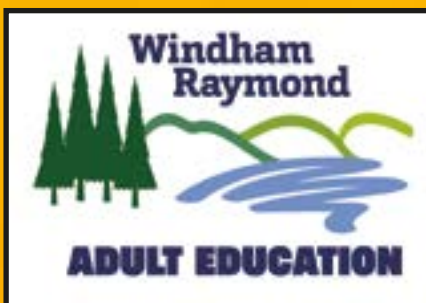


Fall 2026 Course Offerings



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

Welcome, Bienvenidos, Vitame, Bienvenue, Willkommen, Chao mung, Velkomst, Dobrodosli, Vitejte,
Laskavo Prosymo, Bem-vindo, Marhaban, Hos Geldiniz

Welcome!



Windham Raymond Adult Education
29 Educational Way, Windham, ME 04062
(Located behind Windham High School)

207-892-1819 • wrae@rsu14.org

windham.maineadulted.org

Where to find your WRAE class!

WHS - Windham High School
406 Gray Road, Windham

WMS - Windham Middle School
408 Gray Road, Windham

WRAE - Windham Raymond Adult Education
white building behind WHS (29 Educational Way)

WTH - Windham Town Hall
8 School Road, Windham

WHC - Windham Hill Church
140 Windham Center Road, Windham

Katahdin 1
Windham High School

Baker Mountain Massage
Three Paradise Way, Windham

Lincoln Middle School
522 Stevens Avenue, Portland

RSU 14 School Administration

Christopher Howell, Superintendent
Christine Frost-Bertinet, Assistant Superintendent

RSU 14 School Board Members

Sue Accardi, Raymond
Jessica Bridges, Windham
Jodi Carroll, Raymond
Marge Govoni, Windham
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

Fall 2026 Calendar

Courses begin the week of September 7.
Check catalog for specific course start dates.
Course Registration: Begins Now!

Office Closed the Following Holidays

September 7 - Labor Day
October 12 - Columbus/Indigenous People's Day
November 11 - Veterans' Day
November 26-27 - Thanksgiving
December 23-January 4 - Holiday Break

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Thank you!

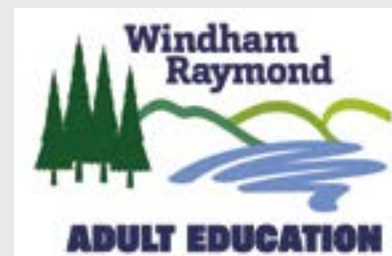
We here at Windham Raymond Adult Ed are continuously reminded how fortunate we are to be part of RSU 14, and thus a community resource for both towns, Windham and Raymond.

We had a wonderful lesson in gratitude at our June 10th Graduation with our Keynote Speaker, Charlie Hewitt. Charlie is the artist who created the landmark neon "Hopeful" sign on a Forest Ave rooftop in Portland. Find out more about his life journey on Tuesday, 10/22. (More info on page 16)

We're grateful for the strong, consistent support from the RSU 14 Administration and School Board and WRAE's Advisory Board, the collaboration with Windham Parks & Recreation, the assistance of RSU 14's facilities scheduling folks, and the community members who partner with us season after season to bring wonderful enriching opportunities to others. A special thank you to the local businesses who supported us with advertising in this catalog - we appreciate you!

And we are especially grateful for you, local residents, who populate our many enriching courses and events. WRAE is a busy place with a wide variety of offerings and we extend our thanks to local residents and tax payers who support our facilities and our programming. We're grateful for the opportunity to serve you.

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



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.

Certified Residential Medication Aide

Christina Wales

Receive standardized training for professionals working in state-certified residential care homes. State of Maine regulations, standard residential facility policies, and basic anatomy and physiology are covered. We'll discuss medications, safe administration procedures on the Medication Administration Record per Maine's regulations governing residential facilities. Students must complete a Clinical Medication Administration of three medication passes for three different residents or clients with 100% accuracy. Full certification and medication pass awarded on successful completion of final exam with 40 hours of attendance, no exceptions. Re-certification is required every two years. There is an additional \$75 fee if you need the instructor to schedule a med pass for you. Financial assistance may be available - please reach out to Jessica Trimmer (jtrimmer@rsu14.org).

Tues. & Thurs., 9/8-10/1; 1:00-5:00 pm; \$425; WRAE LC

Wed. & Fri., 10/14-11/6; 9:00-1:00 pm; \$425; WRAE LC

Tues. & Thurs., 11/17-12/10; 1:00-5:00 pm; \$425; WRAE LC

CRMA Recertification

Christina Wales

CRMA Recertification is required every two years. Here's an excellent, efficient opportunity to recertify.

Friday, 9/18; 9 am-1 pm; \$99; WRAE LC

Friday, 11/13; 9 am-1 pm; \$99; WRAE LC

Basic Life Support/CPR/AED/Naloxone Training

Christina Wales

This comprehensive one-day class will bring you much information and will result in certifications for all areas.

Saturday, 9/26; 9 am-Noon; \$149; WRAE LC

Saturday, 11/14; 9 am-Noon; \$149; WRAE LC

Certified Behavioral Health Professional (BHP)

Woodfords Family Services

Ready to make a difference in the lives of children and families? Our FREE BHP training program equips you with the knowledge, skills, and certification needed to start your career in behavioral health services.

Here's what's included:

- 12 Online, Self-Paced Modules (Accessible 24/7, Learn at your own pace over 6 months)
- 1 Live Day of Training (8-9 hrs) Choose in-person or virtual



To enroll, you must:

- Be a Maine resident
- Be at least 18 years old
- Possess a minimum of a high school diploma or equivalent (proof of education is required)

Why Join?

- Completely free of charge
- Flexible and accessible
- Prepares you for meaningful, in-demand work
- Certification recognized statewide

Additional Requirements for Certification:

- Ethics & Boundaries class (2.5 hours, virtual)
- OSHA-Compliant Bloodborne Pathogens Training (.75 hours, online)
- Child & Adult First & CPR w/AED Certification (4.5 hours, available through Woodfords)

Ready to Register or Have Questions?
Contact Jessica Trimmer at WRAE
207-892-1819 x 2193
or jtrimmer@rsu14.org



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 to AMP. Be sure to ask her about scholarship opportunities!

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 Jessica Trimmer (jtrimmer@rsu14.org) for more information! Labs may not be available in all locations.

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. Zoom classes meet 10/15-3/16. \$3,950

Medical Billing & Coding Professional

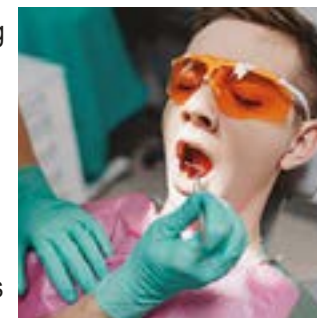
This 36-52 week in-depth program includes two AAPC national certifications. Coders identify correct codes; billers use those codes to submit claims. Combining these two skills creates a powerful advantage with broader career opportunities. Includes 20-week Medical Coding plus a 16-week self-paced Medical Billing program with CPB exam fees, study guide and books. Online Anytime, Self-Paced; \$6,750

Certified Medical Office Assistant

This 16-week online course builds essential skills for a career in healthcare administration. It includes Medical Terminology, Front Office Skills, EMR Boot Camp, and Medical Billing. Upon completion, you'll take the CMAA certification exam through the NHA. The \$3,200 fee covers certification, books, all fees, and resume/job assistance. Payment plans are available. Online Anytime, Self-Paced; \$3,200

Dental Assisting

This 12-week Dental Assisting Certificate program prepares you for a high-demand career and the DANB RHS® national exam. Taught by a licensed Dentist, it covers all key skills and includes internship opportunities. Lab days are available (ask for details.) Tuition includes all books, exam prep materials, and DANB RHS® exam fees. Payment plans are available. Start 9/14-12/14 or Online Anytime. Live Classes meet Monday from 6-8 PM OR Online Anytime, Self-Paced. \$3,200



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. Zoom classes meet 10/13-12/17. \$3,500

tion, books, and resume and job assistance. Payment plans and scholarships are available.

Zoom classes meet 10/13-12/17. \$3,500

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. Zoom classes meet 10/13-2/18. \$3,500

Pharmacy Technician

Pharmacy Technician is one of today's fastest-growing healthcare careers. This 14-week all-inclusive course prepares you for the PTCB national certification exam (CPhT) and covers drug information, pharmacy operations, anatomy, and safety regulations. Identify medications, understand drug interactions, and stay current with industry updates. Tuition includes all materials and exam fees. Payment plans are available. Online Anytime, Self-Paced; \$2,850

With over 30 years of experience in photography and over 25 years in teaching and leading photography workshops, Steve McGrath brings his passion for detail to his many subjects.

Steve specializes in Nature, Landscape, Portrait and Event Photography.

