

Windham Raymond Adult Education

Winter / Spring 2025 Course Offerings

*Connecting our Communities...
...Windham & Raymond, Maine*



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

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

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

Welcome!



Windham Raymond Adult Education
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**
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
- We All Need Help Sometimes**
219 Roosevelt Trail, Windham
- Baker Mountain Massage**
Three Paradise Way, Windham

Connecting Windham Raymond Adult Education to You!

Welcome to our Winter / Spring 2025 catalog! It's a new year with new goals, hopes and challenges. Let's make the most of it!

We can do so much of that right here in our communities - we have so many wonderful resources in the Windham and Raymond business community. And we at WRAE have partnered with those many resources to create a diverse selection of opportunities to meet those goals, foster those hopes and conquer those challenges.

As you work your way through this catalog, you'll find many familiar faces and you'll hear about their connection to WRAE. Enjoy!

Sue Colley

WRAE Enrichment Program / Marketing Coordinator



Our Mission...

Windham Raymond Adult Education provides affordable, high quality adult learning opportunities that meet the academic, career,

and personal pursuits of our diverse adult population – families, workers, citizens and the business community.

Our Vision...

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

RSU 14 School Administration
Christopher Howell, Superintendent
Christine Frost-Bertinet, Assistant Superintendent

RSU 14 School Board Members

- Jessica Bridges, Windham
- Caitlynn Downs, Windham
- Jodi Carroll, Raymond
- Marge Govoni, Windham
- Char Jewell, Raymond
- Joseph Kellner, Windham
- Grace Leavitt, Raymond
- Christina Small, Windham
- Ginny Woodman, Windham

WRAE Office Hours

Monday – Thursday: 8:00 AM – 8:30 PM
Friday: 8:00 AM – 3:00 PM

Winter 2025 Calendar

Enrichment courses begin the week of January 6th
Academic courses begin the week of January 13th.
Check catalog for specific course start dates.
Course Registration: Begins Now!

Office Closed the Following Holidays

- Martin Luther King Jr. Day - January 20th
- Winter Break - February 17-21
- Spring Break - April 21-25
- Memorial Day - May 26
- WRAE Graduation - June 12
- Juneteenth - June 19

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What Can We Do for YOU?

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

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

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

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

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

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

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



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, 1/13-5/19; 9:00-11:00 am; WRAE LC; FREE

Multi-level - Beginner

Shelley Goad

Various levels of beginners. In person only.
Monday, 1/13-5/19; 12:00-2:00 pm; WRAE LC; FREE

Level 1

Luki Hewitt

Students new to English. Remote (Zoom).
Tues/Thu, 1/14-5/22; 5:30-6:30 pm; Zoom; FREE

Level 2

Karin Kelly

Students with some English speaking and listening skills.
Mon/Wed, 1/13-5/21; 5:30-6:30 pm; Zoom; FREE

Level 3

Christie Tebbets

Students with some conversation ability.
Tues/Thu, 1/14-5/22; 5:30-6:30 pm; Zoom; FREE

Level 4

Luki Hewitt

Students with good conversation skills.
Tues/Thu, 1/14-5/22; 7:00-8:00 pm; Zoom; FREE

Level 5

Karin Kelly, Christie Tebbets

Students with fluent levels of literacy.
Mon/Wed, 1/13-5/21; 6:30-7:30 pm; Zoom; FREE
Tue/Thu, 1/14-5/22; 6:30-7:30 pm; Zoom; FREE

Level 6

Christie Tebbets

Students with high school equivalency and/or college goals.
Tue/Thu, 1/14-5/22; 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 an instructor for two one-hour sessions per week at various times.



Various, 1/2-6/30; 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 reading and writing, vocabulary, comprehension, and background knowledge about subjects. Appropriate assessments will lead to 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, 1/13-5/23; Schedule determined upon registration. In person; Free

Questions about ESOL or ABE?

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

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.

Connecting Academically



"By connecting foundational skills in literacy, numeracy and digital literacy to education and careers, ABE programs empower adults to achieve personal and professional goals."

Cathy Giuffre-Renaud
WRAE Academic Coordinator

College Prep



Pre-College English - SMCC or WRAE

Alexandra Requena, Anna Patkus, Jessica Trimmer

Strengthen your understanding of the interconnected relationship between reading and writing for academic purposes. Apply your comprehension of paragraph and essay structure to analyze and produce narrative, compare and contrast, cause and effect, and persuasive writing.

SMCC 040 (Accuplacer 430-469 or CASAS 232-238):

T & Th, 1/21-5/8; 5:00-7:00 pm; In person; Free

SMCC 080 (Accuplacer 470 or higher or CASAS 239 or higher)

T & Th, 1/21-5/8; 2:00-4:00 pm; In person; Free

WRAE: Open enrollment. Contact Jessica at 892-1819; Free

High School Diploma

Catherine Giuffre-Renaud

Take classes and earn credits toward completing your high school diploma. We have small group instruction, self-study and even on-site computer-based learning opportunities. Call the ABE Coordinator to schedule an appointment to discuss these flexible, high quality, and interactive solutions. Subjects and schedules assigned based on students' needs.

Various days and times, 1/6-6/11; 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., 1/7-6/10; 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, 1/7-6/10; In person only; FREE

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

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, 3/10-4/28; 5:00-8:00 pm; First and last classes are 3/10 & 4/28 from 5-8 pm; other classes are asynchronous; Free

Pre-College Math - SMCC or WRAE

Jodi Scott, 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 040: Tuesday, 1/14-5/6; 7:00-8:30 pm; Free

WRAE 040: Open enrollment. Contact Jessica at 892-1819; Free

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



Adulting 101: For the Love of Money

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, Financial Education Programs Specialist from the Finance Authority of Maine for this one-hour virtual workshop as we explore fundamental money skills.

Wednesday, 2/12; 6:30-7:30 pm; Zoom; FREE

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 own scholarship application plan. Discover and try out different scholarship websites, learn how to use a scholarship information tracker, and to avoid some challenges of the scholarship process. Students and parents can join Jessica Whittier, College Access Counselor with the Finance Authority of Maine for this 1-hour workshop as we talk scholarships.

Wednesday, 2/26; 7:00-8:00 pm; Zoom; FREE

Planning and Paying for College

Do you have children who will be looking at college soon or might you be thinking of returning to school yourself? Now is a great time to start thinking about the financial aid process and ways to boost college savings. The earlier you start, the more confident you'll be when it is time to apply for financial aid. Join Michelle Radley, College Access Counselor with the Finance Authority of Maine for this 1-hour workshop as we talk all things paying for college.

Wednesday, 3/5; 6:00-7:00 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. In Adulting 102, we will look at the differences between saving and investing, and if you are ready to invest, how to get started. Other topics cover protecting assets (insurance), advanced budgeting, and understanding the role economics plays in our financial life. Join Steve Kautz, Financial Education Programs Specialist from the Finance Authority of Maine for this one-hour virtual workshop as you take the next steps into Adulting.

Wednesday, 3/19; 6:30-7:30 pm; Zoom; FREE

Spring Into College Savings:

The Alford Grant and Maine's College Savings Program

Join us – with College Savings Superstar Alford Foundation member, Caroline Palmatier! Maine families have access to two valuable programs to assist with saving and paying for education after high school: the \$500 Alford Grant and Maine's College Savings program. These initiatives offer great benefits, but understanding their features can be challenging. Whether you're a parent, guardian, or student, gain information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future!

Wednesday, 4/2; 7:00-8:00 pm; Zoom; FREE

Student Loan Repayment Strategies and Pro Tips

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 prepare for 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 students loans for a long time, join Nikki Vachon, College Access Counselor from the Finance Authority of Maine as she shares pro-tips and answers questions.

Wednesday, 5/7; 6:00-7:00 pm; Zoom; FREE

Putting the Literacy in Financial Literacy: Book Club with FAME

Join FAME's College Savings Counselor, Maire Pelletier, in exploring *Girls That Invest* by Simran Kaur for a great introduction to investing. All experience levels are welcome! (For general education purposes only, and should not be used as legal, tax, or financial advice)

Book Synopsis: Your step-by-step guide to financial independence—from the creator of the #1 investing education podcast, *Girls That Invest*. Ever wondered how on earth the stock market works, but felt too intimidated to ask “those” questions? This is the book for you! Simran Kaur teaches the essential principles you can apply to any market, anywhere in the world. Because money provides the freedom to say “yes” or “no”, the freedom to handle whatever life throws at you, and the freedom to grow and prosper. You're invited to join the thriving community of women who are building a better financial future. Investing is for everyone. Pick up *Girls That Invest*, become an investor-in-training, and claim a space for yourself in the world of finance—so you too can find financial independence and create generational wealth. Students will need to purchase their own copy of the book to participate and are expected to attend all 5 sessions.

