

Older Adult Classes

ART: OIL/ACRYLIC PAINTING-ALL LEVELS

Develop basic painting skills and techniques through demonstration, lecture and personal help. Easy elements of drawing, color and design are introduced as well. Painting subjects vary. Emphasis is on oil techniques but acrylics are welcome. Materials list is available at Rodgers Senior Center or on line at www.ReginaHurley.com.

Rodgers Senior Center Hall D
Hurley, Regina
4814.101 50yrs + 2/08-3/15 10:00am-11:30am Tu \$40

CHAIR YOGA FOR SENIORS

Specifically designed for all levels and abilities to enjoy the therapeutic benefits of yoga done in a chair. Practices can be adapted safely for home, office, and travel. Avoid eating two hours before class. Dress comfortably and bring a blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN. No class Feb. 21.

Rodgers Senior Center Hall D
Pavesic, Diane
4817.101 50yrs + 1/24-3/21 10:00am-11:00am M \$60

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 – learn 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
4809.101 50yrs + 1/15 9:00am-12:00pm Sa \$6
4809.102 50yrs + 2/12 9:00am-12:00pm Sa \$6
4809.103 50yrs + 3/12 9:00am-12:00pm Sa \$6

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
4800.101 50yrs + 1/04-1/25 9:00am-11:30am Tu \$6
4800.102 50yrs + 2/01-2/22 9:00am-11:30am Tu \$6
4800.103 50yrs + 3/01-3/22 9:00am-11:30am Tu \$6

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 Jan. 17.

Rodgers Senior Center Computer Lab
Recreation Staff
4803.101 50yrs + 1/03-1/31 9:00am-12:00pm M \$6
4803.102 50yrs + 3/14-4/04 9:00am-12:00pm M \$6

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.

Rodgers Senior Center Computer Lab
Recreation Staff
4805.101 50yrs + 1/28-2/04 9:00am-12:00pm F \$6
4805.102 50yrs + 2/25-3/04 9:00am-12:00pm F \$6

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. No class Feb. 21.

Rodgers Senior Center Computer Lab
Recreation Staff
4804.101 50yrs + 2/07-3/07 9:00am-12:00pm M \$6

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
4801.101 50yrs + 1/06-1/27 9:00am-12:00pm Th \$6
4801.102 50yrs + 2/03-2/24 9:00am-12:00pm Th \$6
4801.103 50yrs + 3/03-3/24 9:00am-12:00pm Th \$6

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
4802.101 50yrs + 1/05-1/26 9:00am-12:00pm W \$6
4802.102 50yrs + 3/02-3/23 9:00am-12:00pm W \$6

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 Skills course, familiarity with the Windows environment and some experience using the Internet.

Rodgers Senior Center Computer Lab
Recreation Staff
4807.101 50yrs + 2/08-2/15 1:00pm-4:00pm Tu \$6
4807.102 50yrs + 3/10-3/17 1:00pm-4:00pm Th \$6

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
4806.101 50yrs + 1/07-1/21 9:00am-12:00pm F \$6
4806.102 50yrs + 2/04-2/18 9:00am-12:00pm F \$6
4806.103 50yrs + 3/11-3/25 9:00am-12:00pm F \$6

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.

Rodgers Senior Center Hall A
Grossman, Marianne
4816.101 50yrs + 1/11-3/18 9:00am-9:50am Tu F \$50

Register Online! www.hbsands.org