Digital Photo for Newbies
Steve McGrath



Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera ready and learn 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, 9/15-10/13; 5:30-7:00 pm; \$95; Zoom

Digital Photo 2 Intermediate
Steve McGrath

You are comfortable with your camera, and you want more! In this class we will 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, 10/27-11/24; 5:30-7:00 pm; \$95; Zoom

Smartphone Photography
Steve McGrath

This class is dedicated to helping you with understanding how to use your smartphone photography, how to take and create great images on your phone, what editing apps to use, how to share and print your images. Join Steve as we go over how to find essential controls on your phone along with the best free and low-cost tools for editing and image management.
Tuesday, 9/15-10/6; 7:30-9:00 pm; \$79; Zoom
Tuesday, 12/1-12/22; 7:30-9:00 pm; \$79; Zoom

Advanced Smartphone Photography
Steve McGrath

This class is dedicated to helping you advance your understanding of how to use your smartphone photography and manual controls: ISO, shutter speed, aperture, and how to take great images on your phone! What editing apps to use to give you more control if your smartphone doesn't have them! Discover equipment that you can use to help your images, like telephoto lenses, tripods, and filters. Join Steve as we go over how to use the essential controls on your phone along with the best free and low-cost tools for editing and image management. Updated handouts!
Tuesday, 10/20-11/10; 7:30-9:00 pm; \$79; Zoom

Pet Photography
Steve McGrath

This course is designed to teach you everything you need to know to take professional-quality portraits. Learn how 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, quality portraits. You will learn how 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, 11/17-11/24; 7:30-9:00 pm; \$59; Zoom

Nature, Bird Photography
Steve McGrath

In this Nature Photography online class, we will go over camera settings and compositions and how to get great images of Nature's best like moose, birds, seals and other subjects! We will also learn how to set up a blind to get great images, the best lenses for this type of photography and tripods to get the best stability for your images!
Tuesday, 12/1-12/22; 5:30-7:00 pm; \$69; Zoom



Beg. Photoshop Elements for Aspiring Photographers
Steve McGrath

Learn Photoshop® techniques and skills, and apply them immediately to your personal photography. Using lecture and interactive student participation, the course will cover workflow, file types, optimizing images, layers, tools, panoramics, color balance, black and white, and archiving. Extensive handouts will lead students step-by-step so that skills can be practiced at home. We use Adobe Photoshop Elements for our online instructional class.
Friday, 10/2-10/23; 7:30-9:00 pm; \$79; Zoom

Abstract Acrylic Painting
Jeff 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, please) is payable to the instructor at class.
Thursday, 10/8; 6:00-8:00 pm; \$29 WRAE LC



Wire Wrapped Jewelry
"Cage It"
Jeff 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, please) is payable to the instructor at class.
Monday, 9/28; 6:00-8:00 pm; \$29; WRAE LC



Home Made Holiday Cards
Jeff Carpenter

Holiday cards say a lot about us - and unique home-made cards make a beautiful impression! Create a special gift, including hand-made envelopes with a set of templates to keep! Materials fee of \$10 (cash, please) is payable to the instructor at class.
Wednesday, 12/2; 6:00-8:00 pm; \$29; WRAE LC



Happy Gnome Christmas Ornaments
Marika Rathbun

Oh my gosh - can you just imagine how cute these ornaments will be scattered around on your Christmas tree this year? Or how about a dedicated grouping elsewhere in your holiday decorating? Marika will provide everything you need (wood rounds, paint, brushes, etc.) for \$10 per person (cash please on the night of class) to create a nice set.
Thursday, 12/10; 6-8 pm; \$24; WRAE LC



Upcycled Glass Painting
Jeff Carpenter

Let's create colorful, repurposed art pieces for decorating or gifting! We'll be taking vintage glass and crystal dishes and using paint markers and stained glass paints to transform them into treasures! Everything's included! Materials fee of \$10 (cash, please) is payable to the instructor at class.
Wednesday, 9/16; 6:00-8:00 pm; \$29; WRAE LC



Thematic Tile Painting
Jeff Carpenter

Grouped together as an outstanding wall art piece, or used individually as coasters, these tiles will create quite an impression! We'll use white ceramic tiles, stencils and acrylic paint markers to create a collage of thematic images. Everything's included. Materials fee of \$10 (cash, please) is payable to the instructor at class.
Wednesday, 11/4; 6:00-8:00 pm; \$29; WRAE LC



Balsam Fir Wreath Workshop
Lorraine Lindstedt, Woodlot Management & Products

No experience necessary - beginners become instant wreath makers! Take home a complete fragrant and full 22" fresh balsam fir wreath decorated with a beautiful red bow. Get this first of your holiday decorations ready! Your wreath will remain fresh through the holidays and beyond. All materials can be recycled. Materials provided: locally and sustainably harvested fresh balsam fir, wreath ring and red ribbon. Please bring work gloves and small hand pruners and a \$18 materials fee (cash please) which is paid to the instructor at class.
Thursday, 11/19; 6:30-8:30 pm; WHS Closed Cafe; \$24



Design Your Signature
Perfume Scent

Shannan Heacock

Step into the world of fragrance and create a scent that's uniquely yours. In this interactive perfume making workshop, you'll learn the basics of scent blending while crafting your own custom perfume using high-quality fragrance notes. Explore top, middle, and base notes as you experiment and discover combinations that reflect your personal style. This experience is perfect for anyone who loves fragrance, creativity, and a touch of luxury. What's included: guided scent blending instruction, one custom perfume to take home with all materials included.

Monday, 11/2; 6:00-8:00 pm; \$42; WRAE



Would you like to show your support for WRAE and access an advertising circle that includes all residents in Windham and Raymond??

We will be accepting a limited number of local business advertisements for our Course Offerings Winter 2027 Catalog. Interested?? Reach out to Susan Colley, WRAE Enrichment Program & Marketing Coordinator at scolley@rsu14.org or to Director Tom Nash.

We'd love to hear from you!

Candle Making Workshop

Shannan Heacock

Create a candle that's uniquely yours. During this hands-on experience, guests are guided through the process of selecting fragrances, blending a custom scent, and pouring their own candle. Designed to be both relaxing and creative, this experience is perfect for beginners and seasoned candle lovers alike. What's included: step-by-step instruction, one custom-poured candle with all materials provided.

Monday, 12/7; 6:00-8:00 pm; \$46; WRAE

Crafting Custom Lip Balms

Kate Green

Join us for a hands-on, aromatic journey into the world of natural product making. In this beginner-friendly workshop, you'll learn how to craft your own custom lip balms using premium, skin-loving ingredients. You'll leave with 2 sets of 6 custom balms, the recipe and skills to keep making them at home! Materials fee of \$25 (cash) payable to the instructor at class.

Monday, 11/16; 6:00-7:30 pm; \$25; WRAE LC

Monday, 12/14; 6:00-7:30 pm; \$25; WRAE LC



Floral Arrangements with Studio Flora



Flower Arranging

Courtney King

Courtney King of Studio Flora Designs in Windham is back and bringing us a monthly opportunity to create beauty through arranging flowers to perfection! All supplies and materials are provided - please bring materials fee of \$20 (cash) to the instructor at class. Create a beautiful pick-me-up. Courtney will guide you step-by-step and you'll leave with your own beautiful masterpiece!

Thursday, 9/10; 6:00-7:30 pm; \$25; WRAE LC-Late Summer

Wednesday, 9/23; 6:00-7:30 pm; \$25; WRAE LC-September Sensations

Thursday, 10/15; 6:00-7:30 pm; \$25; WRAE LC-Pumpkin

Thursday, 11/12; 6:00-7:30 pm; \$25; WHS Closed Cafe-Autumn

Thursday, 12/3; 6:00-7:30 pm; \$25; WRAE LC-Boxwood

Wednesday, 1/13; 6:00-7:30 pm; \$25; WRAE LC-Winter



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.com for many options in the \$20-\$30 range.)

Monday, 9/14-10/26; 5:00-7:30 pm; WHS 305; \$210

Monday, 11/2-12/7 5:00-7:30 pm; WHS 305; \$210



Holiday Clay Workshop

Hillary McHugh

Santa's Workshop's got nothing on us! Enjoy this multi-level workshop in handbuilding and wheel-throwing to create holiday artwork and gifts! Advanced students can create independent projects, while beginning students will have demonstra-

tions in hand-building and wheel-throwing. Come with your own ideas, or work from suggested designs. Projects will be glaze fired in mid-range (cone 5-6) stoneware.

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. No class 11/26.

Thursdays, 11/5-12/10; 5:00-7:30 pm;

WMS Field Allen; \$210



Trim the Tree with Pottery

Kelly Stanley

Spend an evening with our magical "Elf Kelly" crafting a beautiful set of 12 handmade clay ornaments. Class includes enough clay and glazes for one dozen ornaments, lots of inspiration and support from Elf Kelly, and firing courtesy of Mr. Bell. Ornaments will be ready for pick up approximately 1 week after class.

If you'd like to bring a school-aged child, you may do so for free (provided you do not need additional clay/glaze and your ornament production stays at 12 total). If more supplies are needed, you may register a child for \$38 with parent registration.

Tuesday, 12/1-12/8; 5:00-7:30 pm; WHS 305; \$75

Unleash your Inner Artist: Paint Night with Tom

Tom Nash

Ever looked at a blank canvas and thought, "I wish I could do that"? Well, now you can! Whether you're a seasoned pro or have never picked up a brush in your life, join us for a vibrant evening of creativity and color. Together, we'll bring a cozy fall scene to life on your very own original canvas.

