

Senior Services for South Sound

Winter Quarter 2012

Services, Clubs, Workshops, Classes



Registration

January 11th, 12th, 13th

9 am – 3 pm

Olympia Senior Center Lobby

222 Columbia Street, NW

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Join in the Fun!



Watch for several **NEW**
Clubs and Classes!

MEMBERSHIP & CLASS and CLUB REGISTRATION

If you plan to take a class, workshop, or to participate in a club, you must be an active member of Senior Services for South Sound **and** register for the activities you are interested in.

MEMBERSHIP: \$30/Year for Singles; \$55/Year for Couples. Open to anyone 55 and older.

Membership entitles you to participation in all Services and Clubs.

NOTE: Caregivers, for our members, do not need a membership.

REGISTRATION: \$20/Quarter. Registration entitles you to participation in any and/or all classes offered during the quarter. Winter Quarter Registration is January 12th, 13th, and 14th, 9am to 3pm in the Senior Center Lobby.

Even though Clubs run continuously throughout the year, with possible breaks for the summer months, you must register each quarter.

Classes run for nine weeks, except the Summer Quarter which is six weeks.

You may register by mail or phone if you are going to be out of town during registration week. Send your name, phone number, membership number and registration fees, if required

We accept Master Card and Visa Debit and/or Credit Cards as well as checks and cash.

You may register a friend. Be sure you have the payment and their membership number.

Several classes and clubs charge an "instructor or materials fee". The individual instructor determines these fees and payment is made directly to them. These fees are often charged to offset the cost of supplies and/or to reimburse the instructor for their time and services. Senior Services for South Sound neither receives nor collects any part of these "instructor fees".

Winter Classes begin Tuesday, January 17th unless noted otherwise in this catalog. Monday Classes will begin on Monday, January 23, 2012. The Center will be closed Monday, January 16th, for Martin Luther King Day, and Monday, February 20th for President's Day.

It is our policy that NO ONE be denied membership and/or enrollment in classes. If you cannot afford the fees, scholarships are available. All requests regarding scholarships will be handled confidentially by either Chris Quimby or Sara Thiessen, Activities Staff.

We welcome those under 55 who want to take a class or participate in a club, however seniors are given priority. Participants under age 55 may be bumped from a class depending on capacity and availability.

This brochure is for informational purposes only and may change periodically. Call Chris or Sara in our Activities Department for questions or additional information, 360-586-6181. Chris and Sara can also be contacted by e-mail at "activitiesdir@southsoundseniors.org.

*We look forward to
seeing you!*

Senior Services for South Sound
222 Columbia Street, NW
Olympia, WA 98501
360-586-6181
www.southsoundseniors.org

OPEN TO THE PUBLIC

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(Membership Not Required)

Coffee Bar: Coffee Service, Fruits, and Sweets. **Monday through Friday, 8 am-2 pm.** Volunteer opportunities.



Daily Lunch: This program offers those 60 or older a lunch for a suggested donation of \$3.00 per meal (with a suggested range of \$3-\$6 depending on ability to give). Guests under 60 are welcome to enjoy lunch at the cost of \$5.65 per meal.

Monday through Friday, 11:45 am-12:30 pm. Volunteer Opportunities.

Senior Services 101: An introduction to Senior Services of South Sound and tour of the Olympia Senior Center.

Normally the 4th Wednesday of the month, 1:30-2:30 pm.

Smile Care: Senior Dental Services. Price of services varies. Please ask for a packet from the Reception Desk; information must be completed before attending.

3rd Monday of the month at 10 am.

Hearing Aid Cleaning and Minor Repairs: Complimentary services including hearing aid cleanings, batteries, and minor repairs. A clinical audiologist will be available to discuss any hearing related topics that might be of interest and provide hearing aid consultations. Educational seminars will also be offered on occasion. **Drop-in the 1st Wednesday of each month, 10 – 11 am.**

Senior Information and Assistance: The Lewis-Mason-Thurston Area Agency on Aging will be available the **2nd Wednesday of Every Other Month, 10:30 – 11:30 am, in our Lobby.** They will be here **January 11th and March 14th.**

Newcomers and Community Awareness: Do you want to learn more about Olympia? This group explores all aspects of our community from culture to politics, to communications to medicine, to whatever catches our fancy. If we get curious about something, we invite a speaker or take a field trip to find out the information first hand. Facilitated by Sara Thiessen. **Wednesdays, 10:15-11:30am.**

The Boutique: Gently used clothing, books, movies, and household items. Donations accepted. Volunteer Opportunities.
Monday through Friday, 9 am-3 pm.



