

# Computers and Active Aging

## FITNESS:

### AT HOME SENIOR REVITALIZATION PROGRAM

The AHSR Program is a program to accomplish a specified end "Life-time wellness", consisting of seven Presentations/Workshops with a strong coaching component to help seniors begin and progress their individual wellness quests. All protocols are designed to be done at home with minimal equipment, employing a process to deliver maximum results for minimum time expenditure. Free demonstration on 1/9, 9:00am-10:00am.

Ringlien, Ron Rodgers Senior Center

4825.100 50yrs + 1/16 - 2/27 9:00am-10:00am W \$60

## FITNESS: FITNESS FOR LIFE

Come join our workout using body weight, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

Hart, Phil Rodgers Senior Center Game Room

4827.100 50 yrs + 1/9 - 2/27 6:00pm-7:00pm W \$86

## FITNESS: PILATES FOR SENIORS

Pilates is ideal for people over 50 because of its low-impact exercises. Benefits include: improved posture, strength, balance, along with an enhanced mind/body connection and total body awareness to reduce the risk of falls. Monday's class will incorporate a chair for stability and flexibility exercises. Bring an exercise mat. No class 1/21 and 2/18.

HB Pilates Rodgers Senior Center Game Room

4822.100 50yrs + 1/7 - 3/18 12:30pm-1:30pm M \$79

4539.100 Adult Matt 1/12 - 3/16 10:00am-11:00am Sa \$110

## 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 \$5 is due at the first class.

Staff, Recreation Rodgers Senior Center Computer Lab

4800.100 50yrs + 1/8 - 1/29 9:00am-11:30am Tu \$15

4800.101 50yrs + 2/5 - 2/26 9:00am-11:30am Tu \$15

4800.102 50yrs + 3/5 - 3/26 9:00am-11:30am Tu \$15

## COMPUTERS: INTRO TO TYPING

This class is designed to teach, develop and practice step by step typing skills for beginners.

Shrestha, Rosy Rodgers Senior Center Computer Lab

4564.100 Adult 1/7 - 1/14 4:00pm-6:30pm M \$75

## COMPUTERS: ESSENTIAL COMPUTER SKILLS

Enhance your basic knowledge with hands-on instruction on a range of essential computer skills. Learn the keyboard, word processing, and the Windows filing system to properly save and find information. Learn e-mailing, attaching to e-mails, downloading, backing-up your computer and more. Friendly, well-paced atmosphere. Experienced and patient teacher. A VERY useful class.

Lander, Joel Rodgers Senior Center Computer Lab

4593.100 Adult 1/10 - 1/31 9:00am-12:00pm Th \$66

4593.101 Adult 2/7 - 2/28 9:00am-12:00pm Th \$66

4593.102 Adult 3/7 - 3/28 9:00am-12:00pm Th \$66

Register Online! [www.hbsands.org](http://www.hbsands.org)

## COMPUTERS: INTRO TO INTERNET

Introduction to World Wide Web and Internet - registering email accounts, sending/receiving emails, searching web/communicating with friends/family using different social media.

Shrestha, Rosy Rodgers Senior Center Computer Lab

4566.100 Adult 1/7 - 1/14 6:45pm-9:15pm M \$75

## COMPUTERS: USING YOUR WINDOWS 7 COMPUTER

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the Start menu and taskbar. Understand the libraries and Accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, experiment, learn tricks, share and discover. Have fun!

Lander, Joel Rodgers Senior Center Computer Lab

4585.100 Adult 1/10 - 1/17 2:00pm-5:00pm Th \$66

4585.101 Adult 2/7 - 2/14 2:00pm-5:00pm Th \$66

4585.102 Adult 3/7 - 3/14 2:00pm-5:00pm Th \$66

## COMPUTERS: FACEBOOK

Safely connect with family members and friends online! Join us to learn about the most popular social networking site. We will cover topics like setup, privacy, messaging, photo sharing, adding friends, and more. Interactive class provides step by step instructions and handouts to take home. No experience necessary.

Staff, Recreation Rodgers Senior Center Computer Lab

4517.101 Adult 1/12 - 1/26 10:00am-12:00pm Sa \$64

4517.102 Adult 2/2 - 2/16 10:00am-12:00pm Sa \$64

4517.103 Adult 3/2 - 3/16 10:00am-12:00pm Sa \$64

## 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 \$5 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills.

Staff, Recreation Rodgers Senior Center Computer Lab

4803.100 50yrs + 2/11 - 3/11 9:00am-12:00pm M \$15

## COMPUTERS: MS 2010 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 \$5 is due at the first class.

Staff, Recreation Rodgers Senior Center Computer Lab

4802.100 50yrs + 1/9 - 1/30 9:00am-12:00pm W \$15

4802.101 50yrs + 3/6 - 3/27 9:00am-12:00pm W \$15

## Parks & Recreation...

# Elevate Personal Growth

...The Benefits Are Endless

# Computers and Active Aging

## 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 \$5 is due at the first class. Prerequisite: Windows Skills course. No class 1/21.

