3): 9/3-11/29; \$495

**Power BI Certificate**

Gain insights into your data using business intelligence software – Power Business Intelligence. Power BI is a widely used business analytics service offered by Microsoft. Power BI Desktop is a complete data analysis and report creation tool that you install for free. Discover the process of creating interactive reports. Integrate financial, marketing, or any other source data in your accounting system, Excel, or on the Web. Streamline the data to what is needed using Power Query. Create charts, maps, and other visuals to see your data in real time.

Delve further into Power Query to ETL (Extract, Transform and Load) your data. Build the Data Model using relationships and DAX (Data Analysis Expressions). Utilize Time Intelligence functions to view YoY or YTD reports. Add user friendly features to enhance your reports and analyze your results.

This certificate will enhance your skills in data analysis, giving you greater insight into your organization's performance and allowing you to make more informed decisions.

Courses must be taken in the following order: Introduction, Intermediate, Advanced.

Introduction to Power BI: 9/3-9/28; \$195  
 Intermediate Power BI: 10/7-11/1; \$195  
 Advanced Power BI: 11/4-11/29; \$195  
 Certificate (take all 3): 9/3-11/29; \$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.

Whether you're looking to enhance your current career or launch a new one, this certificate 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.

Mastering Excel: 9/3-9/28; \$195  
 Mastering Word: 10/7-11/1; \$195  
 Mastering PowerPoint: 11/4-11/29; \$195  
 Certificate (take all 3): 9/3-11/29; \$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.

Begin with learning how an Excel worksheet is constructed, populated with content, and edited for delivery. Discover how various menu items, commands, settings and processes affect the look of your Excel worksheets and workbooks.

Increase efficiency by organizing, displaying and calculating data. Identify different types of data and how to best visually represent or format, by using different techniques.

Finally, you'll learn a variety of Excel's most powerful features to analyze data quickly and easily. Discover how to attractively visualize your data into meaningful information. Students must have Microsoft Excel to complete certificate.

Mastering Microsoft Excel: 9/3-9/28; \$195  
 Intermediate Excel: 10/7-11/1; \$195  
 Advanced Excel: 11/4-11/29; \$195  
 Certificate (take all 3): 9/3-11/29; \$495

**WRAE has partnered with UGotClass for many years. Their certificate programs are highly regarded and you'll work with some of the best professionals in the subject area!**

**Quickbooks Online Certificate**

Save time, track money, and get important insights with Quickbooks Online. Quickbooks Online is the leading online accounting platform. It is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. There are patches and regular automatic upgrades to the software.

Get a comprehensive understanding of QuickBooks Online. Then learn how to work with more advanced Quickbooks Online topics. A free trial version of the software is provided to use during the class.

QB Online Level 1: 9/3-9/28; \$195  
 QB Online Level 2: 10/7-11/1; \$195  
 Certificate (take both): 9/3-11/1; \$395

**Entrepreneurship Certificate**

Boost your chances of success for your new or small business and reduce your risks. Get the latest info on planning your business, brainstorming business ideas and a checklist for going into business.

Learn how to create a business plan, including assessing business feasibility and prepare the management and financial plans. Take home a step by step approach to attract and keep customers, with an emphasis on customer-driven marketing decisions and building a strong brand.

At the end of this certificate, you will be able to identify the abilities required of successful entrepreneurs and how to acquire them, develop goals to help establish your business, develop an outline for your plan, and take home techniques to successfully manage and market your new business.

Entrepreneur Boot Camp: 9/3-9/28; \$195  
 The Business Plan: 10/7-11/1; \$195  
 Entrepreneurial Marketing: 11/4-11/29; \$195  
 Certificate (take all 3): 9/3-11/29; \$495



**Visit [www.windham.maineadulted.org](http://www.windham.maineadulted.org) for these additional UGotClass certificates**

Basic Game Design	HR for Non HR Managers	Six Sigma Green Belt
Business Writing	Leadership Development (for Gen Y)	Social Media for Business
Coding	Management	Statistics for Decision Making
Customer Service	Marketing	Strategic Planning
Digital Marketing	Mastering Video Marketing	Supervisory & Leadership
Diversity, Equity and Inclusion in the Workplace	Non-Profit Administration	Web Design
Effective Grammar and Writing	Online Teaching	WordPress
Graphic Design Software Essentials	Project Management	Workplace Communication
	Remote Work Manager	

**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 onto 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, 9/28; 10 am-12 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.  
**Saturday, 10/12; 9:30-Noon; WRAE; \$24**



**On your own... Survival in the Maine Woods**

*Brad Rounds*

Learn what to do when you're more than a bit "turned around" in the woods... or just plain "stuck" for one reason or another. We'll talk about how we get into trouble, minimal survival gear, handling being lost, survival priorities, the "evil three", improving your situation, shelters and fire starting, water and signaling. This is a combination indoor and outdoor session.  
**Thursday, 9/19; 6:00-8:15 pm; WRAE; \$24**



**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, 11/2-11/16; 9 am to 1 pm; WRAE CL; \$179**



**Recreational First Aid**

*Brad Rounds*

Recreational First Aid is a Next Step program from Maine Inland Fisheries and Wildlife. Whether you hunt, hike, paddle, snowshoe, or just enjoy walking in the woods, this course is perfect for those wanting more information than obtained in other IFW programs or those without first aid training. Learn basics about how to provide self-care or to care for someone injured or suddenly ill in a remote setting, with hands-on practice. This is not a certification program and does not include CPR. Taught by a Master Recreation Guide who is an Outdoor Education instructor for Maine IOFW. Practice materials supplied.  
**Thursday, 10/17; 6:00-8:30 pm; WRAE; \$24**



**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 sign: prints, scats, tracks, habits, and sounds. Why learn about animal signs? 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, 11/14; 6:00-8:15 pm; WRAE; \$24**



**The Nurturing Program (for families in SUD Treatment and Recovery)**

*Be The Influence*

As part of the DFC Grant for Windham/Raymond, Be The Influence offers this evidence-based Nurturing Parenting curricula for families in Recovery. This 12-week program is part of the Nurturing Parenting Programs and focuses on Families who are in and experiencing recovery from SUD. Participants must be 18 years and older and it is encouraged they attend all 12 sessions to receive the certificate of completion.