Tuesday, 2/4, 2/18, 3/4, 3/18, 4/1; 6:00-7:00 pm; Zoom; FREE

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



Build Your Business Series

My Next Career Move

Assess your skills, interests, and experiences to figure out your career options. Create an action plan that will help you achieve success.

Tuesday, 1/14-2/4; 5:00-6:30 pm; Zoom; FREE

Wednesday, 3/5-3/26; 12:00-1:30 pm; Zoom; FREE

Making Career Choices

Ready for a career change but don't know where to start? This workshop will point you in the right direction. Discover what to consider when choosing a career and the resources available to help you succeed.

Wednesday, 2/5; 12:00-1:00 pm; Zoom; FREE

Tuesday, 5/6; 6:00-7:00 pm; Zoom; FREE

Job Search Strategies

Could you use a boost in your job search? This one-hour workshop is for job seekers of all backgrounds who are unemployed, underemployed, or looking for a new job. Create your own job search plan and review resources available to help you, including online job searching and networking.

Wednesday, 1/15; 10:00-11:00 am; Zoom; FREE

Wednesday, 3/5; 6:00-7:00 pm; Zoom; FREE

Resume Strategies

Need to write or update your resume? Learn how to create an effective resume that highlights your skills and experience from our professional staff.

Wednesday, 1/22; 10:00-11:00 am; Zoom; FREE

Wednesday, 3/12; 6:00-7:00 pm; Zoom; FREE

My Money Works

This interactive five-session class with our professional staff will help you gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, save, plan for retirement, and set personal financial goals to achieve greater financial stability.

Tuesday, 1/14-2/11; 6:00-7:00 pm; Zoom; FREE

Tuesday, 2/25-3/25; 10:00-11:00 am; Zoom; FREE

Thursday, 3/13-4/10; 6:00-7:00 pm; Zoom; FREE

Wednesday, 4/23-5/21; 12:00-1:00 pm; Zoom; FREE

Tuesday, 6/3-7/1; 10:00-11:00 am; Zoom; FREE

Let's Talk About Credit

Learn how to reduce your debt, improve your credit, and maintain a good credit score. Create your own step-by-step plan to pay down your debt.

Wednesday, 2/19; 12:00-1:00 pm; Zoom; FREE

Tuesday, 4/8; 6:30-7:30 pm; Zoom; FREE

Interview Strategies

Join us and prepare to interview with confidence. We'll guide you in exploring different types of interviews, tips for answering difficult questions, and steps to take after the interview.

Wednesday, 1/29; 10:00-11:00 am; Zoom; FREE

Wednesday, 3/19; 6:00-7:00 pm; Zoom; FREE

Connecting Women to Construction Careers

In this one-hour Zoom session, women* and underrepresented workers can explore high-wage careers in the construction trades as well as low-cost or no-cost training programs and job opportunities!

Monday, 3/10; 4:00-5:00 pm; Zoom; FREE

Connecting Women to Forestry Careers

Take advantage of this one-hour Zoom session designed for women* and underrepresented workers interested in exploring careers within the forestry trades!

Tuesday, 3/11; 4:00-5:00 pm; Zoom; FREE

Building Confidence

Whether navigating recent changes, looking for a job, starting a business, or simply wanting to be more confident, join this class to assess your confidence and learn tools to help you build your self-assurance and keep it strong.

Tuesday, 4/8-4/22; 10:00-11:30 am; Zoom; FREE

*people who identify as women or as gender-expansive, gender-nonconforming, or non-binary

Financial Literacy Series

Build Your Savings

Setting money aside helps you plan for the future and reach your goals. While saving can be challenging, taking small steps can make a difference.

Wednesday, 2/26; 12:00-1:00 pm; Zoom; FREE

Tuesday, 4/15; 6:30-7:30 pm; Zoom; FREE

Budgeting Basics

In this interactive workshop, we will explore building a budget that works for you. We will cover money tracking, goal setting, and how having a sense of your overall financial situation can assist you in creating and using a budget.

Wednesday, 2/12; 12:00-1:00 pm; Zoom; FREE

Tuesday, 4/1; 6:30-7:30 pm; Zoom; FREE

**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



**Substitute Teacher Training
Jessica Trimmer & Laurie Fabrizio-Bowen, Karilynne Miele
(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. The \$34 course fee will be reimbursed to any participant who 1) completes the program, and 2) completes a day as a sub for RSU 14. These individuals will be eligible for a higher pay rate with RSU 14.
Friday, 3/14; 9:00 am-3:00 pm; WRAE LC; \$34 (includes lunch)



**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



Connecting Professionally

"I am privileged to support individuals as they work toward their educational and career goals. Students show remarkable courage as they step beyond their comfort zones and embrace the challenges that come with growth and success. It's incredibly rewarding to be part of their journey!"



Jessica Trimmer
WRAE Career & College Advisor

Customer Service & Sales Certified Specialist Training

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.

FMI: Contact Jessica Trimmer at WRAE: jtrimmer@rsu14.org; 207-892-1819 ext. 2193



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., 2/25-6/10; 5:30-8:30 pm; \$3500
Tue. & Thu., 6/17-9/30; 5:30-8:30 pm; \$3500
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., 3/11-5/15; 5:30-8:30 pm; \$3200
Tue. & Thu., 6/17-8/21; 5:30-8:30 pm; \$3200
Application referral and information is free.

Medical Coding

Learn all aspects of medical coding to become nationally certified and get working as a Certified Professional Coder. Includes Medical Terminology, Anatomy & Physiology, Step-by-Step Coding, CPC-A exam, AAPC membership, 3 practice CPC tests and all books. Basic computer skills are required; \$3950. Adding Practicode (6-10-week online program) will remove the apprenticeship designation from the CPC credential; \$5150.
Thursday, 3/13-7/31; 5:30-8:30 pm; \$3950 + Optional \$1200 Practicode or Online (start anytime); \$3950 + Optional \$1200 Practicode
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. Required: typing skills above 60 WPM, Microsoft Word proficient.
Online Anytime, Self-Paced; \$3200
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 Assistant) Certification exam through the National Healthcareer Association (NHA). Course fee includes national certification, all books, fees, and resume and job assistance.
Wednesday, 2/26-6/11; 5:30-7:30 pm; \$3200
or Online; start anytime; \$3200
Application referral and information is free.

Dental Assisting

Explore all aspects of dental assisting and gain skills needed to work in this field and pass a national certificate exam. This program is taught by a dentist and includes an opportunity for internships. The price of the course (\$3200) includes all books, exam preparation materials and fees for the DANB RHS® certificate program. Upon passing the DANB RHS®, you will receive a certificate of knowledge, based on competency for that component from DANB.
Monday, 2/3-4/28; 6:00-8:00 pm; \$3200
Monday, 6/2-8/18; 6:00-8:00 pm; \$3200
or Online; start anytime; \$3200
Application referral and information is free.



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

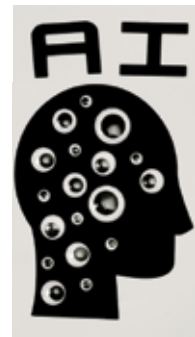


90-Day Online Certificates:

February 3-May 2, April 7-June 27, and June 2-August 29

AI Certificate

Give your organization a competitive advantage with Artificial Intelligence (AI) and position yourself in an emerging knowledge specialty and growth area.



Explore what AI can do to reduce costs, gather more and better business data, automate time-consuming tasks, improve efficiency, lower human error, reallocate staff time for higher priority functions, and more.

Then master the concepts and fundamental techniques of implementing AI. Finally, develop an AI plan and strategy to deliver results for your workplace.

Walk away with the knowledge and confidence to lead your organization into this exciting new area of business expertise.

Introduction to ChatGPT: 2/3-2/28; 4/7-5/2; 6/2-6/27; \$195

Intermediate AI: 3/3-3/28; 5/5-5/30; 7/7-8/1; \$195

AI Planning and Strategies: 4/7-5/2; 6/2-6/27; 8/4-8/29; \$195

Certificate (take all 3): 2/3-5/2; 4/7-6/27; 6/2-8/29; \$495

Customer Service Certificate

Customer service is essential for business and all work organizations. With the increase of technology, human interaction with customers becomes all the more important. Whether it relates to retaining customers, serving your audience, or turning inquiries from potential customers into sales, good customer service is now one of the central factors in organizational success.



Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. You will also take away some extraordinary customer service techniques you won't find anywhere else.