Bread Distribution: Next to Coffee Bar. No income requirement.
Wednesdays 10:30-11:15 am and Fridays 12:30-1:15 pm.

Food Bank Distribution: Low Income Seniors; must sign-up with Supportive Services.

Commodities: Must sign-up at the Thurston County Food Bank.
3rd Friday of the month, 11:30 am-12:30 pm.

Trips/Tours/Travel: Office Hours: **Monday through Thursday, 9 am – 2 pm.** Catalogs are available describing up-coming trips, or on-line at www.southsoundseniors.org, or call 360-586-6181.

Let's Dance: Come dance to the big band sound. This is a wonderful opportunity to get your dance thirst quenched, meet some amazing, delightful folks, and listen to some unbelievably good music. Refreshments provided at "halftime" – around 3pm.
Wednesdays. 2-4 pm. Fee Per Dance: Members: \$5 Non-Members: \$6

Minor Walker Adjustments: Care Medical provides minor walker adjustments - including brakes, the height of a walker, cleaning the tires and wheels, and replacing rubber feet. Other minor repairs may also apply. Evaluations will also be done on wheelchairs and power chairs.
First Tuesday of Each Month, 10 – 11:30 am, in our Lobby.

Senior Action Network: Information and Education Table. Come ask professionals of SAN about anything related to senior issues.
Third Wednesday of Each Month, 10 – 11:30 am, in our Lobby.

SENIOR PAGETURNERS

In partnership with the Timberland Regional Library, PageTurners Book Club welcomes new readers at any time. The next three book discussions are:

January 10th: Pilgram at Tinker Creek

February 7th: To Be Announced

March 6th: To Be Announced

(Second Tuesday of Every Month, 1 - 2:30 pm.)

SERVICES

(Participation Requires Current Membership)

Seated Chair Massage: Drop-In any Monday or Wednesday, 10 am-2 pm; located near the Coffee Bar. Cost: \$10.00. By: Patrick Morris, LMP.



Haircuts: Every Thursday, 9:30 am - 1:30 pm. Appointment necessary.

Blood Pressure Check: Drop-in Wednesdays, 10 - 11 am. Cost: Free. Usually in Room 208.

Foot Care: By Appointment, first Monday of the month, 9 am - 3 pm. Diabetics Welcome. Foot soak, nail trimming, in-growns, removal of corns and calluses. Cost: \$25; bring your own towel. By: Mariam Barringer.

Acupuncture: Drop-in Wednesdays, 10 am to 12 pm. Cost: \$10. By: Gianna McManus, LAC.

Table Massage: Drop-in Wednesdays, 10 am to 12 pm. Cost: \$10. By: Mery Kate Grearson, LMP.

Reflexology: Drop-in Wednesdays, 10 am to 12 pm for a 20 minute treatment. Cost: \$20. By: Monika Conte.



Pool and Ping Pong Tables: Pool Tables and Ping Pong Tables are open to Senior Services Members Monday, Wednesday, and Friday, 9 am-4 pm; Tuesdays and Thursday, 9 am -1 pm. **Membership Required. Key for Equipment Cabinet available at the Front Office. Key must be returned by the person who picks it up.** (Note: This area is open to the public Tuesdays and Thursdays, 1-4 pm.)

CLUBS

(Participation Requires Current Membership)

Note: Please check for Instructor Fees and Beginning Dates.



ENHANCEFITNESS©

An exercise class designed by the University of Washington and Group Health to help seniors improve “overall health, balance, flexibility, bone density, endurance, coordination, mental sharpness and to decrease the risk of falling”. Group Health pays the class fee for their members age 65 or older. Sign-up anytime at our Front Desk. Trained instructors have fun and offer unique classes using hand weights, stretch bands and enthusiasm.

The class meets every Monday, Wednesday, and Friday.