This class also qualifies as an evidence-based parent class for families being served through DHHS.  
**Wednesday, 9/18-12/11; 6:00-7:30 pm; WHS; FREE**

**Hospice - An Overview of What's What**

*Hospice of Southern Maine*



In this presentation we will discuss what is involved in hospice care, the best time to choose hospice support, the interdisciplinary team, who pays for hospice services, palliative care vs. hospice care, what benefits are available including equipment supplies and requesting an informational visit. We will do our best to answer any questions you might have about hospice care at home and review types of

care provided at an inpatient hospice facility.  
**Friday, 10/18; 10:00-11:00 am; WRAE LC; FREE**

**Grief Before and After a Loss**

*Hospice of Southern Maine*

Let's talk about the many faces of grief, including when it can occur and the many ways it affects us. We will discuss the entire spectrum of grief, from anticipatory grief experienced prior to a loss, to the ways we struggle when we experience loss. Grief is natural, normal and happens to everyone and we will learn how to recognize grief in ourselves and in others. We will also provide a list of recommended support resources.  
**Friday, 11/1; 10:00-11:00 am; WRAE LC; FREE**



**Mindfully Stepping Beyond your Comfort Zone**

*Stephanie Rowland, LCSW*

Is there such a thing as being too comfortable? No doubt human beings have a deep need for comfort, but too much of a good thing can come at the cost of other needs going unmet and reduce our sense of vitality. Both mindfulness and operating at the edge of our comfort/growth zones, can increase this sense of aliveness and motivate us to take further steps to expand our sense of self and our lives! In this four week course we will explore concepts of mindfulness and learn about our comfort/growth zones. You will have the opportunity to complete



individual assessments to learn more about your comfort/growth personality and journey, have opportunities for expansion in class, and make a plan to forge next steps for yourself beyond the classroom. Please know that this is designed to be an experiential course but that no one will be required to do anything that they do not want to; it's your comfort/growth edge to be explored. Both extroverts and introverts are welcome!  
**Monday, 10/7-11/4; 6:30-7:45 pm; WMS Library; \$42**

**Toughest Job Out There Today (Support for Family Dementia Caregivers)**

*Sue Colley*

You want to do the "right" thing and keep your precious loved one home and out of nursing homes and memory care facilities. It's a huge job. Keeping everyone safe, keeping your own sanity, asking for help when you need it, are all significant challenges for the family caregiver. Let's talk about all these things and more. How are you taking care of you? This is designed to be a supportive, confidential environment. Let's share our challenges and our successes and be a "gift" to each other.  
**Tuesday, 9/17-10/1; 5:00-6:30 pm; WRAE; FREE**



**Stay Connected & get the first scoop on new things!**

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

**Basic Watercolor from Life**

*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, 9/9-9/30; 6:00-8:00 pm; WRAE; \$59



**Watercolor as a Drawing Medium**  
*Patrick Corey*

This course builds on Basic Watercolor from Life. Students will learn how to build an initial sketch to work from, become more expressive with line and stroke, work with limited color palettes, integrate ink into a watercolor drawing, and work from subjects like still life, a live model, and self portraiture. A suggested supply list will be provided.  
 Thursday, 11/7-12/19; 6:00-8:00 pm; WRAE; \$108

**Woodcut Watercolor Printmaking**

*Chris Newcomb*

Explore, Woodcut Watercolor Printmaking in a four-session workshop (a great starting place for those who are new to watercolor and the perfect place for those with experience to broaden their skill range). We'll be learning and practicing the creative process through printmaking to explore abstract designs. Students share how much



they love the class and appreciate 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. We will also explore other options besides using wood to make your printing plates. (Check out woodcut watercolor prints on google images on Chris's website: [www.chrisnewcombart.com](http://www.chrisnewcombart.com)). There is an additional materials fee, payable directly to the instructor at class.

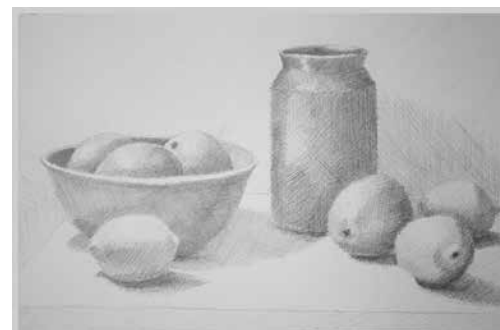
Tuesday, 10/1-10/22; 6:00-8:00 pm; WRAE LC; \$96

Tuesday, 10/29-11/26 (no class 11/5); 6:00-8:00 pm; WRAE LC; \$96

**Introduction to Observational Still Life Drawing**

*Patrick Corey*

In this hands-on course you will learn how to draw what you see. Using time-tested still life arrangements and objects we will explore line, form, value, composition, and technique using pencil and ink wash drawing. A suggested supply list will be provided.



**Advanced Drawing from Life**  
*Patrick Corey*

This course builds on Basic

Drawing from Life. Students will focus on expressive line and mark making using mixed media, introduce limited color to their, look at famous artists and produce a pastiche (i.e., create a work of art that imitates the style of an artist), explore different approaches, and work from subjects like still life, a live model, and self portraiture. A suggested supply list will be provided.

Tuesday, 11/12-12/17; 6:00-8:00 pm; WRAE; \$108

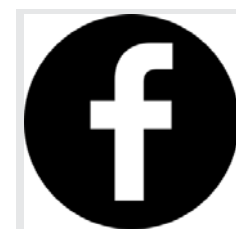
**You Too Can Paint!**

*Tom Nash*

New or "seasoned" artists will complete an 8" x 10" simple night scene painting during the session. All supplies will be provided. Just bring a smile, a desire to have fun, be creative and a positive belief that "You too can paint"! No experience is necessary. Materials fee of \$5 (cash please) payable to the instructor at class.



Thursday, 10/10; 6:00-7:30 pm; WRAE CL; \$29



**Stay Connected & get the first scoop on new things!**

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

**Tree of Life Ornament**

*Tammy Mullen*

You will choose from a variety of semi-precious gemstones - citrine, amethyst, aquamarine, jasper, amazonite and aventurine to create this beautiful Tree of Life. Along with gold or antique copper wire. All tools provided. Materials fee of \$15 (cash please) payable to instructor at class.

Wednesday, 9/18, 6:30-8:30 pm; WHS Closed Cafe; \$29



**Creative Art Glass Class**

*Tammy Mullen*

This class is less hands-on instruction and more fun guidance. Several pictures will be available for you to use as inspiration for your creation. Tammy will give you lots of tips and will be right there to answer questions and offer suggestions! We suggest you look online for glass pictures and get some ideas for what you'd like to create. All materials and tools will be provided for a fee of \$15 (cash please) payable to the instructor at class.

Monday, 9/30; 6:30-8:30 pm; WHS Closed Cafe; \$30



**Pebble Art**

*Tammy Mullen*



Look online for pebble art and you'll find tons of pictures to inspire you for your own creation! These whimsical creations are so much fun! Tammy will provide all the tools and materials and she'll be right there to encourage, advise and offer a helping hand. Materials fee \$15 (cash please) payable to the instructor at class.

Monday, 10/21; 6:30-8:30 pm; WHS Closed Cafe; \$30

**Bracelets for Beginners**

*Tammy Mullen*

Spend a fun evening making two beginner bracelets, one with elastic cord and colorful 4 mm glass beads, and one with leather cord and seed beads with a shell button clasp. All materials and tools provided. Materials fee of \$15 (cash please) payable to the instructor at class.

Wednesday, 10/30; 6:30-8:30 pm; WHS Closed Cafe; \$35



**Quilt-as-you-Go!**

*Donna Brookings*

Got a sewing machine collecting dust in your closet? Get it out of there and put it to work creating this Split Rail Fence quilt in six weeks. We'll cover all the steps needed to make your quilt: cutting fabrics, sandwiching with batting and quilting your pieces. The beauty of a quilt-as-you-go is that when it's done, it's done! Take home a completed quilt, suitable for gifting or just for snuggling. See website for materials list items to bring.