Keys to Customer Service: 2/3-2/28; 4/7-5/2; 6/2-6/27; \$145

Extraordinary Customer Service: 3/3-3/28; 5/5-5/30; 7/7-8/1; \$145

Certificate (take both): 2/3-3/28; 4/7-5/30; 6/2-8/1; \$245

Cybersecurity Certificate

Equip yourself with the foundational knowledge and advanced skills needed to safeguard networks, data, and systems from cyber attacks. Conquer the core principles of cybersecurity, develop strategies to protect networks, and gain hands-on experience in identifying and mitigating cyber threats.



Come away with the essential tools and knowledge to succeed in the ever-evolving field of cybersecurity. Introduction to Cybersecurity: 2/3-2/28; 4/7-5/2; 6/2-6/27; \$195 Network Security & Defense Strategies: 3/3-3/28; 5/5-5/30; 7/7-8/1; \$195 Adv. Cyber Threat Analysis/Mitigation: 4/7-5/2; 6/2-6/27; 8/4-8/29; \$195 Certificate (take all 3): 2/3-5/2; 4/7-6/27; 6/2-8/29; \$495

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 Certificate will provide you with the knowledge needed to measure and manage the financial health of your business, focusing 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: 2/3-2/28; 4/7-5/2; 6/2-6/27; \$195 General Ledger & Month End Procedures: 3/3-3/28; 5/5-5/30; 7/7-8/1; \$195 Closing Procedures/Financial Statements: 4/7-5/2; 6/2-6/27; 8/4-8/29; \$195 Certificate (take all 3): 2/3-5/2; 4/7-6/27; 6/2-8/29; \$495

How the Certificate Works:

It is easy to participate in your online course. After you register, you will be given a web address and password to get into your online classroom. Use your email address and password to gain access. Once inside the online classroom, here's what you can expect.

What You Will Do: For each Unit, you will: •Access the online readings, •Listen to the audio presentation and view the slides, •Take a self-quiz to see how much you have learned, •Engage in written online discussion with your instructor and other participants. For best learning, you should make one or more comments at 2-3 different times each day. The content (readings, audio lectures, slides) and self-quizzes are accessible for the entire course, so you can work ahead, or go back and review again, at your convenience.

Participate When You Want: You can participate any time of day or evening. The online classroom is open 24 hours a day, 7 days a week. There are no live real-time requirements or meetings. You decide when you participate. For the best learning, participants should log into the course on 2-3 different days of the week.

Discussion: The Discussion for each Unit lasts one week. All comments are made in writing and can be made at any time of the day or night. Your instructor will log into the Discussion area at least once a day and answer questions, make comments, and respond to comments by you and the other participants. We encourage you to make 2-3 comments each day to maximize your learning and enjoyment of the course.

HR for Non-HR Managers Certificate

You as a manager are on the front lines of human resources (HR) for your organization.

Upskill your knowledge about HR. Conquer one of the essential competencies for a successful manager, moving up, and contributing to the productivity of your organization.



Crush it with your people. Whether you work with a small organization or a large one with HR specialists, you play a critical role in creating a positive HR environment. Know what every manager needs to know about HR.

Your Role in HR: 2/3-2/28; 4/7-5/2; 6/2-6/27; \$195

HR Aspects of Good Leadership: 3/3-3/28; 5/5-5/30; 7/7-8/1; \$195

Opt. Performance & Employee Success: 4/7-5/2; 6/2-6/27; 8/4-8/29; \$195

Certificate (take all 3): 2/3-5/2; 4/7-6/27; 6/2-8/29; \$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: 2/3-2/28; 4/7-5/2; 6/2-6/27; \$195

Intermediate Excel: 3/3-3/28; 5/5-5/30; 7/7-8/1; \$195

Advanced Excel: 4/7-5/2; 6/2-6/27; 8/4-8/29; \$195

Certificate (take all 3): 2/3-5/2; 4/7-6/27; 6/2-8/29; \$495

Web Design Certificate

Online users say a website's design is the number one criteria for deciding whether a company is credible or not, according to recent research. Understanding what it takes to produce effective web design is essential in today's market of highly



saturated digital competition.

First discover the basics of web design using HTML and CSS. No prior knowledge of HTML or web design is required. Get the info you need to plan and design effective web pages.

Then find out how to create effective and dynamic websites/applications. Build a web application hosted on a web server that is both accessible and Search Engine Optimized.

Finally, learn about responsive design process, advanced layout and design features. Plus explore industry standard technologies and frameworks.

This Certificate must be taken in the following order: Introduction, Intermediate, Advanced

Intro to Web Design: 2/3-2/28; 4/7-5/2; 6/2-6/27; \$245

Intermediate Web Design: 3/3-3/28; 5/5-5/30; 7/7-8/1; \$245

Advanced Web Design: 4/7-5/3; 6/2-6/27; 8/4-8/29; \$245

Certificate (take all 3): 2/3-5/2; 4/7-6/27; 6/2-8/29; \$595

Quickbooks Online Certificate

Save time, track money, and get important insights with Quickbooks Online, 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: 2/3-2/28; 4/7-5/2; 6/2-6/27; \$195

QB Online Level 2: 3/3-3/28; 5/5-5/30; 7/7-8/1; \$195

Certificate (take both): 2/3-3/28; 4/7-5/30; 6/2-8/1; \$395

Visit www.windham.maineadulted.org for these additional UGotClass certificates

Accounting & Finance for Non-Financial Managers

Basic Game Design

Business Writing

Coding

Customer Service

Data Analysis

Digital Marketing

Diversity, Equity & Inclusion in the Workplace

Entrepreneurship Certificate

Graphic Design Software Essentials

HR for Non-HR Managers

Leadership Development (for Gen Y)

Management

Marketing

Mastering Computer Skills for the Workplace

Mastering Video Marketing

Non-Profit Administration

Online Teaching

Power BI

Project Management

Remote Work Manager

Six Sigma Green Belt

Social Media for Business

Statistics for Decision Making

Strategic Planning

Supervisory & Leadership

Web Design

WordPress

Workplace Communication

Sebago Lake Kayak Lesson and Historical Tour

Bill Allen & Katelyn Perry, Sebago Trails Paddling

Join the Registered Maine Guides at Sebago Trails Paddling 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 Sebago Lake region. Come for the beautiful lake views and leave with your new favorite hobby! This is a great experience for anyone looking to get outdoors. Perfect for first time kayakers and experienced kayaking enthusiasts. Sebago Trails Paddling will provide: Kayak, Paddle, Lifejacket

Saturday, 5/17; 10 am-12 pm; Sebago Trails Paddling; \$49
Saturday, 5/24; 10 am-12 pm; Sebago Trails Paddling; \$49



Maine Boating Safety

Brad Rounds

Participation in a boating education course will teach you how to properly operate and maintain a boat. The Maine Inland Fisheries and Wildlife course is approved by NASBLA.

Passage of a final exam is required. The course covers proper operation and safety (boat handling, equipment, trailering), laws, emergencies and cold-water survival, self-help first aid, and environment/ethics. You must attend the entire course to receive your certificate.

Tues. & Thurs., 5/20-5/22; 5:15-8:30 pm; WRAE; \$19



Drone Training

Daniel Leclair

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

Saturday, 3/22-4/5; 9:00 am-1:00 pm; WRAE; \$179



Reiki Information Night

Kate Green, Baker Mountain Massage

Reiki is a Japanese method of energy work that reduces stress, increases relaxation, and promotes healing. It is believed that the free and balanced flow of Ki (energy) through our chakras and meridians is the cause of health. When these channels are blocked, disease and illness occurs. Reiki helps bring the flow of energy back into balance. We will discuss the origins of Reiki, what is involved in an attunement, what a session looks like, setting up treatment space, and answer any questions. Students will learn a Reiki Technique to help remove negative energy.

Monday, 1/27; 6:00-7:00 pm; WRAE; \$19



Reiki I

Kate Green, Baker Mountain Massage

Reiki is a Japanese method of energy work that reduces stress, increases relaxation, and promotes healing. It is believed that the free and balanced flow of Ki (energy) through our chakras and meridians is the cause of health. When these channels are blocked, disease and illness occurs. Reiki helps bring the flow of energy back into balance. In a Reiki I Attunement you will learn the history of Reiki, how to perform a service, and self-care. Course fee includes manual. Specify session when registering.

