

# Older Adult Classes

## CHAIR YOGA FOR SENIORS

Specifically designed for all levels and abilities to enjoy the therapeutic benefits of yoga done in a chair. Chair yoga may reduce pain and blood pressure, improve posture and sleep. Practices can be adapted safely for home, office, and travel. Avoid eating 2 hours before class. Dress comfortably and bring a blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Pavesic, Diane  
4817.301 50yrs + 7/11 - 8/29 10:00am-11:00am M \$60  
Rodgers Senior Center Hall D

## COMPUTERS: E-BAY FOR FUN AND PROFIT

This class is for 1st 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 requested at the class. Prerequisite: Windows Skills course and internet experience.

Recreation Staff Rodgers Senior Center Computer Lab  
4809.301 50yrs + 7/9 9:00am-12:00pm Sa \$6  
4809.302 50yrs + 8/13 9:00am-12:00pm Sa \$6  
4809.303 50yrs + 9/10 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.

Recreation Staff Rodgers Senior Center Computer Lab  
4800.301 50yrs + 7/5 - 7/26 9:00am-11:30am Tu \$6  
4800.302 50yrs + 8/2 - 8/23 9:00am-11:30am Tu \$6  
4800.303 50yrs + 9/6 - 9/27 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.

Recreation Staff Rodgers Senior Center Computer Lab  
4803.301 50yrs + 8/1 - 8/22 9:00am-12:00pm M \$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 Sept. 5.

Recreation Staff Rodgers Senior Center Computer Lab  
4804.301 50yrs + 8/29 - 9/26 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.

Recreation Staff Rodgers Senior Center Computer Lab  
4801.301 50yrs + 7/7 - 7/28 9:00am-12:00pm Th \$6  
4801.302 50yrs + 8/4 - 8/25 9:00am-12:00pm Th \$6  
4801.303 50yrs + 9/8 - 9/29 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.

Recreation Staff Rodgers Senior Center Computer Lab  
4802.301 50yrs + 7/6 - 7/27 9:00am-12:00pm W \$6  
4802.302 50yrs + 8/10 - 8/31 9:00am-12:00pm W \$6  
4802.303 50yrs + 9/7 - 9/28 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.

Recreation Staff Rodgers Senior Center Computer Lab  
4807.301 50yrs + 7/11 - 7/18 1:00pm-4:00pm M \$6  
4807.302 50yrs + 8/4 - 8/11 1:00pm-4:00pm Th \$6  
4807.303 50yrs + 9/15 - 9/22 1:00pm-4:00pm Th \$6

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

Recreation Staff Rodgers Senior Center Computer Lab  
4806.301 50yrs + 7/8 - 7/29 9:00am-12:00pm F \$6  
4806.302 50yrs + 8/5 - 8/26 9:00am-12:00pm F \$6  
4806.303 50yrs + 9/2 - 9/23 9:00am-12:00pm F \$6

## DANCE: BALLROOM AND SWING

Gain skill and confidence for the dance floor so you may go dancing right away or just have fun and great exercise by dancing to oldies and your favorite music. Basics and easy patterns in the fun, jazzy Swing. Learn classic Foxtrot, elegant Waltz, Latin Rumba and dance to many kinds of music. No partner required.

Fox, Kaylaa Rodgers Senior Center Hall A  
4500.300 Adult 6/23 - 8/11 3:00 pm - 4:00 pm Th \$55

## DANCE: BEGINNING BALLET FOR SENIORS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

Caumiant, Michelle Rodgers Senior Center Hall E  
4494.300 Adult 6/24 - 8/26 10:00am-11:00am F \$82

## 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! No class July 26, July 29, August 2 and August 5.

Grossman, Marianne Rodgers Senior Center Hall A  
4816.301 50yrs + 6/21 - 9/2 9:00am-9:45am Tu F \$40