No experience? No problem! We provide all the supplies you need to succeed. All we ask is that you bring your biggest smile, a dash of curiosity, and the "can-do" attitude that proves anyone can be an artist. It's all about having fun, making memories, and discovering your creative spark. All painting materials are provided for you. Just a \$10 materials fee (cash, please) payable directly to Tom at the start of class.

Come paint the night away with us—your masterpiece awaits! Tuesday, 9/22; 6:00-8:00 pm; WRAE CL; \$29



Driftwood Solar Mobiles

Chris Toy

Join Chris for a hands-on evening of incorporating driftwood and solar lights. Chris will teach you the process for designing, balancing, and constructing your mobile so its lights dance and flow gracefully in the slightest breeze.

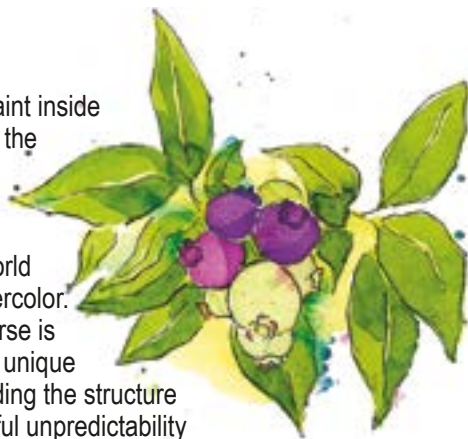
Tuesday, 10/27; 6:00-8:00 pm; \$48; WRAE LC



Basic Ink and Wash
Patrick Corey

Tired of trying to paint inside the lines? Let's break the rules beautifully! Join us for a fast-paced, inspiring two-week dive into the world of pen, ink, and watercolor. This introductory course is all about finding your unique artistic voice by blending the structure of ink with the beautiful unpredictability of watercolor. We'll cover the basics of supplies, master the art of loose ink drawing, and learn how to splash vibrant color washes over your work to bring a still-life scene to life. It's fun, it's messy, and it's the perfect way to kickstart your creative journey!

Wednesday, 12/9-12/16; 6:00-8:00 pm; \$44; WRAE LC



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 during the first session.

Thursday, 10/29-11/19; 6:00-8:00 pm; \$69; WRAE LC



Basic Watercolor
Patrick Corey

Watercolor is 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 during the first session.

Tuesday, 11/24-12/15; 6:00-8:00 pm; \$69; WRAE LC

Solid-Core Rag Rugs
Sue Colley

Have you seen the "Jelly Roll" rug craze? Seems like it's all over social media. Great little project, toss it in the washer for cleaning, lots of jelly roll combinations out there...but the downside is a lot of fussy folding and stuffing of batting into the strips, and with just regular use (especially if you have pets) the "life expectancy" of these rugs isn't very long.

We'll be using a similar method to create these area rugs! You can absolutely use jelly rolls, or even use-up your scraps for these. The fabric is wrapped around a solid core (in this case...cotton or cotton/poly clothesline). That wrapped core is then joined together with a zigzag stitch. Round or oval rugs can be done. I have several of these rugs - and have been using them nonstop for more than 12 years! They still look great, there's less sliding on hardwoods and they've held up well - even with my 14-year old feline pal.

We most likely will not complete the entire rug in one day, but you'll get a good bit finished and will be armed with the skill and confidence to finish it at home. Materials list will be sent upon registration.

Saturday, 10/17; 8:30-1:30; WRAE LC; \$34



How Money Works
Sarah Blondin

Do you find yourself worrying about bills, debt, or your overall money situation? Financial stress affects millions of Americans but it doesn't have to be this way! Join us to transform your relationship with money by implementing the following concepts: eliminate debt efficiently and sustainably, implement a realistic budget that fits your lifestyle, protect your assets and safeguard your financial future, harness the power of compounding interest to grow your wealth... and more! Don't let financial stress control your life. Come learn practical tools and strategies that will help you take full control of your money situation and create the future you deserve.

Monday, 10/5; 6:00-7:30 pm; \$24; WRAE LC



Invest for Success
Sarah Blondin

Do you work hard for your money? The real question is: does your money work just as hard for you? Come explore the keys to building wealth and securing your financial future. We will discuss the power of compounding interest, the concept of money buckets, risk management, the hidden benefits of market fluctuations, and more! Building wealth and securing your financial future doesn't require luck. It happens when we intentionally make informed choices and take consistent action. Are you preparing yourself for financial security and freedom?

Monday, 10/26; 6:00-7:30 pm; \$24; WRAE LC

Medicare...all the things!
Christian White

Come and get the latest information and updates for Medicare in 2027. If you're confused by the Medicare Alphabet Soup (Part A, Part B, etc.) this evening will be a great opportunity to sort it all out. There will be no push for specific companies, no selling, no pressure. Find out how it all works, bring your questions and be prepared to make your best decisions. Great opportunity for adult children of seniors approaching retirement age!

Wednesday, 10/7; 6:00-7:00 pm; \$24; WRAE LC



Investing at Retirement
Sarah Blondin

Are you nearing or entering retirement? How confident are you in your current retirement strategy? Don't leave your retirement to chance. By taking proactive steps now, you can help ensure your assets work for you and that you enjoy the lifestyle you've envisioned. Come learn about the importance of developing a customized strategy to help identify and mitigate considerable risks, avoid common mistakes retirees make, and confidently enter this next phase of life. No matter where you are on your financial journey, it's never too early - or too late - to start planning for a financially secure future.

Monday, 11/16; 6:00-7:30 pm; \$24; WRAE CL



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!

Monday, 12/7; 6:00-7:30 pm; \$24; WRAE CL

Modern Woodmen
FRATERNAL FINANCIAL

You got this
Because you have us

Peace of mind when you need it most.

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Acadian Arts Retreat at Harbor View House Asian Fusion Cooking or Watercolor Painting Chris Toy & Mary Laury

Join chef and cookbook author Chris Toy and accomplished watercolorist Mary Laury for a unique retreat in Round Pond, ME. Learn to cook Asian-fusion and international dishes using traditional and local ingredients in hands-on workshops that blend technique, tools, and storytelling. Enhance your beginner or experienced watercolor skills, get tips, and enjoy confidence in a supportive environment.

Includes all meals, plus special events like a private house concert with Grammy-balloted artist Gordon Ward. After registering (specify cooking or watercolor), book lodging by calling 207-963-9122 or visiting harborviewhousellc.com.

Friday-Monday, 9/11-9/14; Harbor View House; \$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, 11/6-11/9; Merrymeeting Bay, Bath; \$695



Acadian Arts Retreat at Campobello Island Asian Fusion Cooking or Watercolor Painting Chris Toy & Mary Laury

Join chef and cookbook author Chris Toy and accomplished watercolorist Mary Laury 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. Enhance your beginner or experienced watercolor skills, get tips, and enjoy confidence in a supportive environment.

Stay in historic Victorian cottages once visited by Franklin and Eleanor Roosevelt. Enjoy scenic painting sessions, all-inclusive meals, and optional evening activities. Register for the retreat (specify cooking or watercolor), then call Sherry Mitchell at 506-752-2922 to book your accommodations. Overnight lodging is exclusive to Acadian Arts Retreats participants.

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

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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.

New York City Holiday Tours

Please join us on our annual tour to kick off the holidays in style with the Rockettes in NYC! Choose the dates that work best for you! Our escorted motorcoach tour delivers us from Portland (and points south) to New York City during the "Hap-happiest time of the year." Kick off the holiday season with the Rockettes Christmas Spectacular at Radio City Music Hall where "Every Moment is Magic!" We will spend 3 nights at the lovely Belvedere Hotel, just two blocks from Times Square. Enjoy department store window displays, light shows, holiday craft

markets and more! Lots of free time to explore, with suggestions provided by your guide.

Thursday, 12/3 to Sunday, 12/6; or Monday, 12/14 to Thursday, 12/17
Registration begins now! Visit Adventure Marketplace at <https://adventure-marketplace.com/adventures/> to get on the list for registration.

Base price last year was \$1069 - this year's prices should be similar.

All in on brighter futures.

We are proud to support Windham Raymond Adult Education and educational initiatives all across Maine.

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Quebec City Winter Carnival Tour

Adventure Marketplace is excited to welcome you to join us on our annual adventure to the winter Carnival de Québec. Departing from Portland and points north, we will stay 4 nights this year: 2 nights in Quebec City and 2 nights at Mont St. Anne. We'll wander through the winter wonderland of North America's beautiful, oldest and most European city.

Enjoy live music, ice bars, and fine restaurants during one of the world's largest winter carnivals! There will be lots of free time to explore, with suggestions provided by your guide. Valid Passports required!

Thursday, 2/4 to Monday, 2/8, 2027

Visit Adventure Marketplace at <https://adventure-marketplace.com/adventures/> to get on the list for registration and pricing!



Stay Connected & get the first scoop on new things!