Sunday, 2/9; 9:00-Noon; Baker Mountain Massage; \$125

Monday, 3/24; 5:30-8:30 pm; Baker Mountain Massage; \$125
Sunday, 4/6; 9:00-Noon; Baker Mountain Massage; \$125
Monday, 5/5; 5:30-8:30 pm; Baker Mountain Massage; \$125

Parenting Workshop

Phyllis Warchol, We All Need Help Sometimes

This workshop will be helpful to parents and parents-to-be. We will explore our parent's parenting, how that has an impact on how we parent, different styles of parenting, and how the brain and vagus nerve work. This workshop will support you with noticing your style and identifying what, if anything, you might want to change so you can be the parent that aligns with your values. Parents need support - it's one of the toughest and most important jobs you will ever have!

Part 1: Thursday, 1/16-2/20; 5:15-6:30 pm; 219 Roosevelt Trail; \$55
Part 2: Thursday, 3/13-4/17; 5:15-6:30 pm; 219 Roosevelt Trail; \$55



Anger Management Workshops

Phyllis Warchol, We All Need Help Sometimes

In this workshop we will explore types of anger, main methods of dealing with anger, the role stress plays, your family of origins, and ways of expressing emotions. We'll have dialog to support you becoming aware of self - there may be an interactive handout. Not all anger is BAD - it's about learning how to manage our emotions which is not something everyone was taught. This workshop can be

helpful to anyone, especially anyone who grew up in a home where there was any form of addiction.

Part 1: Tuesday, 1/14-2/18; 4:15-5:30 pm; 219 Roosevelt Trail; \$55
Part 2: Tuesday, 3/11-4/15; 4:15-5:30 pm; 219 Roosevelt Trail; \$55



Connecting with RSU #14

"WRAE classes can be valuable for personal enrichment, professional development, and for maintaining a lifelong learning mindset. Browse through our catalog to learn about the opportunities that are available in our program. Our qualified instructors can help you gain knowledge, skills, and qualifications that can positively impact various aspects of your life."



Chris Howell,
RSU 14 Superintendent of Schools

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!

Are you "into" Beekeeping? 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"! It's easy. It's fun. It's rewarding!

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



Connecting Actively

"WRAE provides an opportunity for me to continue to still make a difference, especially in helping folks get outdoors. They offer a super friendly and comfortable learning environment."



Brad Rounds
Outdoor Experiences Instructor

Trail-Wise (Hiking 101 & 102)

Brad Rounds

Start from ground zero or learn more about hiking as well as a bit about off-track XC skiing and snowshoeing. Gain more comfort in the Maine woods. Maine has literally thousands of miles of publically-accessible trails. Info on all four seasons. Topics include methods of hiking, reducing risk, tools of the trade, clothing, trail marking, trail guides, weather, getting lost, stream crossings and more.

Wednesday, 4/9; 5:15-8:30pm; WRAE; \$24



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 detailed information how to use an orienteering compass. Also learn how to use a map and compass together. If you have a preferred compass bring it, but loaners are available. It's a combination indoor/outdoor session.

Wednesday, 4/30; 5:15-7:45 pm; WRAE; \$24



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, 1/27-2/24; 6:00-8:00 pm; WRAE LC; \$59
 Tuesday, 4/1-4/29; 6:00-8:00 pm; WRAE LC; \$59



Advanced Watercolor from Life

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.

Tuesday, 3/4-3/25; 6:00-8:00 pm; WRAE; \$108

Landscape Drawing

Patrick Corey

There's no better way to draw a landscape than to experience and observe it in person. Learn about the tools, materials, and techniques plein air artists use to capture their natural surroundings using pencil and wash on paper. The initial class will take place inside where observational drawing, composition, approach, and supplies will be discussed. The following three classes will take place at selected locations within five miles of the WRAE classroom. A suggested supply list will be provided.

Monday, 4/28-5/19; 6:00-8:00 pm; WRAE; \$59

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.

Tuesday, 1/28-2/25; 6:00-8:00 pm; WRAE LC; \$59



Monoprint Valentine's Day Cards

Patrick Corey

Express your love with handmade Valentine's Day cards. Create a dozen unique monoprint cards for family, friends, or that special someone. During this one day, three hour workshop, you will create love-themed masks and stencils, learn about various gel printing techniques, and produce true pieces of fine art from the heart.

All supplies included.
 Thursday, 1/30; 5:30-8:30 pm; WRAE LC; \$60



Connecting Artistically



"Adult learners are the best. They bring motivation, wisdom, different perspectives, and a lifelong commitment to improvement. My students have helped me grow professionally as an artist and educator."

Patrick Corey
 Watercolor & Drawing Instructor

Tropical Terrariums - the Beginnings

Diane Ferron

Love plants but don't have a "green thumb"? Come learn all the basics and needs to create your own "Nature in a Glass". Discover how ecosystems and "clean up crews" work. Learn a bit of the science involved as we prepare the soil and the plants, arranging them in a visually appealing style. This is a great way to connect with nature and create a living work of art! Materials fee of \$35 (cash please) payable to instructor at class.

Thursday, 1/16; 6:00-8:00 pm; WRAE LC; \$32
 Thursday, 3/27; 6:00-8:00 pm; WRAE LC; \$32



Tropical Terrariums - Next Level

Diane Ferron

Take terrarium design to the next level! Create a natural masterpiece by incorporating vertical backgrounds, sand art layers and more. Learn to create soil substrate and discover how to forage for your own plants to include! Materials fee of \$35 (cash please) payable to instructor at class.

Thursday, 2/13; 6:00-8:00 pm; WRAE LC; \$32
 Thursday, 4/10; 6:00-8:00 pm; WRAE LC; \$32

Sleeping Fox Painted Felt Workshop

Melissa Evans, Gem Lounge Jewelry

Oh my gosh - so many layers of creativity with this crafting project! Create this adorable sleeping fox painted felt art with dimensional embellishment and all framed in a hoop - ready to display! All materials provided.

Tuesday, 1/21; 5:45-7:45 pm; WRAE; \$48



Painted Maine Barn Quilt Sign Workshop

Melissa Evans, Gem Lounge Jewelry



Bring your besties and join us for an evening of DIY fun! Each participant will paint a beautiful piece of Maine art. Take home a finished sign of our original Maine Quilt design. Everyone will leave with the finished sign! All materials included.

Tuesday, 3/25; 5:45-7:45 pm; WRAE; \$50

Decoupage Oyster Shell Workshop

Melissa Evans, Gem Lounge Jewelry

Come join us for an evening of DIY fun where each participant will make a variety of decoupage oyster shells. We will be painting and assembling a variety of trinket dishes and oyster shell ornaments - 4 in total. All materials and tools are included. *How cute is this???*

Tuesday, 2/4; 5:30-7:45 pm; WRAE; \$58



Moss Wall Art Workshop

Melissa Evans, Gem Lounge Jewelry

Take home a beautiful piece of living art. We'll be making moss wall art. All materials are included. Come enjoy an evening of creative DIY fun.

Tuesday, 5/13; 5:45-7:45 pm; WRAE; \$58

Connecting Creatively

"I have one of THE best jobs in the world! WRAE connects local adults with resources, and provides opportunities for them to realize a dream, develop a new skill, explore the world around them and find their voices. Adult education truly changes people's lives and I have been so fortunate to lead and guide that work for over 38 years!"



Tom Nash
 WRAE Director & Lifelong Learner

You Too Can Paint!

Tom Nash

New or "seasoned" artists will complete an original painting of the Northern Lights during this 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, 2/6; 6:00-7:30 pm; WRAE; \$29



Mini Maine Original Flag Necklace



Melissa Evans, Gem Lounge Jewelry

Come join us for an evening of DIY fun creating this popular Mini Maine Original Flag inspired pendant necklace in sterling silver. This is a beginner's class where you will learn basic wire wrapping skills to bring this beautiful piece to life. Materials included.

