

## 55+ Learning Academy

### Computer Basics, Level 1

This is an uncomplicated introduction to the world of computers in a no-stress environment. Learn the language and the skills needed to use your personal computer. The course covers a variety of topics starting with turning on the system, proper mouse technique, how to personalize your computer and some basic word-editing tips.

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Thu., Sept. 24 – Oct. 22 (5 classes), 10 a.m. – 12:30 p.m. \$139 (includes manual). Facilitator: Penny George.

### Computer Basics, Level 2

*Computer Basics, Level 1, recommended.*

With the skills learned in Level 1, this course will help you become even more comfortable with your computer. You'll learn how to manage files, use the control panel to add or remove programs as well as how to maintain your computer.

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Thu., Oct. 29 – Nov. 26 (5 classes), 10 a.m. – 12:30 p.m. \$139. Facilitator: Penny George.

### Introduction to the Internet and E-mail

*A basic knowledge of computers is required.*

You'll soon be navigating the World Wide Web with confidence! You'll learn how to use a search engine to find your interests, complete online banking and keep up with current events. You'll also learn how to send and receive e-mail to keep in touch with family and friends.

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Thu., Sept. 24 – Oct. 22 (5 classes), 2 – 4:30 p.m. \$139 (includes manual). Facilitator: Penny George.

### Introduction to Digital Cameras and to Photo Management

Learn how to use all those features on your digital camera that are there to help you take the photo you really want! Also learn how to use your computer to organize and manage your pictures, remove red-eye and even convert your images to black and white.

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Thu., Oct. 29 – Nov. 26 (5 classes), 2 – 4:30 p.m. \$139. Facilitator: Penny George.

### Soups On!

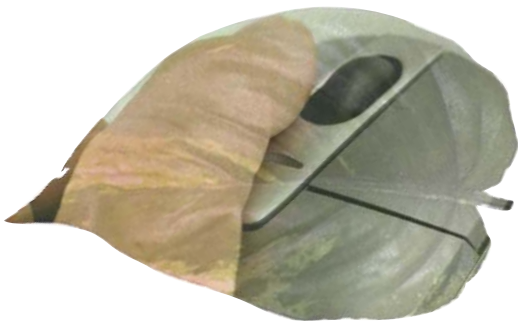
Soup can be anything you want it to be, quick, hearty or light. It's perfect for feeding a crowd or a few for many meals. Once you've mastered the basics you can experiment endlessly with your favorite vegetables, beans and meats to make tasty soups in no time. Nothing beats homemade soup! And it's easier to make than you might think.

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Tue., Sept. 22 – Oct. 6 (3 classes), 9 a.m. – noon, \$139 (materials included). Facilitator: Chef Bob Arniel.

### Bon Appetizers!

Appetizers come in all shapes and sizes. Join Chef Arniel for a fun-filled lesson in preparing a wide array of elegant appetizers that will be sure to impress! Then sample your own creations!

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Tue., Oct. 27 – Nov 10 (3 classes), 9 a.m. – noon. \$139 (materials included). Facilitator: Chef Bob Arniel.



I found the course very beneficial seeing as I knew very little....  
Excellent teacher!



Computer Basics, 55+ Learning Academy, Winter 2009

 [www.mun.ca/lifelonglearning](http://www.mun.ca/lifelonglearning)





**Also for our 55+ learners....  
Short, information-packed  
workshops with Penny George.**

**Workshop 1 - Printers**

Learn how to install a printer and output documents, including photos.

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Fri., Oct. 2 (1 class), 2 – 4:30 p.m.

**Workshop 2 – Burners**

Learn how to backup your files, create a music CD or burn a DVD of all your pictures.

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Fri., Oct. 9 (1 class), 2 – 4:30 p.m.

**Workshop 3 – MP3 Players or I-Pods**

Learn how to download music and create play lists you can take your music with you.

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Fri., Nov. 6 (1 class), 2 – 4:30 p.m.

**Workshop 4 – Web Cams**

Find out how to use a web cam to keep up with family and friends.

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Fri., Nov. 13 (1 class), 2 – 4:30 p.m.

**Workshop 5 - Digital Picture Frames**

Learn how to use today's newest technology for viewing your pictures.

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Fri., Nov. 20 (1 class), 2 – 4:30 p.m.

**\$35 per workshop  
or \$139 for all 5.**