9-10 am Advanced 1:30-2:30 pm Basic/Intermediate

Fee: \$2/class. If you are a Group Health member, they will pay this fee.

Wii© FITNESS

Come check out our Nintendo Wii...baseball, tennis, bowling and golf to name just a few of the games we have for our game system. Come see and feel how realistic the Wii is. Are you a former bowler, but can't any longer due to a heavy ball? No problem with the Wii. It's fun, interactive, and believe it or not, you actually get some exercise while doing it! It also helps with improved hand/eye coordination.

Facilitated by Dawn Celeste-Gilliam. 1st and 3rd Mondays, 12:30-3 pm. Senior Lobby. Membership Required; Pre-Registration Not Required.

FRIDAY AFTERNOON TAI CHI CLUB

This form of Tai Chi is the Yang Family Long Form as currently taught by Yang Jun, a sixth generation member of the Yang family. The Yang Style Long Form is taught in three sections 1) Beginning - Movements 1 through 19; 2) Intermediate, Movements 20 through 57; 3) Movements 58 through 105. Currently you can sign-up for Beginning (Section 1) or Intermediate (Section 2). Yang Style Tai Chi can be described as comfortable, graceful extended movements in a slow, relaxed steady tempo and with gentle, stable, flowing movements.

Instructor: Earl Hanson Beginning: Fridays, 5-6 pm Intermediate: Fridays, 6-7 pm

HEALTHY STEPS

Come walk around Capital Lake. This club is for Seniors of all ages and levels of fitness. The walk is at your own pace, and you will always be paired with at least one other walker. Wear sturdy shoes and comfortable clothing. Dress for the weather!

Tuesday and Thursday. Depart from the Lobby at 9 am.

Membership Required; Pre-Registration Not Required.

MEDITATION – BRINGING THE MIND HOME

This is a secular (non-religious) approach to being awake and present. Meditation can help reduce stress while increasing awareness and relaxation. You will be seated comfortably in chairs while your teacher guides you through this centuries-old method for being here, now.

Fridays 12:45-1:30 pm. First six (6) weeks with Teacher, then on-going without the Teacher as Facilitator.

POSITIVE LIVING SKILLS

This Club will focus on creating skills to assist our members in coping with their environment in a healthy productive way. The club will include presentations as well as role playing and instruction. Periodically we will have guest speakers to teach varying techniques. This club is meant to assist people in dealing with every day life situations in the most healthy and constructive way possible.

Facilitator: Dawn Celeste-Gilliam. 1st Thursday of Each Month starting February 2nd, 2-3 pm.

DOCUMENTARY FILM

Discover the world of documentary film. Always educational, many times visually awesome. This film club investigates and celebrates the world around us. Most of the documentaries shown have won prestigious awards, such as the top film at Sundance, the Academy of Motion Pictures, and others.

Facilitator: Chris Quimby. Fridays, 9:30-11:30 am.



NEW!!! CONVERSATIONAL SPANISH

This is not a traditional "teaching" Spanish class. This is a place to learn and/or practice conversational, everyday Spanish. All levels of Spanish language knowledge welcome.

Facilitators: John Pelleriti and Lillian Strange. Thursdays, 1 – 2 pm.

CURRENT ISSUES

Join a group discussion of world, national, state and local issues. Examine positions and comments of public figures. Add to your knowledge, broaden your perspectives, and recognize diversity of view points.

Tuesdays, 10-11:30 am.

HANDWORK, KNITTING, CROCHETING, BEADING, ETC. CLUB

Learn a new skill or share your talent and skills with others. Make new friends, learn a wonderful meditative craft and share ideas and enthusiasm for the fastest growing craft in America.

Fridays, 9-11 am.

WOODCARVING CLUB

Learn the skill and art of woodcarving. Beginning and advanced carvers are welcome. No official instructor, but lots of advice and encouragement offered.

Fridays, 8-11 am.

ARTS AND CRAFTS

In this small class, participants learn how to make simple crafts, step-by-step. Crafts are then displayed at the Senior Center or taken home to enjoy. Past crafts include leaf magnets, toilet paper roll turkeys, and painted fall leaves.

Facilitator: Dawn Celeste-Gilliam. Tuesdays, 10-11:15 am.

