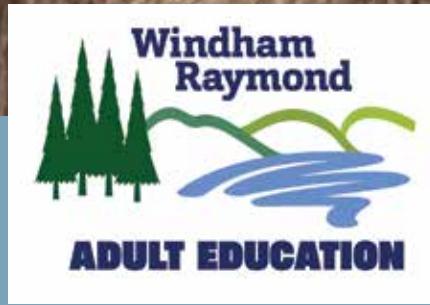


Winter / Spring 2026 Course Offerings

Digital Photography
“Capturing your Pet’s “Good” Side
~ See Page 13



29 Educational Way, Windham, Maine 04062
Call: 207-892-1819 • Email: wrae@rsu14.org
maineadulted.org/location/windham-raymond-adult-education/

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

Welcome!



Windham Raymond Adult Education
29 Educational Way, Windham, ME 04062
(Located behind Windham High School)
207-892-1819 • wrae@rsu14.org

maineadulted.org/location/windham-raymond-adult-education/

Greetings!

Welcome to WRAE's offerings for our Winter/Spring 2026 season. We've got some wonderful opportunities here - let's connect! It looks like Line Dancing has officially become available on two nights of the week - a perfect example of "you asked for it" and "we made it happen" for you! Our connection with the Finance Authority of Maine has brought many free sessions to help you plan and prepare for success in college and life. Check them out on page 6! Professional Online Certificates remain very popular and provide excellent instruction - new topics include: Artificial Intelligence, Bookkeeping for Nonprofits, Tableau and more.

We've got a whole series of Zoom-based Digital Photography subjects (did you notice Kiki, our cover model?) with topics ranging from portraits of humans and pets, nature photography, smartphone photography and a lighthouse trip! The crafting/art section is overflowing with wonderful new projects - and TWO, yes, TWO nights of Pottery! Don't miss out on DAYTIME Watercolor Painting with Patrick Corey. We'd love to bring you more daytime offerings... the challenge is space, but it's a continual search for a solution!

There are trips, and retreats and some wonderful online specials - don't let winter weather stop you, take it when you want! Check out the Culinary Crafting pages - so many great classes! Oh! And don't miss Tap Dancing with RSU 14's very own Jenny Butler - fun and great exercise right there.

Come connect and enrich your life with WRAE! We're here for you!

Our very best to you,
Sue Garvin Colley, WRAE Enrichment Program and Marketing Coordinator

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
Sue Accardi, Raymond
Matthew Irving, Windham
Joseph Kellner, Windham
Grace Leavitt, Raymond
Christina Small, Windham
Ginny Woodman, Windham

WRAE Office Hours

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

Winter 2026 Calendar

Enrichment courses begin the week of January 5
Academic courses begin the week of January 5
Check catalog for specific course start dates.
Course Registration: Begins Now!

Office Closed the Following Holidays

January 1 - New Year's Day
January 19 - Martin Luther King Jr. Day
February 16 - President's Day
February 16-20 - Winter Break
April 20-24 - Spring Break
May 25 - Memorial Day
June 11 - WRAE Graduation
June 19 - Juneteenth

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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.



Multi-Level Intermediate ESOL - Shelley Goad

Monday, 2/2-5/18; 9:00-11:00 am; WRAE LC; FREE

Multi-Level Beginner ESOL - Shelley Goad

Monday, 2/2-5/18; Noon-2:00 pm; WRAE LC; FREE

ESOL Level 1 - Luki Hewitt

Tues. & Thur., 1/13-5/21; 4:45-5:45 pm; Zoom; FREE

ESOL Level 2 - Karin Kelly

Mon. & Wed., 1/12-5/20; 5:30-6:30 pm; Zoom; FREE

ESOL Level 3 - Noelle Breen

Tues. & Thur., 1/20-5/27; 5:30-6:30 pm; Zoom; FREE

High School Completion Pathways

Windham Raymond Adult Education offers flexible pathways to earn your high school credential.



HiSET®: High School Equivalency Test

The HiSET includes five subjects: reading, writing, math, social studies, and science. Passing all tests earns you a high school equivalency diploma and may show college readiness. To take the HiSET in Maine, you must be 17 and complete required pre-tests through an adult education program.

Adult Literacy Tutoring for ABE and ASE - Catherine Giuffre-Renaud

Improve literacy with help in reading and writing, vocabulary, comprehension, and background knowledge about subjects. Assessments will help to create 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.

Call for registration appointment (892-1819 ext. 2191). 1/12-5/28; WRAE LC; 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. Call for registration appointment (892-1819 ext. 2191); 1/12-6/4; 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., 1/13-6/4; 9:00 -11:00 am; WRAE LC; 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. Wed., 1/14-6/3; 1:00-3:00 pm; WRAE LC; FREE

Questions about ESOL or ABE?

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

Multilingual Learners Programs -- ESOL Instruction

We offer day and evening English classes at multiple levels, based on a placement test at registration. Students register by meeting with the ABE Coordinator.

Classes focus on listening, speaking, reading, and writing, and have open enrollment.

Remote Classes: Students need a computer, strong internet, and Zoom installed. Missing 3 classes results in withdrawal, but students may re-enroll in the next session.

ESOL Level 4 - Luki Hewitt

Tues. & Thur., 1/13-5/21; 6:00-7:00 pm; Zoom; FREE

ESOL Level 5 - Karin Kelly

Mon. & Wed., 1/12-5/20; 6:30-7:30 pm; Zoom; FREE

ESOL Level 5 - Luki Hewitt

Wed., 1/14-5/20; 12:30-1:30 pm; Zoom; FREE

ESOL Level 6 - Luki Hewitt

Tues. & Thur., 1/13-5/20; 7:30-8:30 pm; Zoom; FREE

Citizenship and ELL Civics Education - Luki Hewitt

Wednesday 1/14-5/20; 1:30-2:30 pm; Zoom; FREE

MCCA: College Success (MCCA 001)

Catherine Giuffre-Renaud

Focus on the essential skills of a successful college student. Topics include study skills, time management, decision-making strategies, financial literacy, career pathways exploration, and writing skills for academic readiness. This class fulfills the FIGS requirement. The course will run through Brightspace with live classes for the first and last class meetings. Accuplacer score of 470 or higher or CASAS score of 239 or higher required.

Monday, 1/12-3/2; 5:00-8:00 pm; First and last classes (1/12 and 3/2) are in person; remainder of course is asynchronous.

MCCA: English 040 (MCCA 003)

Alexandra Requena

Deepen your understanding of the connection between reading and writing for academic purposes. Apply paragraph skills to analyze complex essays and college-level texts across genres. Develop digital literacy through online tools. Your work will be assessed for readiness for ENGL 080. An Accuplacer score of 430-469 or CASAS score of 232-238 is required.

Dates/Times TBD; Contact Jessica Trimmer (jtrimmer@rsu14.org) for info.

MCCA: Math 040 (MCCA 004)

Jody Scott

Want to go to college but haven't done math in years? Need to boost your Accuplacer score? This course covers pre-algebra and algebra basics, including expressions, equations, graphing, and data analysis. All materials provided. Weekly Zoom sessions required. Accuplacer score of 236 or lower or CASAS score of 225-236 required (or to build confidence if higher).

Tuesdays, beginning 1/20; 7:00-8:30 pm; Live Zoom

MCCA: English 080 (MCCA 007)

Anna Patkus

Enhance your understanding of the link between reading and writing for academics. Analyze and write compare-contrast and persuasive essays, develop digital literacy using online tools, and have your work evaluated for ENGL 100 readiness. Accuplacer score of 470 or higher or CASAS score of 239 or higher is required.

Tuesday & Thursday, beginning 1/20; 2:00-4:00 PM in person

MCCA: Math 040 (MCCA 004)

Jessica Trimmer

Do you want to brush up on your math skills or are you looking to boost your Accuplacer (236 and lower) and CASAS (225-236) scores for entry into college? This Pre-College Math class is designed for you! We'll review arithmetic, including factoring, fractions, percents, and word problems. We'll add on algebra and statistics concepts in a very supportive environment.

Contact Jessica Trimmer (jtrimmer@rsu14.org)



Career Pathways

**BUSINESS
EDUCATION
PARTNERSHIP
FOUNDATION**

FREE Training for Retail Careers

FREE Customer Service & Sales Training... Plus!

BEPF

This nationally-accredited training, Customer Service & Sales, is offered through a partnership with the BEPF and NRF. You will discover the value of quality customer service, improve your knowledge of customers' needs, master effective communication skills, design a sales plan and apply effective upselling strategies. Earn up to \$40 in e-gift cards for completing the course and brief surveys.



NRF Foundation Supply Chain, Inventory, and Logistics Certified Specialist Training

RISE Up's newest course, the Supply Chain credential, is ideal for students aiming for careers in warehouses, distribution, or fulfillment centers. This NRF program covers the flow of goods, facility operations, reverse logistics, key performance metrics, and industry safety practices. Whether you're starting out or upskilling, earn a nationally recognized credential and gain the tools to thrive in supply chain management.



Conflict De-escalation

Conflict De-escalation is perfect for current retail workers looking to advance their customer communication skills.

Customers can react to stressful situations (holidays, election cycles, and life events) in unpredictable ways. Gain skills to identify these situations and to de-escalate them, ensuring an enjoyable shopping experience for all customers and employees. Valuable training in customer-facing roles to recognize, prevent, and manage conflict.



These courses are brought to you free of charge through a generous partnership with the Business Education Partnership Foundation. Please contact Jessica Trimmer at jtrimmer@rsu14.org or 207-892-1819 extension 2193 for more info and to schedule a time to register for these exciting opportunities!



Planning & Paying for College

Jessica Whittier

Planning for College? Start Now! Do you have children who will be heading to college soon, or are you thinking about going back to school yourself? Now's the time to get a head start on understanding the college financial aid process and exploring ways to grow your college savings. The earlier you plan, the more confident and prepared you'll feel when it's time to apply for aid. Get clear steps and helpful resources to make college more affordable. Don't wait—start your plan for college today!