Monday, 9/16-10/28; 6:00-8:00 pm; WRAE LC; \$58



**Wire Wrapped Rings**

*Elise Marie Designs*

Enjoy a fun event learning how to make your own wire-wrapped rings! Unleash your inner artist and create unique jewelry to wear or gift. No experience necessary! We'll use bead wrap wire, with select beads. Learn how to find your ring size, how to use a ring mandrel to size, and wear your finished ring or two home! All materials and supplies are included in the course fee.

Wednesday, 9/25; 5:00-7:00 pm; WRAE CL; \$58  
 Monday, 11/4; 5:00-7:00 pm; WRAE LC; \$58



**Mobiles & Stables**

*Chris Toy*

There's something very "zen" about natural elements suspended and balancing with precision! Last year the WRAE team enjoyed a "Chris Toy Experience" when we all created either mobiles or stables from driftwood and rocks and wire. We often get comments and questions about these creations around our space! Chris has "upped" his game for this year and is adding shells and feathers to the mix. So the rules of balancing will be a little more fun! All materials are provided!

Wednesday, 11/13; 5:00-7:00 pm; WRAE CL; \$58

**Fall Felt Flower Bouquet**

*Gabrielle Lovi*

Create a beautiful fall flower bouquet out of felt. Craft several flowers and finish them with a farmhouse-style jar to put your flowers in. Materials fee of \$20 (cash please) is payable to the instructor at class.

\*\*\*This glass got RAVE reviews this past Spring!  
 Thursday, 10/17; 6:00-8:00 pm; WHS Closed Cafe; \$35





**Porch Sign Painting**

*Gabrielle Lovi*

You've seen these tall wood signs propped up on people's front entrances. Create your own, 48" tall and 9.5" wide. Choose your stencil design and background paint or stain when you register; come to class and prepare for fun! Many paint options for personalization. The class is instructor-led so you'll have Gabrielle's guidance along the way. Learn how to avoid those nasty bleeds, and stencil with confidence! Take home a beautiful project. Materials fee of \$20 (cash please) is payable to the instructor at class. Background paint options are white or black; stain options are early American or classic gray stain. **Thursday, 11/21; 6:00-8:00 pm; WHS Closed Cafe; \$50**



**Wood Sign Painting**

*Gabrielle Lovi*

So much fun to be had! Gabrielle has so many designs to choose from. When registering, you'll select your stencil design and background paint or stain color. Come to class ready for fun! Many paint colors. You'll have Gabrielle close by to guide you through all the steps. Learn how to avoid those nasty bleeds on your project and learn to stencil with confidence. Take home a beautiful project! Materials fee of \$15 (cash please) is payable to the instructor at class. Background paint choices: white or black paint, early American or classic gray stain. **Thursday, 10/24; 6:00-8:00 pm; WHS Closed Cafe; \$40**



**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 fun and inspiring pieces. Enjoy your time and let your creativity flow while you experience something brand new! We'll cover the stages - clay, creating, glazing, and firing. Bring lots of ideas and have some fun! Specify session when registering. Fee includes 25# 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. **Mon., 9/16-10/28 (no class 10/14); 5:00-7:30 pm; WHS Rm 305; \$169**  
**Monday, 11/4-12/16; 5:00-7:30 pm; WHS Rm 305; \$169**



**Open Pottery Studio**

*Hillary McHugh*

Here's a great opportunity for former, current and experienced pottery students who want a little more studio or wheel time. The course fee covers storage, some tools, firing, instruction as needed, and some glazes. It does not cover clay (low-fire, cone 06 - 04). You may purchase a 25-pound block of clay 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, 9/28-10/26 (no class 10/12); 9 am-12 pm; WMS Field Allen; \$149**

**Wood Tray**

*Gabrielle Lovi*

Take home this perfect wood serving tray with metal handles. Choose your stencil design and your background paint or stain when you register. Come to class ready to do all the fun stuff! Many paint colors available for personalization and Gabrielle will be right with you as you work on your beautiful project! Materials fee of \$20 (cash please) is payable to the instructor at class. **Wednesday, 11/13; 6:00-8:00 pm; WHS Cafe; \$40**



**Dough Bowl Candle & Mason Jar Lantern Workshop**

*Jenn Paulin, Candlewood*

Join Jenn from Candlewood for a fun and creative evening making two crafts! We will combine dried leaves and winter balsam to craft stunning, decorative pieces that add a touch of nature to your home and make the perfect gift. Your choice of seasonal fragrances to create heavenly scents. You will also learn the art of decoupage, transforming a simple glass jar into a stunningly adorned lantern. Students will take home beautiful and functional pieces. All supplies included in course fee. **Thursday, 10/24; 6:00-8:00 pm; WRAE; \$65**  
**Thursday, 11/14; 6:00-9:00 pm; WRAE; \$65**  
**Thursday, 12/12; 6:00-8:00 pm; WRAE; \$65**



**Winter Felt Flower Wall Art**

*Gabrielle Lovi*

Learn how to create holiday season felt flowers. Make several flowers and finish them on a farmhouse-style wood board. Add a personal message and you've got a unique, made-by-you decoration to display for the season! Materials fee of \$20 (cash please) is payable to the instructor at class. **Thursday, 12/12; 6:00-8:00 pm; WHS Cafe; \$35**



**Holiday Sled**

*Gabrielle Lovi*

Embellish this beautiful handmade wooden sled for your seasonal decorating. Sled runners are stained Early American and are sealed. Wooden sled top is painted (white or burgundy) or stained (Early American or classic gray) and is ready for you to stencil your design (many holiday-themed designs from which to choose). Rely on Gabrielle's experience to guide you along the way and take home a beautiful piece for your home! Materials fee of \$20 (cash please) is payable to the instructor at class. **Thursday, 12/5; 6:00-8:00 pm; WHS Cafe; \$55**

**Holiday Mono Print Card Making**

*Patrick Corey*

Show your holiday spirit this season with homemade cards. In this one night, three-hour workshop, you will create a dozen holiday themed, mono print cards using masks and stencils. Learn about various gel printing techniques and produce true pieces of fine art for your friends and family. Supplies included (cards, envelopes & ink). **Monday, 11/25; 5:30-8:30 pm; WRAE LC; \$60**  
**Monday, 12/9; 5:30-8:30 pm; WRAE LC; \$60**



**Fresh Flower Workshops**

*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 one or more of these nights 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. **Autumn Glory: Thursday, 9/19; 6:00-7:30 pm; WRAE LC; \$24**  
**Halloween Arrangement: Thursday, 10/10; 6:00-7:30 pm; WRAE LC; \$24**  
**Thanksgiving Cornucopia: Wed., 11/20; 6:00-7:30 pm; WRAE LC; \$24**  
**Mini Boxwood Trees: Thursday, 12/19; 6:00-7:30 pm; WRAE LC; \$24**



**Balsam Fir Wreath Workshop**

*Lorraine Lindstedt*

Create a balsam fir wreath. Beginners become instant wreath makers; no experience necessary. Take home a fragrant and full 22" fresh balsam fir wreath decorated with a beautiful red bow. Your wreath remains fresh throughout the holidays and beyond. All materials can be recycled. Materials provided: fresh local balsam fir, wreath ring, red ribbon. Additional supplies available for a take home project. Please bring gloves and small hand pruners. Materials fee of \$16 (cash please) is payable at class. **Thursday, 11/14; 6:30-8:30 pm; WHS Cafe; \$24**