Membership Required; Pre-Registration Not Required.

LOW-VISION SUPPORT GROUP

Discussion topics include low-vision services, nutrition, new products, and local community resources and other services.

Third Tuesday of Each Month, 10-11:30 am.

BINGO BY THE LAKE

A field trip to the Lacey Senior Center to play BINGO, have lunch, and then return to the Olympia Senior Center by 1:00pm. To reserve your seat in the van, contact **Dawn Celeste-Gilliam, 360-586-6181, Ext. 101. Thursdays, 10 am- 1pm.**

Membership Required; Pre-Registration Not Required.

BINGO AT OLYMPIA:

Facilitator: Dawn Celeste-Gilliam, Second (2nd) and Fourth (4th) Mondays, 12:45-1:45 pm.

Membership Required. Pre-Registration Not Required.



PINOCHLE CLUB

Join us for Pinochle and fun. This group continues to grow and has a wonderful enthusiasm for the game. All levels of play are welcome.

Tuesdays, 1-3:30 pm.

THURSDAY PARTY BRIDGE CLUB

This Club is not your normal bridge club! We are a community of bridge players that emphasize community over competition. This is not a drop-in bridge club. Emphasis is for folks committed to attend every week; however, if there are extenuating circumstances, contact the facilitator if you are going to be absent. New club members will be contacted by the facilitator prior to attending their first day so we have a foursome best for your level of play.

Facilitator: Lynda Thompson. Thursdays, 12:30-3 pm.

TUESDAY BRIDGE CLUB

This is Party Bridge and all levels are welcome.

Facilitator: Dale Spiegel. Tuesdays, 9 am-3 pm.

MAHJONGG

Learn how to play American Mahjongg following the National Mahjongg League of New York rules. Hands-on learning. It will take about four (4) lessons before you will be able to play on your own. Class requires a minimum of four (4); maximum six (6) students. A Mahjongg set will be provided for the lessons. If there is enough interest, new lessons will start every six (6) weeks.

Facilitator: Jeanette Cohen. Thursdays, 9:30-11 am. Senior Center Lobby.

NEW!!! CRIBBAGE CLUB

Do you find yourself counting by fifteens? 15-2, 15-4, 15-6, etc., etc.? Do you have visions of pegs being stuck in little holes? Is your vision of perfection a 31 hand? Then come join us for the new Cribbage Club. All skill levels welcome.

Facilitator: Gordon Robinson. Fridays, 2 – 4 pm. Senior Center Lobby.

READER'S THEATER

Reader's Theater Unlimited was formed to provide its members with an opportunity to act without the necessity of memorizing lines. The plays are one-act or brief adaptations of longer productions. No acting experience necessary. Reader's Theater performs regularly at the Olympia and Lacey Senior Centers, Arts Walk, and different locations in the South Puget Sound Area.

Tuesdays 1-3 pm. Intro to Reader's Theater: Tuesdays Noon-1pm, except for the first Tuesday.

READING GROUP

This dynamic group reads stories out loud to each other and periodically has performances throughout the year – Holiday Readings, Labor Day Reflections, etc. This group will read aloud poems and share short stories. Members bring contagious enthusiasm and a vast library to this Club. Bring one of your favorite writings (either your own or from your favorite author) and join us.

Thursdays, 1-2 pm.

POETRY CLUB

Express yourself! Write your thoughts, emotions and memories in poetry form. Use words to color our world. Great creative fun. **Beginning this quarter, there will be a one dollar (\$1.00) registration fee to help cover the cost of copies.**

Tuesdays, 10-11:30 am.

COMPUTER CLUB

Learn some very basic tasks on the computer. Learn how to play games, use e-mail, and write letters. This is a very basic Club so if you are looking for more formal and in-depth instruction, please refer to the Computer Classes and Workshops offered at the Senior Center.

Facilitator: Virginia Towne. Thursdays, 3-4 pm.

BIBLE STUDY

This Club is a study of the gospels and other books. Discussions are passionate and thought-provoking.

Facilitator: Jerry Witte. Mondays, 10:30-11:30 am.

CLASSES

(Participation Requires Current Membership AND
a \$20 Quarterly Registration Fee)

Note: Please check for Instructor Fees and Beginning Dates.