Staff, Recreation		Rodgers Senior Center Computer Lab			
4804.100	50yrs +	1/7 - 2/4	9:00am-12:00pm	M	\$15
4804.101	50yrs +	3/18 - 4/8	9:00am-12:00pm	M	\$15

## COMPUTERS: ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Put information where you can find it. Clean up and organize old files and your desktop. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to make your computer life easier and optimize your computer. Skills are universal whether you have Windows XP, Vista or 7. Ask questions, get answers, have fun!

Lander, Joel		Rodgers Senior Center Computer Lab			
4547.100	Adult	1/24 - 1/31	2:00pm-5:00pm	Th	\$66
4547.101	Adult	2/21 - 2/28	2:00pm-5:00pm	Th	\$66
4547.102	Adult	3/21 - 3/28	2:00pm-5:00pm	Th	\$66

## COMPUTERS: DIGITAL PHOTO MANAGEMENT WITH PICASA

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 your pictures via emails, web albums, CDs, prints and much more. Basic computer skills are needed for this class.

Lander, Joel		Rodgers Senior Center Computer Lab			
4548.100	Adult	1/11 - 2/1	9:00am-12:00pm	F	\$66
4548.101	Adult	2/8 - 3/1	9:00am-12:00pm	F	\$66
4548.102	Adult	3/8 - 3/29	9:00am-12:00pm	F	\$66

## 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.

Staff, Recreation		Rodgers Senior Center Computer Lab			
4805.100	50yrs +	1/11 - 1/18	1:00pm-4:00pm	F	\$12
4805.101	50yrs +	2/8 - 2/15	1:00pm-4:00pm	F	\$12
4805.102	50yrs +	3/8 - 3/15	1:00pm-4:00pm	F	\$12



No classes January 21 & February 18

## COMPUTERS: GRANDPARENT & ME KIDS DISCOVERY PUTERBUGS

Now grandparents and grandchildren can learn the computer together! Using today's Top 100 Tech Skills, Discovery Kids Puterbugs features a fun new technology mission for the pair to solve each week. Small class size, personal attention, off-computer activities, and exclusive access to online content from home. All skill levels welcome! Note: Fee is per pair.

Staff, Recreation		Rodgers Senior Center Computer Lab			
5367.100	3yrs to 8yrs	1/9 - 1/30	1:30pm-2:30pm	W	\$100
5367.101	3yrs to 8yrs	1/9 - 1/30	3:00pm-4:00pm	W	\$100
5367.102	3yrs to 8yrs	2/6 - 2/27	1:30pm-2:30pm	W	\$100
5367.103	3yrs to 8yrs	2/6 - 2/27	3:00pm-4:00pm	W	\$100

## COMPUTERS: IPAD FOR BEGINNERS

iPad for Beginners is for people who already have an iPad, model 1 or 2 or the new iPad, who want to learn how to use it starting at "How do I turn this thing on?" Discussions will include Wi-Fi, 3G/4G, iOS 5.1, and all aspects of applications available. Must bring an iPad with the charging cord to class.

Cohn, Victor		Rodgers Senior Center Hall C			
4826.100	50yrs +	1/9 - 1/30	9:00am-12:00pm	W	\$15
4826.101	50yrs +	3/6 - 3/27	9:00am-12:00pm	W	\$15

## YOGA: YOGA AS A SENIOR SOLUTION

Starting in the chair with emphasis on breathing/posture, then using the chair as a prop for balance, stretching and flexibility, continuing down to the mat. Working to strengthen the body from fingers to toes, keeping ones independence and freedom of movement for your individual body, in a class limited to 12 students for individual attention.

HelpYourHealth, RoxAnn Madera		S.A. Martial Art Center 18595 Brookhurst			
4510.100	55yrs to Adult	1/7 - 3/11	1:00pm-2:30pm	M	\$141
4510.101	55yrs to Adult	1/8 - 3/12	12:30pm-2:00pm	Tu	\$155
4510.102	55yrs to Adult	1/9 - 3/13	10:30am-12:00pm	W	\$141
4510.103	55yrs to Adult	1/11 - 3/15	10:30am-12:00pm	F	\$141

