NEW Silver Circle

Come join us and become one of our shining seniors in our Silver Circle Program! These programs are geared toward senior citizens to offer courses that will enhance the personal, professional and social lives of the participants.

**COMFY CHAIR TRAVEL**
Travel the world from a comfy chair. This course is designed to expose participants to the vast cultural resources throughout the world utilizing video and film.

Course #: SENR-4001  
Northwest - Instructor: Micou, Renee  
Room: G6  
CRN: 90233, Thur 10:00AM-11:55AM  
Date: 10/14-10/28/10

**COOKING LITE**
Cooking doesn't have to be high fat to be delicious. Discover ways to substitute low fat for high fat ingredients. Use spices to their maximum advantage. Menu planning and menu preparation will be provided.

Course #: HEAL-4085  
FEE: $20.00  
Northwest - Instructor: Barnett, Michael  
Room: G6  
CRN: 90232, Sat 2:00PM-3:55PM  
Date: 10/23-10/30/10

**CURRENT EVENTS**
Feeling like you are out of the loop! Find out what's going on around the world and around you. This course creates dialogue and conversation surrounding news, events and highlights occurring nationally, locally and in your neighborhood.

Course #: EDDV-4097  
FEE: $25.00  
Northwest - Instructor: Simmons, Ralph  
Room: G14  
CRN: 90229, Mon 10:00AM-11:55AM  
Date: 9/13-9/13/10

**HEALTHIER YOU**
This is a course designed to educate you about reading and defining food labels. This course will also assist you with planning, shopping and preparing healthy.

Course #: HEAL-4083  
FEE: $25.00  
Northwest - Instructor: Sutton, Jamie  
Room: G6  
CRN: 90226, Wed 11:00AM-12:55PM  
Date: 9/15-9/29/10

**JEWELRY BEAD DESIGN FOR MATURE LEARNERS**
This class will offer a hands-on approach to Jewelry Bead Design. Participants will complete sets of jewelry that include a necklace, a pair of earrings, and a bracelet. Participants are responsible for purchasing their own supplies.

Course #: SENR-4007  
FEE: $25.00  
Northwest - Instructor: Robinson Young, Kathleen  
Room: G6  
CRN: 90228, Mon,Wed 4:00PM-5:55PM  
Date: 9/8-9/20/10

**EXPERIENCE SENIOR POWER**
This course introduces the mature learner to computer basics, hands-on training and step-by-step instruction. Explore a new skill and become a confident computer user.

Course #: CSTT-4047  
Northwest - Instructor: Williams, Nichole  
Room: T205  
CRN: 90188, Wed 10:00AM-11:55AM  
Date: 8/25-9/29/10

**MATURE LEARNERS - EXPLORING THE PC**
This course is an overview of computer hardware and software. Learn desktop functions, organizing and managing files and maneuvering an operating system.

Course #: CSTT-4003  
FEE: $50.00  
Downtown - Instructor: Bland, Karen  
Room: 243  
CRN: 90113, Fri 12:30PM-3:25PM  
Date: 9/10-9/8/10

Northwest - Instructor: Simmons, Sandra  
Room: G4D  
CRN: 90246, Sat 9:00AM-11:55AM  
Date: 10/2-10/30/10
NEW Silver Circle

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MATURE LEARNERS - WINDOWS XP
This course is for the novice computer user who is interested in learning the basics of this operating system. Learn how to create folders and files, how to copy and move files and folders and how to customize the look of a desktop with screen savers and toolbars.

Course #: CSTT-4009
FEE: $25.00
Downriver - Instructor: Watkins, Lydia
Room: W26
CRN: 90152, Mon,Wed 9:00AM-11:55AM
Date: 8/30/10-9/1/10

MATURE LEARNERS - WINDOWS XP EXPERT
This course is designed for individuals who want to expand their computer knowledge. Learn how to create folders and files, copy and move files and folders, customize the look of a desktop with screen savers and toolbars.

Course #: CSTT-4100
FEE: $25.00
Downriver - Instructor: Watkins, Lydia
Room: W26
CRN: 90153, Mon,Wed 9:00AM-11:55AM
Date: 9/13/10-9/15/10
Northwest - Instructor: Hudson, Wanda
Room: G4D
CRN: 90244, Sat 9:00AM-2:55PM
Date: 8/28/10-9/1/10

MATURE LEARNERS - INTERNET AND YOU
This course will provide students with the opportunity to learn many functions: Internet terminology, the benefits of “surfing” techniques and e-mail. Students must have basic knowledge of the computer.

Course #: CSTT-1350
FEE: $15.00
Downtown - Instructor: Thomas, Renee
Room: 243
CRN: 90109, Fri 9:00AM-11:55AM
Date: 8/27/10-9/3/10
Downtown - Instructor: Gwynn, Annice
Room: 243
CRN: 90117, Sat 9:00AM-11:55AM
Date: 9/10/10-9/18/10
Downriver - Instructor: Watkins, Lydia
Room: W26
CRN: 90144, Mon,Wed 9:00AM-11:55AM
Date: 9/20/10-9/23/10
Northwest - Instructor: Hudson, Wanda
Room: G4D
CRN: 90255, Sat 9:00AM-2:55PM
Date: 9/11/10-9/11/10

PERSONAL INTERNET SAFETY
This course is an introduction into identity theft prevention and personal safety while exploring the internet. Participants will also gain knowledge and safety tips for sending and receiving emails.

Course #: SENR-4004
FEE: $25.00
Northwest - Instructor: Thomas, Renee
Room: G4D
CRN: 90230, Fri 10:00AM-11:55AM
Date: 10/15/10-10/15/10
NEW SILVER CIRCLE

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SILVER CIRCLE BOOK CLUB
Ever find yourself wanting to discuss books with others? Join us for rousing discussions about the latest books that everyone is talking about! Seniors of all ages welcome!

Course #: SENR-4008  
FEE: $25.00  
Northwest - Instructor: Swanson, Kenya  
Room: G14  
CRN: 90249, Fri 11:00AM-12:55PM  
Date: 10/22/10-11/12/10

YOGA FOR SENIORS
Participants will learn gentle stretching exercises for vitality, strength and flexibility. This modified yoga sequence will build strength, improve posture and make everything else more fun because of it.

Course #: PEDU-4040  
FEE: $25.00  
University Square - Instructor: Staff  
Room: TBD  
CRN: 90061, Mon,Wed 2:00PM-2:55PM  
Date: 9/20/10-11/10/10

NEW ZUMBA GOLD FITNESS
Have fun and get moving! Every exercise is low impact and may be adapted to fit your particular challenges. Zumba Gold mix of safe and effective aerobic exercises designed to improve your overall strength, endurance and mobility. Adults of all ages and fitness levels welcome.

Course #: PEDU-4042  
FEE: $40.00  
Downriver - Instructor: Torres, Kara  
Room: S-2  
CRN: 90299, Tues 10:00AM-10:55AM  
Date: 9/7/10-11/16/10