Monday, 5/11; 6:30-7:30 pm; Zoom; FREE



Money Starts: Adulting 101

Steve Kautz

Adulting is hard, but your finances don't have to be. Money can be one of the trickiest parts of adulthood, whether you've been doing this for years or are just getting started. The good news? You don't have to figure it out alone. Join Steve Kautz, Financial Education Programs Specialist, for a free, one-hour virtual workshop designed to help you take charge of your money. We'll break down the essentials—banking basics, spending plans, credit scores, and budgeting tools—so you can make smarter financial choices and feel more confident about your future. Take control of your money. Take control of your life.

Wednesday, 2/25; 6:30-7:30 pm; Zoom; FREE



Money Grows: Adulting 102

Steve Kautz

Ready to level up your money game? Welcome to Adulting 102! You've mastered the basics—budgeting, banking, and keeping your finances on track—but now it's time to take the next step. In this one-hour virtual workshop, you'll explore how to move from saving to investing, learn how to protect your assets with insurance, strengthen your budgeting strategies, and discover how the economy shapes your financial life. Join Steve Kautz, Financial Education Programs Specialist, as you build confidence, sharpen your financial skills, and take charge of your future.

Wednesday, 3/18; 6:30-7:30 pm; Zoom; FREE



Managing your Student Loan - Know your Options *Nicki Vachon*

Federal student loans aren't like other loans and understanding your options can save you stress and money. If you're struggling with payments, you may qualify for income-driven repayment plans, deferment, or forbearance. You can even earn a 0.25% interest rate reduction just by enrolling in auto-pay! And if you work for a nonprofit, government, or tribal organization, you could already be on your way to loan forgiveness. Whether you've just graduated or have been repaying your loans for years, this workshop will help you take charge of your student loan journey. Join Nikki Vachon from FAME for a one-hour virtual workshop where you'll learn how to find your loans, explore different repayment plans, and discover which option best supports your financial goals. Bring your questions—and leave with the knowledge and tools to confidently manage your student loans.

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

Successful Scholarship Searches and Applications

Jessica Whittier

Scholarships can make a big difference when it comes to paying for college, but finding and winning them takes a smart strategy. In this one-hour workshop, you'll learn how to create your own scholarship application plan, explore trusted scholarship websites, and use a scholarship tracker to stay organized and on top of deadlines. You'll also pick up insider tips on how to avoid common pitfalls that can trip up applicants. Join Jessica Whittier from the Finance Authority of

Maine for this interactive session and start building your plan for scholarship success. Students and parents are encouraged to attend; let's talk scholarships and get you ready to make college more affordable!

Tuesday, 1/27; 7:00-8:00 pm; Zoom; FREE

Give the Gift of Education: The Alfond Grant and Maine's College Savings Program

Karin Parsons & Caroline Palmatier

Maine families have access to two valuable programs to assist with saving and paying for education after high school: the \$500 Alfond Grant and Maine's College Savings program. While these initiatives offer great benefits, understanding each of their features can sometimes be challenging. Whether you're a parent, guardian, or student, this session will provide you with information to make the most of these valuable resources. Join us to improve your understanding and take steps towards a successful educational future!

Wednesday, 4/8; 7:00-8:00 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.

Venturing Forth: Online Business Planning for Entrepreneurs

Martha Leonard (martha.leonard@maine.edu), Gina Platt (gina.platt@maine.edu)

This 60-hour business planning course covers customers, competition, marketing, recordkeeping, taxes, financing, and legal issues. By the end, you'll complete a full business plan. Enrollment is limited. Acceptance requires an application, interview, and attendance at an orientation session. After the course, you'll participate in three monthly networking follow-ups. The course may qualify for 3 Pass/Fail credits from the University of Maine at Augusta upon approval of your business plan and payment of a small processing fee. Graduates of Venturing Forth may apply for the GEN Scholarship, usable at any University of Maine System campus, Maine Community College, or the University of New England. For more information, contact Martha Leonard (martha.leonard@maine.edu) or Gina Platt (gina.platt@maine.edu). Please review the important dates below.

•Application deadline: Friday, January 2, 12:00 pm

•Orientation session: Tuesday, January 6, 10:00 a.m. – 11:30 am.

•Interviews: January 6 & 7, individually scheduled, informal, zoom meetings approximately 15 minutes long
Tuesdays; 1/13-3/31; 9:00 am-2:30 pm; Online; FREE

Projecting Cash Flow (Online)

Alicia LaFosse (alicia.lafosse@maine.edu)

Understanding how cash flows in and out of your business is critical for your success. In this interactive workshop, our professional staff will guide you in exploring how to develop income and expense estimates, even before you start your business. An Excel template will be reviewed in class and provided so you can create your own cash flow projections.

Topics include: understanding cash flow, making cash flow assumptions, making cash flow projections, using your projected cash position to make decisions.

Thursday, 1/15; 10-11:30 am; Online; FREE

World of Work Inventory (WOWI) Career Assessment



Unsure which career path is right for you? The WOWI (World of Work Inventory) is a comprehensive assessment that evaluates your skills, interests, and work style to help identify your best-fit career. You'll meet one-on-one with a Career Advisor to review your results and plan your next steps. Register today, and Coordinator Jessica Trimmer will contact you to schedule your appointment. 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

Employment Exploration

Whether you're starting your first job or changing careers, WRAE is here to help.

Services include: career and aptitude assessments, résumé and cover letter support, and interview preparation.

Need to upskill or retrain? We can connect you with training opportunities.

Contact Jessica Trimmer
(jtrimmer@rsu14.org or 207-892-1819 ext. 2193)
to discuss your goals and next steps.



90-Day Online Certificates Begin February 2 or April 6. Individual classes begin on 2/2, 3/2, 4/6, 5/4, and 6/1.

Accounting & Finance for Non-Financial Managers Cert

The Certificate in Accounting and Finance for Non-Financial Managers equips you with essential financial knowledge to boost your effectiveness and career. Learn the seven steps of the accounting cycle, how to read and use financial reports, and make informed decisions about budgeting, goal setting, and performance. Explore the critical role of cash flow, your part in managing it, and how financial data drives your organization. Gain the tools to analyze resource allocation and evaluate financial performance; no accounting background required.

2/2-5/1 or 4/6-6/26; \$495

Accounting & Finance
Cash is King
Financial Analysis & Planning

2/2-2/27 or 4/6-5/1; \$195
3/2-3/27 or 5/4-5/29; \$195
4/6-5/1 or 6/1-6/26; \$195

Advanced Excel Functions

Unlock advanced Excel functions to streamline analysis, clean data, and uncover deeper insights. Learn tools for conditional calculations, dynamic summaries, and error handling to improve accuracy and efficiency. Master text, date, and time functions to organize messy data and perform detailed analysis. Explore modern lookup methods for more flexible, dynamic referencing. With these skills, your spreadsheets become faster, smarter, and more impactful—giving you a clear edge in data-driven work.

2/2-2/27 or 4/6-5/1; \$195

One of our TOP FIVE most popular Certificates!

AI (Artificial Intelligence) Certificate

Gain a competitive edge for your organization with Artificial Intelligence (AI). Position yourself in this fast-growing field by learning how AI can cut costs, improve data collection, automate tasks, boost efficiency, reduce errors, and free up staff for higher-value work. Understand key concepts, explore practical applications, and create a strategic AI plan to drive real results in your workplace.

2/2-5/1 or 4/6-6/26; \$495

Introduction to ChatGPT
Intermediate AI
AI Planning and Strategies

2/2-2/27 or 4/6-5/1; \$195
3/2-3/27 or 5/4-5/29; \$195
4/6-5/1 or 6/1-6/26; \$195

Basic Game Design Certificate

Video game sales are projected to hit \$111 billion globally this year, with mobile games leading growth. Learn the basics of game design, explore key genres, and start creating your own games using a development app.

2/2-3/27 or 4/6-5/29; \$395

Intro to Game Design
Intermediate Game Design

2/2-2/27 or 4/6-5/1; \$245
3/2-3/27 or 5/4-5/29; \$245

One of our TOP FIVE most popular Certificates!

Data Analysis Certificate

Data analysis is a top workplace skill. This certificate teaches you to identify trends, make predictions, and support decisions. Learn basics, group comparisons, key statistics, and how to communicate results with clear graphs and reports. Ideal for any business size. Microsoft Excel required. Courses must be taken in order: Introduction, Intermediate, Advanced.

2/2-5/1; 4/6-6/26; \$495

Intro to Data Analysis
Intermediate Data Analysis
Advanced Data Analysis

2/2-2/27 or 4/6-5/1; \$195
3/2-3/27 or 5/4-5/29; \$195
4/6-5/1 or 6/1-6/26; \$195

Entrepreneurship Certificate

Increase your chances of success and lower the risks of starting or running a small business. Plan effectively, generate business ideas, and use a startup checklist. Create a business plan by assessing feasibility and preparing management and financial strategies. Gain a step-by-step guide to attracting and retaining customers, with a focus on customer-driven marketing and brand building. Understand the skills needed for entrepreneurship, set business goals, outline your plan, and apply proven techniques to manage and market your business.

2/2-5/1; 4/6-6/26; \$495

Entrepreneur Boot Camp
The Business Plan
Entrepreneurial Marketing

2/2-2/27 or 4/6-5/1; \$195
3/2-3/27 or 5/4-5/29; \$195
4/6-5/1 or 6/1-6/26; \$195

Excel: Mastering Excel Certificate

Excel skills are essential for success in any business role. Start with the basics - how to build, edit, & format worksheets- then move into organizing and calculating data efficiently. Learn to identify data types, apply formatting tools, and use Excel to analyze and visualize information clearly and confidently. Note: Microsoft Excel software is required to complete this certificate.