**Wood Ornaments**

*Gabrielle Lovi*

Craft three beautiful ornament for tree decorating or gift embellishing! Tons of seasonal and holiday designs from which to choose. Materials fee of \$15 (cash please) is payable to the instructor at class. **Tuesday, 12/10; 6:00-8:00 pm; WHS Cafe; \$25**



**Adventure to Cape Cod & Nantucket Daffodil Festival**  
*Nancy Dorrans, Adventure Marketplace*

Welcome spring on this escorted luxury motor-coach tour from Portland to Cape Cod. Experience the 49th annual Daffodil Festival on the quaint island of Nantucket. Wear your daffy hats and cheer during the Antique Car Parade, which features over 100 daffodil-bedecked vintage cars. Enjoy free time to explore Hyannis & Nantucket and tour local museums in Sandwich and Cambridge, MA. Registration opens in early 2025. For more details on inclusions and rates please visit



<https://adventure-marketplace.com/adventures>  
 Friday-Sunday, 4/25-4/27; Rates Pending

**Quebec City's Winter Carnival - Oui, Oui!**  
*Nancy Dorrans, Adventure Marketplace*



Adventure Marketplace is excited to welcome you to join us on our annual winter adventure to Quebec City's Winter Carnival (Carnival de Québec). Departing from Portland and points north, spend 3 nights at the iconic Chateau Frontenac. Wander through

the winter wonderland of North America's beautiful, oldest and most European city. Enjoy live music, ice bars, fine restaurants, a parade and ice boat races during one of the world's largest winter carnivals! You'll have plenty of free time to explore on your own, with suggestions provided by your guide(s). Passports required. This tour sells out quickly! For more details on inclusions, rates and to REGISTER, please visit <https://adventure-marketplace.com/adventures>. Registration begins September 3. Friday-Monday, 2/7-2/10; Rates from \$1,015

**New York City Holiday Extravaganza**  
*Nancy Dorrans, Adventure Marketplace*

Adventure Marketplace is our tour host for this Holiday Motorcoach Tour from Portland to New York City during the "Hap-happiest time of the year"! Kick off the holiday season with the Rockettes Christmas Spectacular at Radio City Music Hall where "Every Moment is Magic!" We will spend 3 nights at the lovely Belvedere Hotel 2 blocks from Times Square. Enjoy department store window displays, light shows, holiday craft markets and more insider experiences! Lots of free time to explore the city your way, with suggestions provided by your guide(s). For more details on inclusions, rates and to REGISTER, please visit <https://adventure-marketplace.com/adventures> Thursday-Sunday; 12/5-12/8; Rates from \$1,015



**Special Event!**

**Paranormal 101 with Paranormal Five**  
*Melissa Lathrop*

Join Paranormal Five, a Maine-based family paranormal team, while we dive into the unexplained. Learn about the history of ghost and spirits. Discover different types of hauntings, paranormal investigators, and paranormal equipment. Find out how long people have been talking to the dead - and even some real paranormal evidence. A great class for anyone who has interests in the paranormal and unseen!

Monday, 9/23; 6:00-8:00 pm; WRAE LC; \$35



**2024 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. Meals are included in the workshop fee, as well as specially planned evening activities to extend your learning from the day's workshops. Day students are welcome-fee of \$495 covers workshops & meals. Lodging is available at each location and the details regarding accommodations are noted on our website, [www.windham.maineadulted.org](http://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!

**Homeport Inn and Tavern, Searsport**

9 private suites tastefully updated with comfortable furnishings... Live music evenings in the tavern. Specially discounted rates including breakfasts, are available by contacting the Inn. 11/8-11/11; \$495

**Harbor View House, Prospect Harbor**

Escape to a Victorian Inn on the coast of Maine, with an intimate group of artist, cooks and creatives! To book your stay at the inn call 207-963-9122 or visit <https://harborviewhousellc.com/>. 9/13-9/16; \$495

**Roosevelt Campobello Park, New Brunswick Canada**

Acadian Arts Retreats participants will have exclusive overnight accommodations in the park. Register for the retreat then call Sherry Mitchell at 506-752-2922 to make room reservations. 10/11-10/14; \$495

**Intro to Improvisational Theater**  
*Tom Nash*

Join seasoned actor and director, Tom Nash as you participate in theater games and scenario development and hone your improvisational acting skills. Explore various acting techniques aimed at creating unique vivid characters and enhancing your ability to improvise. No previous acting experience is required. While this is not comedy improv, participants are guaranteed to experience much laughter and fun!



Tuesday, 10/15-10/29;  
 6:00-8:00 pm;  
 WMS Library; \$54

**Perennial Favorite at WRAE!**

**How to Dress for your Body Type**  
*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!



Monday, 12/4; 5:30-7:30 pm; WRAE LC; \$29 (note date change)

**Best Clothing & Makeup Colors for your Coloring**  
*Candace Sanborn*

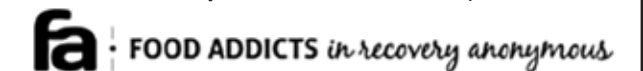
Is your closet full of black-colored clothing? Would you like to learn what other colors look good on you? In this fun, interactive class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive recommendations for eye shadows, blush and lipsticks for your coloring so you can put the two together to create a more vibrant you!

Monday, 10/28; 5:30-8:30 pm; WRAE CL; \$29 (note date change)

**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 Recover Anonymous is holding a FREE Zoom information session online and by phone. Session is Tuesday, 10/15; 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](mailto:fa.newcastle.maine@gmail.com)



**Managing Money for Today & Tomorrow**

**Create an Estate Plan for your Future**

*Mark Morrison*

Prepare 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, 10/9; 6:00-7:15 pm; WHS Room 130; \$24



**Invest for Success**

*Sarah Blondin, Primerica*

You work hard for your money. Is your money working for you? Are you confident in your current investment strategy? Join us to learn about the power of compound interest, managing risk, and strategically investing to reach your goals.

Tuesday, 10/8; 6:00-7:30 pm;  
 WRAE CL; \$24

**How Money Works**

*Sarah Blondin, Primerica*

Are you living paycheck to paycheck? Struggling with debt? Looking for a better way? Come learn the power of having a customized strategy, how to overcome common financial obstacles, eliminate debt and avoid costly mistakes many people unintentionally make!

Tuesday, 9/24; 6:00-7:30 pm; WRAE CL; \$24

**Social Security**

*Sarah Blondin, Primerica*

Do you wish you had a better understanding regarding your social security benefits? Do you want to make sure you're getting the most out of your benefits? Join us to learn how!

Tuesday, 10/29; 6:00-7:30 pm; WRAE CL; \$24

**Investing at Retirement**

*Sarah Blondin, Primerica*

Nearing or entering retirement? Join us to learn the power of having a customized strategy to make the most of your benefits and assets, identify considerable risks, and plan for a comfortable, financially secure retirement.

Tuesday, 11/5; 6:00-7:30 pm; WRAE CL; \$24

**You asked for it.... Now - Two Levels of ASL!**

**Discovering ASL:  
Adventures in American Sign Language**  
*Tristan Petersen*

Step into deaf culture with this opportunity to learn ASL. 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.

