MICROSOFT WORD BASICS

Learn the basic functions of Microsoft Word including creating, saving, editing and printing documents. Explore Word's tools for basic formatting, spell checking, bullets and numbering. This course is designed to introduce the student to Microsoft Word and teach some basic word processing techniques. To enroll, you need to have taken Computer Basics Level 1 and 2 or have equivalent knowledge or skills.
Instructor: Dale Harrington
Price: $42 / $44 no nresident
Time & Date: 10 a.m.-noon, Thursday
April 3-April 24, 2014

ORGANIZING YOUR COMPUTER FILES & FOLDERS

This class helps you find the files you got off your camera, USB drive, CD or from email, then name and sort them into folders. You will also find and save or remove things you no longer need.

Instructor: Shawn Winchester
Price: $16 / $18 nonresident
Time & Date: 9 a.m.-noon, Tuesday
April 8, 2014

FITNESS & WELLNESS CLASSES

BALLROOM DANCE

Learn the basics of popular ballroom dances with emphasis on proper dance technique. The April session will feature west coast swing and the May session will feature the jitterbug and dances of the 50's.
Instructor: Maryann Dicke
Price: $16/four-week session or $5/class
Time & Date: 2-3 p.m., Thursday
April 3-April 24, 2014
May 1-May 22, 2014

CARDIO BALLROOM

Join us for a fun aerobic workout through ballroom dance. Class will include waltz, swing, cha cha, fox trot, salsa, tango, merengue, rumba, line dance and more. No partners needed.
Instructor: Maryann Dicke
Price: $16/four-week session or $5/class
Time & Date: 3:15-4:15 p.m., Thursday
April 3-April 24, 2014
May 1-May 22, 2014

1950s ROCK & ROLL DANCE PARTY

Join us for a fun afternoon of jitterbug, the twist, hand jive and more! Feel free to wear 1950s attire such as rolled up jeans or poodle skirts.
Price: $4 / $2 SilverSneakers® members
Time and Date: 2-4 p.m., Thursday
May 29, 2014

BRAIN GYM FOR SENIORS

Increase clarity, coordination and memory through simple Brain Gym movement, games, exercises and activities. Other benefits are improved reading skills, math skills, following calendar dates, following instructions, remembering medications, fall prevention, speech, having fun and enjoying life. Come each week and see the improvement. This will be fun!
Instructor: Debra Smith
Price: $36 / $38 nonresident
Time and Date: 9-10:30 a.m., Friday
April 4-May 23, 2014
June13-August 8, 2014

HATHA YOGA

Hatha Yoga is a great way to stay fit and mobile. Release your stress and tension while gaining strength, flexibility and balance! This class will focus on breath awareness and help your mental concentration.
Instructor: Sondi Wright Wakefield
Price: $7 / class or $60 / 10-class punch card
Time & Date: 9-10:30 a.m., Monday/Wednesday
Ongoing

SILVERSNEAKERS® CLASSIC

This class is designed to increase strength, range of movement, agility, balance and coordination and to improve participant's functional capacities, physical fitness level and sense of well-being.
Instructors: Julie Kremer / Lauren Ersland
Price: No fee for SilverSneakers® members or $15 / 10-class punch card
Time & Date: 9:30-10:30 a.m., Tuesday/Thursday
Ongoing

Time & Date: 11-11:45 a.m., Tuesday/Thursday
Ongoing

SILVERSNEAKERS® YOGA

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.
Instructor: Julie Kremer
Price: No fee for SilverSneakers® members or $15 / 10-class punch card
Time & Date: 10-10:45 a.m., Monday
Ongoing

TAI CHI CH'UAN/QIGONG

This meditative exercise improves health and longevity. Studies have shown that Tai Chi helps balance and coordination. It's an excellent way to connect mind and body to help manage stress.
Instructor: Tim Murphy
Price: $36 / $38 nonresident

BEGINNER
Time & Date: 8:30-9:30 a.m., Thursday
April 3-May 22, 2014
June 12-July 31, 2014

INTERMEDIATE
Time & Date: 9:30-10:30 a.m., Thursday
April 3-May 22, 2014
June 12-July 31, 2014

ADVANCED
Time & Date: 10:30-11:30 a.m., Thursday
April 3-May 22, 2014
June 12-July 31, 2014