2/2-5/1; 4/6-6/26; \$495

Mastering Microsoft Excel
Intermediate Excel
Advanced Excel

2/2-2/27 or 4/6-5/1; \$195
3/2-3/27 or 5/4-5/29; \$195
4/6-5/1 or 6/1-6/26; \$195

Graphic Design Foundation Certificate

From ancient carvings to modern digital media, graphic design has shaped visual communication. Whether creating a logo, website, or magazine layout, strong design elevates your work. Learn to choose and apply the right design elements to make your projects both visually striking and effective.

2/2-5/1; 4/6-6/26; \$545

Typography Essentials
Mastering Layouts & Grids
Mastering Color

2/2-2/27 or 4/6-5/1; \$225
3/2-3/27 or 5/4-5/29; \$225
4/6-5/1 or 6/1-6/26; \$225

Mastering Computer Skills Workplace Certificate

Gain practical skills in Microsoft Word, Excel, and PowerPoint, the world's most widely used computer programs. This certificate program prepares you to create professional documents, spreadsheets, and presentations, whether you're advancing your career or starting a new one. Complete all three classes to earn a certificate that showcases your workplace tech skills. Microsoft Office software required.

2/2-5/1 or 4/6-6/26; \$495

Mastering Excel
Mastering Word
Mastering PowerPoint

2/2-2/27 or 4/6-5/1; \$195
3/2-3/27 or 5/4-5/29; \$195
4/6-5/1 or 6/1-6/26; \$195

Customer Service Certificate

Customer service is key to organizational success in today's tech-driven world. Strong skills help retain customers, boost sales, and improve productivity. Strengthen your customer service abilities and introduce powerful, unique techniques to enhance your career and your organization's performance.

2/2-3/27 or 4/6-5/29; \$245

Keys to Customer Service
Extraordinary Customer Service

2/2-2/27 or 4/6-5/1; \$145
3/2-3/27 or 5/4-5/29; \$145

One of our TOP FIVE most popular Certificates!

Cybersecurity Certificate

Gain the essential knowledge and skills to protect networks, data, and systems from cyber threats. Learn core cybersecurity principles, develop defense strategies, and get hands-on experience in threat detection and response. Leave equipped to thrive in the dynamic field of cybersecurity.

2/2-5/1 or 4/6-6/26; \$495

Introduction to Cybersecurity
Network Sec. & Defense Strategies
Adv. Cyber Threat Mitigation

2/2-2/27 or 4/6-5/1; \$195
3/2-3/27 or 5/4-5/29; \$195
4/6-5/1 or 6/1-6/26; \$195

Digital Marketing Certificate

Get a solid introduction to eMarketing, covering email campaigns, website traffic analysis, SEO, and online advertising. This course is ideal for businesses, non-profits, and government agencies, no prior experience needed. Already advanced? Our expert instructors offer the latest strategies and can tackle your toughest questions.

2/2-5/1; 4/6-6/26; \$495

Improving Email Promotions
Boosting your Website Traffic
Online Advertising

2/2-2/27 or 4/6-5/1; \$195
3/2-3/27 or 5/4-5/29; \$195
4/6-5/1 or 6/1-6/26; \$195

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.

Graphic Design Software Essentials Certificate

Master graphic design with Adobe Illustrator, InDesign, and Photoshop. Create vector graphics in Illustrator, design multi-page layouts in InDesign, and edit images in Photoshop. Students must have access to the software; trial versions may be available at adobe.com. The full certificate requires all three programs, or choose to enroll in individual courses.

2/2-5/1; 4/6-6/26; \$545

Adobe Illustrator Essentials	2/2-2/27 or 4/6-5/1; \$225
Adobe Photoshop Essentials	3/2-3/27 or 5/4-5/29; \$225
Adobe InDesign Essentials	4/6-5/1 or 6/1-6/26; \$225

Intro to Tableau

Discover the power of Tableau, with its intuitive drag-and-drop interface for fast, interactive data visualization. Even non-technical users can explore data, build dashboards, and uncover insights to support better decision-making. Gain the essential skills to analyze data confidently in Tableau.

2/2-2/27 or 4/6-5/1; \$195

Leadership Development Certificate (For Gen Y)

Designed for Gen Y leaders (born 1980-1999), this certificate offers practical guidance to boost leadership potential and impact. Discover your leadership style, learn to manage tasks, build relationships, navigate changes, and handle challenges. Explore key strategies leaders use to influence others and master the do's and don'ts of leadership. Gain fresh insights and powerful leadership skills.

2/2-5/1 or 4/6-6/26; \$395

Leadership Principles	2/2-2/27 or 4/6-6/26; \$145
Developing Leadership Skills	3/2-3/27 or 5/4-5/29; \$145
Dev. your Professional Career	4/6-5/1 or 6/1-6/26; \$145

Leading Virtual Teams to High Performance

Learn from a CEO with 25 years of remote management experience. Discover proven strategies for leading remote teams effectively, beyond traditional office methods. Gain practical, step-by-step guidance to boost productivity, communication, and efficiency.

5/4-5/29; \$395

Management Certificate

Enhance your management skills. Supervisors, managers, and emerging leaders - learn to set clear expectations, motivate employees, and boost effectiveness. Explore collaborative management principles and manage multigenerational teams by understanding what drives each generation.

2/2-5/1 or 4/6-6/26; \$595

Management Boot Camp	2/2-2/27 or 4/6-5/1; \$295
Management in 21st Century	3/2-3/27 or 5/4-5/29; \$245
Managing Generations in Workplace	4/6-5/1 or 6/1-6/26; \$175

HOW THE CERTIFICATE WORKS

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.

Manager's Guide to HR Certificate

As a manager, you're key to your organization's HR success. Boost your HR skills, improve team productivity and advance your career. Whether in a small business or a large company, you play a vital role in creating a positive HR environment. Learn the essential HR knowledge every manager needs.

2/2-5/1 or 4/6-6/26; \$495

Your Role in HR	2/2-2/27 or 4/6-5/1; \$195
HR Aspects of Good Leadership	3/2-3/27 or 5/4-5/29; \$195
Opt. Performance & Emp. Success	4/6-5/1 or 6/1-6/26; \$195

Mastering Payroll Certificate

Even if you outsource payroll, understanding the rules is essential. Calculate payroll, handle withholdings, meet state and federal tax requirements, and complete payroll entries. Master the payroll cycle, start to finish.

2/2-5/1 or 4/6-6/26; \$495

Payroll Concepts	2/2-2/27 or 4/6-5/1; \$195
Payroll Calculations/Tax Withholdings	3/2-3/27 or 5/4-5/29; \$195
Payroll & Tax Filings	4/6-5/1 or 6/1-6/26; \$195

Non-Profit Administration Certificate

Non-profits must operate like businesses, facing competition and revenue challenges. Our Certificate in Non-Profit Administration offers top training in fundraising and program evaluation, taught by expert instructors with non-profit experience.

2/2-3/27 or 4/6-5/29; \$595

Revenue Generation for Non-Profits	2/2-2/27 or 4/6-5/1; \$495
Program Eval for Non-Profit Prof.	3/2-3/27 or 5/4-5/29; \$245

Online Teaching Certificate

Whether new or experienced in online teaching, learn from leading experts in the field. We cover building and improving courses, fostering interaction, and effective online assessments. Gain both foundational skills and advanced techniques from renowned instructors.

2/2-5/1 or 4/6-6/26; \$495

Advanced Teaching Online	2/2-2/27 or 4/6-5/1; \$195
Designing Online Instruction	3/2-3/27 or 5/4-5/29; \$195
Fostering Online Discussion	4/6-5/1 or 6/1-6/26; \$195

Project Management Certificate

Project management is essential for business success and career growth, offering clear visibility into project progress and early issue detection. Gain the skills, tools, and templates to confidently plan and manage projects. Learn the five Project Management Processes and ten Knowledge Areas based on the PMBOK Guide. Suits anyone interested in project management or working on projects. Courses must be taken in order.

2/2-5/1 or 4/6-6/26; \$495

Introduction to Project Management	2/2-2/27 or 4/6-5/1; \$195
Project Mgmt Processes	3/2-3/27 or 5/4-5/29; \$195
Project Mgmt Knowledge Areas	4/6-5/1 or 6/1-6/26; \$195

One of our TOP FIVE most popular Certificates!

Power BI Certificate

Master data insights with Microsoft Power BI, a leading business analytics tool. Learn to create interactive reports, integrate data from multiple sources, and use Power Query to streamline data. Build data models with DAX, apply Time Intelligence functions, and enhance reports for better analysis. This certificate boosts your data analysis skills to improve decision-making. Courses must be taken in the following order: Introduction, Intermediate, Advanced.

2/2-5/1 or 4/6-6/26; \$495

Introduction to Power BI	2/2-2/27 or 4/6-5/1; \$195
Intermediate Power BI	3/2-3/27 or 5/4-5/29; \$195
Advanced Power BI	4/6-5/1 or 6/1-6/26; \$195

QuickBooks Online Certificate

Master QuickBooks Online from basics to advanced topics. A free trial version is provided for hands-on practice during class.

2/2-3/27 or 4/6-5/29; \$395

QuickBooks Online Level 1	2/2-2/27 or 4/6-5/1; \$195
QuickBooks Online Level 2	3/2-3/27 or 5/4-5/29; \$195

Six Sigma Green Belt Certificate

Six Sigma Green Belts are in high demand worldwide. LERN's Green Belt training teaches problem-solving using the DMAIC model. Graduates become skilled specialists ready to lead projects. Having a project isn't required, but is encouraged. Instructors provide hands-on guidance throughout. Courses must be taken in order.

2/2-5/1 or 4/6-6/26; \$495

Introduction to Six Sigma Green Belt	2/2-2/27 or 4/6-5/1; \$195
Intermediate Six Sigma Green Belt	3/2-3/27 or 5/4-5/29; \$195
Advanced Six Sigma Green Belt	4/6-5/1 or 6/1-6/26; \$195

Social Media for Business Certificate

Use social media to boost communication, marketing, and customer engagement for businesses, nonprofits, and government. Learn about Facebook, Twitter, YouTube, and LinkedIn, and how to build a two-way marketing strategy. Gain practical skills and a plan to integrate social media into your organization. Courses must be taken in order.