Tuesday, 9/10-10/15; 6:00-7:00 pm; WHS Lib.; \$68  
Tuesday, 10/22-11/26; 6:00-7:00 pm; WHS Lib.; \$68

**Next Level ASL:  
Immersion in Sign Language**  
*Tristan Petersen*

You've taken the beginner's course and have some sign language under your belt. Here's your opportunity to continue learning more words, phrases, nuances of ASL.

Tuesday, 9/10-10/15; 7:00-8:00 pm; WHS Lib.; \$68  
Tuesday, 10/22-11/26; 7:00-8:00 pm; WHS Lib.; \$68



**CPR - AHA Certification**  
*Charissa Kerr*

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.

Wednesday, 9/25; 6-9 pm;  
Katahdin 1; \$69  
Wednesday, 10/30; 6-9 pm;  
Katahdin 1; \$69  
Monday, 12/2; 6-9 pm;  
Katahdin 1; \$69



**First Aid  
AHA Certification**  
*Charissa Kerr*

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.

Wednesday, 10/30; 4:30-5:30 pm; Katahdin 1; \$49

**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.

9/3-9/28; online on your schedule; \$245

**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.



10/7-11/1; online on your schedule; \$195

**Putting Pen to Paper**



**Tell the Truth, but "Tell it Slant"  
Creative Nonfiction Writing for Beginners**  
*Kymberly Dakin-Neal*

Creative Nonfiction (CNF) is a writing genre with fun and interesting applications for new 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.

Thursday, 10/17-11/21; 6:30-8:00 pm; WHS Library; \$69

**The Making of a Poem  
An Introductory Generative Poetry Workshop**  
*Kevin Bertolero*

The goal of this generative workshop is to help you write new poems. Each week we'll close-read various poems together, typically centered around a specific theme or style, and then we'll devote some time to writing new poems with the help of various prompts and exercises to inspire you and spark your creativity. We'll begin with a crash course in some of the most popular formal styles of poetry before moving on to the Free Verse style that's most common today. This workshop is open to everyone and no formal experience with poetry is needed to participate—only an interest in reading, writing, and playing with language on the page.

Wednesday, 10/2-10/30; 6:00-8:00 pm; WRAE LC; \$42

**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.

9/3-11/1; online on your schedule; \$195

**Backyard Maple Sugaring**

*Jason Lilley, UMaine Cooperative Extension*

Join University of Maine Extension Maple Industry Educator



Jason Lilley to learn everything you need to know about making your own maple syrup. We'll discuss identifying and tapping trees, collecting and boiling sap, filtering, grading, and canning syrup. Jason will focus on homestead-scale systems that require a limited initial investment in equipment. This workshop is designed for beginners.

Monday, 11/18; 6:00-8:00 pm;  
WRAE; \$29



**Travelogue Series: -  
Portugal/Madeira**  
*Tom Nash*

Explore the allure and traditions of locales far and near through the eyes and ears of our guest speakers. First up is Director Tom Nash who will be sharing his photos and experiences in Southern Portugal and Madeira where he traveled this summer with his family. Programs are free and open to the public; all ages are invited.

Thursday, 10/3; 5:30-6:30 pm; WRAE; 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.

## Computer & Online Solutions from the National Digital Equity Center



### Using Facebook Securely

NDEC, Jessica Trimmer

Do you currently have a Facebook account? Consider this brief session to learn about using Facebook more securely. We'll discuss understanding all the privacy options and how to change those options so that the information you share on Facebook is only available to those you wish to see it.  
Friday, 12/6; 11 am-12 pm; WRAE; FREE



### Understanding Cloud Library

NDEC, Jessica Trimmer

Cloud Library is an online platform used by libraries in Maine as well as many other states to borrow eBooks and audiobooks. This free service allows you to choose from over 10,000 titles to view or listen to on your device. Learn how to download, navigate, and customize your Cloud Library. You must have an active library card with a participating library. Both Windham and Raymond Libraries participate!  
Friday, 11/8; 10:00-11:00 am; WRAE; FREE



### Online Games - Finding & Playing Good Games for 55+

NDEC, Jessica Trimmer

Research has found that playing games online has benefits for mental health, such as improving memory, enhancing cognitive skills and helping focus. In this class we will visit several great sites with a wide variety of fun games.  
Friday, 10/18; 11 am-12 pm; WRAE; FREE

### Identifying Frauds and Scams

NDEC, Jessica Trimmer

Learn about the different types of internet fraud and scams, the dos and don'ts of protecting yourself online and what to do if you have experienced online fraud or abuse.  
Friday, 9/27; 11 am-12 pm; WRAE; FREE



### Protect Yourself: Understanding the Latest Scams and How to Freeze Your Credit

Steven VanTassel, Bank of America

Join us for a single session that will empower you to navigate today's digital risks with confidence. This class is tailored for adults who want to safeguard their personal information and financial well-being. Discover the latest scams, learn how to spot and avoid them, and get hands-on guidance on freezing your credit to protect against identity theft. Led by Steven VanTassel, Financial Center Manager at One City Center Bank of America, you'll receive expert advice in a friendly, supportive environment.  
Thursday, 9/12; 4:00-5:30 pm; WRAE; FREE



spot and avoid them, and get hands-on guidance on freezing your credit to protect against identity theft. Led by Steven VanTassel, Financial Center Manager at One City Center Bank of America, you'll receive expert advice in a friendly, supportive environment.  
Thursday, 9/12; 4:00-5:30 pm; WRAE; FREE

### Fall Garden Clean Ups

Michael Crossan, Roosevelt Trail Garden Center

Learn how to tuck your garden in for the winter. Join The Members of Roosevelt Trail Garden Center as they give a small seminar in how to properly winterize your gardens and how to divide some of the more common perennials around your area.  
Tuesday, 9/17; 6:00-7:00 pm; WRAE; \$19



### 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!

Do you tend a mean garden? Cook fabulous ethnic foods? Play a musical instrument like a pro? Do stand-up comedy? Have you 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. It's rewarding!

Contact Enrichment Coordinator Sue Colley at WRAE!

Email: [wrae@rsu14.org](mailto:wrae@rsu14.org) or call 207-892-1819.



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.