TAI CHI FOR SENIORS

Tai Chi, an ancient Chinese exercise for health, focuses on slow, fluid movements that improve balance, muscle tone and flexibility. Learn simple techniques renowned for stress reduction, pain management, and excellent support for preventing or treating conditions of the heart, respiration, joints, bones, circulation, metabolism and the immune system. You can literally be more comfortable in your own skin and feel refreshed from the inside out. A great compliment to EnhanceFitness or other fitness regiments.

Instructor: Harry Bowron. Thursdays 10:00-11:30 am. Instructor Fee: \$6 Per Session.



GENTLE YOGA

Come join our certified yoga instructors who will guide you through gentle yoga movements. This class is for new or experienced yogis who want a safe, gentle practice. Includes restorative and beginning poses, breathing, body awareness, relaxation and meditation. Work at your own pace and level of ability. Increase your strength, flexibility, balance and range of movement.

Instructors: Maureen Oar and Nancy Roberts. Tuesdays and Thursdays 10:00-11:00am. This class runs year-round. Instructor Fee: \$5 Per Session. You will need your own yoga mat.

LAUGH YOGA

Learn about Laugh yoga's philosophy of "acting happiness". Come prepared to participate in a series of simple, structured laughter and yogic-breathing exercises. have fun learning about the brain and its important role in sustaining optimal health in stressful times.

Instructor: Miss Kate Elliot. Fridays 10-11 am. Instructor's Fee: Suggested Donation of \$3.00 No one will be turned away.

ZUMBA

Zumba is a popular fitness program inspired by Latin dance. The "Zumba" comes from a Colombian word that means to move fast and have fun, which is just how people describe the routine. Using up-beat Latin music together with cardiovascular exercise, Zumba is aerobic dancing that is lots of fun and easy to learn.

Instructor: Diane L. Johnson. Tuesdays and Thursdays, 9-10 am. \$3/Class.

NEW!!! THE HUMAN BODY: How We Fail, How We Heal

This lecture series looks at how the human body responds to attacks both from without and within. We will explore the many ways in which the body meets these challenges and how, in some cases, it may either fail or overreact.

Facilitators: Eileen McKenzieSullivan. Mondays, 10:30-11:30 am.

NEW!!! CONSCIOUS LIVING

When we live unconsciously, stress triggers negative physical, mental, and emotional conditions and relationship problems. When we live consciously, those same stresses trigger growth, increased inner peace and wellness. This class will explore Energy Psychology, Healing Meditation, and Mindfulness. Healing strategies such as Emotional Freedom Tapping will be explored. the goal of this class is to empower its members to eliminate stress and to *heal their bodies, minds, and emotions.*

Instructor: Robert Gabriel, Ph.D., LMHC,OM. Fridays, 2- 3:30 pm. Instructor Fee: \$6.00 Per Class. No one will be turned away.

SPANISH LANGUAGE – INTERMEDIATE

This class is for students who want to continue their process of learning and speaking Spanish. Learn the basics and have fun doing it.

Instructor: Marita Herrera. Wednesdays 1:30-2:30 pm. Instructor Fee: \$12.00 Per Quarter.

SPANISH LANGUAGE – ADVANCED

Join other Spanish-speaking friends for conversation and light instruction. This class is for students currently studying Spanish who want to strengthen their skills.

Instructor: Marita Herrera. Tuesdays 1:30-2:30 pm. Instructor Fee: \$12.00 per quarter.

REVISED!! SIGN LANGUAGE

American Sign Language (ASL). Some experience required. If you are new to ASL, please see the Instructor before registering for the Winter Quarter. **Beginning this quarter, there will be a five dollar (\$5.00) fee per class payable to the Instructor.**

Instructor: Lydia Beth Leimbach. Mondays, 1:30 – 2:30 pm. First Meeting for the Winter Quarter will be Monday, January 30, 2012. The Center will be closed Monday, January 16th; there will be no Instructor Monday, January 23rd, but the group is welcome to meet on their own.

FOREVER YOUNG – SENIOR ROCK-N-ROLL CHORUS

This class is based on the recent award-winning documentary, "Young at Heart". We will watch the documentary the first meeting, and also learn some history of rock-and-roll. Please Note....Yes, you will be singing in this class!

