

PROGRAMS FOR SENIORS

ARTS & CRAFTS

Calligraphy

ARTZ 1000 **\$65**
20 HRS
Students are introduced to the Foundational Alphabet, which will provide a solid basis for learning other calligraphic alphabets. This class also explores a variety of calligraphy tools, inks and papers and how they can be used in different projects and with other related art forms.
61602 7:00pm - 9:00pm M 3/3 - 5/5 MVC

Cartooning For Fun

ARTZ 1000 **\$38**
10 HRS
Create comic characters, write and draw stories, and learn how to layout an original comic strip. Pencil and inking techniques and other secrets of professional cartoonists are revealed. Imagination and funny bones are needed! Bring an 11" x 14" sketch pad and two HB pencils to the first class. Additional supply list will be given.
62401 1:00pm - 3:00pm R 4/3 - 5/1 MVC

Creative Greeting Cards

ARTZ 1000 **\$40**
10 HRS
Learn to make unique cards to mark special occasions. Personalize holiday or special occasion greeting and announcement cards with flair. Learn to combine techniques such as stenciling and stamping, embellish using ribbon, fabric, paints, and markers.
61503 7:00pm - 9:00pm R 4/10 - 5/8 MVC

Crochet I | Just the Basics

ARTZ 1000 **\$40**
10 HRS
Are you new to crocheting? This class can help you get started. Learn basics such as how to make a starting chain, crochet a single and double stitch, weave in ends, add another color, combine stitches, and read a pattern. During this course students begin a simple project using the above techniques. Supply list will be provided the first night of class.
60204 7:00pm - 9:00pm M 3/3 - 3/31 MVC

Crochet II | Afghans

ARTZ 1000 **\$40**
10 HRS
Build your crocheting skills and create beautiful afghans for presents. Course focuses on crocheting a traditional granny square spread and various finishing edges, as well as more practice reading patterns.
60304 7:00pm - 9:00pm M 4/7 - 5/5 MVC

Photo Silkscreen Workshop

ARTZ 1000 **\$30**
7 HRS
Whether it's a great graphic on a t-shirt or an abstract image on a silk scarf or pillowcase, silkscreen prints can be made by transferring an image from a photograph onto fabric. In this hands-on workshop, learn how to scan an image, print a transparency, coat a silkscreen with photo-emulsion and burn the image onto the silkscreen frame. The final image will be printed onto a fabric or garment of your choice. Bring up to five surfaces to work on. All other supplies are provided. Approximate supply fee is \$10.
60506 9:00am - 4:00pm S 3/8 - 3/8 MVC

Plastic Canvas Design

PERZ 1000 **\$40**
10 HRS
Learn the fun craft of plastic canvas design. In this introduction class, learn how to combine plastic canvas and yarn to create a beautiful gift item. Supply list furnished first day of class.
62601 7:00pm - 9:00pm T 4/1 - 4/29 MVC

Scrapbooking | Basics

ARTZ 1000 **\$40**
10 HRS
Learn to preserve your memories for a lifetime. Basic and time-saving scrapbooking elements are shared, in addition to tips for better family photos. Photo cropping techniques, page layout and design ideas and the importance of journaling are covered in this class for scrapbooking beginners. Bring at least two rolls of recently developed film to the first class meeting.
60404 7:00pm - 9:00pm R 3/6 - 4/3 MVC

You Too Can Draw!

ARTZ 1000 **\$38**
10 HRS
Have you always wanted to draw? This class is an introduction to basic drawing and composition skills. Student learn tips on observing and drawing better. Create a "masterpiece" or two! Bring to the first class: 11" x 14" sketchpad; two 4B pencils; two charcoal pencils; and a kneaded eraser. Additional supply list will be given at first class session.
62201 1:00pm - 3:00pm T 2/5 - 3/4 MVC