**BoomerTECH Adventures courses contain videos which are self-paced. Students complete courses on their own time, at their own speed. Each course includes 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 provide personalized support for the class via email, phone, and Zoom.**

### Digital Tools for the Beginning Memoir Writer

Writing your memoir helps you reflect on the varied experiences that impacted your life and helped shape who you are today. This course looks at a variety of digital tools, available through any digital device, that make the process of memoir writing more fun and a little less daunting. Explore several unique approaches to research, learn strategies for gathering and storing materials in one easily accessible place, and delve into ways to illustrate your memoir even if you are not an artist. Polishing your work for publication and presenting it in a public format are other video topics. You will leave the course well equipped to begin your writing adventure  
Open Enrollment—take it when you want!  
Online; \$42



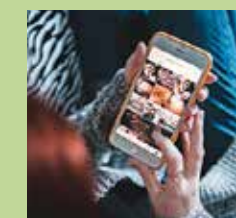
### Cooking with BoomerTECH Adventures

BoomerTECH Adventures guides Chris, Jill, and Ed share their love of cooking and enjoyment for lots of different types of foods. 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; \$42



### Fantastic Photo Finishes

Organize & Edit Images with your iPhone Photos App  
Most of us take hundreds of photos that languish on our iPhone/iPad or in the cloud. Knowing how to edit images and organize your photos on your iPhone and iPad is essential. Other areas of study include 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; \$42



### Better Use of your iPhone

#### Intro to iPhone Basics

Most iPhone users rarely 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; 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 iOS updates and the unique features of the newest iPhones.  
Open Enrollment - take it when you want! Online; \$42

#### 15 iPhone/iPad

#### Vision Accessibility Features

Many people have vision issues. A variety of iPhone/iPad settings allow you to use your device more easily when vision challenges arise. Learn where to find vision accessibility options and how to use them. These features are identical on the iPhone and iPad except in a couple of noted instances.  
Open Enrollment - take it when you want! Online; \$42



### See [www.windham.maineadulted.org](http://www.windham.maineadulted.org) for more BoomerTECH classes!

- Intro to Mac Basics
- Taking Awesome Pictures with your iPhone/iPad Camera
- Take Fabulous Photos of the Flora & Fauna in your World
- Conquer your Mac Photos App: Edit your Images
- Conquer your Photos App Chaos: Tame your Mac images
- Maximize your iPad's Potential
- Unlock Safari's Secrets on your Mac in just 5 Lessons
- Unlock Safari's Secrets on your iPhone in just 5 Lessons
- Unlock Safari's Secrets on your iPad in just 5 Lessons
- Hidden Gems Lurking on your iPhone/iPad
- More Hidden Gems in your iPhone/iPad
- Intro to Zoom Basics
- Create and Deliver Online Zoom Courses

### Cooking with Chris Toy!

We're always excited about the creative and delicious options our good friend and cookbook author Chris Toy is bringing us this season! 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!



#### Holiday Appetizers

Chris Toy

You know it will be a fun time with cookbook author Chris Toy in the kitchen! Sharing recipes from his many cookbooks Chris will be bringing us recipes for delicious and easy appetizers which you can quickly incorporate into your upcoming holiday menus! Everything's included - but you should definitely bring some containers for leftovers!  
Wednesday, 12/11; 5:00-8:00 pm; WHS Room 302; \$58

#### Wok & Cleaver Bootcamp

Chris Toy

Hands-on instruction from a pro - Chris Toy will be in the house providing expert instruction and lots of fun! Learn how to season, care for, and use a Chinese wok and cleaver. You'll take home a specially selected kit with a seasoned wok, wok spatula, sharpened cleaver, honing steel, and a cutting board (kit valued at over \$100). Of course, to learn all these steps, there must be food involved! Bring a container for left-overs!  
Wednesday, 10/16; 5:00-8:30 pm; WHS Room 302; \$195

### Ferment All of 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. We'll make a primary ferment in class. A secondary one will be demonstrated so you can make it at home once your primary has developed. We'll discuss kombucha's fascinating history, troubleshooting, glassware and SCOBYs (provided). This Zoom class will include the microbiology and the ferment creation.  
Wednesday, 10/2; 6:00-7:15 pm; Zoom; \$28



#### Sauerkraut variations

Emma Holder

Learn a basic tried and true sauerkraut recipe, techniques and troubleshooting. We'll add different flavor principles: Fennel, Fresh ginger, Cumin, Fiery peppers, It's your choice! Local delicious cabbage makes ferments that last for months, and maintains flavor and nutrient content. You'll learn about the marvelous microorganisms that surround us, give us "terroir" and keep us healthy by replenishing our microbiomes. This Zoom class will include both microbiology and ferment creation.  
Wednesday, 10/9; 6:00-7:15 pm; Zoom; \$28

#### Apple/Pear Chutney, and Fermented Potatoes

Emma Holder

Fermented potatoes? They are delicious! Fermented, tossed with olive oil and salt, and baked, they have almost a vinegary-french-fry flavor! This is a very simple vegetable ferment, so we'll have time to add a more complicated one; Fermented apple and pear chutney with aromatics and spices. This makes a great gift or to have in the fridge to add zing to a familiar meal. This Zoom class will include the microbiology and the ferment creation.  
Wednesday 10/16, 6:00-7:15 pm; Zoom; \$28

#### Preserving Apples and More

Kate McCarty, UMaine Cooperative Extension

Ever wonder how to preserve all those great fall apples? Come learn from University of Maine Cooperative Extension staff and Master Food Preserver volunteers, the many ways to preserve apples including canning, freezing, and drying. Then get hands-on, making and canning applesauce. Techniques can also be applied to preserving other fruits and vegetables. Participants will learn about recommended methods for preserving foods, the latest and safest recipes, equipment to ensure safety, and how to check for properly sealed jars. Take home a food preservation packet of fact sheets, more recipes, and your finished jar of preserves. Helpful to bring a pot holder.  
Thursday, 10/24; 5:30-8:00 pm; WHS Room 302; \$39 (includes food fee)



#### Baklava Bliss: Mastering the Art of Sweet Layers

Billy Doukas

Unlock the secrets of authentic baklava in our hands-on class! Join us for an evening of delicious fun, where you'll learn to layer flaky phyllo dough, create mouth-watering fillings, and master the art of syrup. Perfect for all skill levels, this class will leave you with the skills to impress your friends and family. Enroll today and indulge in the sweet tradition of baklava. Opa!  
Thursday, 11/14; 5:00-8:00 pm; WHS Room 302; \$58 (includes food fee)  
Tuesday, 12/10; 5:00-8:00 pm; WHS Room 302; \$58 (includes food fee)



#### Intro to Latin Dance

Barbara McGranahan

Merengue, Bachata, and LA Salsa. Join in the fun of learning dances from the Caribbean islands—Merengue and Bachata and the most popular type of Salsa—LA Salsa or Salsa "on 1". If you can march, you can Merengue and if you can walk forward, backward, and side to side you will love the sauciness of Bachata—a great club dance offering. Salsa mixes American swing and Cuban mambo dances and is danced easily in a slot—no around the room movement for this dance. Join others—come with or without a partner so you will learn to enjoy Latin Dance. Cost is per person.  
Friday, 9/13-10/18; 5:00-6:00 pm; NWUC; \$84 (Note location change)



#### Latin Dance I

Barbara McGranahan

Merengue, Bachata, and LA Salsa Level One. Lots of new moves and more fun with these popular Caribbean and American/Cuban fusion club and event dances. Loose and easy dancing to bring on joy through connected movement. Join others—come with or without a partner and continue to learn fun dance combinations to look and feel good on any dance-floor. Cost is per person.  
Friday, 10/25-12/20; 5:00-6:00 pm; NWUC; \$84 (Note location change)