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

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



Best Clothing & Makeup Colors for your Coloring
Candace Sanborn

Is your closet full of black-colored clothing? Would you like to learn what other colors look good on you? In this fun interactive class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive recommendations for eye shadows, blush and lipsticks, along with sunglasses colors and jewelry metals to flatter your coloring!! Please wear a lower neckline, like a V-neck or Scoop neck to class.
Tuesday, 11/3; 5:30-8:00 pm; \$36; WRAE CL



Ukulele for Beginners
Duncan Perry

Learn to play the ukulele! It has never been more popular, and you don't even have to know how to read music! On the uke you can knock out folk, rock, blues, jazz, pop, and country music, tunes old and new - even classical music. It's a wonderfully versatile, go anywhere, instrument. Duncan Perry, who has taught more than 1,000 students of all ages, will introduce you to essential chords and playing skills using familiar songs. Oh, and there are laughs along the way. And did you know that playing the uke is not only fun but it's also good for your brain! You will need a playable ukulele and an electronic tuner or a tuner app. If you don't own a ukulele, please contact us for helpful information about buying one. When folks hear you play this happy instrument, well, they just have to smile! What are you waiting for?? Grab a uke, sign up, tune up and show up. Let your musical journey begin!
Tuesday, 9/29-10/20; 6:00-7:30 pm; \$84; Zoom
Tuesday, 10/27-11/17; 6:00-7:30 pm; \$84; Zoom



5-String Banjo for Absolute Beginners
Duncan Perry

What to do when the winter winds blow? Learn to play the five-string banjo, of course! If you are interested in joining this program you will need a playable five-string banjo (four-string banjos will not do), so start thinking about getting yourself one. It's best to start looking early to be sure you can find one that suits your budget. And if you have a five-string, it's good to check in with Duncan, our popular instructor, to make sure it is playable. He is always glad to help with any questions about what brands to buy, pricing and reliable places to buy banjos. Let us know if you would like to contact him and we'll put you in touch.
Starts Wednesday, 1/6 - more specifics coming!



Coming on Jan. 6, 2027!

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.
Monday, 9/14-10/26; 6:00-7:00 pm; WHS Library; \$68
Monday, 11/2-12/7; 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!
Monday, 11/2-12/7; 7:00-8:00 pm; WHS Librarv; \$68

Introduction to Drones
Dan Leclair

Working (or thinking about a career) with uncrewed aircraft (drones) in real estate, construction, transportation, insurance, public safety, or photography? Discover how Mainers are using drones in their businesses and how you could start your own! We'll also cover opportunities for further training and for becoming a certified FAA commercial drone pilot. There's some technical information involved as you learn how airborne robots work, and you should be comfortable using the internet. Does the idea of owning and flying a drone appeal to you, but you're not sure about the ins and outs or the many applications drones have? Discover how various models operate, get hands-on flight practice, explore uses across industries, learn about FAA regulations, risks, insurance, career opportunities, and more!
Saturday, 10/24-11/7; 9 am-1 pm; \$180; WRAE LC



Exploring the History of Windham
Walter Lunt, Windham Historical Society

Developed primarily for Windham's adult residents this class mirrors the annual third-grade history experience and field trip presented for years in RSU 14. (Parents compete to get to be the chaperone!)

Discover a brief overview of our town's rich history, from the early aborigine and the founding families of the early 18th century, to the agricultural and industrial growth of the 19th century and the shift to a tourist economy.

Topics for discussion include early Native American history, the Cumberland & Oxford Canal, the transformation of Windham neighborhoods and early schools (to be presented in our one-room schoolhouse on the Village Green history park). Windham turns 289 years old in 2026. Experience its rich and unique history through discussions, power-point presentations, visits to our history park, and a bus tour that stops at selected landmarks where our history was made. Four nights of class meetings, plus a Saturday field trip!



Thursday, 9/10-10/1; 6:00-8:00 pm; \$55; WRAE CL/LC
Bus - Field Trip: Saturday, 10/3; 9 am-Noon; WRAE CL/LC

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April Nadal, is a Windham-based writer and filmmaker with an MFA in Screenwriting and Directing from Columbia University and a BFA in Creative Writing from Emerson College. She is offering these three unique workshops which will resonate strongly with our community. Don't miss out!

The Hidden Psychology of your Favorite TV Shows April Nadal

Why do some TV shows keep us watching just one more episode? We'll explore the storytelling techniques behind popular series and what makes television so compelling — no writing experience needed, just bring your favorite shows to discuss.
Wednesday, 9/30; 6:00-8:30 pm; \$32; WRAE Learning Center



Write your First Short Film April Nadal



A beginner-friendly introduction to screenwriting basics - story structure, screenplay formatting, dialogue, and character development. Participants will begin drafting a short scene of their own by the end of the course.

Wednesday, 10/14-10/28; 6:00-8:00 pm; \$99; WRAE Learning Center



Creative Writing Workshop Deborah McKew

Come Write with Us! The format of this workshop includes mini lessons in craft, writing prompts, and sharing. The goal is to have fun while you improve your writing skills. All that is required is that you are open to the process and are willing to explore. There is no right or wrong way in a creative writing workshop. All skill levels are welcome.

Tuesday, 9/8-10/13; 6-7:30 pm; \$78; WHS 130
Thursday, 9/10-10/15; 1-2:30 pm; \$78; WRAE LC

Animals Around Us Brad Rounds

Animals Around Us provides information about wildlife common to Southern Maine and the White Mountains. Designed for hikers, woods walkers, hunters, and anyone who enjoys animals. It's all about "sign" - prints, tracks, scats, and sounds. Why learn about animal sign...because there is a lot more sign than animals themselves and it adds a fun dimension to time in the woods...even if your guesses are wrong.

Tuesday, 9/29; 6:00-8:15 pm; \$24; WRAE LC



Writing for Film & Television: Idea to Outline April Nadal

Learn how professional writers develop a concept into a structured outline before writing a single word of script. Perfect for anyone with a story idea who doesn't know where to start. No experience required!
Wednesday, 10/7; 6:00-8:30 pm; \$32 WRAE LC



Introduction to Public Speaking Steve Alpren

Does standing in front of a group and speaking publicly make you nervous? Here's your solution! Come experience caring, professional, and patient instruction which will forge successful confidence building. Whether you're preparing for a job interview or simply wishing to become a more confident communicator, this training is for you! By the end of this course, attendees will be able to: be more confident speaking in groups of all sizes, understand and manage "fear" in front of others, understand symptoms and causes of "Glossophobia" (fear of public speaking), learn and practice four action steps to drastically improve your image, have a better ability to "read" your audience, communicate effectively and participate in a challenge-by-choice presentation to fellow attendees. No class 9/29, 10/6, 10/27.
Tuesday, 9/8-11/3; 6:00-8:00 pm; \$99; WRAE LC

A Night with Charlie Hewitt

For over 50 years, Charlie Hewitt has been a force of creative nature. A prolific American painter, printmaker, and public artist, his mastery spans a vast landscape of mediums. From the galleries of the Metropolitan Museum of Art and the Whitney, Charlie's art is a testament to curiosity and the grit of his upbringing. Influenced by the energetic rhythms of the millworker community he called home, he breathes life into abstract forms.

In 2019, Hewitt embarked on what would become his most culturally resonant endeavor: The Hopeful Project. It began simply - a single, lighted aluminum sculpture commissioned by Speedwell Projects to crest a rooftop in Portland, Maine. Confronting the long, dark winters of the Northeast, Charlie felt a singular compulsion: to illuminate the darkness with a simple, profound message. "I felt compelled to illuminate that corner of our world," he noted, "with a message of hope." What started on a single roof has since ignited a national conversation.

Come join us for an informal discussion with Charlie about his art and his message of hope and view some of his creations. The experience is free, but Pre-Registration is required as space may be limited.
Tuesday, 10/22; 6:00-7:30 pm; WRAE LC; FREE



Wonton Soup, Cast Iron Salmon, & Veggie Stir-Fry Chris Toy

Join Chris for a night of hands-on Chinese cooking. Learn the secrets of the Chinese flavor base, folding wonton soup dumplings, perfectly roasted fish, and crispy stir-fried vegetables over steamed rice. Bring your appetites and leftover containers, just in case! Food fee included.
Wednesday, 9/30; 5:30-8:30; \$60; WHS Room 302

Warm Up Your Kitchen: It's Soup Season!

Ann Z. Nash

Embrace the cozy magic of autumn with a bowl of homemade goodness! Join former Culinary Arts Teacher Ann Zdanowicz Nash for an inspiring evening of soup-making. Learn to craft two seasonal favorites: a velvety Pumpkin Soup with Toasted Pumpkin Seeds and a hearty, savory Hungarian Mushroom Soup. Whether you're a beginner or a seasoned cook, Ann's expertise makes creating these inexpensive and delicious meals easy and fun. Come ready to cook, taste, and enjoy the flavors of the season! Some sourdough bread and a surprise dessert will also be shared!

