

# Older Adult Classes

## COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$15 is due at the first class.

Staff, Recreation	Rodgers Senior Center Computer Lab				
4800.201	50yrs +	4/3-4/24	9:00am-11:30am	Tu	\$15
4800.202	50yrs +	5/1-5/22	9:00am-11:30am	Tu	\$15
4800.203	50yrs +	6/5-6/26	9:00am-11:30am	Tu	\$15

## COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$15 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills. Note: No class May 28. Class on May 21 will be 2 sessions, 9-12 and 1-4.

Staff, Recreation	Rodgers Senior Center Computer Lab				
4803.201	50yrs +	5/7-5/21	9:00am-12:00pm	M	\$15

## COMPUTERS: FACEBOOK

This hands-on class will help you connect with friends and family using the most popular social networking tool. Learn how to set up your Facebook account safely, how to friend, chat share photos, keep up with your favorite people and places, and keep your privacy controlled.

Catlett, Michelle	Rodgers Senior Center Computer Lab				
4517.201	Adult	4/14-4/28	9:00am-12:00pm	Sa	\$30
4517.202	Adult	5/12-5/26	9:00am-12:00pm	Sa	\$30
4517.203	Adult	6/9-6/23	9:00am-12:00pm	Sa	\$30

## COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more. A suggested donation of \$5 is due at the first class.

Staff, Recreation	Rodgers Senior Center Computer Lab				
4805.201	50yrs +	4/6-4/13	1:00pm-4:00pm	F	\$12
4805.202	50yrs +	5/4-5/11	1:00pm-4:00pm	F	\$12
4805.203	50yrs +	6/8-6/15	1:00pm-4:00pm	F	\$12

## COMPUTERS: KEEPING YOUR COMPUTER UP TO DATE

Help your computer live longer, perform better, avoid debilitating crashes and keep your programs current, safe and up to date. Protect your computer from viruses and Spyware that can steal your identity. A suggested donation of \$15 is due at the first class. Prerequisite: Windows Skills course.

Staff, Recreation	Rodgers Senior Center Computer Lab				
4804.201	50yrs +	4/9-4/30	9:00am-12:00pm	M	\$15
4804.202	50yrs +	6/4-6/25	9:00am-12:00pm	M	\$15

## COMPUTERS: MICROSOFT WINDOWS SKILLS

Learn detailed instruction on the Windows Operating System. The "Hands-On" coaching will introduce you to the many features of this powerful program. This class will allow you to maximize the usefulness of your computer.

Staff, Recreation	Rodgers Senior Center Computer Lab				
4801.201	Adult	4/5-4/26	9:00am-12:00pm	Th	\$66
4801.202	Adult	5/3-5/24	9:00am-12:00pm	Th	\$66
4801.203	Adult	6/7-6/28	9:00am-12:00pm	Th	\$66

## COMPUTERS: MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check, and using Thesaurus. Learn to use important toolbars. A suggested donation of \$15 is due at the first class.

Staff, Recreation	Rodgers Senior Center Computer Lab				
4802.201	50yrs +	4/4-4/25	9:00am-12:00pm	W	\$15
4802.202	50yrs +	5/2-5/23	9:00am-12:00pm	W	\$15
4802.203	50yrs +	6/6-6/27	9:00am-12:00pm	W	\$15

## COMPUTERS: ORGANIZE YOUR COMPUTER ONCE & FOR ALL

Master the Windows filing system, clean up your hard drive, clean up and organize your desktop. Prerequisite: Windows Skills course, familiarity with the Windows environment and some experience using the Internet.

Staff, Recreation	Rodgers Senior Center Computer Lab				
4807.201	Adult	4/5-4/26	1:00pm-4:00pm	Th	\$66
4807.202	Adult	5/3-5/24	1:00pm-4:00pm	Th	\$66
4807.203	Adult	6/7-6/28	1:00pm-4:00pm	Th	\$66

## COMPUTERS: PICASA PHOTO ORGANIZING & MORE

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share pictures via web albums, CDs, emails, print and much more.

Staff, Recreation	Rodgers Senior Center Computer Lab				
4806.201	Adult	4/6-4/27	9:00am-12:00pm	F	\$66
4806.202	Adult	5/4-5/25	9:00am-12:00pm	F	\$66
4806.203	Adult	6/8-6/29	9:00am-12:00pm	F	\$66

## FITNESS: CARDIOFIT FOR SENIORS

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated and keep moving!

Grossman, Marianne	Rodgers Senior Center Hall A				
4816.201	50yrs +	3/27-6/8	9:00am-9:45am	Tu F	\$51

## PILATES FOR SENIORS

Pilates is ideal for people over 50 due to its low-impact exercises. The benefits of Pilates include: improved posture, stamina, strength, along with enhancing mind/body connection to improve balance and reduce your risk of falls. The class will incorporate a chair for stability/flexibility exercises. Bring an exercise mat.

HB Pilates, Bronwen Finta	Rodgers Senior Center Hall D				
4822.200	50yrs +	3/26-6/4	12:30pm-1:30pm	M	\$88

## YOGA: YOGA AS A SENIOR SOLUTION

Sitting in the chair, stretching with emphasis on breathing/posture, then using the chair as a prop for balance, strength, and flexibility. Continuing down to the mat working to strengthen the body from fingers to toes. We will work together on keeping independence and freedom of movement for your individual body. No class 4/14, 4/21, 4/23, 4/28, 5/12, 6/2.

HelpYourHealth, RoxAnn Madera	MLake View Clubhouse, 17451 Zeider Ln				
4510.200	55yrs +	3/31-5/26	11:15am-12:15pm	Sa	\$88

HelpYourHealth, RoxAnn Madera	SA. Martial Art Center, 18595 Brookhurst St.				
4510.201	55yrs +	3/26-5/21	1:00pm-2:30pm	M	\$101
4510.202	55yrs +	3/27-5/22	12:30pm-2:00pm	Tu	\$114
4510.203	55yrs +	3/28-5/23	10:30pm-12:00pm	W	\$114
4510.204	55yrs +	3/30-5/25	10:30pm-12:00pm	F	\$114