2/2-5/1 or 4/6-6/26; \$495

Introduction to Social Media	2/2-2/27 or 4/6-5/1; \$195
Marketing Using Social Media	3/2-3/27 or 5/4-5/29; \$195
Integ. Social Media in Organization	4/6-5/1 or 6/1-6/26; \$195

Supervisory & Leadership Certificate

Your employees are your greatest asset. This course offers practical, easy-to-use methods for supervisors and managers to boost team efficiency. Learn effective delegation, performance management, and how to write reviews. Gain leadership strategies and take away tips you can apply immediately.

2/2-2/27 or 4/6-6/26; \$395

WordPress Certificate

WordPress is the top CMS for websites and blogs. Start by learning the basics: installation, setup, content creation, themes, plugins, and administration. Then advance to customizing sites with HTML, CSS, and PHP, plus SEO techniques and site maintenance. After the certificate, you'll confidently build, customize, maintain, and optimize WordPress websites.

2/2-5/1 or 4/6-6/26; \$495

Workplace Communication Certificate

Effective workplace communication is vital for career success. Gain practical conflict management tools, win-win negotiation skills, and insights from personality profiles to improve teamwork. Learn from top instructors and leave with actionable skills you can use immediately.

2/2-5/1 or 4/6-6/26; \$595

Conflict Management	2/2-2/27 or 4/6-5/1; \$245
Management in the 21st Century	3/2-3/27 or 5/4-5/29; \$245
Personality Profiles	4/6-5/1 or 6/1-6/26; \$245

One of our TOP FIVE most popular Certificates!

Web Design Certificate

Website design is key to building credibility online. Start with the basics of HTML and CSS (no experience needed) to plan and design effective web pages. Next, create dynamic, SEO-friendly web applications. Finally, master responsive design, advanced layouts, and industry-standard tools. Courses must be taken in order: Introduction, Intermediate, Advanced.

2/2-5/1 or 4/6-6/26; \$595

Introduction to Web Design	2/2-2/27 or 4/6-5/1



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.

AMP programs are all-inclusive: books, reference books, national certifications, practice exams and online resources, live instructors, and student support for self-paced students are included in tuition. (*Clinical Medical Assisting and Phlebotomy are hybrid due to in-person skills labs). Payment plans are available; WIOA/voucher approved (Goodwill, MyCAA, Maine Department of Labor, EMDC/HOPE, etc.). A limited number of full-tuition scholarships are available for qualifying students with previous or current patient-facing healthcare experience for the following programs: Clinical Medical Assisting, Phlebotomy, and Dental Assisting. Please contact our office for more information! Labs may not be available in all locations.

Clinical Medical Assisting

This all-inclusive 16-week program combines live Zoom classes with in-person skills labs (location TBD) to prepare you for the CCMA (Certified Clinical Medical Assistant) national certification exam through the NHA. The \$3,500 tuition covers the certification exam, six practice tests, online study materials, books, resume assistance, and all related fees. Externships may be available in your area. Payment plans are offered, and scholarships may be available upon request.

Start 3/10/26.

Zoom classes meet Tuesday & Thursday from 5:30-8:30 PM. \$3,500

Phlebotomy

Become a Nationally Certified Phlebotomy Technician in just 10 weeks. This all-inclusive course features live Zoom classes and in-person skills labs (location TBD), preparing you for the CPT certification through the NHA.

Learn to perform venipuncture, explain procedures to patients, conduct basic point-of-care testing, and prepare specimens for lab analysis. The \$3,000 tuition includes certification, books, and resume and job assistance. Payment plans and scholarships are available.

Start 3/10/26.

Zoom classes meet Tuesdays & Thursdays from 5:30-8:30 PM. \$3,500

Medical Coding

This 20-week medical coding program prepares you for CPC certification through AAPC and covers all essential coding skills to enter the field as a Certified Professional Coder. It includes Medical Terminology, Anatomy & Physiology, AAPC membership, two CPC-A exam attempts, three practice tests, and all books. Basic computer skills are required. Tuition is \$3,950, or \$5,150 with the optional Practicode program to remove the CPC-A apprenticeship status. Payment plans are available.

Start 3/19/26. Live classes meet Thursdays from 5:30-8:30 PM. Online program available anytime, Self-Paced \$3,950 or \$5,150 with Practicode



Digital Photography for Newbies

Steve McGrath Photography

Are you still getting to know your digital camera and its features? Beginners, learn from an expert! Have your camera ready and discover when and how to use its special features - such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. Tuesday, 1/6-2/3; 5:30-7:30 pm; Zoom; \$89
Tuesday, 4/7-4/28; 5:30-7:30 pm; Zoom; \$89

Digital Photo 2 Intermediate

Steve McGrath Photography

You are comfortable with your camera, and you want more! Explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. We will take an in-depth look at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques. Tuesday, 2/17-3/17; 5:30-7:00 pm; Zoom; \$89

Nature Photography

Steve McGrath Photography



Explore everything you need to know to take professional-quality portraits! Learn to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work! Tuesday, 1/6-1/20; 7:30-9:00 pm; Zoom; \$59

Lighthouse Photo Workshop

Steve McGrath Photography



In this Light-house and Puffin Workshop we will be going over camera settings like shutter speed, ISO, aperture and compositions with Lighthouses and Puffins! Capture great Images of them all on our cruise from Bar Harbor! Students must purchase their own tickets for the cruise. Details forthcoming! We will also be sharing our images in our final class.

Thursday, 6/4-6/11; 6:00-7:30 pm; Zoom; \$89

Saturday, 6/6; 9:00 am Cruise from Bar Harbor; Cruise Ticket purchase on your own

Capturing your Pet's "Good" Side

Steve McGrath Photography



Get Fido and Fluffy in the right pose, in the right light, and on their "good side" in your next photo session! Be it a controlled "studio" environment or the great outdoors, learn how to work with your camera to capture the perfect shot! Tuesday, 4/7-4/14; 7:30-9:00 pm; Zoom; \$59

Smartphone Photography

Steve McGrath Photography



Smartphone photography can open up a whole new world, with a great camera right in your pocket! Learn how to use your smartphone camera, take and create great images on your phone, what editing apps to use, how to share and print your images. Discover how to use essential controls on your phone along with the best free and low-cost tools for editing and image management.

Tuesday, 2/24-3/10; 7:30-9:00 pm; Zoom; \$59

Tuesday, 5/12-5/26; 7:30-9:00 pm; Zoom; \$59



Start 3/10/26.

Zoom classes meet Tuesdays & Thursdays from 5:30-8:30 PM. \$3,500

Medical Transcription

Medical Transcription is ideal for those seeking remote work. This 16-week online, state-certified program covers medical terminology, anatomy, transcription, industry tools, and job search skills. Course fee of \$3,200 includes all materials, books, and resources. Students receive a Certificate of Completion and Letter of Recommendation. Typing speed of 60+ WPM and Microsoft Word proficiency required. Completion timeline: 16 weeks to 6 months.

Online Anytime, Self-Paced; \$3,200

Enrichment - Creating Artistically

Abstract Painting *Jeffrey Carpenter*

Using acrylic paints, canvas panels, and lots of textural tools, we will create a few different styles of textural abstract paintings. Fun, dynamic, and colorful, this class will free your creative energies!



Materials fee of \$10 (cash) payable to the instructor at class. Thursday, 4/2; 6:00-8:00 PM; WRAE; \$29

Cage It

Jeffrey Carpenter

Create gorgeous wire-wrapped (caged) pendants using crystals, stones and beads of all sorts. Easy, fun and very fashionable. Materials fee of \$10 (cash) is payable to the instructor at class.



Wednesday, 1/14; 6:00-8:00 PM; WRAE; \$29

Create Your Own Acrylic Beaded Bouquet!

Jenn Paulin



Join Jenn for a fun, hands-on class where you'll learn to craft a dazzling bouquet made entirely from acrylic beads and wire thread! In just two hours, you'll twist, shape, and design your own everlasting spring-inspired floral arrangement — no watering required! Choose your vase, colors, flower shapes and sizes. Perfect for beginners and creative spirits alike!

Thursday, 4/9; 6:00-8:00 pm; WRAE; \$55

Workshop *Elise DeSalvo*

Learn the basics of hand stamping and hammering metals to create your own personalized necklace. Pick from letters, numbers, and fun symbols to design a piece that's uniquely yours. Beginner-friendly!



Thursday, 3/12; 5:30-7:00 pm; WRAE; \$75

Enrichment - Creating Artistically

Natural Mobiles and Stabiles *Chris Toy*

Join Chris Toy for a unique, zen, hands-on workshop creating mesmerizing floating and flowing Mobiles and Stabiles! Transform how you see nature walks. Materials (driftwood, shells, feathers, wire) provided. Bring needle nose pliers and discoveries from your own walks if desired. Be sure to bring your imagination! Thursday, 4/16; 5:00-7:00 pm; WRAE; \$44



Tree of Life Ornament *Tammy Mullen*

Join us for a fun evening and make a beautiful gemstone Tree of Life Ornament, using gold, rose gold or antique copper wire, 6-8 types of gemstones including amethyst, tiger eye and citrine among others. All materials and tools provided.



Thursday, 2/12; 6:30-8:00 pm; WRAE LC; \$45

Open Pottery Studio *Hillary McHugh*

Another weeknight of Pottery! Here's a great opportunity for former or current pottery students who just want a little more studio or wheel time. The course fee covers instructive guidance, 25# of clay, limited glazes and firing. Bring your creativity and prepare to explore! Students are expected to purchase and bring a pottery tool kit. See Amazon for many options in the \$20-\$30 range.)