Please let us know about any food allergies or dietary restrictions when you register so we can ensure a wonderful experience for everyone. Food fee included.
Thursday, 12/3; 5:30-7:30 pm; \$39; WHS Room 302

30-Minute Restaurant - Quality Meals at Home



Nicholas Orgo

Through demonstration and hands-on work, create and master three restaurant-style meals at home in under 30 minutes each. We'll sample throughout the class and will enjoy a family meal when cooking is complete! We'll be making and enjoying Chicken Marsala

with Wild Mushrooms, Rigatoni Vodka Sauce, and Seafood Fra Diavolo! Bring your appetite! Food fee is included.
Thursday, 10/22; 6:00-8:30 pm; \$49; WHS Room 302

Italian 101: Mastering the Basics

Nicholas Orgo

Have fun and get to work with Nicholas in the kitchen! Master these three examples of classic Italian cuisine: Week-night Marinara, Chicken Parmigiana and Lasagna. We'll sample throughout the night and will enjoy a family meal when all is ready. Food fee is included.

Thursday, 11/12; 6:00-8:30 pm; \$44; WHS Room 302



Polish Cooking

Bogusha & Ann Z. Nash

Come join Bogusha, owner of Bogusha's Polish Restaurant & Deli, and former Culinary Arts Instructor, Ann Zdanowicz Nash for a lively and fun night of creating several Polish dishes. Potential specialties include cabbage soup, schnitzel, cucumber salad with dill and sour cream and mashed potatoes with garlic. Lots of fun and full bellies... what could be better? Course fee includes food fees and instruction.
Monday, 11/9; 6:00-8:00 pm; WHS Room 302; \$44



Ferment This! Kombucha

Emma Holder

Buy a \$4 bottle of kombucha, or make your own for pennies. It's simply sweetened black or green tea with a culture added. This hybrid-option class will include a science overview and a primary ferment creation to take with you. A secondary ferment will be demonstrated so you can do it at home. We'll discuss kombucha's microbiology, troubleshooting, glassware and SCOBYs (provided). Materials, instructions and a Zoom link will be emailed by instructor following your registration. FMI: emmaholder.com/fermentation
Wednesday, 10/28; 7:00-8:15 pm; \$29; Lincoln Middle School / Zoom



Ferment This! Crisp Tangy Slaw

Emma Holder

This tangy coleslaw recipe features cabbage, onion, green pepper, celeriac, and carrot, dressed after the fermentation.



Learn a bit of microbiology and a basic sauerkraut-style technique. Part 1: We'll create a mixture of the vegetables which you'll take home to ferment. Part 2 will be demonstrated in class so you can easily complete the recipe at home in 7-10 days. Materials, instructions and a Zoom link will be emailed

by instructor following your registration. FMI: emmaholder.com/fermentation
Wednesday, 11/4; 7:00-8:15 pm; \$29; Lincoln Middle School / Zoom

Ferment This! Lactofermented (better than pickled) Onions

Emma Holder

Probiotic pickled onions! Use small pearl-like onions, rounds or lengths of red or yellow onions, even green onions or leeks. Fermenting results in delicious tangy onions that are easier to digest than raw. The class starts with a bit of microbiology and microbiome discussion, and then we get down to the fermenting business. Materials, instructions and a Zoom link will be emailed by instructor following your registration. FMI: emmaholder.com/fermentation
Tuesday, 11/10; 7:00-8:15 pm; \$29; Lincoln Middle School / Zoom



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; \$44

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+).

Conquer your Photos App Chaos

Tame your Mac images. 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.

Fantastic Photo Finishes - Organize & Edit with iPhone/iPad

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; \$44

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.

Mastering the Safari Browser

Open Enrollment - take it when you want! Online; \$44

Unlock Safari's Secrets on Your Mac in Five Lessons

Discover hidden Safari features (menu options, start screen tools, efficient search tips, share options, and the AA button demo) to master your Mac's browser.

Unlock Safari's Secrets on Your iPhone in Five Lessons

Master Safari on your iPhone: explore the start page, search tips, hidden share options, Reader View, and more to fully unlock the browser's features.

Behind the Lens

Open Enrollment - take it when you want! Online; \$44

iPhone & iPad Photography: Capture Like a Pro

Take stunning photos: portraits, slo-mo, panoramas, and more. Master focus, exposure, HDR, and composition in this beginner-friendly, step-by-step course.

Photo Magic on iPhone & iPad: Edit & Organize with Ease

Learn to edit and organize photos effortlessly. Explore the Photos app's "For You" tab, create & share albums, and master search function.

Take Fabulous Photos of Flora & Fauna in your World (v2)

Master photographing flowers, plants, and wildlife with expert tips on focus, exposure, composition, and editing. Boost your camera skills.

Featured Courses

Open Enrollment - take it when you want! Online; \$44

Vision Accessibility on iPhone & iPad: 15 Essential Features

Discover and use built-in vision accessibility settings to improve readability and usability for vision challenges.

Digital Tools for the Beginning Memoir Writer

Discover apps and strategies for organizing, researching, illustrating, and polishing your memoir to confidently bring your story to life.

Cooking with BoomerTECH Adventures

Join Chris, Jill, and Ed as they share their passion for cooking and diverse flavors. Learn to make tasty stir-fries with traditional Chinese seasonings, fresh pasta, sweet potato gnocchi, flavorful fried rice, and elevated ramen soup. Plus, indulge in irresistible desserts like chocolate brownie torte and classic apple pie!

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, 9/15-10/20; 6:00-7:30 pm; \$50; WTH

Tuesday, 10/27-12/8; 6:00-7:30 pm; \$50; WTH



Line Dancing for Beginners

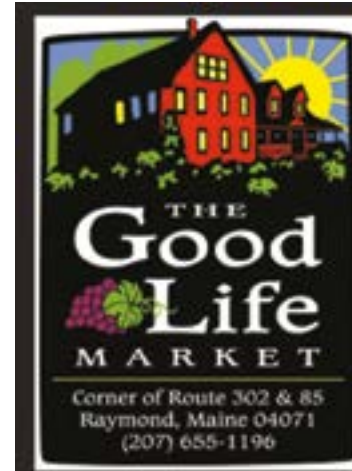
Ray & Sue Hall

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, 9/14-10/26; 6:00-7:00 pm; \$44; WMS Café

Monday, 11/2-12/7; 6:00-7:00 pm; \$44; WMS Café



Known for providing fresh, local, and delicious food, The Good Life Market is a treasured gem for locals and visitors alike.

Looking for fresh produce, gourmet specialties, or a perfect sandwich or salad?

Stop in and select some deliciousness today!

The Good Life Market is delighted to support Windham Raymond Adult Education's dedication to - and offerings for - our communities!



Enrichment – Staying Safe

First Aid

Charissa Kerr

The First Aid class includes: medical emergencies, bleeding



Tuesday, 12/1; 6:00-7:00 pm; WHS Katahdin; \$54

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.



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, 10/5; 6:00-9:00 pm; WHS Katahdin; \$69

Monday, 11/9; 6:00-9:00 pm; WHS Katahdin; \$69

Monday, 12/14; 6:00-9:00 pm; WHS Katahdin; \$69

Reiki I

Kate Green

Reiki is a Japanese method of energy work that reduces stress, increases relaxation, and promotes healing. It is believed that the free and balanced flow of Ki (energy) through our chakras and meridians is the cause of health. When these channels are blocked, disease and illness occur. Reiki helps bring the flow of energy back into balance. In a Reiki I Attunement you will learn the history of Reiki, how to perform a service, and self-care. Includes manual. Sunday, 9/20; 10:00-1:00 pm; \$125; Baker Mountain Massage Sunday, 10/18; 10:00-1:00 pm; \$125; Baker Mountain Massage Sunday, 12/6; 10:00-1:00 pm; \$125; Baker Mountain Massage



Reiki II

Kate Green

The Reiki II Attunement builds on what is learned in Reiki I. You will learn the Reiki symbols used for distance healing. Manual included. Prerequisite: Reiki I (Can be taken with any Reiki Master). It is recommended to wait 4-6 months after Reiki I to take Reiki II. Sunday, 11/1; 10:00-1:00 pm; \$140; Baker Mountain Massage

Understanding how Cortisol Affects your Body and Overall Health

Amy Burt

Learn how stress and cortisol impact your energy, cravings, sleep, and weight. Discover simple, supportive ways to reduce stress and feel more balanced and in control. Presented by Amy Burt, Certified Health & Life Coach. Monday, 9/21; 6:15-7:15 pm; \$29; WRAE LC



Tired of Starting Over?