Tuesday, 4/15; 5:45-7:45 pm; WRAE; \$58

Mobiles & Stables

Chris Toy

There's something very "zen" about natural elements suspended and balancing with precision! 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, 4/2; 5:00-7:00 pm; WRAE LC; \$58



Porch Sign Painting

Gabrielle Lovi

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



Learn how to confidently avoid those nasty bleeds on your project and stencil. When you leave that evening, you take home a beautiful project. Materials fee of \$20 (cash please) is payable to the instructor at class. Paint Color Options: White Paint, Black Paint, Early American Stain, Classic Gray Stain
Thursday, 3/6; 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. You get to choose ahead of time your stencil



design and your project's background paint/stain color. When you arrive at class you get to do all

the fun stuff. There will be a lot of paint colors to choose from to make your project your own. The class is instructor-led, so you will have the experience of Gabrielle to guide you along the way. Learn how to avoid those nasty bleeds on your project and stencil confidently. When you leave, you take home a beautiful project. Materials fee of \$15 (cash please) is payable to the instructor at class. Paint Color Options: White Paint, Black Paint, Early American Stain, or Classic Gray Stain.
Thursday, 1/30; 6:00-8:00 pm; WHS Closed Cafe; \$45

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, 3/3-4/14; 6:00-8:00 pm; WRAE; \$62



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.
Winter Pick-Me-Up: Thursday, 1/23; 6:00-7:30 pm; WRAE LC; \$24
Give Some Love: Thursday, 2/6; 6:00-7:30 pm; WRAE LC; \$24
A Bit o' the Irish: Thursday, 3/13; 6:00-7:30 pm; WRAE LC; \$24
Easter Blooms: Thursday, 4/17; 6:00-7:30 pm; WRAE LC; \$24
Spring is in the Air: Thursday, 5/15; 6:00-7:30 pm; WRAE LC; \$24

Trusting the Creative Process Using Watercolor Monoprints

Chris Newcomb

Creativity enhances every aspect of our lives. If we wish to grow as an artist, or as a human being, we need to break free from the routine and ruts we've fallen into. The creative process requires us to challenge assumptions, to take risks, to step into the unknown. And though that can be frightening, if we trust the process, we'll discover we are not the sole creators of our art or our lives. We are co-creators. From that vantage point we'll experience the real joy of being an artist. We'll explore this process using watercolor monoprints, a technique as old as cave paintings. From there anything goes. Whether you consider yourself to be an experienced or a beginning artist this class offers something for you. Please come join the fun! Fun fact: When we trust the process, we don't need to trust ourselves, or some other person, or some idea, or deity. We just trust the process and it yields the results. Materials list posted on windham.adulted.org. Take a look at the instructor's website to see examples of his work: www.chrisnewcombart.com.
Tuesday, 1/14-2/4; 6:00-8:00 pm; Katahdin; \$104



Driftwood Trees

Tammy Mullen

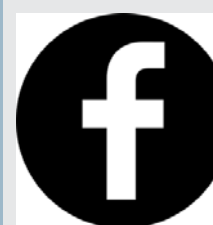
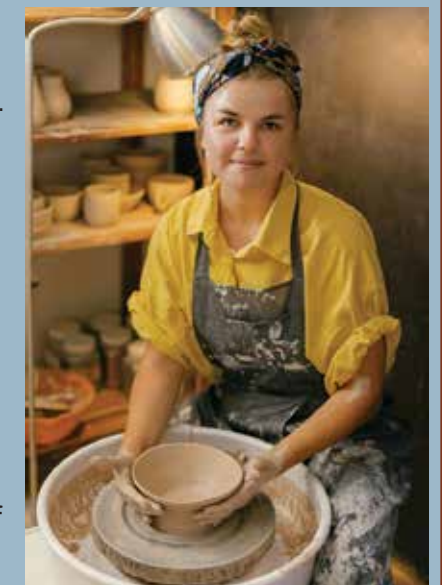
Craft a beautiful centerpiece for your home or cottage! We'll be making decorative trees crafted from Maine driftwood! Your tree will stand roughly 12" tall. Tammy will have shells, sea glass and beach stone for decorating your tree. If you have some special pieces you'd like to use, bring them along! Materials fee of \$15 (cash please) payable to the instructor at class!
Tuesday, 2/25; 6:30-8:30 pm; WHS Closed Cafe; \$30



Pottery: An Invitation to Clay

Jessica Monaghan

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.
Mondays, 1/13-3/3 (no class 1/20 and 2/17)
Mondays, 3/17-4/28 (no class 4/21)
Mondays, 5/5-6/9 (no class 5/26)
5:00-7:30 pm; Windham High School, Rm 305; \$169



Stay Connected & get the first scoop on new things!

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

Felt Flower Wall Art

Gabrielle Lovi

Learn how to create seasonal felt flowers. You will make several flowers and finish them on a farmhouse-style wood board which you will then add a message on the wood out of vinyl. Materials fee of \$20 (cash please) is payable to the instructor at class.
Wednesday, 2/12; 6:00-8:00 pm; WHS Closed Cafe; \$40



Connecting through Creating

"I am thrilled to be part of WRAE in our community!



This initiative is an important addition, opening up a world of crafting possibilities for so many who may not have had the chance to explore their creative side since school."

Gabrielle Lovi,
Owner, My Lovi & WRAE Instructor

Glass Jar Candles - Plus!

Jenn Paulin

Join Jenn from Candlewood for a fun and creative evening making two crafts! Come create a fragrant glass jar candle, sure to bring peace and ambience to your home. Jenn will bring a bonus craft of beaded miniature flower bouquets. These two pieces look great together-or can be used as two completely separate gifts! All supplies included.
Thursday, 4/3; 6:00-8:00 pm; WRAE; \$55
Thursday, 5/8; 6:00-8:00 pm; WRAE; \$55



Dough Bowl Candles

Jenn Paulin

We will combine elements from nature to craft stunning, decorative pieces that add a touch of the outdoors 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.
Thursday, 2/27; 6:00-8:00 pm; WRAE; \$65
Thursday, 5/1; 6:00-8:00 pm; WRAE; \$65
Thursday, 5/27; 6:00-8:00 pm; WRAE; \$65



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-be-decked vintage cars. Explore Hyannis & Nantucket and tour local museums in Sandwich and Cambridge, MA. Registration open now!. For details on inclusions and rates:



<https://adventure-marketplace.com/adventures>
Friday-Sunday, 4/25-4/27; See link above for rates

Montreal and Eastern Townships of Quebec Garden Tour

Join us for a 3-night deluxe motorcoach tour on this rich spring-time experience to Quebec's beautiful Eastern Townships and Montreal, the cultural capital of Canada. We depart from Portland, head northwest to Magog, Quebec and Parc Marie-Victorin before heading to Montreal. Learn traditional Champagne making (and tasting)! Experience Old Montreal's rich history, explore one of the world's greatest botanical gardens, and partake in a magical lanterns festival of light.

Visit <https://adventure-marketplace.com/adventures/> to get on the Early Bird List for when Registration Opens (Passports or Passport Card ID's Required)

Friday-Monday, 5/23-5/26; See link above for rates

NYC, Birds and Blooms

There's something special about New York City in Springtime. Join us on this escorted Motor-coach tour and experience a Broadway show, wander through the Brooklyn Botanical Garden and enjoy a few insider experiences. Registration open now!

Visit <https://adventure-marketplace.com/adventures/> for more



Thursday-Sunday, 4/10-4/13; See link above for rates

2025 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; details regarding accommodations are noted on our website, www.windham.maineadulted.org. Search "Acadian Arts."

Acadian Arts Asian Fusion Cooking or Watercolor Retreats

Chris Toy & Mary Laury

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

Mary Laury is an accomplished watercolorist and highly esteemed teacher. She encourages all her students to believe they can be successful. Painting is an exciting medium; it flows and moves and does beautiful things. Beginners to advanced welcome! We all learn together! Our focus for this retreat will be florals! See website for all the details.

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/>. Friday, 4/11 - Monday, 4/14; \$595



Merrymeeting Bay Retreats

Carving & Cooking Retreat with Ken & Chris

Ken Wise, Chris Toy

Join master wood carver Ken Wise and cooking instructor Chris Toy for a fantastic weekend of hands on Carving and Cooking instruction. Learn how to carve cooking utensils (chopsticks, spatulas, and spoons). Then use them to prepare, cook, and eat some tasty Asian fusion recipes from

Chris Toy's cookbooks! The retreat happens on the shores of Merrymeeting Bay in the Butler Head Nature Preserve. A limited number of Air BNB style overnight accommodations with shared bathrooms are available for \$100/weekend.

Contact Chris Toy at christoy.net@gmail.com for accommodation info.

Saturday-Sunday, 5/17-5/18; \$250

Photos & Food Retreat With Jonathan & Chris

Jonathan Lavan, Chris Toy

Join wildlife photographer Jonathan Lavan and cooking instructor Chris Toy for a fantastic weekend of photography and food. The retreat happens on the shores of Merrymeeting Bay in the Butler Head Nature Preserve. Come prepared for some nature walks with your cameras and hands on cooking lessons. A limited number of Air BNB style overnight accommodations with shared bathrooms are available for \$100/weekend. Contact Chris Toy at christoy.net@gmail.com for accommodation info.

Friday-Sunday, 4/4-4/6; \$250



Plan for the Future:

How an Estate Plan Helps put you in Control

Mark Morrison

Topics focus on strategies individuals can use to care for the people and things they love most and how to leave a lasting and meaningful legacy.

Wednesday, 3/26; 6:00-7:30 pm; WHS 130; \$24



Caring for Aging Loved Ones: What to Consider?

