

Seniors' Resource Center – Southwest Plaza Mall

presents

February 2012 Classes

AARP Driver Safety Class Date TBD from 11a to 3p. Pre-Registration required. Four hour certificate class with multiple breaks. The class fee is \$12 for AARP members and \$14 for non-members, and if paying in cash, exact change is appreciated. Certification is for 3 years.

Yoga Health Passport Class, Wednesday, February 1, 8, 15, 22, 29 from 1:00p to 2:00p Friday, February 3, 10, 17, 24 from 1:00p to 2:00p

Tai Chi Health Passport Class, (Call 303-979-6173 for class fees.)

Thursday, February 2, 9, 16, 23 from 9:00a to 10:00a

Computer 1 hr, One on one session by appointment (Free or donation)

Wednesday, February 1, 8, 15, 22, 29 from 9:00a to 2:00p

Potential Topics:

Email; Hardware-USB Flash Drives, mouse, printers; Software – Word, PowerPoint, Excel, Java, Flash, Shockwave; iTunes-music, books on tape, video player; Web Browsers- Internet Explorer, Firefox, Safari, Chrome; Search Engines – Google, Yahoo, Bing, Ask; Social Networks – Face Book, Twitter, YouTube; Micro-blogging websites-Twitter, Posterous, FriendFeed; Free Video Conferencing-Skype; Free Photo-Sharing & Storage sites-Snapfish, Flickr, Zoomr, Picasa Web Albums, Photoshop Express; Internet TV-Hulu, FreeTV; others on request.

Medicare SHIP Counseling Courtesy Health Passport (Free)

Wednesday, February 1, 8, 15, 22, 29 from 9:00a to 2:00p by appointment.

Games for the Brain (Free or donation)

Thursday, February 2, 9, 16, 23 from 1:00p to 2:00p Card Games, Board Games, Lots O' Fun and a chance to meet new people.

Care Management Counseling

Friday, February 3, 10, 17, 24 from 9:00a to 2:00p by appointment.

All classes held inside Southwest Plaza Mall (Inside Northwest Entrance) For a complete schedule visit our Web site at:

www.SRCAging.org/southwestplaza



SENIORS'
RESOURCE
CENTER

Seniors' Resource Center – Southwest Plaza Mall

8501 West Bowles Avenue
Suite 2A-483

(Inside the Northwest Entrance)

Littleton, CO 80123

303.979.6173

www.SRCAging.org