A Different Approach to Weight Loss

Amy Burt

This workshop explores why crash diets fail and the hidden toll they take on metabolism, hormones, and emotional health. Learn how restriction causes overeating, weight gain, and burnout. Discover a more sustainable and compassionate approach to supporting your long-term health. This class is a lecture and Q&A with Instructor Amy Burt, Certified Health & Life Coach. Tuesday, 10/6; 6:15-7:15 pm; \$29; WHS Katahdin



Introduction to Cupping

Kate Green

Ever wondered about those circles you see on Olympic athletes? Now's your chance to try it for yourself! Join us for a deep dive into the art of cupping. We're stripping away the mystery and showing you how this simple tool can melt away stress, alleviate muscle pain, and leave you feeling lighter than air. No bodywork experience required. Class includes: live demonstrations, hands-on practice, and a starter set of silicone and glass cups. Materials fee of \$30 (cash) payable to the instructor at class. Sunday, 10/4; 10:00-12:00 pm; \$65; Baker Mountain Massage



Focus on what Matters Most

Shawn Tuttle

Discover time management strategies that bring more clarity and control to your life. Grounded in FranklinCovey® principles, explore how to focus on what matters most through simple habits that keep you organized and reduce stress. Includes: A framework for prioritizing; practical weekly and daily habits; practical exercises and guided application. Thursday, 10/8; 6:30-8:00 pm; \$35; WRAE CL



Thrive from your Strengths

Shawn Tuttle

Discover and explore your natural talents. Learn to use what comes naturally to you as a tool for greater confidence, success, and well-being. Includes: The Gallup-Clifton Strengths assessment and personalized results; insight into your talents; practical strategies for using your strengths; hands on activities, reflection, and practical application. Materials cost: \$25 for the CliftonStrengths assessment. Participants will need to purchase and complete the assessment before the session (CliftonStrengths Top 5 Assessment). Thursday, 11/12; 6:30-8:00 pm; \$35; WRAE CL



Human Reformer Pilates

Jenna Chase

Human Reformer Pilates is a way to harness the potential of your own body, using it as the ultimate reformer. With just one resistance band, you can capture all the postural, core, and alignment challenges that reformer work is famous for—courtesy of Pilates mat programming that mirrors traditional reformer exercises. Equipment that will be used in class include: A yoga mat and a Flex Cord or 48" resistance band or something equivalent. Wednesday, 9/16-10/21; 6:15-7:00 am; \$59; Zoom Wednesday, 10/28-12/2; 6:15-7:00 am; \$59; Zoom



Gentle-Moderate Mindful Yoga

Nancy Kristiansen

Please note new location! Class will meet in the Fellowship Hall at the Windham Hill Church, Windham Center Rd.



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. Wed., 9/9-10/14; 5:30-6:45 pm; \$69; Windham Hill Church (WHC) Wed., 11/11-12/16; 5:30-6:45 pm; \$69; Windham Hill Church (WHC)

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:

Tuesday, 9/8; 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: Tuesday, 9/8; 5:30-6:30 pm; WHS Cafeteria Mon.-Thurs., 9/8-12/22; 3:00-8:00 pm; WHS Hallways; \$16 No Walking Available: 10/12, 11/11, 11/25-11/26, 12/23-1/3

Pumped Up Strength

Jenna Chase

Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music. The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism. In this class you will want a set of hand weights anywhere from 5lbs - 15lbs. Friday, 9/18-10/23; 6:15-7:00 am; \$59; Zoom Friday, 10/30-12/4; 6:15-7:00 am; \$59; Zoom





90-Day Online Certificates September 8.
Individual classes begin on 9/8, 10/5, and 11/2.

Business & Communication

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.

Certificate:	9/8-10/30; \$395
Intro to Game Design	9/8-10/2; \$245
Intermediate Game Design	10/5-10/30; \$245

Business Writing Certificate

Master the essentials of effective workplace writing-from reports and proposals to press releases and publicity notices. Learn key formats, techniques, and editing skills to communicate clearly and professionally. Strong business writing sets your organization apart.

Certificate:	9/8-11/27; \$495
Business Writing	9/8-10/2; \$195
Effective Copywriting	10/5-10/30; \$195
Suc. Communicating Message	11/2-11/27; \$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.

Certificate:	9/8-10/30; \$245
Keys to Customer Service	9/8-10/2; \$145
Extraordinary Customer Service	10/5-10/30; \$145

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.

Certificate:	9/8-11/27; \$495
Advanced Teaching Online	9/8-10/2; \$195
Designing Online Instruction	10/5-10/30; \$195
Fostering Online Discussion	11/2-11/27; \$195

Entrepreneurship Certificate

Ensure success and lower risks of starting or running a small business. Plan effectively, generate ideas, and a startup checklist. Assess feasibility and preparing strategies. Attract and retain customers, with marketing and brand building. Get skills needed for entrepreneurship, set business goals, outline your plan, and apply proven techniques.

Certificate:	9/8-11/27; \$495
Entrepreneur Boot Camp	9/8-10/2; \$195
The Business Plan	10/5-10/30; \$195
Entrepreneurial Marketing	11/2-11/27; \$195

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.

Certificate:	9/8-11/27; \$595
Conflict Management	9/8-10/2; \$245
Mgmt in the 21st Century	10/5-10/30; \$245
Personality Profiles	11/2-11/27; \$245

Data Science

Advanced Excel Functions

Streamline analysis, clean data, and uncover deeper insights. Learn tools for conditional calculations, dynamic summaries, and error handling to improve accuracy and efficiency. Organize messy data and perform detailed analysis. Explore modern lookup methods for more flexible, dynamic referencing. Become faster, smarter, and more impactful.

Certificate:	9/8-10/2; \$195
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Data Analysis Certificate

Data analysis is a top workplace skill. 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.

Certificate:	9/8-11/27; \$495
Intro to Data Analysis	9/8-10/2; \$195
Intermediate Data Analysis	10/05-10/30; \$195
Advanced Data Analysis	11/2-11/27; \$195

Intro to Tableau

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

Certificate:	9/8-10/2; \$195
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Excel: Mastering Excel Certificate

Excel skills are essential for success in any business role. Build, edit, & format worksheets. Organize and calculate data efficiently. Identify data types, apply formatting tools, and use Excel to analyze and visualize information clearly and confidently. Note: Microsoft Excel software is required.

Certificate:	9/8-11/27; \$495
Mastering Microsoft Excel	9/8-10/2; \$195
Intermediate Excel	10/5-10/30; \$195
Advanced Excel	11/2-11/27; \$195

Power BI Certificate

Master data insights with Microsoft Power BI. Create interactive reports, integrate data from multiple sources, and use Power Query to streamline. Build data models with DAX, apply Time Intelligence functions, and enhance reports for better analysis. Boost your data analysis skills to improve decision-making.

Certificate:	9/8-11/27; \$495
Introduction to Power BI	9/8-10/2; \$195
Intermediate Power BI	10/5-10/30; \$195
Advanced Power BI	11/2-11/27; \$195

Finances

Accounting & Finance for Non-Financial Managers Certificate

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.

Certificate:	9/8-11/27; \$495
Accounting & Finance	9/8-10/2; \$195
Cash is King	10/5-10/30; \$195
Financial Analysis & Planning	11/2-11/27; \$195

Bookkeeping Certificate

Learn to measure and manage your business's financial health with cash basis accounting. Even if you outsource bookkeeping, understanding the process is essential. Complete the full accounting cycle through three required courses taken in order: Understanding Debits and Credits, General Ledger and Month-End Procedures, and Closing Procedures and Financial Statements.

Certificate:	9/8-11/27; \$495
Understanding Debits & Credits	9/8-10/2; \$195
Gen. Ledger & Month End Procedures	10/5-10/30; \$195
Closing Proc. & Financial Statements	11/2-11/27; \$195

Bookkeeping for Nonprofits Certificate

Nonprofit bookkeeping differs significantly from business bookkeeping, due to the use of fund accounting, which focuses on accountability rather than profit. Record income from donations, grants, and other sources. Track how funds are spent according to donor restrictions. Gain skills in preparing key nonprofit financial statements, including cash flow reports. Understand the finances of America's third-largest workforce.

Certificate:	9/8-11/27; \$495
Introduction to Nonprofits	9/8-10/2; \$195
Accounting for Nonprofits	10/5-10/30; \$195
Financial Statements	11/2-11/27; \$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.

Certificate:	9/8-11/27; \$495
Payroll Concepts	9/8-10/2; \$195
Payroll Calculations/Tax Withholdings	10/5-10/30; \$195
Payroll & Tax Filings	11/2-11/27; \$195

QuickBooks Online Certificate

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

Certificate:	9/8-10/30; \$395
QuickBooks Online Level 1	9/8-10/2; \$195
QuickBooks Online Level 2	10/5-10/30; \$195

Management

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.

Certificate:	9/8-11/27; \$595
Management Boot Camp	9/8-10/2; \$295
Management in 21st Century	10/5-10/30; \$245
Man. Generations in Workplace	11/2-11/27; \$175

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.

Certificate:	9/8-11/27; \$495
Your Role in HR	9/8-10/2; \$195
Aspects of Good Leadership	10/5-10/30; \$195
Opt. Performance & Success	11/2-11/27; \$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.

Certificate:	9/8-11/27; \$595
Revenue Generation	9/8-10/30; \$495
Program Evaluation	11/2-11/27; \$245

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.

Certificate:	9/8-11/27; \$495
Introduction to PM	9/8-10/2; \$195
Project Mgmt Processes	10/5-10/30; \$195
PM Knowledge Areas	11/2-11/27; \$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.

Certificate:	9/8-11/27; \$495
Intro. to Six Sigma Green Belt	9/8-10/2; \$195
Inter. Six Sigma Green Belt	10/5-10/30; \$195
Adv. Six Sigma Green Belt	11/2-11/27; \$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.