Monday, 1/12-3/12; 5:00-7:30 pm; WHS 305; \$210
Monday, 3/9-4/13; 5:00-7:30 pm; WHS 305; \$210
Monday, 4/27-6/1; 5:00-7:30 pm; WHS 305; \$210

Decorative Shell Trinket Dish *Tammy Mullen*

Come and learn how to create this beautiful shell dish to hold your change, jewelry or your special tiny treasures! You will have several choices of pretty paper napkins to design and decorate with the shell. All materials and tools provided. Wednesday, 1/28; 6:30-8:00 pm; WRAE LC; \$39



Driftwood Trees *Tammy Mullen*

This is a fun class, making a decorative tree with driftwood from Maine beaches! We'll make trees that stand roughly 12" tall and shells, sea glass, beach stone, ribbon and jute will be provided for decorating your tree. Monday, 3/9; 6:30-8:00 pm; WRAE LC; \$39



Pottery - An Invitation to Clay *Kelly Stanley*

Our beginning clay classes cover the basics of hand-building 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 of clay, creating, hand-building, wheelwork, glazing, and firing. Bring lots of ideas and have some fun! 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 \$20-\$30 range.)



Monday, 1/12-3/12; 5:00-7:30 pm; WHS 305; \$210
Monday, 3/9-4/13; 5:00-7:30 pm; WHS 305; \$210
Monday, 4/27-6/1; 5:00-7:30 pm; WHS 305; \$210

Enrichment - Creating Naturally

Tropical Terrariums *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.

Tuesday, 1/20; 5:30-7:30 pm; WRAE LC; \$32
Wednesday, 3/18; 5:30-7:30 pm; WRAE CL; \$32

Mushroom Ornaments *Diane Ferron*

Here in Maine, nature is all around—so why not bring some indoors? These unique no-maintenance ornaments feature wood slices decorated with mushrooms, twigs, acorns, moss, seeds, and stones. Add an air plant for a unique living touch, or get creative and design your own woodland masterpiece. Bring a friend and your imagination—there are no limits! Materials fees vary depending on the items you select for your projects but \$20 should cover it. Please bring cash to class to purchase these items from the instructor.

Wednesday, 2/4; 5:30-7:30 pm; WRAE CL; \$32
Thursday, 4/2; 5:30-7:30 pm; WRAE CL; \$32

Floral Arrangements with Studio Flora

Flower Arranging *Courtney King*

Courtney King of Studio Flora Design in Windham is back and bringing us a monthly opportunity to create beauty through arranging flowers to perfection! *Get your hands and heart right into this and go home with a beautiful seasonal arrangement. Courtney will bring all the supplies!* (Materials fee of \$20 cash payable to Courtney at class.)

January – It's post holidays and the days seem long and dark. Create a beautiful pop of color with this winter bouquet – sure to chase away the winter doldrums!

Wednesday, 1/21; 6:00-7:30 pm; WRAE LC; \$24

February – It's the "love" month! Come and create a special floral gift for someone special or especially for you!

Wednesday, 2/11; 6:00-7:30 pm; WRAE LC; \$24

March – All things leprechaun bring a little more energy to March. Let's gather to build a bright and sunny arrangement to usher in spring-time vibes!

Wednesday, 3/11; 6:00-7:30 pm; WRAE LC; \$24

April – April showers... bring flowers! We've got a special bouquet planned to chase away the rain clouds and invite in some joy and warmth!

Wednesday, 4/29; 6:00-7:30 pm; WRAE LC; \$24

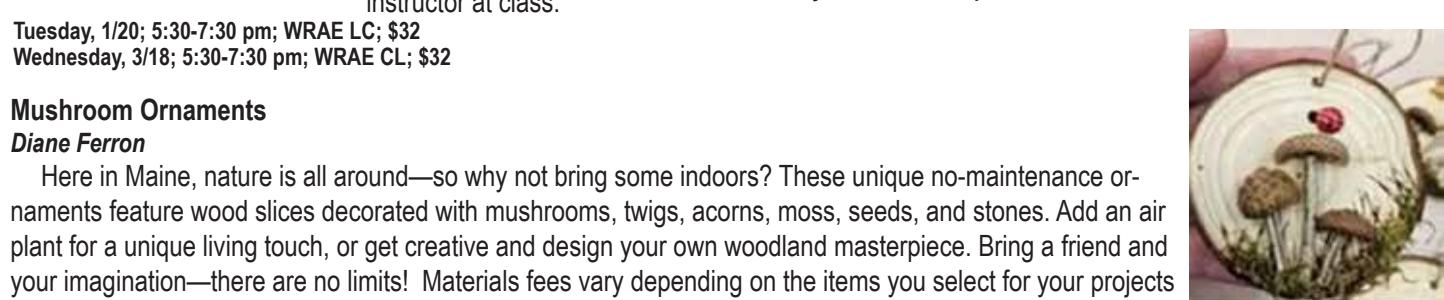
May – Create a beautiful pick-me-up. Courtney will guide you step-by-step and you'll leave with a masterpiece!

Wednesday, 5/20; 6:00-7:30 pm; WRAE LC; \$24

Air Plant Displays *Diane Ferron*

Air Plants: Love bringing the outdoors in? Air plants (Tillandsias) make it easy. These low-maintenance, soil-free beauties can be displayed in endless creative ways using everyday items. For a beachy vibe, tuck them into seashells. Prefer modern style? Try a wire spiral holder. If you're into crafting, macramé hangers work beautifully. For a more natural look, repurpose driftwood, bark, rocks, or mossy boards. Air plants are fun, versatile, and turn any display into "Living Art." Everything's provided - please bring to class \$18 cash, paid to the instructor

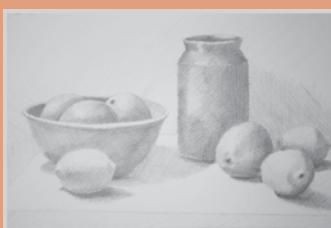
Thursday, 1/29; 5:30-7:30 pm; WRAE CL; \$32
Tuesday, 3/24; 5:30-7:30 pm; WRAE CL; \$32



Basic 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.

Monday, 2/9-3/9; 6:00-8:00 pm; WRAE Learning Center; \$64



Basic Watercolor *Patrick Corey*

Daytime Class!
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.

Tuesday, 2/10-3/10; 1:00-3:00 pm; WRAE Learning Center; \$64

BoHo Bangles

Andrea Andrews, Purple Mango Designs

Here's a fun night out with friends! Join Andrea of Purple Mango Designs and make one or two? or more? of these super cute bracelets - for giving to friends, or for coordinating with your own favorite outfit!

All kits will be provided and include 36" of 1/4" jute rope, 2" x 30" lengths of assorted fabrics, 2 oz of yarn, and a mini glue gun with glue stick. You may opt to bring your own supplies. A list is available on the registration website!

Monday, 1/26; 6:00-7:30 pm; WRAE; \$24

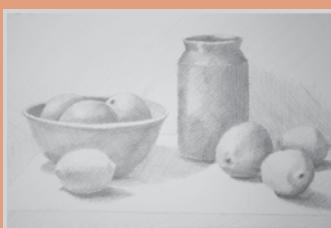


Enrichment - Creating Artistically

Plein Air Drawing *Patrick Corey*

Maybe it's a landscape, or architecture, or a scene... we'll experience it "for real" outside in nature. We'll meet at WRAE for the first week, and after that we'll meet at picturesque spots in the area to capture any of the many views presented. A suggested supply list will be provided

Tuesday, 5/5-5/26; 5:00-7:00 pm; WRAE; \$69



Plein Air Watercolor *Patrick Corey*

Here's a new, fun opportunity. Explore creating watercolor paintings in the great outdoors. We'll meet at WRAE for the first week, but the three subsequent weeks, we'll be at picturesque spots in the area so that we can capture these fresh views. A suggested supply list will be provided

Monday, 4/27-5/18; 5:00-7:00 pm; \$69



Windham Raymond Adult Education

29 Educational Way, Windham, ME 04062

(Located behind Windham High School)

207-892-1819 • wrae@rsu14.org

windham.maineadulted.org

Email: wrae@rsu14.org

Don't all these classes look like FUN!!

**Would you like to offer an adult education class through WRAE??
We'd love to talk to you about it! It's easy, it's fun, and it's worth it!**

Email Enrichment Coordinator Sue Colley at wrae@rsu14.org to start the conversation!



Practical Investment Tools and Strategies Seminar

Nicholas Bizer

Ready to Take Charge of Your Money? Join us for a fun, down-to-earth seminar that'll help you make sense of investing, no finance degree required! By the end, you'll have a solid understanding of today's most common investment options and the know-how to make confident money moves.

Week 1: Get started with the basics: retirement accounts, education savings accounts, brokerage accounts, and the different platforms you can use. We'll also talk about how to spot (and avoid!) common scams and sneaky pitfalls.

Week 2: Take it up a notch with mutual funds, ETFs, life cycle funds, indexes, bonds, and cash investments.

Week 3: Wrap it up with stock investing, understanding the market through fundamental and technical analysis, and learning about real estate investment trusts (REITs). Of course, we'll keep calling out the red flags and scams to watch for along the way.

Come curious and leave confident; it's time to make your money work for you!

Tuesday, 1/13-1/27; 6:00-8:00 pm; WHS Rm 217; \$59
 Tuesday, 3/3-3/17; 6:00-8:00 pm; WHS Rm 217; \$59

Did you set up your Active Registration Account?

Find instructions on page 30!

Call us if you get stuck - we're here to help!

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 few simple financial concepts can transform your relationship with money!

Thursday, 1/15; 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 that your current investment strategy will help you reach your goals? 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!

Thursday, 2/5; 6:00-7:30 pm; WHS 130; \$24

Investing at Retirement

Sarah Blondin

Nearing or entering retirement? Maybe you're just thinking about it? Join us to learn how developing a customized strategy can assist you in identifying considerable risks to mitigate them while making the most out of your benefits and assets. This can help you plan for a financially secure retirement!