Mark Morrison

As loved ones age, families often find themselves providing more support. This class offers guidance to help



individuals navigate three critical areas of caregiving – finances, health and legacy planning. Acknowledging that every caregiving journey is different, the presentation discusses various levels of support to help attendees find the approach that is right for their circumstances.

Wednesday, 3/12; 6:00-7:30 pm; WHS 130; \$24

Plan for the Future:

Maximize Social Security and Create Retirement Income

Mark Morrison

We discuss whether Social Security can provide the income people need in retirement and how to make the most of Social Security benefits. Also, make determinations on how much income will be needed in retirement and how to identify potential income sources and how to make savings last.

Wednesday, 4/9; 6:00-7:30 pm; WHS 130; \$24



Understanding Social Security

Sarah Blondin

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, 2/25; 6:00-7:30 pm; WHS 130; \$24



Social Security Maximization

Craig Dickson

Maximize your social security benefit by learning the ins and outs of when and how to file. Learn about your IRA and when may be the best time to file in order to maximize your income for retirement. Learn about your full retirement age (FRA) and how your date of birth affects your payout and potentially reduces your benefit. Divorcees, widows, and widowers will learn if and how they are entitled to claim benefits based on the record of their former spouses.

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

Thursday, 5/8; 6:00-7:30 pm; WRAE; \$19



Investing at Retirement

Sarah Blondin



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

Tuesday, 2/11; 6:00-7:30 pm; WHS 130; \$24

Invest for Success

Sarah Blondin

Is your money working as hard for you as you do for it? Are you confident in your current investment strategy? Whether you're brand new to investing or a seasoned investor, join us to learn the power of compounding interest, managing risk, and strategically investing to reach your goals.

Tuesday, 1/28; 6:00-7:30 pm; WHS 130; \$24



How Money Works

Sarah Blondin

Do you want to eliminate debt? Stop living paycheck to paycheck? Take full control of your finances? Join us to learn how implementing a customized strategy can transform your relationship with money!

Tuesday, 1/14; 6:00-7:30 pm; WHS 130; \$24

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, 1/28-3/11; 6:00-7:00 pm; WHS Lib.; \$68
 Tuesday, 3/25-5/6; 6:00-7:00 pm; WHS Lib.; \$68



Next Level ASL: Immersion into Sign Language

Tristan Petersen
 If you've taken a 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, 1/28-3/11; 7:00-8:00 pm; WHS Lib.; \$68
 Tuesday, 3/25-5/6; 7:00-8:00 pm; WHS Lib.; \$68

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.
 February 3-28; 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.
 March 3-28; online on your schedule; \$195



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!
 Tuesday, 1/28; 5:30-8:30 pm; WRAE; \$29



How to Dress for Your Body Shape

Candace Sanborn
 Learn simple techniques to create the illusion of a slimmer body or more curves! Dressing for illusion is about learning how to wear color, clothing styles and embellishments to trick the eye in to seeing something different on the body than is really there, such as slimmer hips, a flatter stomach, more curves, or a taller, leaner figure. Learn simple techniques to look your best!
 Tuesday, 4/1; 5:30-7:30 pm; WRAE; \$29



Best Hairstyles, Glasses & Necklines for Your Face Shape

Candace Sanborn
 Learn what looks good for your face shape! In this fun class, you'll learn all about your face shape and receive tips for hairstyle dos and don'ts, as well as best glasses, clothing patterns and necklines for your features. Come on your own or grab a friend and learn some great tips that will help you look your best!
 Thursday, 5/1; 5:30-8:30 pm; WRAE; \$29



Songwriting Fundamentals (Course 1)

Ceili Spaulding
 Aspiring songwriters - come and master the essential elements of songwriting. Explore a wide range of topics, including exercises in inspiration, developing concepts, and creating daily routines to encourage creativity. Identify and apply concepts including contrast and development, rhyme, point of view, and much more, using a variety of choices for artistic expression.



Wednesday, 1/22-2/12; 6:00-8:00 pm; WRAE; \$112
Songwriting Essentials (Course 2)
Ceili Spaulding
 Delve into the intricate aspects of songwriting techniques. Discover new tools to enhance various sources of inspiration leading to increased versatility. We'll use elements discovered in Songwriting Fundamentals like melody, rhythm, and prosody, allowing your song to convey meaning beyond just words.
 Wednesday, 2/26-3/19; 6:00-8:00 pm; WRAE; \$112

Hydrangea Love



Michael Crossan, Roosevelt Trail Garden Ctr.
 Let's talk Hydrangeas and all their varying types including pruning, care and identifying the plants in your garden for the best blooms possible.
 Thursday, 3/20; 6:00-7:30 pm; WRAE; \$29

Spring Garden Clean Ups

Michael Crossan, Roosevelt Trail Garden Center
 Learn how to wake up those plants in your garden! We'll talk about feeding and care to get the best boost for your plants in the upcoming growing season.
 Wednesday, 4/9; 6:00-7:30 pm; WRAE; \$29



Summer Veggies Anyone?

Michael Crossan, Roosevelt Trail Garden Center
 Plan out your summer vegetable garden! Pros & cons of raised beds vs. small bordered gardens - find out what grows best with what to achieve the best yields.
 Wednesday, 5/14; 6:00-7:30 pm; WRAE; \$29

Ukulele for Beginners: Is Uke for You?

Duncan Perry
 Learn to play the ukulele! It has never been more popular and you don't even have to know how to read music! On the uke you can knock out folk music, rock, blues, jazz, pop, country, tunes old and new -- even classical music. Duncan Perry, who has taught more than 700 students of all ages, will introduce you to essential chords and playing techniques using commonly known songs. Oh, and there are lots of laughs along the way. And, learning to play an instrument is good for your brain! You will need a playable ukulele and an electronic tuner or a tuner app. And when folks hear you play this happy instrument, well, they just have to smile! If you don't own a ukulele, please contact us for information. What are you waiting for? Grab a uke and get ready for a musical adventure, then spread the joy!
 This is a Zoom class. Please feel free to reach out to Duncan if you have questions. His email is uketime24@gmail.com or cell phone is 207-219-8055. Specify session.
 Wednesday, 2/5-2/26; 6:00-7:30 pm; Zoom; \$84
 Tuesday, 3/4-3/25; 6:00-7:30 pm; Zoom; \$84
 Wednesday, 4/16-5/7; 6:00-7:30 pm; Zoom; \$84
 Tuesday, 5/13-6/3; 6:00-7:30 pm; Zoom; \$84



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.
 Monday, 1/27; 6-9 pm; Katahdin 1; \$69
 Thursday, 3/20; 6-9 pm; Katahdin 1; \$69
 Monday, 5/12; 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.
 Monday, 5/19; 5:00-6:00 pm; Katahdin 1; \$49

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 today at 892-1819!



Fermenting: Kombucha

Emma Holder, Masters in Micro/Immuno, McGill University

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). Class will include the microbiology and the ferment creation. **Thursday, 2/27; 6:00-7:15 pm; Zoom; \$28**



Fermenting: Sauerkraut variations

Emma Holder, Masters in Micro/Immuno, McGill University

You'll learn a basic tried and true sauerkraut recipe, technique and troubleshooting. Then we'll add various vegetable shapes and designs along the sides for a beautiful presentation - these make excellent gifts. 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. **Thursday, 3/6; 6:00-7:15 pm; Zoom; \$28**



Fermenting: Peppers, carrots, and beyond...