COMPUTER TRAINING

Keyboarding for Seniors

Basic Keyboarding **\$50**
POFT 1010 16 HRS
Skill development in keyboarding. Emphasizes alphabet, number, and symbol keys by touch. Good keyboarding skills are essential to effective computer use. This course provides hands-on practice and instructor assistance to introduce students to the touch typing system, including correct finger placement and development of accuracy and speed. No more "hunt and peck" typing. 3.5" HD diskette, Flash disk or CD-RW required.
60307 1:30pm - 4:45pm MTWRF 1/14 - 1/18 LLC
60308 1:30pm - 4:45pm MTWRF 3/3 - 3/7 LLC
60309 1:30pm - 4:45pm MTWRF 4/14 - 4/18 LLC

Computer Literacy for Seniors

Introduction to Computer Applications in Business **\$33**
ITSC 1022 10 HRS
An introduction to popular business productivity software applications. This brief introduction on how readily you can master the use of computers for many purposes will take away your fear of getting on the "information superhighway." Learn a little computer lingo and see how interesting and fun a computer can be! Prerequisite: Keyboarding for Seniors or a minimum of 25 wpm typing. 3.5" HD diskette, Flash disk or CD-RW required.
61408 2:00pm - 4:30pm TWRF 1/22 - 1/25 LLC
61409 2:00pm - 4:30pm MTWR 3/10 - 3/13 LLC
61410 2:00pm - 4:30pm MTWR 4/21 - 4/24 LLC

Windows for Seniors

Introduction to Computer Operating Systems **\$33**
ITSC 1006 10 HRS
A study of microprocessor architecture, file creation/deletion, data entry and manipulation, automatic file execution, configuration, and directory commands. Utilize the desktop as a complete work space while creating direct shortcuts to applications and documents. Gain a complete understanding of Windows Explorer, My Computer, Start Menu items, and Internet features. Prerequisite: Keyboarding for Seniors and Computer Literacy for Seniors. Two 3.5" HD diskettes, Flash disk or CD-RW required.
61103 2:00pm - 4:30pm MTWR 1/28 - 1/31 LLC
61104 2:00pm - 4:30pm MTWR 3/17 - 3/20 LLC
61105 2:00pm - 4:30pm MTWR 4/28 - 5/1 LLC

PROGRAMS FOR SENIORS

PC Applications for Seniors

\$33

Introduction to Computer Applications in Business

ITSC 1022

10 HRS

An introduction to popular business productivity software applications. This course is a brief introduction to the various application software components used to produce word processing documents, spreadsheets, databases, presentations and graphics for use in home or office settings. Prerequisite: Keyboarding, Computer Literacy for Seniors, and Windows Introduction or Windows for Seniors. 3.5" HD diskette, Flash disk or CD-RW required.

60803	2:00pm - 4:30pm	MTWR	2/4 - 2/7	LLC
60804	2:00pm - 4:30pm	MTWR	3/24 - 3/27	LLC
60805	2:00pm - 4:30pm	MTWR	5/5 - 5/8	LLC

World Wide Web for Seniors

\$33

Internet, Basic

ITNW 1007

10 HRS

Introduction to the Internet including e-mail, home page, and how to perform basic research to address company/business needs. Explore the Internet's information-packed World Wide Web. Tour online libraries and museums; access weather, medical and travel information; learn to use e-mail and download shareware; and demonstrate online "real time" person-to-person communications. Expand your world without ever leaving the comfort of home! Prerequisite: Keyboarding for Seniors, Computer Literacy for Seniors and Windows Introduction or Windows for Seniors. 3.5" HD diskette, Flash disk or CD-RW required.

60703	2:00pm - 4:30pm	MTWR	2/11 - 2/14	LLC
60704	2:00pm - 4:30pm	MTWR	3/31 - 4/3	LLC
60705	2:00pm - 4:30pm	MTWR	5/12 - 5/15	LLC

LIFELONG LEARNING

Create Your Own Story Book

\$38

ARTZ 1000

10 HRS

Write a story book or select a favorite poem and illustrate it by drawing or using cut colored paper. Bind the pages to make a cloth covered book. This makes a wonderful gift to share with the grandchildren. Bring an 11" x 14" sketch pad and two HB pencils to the first class. Additional supply list will be given.

