

OLDER ADULTS - LIFE LONG LEARNERS

REGISTRATION PROCEDURES FOR ALL LIFE LONG LEARNERS "50 Plus"

All returning and new students must register and pay an annual administration fee for each class. The fee is for the entire school year from July 2008– June 2009. The fee is the same no matter when registration occurs during the school year. No refunds, transfers or discounts.

Registration information:

1. You may register by mail upon receipt of brochure.
2. You may register online at www.sanleandroadultschool.org for a small fee.
3. You may register in person at the Education Center 1448 Williams Street from 10:30 am - 8:30 pm or at the Adult School offices at 2255 Bancroft Ave. from 9:00 am - noon. If you need more information, please call 618-4420.



TECHNOLOGY

These are slow paced computer courses for Lifelong Learners, adults 50 years or older. Walk in registration is welcomed when space is available.

INTRODUCTION TO COMPUTERS FOR LIFE LONG LEARNERS

Are you a beginning computer user? Want to brush up on our skills? We will start from the very beginning of using a computer. Learn how to turn on a computer and the basics of Microsoft Windows XP. Learn the basics of saving and opening files. This is a slow paced course for beginning users. A keyboarding program is available for practice.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|---------------|------|-------------|----------|
| 089002 | \$10 | Rawlinson | 11:30-1:30 pm | M, W | JME Room 25 | 2/2-2/25 |

BEGINNING INTERNET FOR LIFE LONG LEARNERS

Become familiar with the Internet. Learn its power and pitfalls. Topics include browsers programs, searching and researching. Learn to use bookmarks to mark your favorite sites so you can return. **Prerequisite:** *Introduction to Computers* or equivalent experience.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|---------------|------|-------------|-----------|
| 089202 | \$20 | Rawlinson | 11:30-1:30 pm | M, W | JME Room 25 | 3/23-3/18 |

E-MAIL FOR LIFE LONG LEARNERS

Sign up for a free e-mail account with Yahoo. Learn how to manage an address book, send, receive, and forward messages, attach files, and verify if the story you have received is really true. **Prerequisite:** *Beginning Internet* or equivalent experience.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|---------------|------|-------------|-----------|
| 089203 | \$20 | Rawlinson | 11:30-1:30 pm | M, W | JME Room 25 | 3/23-4/15 |

INTRODUCTION TO WORD FOR LIFE LONG LEARNERS

In this slow paced course, students will learn basic work processing skills through hands-on lessons, which include creating and saving files, editing text, inserting clip art and word art, cutting and pasting, spell check and more. **Prerequisite:** *Intro. to Computers* or equivalent experience.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|---------------|------|-------------|-----------|
| 089101 | \$20 | Rawlinson | 11:30-1:30 pm | M, W | JME Room 25 | 4/20-5/13 |

MORE WORD FOR LIFE LONG LEARNERS

Using the skills learned in Word students will learn how to create flyers, leaflets, and newsletters. Be creative and have some fun learning how to perk up your family communications. **Prerequisite:** *Introduction to Computers and Introduction to Word* or equivalent experience.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|---------------|------|-------------|-----------|
| 089102 | \$20 | Rawlinson | 11:30-1:30 pm | M, W | JME Room 25 | 5/18-6/10 |

Register at Marina Community Center

Stretch your dollars and enjoy months of invigorating and stimulating classes for one small fee at the Marina Community Center sponsored by San Leandro Adult School.

HEALTH AND FITNESS LITERACY

CARDIO FITNESS / WELLNESS

A low impact exercise class designed for individuals who have a history of heart disease or those with physical limitations. A signed physician release is required for participation. Wellness lectures will be announced. Ongoing registration.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|--------------|------|-------|----------|
| 081101 | \$20 | Cowl | 9:00-9:55 am | W, F | MCC | 7/2-6/30 |

TURN BACK THE CLOCK FITNESS

Students will concentrate on strengthening, toning, balance and flexibility. Balance exercises and movement will improve cognitive abilities and increase feelings of vitality and youth.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|---------------|-----|-------|----------|
| 081149 | \$20 | Kenny | 9:30-10:25 am | T | MCC | 7/1-6/30 |

MUSCLE SHAPERS

This class is a complete workout for the entire body. Tone and sculpt with weight bearing exercises that are gentle and effective. As we age, our bones need weight bearing exercise in order to create more bone density, thereby preventing injuries and being less prone to bone fractures. Bring light weights to class. Ongoing registration.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|---------------|-------|-------|----------|
| 081173 | \$20 | Guadarrama | 12:15-1:15 pm | T, Th | MCC | 7/7-6/30 |

EXERCISE FOR LIFELONG LEARNERS

Low impact, emphasizing flexibility, toning and cardiovascular conditioning. Fun music! Bring a water bottle and wear loose, comfortable clothing and aerobic shoes. Ongoing registration.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|----------------|-------|-------|----------|
| 081146 | \$20 | Cowl | 8:30-9:25 am | T, Th | MCC | 7/1-6/30 |
| 081141 | \$20 | Cowl | 10:00-10:55 am | W, F | MCC | 7/2-6/30 |