Certificate:	9/8-10/30; \$395
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Technology

Coding Certificate

Boost your value in today's job market by learning to code. Start with the basics of programming, then dive into HTML and CSS-two essential web languages. Learn how they work together to build and style web pages through hands-on, step-by-step coding. Courses must be taken in order.

Certificate: 9/8-11/27; \$495
Introduction to Coding 9/8-10/2; \$195
HTML Fundamentals 10/5-10/30; \$245
CSS Fundamentals 11/2-11/27; \$245

Mastering Computer Skills Workplace Certificate

Gain practical skills in Microsoft Word, Excel, and PowerPoint, the world's most widely used computer programs. Create professional documents, spreadsheets, and presentations, whether you're advancing your career or starting a new one. Earn a certificate that showcases your workplace tech skills. Microsoft Office software required.

Certificate: 9/8-11/27; \$495
Mastering Excel 9/8-10/2; \$195
Mastering Word 10/5-10/30; \$195
Mastering PowerPoint 11/2-11/27; \$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.

Certificate: 9/8-11/27; \$545
Typography Essentials 9/8-10/2; \$225
Mastering Layouts & Grids 10/5-10/30; \$225
Color Theory, Harmony etc 11/2-11/27; \$225

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.

Certificate: 9/8-11/27; \$545
Adobe Illustrator Essentials 9/8-10/2; \$225
Adobe Photoshop Essentials 10/5-10/30; \$225
Adobe InDesign Essentials 11/2-11/27; \$225

Web Design Certificate

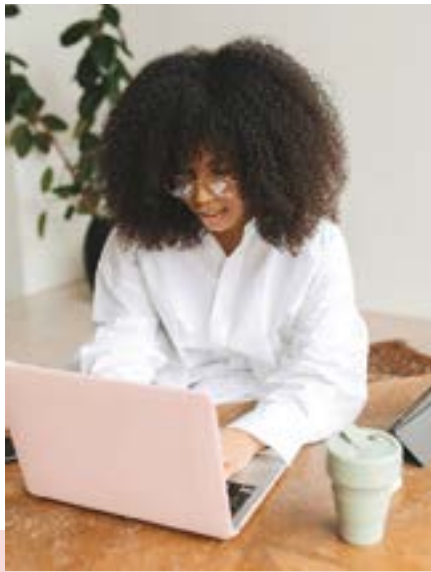
Website design is key to building credibility online. Start with the basics of HTML and CSS (no experience needed) to plan and design effective web pages. Next, create dynamic, SEO-friendly web applications. Finally, master responsive design, advanced layouts, and industry-standard tools. Courses must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

Certificate: 9/8-11/27; \$595
Introduction to Web Design 9/8-10/2; \$245
Intermediate Web Design 10/5-10/30; \$245
Advanced Web Design 11/2-11/27; \$245

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.

Certificate: 9/8-11/27; \$495



Social Media

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.

Certificate: 9/8-11/27; \$495
Improving Email Promotions 9/8-10/2; \$195
Boosting Website Traffic 10/5-10/30; \$195
Online Advertising 11/2-11/27; \$195

Social Media 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.

Certificate: 9/8-11/27; \$495
Introduction to Social Media 9/8-10/2; \$195
Marketing Using Social Media 10/5-10/30; \$195
Integrating Social Media 11/2-11/27; \$195

HOW THE UGOTCLASS 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.

AI: Artificial Intelligence

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.

Certificate: 9/8-11/27; \$495
Introduction to ChatGPT 9/8-10/2; \$195
Intermediate AI 10/5-10/30; \$195
AI Planning and Strategies 11/2-11/27; \$195

Mastering ChatGPT & Conversational AI Certificate

Explore this comprehensive program designed to develop practical, in-demand skills using ChatGPT and other leading conversational AI tools, including Claude and Perplexity. Using foundational concepts and effective prompting, students will use AI assistants confidently for research, writing, brainstorming, problem-solving, and productivity. Advance to professional and business applications, including strategic decision-making, content creation, data analysis, and industry-specific use cases. Ultimately, design repeatable AI-assisted systems and workflows that improve consistency, efficiency, and results across complex projects.

Certificate: 9/8-11/27; \$495
Intro to Chat GPT: 9/8-10/2; \$195
Intermediate Chat GPT: 10/5-10/30; \$245
Advanced ChatGPT: 11/2-11/27; \$295

Cybersecurity

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.

Certificate: 9/8-11/27; \$495
Introduction to Cybersecurity 9/8-10/2; \$195
Network Sec. & Defense Strategies 10/5-10/30; \$195
Adv. Cyber Threat Mitigation 11/2-11/27; \$195

Your career goals are within reach!

Interested in one of our workforce training programs that leads to certification? Don't let cost be the barrier. Scholarships and funding options may be available to help cover your training expenses — potentially even the full cost. Contact WRAE's Jessica Trimmer (jtrimmer@rsu14.org) today to explore your opportunities!



Leadership Development

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.

Certificate: 9/8-11/27; \$395
Leadership Principles 9/8-10/2; \$145
Developing Leadership Skills 10/5-10/30; \$145
Dev. your Professional Career 11/2-11/27; \$145

Substitute Teacher Training for RSU 14



Substitute Teacher Training
Karilynne Miele (RSU-14) and Jessica Trimmer (WRAE)

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 \$35 course fee reimbursed. You'll also become eligible for a higher pay rate with RSU 14. Friday, 10/9; 8:30 am-2:30 pm; WRAE LC; \$35 (includes lunch)

New Ventures Maine was founded in 1978 as the Displaced Homemakers program through state legislation. Women, Work, and Community was reborn in 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.



Start your Business

Venturing Forth: Business Planning for Entrepreneurs

This 60-hour course in business planning is our in-depth business class. Topics include: your customer, competition, marketing, record keeping, taxes, financing, legal aspects and more. At the end of the class, you will have a complete business plan. Tuesday, 9/1; 9:00-2:30 pm; Zoom; FREE

Exploring Self-Employment

Get help to decide if self-employment is the right choice for you. Topics include: how to assess your business idea, forming and naming your business, elements of a business plan, and strategies and resources for success Tuesday, 9/8; 5:00-6:00 pm; Zoom; FREE

Business Basics

Thinking about or in the early start-up phase of a new business? Assess the feasibility, desirability, and viability of your business idea and get started with your business plan. Thursday, 9/10-9/24; 3:00-4:00 pm; Zoom; FREE

Tax Readiness for the Self-Employed (Online)

Learn to organize your financial records, understand your tax responsibilities, become familiar with tax forms, and file your taxes with confidence from our professional staff. This class is designed for sole proprietors. Wednesday, 9/16; 3:00-4:30 pm; Zoom; FREE

Exploring Self-Employment

Decide if self-employment is the right choice for you. Topics: assess your business idea, forming and naming your business, elements of a business plan, strategies and resources for success. Tuesday, 10/6; 3:00-4:30 pm; Zoom; FREE

Cybersecurity for Small Business

Nearly half of all cyberattacks are aimed at small businesses. Understand modern cyber threats and learn the essential steps required to protect your business data, systems, operations, employees, and customers from evolving digital threats. Topics: phishing, malware, ransomware, and insider threats, securing sensitive customer and payment data, applying basic cybersecurity policies and developing a simple incident response plan. Tuesday, 10/20; 6:00-7:00 pm; Zoom; FREE

Projecting Cash Flow

Understanding how cash flows in and out of your business is critical for your success. Explore 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. Tuesday, 10/27; 3:00-4:30 pm; Zoom; FREE

Build your Career

Connecting Women to Construction Careers

Maine needs construction workers. Women* and underrepresented workers can explore high-wage careers in the construction trades and low-cost training programs and job opportunities. **people who identify as women or as gender-expansive* Tuesday, 9/15; 6:00-7:00 pm; Zoom; FREE

Making Career Choices

Ready for a career change but don't know where to start? We'll point you in the right direction. Discover what to consider when making a career choice and the resources available to help you succeed. Wednesday, 9/16; 12:00-1:00 pm; Zoom; FREE

Connecting Women to Forestry Careers

Maine needs forestry workers. Take advantage of this session designed for women* and underrepresented workers who are interested in exploring careers within the forestry trades. **people who identify as women or as gender-expansive* Tuesday, 9/22; 6:00-7:00 pm; Zoom; FREE

Building Confidence

Whether you are navigating recent changes, looking for a job, starting a business, or simply wanting to be more confident, assess your confidence and build your self-assurance and keep it strong. Thursdays, 12/3-12/17; 6:00-7:00 pm; Zoom; FREE

Manage your money

Budgeting Basics

Explore building a budget that works for you: money management attitudes and styles, setting goals, and creating a spending plan. Wednesday, 9/16; 6:00-7:00 pm; Zoom; FREE

My Money Works

Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, save, plan for retirement, and set personal financial goals. Achieve greater financial stability. Thursday, 9/17-10/15; 12:00-1:00 pm; Zoom; FREE

Let's Talk About Credit

Reduce debt, improve credit, and maintain a good credit score. Create your own step-by-step plan to pay down your debt. Wednesday, 9/23; 6:00-7:00 pm; Zoom; FREE

