

Older Adults

COMPUTERS: E-BAY FOR FUN AND PROFIT

This class is for first time E-bay users. Get a taste of what this enormous auction web site is all about. This informative session will show you how to bid, buy and sell your favorite items. A suggested donation of \$5 for materials is request at the class. Prerequisite: Windows Skills course and internet experience.

Rodgers Senior Center Computer Lab			Recreation Staff		
4809.301	50yrs +	7/10	9:00am-12:00pm	Sa	\$5
4809.302	50yrs +	8/14	9:00am-12:00pm	Sa	\$5
4809.303	50yrs +	9/11	9:00am-12:00pm	Sa	\$5

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.

Rodgers Senior Center Computer Lab			Recreation Staff		
4800.301	50yrs +	7/06-7/27	9:00am-11:30am	Tu	\$5
4800.302	50yrs +	8/03-8/24	9:00am-11:30am	Tu	\$5
4800.303	50yrs +	9/07-9/28	9:00am-11:30am	Tu	\$5

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. No class Sept. 6.

Rodgers Senior Center Computer Lab			Recreation Staff		
4803.301	50yrs +	8/23-9/20	9:00am-12:00pm	M	\$5

COMPUTERS: GOOGLE GALORE

Rodgers Senior Center Computer Lab Recreation Staff
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.

4805.301	50yrs +	8/06-8/13	9:00am-12:00pm	F	\$5
4805.302	50yrs +	9/10-9/17	9:00am-12:00pm	F	\$5

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.

Rodgers Senior Center Computer Lab			Recreation Staff		
4804.301	50yrs +	7/26-8/16	9:00am-12:00pm	M	\$5

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. A suggested donation of \$15 is due at the first class.

Rodgers Senior Center Computer Lab			Recreation Staff		
4801.301	50yrs +	7/08-7/29	9:00am-12:00pm	Th	\$5
4801.302	50yrs +	8/05-8/26	9:00am-12:00pm	Th	\$5
4801.303	50yrs +	9/09-9/30	9:00am-12:00pm	Th	\$5

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.

Rodgers Senior Center Computer Lab			Recreation Staff		
4802.301	50yrs +	7/07-7/28	9:00am-12:00pm	W	\$5
4802.302	50yrs +	9/08-9/29	9:00am-12:00pm	W	\$5

COMPUTERS: ORGANIZE YOUR COMPUTER ONCE & FOR ALL

Master the Windows filing system, clean up your hard drive, clean up and organize your desktop. A suggested donation of \$5 is due at the first class. Prerequisite: Windows Essentials course, familiarity with the Windows environment and some experience using the Internet.

Rodgers Senior Center Computer Lab			Recreation Staff		
4807.301	50yrs +	9/14-9/21	1:00pm-4:00pm	M Tu	\$5

COMPUTERS: 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. A suggested donation of \$10 is due at the first class.

Rodgers Senior Center Computer Lab			Recreation Staff		
4806.301	50yrs +	7/16-7/30	9:00am-12:00pm	F	\$5
4806.302	50yrs +	8/20-9/03	9:00am-12:00pm	F	\$5

FITNESS: AEROBIC DANCE FOR SENIORS – ZUMBA GOLD

Designed for active seniors, these easy dance steps will improve balance, strength, coordination and aerobic fitness. Set to a fabulous fusion of Latin and international music, these joyful sessions benefit both body and mind. Ditch the workout -- join the party! One day drop-in fee for any class-\$10.

Rodgers Senior Center Hall A & B			Foreman, Jill		
4373.301	50yrs +	6/26-7/24	9:00am-9:50am	Sa	\$35
4373.302	50yrs +	7/31-8/28	9:00am-9:50am	Sa	\$35
4373.303	50yrs +	6/26-8/28	9:00am-9:50am	Sa	\$60

TAI CHI CHUAN FOR BEGINNERS & INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing and flat-soled shoes.

Rodgers Senior Center Hall B			Howe, Shona		
4407.301	50yrs +	6/24-7/22	9:00am-10:30am	Th	\$32

Parks & Recreation Programs

Cultivate friendships...

...the benefits are endless