#### Intro to Ballroom Dance

Elizabeth Converse

Here's a great opportunity for busy folks who want to give ballroom dance a try! This session will focus on Foxtrot and East Coast Swing! You'll learn the basic steps of two ballroom dances as well as starting to understand leading and following. This is enough to look better than average on the dance floor at most weddings, class reunions or cruise ship dances! To help you practice on your own time, you will also get handouts and links to Youtube videos for each step learned. No partners or prior dance experience is necessary, just a desire to try something new! **Correction! Price is \$58!**  
Foxtrot & East Coast Swing: Tues., 9/10-9/17; 6:30-8 pm; WMS Cafe; \$58  
Foxtrot & Rumba: Tues., 11/5-11/12; 6:30-8 pm; WMS Cafe; \$58  
Waltz & ChaCha: Tues., 11/19-11/26; 6:30-8 pm; WMS Cafe; \$58

#### Intro to Tango & West Coast Swing

Barbara McGranahan

With origins in Spain, the Tango is a social dance that uses flirtatious music and a smooth style. The American Tango style includes cat-like walks and has a strong connection to the music. West Coast Swing, like Tango, is danced to blues music in a slot whereas Tango "walks" around the dance floor in a counterclockwise direction. Enjoy the variety of movement patterns in these two popular styles of social event dancing. Come with or without a partner. Cost is per person.  
Friday, 9/13-10/18; 6-7 pm; NWUC; \$84 (Note location change)



#### Tango & West Coast Swing I

Barbara McGranahan

Tango and West Coast Swing Level One. Lots of new moves and more fun with these social event and club dances. Bring on the joy of connecting with others to learn dips, fans, passes, and whips. Traditional dance and pop music favorites will have you feeling energized yet comfortable when dancing at an event, on a cruise or in the park. Cost is per person.  
Friday, 10/25-12/20; 6:00-7:00 pm; NWUC; \$84 (Note location change)

#### Line Dancing

Ray & Sue Hall

Come join Flamin' Raymond and Sizzlin' Susan for a night of fun, laughter and line dance lessons. This class is geared towards beginner and advanced dancers. The class will be a mixture of many different types of music. Please wear comfortable shoes! Cost is per person.  
Tuesday, 9/10-10/15; 6:30-7:45 pm; Windham Town Hall; \$50  
Tuesday, 11/12-12/17; 6:30-7:45 pm; Windham Town Hall; \$50 (Note date change)



**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!  
**Wed., 9/11-10/16; 6:15-7:00 pm; NWUC; \$57**  
**Wed., 10/23-12/4; 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 Monday, 9/16 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. Monday, 10/14, Monday, 11/11, and Thursday, 11/21 no walking available.  
**Info Night: Monday, 9/16, 5:30-6:30 pm**  
**Mon.-Thurs., 9/16-12/20; 3:00-8:00 pm; WHS Hallways; \$14**

**Gentle-Moderate Mindful Yoga**

**Nancy Kristiansen**

Please join us for this Gentle-Moderate Yoga class that is suitable for every body. Through a mindful approach that focuses on the connection between movement, breath and intention, each unique individual has the opportunity to improve the quality of their overall life experience. As we move mindfully through a series of postures designed to increase flexibility, balance and strength, students can expect to feel greater confidence and alignment of mind, body and heart. Please dress comfortably and bring a yoga mat. Props, such as Yoga blocks, blankets and bolsters are encouraged. **Note date changes.**  
**Tuesday, 9/24-10/29; 5:30-6:45 pm; NWUC; \$59**  
**Tuesday, 11/5-12/10; 5:30-6:45 pm; NWUC; \$59**



**Pumped Up Strength**

**Jenna Chase**

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism. In these classes you will want a set of hand weights anywhere

from 5-15lbs. \*All virtual classes are recorded and sent to students for practice.  
**Friday, 9/13-10/18; 6:15-7:00 am; Zoom; \$44**  
**Friday, 10/25-12/6; 6:15-7:00 am; Zoom; \$44**

**Chair One Fitness**

**Jenna Chase**

Chair One Fitness is a fun, seated, chair-based dance fitness class that includes activities of daily living and movements that stimulate the brain. It is a total body workout that is great for senior citizens, people with balance deficits, chronic pain, injuries, disabilities and more.  
**Wednesday, 9/11-10/16; 5:15-5:45 pm; NWUC; \$49**  
**Wednesday, 10/23-12/4; 5:15-5:45 pm; NWUC; \$49**



**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. Hatha Yoga is a great help with pain management and stress as you improve your posture and tone muscles. Bring a yoga mat & a blanket or light throw. Wear loose clothing, suitable for exercise. Come and relax!  
**Thursday, 9/12-10/31; 6:00-8:00 pm; WMS Music; \$88**



**Intro to Mat Pilates**

**Barbara McGranahan**

Never tried Pilates? Or have you taken a substantial break from the practice? Join others to build up your core strength and tone your muscles. Learn how to initiate the movements from your body's Powerhouse (your core) as they translate into benefits across your day-to-day posture and activities. The principles of Pilates (breathing, centering, concentration, control, precision, and flow) are adhered to throughout class to maximize results. All exercises are mat level and allow you to work out at home without needing specialized equipment, a true fitness for everyone. Gain core strength (balance), flexibility, spinal and joint mobility (posture and stability), body awareness, and overall physical strength. Bring a mat.  
**Friday, 9/13-10/18; 4:00-5:00 pm; NWUC; \$84**  
**(Note location change)**



**Mat Pilates Level I**

**Barbara McGranahan**

Joseph Pilates said "In 10 sessions you will feel the difference, in 20 sessions you will see the difference, and in 30 sessions you will have a whole new body." Let's continue to work toward your postural, musculoskeletal alignment and development and safe movement. After a brief review of basic warm up and workout techniques that underpin all Pilates exercises we proceed to both foundation and progressive exercise flow combinations. Bring a mat.  
**Friday, 10/25-12/20; 4:00-5:00 pm; NWUC; \$85** **(Note location change)**



**Barre Bootcamp**

**Jenna Chase**

Barre Bootcamp is a low impact workout that will produce a big burn! Barre combines elements of strength training, Pilates/ yoga and dance. Small movements and many reps will help sculpt and tone muscles you didn't even know you had!  
**Monday, 9/9-10/14; 6:15-7 am; Zoom; \$44**  
**Monday, 10/21-11-25; 6:15-7 am; Zoom; \$44**

**Human Reformer Pilates**

**Jenna Chase**

Human Reformer Pilates is a way to harness the potential of your own body, using it as the ultimate reformer. With just 1 resistance band, you can capture all the postural, core, and alignment challenges that reformer work is famous for— courtesy of Pilates mat programming that mirrors traditional reformer exercises. Equipment that will be used in class include: A yoga mat and a Flex Cord or 48" resistance band or something equivalent.  
**Wednesday, 9/11-10/16; 6:15-7:00 am; Zoom; \$44**  
**Wednesday, 10/23-12/4; 6:15-7:00 am; Zoom; \$44**



**Beginner Golf Clinic**

**Johnny Johnston**

Beginner Golfers: Learn the fundamentals of the sport in a fun, judgement-free indoor setting using simulators or the driving range, weather permitting. If you're new to golf or just looking for basic fundamentals, this is your class! 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, 9/17-10/1; 6:00-7:00 pm; Sunset Ridge Golf Links; \$50**



**Looking for a class, but not seeing it?**

Maybe WRAE 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](mailto:wrae@rsu14.org) or call us at 207-892-1819.**

## Meet Our Instructors

**Acadian Arts Retreats** offers 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 20+ years as a HiSET examiner. Daytime she works as a mathematics coach in Westbrook. She loves seeing adult learners achieve their dreams!