Thursday, 2/26; 6:00-7:30 pm; WHS 130; \$24

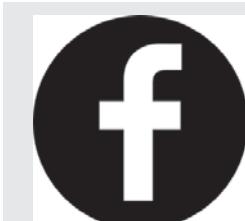


Understanding Social Security

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 to be better informed about Social Security!

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



Stay Connected & get the first scoop on new things!

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

Breathing as Medicine: The Art and Science of Healing through Breath

Carole Freeman

All people breathe, but few do it well. This course shows how intentional breathing can heal and restore. Learn how breath affects your nervous system, immunity, energy, emotions, and sleep. With practical, science-based techniques, you'll breathe

Silent Nights: The Art of Rest

Carole Freeman

Discover how breathing can transform your life. Learn to breathe faster, stay asleep, stop snoring, and wake up refreshed. This class reveals the connection between sleep and breathing, and gives you science-based tools for restorative rest. Take it when you want!

The Female Brain Responds - and Rests - Differently

Carole Freeman



Female Pain Misunderstanding

How Women Experience Pain

Carole Freeman

Pain isn't just physical; for women, it often stems from pain that is misunderstood or overlooked. Let's explore how female biology, hormones, nervous system patterns, and even breathing shape the way pain is felt and processed. Gain insight into why women's pain is often dismissed or misdiagnosed, and learn practical strategies to manage discomfort, support healing, and improve overall well-being. Whether you're living with chronic pain or just want to understand your body better, this course is designed for you.

Take it when you want! Online; \$30

Strong by Design: Smarter Training for Female Physiology

Carole Freeman

Learn to work with your body, not against it. Learn to breathe better, boost metabolism, strengthen your core and pelvic floor, and align workouts with your hormonal cycle. Prevent common injuries and get more from every session—without burning out.



Altitude Training: Preparing for High-Altitude Travel

High altitudes, like Machu Picchu, can be challenging. This course shows you how to acclimate to high altitude, breathe easier, and stay energized so you can enjoy every moment at altitude.

Healing Your Nervous System



build resilience, and

We're SORRY!

These classes are unavailable.

Carole Freeman has had a major disruption with the platform she uses to offer these "take it when you want" sessions.

We hope she's able to get this settled and repaired, but for now we'll remove them from our site.



Minute Facelift - Boost Mood and Strengthen Facial Muscles

Carole Freeman

This fun, uplifting course teaches quick facial exercises that boost muscle tone and mood. Discover the science behind "putting on a happy face" and how movement can enhance emotional well-being, perfect for busy people seeking fast, effective results.

Take it when you want! Online; \$30

Enrichment Get-Aways - Near & Far

Asian Fusion Cooking Retreat with Acadian Arts

Chris Toy

Join chef and cookbook author Chris Toy for a unique retreat on Campobello Island. Learn to cook Asian-fusion and international dishes using traditional and local ingredients in hands-on workshops that blend technique, tools, and storytelling. Stay in historic Victorian cottages once visited by Franklin and Eleanor Roosevelt. Enjoy scenic painting sessions, all-inclusive meals, and optional evening activities that enhance your experience. Register for the retreat, then call Sherry Mitchell at 506-752-2922 to book your accommodations. Overnight lodging is exclusive to Acadian Arts Retreats participants.

Friday-Monday, 6/5-6/8; Campobello Island; \$695

Friday-Monday, 10/9/26-10/12/26; Campobello Island; \$695

Watercolor Painting Retreat with Acadian Arts

Mary Laury

Join accomplished watercolorist and inspiring teacher Mary Laury for a relaxing and creative retreat. Whether you're a beginner or an experienced painter, you'll gain new skills, tips, and confidence in a supportive environment. Stay in historic Victorian cottages within Roosevelt Campobello International Park, once the summer home of Franklin and Eleanor Roosevelt. You'll paint the same stunning coastal landscapes that inspired generations of visitors. All meals and optional evening activities are included. Register now, then call Sherry Mitchell at 506-752-2922 to book your lodging. Overnight accommodations are exclusive to Acadian Arts Retreats participants.

Friday-Monday, 6/5-6/8; Campobello Island; \$695

Friday-Monday, 10/9/26-10/12/26; Campobello Island; \$695

Art & Asian-Fusion Cooking Retreat

Chris Toy & Mary Laury

Escape to the scenic shores of Merrymeeting Bay for a unique retreat that blends drawing and hands-on cooking. Learn to draw with Mary Laury as she guides you in seeing and sketching the world around you. Then join chef Chris Toy in the kitchen for interactive Asian-fusion cooking—followed by enjoying your delicious creations together. Relax at your own pace with access to kayaks, nature trails, and space for music—feel free to bring your instrument! On-site lodging is available for \$200/person (contact Chris at christoy.net@gmail.com). Local hotels and B&Bs are also nearby.

Spaces are limited—register now for this flavorful experience! Friday-Monday, 11/6/26-11/9/26; Merrymeeting Bay, Bath; \$695



Asian Fusion Cooking Retreat with Acadian Arts

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Cook, connect, and create with chef and cookbook author Chris Toy at the charming Victorian Harbor View House in Prospect Harbor on Maine's coast. Learn hands-on techniques and recipes inspired by Asian, European, and American cuisines, using local ingredients and rich cultural traditions. Includes all meals, plus special events like a private house concert with Grammy-balloted artist Gordon Ward. To book lodging, call 207-963-9122 or visit harborviewhousellc.com.

Friday-Monday, 4/10-4/13; Harbor View House; \$695

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Watercolor Painting Retreat with Acadian Arts

Mary Laury



Join accomplished watercolorist Mary Laury for a supportive, hands-on workshop perfect for both beginners and experienced painters. Mary's encouraging style helps every student feel confident and creative as they explore the fluid beauty of watercolor. Stay at the charming Victorian Harbor View House in Prospect Harbor, Maine, with a small group of artists, cooks, and creatives. All meals and special activities are included—highlighted by a private house concert with Grammy-balloted singer-songwriter and storyteller Gordon Ward.

For workshop info, call Mary at 207-632-2251. To book lodging, call 207-963-9122 or visit harborviewhousellc.com.

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Chris & Ken's Cooking and Carving Weekend Adventure

Chris Toy, Ken Wise

Ready for an unforgettable weekend? Ignite your creativity with a unique blend of culinary skills and carving! Join Chris Toy (private chef, acclaimed cooking instructor, 6x cookbook author) and Ken Wise (master woodturner, carver, popular instructor – both artists featured at the Lemont Collective Art Gallery) on the picturesque shores of Merrymeeting Bay in Bath, Maine. Immerse yourself in hands-on carving (spoons, spatulas and chopsticks) and cooking (Asian Fusion dishes). You choose how much you carve, cook, or explore the nature trails and kayaking onsite. Tuition (\$350) covers all lessons, materials, supplies and meals (excluding alcohol). Limited on-site Air B&B-style accommodations (private rooms with shared baths for \$300) can be reserved by contacting Chris at christoy.net@gmail.com. Friday-Sunday, 5/15-5/17; Merrymeeting Bay, Bath; \$350



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Best Hairstyles, Glasses & Necklines for your Face Shape *Candace Sanborn, Radiant Image*

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 do's and don'ts, as well as best eyeglasses/sunglasses, 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, 4/30; 5:30-8:30 pm; WRAE; \$36

Emotional Eating, Unpacked and Under Control *Amy Burtt*

Rebuild your relationship with food in the empowering workshop! Take the keys provided and unlock understanding of emotional eating – and learn how to trust your body again. We'll explore the roots of eating our emotions, and learn to distinguish between true hunger and emotional cravings. Bring your questions, we'll get them answered!

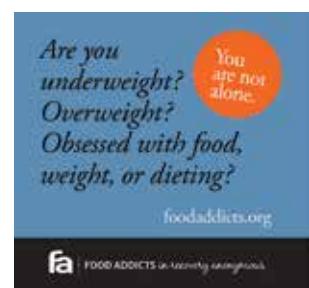
Thursday, 1/22; 6:15-7:15 pm; WRAE; \$24



Food Addicts in Recovery Anonymous (FA) Info Session

FA offers a solution for people who are overweight, underweight, and/or obsessed with food, weight or dieting. At the session you will hear more about FA and from people who have found a solution through the FA program.

For access info, call 207-250-7373; email: fa.newcastle.maine@gmail.com
Monday, 3/30; 6:30-8:00 pm or Tuesday, 5/19; 6:30-8:00 pm



Sebago Lake Historical Learning Kayak tour

Sebago Trails Paddling Co.

Kayak through the natural Maine wilderness and vast lake views for an on-the-water adventure. This two-hour guided tour 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. We'll continue onto Jordan Bay of Sebago Lake as the guides share stories dating back to the

settlements of the region. Come for the beautiful lake views and leave with your new favorite hobby! This is a great experience for anyone looking to get outdoors, for a relaxed-paced paddle. Perfect for first time kayakers and experienced kayaking enthusiasts. This class will run rain or shine. Select session.

Saturday, 5/23; 10:00 AM to 2:00 PM; Sebago Trails Paddling; \$49
Saturday, 5/30; 10:00 AM to 2:00 PM; Sebago Trails Paddling; \$49



Substitute Teacher Training

Jessica Trimmer & Laurie Fabrizio-Bowen, Karilynne Miele (RSU-14)

Interested in substitute teaching or looking to sharpen your skills? Whether you're just getting started or a seasoned sub seeking fresh strategies, this professional development opportunity is for you. Tour several RSU14 schools, connect with staff, and gain practical tools: from navigating required paperwork and protocols to mastering classroom management and engaging reluctant learners. Complete the program, substitute for a day, and get your \$34 course fee reimbursed. You'll also become eligible for a higher pay rate with RSU14.

Friday, 3/20; 8:30 am-2:30 pm; WRAE LC; \$34 (includes lunch)

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

Step into the world of Deaf culture with this engaging opportunity to learn American Sign Language (ASL). Begin with the fundamentals—numbers and fingerspelling—then build your skills with everyday words and phrases. As you progress, explore more advanced concepts in a relaxed, supportive environment. Practice ASL while gaining insight into the rich and nuanced culture of the Deaf community.