Emma Holder, Masters in Micro/Immuno, McGill University

Fermenting vegetables preserves them, and adds nutritional value and probiotics. It's so easy - you'll be a master in no time, fermenting all the things. Basic fermentation techniques will be demonstrated, and then you can use it on pretty much any vegetable. This Zoom class will include both microbiology basics, troubleshooting and ferment creation. **Thursday 3/13, 6:00-7:15 pm; Zoom; \$28**



Prosperity and Good Fortune: Chinese Wonton Dumplings

Jeff Mao

Craft Chinese dumplings with made-from-scratch pork filling. Learn the multiple styles of folding dumplings using wonton wrappers. Then we'll boil the wonton to make a classic wonton soup or chili oil wonton. Additionally, we'll learn to make our own Sichuan-style chili oil and discover other common Chinese condiments used for dipping sauces. All ingredients, materials, equipment and recipes will be provided. Plant-based ground meat can be substituted for the pork upon request. Dumpling wrappers include gluten. **Wednesday, 1/22; 5:30-7:30 pm; WHS Room 302; \$72**



From Flour to Flavor: Crafting Authentic Potstickers

Jeff Mao

Learn the fundamentals of making Chinese dumplings at home. Make fresh scratch-made dough, and learn how to roll, fold, and pleat potstickers with pork filling. Enhance the final product with your own ginger-scallion oil and other common Chinese condiments used for dipping sauces. All ingredients, materials, equipment and recipes will be provided. Plant-based ground meat can be substituted for the pork upon request. Dough contains gluten. **Wednesday, 3/19; 5:30-7:30 pm; WHS Room 302; \$72**



Hand-Rolled New York Bagels:

Master the Art of Authentic Bagel Making

Jeff Mao

Join our immersive cooking class where you'll learn the time-honored secrets behind New York's iconic bagels. In this hands-on experience, you'll craft your own bagel dough from scratch, knead it to perfection, and master the art of hand-rolling. As the dough transforms into those chewy, golden rings, we'll guide you through the traditional boiling and baking process - the very same steps that make Brooklyn bagels legendary. Whether you're a seasoned baker or a curious food enthusiast, the class promises a delightful journey into bagel bliss. All ingredients, materials, equipment and recipes will be provided. Bagels contain gluten. **Wednesday, 4/30; 5:00-8:00 pm; WHS Room 302; \$89**



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, 3/26; 5:00-8:30 pm; WHS Room 302; \$195**



Show-Stopping Grazing Boards

Lee Ann Black

Looking for a night out filled with great food and community? Join us for an interactive session, designing an eye-catching, casually elegant grazing board suitable for any friends and family gathering! Our favorite cheeses, cured meats, jams, crisps, nuts, fruits and more! We will discuss selection, preparation, displays and cutting techniques. This will not be a meal, but you will sample our favorite selections! Materials fee of \$20 (cash please) to be paid to instructor at class. **Wednesday, 2/5; 6:30-8:30 pm; WHS 302; \$29**
Wednesday, 4/2; 6:30-8:30 pm; WHS 302; \$29



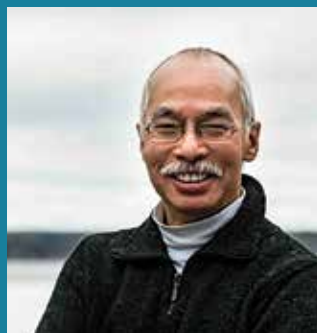
Cooking with BoomerTECH Adventures

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 Online Enrollment - take it when you want! Online; \$42**



Connecting Across the Dining Table

"It has been a pleasure to collaborate with WRAE through the years! It's so great to see how much participants enjoy interacting with one another during the classes. As an instructor I have especially appreciated their enthusiasm and interest in learning. Also, a shout out to the staff at WRAE who are ALWAYS friendly, positive, and helpful! Thanks for the opportunity to collaborate with you all!"



Chris Toy
Citizen, Instructor, Author, Maker

Connecting Community-Wide

"I have been honored to be a small part of Windham Raymond Adult Education as a member of the Advisory Committee. As the Windham Economic Development Director, I am so pleased to see how many area residents have improved their skills through WRAE programs and prepared themselves for the everchanging workforce challenges of today and into the future. Every June I am inspired as WRAE graduates share their stories of struggles and triumphs as they attain the first of many 'lifelong learning' achievements."



Tom Bartell
Windham Economic Development Director

Online Interactive: Beyond Gmail
Getting the most out of a Google Account
NDEC, Jessica Trimmer

Did you know that your Gmail account lets you use all kinds of additional services like free cloud storage, word processing, spreadsheets, calendars, video conferencing, and more? In this two-session introductory course, we'll explore other useful Google apps to help you get the most out of your Google account. **Friday, 1/24-1/31; 11:00 am-12:00 pm; WRAE LC; Free**

Creating a Business Facebook Page
NDEC, Jessica Trimmer

This two-session class teaches participants how to create their first Facebook Page for a business, nonprofit, or cause. We also go over inviting friends to like your page, producing content, and page management to have a successful page on Facebook. **Friday, 2/28-3/7; 11 am-12 pm; WRAE LC; FREE**



Cloud-Based Backup Solutions
NDEC, Jessica Trimmer

Join us in class as we explore the most popular, free, cloud-based platforms to safely back up the information that is important to you. **Friday, 3/28; 10:00-11:00 am; WRAE LC; Free**



In 2014, BoomerTECH Adventures was born when three Maine educators—Ed Brazee, Jill Spencer, and Chris Toy—decided to repurpose instead of retiring.

Ed suggested to Jill and Chris that there were 70 million Baby Boomers out there and many of them needed help with their digital lives. Wouldn't it be interesting and fun to find ways to help them!

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



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.

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

Taking Awesome Pictures with your iPhone/iPad Camera

This is a step-by-step guide to taking beautiful photos, appropriate for novice photographers and anyone who wants to significantly upgrade their photography skills. Students will learn to take photos, portraits, slo-motion, panos, and more. Also students will learn about camera settings for proper focus and exposure, High Dynamic Range, and picture composition.
Open Enrollment - take it when you want! Online; \$42

See www.windham.maineadulted.org for more BoomerTECH classes!

- iOS 18 Essentials for iPhones
- iPadOS 18 Essentials for iPads
- 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

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

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



Techno-Wednesdays with Age Friendly Windham

Join Age Friendly Windham in partnership with Windham Public Library and Windham Raymond Adult Ed for Technology Trainings!

Wednesdays beginning in late January 2025 trainers from AARP, Northern Light Health, and the National Digital Equity Center will be hosting sessions on telehealth opportunities, Cyber Fraud, how to freeze your credit report, computer basics, social media, and how to set up an email account. This program is funded through the American Library Association's Libraries Transforming Communities grant. The grant has funded laptops for the trainings as well as devices and equipment for attendees to learn to use and take home for personal use in order to stay safely in their homes. The sessions will be held at Unity Gardens in Windham.

Echo Dots and smart plugs will be given out to attendees so that they may be used to turn lights on in their homes, know the weather, and be connected with contacts outside their homes.

A kickoff event to learn more about the program will be hosted at Windham Town Hall Tuesday, January 7th at 1pm. Representatives from the organizations will be in attendance to help sign people up and share more information. Please join us! Register for the January 7th event online at <https://windham.coursesform.com/course/techno-wednesday> Tuesday, 1/7; 1-3 pm; Windham Town Hall; FREE



Pathways for Life Review:

Exploring Personal Narratives for Healing & Growth

Tom Meuser

Are you in the “latter” stages of life? Reflecting on your past and reviewing your life experiences? Formal life reviews are increasingly integrated into hospice care, bereavement support, and other contexts where we face significant life changes, challenges and losses. Join this comprehensive overview of the evidence supporting life review, best practices for self-exploration – with group work, as well as practical experiences. Discover the developmental benefits of life review while exploring your own narratives and (optionally) sharing them with others. Course materials will be accessible via Google Classroom. Class will be held at WRAE in person, unless weather conditions necessitate a switch to Zoom.
Monday, 1/27-3/3; 5:30-7:00 pm; WRAE; \$50

Assisted Living: Finding the Right Fit for your Family

Here's a practical in-depth look at what assisted living truly entails and what to consider when exploring this option for yourself or a loved one. Gain valuable insights to help you recognize quality care, ask the right questions and make choices that align with your family's unique needs and values.
Wednesday, 3/26; 6:00-7:30 pm; WRAE LC; \$25



AARP Smart Driver

Andrew Grant

The nation's first refresher course specifically designed for drivers aged 50 and older. In this simple format, brush up on your driving abilities and knowledge of traffic regulations. Driver distractions, using safety features on cars properly, left turns, right-of-way and roundabouts are some of the topics covered. There are also state-specific rules and regulations in 19 important areas such as construction zones, child safety seats, school buses, cell phone use and more. Help lower accidents and traffic penalties while learning something new.
Wednesday, 4/9-4/16; 6:00-8:00 pm; WRAE; \$19



Grief, Loss and the Holidays



Hospice of Southern Maine

Losing a loved one over the holidays can be devastating emotionally. So can getting through that first year after loss with all the “anniversaries” of time spent together. Winter doldrums set in and we've got a “recipe” for darkness and depression. Come join a compassionate and uplifting conversation with steps for helping you to process grief and to get you seeing the positives again.
Friday, 1/24; 10:00-11:30 am; WRAE; \$10

Cardio Core and More!