Build Your Savings

Setting money aside helps you plan for the future and reach your goals. Saving can be challenging; taking small steps can make a difference. Wednesday, 9/30; 6:00-7:00 pm; Zoom; FREE



FINANCE AUTHORITY OF MAINE

School is in Session: Digital Financial Wellness for Real Life

Explore easy-to-use digital tools that help you build everyday money skills. This session introduces FAME's free online financial wellness platform with resources for budgeting, saving, credit, and planning, designed to meet you wherever you are. Friday, 9/4; 12:00-1:00 pm; FREE; Online

The Surprising Ways that FAME Can Help

FAME offers more than you might expect. Learn about the wide range of programs, tools, and resources available to support Maine families with education planning, college savings, financial aid, and financial wellness. Tuesday, 9/8; 6:00-7:00 pm; FREE; Online

Virtual Financial Aid Information

Calling all high school seniors and their caregivers (and anyone interested in knowing more about financial aid)! The Free Application for Federal Student Aid (FAFSA) will be available on October 1, 2026. Now is the time to learn about the process so you can take the steps needed to be ready to file the FAFSA. FAME is here to help, and we encourage you to bring your questions. Hope to see you there! Wednesday, 9/16; 6:00-7:00 pm; FREE; Online Tuesday, 9/29; 6:00-7:00 pm; FREE; Online

Book Club: Putting the Literacy in Financial Literacy

Join FAME's Education Affordability and Financial Wellness Counselor, Maire Pelletier, for a four-part discussion of **Buy What You Love Without Going Broke** by Jen Smith and Jill Sirianni. Learn practical, values-based strategies to curb impulse spending, manage debt, and focus on what matters most. **Please note:** This is a four-session series on Wednesday evenings from Sept. 16th to October 7th. Participants will need to purchase their own copy of the book and attend all four sessions (Weds., Sept. 16th, 23rd, 30th, and Oct. 7th). This series is for general education purposes only. Wednesday, 9/16-10/7; 7:00-8:00 pm; FREE; Online

Yes, You Can save for College (and Still Get Financial Aid)

Worried that saving for college will reduce financial aid? This myth-busting session explains how savings really factor into financial aid calculations and how families can save without sacrificing aid eligibility. Friday, 10/2; 12:00-1:00 pm; FREE; Online

Financial Aid Made Simple

Financial aid doesn't have to be complicated. This session walks through the basics, from the FAFSA to financial aid offers, so students and families understand what to expect and how to navigate the process with confidence. Tuesday, 10/13; 6:00-7:00 pm; FREE; Online

The Student Loan Repayment Survival Guide

Repayment can feel daunting, but you have options. Learn about current repayment plans, forgiveness programs, and strategies to manage student loans realistically and responsibly after graduation or leaving school. Friday, 11/6; 12:00-1:00 pm; FREE; Online

Saving for Education: How your Money Habits Add Up

Small financial choices can make a big difference over time. This session explores how everyday money habits, like budgeting and saving, can support short- and long-term education goals. Tuesday, 11/10; 6:00-7:00 pm; FREE; Online

More than College: Explore Education & Training Pathways

College isn't the only path to success. Learn about alternative education and training options, including certificates, apprenticeships, and workforce programs, along with how to pay for them. Friday, 12/4; 12:00-1:00 pm; FREE; Online

Personal Finance Boot Camp

Build a strong foundation for managing your money. This practical session covers budgeting, saving, credit basics, and planning tools to help you feel more confident about your finances. Tuesday, 12/8; 6:00-7:00 pm; FREE; Online

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.

Multi-level - Intermediate - Shelley Goad
9/14/2026 – 12/14/2026; M 9:00 – 11:00 am; In person only

Multi-level - Beginner - Shelley Goad
9/14/2026 – 12/14/2026; M 12:00 – 2:00 pm; In person only

Level 1 - Luki Hewitt
9/15/2026 – 12/17/2026; T/Th 4:00 – 5: 00 pm; Remote (Zoom)

Level 2 - Karin Kelly
9/14/2026 – 12/16/2026; M/W 5:30 – 6:30 pm; Remote (Zoom)

Level 3 - Noelle Breen
9/14/2026 – 12/16/2026; M/W 5:30 – 6:30 pm; Remote (Zoom)

Level 4 - Luki Hewitt
9/15/2026 – 12/17/2026; T/Th 5:30 – 6:30 pm; Remote (Zoom)

Level 5 (T/TH) - Karin Kelly
9/14/2026 – 12/16/2026; M/W 6:30 – 7:30 pm; Remote (Zoom)

Level 6 - Teacher – TBA
9/15/2026 – 12/17/2026; T/Th 7:30 - 8:30 pm; Remote (Zoom)

Citizenship Classes - Catherine Giuffre-Renaud
9/14/26 – 12/17/2026; Day and Time TBD
In person only
(minimum CASAS score 201-235 or NRS EFL Levels 3 – 4)

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.



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). 9/16-12/16; W 9:00-11:00 AM; In person only

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); 9/14/26-12/17/2026; Day and Time TBD; In person or remote

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. 9/15/26 – 12/16/2026; T/Th 9:00 – 11:00 am; In person only

HiSET Math Learning Lab - TBA
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. 9/14/26 – 12/17/2026; Day and Time TBD; In person only

Questions about ESOL or ABE?

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

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. 10/5-11/23; 4:00-7:00 pm; First and last class in person at SMCC

MCCA: English 040 (MCCA 003)
Instructor Jody Scott
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: TBA

MCCA: Math 040 (MCCA 004)
Instructor TBA
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). Dates/Times: TBA

MCCA: English 080 (MCCA 007)
Instructor TBA
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. Dates/Times: TBA

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. Wednesday, 9/9-12-9; 9:00-11:00 am; WRAE Conference Room



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.



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!

Let’s get you registered!

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

Start by picking out your classes!

1. From our website (windham.maineadulted.org) click the blue “**courses**” button. On the next screen, click the current semester (arrow on the bottom right of the blue box).
From here, our available classes will show on the screen. *(Note: If there is a specific class you are searching for, the very top of the screen offers a search bar where you can enter the class name.)* Along the top of the courses bubbles, there are different buttons to use if you wish to search by date, location, category, instructor or age requirements.

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: (windham.maineadulted.org).
This link is automatically sent to you in the registration confirmation email.

WRAE Refund Policy - updated July, 2026

• 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. Note: five days before classes begin, we confirm the enrollment with our instructors (who are compensated on a “percentage of collected enrollments” basis) and we honor that amount with them.

• 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: windham.maineadulted.org

Call 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.

The image contains the logo for Windham Raymond Adult Education, which features a stylized green tree and a blue wave with the text "Windham Raymond" above and "ADULT EDUCATION" below. To the right is a photograph of a white, single-story portable building with a small porch and a sign that matches the logo.

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.

30 WRAE • 29 Educational Way, Windham, ME 04062 • Phone 207-892-1819 • wrae@rsu14.org • windham.maineadulted.org

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WINDHAM RAYMOND ADULT EDUCATION

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

Non-Profit Organization
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Registration starts immediately!

Windham Raymond Adult Education

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Phone 207-892-1819 • WRAE@rsu14.org
windham.maineadulted.org



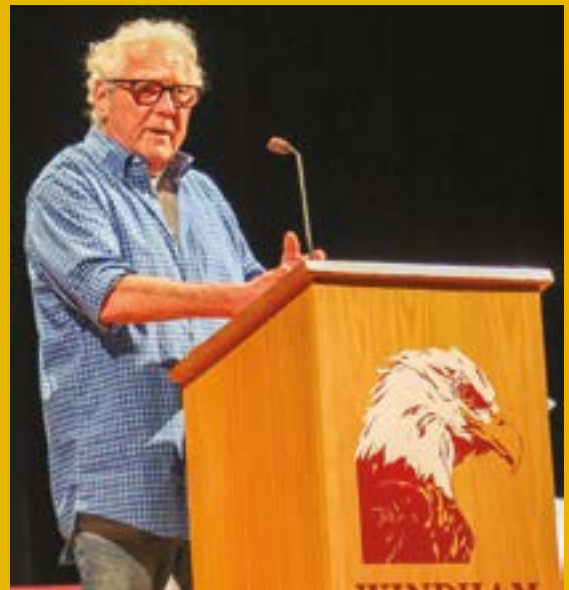
Stay Connected & get the
first scoop on new things!

[https://www.facebook.com/
windhamraymondadulted](https://www.facebook.com/windhamraymondadulted)



Congratulations to the WRAE Class of 2026!

Participating in Graduation Exercises on Wednesday, June 10th at Windham High School were: (top row from left) Kynzlea Trefethen, Logan Thompson, Alex Barnhart, Caleb Brown and Trey Soksrey. Middle row from left Emily Willings, Ellissa Steeves-McCormick, Tre'jon Williams, and Eitan Freiden. Bottom row from left, Allyssa King and Makayla Cormiea.



WRAE was honored to have Charlie Hewitt as our Graduation Keynote Speaker. Charlie is the artist who created and installed the "Hopeful" artwork on the rooftop of Speedwell Projects on Forest Avenue in Portland.

The audience gave rapt attention to Charlie's stories and overall message. Learn more about Charlie & Hopeful. See page 16!