Tuesday, 1/20-3/3; 6:00-7:00 pm; WHS Library; \$68
Tuesday, 3/31-5/12; 6:00-7:00 pm; WHS Library; \$68



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

If you've taken a beginner's course and have some sign language under your belt, here's a great opportunity to keep learning more words, phrases, and the nuances of ASL. Tristan works hard to customize this class to meet your needs - don't hesitate to offer suggestions!

Tuesday, 1/20-3/3; 7:00-8:00 pm; WHS Library; \$68
Tuesday, 3/31-5/12; 7:00-8:00 pm; WHS Library; \$68

Is Uke for You?

Learn to Play the Ukulele *Duncan Perry*

Join Duncan Perry (who's taught over 700 students) for a fun, beginner-friendly Zoom class where you'll learn essential chords and techniques using familiar songs. No music-reading required! Play styles from folk to classical, enjoy plenty of laughs, and boost your brain along the way. A playable ukulele and tuner (or app) are needed. Don't have a uke? Contact us for help. Questions? Reach out to Duncan at uketime24@gmail.com or 207-219-8055. Ready to spread the joy? Let's play!

Wednesday, 2/4-2/25; 6:00-7:30 pm; Zoom; \$84
Tuesday, 3/3-3/24; 6:00-7:30 pm; Zoom; \$84
Wednesday, 4/1-4/22; 6:00-7:30 pm; Zoom; \$84
Tuesday, 4/28-5/19; 6:00-7:30 pm; Zoom; \$84



Podcasting

YouGotClass!

Podcasting is booming as businesses and hobbyists use it to build brands and connect with audiences. Its personal audio format helps clients get to know you and your business. This step-by-step class guides you from idea to launch, so you'll leave with your podcast live and ready to share.

Monday, 2/2-2/27; Online Anytime; \$245



The Basics of Bookkeeping *Sharon deFontenay, 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 and 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.

Monday, 3/2-3/27; online on your schedule; \$195

We are Changing Everything!! - and it's a good thing!

WRAE, Windham Raymond Adult Ed – and in fact, all of the members of the Maine Adult Education Association – have undergone a powerful and impactful change over the summer of 2025. And it's going to change everything about registering and online connection for all of us! *Keep reading, you'll want to take some action steps at the end of this message.*

We've upgraded our registration system from CourseStorm to **ACTIVE**. This new system is designed to make it easier for you to register, manage your registrations, make payments and stay connected with WRAE. ACTIVE is used by thousands of organizations to connect people to events and communities. We are looking forward to the ways in which ACTIVE will simplify things for WRAE and for you!

There are two slightly different nuances to ACTIVE: your online **account** (the history of your specific online registrations) and your online **registration**. To make it make sense, you must **create** an online **account** in order to **register** online for classes with WRAE, but you'll do that while you register! See page 30 for step-by-step instructions!!

Simply Produce *Diana Currier*

Are you trying to eat more fresh vegetables and fruits but not sure how to select and store a ripe avocado? Come join us for two classes that will walk you through the easy steps of selecting, ripening, storing and preparing common produce items. Both sessions will involve hands-on activities with seasonal items and end with tasting the healthy and delicious foods you've prepared. The instructor and author of **Simply Produce** encourages you to take good care of yourselves. Here's the spark you may have been looking for. Please bring a \$5 food fee (cash) to pay the instructor at class.

Tuesday, 3/31; 5:00-8:00 pm; WHS 302; \$225

Wednesday, 5/13-5/20; 6:30-8:00 p.m.; WHS 302; \$48



Ferment This! Kombucha *Emma Holder*

You could buy a \$4 bottle of kombucha, or you could make your own for pennies. It's simply sweetened black or green tea with a culture added. We'll make a primary ferment in class. A secondary one will be demonstrated so you can make it at home once your primary has developed. We'll discuss kombucha's fascinating history, troubleshooting, glassware and SCOBYS (provided). This hybrid class will include a microbiology overview and the ferment creation to take home with you. The zoom link, in-person address, and materials list will be shared when you register.

Wednesday, 3/4; 7:00-8:15 p.m.; Zoom; \$28



Ferment This: Sauerkraut and Fermented Vegetables *Emma Holder*

You'll learn 2 techniques: 1) basic sauerkraut 2) fermented vegetables (radishes, turnips, or carrots; your choice). Technique, troubleshooting, and flavor options. Ferments make excellent gifts, last for months, the vegetable's nutrient content is maintained, while probiotics are boosted. You'll learn about the marvelous microorganisms that surround us, give us "terroir" and keep us healthy by replenishing our microbiomes. This hybrid class will include both microbiology and ferment creation. The zoom link, in-person address, and materials list will be shared when you register.

Wednesday, 3/11; 7:00-8:15 p.m.; Zoom; \$28



Take a Class with a Friend - or come & make some ones!

Wok & Cleaver Bootcamp *Chris Toy*

Master the Wok and Cleaver with Chef Chris Toy! Learn hands-on techniques: slicing ingredients, stir-frying, oven roasting, and steaming rice. Take home a complete specially curated kit (Wok, Cleaver, Spatula, Cutting Board, cookbook with recipes). Kit cost: \$100 (included in course fee). Households can register for two seats and only pay for one kit! (Call the office to register).

Tuesday, 3/31; 5:00-8:00 pm; WHS 302; \$225



Hands-on, Herb-Infused Pasta *Chris Toy*

Join Chef Chris Toy for a hands-on class to master fresh pasta making! We'll infuse the dough with intense, farm-fresh flavors—creating a colorful medley of mushroom, basil, and tomato pasta. You'll finish your creations with a choice of a rich tomato-red wine or a creamy vodka sauce. Get ready to roll, knead, and eat! (Those "in the know" bring containers for leftovers!)

Wednesday, 5/6; 5:00-8:00; WHS 302; \$59



Wednesday, 5/6; 5:00-8:00; WHS 302; \$59

Ferment This: Kimchi *Emma Holder*

Kimchi is a vegetable ferment associated with Korean cuisine. Almost anything can be kimchi'd but the most common variety involves napa cabbage, other vegetables, garlic, ginger, fish sauce, and mild-to-kick-butt red pepper (Korean gochuchang) or no pepper at all. The resulting funky ferment can be used interchangeably with sauerkraut, or added almost anywhere a dash (or bucketful) of umami is needed. You'll need a blender and this ferment can be messy, so we are all in our own kitchens. Zoom link and materials list provided by instructor upon registration.

Wednesday, 3/25; 7:00-8:15 p.m.; Zoom; \$28



Take a Class with a Friend - or come & make some ones!

Hand-Rolled New York Bagels: Master the Art of Authentic Bagel Making *Jeff Mao*

Learn to make classic Brooklyn bagels from scratch! Knead, roll, boil, and bake your way to that iconic chewy texture in this hands-on class, perfect for bakers and foodies alike. All ingredients and recipes provided. Contains sesame and gluten.

Tuesday, 1/13; 6:00-9:00 pm; WHS 302; \$89



Prosperity and Good Fortune: Chinese Wonton Dumplings *Jeff Mao*

Make pork dumplings from scratch using wonton wrappers and learn multiple folding styles. Enjoy them in wonton soup or with homemade Sichuan-style chili oil. Plant-based filling available on request. All ingredients provided. Contains soy and gluten.

Tuesday, 2/3; 5:30-7:30 pm; WHS 302; \$79



Master the Art of Xiao Long Bao: Soup Dumpling Delight *Jeff Mao*

Take on the ultimate dumpling challenge! In this hands-on class, you'll make soup dumplings from scratch—gelatinized broth, thin wrappers, classic pork filling, and all. Learn folding, sealing, and steam techniques, then enjoy your creations. All ingredients provided. Contains soy and gluten.

Tuesday, 3/3; 5:00-7:30 pm; WHS 302; \$94



A Taste of Greece: Learn to Make Spanakopita! *Billy Doukas*

Savor the flavors of Greece in this hands-on cooking class where you'll learn to make spanakopita: a buttery, golden phyllo pastry filled with a savory blend of spinach, herbs, and feta cheese. You'll master techniques for working with delicate phyllo dough and creating a rich, flavorful filling that's sure to impress. Bonus: You'll head home with your very own spanakopita in a reusable metal baking dish and a pastry brush to help you keep the magic going in your own kitchen. Come ready to cook, taste, and shout "Opa!" as you dive into this joyful culinary experience!

Thursday, 3/26; 5:00-8:00 pm; Room 302 WHS; \$62



Bao Down to Flavor: Mastering Char Siu Bao *Jeff Mao*

Learn to make fluffy, savory BBQ pork buns from scratch. You'll knead, proof, and steam your own bao while exploring the rich history behind this beloved dish. Leave with freshly made bao and the skills to recreate them at home. All ingredients and equipment provided. Contains soy and gluten.

Tuesday, 4/7; 5:00-7:30 pm; WHS 302; \$89



From Flour to Flavor: Crafting Authentic Potstickers *Jeff Mao*

Make dumplings from scratch, dough, wrappers, and pork filling, in this hands-on class. Learn folding techniques, pan-steam your pot stickers, and make ginger-scallop oil for dipping. All ingredients provided. Plant-based option available. Contains soy and gluten.

Tuesday, 4/28; 5:30-7:30 pm; WHS 302; \$79



Dumpling Artistry: Mastering Fancy Folding Techniques *Jeff Mao*

Take your dumpling game to the next level in this hands-on class focused on artistic Chinese dumpling folds! Learn to craft intricate designs like goldfish shaped Har Gow and plum blossom-style dumplings, and experiment with colorful doughs using natural ingredients like spinach and beet. You'll also make classic pork filling and dough from scratch. Perfect for adventurous beginners or those with some experience, this class blends creativity with technique. Ingredients and tools provided. Contains soy and gluten.