Jenna Chase

During this class you will hit multiple muscle groups and burn calories in a workout that is designed to strengthen the cardiovascular system, tone muscles and boost balance, flexibility and endurance. Everyone can work at their own pace and fitness level. There will be progressions and regressions for each exercise. The goal is to leave sweaty, with a smile and feeling empowered! Please bring your own exercise mat and a set of hand weights. Water is also highly encouraged!
Wednesday, 1/22-3/5; 6:00-6:45 pm; NWUC; \$57
Wednesday, 3/12-4/16; 6:00-6:45 pm; NWUC; \$57



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, 1/24-3/7; 6:15-7:00 am; Zoom; \$44
Friday, 3/14-4/18; 6:15-7:00 am; Zoom; \$44



Line Dancing

Ray & Sue Hall

Come join the fun with Flamin' Raymin' and Sizzlin Suzin' as we kick up our heels to various genres of music for some fun and exercise as we learn beginner-to-intermediate dances! The focus will be on having fun while learning some new dance moves! Bring your comfortable dancin' shoes and a smile. Cost is per person. New for 2025: Space is limited to 50. Register early to get your spot. No exceptions!
Tuesday, 1/21-3/11 (no class 2/18 or 2/25); 6:00-8:00 pm; WTH Gym; \$50
Tuesday, 3/18-4/29 (no class 4/22); 6:00-8:00 pm; WTH Gym; \$50



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, 1/22-3/5; 6:15-7:00 am; Zoom; \$44
Wednesday, 3/12-4/16; 6:15-7:00 am; Zoom; \$44

Flex Cord or 48" resistance band or something equivalent.
Wednesday, 1/22-3/5; 6:15-7:00 am; Zoom; \$44
Wednesday, 3/12-4/16; 6:15-7:00 am; Zoom; \$44



Barre Bootcamp

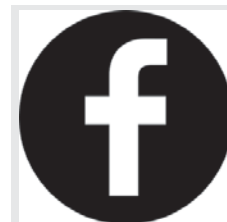
Jenna Chase

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, 1/20-2/24; 6:15-7 am; Zoom; \$44
Monday, 3/10-4/14; 6:15-7 am; Zoom; \$44

Connecting thru Empowerment

"WRAE is such a great community! I love seeing people connect and enjoy all WRAE has to offer. If you haven't tried a class, I encourage you to try something new! You will meet a fabulous group of people, learn something new and feel more confident or empowered by the time you leave!"

Jenna Chase,
Certified Group Fitness Instructor



Stay Connected & get the first scoop on new things!

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

Connecting thru Mindfulness

"I discovered a passion for adult education many years ago, causing me to pursue it seriously through a number of venues, including advanced degrees and various certifications, including YTT. It was a serendipitous opportunity when a need for a Yoga instructor arose at WRAE. As my own teaching and learning career continues to evolve, I am grateful for having found kindred spirits at WRAE who share that same passion."



Nancy Kristiansen,
WRAE Yoga Instructor

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, January 6th 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.



No walking available:
Monday, 1/20; Monday-Friday, 2/17-2/21; Monday-Friday, 4/21-4/25
Info Night: Monday, 1/6, 5:30-6:30 pm
Mon.-Thurs., 1/6-5/23; 3:00-8:00 pm; WHS Hallways; \$14

Are You Having Trouble Controlling How You Eat?

Food Addicts in Recovery Anonymous

Do you struggle with food obsession, overeating, undereating or purging? There is a solution - free information session online and by phone. Food Addicts in Recovery Anonymous (FA) is hosting sessions where you will hear more about the FA program and from people who have found a solution through the FA program. There will be an opportunity to ask questions.

FMI and to receive the Zoom link, email fa.newcastle.maine@gmail.com or call Sharon for more info at 207-250-7373.
Tuesday, 5/20; 6:30-8:00 pm; Zoom; FREE
Monday, 6/16; 6:30-8:00 pm; Zoom; FREE

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.
Tuesday, 1/14-2/25; 5:30-6:45 pm; NWUC; \$59
Tuesday, 3/11-4/15; 5:30-6:45 pm; NWUC; \$59



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, 4/29, 5/13, 5/20; 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 or call us at 207-892-1819.

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!

Andrew Grant joins us again to bring AARP's Smart Driver class designed just for drivers age 50 and older. We're glad he's here!

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

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

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

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

Candace Sanborn creates marketing and branding strategies to help organizations achieve their sales goals. She started Radiant Image in 2019, and uses her knowledge to help people nurture the image they want to create resulting in increased self-confidence to help them achieve their work and life goals.

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.

Ceili Spaulding is a graduate of the Berklee College of Music with a degree in Songwriting. She's here to share her experience with our burgeoning songwriters by offering these two four-week workshops.

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

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

Courtney King owns Studio Flora in Windham. We absolutely love the floral arrangements she teaches students to create in her workshops! We especially enjoy the demonstration arrangements she leave with us after class!

Craig Dickson is a supportive local Mainer who handles all things finance! He has a regular podcast and a weekly radio show on 105.5 WIGY - Sundays at 8 am.

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.

Diane Ferron has over forty years of experience working with the public and her local communities. In her spare time, her love of gardening, animals, nature, and creativity has led her to one of her greatest passions (or obsession!), the World of Terrariums.

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!

Duncan Perry is an experienced, multi-instrumentalist who has been performing and teaching folks how play the ukulele for the last 17 years. His mission is to spread the joy of ukulele to learners and audiences alike.

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.

Jeff Mao of Knead and Nosh offers cooking and baking classes inspired by his cookbook, Essential Chinese Hot Pot Cookbook, and his micro bakery in Brunswick.

Jenn Paulin of New Gloucester is a local Candlewood Candle Company representative. She's bringing us a great classes for the coming seasons.

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 Monaghan has taken many Pottery classes with WRAE. We are excited that she's chosen to step up to an instructor role in this program. We'll see great things!

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!

Johnny Johnston is the General Manager and Golf Teaching Professional at Sunset Ridge Golf Club. Our classes always have a great time with Johnny - we're glad he agreed to join us again!

Jonathan Lavan is a citizen scientist, wildlife expert, and SCUBA Diver has been a teacher, photographer and research associate for many organizations.

Kaitlyn Cunningham Morse is the founder of Maine Aging Partners. Known for her empathy, kindness, and deep understanding of the industry, Kaitlyn is dedicated to helping folks navigate this important journey with clarity and confidence.

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 new friends and learning about new cultures.

Kate Green is the owner of the popular Baker Mountain Massage in Windham. She is bringing her passion for Reiki to us.

Ken Wise has been carving spoons, turning bowls and making Wildlife Art in Mid-Coast Maine for many years. He enjoys sharing the fun and challenges of working with wood through classes and private instruction.

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.

LeeAnn Black has taken a few WRAE classes, and she must have thought to herself... "I can do that!" Now she is - and we're delighted to have her offering up two different nights of creating grazing boards for gatherings.

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 Evans of Gem Lounge Jewelry is a designer with a focus on creations that are eco-conscious, trendy, durable, and beautiful. We're excited to partner with Melissa to bring you several unique classes that fit that bill perfectly!

Michael Crosson comes to us from Roosevelt Garden Center. We all enjoyed the gardening class he offered, we invited him back and he said "yes" without hesitation. We've got three great classes this spring!

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-profit 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.

Phyllis Warchol is the energy behind We All Need A Little Help Sometimes, a recovery-encouraging agency in Windham. She's bringing us workshops addressing anger management and parenting successfully.

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.

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 Meuser has taught a graduate level course on life story interviewing for the past 15 years. He has interviewed and recorded over 350 life stories. He spoke about a portion of this work in a TEDx talk in 2017.

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.

Tristan Petersen is a member of the deaf community. Because of his deafness, and experience in deaf culture, he is able to provide much more than just the basics of sign language. He gives the reasoning and rationale behind signs and their variations.

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. 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

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

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

Email us: WRAE@rsu14.org

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

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



WRAE Registration Form

Make checks payable to: RSU 14

Name _____ Email _____
 Address _____ City _____ State _____ ZIP _____
 Phone _____ DOB ____/____/____

Course Name	Start Date	Course Fee

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

Adult Scholarship Fund Contribution _____

Less 10% Senior Discount (_____) (only select classes)

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
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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 January 6th!
Registration is Open Now!**



Small Business Owners and Employers:

Would you like some 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 available training dollars thanks to a grant with the Harold Alfond Center for the Advancement of Maine's Workforce.

Discounted training for your employees?

It is a win - win!

Call Jessica Trimmer at 207-892-1819 for info!

**Academy of Medical Professionals
Information Night**

Thursday, January 9th; 6 :00-7:00 pm

with Amy Catlin and Jessica Trimmer

Ready to start a new career in the medical field but have questions about our programs?

Join us for an informative session with Amy Catlin, President of the Academy of Medical Professionals. In this session, we'll explore the various programs we offer, discuss payment and funding options, and, of course, answer all of your questions.



Start 2025 on the right track and take the first step toward achieving your career goals!

Thursday, 1/9; 6:00-7:00 pm; Zoom; FREE