**Barbara McGranahan** teaches a variety of enrichment classes for several Maine adult ed programs. This fall she is bringing us a whole slew of Friday night dance classes and two levels of Mat Pilates.

**Be the Influence** operates under the federal 'Drug-Free Communities' Grant. Using a collaborative community approach they provide education, resources and support to youth and their families in an effort to prevent youth substance use.

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

**Bill Diamond** is the founder of *Walk a Mile in their Shoes* whose mission and purpose are the prevention of homicides and abuse of children who are under the supervision or care of the State of Maine foster system.

**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.

**Billy Doukas** is currently working on a cookbook featuring Greek and other Mediterranean dishes. Alongside his mother, Rita Panagakos-Doukas, he co-owned and operated the popular Longfellow Cafe and Trojan Horse restaurant from 1980 to 1990.

**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.

**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.

**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!

**Daniel Leclair** is the Director of Unmanned Aircraft Systems (UAS) Education and Research at UMA. Col Leclair US Air Force veteran and currently serves as a volunteer in the US Air Force Auxiliary as a Search and Rescue / Disaster Recovery pilot.

**Donna Brookings** is the Maine State Coordinator and Northeast Regional Coordinator for Quilts of Valor, a wonderful group who make patriotic quilts for veterans. We're excited for her to join us!

**Elise DeSalvo**, owner of Elise Marie DeSigns, inspires with uniquely hand-crafted designs and a marketplace of local goods. She strives to empower customers to look and feel their best while also supporting female-owned small businesses.

**Elizabeth Converse** believes that ballroom dance is not just good for mental & physical fitness, but it's also an excellent way for us to improve our socialization skills that may have gotten rusty.

**Emma Holder** is a lover of fermenting! She holds a Masters in Micro/Immuno, McGill '93.

**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 (with Open Studio time on Saturdays), bringing with her a great love of Mosaic! She's excited to get to share her talents with us.

**Hospice of Southern Maine** provides compassion, care and comfort through end of life. They have agreed to bring us some FREE information sessions about their programs.

**Jason Lilley** is a Sustainable Agriculture and Maple Industry Educator with University of Maine Cooperative Extension of Cumberland County in Falmouth.

**Jenn Paulin** of New Gloucester is a Candlewood Candle Company representative locally. She's bringing us a great class for fall, especially for holidays.

**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 in the Cumberland County area for several years. We're pleased to have her bringing her hatha interpretation to WRAE.

**Johnny Johnston** is the General Manager and Golf Teaching Professional at Sunset Ridge Golf Club. Our spring class had a great time with Johnny - we're glad he agreed to do it again this fall!

**Karin Kelly** Karin is a retired elementary school teacher who taught 3rd and 4th grades for 25 years in Scarborough. She enjoys traveling, bird watching, making pottery and loves meeting and learning about new friends and cultures.

**Kate McCarty** is a Food Systems Professional for the University of Maine Cooperative Extension in Falmouth.

**Kevin Bertolero** is an accomplished writer of prose and poetry. Kevin took an art class with WRAE and thought to himself... "I should teach a class." Yes!

**Kymberly Dakin-Neal** is a certified, published, award-winning author, a speaker and certified mindset coach. Her passion is cultivating mindful confidence and success in others.

**Laurie Fabrizio-Bowen** is the Payroll Specialist for RSU #14. She has worked extensively over the years with our district substitute teachers and is the perfect "in-the-know" person to help us present our Substitute Training session.

**Lorraine Lindstedt** and her husband Tom own and operate Woodlot Management & Products. They have provided wonderful wreath-making classes throughout Maine for decades.

**Luki (Lucille) Hewitt** has 40+ years of experience in the field of education as a teacher and guidance counselor. Upon retirement, she continues to provide private music lessons and Citizenship tutoring. She is joining WRAE as a remote ESOL instructor.

**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.

**Melissa Lathrop** heads a family team (Paranormal Five) is the pursuit of exploring the unknown through investigations, teaching paranormal classes, and sharing insight on P5 Talks podcast.

## Meet Our Instructors

**Nancy Dorrans** owns Adventure Marketplace and believes that everyone deserves to feel safe, guided and nurtured when venturing forth to explore, discover, and expand their sense of self.

**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.

**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."

**Sarah Blondin** has a passion for helping people through education. Building relationships and helping people understand how their money works and how to make it work for them through simple stories and concepts is her main focus.

**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.

**Stephanie Rowland, LCSW** is a local mental health therapist who looks for ways to enrich the community beyond therapy sessions.

**Sue Colley** is WRAE's Enrichment Coordinator. She has been the primary caregiver to two family dementia patients.

**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.

**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. Tom has been acting and directing for more than 38 years as well as painting and drawing since childhood. He also recently started teaching paint-night sessions with friends, colleagues and conference attendees.

**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.

**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 and is a change that reflects fiscal responsibility to our taxpayers, and fairness to our instructors who give 100% to all of their students, regardless of age.

**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](http://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](mailto: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)

**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.

TOTAL \_\_\_\_\_



**WINDHAM RAYMOND ADULT EDUCATION**

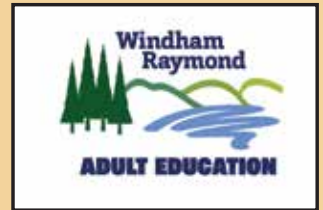
Superintendent's Office  
228 Windham Center Road  
Windham, ME 04062

Non-Profit Organization  
U S Postage  
PAID  
Permit No 21  
Windham ME 04062

**Registration starts immediately!**

**WRAE • 406 Gray Road, Windham, ME 04062 • Phone 207-892-1819 • WRAE@rsu14.org**

**Enrichment Classes Begin the Week of September 9th!  
Registration is Open Now!**



**WRAE Class of 2024**

**Adult Education & Family Literacy Week  
September 16 - 20 • Look for activities coming soon!!**

**WRAE Staff Development Day  
June 2024**

A great day for us to all be together in the same place! We bid farewell to Spencer. He's heading off to work on his doctorate degree. And we're happy to welcome Sheila who will be taking over Spencer's nighttime seat!

L-R: Spencer Allison, Cathy Giuffre-Renaud, Jessica Trimmer, Cheryl Paradis, Sheila Corey, Tom Nash & Sue Colley



**A Very Special Event**

**Abused Children in Maine Need a Voice**

*Bill Diamond, Patrick Corey*

Join "Walk a Mile in their Shoes" founder Bill Diamond -former Maine Senator and Secretary of State- for an update on the work to advocate for Maine's most vulnerable children. Kids in Maine's care are suffering abuse and sometimes being killed. The child protective system is leaving case-workers, foster parents, children, and other stakeholders unsupported.

Walk a Mile in Their Shoes was solely founded to prevent the abuse and homicide of children that are involved in the system. Listening sessions were held across Maine and we want to share what we learned, and the solutions provided. Join us for a FREE presentation about our work, what we are doing to support children under Maine's supervision, and how you can help stakeholders in need.

**Wednesday, 10/9; 7:00-8:30 pm; Zoom; FREE**