Tuesday, 5/12; 5:00-7:30 pm; WHS 302; \$89



Connecting through Creating

"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,
Director, Windham Raymond Adult Ed

Enrichment - Technology for Boomers

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.

New & Noteworthy

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

iOS 18 Essentials for iPhone

Unlock your iPhone's full potential with iOS 18. Explore the new Control Center, smarter Siri, Apple Intelligence, pro photo editing, hidden camera features, and expert troubleshooting. For all skill levels using iPhone XR-16 and SE (2nd/3rd gen).

iPadOS 18 Essentials

Transform your iPad with iPadOS 18. Discover Apple Intelligence, advanced writing tools, pro photo editing, and hidden customization and security features. For iPad Pro (M4/3rd gen+), Air (M2/3rd gen+), iPad (7th gen+), and mini (A17 Pro/5th gen+).

Master Your Mac Photos App: Organize Like a Pro

Say goodbye to photo chaos. Learn to navigate, organize, tag, and share images and videos with ease. Create albums and manage your Mac photo library like a pro.

Edit Stunning Photos with Mac's Photos App

Turn images into masterpieces. Learn to adjust exposure, apply filters, crop, and use powerful editing tools to enhance photos with ease.

First Steps

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

iPhone Basics (v2)

Learn essential iPhone features: Apple ID and texting to FaceTime, Control Center, and key apps. Stay current; navigate with confidence.

Mac Basics (v2)

Get comfortable with your Mac. Learn the OS, Finder, Spotlight, browsers, shortcuts, and App Store to boost confidence and efficiency.

Hidden Gems on Your iPhone & iPad

Uncover secret features to boost creativity, efficiency, and fun (hidden keyboard keys, location tracking, photo markup, and built-in calculators). Explore the advanced side of your device.

More Hidden Gems on Your iPhone & iPad

Take your skills further with advanced tips: set up widgets, adjust text size, personalize Siri, enhance privacy, and more. Build on what you learned in Hidden Gems Level 1.

Maximize Your iPad: Communicate, Create & Connect

Boost productivity and creativity with iPad tips for navigation, camera, photos, communication, Siri, accessibility, and iOS updates.

BTA courses contain videos which are self-paced, on your time, at your 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.

Enrichment - Music & Moves

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. Space is limited to 50 and class is designed for you if you've had previous exposure to Line Dancing. If you haven't, please see "Line Dancing for Beginners". Register early to get your spot. No class on holidays or vacation weeks.



Tuesday, 1/13-2/24; 6:00-7:30 pm; WTH Gym; \$50

Tuesday, 3/3-4/7; 6:00-7:30 pm; WTH Gym; \$50

Tuesday, 4/14-5/26; 6:00-7:30 pm; WTH Gym; \$50

Line Dancing for Beginners

Ray & Sue Hall

The popularity of Line Dancing seems to never cease! If you haven't tried it - if you're nervous to jump right into the line while you're trying to remember left from right - or want to take things a little more slowly until you get up-to-speed, this is the class for you! Truly a beginner class with a little slower pace, and a little more instruction and practice, we'll go easy on you and will help you feel confident for the "big leagues" in the next session!

If you're a veteran dancer with Ray & Sue and feel comfortable to "show your stuff" - we'll look for you on Tuesday nights!

Monday, 1/12-3/2; 6:00-7:00 pm; WMS Cafe; \$44

Monday, 3/9-4/13; 6:00-7:00 pm; WMS Cafe; \$44

Monday, 4/27-6/8; 6:00-7:00 pm; WMS Cafe; \$44



Intro to Tap Dancing

Jennie Butler

Let's move outside "the box" and do some new, fun, social, exercise while joining the world of Tap Dancing! We're so delighted that Jennie Butler has agreed to offer this so popular class once again.

We'll work on mastering proper technique, learning the basics first: shuffles, flaps, and ball changes. Then we'll fine tune rhythm and timing, leading to building musicality. You will need a pair of tap shoes and comfortable clothing. Come prepared to "get your sweat on!"

Tuesday, 1/20-3/3 (no class 2/17); 6:00-7:00 pm; Location TBD; \$54

Tuesday, 3/17-4/28 (no class 4/21); 6:00-7:00 pm; Location TBD; \$54

Enrichment - Staying Safe



First Aid

Charissa Kerr

The First Aid class includes: medical emergencies, bleeding that you can see, bleeding you cannot see, treating for shock, and how and when to call emergency services. The course cost includes a blend of powerpoint and video, instructor and practical components, and a certificate of completion. Optional workbook is available for \$10 (cash please) from instructor at class.

Tuesday, 3/31; 6:00-7:00 pm; WHS Katahdin; \$54



CPR

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. Course includes use of manikins, video, certified instruction, practical components, and a certificate of completion. Practical time has been increased to ensure you have enough time to gain confidence in your skills. Optional workbook (\$10 cash at class) is available.

Monday, 1/26; 6:00-9:00 pm; WHS Katahdin; \$69

Tuesday, 2/24; 6:00-9:00 pm; WHS Katahdin; \$69

Monday, 3/23; 6:00-9:00 pm; WHS Katahdin; \$69



The Balance Blueprint: Core Strength Meets Stability

Carole Freeman

Discover better balance in this dynamic workshop linking mind and body. Learn how the brain supports stability, explore techniques to improve balance, and strengthen the core for greater control. Perfect for all ages seeking better coordination, injury prevention, and confident movement.

Wednesday, 3/4-3/25; 10:00-11:00 am; Zoom; \$35
Wednesday, 3/4-3/25; 5:00-6:00 pm; Zoom; \$35

Posture Power: Strengthen your Body from the Ground Up!

Carole Freeman

Poor posture can impact your breathing, energy, and well-being. Learn simple techniques to correct common imbalances like Upper and Lower Cross Syndrome. With a focus on breathing and alignment, you'll feel taller, stronger, and more energized, perfect for anyone seeking better posture and vitality.

Wednesday, 4/15-5/6; 10:00-11:00 am or 5:00-6:00 pm; Zoom; \$35



Happiness is a Skill - and you're about to learn it!

Carole Freeman

Join this live Zoom class to explore the science of feeling good, and practice it in real time. Drawing on psychology, neuroscience, and breathwork, you'll learn that happiness is a trainable skill through guided exercises, reflection, and discussion. Discover how to notice joy, sustain it, and share it intentionally.



Wednesday, 4/1-4/8; 10:00-11:30 am or 5:00-6:30 pm; Zoom; \$25



Stay Connected & get the first scoop on new things!

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



<https://www.instagram.com/adulted.windhamraymond/>

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 mended; please note at the time of registration if you do not have a set. No class 5/4.

Monday, 4/27-5/18; 5:45-6:45 pm; Sunset Ridge Golf Links; \$55



Evening Indoor Walking Program

Tom Nash



Looking for a dry, safe, and well-lit place to walk? Join our community walking program - a fun, healthy way to stay active all semester long! We'll kick things off with a Walking Clinic covering technique, proper stretching, goal setting, and how to track your progress.

Info Night for New Participants:

Monday, January 12, 5:30-6:30 pm; WHS Cafeteria (No need to attend if you've participated before.) After the intro night, families are welcome to walk indoors anytime between 3:00-8:00 pm. A small one-time fee covers the entire semester. Kids walk free!

Info Night: Monday, 1/12; 5:30-6:30 pm

Mon.-Thurs., 1/12-6/4; 3:00-8:00 pm; WHS Hallways; \$16
No Walking Available: 1/19, 2/16-2/20, 4/20-4/24, 5/25



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, 1/13-2/24
(no class 2/17);
5:30-6:45 pm; NWUC; \$59

Tuesday, 3/10-4/14;
5:30-6:45 pm; NWUC; \$59

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 work-



force 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

We are Changing Everything!! - and it's a good thing!

Here's how to register and create your new **ACTIVE** registration account!

Start by picking out your classes!

1. From our website (maineadulted.org/location/windham-raymond-adult-education/) click "**courses**". From here, our available classes will show on the screen. (Note: If there is a specific class you are searching for, the left side of the screen offers options to filter the selections listed and help you find what you are looking for.)
2. Once you have found the class you would like to register for, click "**add**". (If multiple sessions exist, choose the desired session and click "**add**" beside the chosen session.)
3. Once all selections have been made, click "**continue**", which is located in your **shopping cart** on the right side of the screen.
4. Enter **Email** address and **Password** for account (Note: if you do not have an account, type an email address and password to create a new account upon completion of registration.)
5. Select who will attend session (or add new person). Click "**continue**".
6. Complete Registration Form questions and click "**continue**".
7. Accept appropriate waivers.
8. Sign electronic signatures.
9. Click "**Continue to Cart**".
10. Select "**Payment Option**".
11. Enter payment information.
12. Click "**Complete**".
13. **How to Sign in to your Online Account:** When you want to access your account, you will sign in using your email address and password created during registration. In order to sign in to your online account (to check your course schedule or payments), you have to access the site via WRAE's online account link: (maineadulted.org/location/windham-raymond-adult-education/).

This link is automatically sent to you in the registration confirmation email.

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:

maineadulted.org/location/windham-raymond-adult-education/

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

29 Educational Way

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 _____

TOTAL _____

TO PAY BY CREDIT CARD, PLEASE VISIT OUR WEBSITE OR CALL 207-892-1819.

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 • 29 Educational Way, Windham, ME 04062 • Phone 207-892-1819 • WRAE@rsu14.org
maineadulted.org/location/windham-raymond-adult-education/**

Want to Offer an Enrichment Class at WRAE?

If you've been browsing our 300+ courses, 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!

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.



WRAE Class of 2025 accompanied by Director Tom Nash, Keynote Speaker Bill Diamond, ABE Coordinator Cathy Giuffre-Renaud, Superintendent of Schools Chris Howell, School Committee Member Grace Leavitt.
The Class of 2026 graduates on June 11 - there's still time to get your spot!