TAI CHI CHUAN

We will practice Yang style Tai Chi Chuan, a slow-moving form of exercise to increase energy, improve flexibility and balance. Feelings of increased mental awareness and inner calm are added benefits. Ongoing registration.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|---------------|------|-------|----------|
| 080607 | \$20 | Waite | 11:00 am-Noon | W, F | MCC | 7/2-6/30 |

TAI CHI CHIH - JOY THROUGH MOVEMENT

Tai Chi Chih is a form of soft, gentle movement patterns that focus the mind, strengthen the body, and renew the spirit. Health benefits include stress reduction, improved balance and strengthening the immune system. Beginning and continuing students are welcome. Ongoing registration.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|----------------|-----|-------|----------|
| 080601 | \$20 | Braga | 9:00 -10:00 am | M | MCC | 9/2-6/29 |
| | | Braga | 11:00 am-Noon | T | MCC | 9/3-6/30 |

BALLET

Students will become more flexible and poised in everyday life through basic Classical Ballet techniques. Students will practice simple ballet movements geared toward people who want to avoid high impact exercise. Participants will gently glide and stretch their way through class enjoying slow controlled, stress relieving movements while listening to beautiful classical music.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|---------------|-------|-------|----------|
| 080900 | \$20 | Kenney | 9:30-10:30 am | T, Th | MC | 9/2-6/30 |

THE MEMORY ACADEMY-SESSION ONE

This cutting edge program utilizes the latest research to strengthen the mind and teaches memory techniques to adapt to the changes that come with age. Aerobics, resistance training, balance and posture improvement and relaxation techniques help maintain strength and independence.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|-----------|-----|-------|----------|
| 081227 | \$20 | Kraughto | 9:00-Noon | Th | MC | 2/19-5/7 |

THE WORLD

ARMCHAIR TRAVEL

Come and enjoy an instructive and enjoyable series of simulated visits to regions and cities of the world by means of lectures, videos, readings, reminiscence and good talk. Ongoing registration.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|--------------|-----|-------|---------|
| 080702 | FREE | Reilly | 1:00-2:00 pm | F | CP | Ongoing |

CURRENT EVENTS

We will study current issues in a weekly seminar to keep up-to-date with current events. Ongoing registration.

| Section. | Cost | Instructor | Time | Day | Place | Dates |
|----------|------|------------|----------------|-----|-------|---------|
| 085114 | FREE | Reilly | 1:00-2:30 pm | M | CP | Ongoing |
| 085115 | FREE | Reilly | 10:00-11:30 am | F | MV | Ongoing |

THE ARTS

HANDICRAFTS FEATURING NEEDLEWORK

Enjoy new friends; learn knitting, crochet, needlepoint, tatting, and embroidery in a relaxed atmosphere. Make your own priceless gifts for special occasions or “just because.” Ongoing registration.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|--------------|-----|-------|----------|
| 083124 | \$20 | Mak | 9:00 am-Noon | W | MCC | 7/2-6/24 |

BEGINNING PAINTING

This beginning painting class will introduce students to fundamental oil/acrylic painting concepts. Use of individual attention to assist students in achieving their goals. Students will learn light and shadow, warm versus cool colors, gray versus saturated, and opaque versus transparent. Supply list available in office. On going registration.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|------------------|-----|-------|-----------|
| 083226 | \$40 | Tarzier | 10:00 am-2:00 pm | F | MC | 1/9-4/3 |
| 083228 | \$40 | Tarzier | 6:00 pm-9:00 pm | F | MC | 4/17-6/26 |

PAINTING FOR INTERMEDIATE AND CONTINUING STUDENTS

This class will include still-life, landscape painting, demonstrations, critiques, and weekly lessons on color, design and technique. **Prerequisite:** this class requires knowledge of color, shapes and values as determined by the teacher. Supply list available in the office. Ongoing registration.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|------------------|-----|-------|-----------|
| 083218 | \$40 | Waldron | 10:00 am-2:00 pm | W | MC | 1/7-3/25 |
| 083220 | \$40 | Waldron | 10:00 am-2:00 pm | Th | MC | 1/8-3/26 |
| 083217 | \$40 | Waldron | 10:00 am-2:00 pm | W | MC | 4/15-6/24 |
| 083219 | \$40 | Waldron | 10:00 am-2:00 pm | Th | MC | 4/16-6/25 |

INTRODUCTION TO DIGITAL PHOTOGRAPHY

Come explore the infinite possibilities available to YOU in the fascinating world of digital photography. Bring your SLR or point and shoot and curiosity. Beginners only.

| Section | Cost | Instructor | Time | Day | Place | Dates |
|---------|------|------------|------------------|-----|--------|----------|
| 149001 | \$40 | Tracy | 12:30 pm-2:30 pm | Sat | EC 106 | 1/7-3/25 |



Study English Parenting CAHSEE and GED preparation at home. DVDs and Videos available for all levels. To schedule an appointment, please call 667-6287.

**LIFE LONG LEARNER CLASSES AT
COMMUNITY SITES**

A variety of classes are also offered to senior adult residents of care facilities, retirement centers and to the general public.

- Fine and Applied Arts
- Physical Fitness
- Cooking
- Mental Fitness
- Music
- Current Events

Bancroft Convalescent, Jones Rest Home, Rosegate, Sunbridge,
St. Peter’s Adult Day Care, San Leandro Healthcare Center,
Marymount Villa, Carlton Plaza