62301	1:00pm - 3:00pm	W	3/19 - 4/16	MVC
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Digital Camera | Introduction

\$38

SRCZ 1000

10 HRS

Learn how to really use your digital camera and your computer. This course focuses on selecting the right equipment; setting up your camera and computer; creating files and sending them as e-mail or saving them to a CD. Some working knowledge of Microsoft Windows is helpful.

60304	2:00pm - 4:00pm	W	2/6 - 3/5	MVC
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Digital Camera | Intermediate

\$38

SRCZ 1000

10 HRS

Improve your skills using your digital camera and computer. Learn how to enhance your digital photos in various ways, including correcting exposure, cropping, and adding text and sound. Develop your ability to share pictures via the World Wide Web while adding to your expertise in Microsoft Windows. Prerequisite: basic digital camera skills.

60404	2:00pm - 4:00pm	W	3/19 - 4/16	MVC
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Gardening with the Masters

\$37

HORZ 1000

10 HRS

Improve your skills and your garden with the Dallas County Master Gardeners, a volunteer arm of the Texas Cooperative Extension Service as they discuss gardening and landscaping issues, ideas, plant materials and "how-to" techniques specifically for Dallas County. Topics include: which soils work best for North Texas; proper bed preparation; Asian inspired landscaping design; shade gardening; and rainwater harvesting techniques for urban landscaping.

60103	7:00pm - 9:00pm	T	2/5 - 3/4	MVC
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Hollywood Classics History

\$60

RECZ 1000

20 HRS

Are you a movie fan? Then this class is for you. View classic films and discuss the history behind the making of the films. Films included star Laurel and Hardy, Bing Crosby, Charlie Chaplin, Humphrey Bogart, Katherine Hepburn. You may want to bring some popcorn!

60501	1:00pm - 3:00pm	MW	3/17 - 4/16	MVC
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Spanish Conversational | Beginning

\$60

LANZ 1000

20 HRS

It's time to finally learn Spanish! Learn basic vocabulary, grammar and practical shortcuts for communicating in the community, while traveling or while working with Spanish-speaking employees or service providers. Classes are active with practice and participation. Textbook is required.

61202	2:00pm - 4:00pm	MW	3/3 - 4/2	MVC
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Spanish Conversational | Intermediate

\$60

LANZ 1000

20 HRS

This course continues Spanish Conversational, Beginning that is a creative conversational approach for improving language skills. Students review and strengthen basic grammar and vocabulary from Spanish Conversational, Beginning and are presented with advanced grammar concepts and common idiomatic expressions to increase vocabulary and understanding from text and media resources using exercises based on work-related topics and student-generated ideas. Prerequisite: Spanish, Conversational, Beginning. Textbook is required.

61302	2:00pm - 4:00pm	MW	4/7 - 5/7	MVC
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LIFELONG HEALTH & WELLNESS

CPR & First Aid | Adult

\$55

HLTZ 1000

7 HRS

This course teaches participants to call and work with EMS, care for conscious and unconscious choking victims, perform CPR and care for breathing and cardiac emergencies in adults. Participants also learn how to recognize emergency situations, care for wounds, head and spinal injuries, burns, manage sudden illness, stroke, seizure, bites, and poisoning. American Red Cross certification will be awarded upon successful completion of the course.

60701	9:00am - 4:00pm	S	2/16	MVC
60702	9:00am - 4:00pm	S	4/19	MVC

Primeros Auxillios y RCP para Adultos

\$55

HLTZ 1000

7 HRS

Esta clase da personas las habilidades y conocimientos necesarios para reconocer y dar atencion basica en emergencias respiratorias y cardiacas, lesiones y enfermedades repentinas.

60901	9:00am - 4:00pm	S	3/8	MVC
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Tai Chi I & II

\$50

PHEZ 1000

12 HRS

This course introduces the student to Tai Chi and allows previous students to continue studying. It's an ancient breathing exercise coupled with slow, non-aerobic, martial arts movements designed to take the body through a wide range of motion. And it's a gentle form of exercise that can be practiced by anyone regardless of age or physical condition. Loose fitting, comfortable clothing should be worn.

61405	6:00pm - 7:30pm	M	2/4 - 3/24	MVC
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