Facilitators: Stephanie Claire and Chris Quimby. Tuesdays 1:00-3:00 pm.

Music and CD Costs: \$5.00 Per Quarter paid at Registration.

PENCIL DRAWING

Artist Mark Coleman brings his talent to help you learn to draw. All levels, including beginners, are most welcome! Bring in pencils, paper and photographs for inspiration.

Instructor: Mark Coleman. Wednesdays 1:00-3:00 pm. Instructor Fee: \$20 Per Quarter.

WATERCOLOR CLASSES

Please join us to explore the beauty of watercolors. A materials list will be provided on the first day of class.

Instructor: Anita Ellison. Instructor Fee: \$15 Per Quarter.

Beginning: Mondays 9:30-11:30 am.

Intermediate: Wednesdays 9:30-11:30 am.

Advanced: Mondays 1:00-3:00 pm.

HISTORY OF THE PACIFIC NORTHWEST

Take a light-hearted trip through time in the Pacific Northwest from the native peoples to the twentieth century.

Instructor: Diana Redecker. Fridays, 1-2 pm.

COMPUTER CLASSES



BASIC COMPUTER USE – AN INTRODUCTION

New to computers, thinking about buying one, or just want to see what the rest of the world is up to? This gently paced class will acquaint you with the basic functions of a computer including using it to type a letter, “surf” on the Internet and send an E-mail. You’ll get plenty of non-threatening hands on experience.

Instructor: Robert Lovitt. Six (6) Sessions. Two hour classes twice a week.

Wednesdays and Fridays, 10:00 am-12:00 pm

Starting: January 18th

Ending: February 3rd

Class Fee: \$50 Per Quarter Payable at time of registration.

INTERMEDIATE COMPUTER USE – A BIT DEEPER

For those with some computer experience. After reviewing the basics, we will explore in more depth some of the useful tasks that a computer can help us with. We'll practice word processing, file management, safe surfing on the Internet, virus shields and more. We'll use WORD 2010, but previous versions are available also.

Instructor: Robert Lovitt. Six (6) Sessions. Two hour classes twice a week.

Wednesdays and Fridays, 10:00 am-12:00 pm

Starting: February 8th Ending: February 24th

Class Fee: \$50 Per Quarter Payable at time of registration.

NEW!!! ADVANCED COMPUTER USE – DEEPER YET

This class is for those who have survived previous classes as well as others who want to stretch and get beyond their basic computer skills. In Word, we will work with: tables, clip art, orientation, symbols, and more. On the Internet, we will look at organizing the favorite's folder and having favorites in view as well as on the desktop. Windows tricks will include practicing making back-up files.

Instructor: Robert Lovitt. Six (6) Sessions. Two hour classes twice a week.

Wednesdays and Fridays, 10:00am-12:00 pm

Starting: February 29th Ending: March 16th

Class Fee: \$50 per Quarter Payable at time of registration.

COMPUTER WORKSHOPS: (Requires Membership; Instructor's Fee \$25 payable to the Instructor.) Instructor: Robert Lovitt

***Introduction to Internet:** Don't know how to drive on the *Information Highway*? What are people talking about with strange words like: EBay, Craigslist, Google, and Yahoo? In this workshop, you'll learn how to: do general research, genealogy, read/watch/listen to news, tune in radio from around the world, get driving directions, check your stocks, make on-line purchases safely and more! You'll practice navigating the Internet, learn about the pros and cons of Internet providers and get proficient at finding the information you need.

Wednesday, January 25th, 1 – 3:30 pm.

***EXCEL:** Learn to use this Microsoft program to make a simple spreadsheet. Excel is like an electronic ledger, only it will do the math for you! We will look at using it for a checkbook register, for a home budget, to create a work timesheet and more. We'll use **EXCEL 2010**, but previous versions are available also. **Wednesday, February 1st, 1 – 3:30 pm.**

***INTRODUCTION TO DIGITAL CAMERAS WORKSHOP:** discover this new popular and affordable hobby! Should you buy a digital camera? What are the advantages over a regular camera? How do you get images into your computer; adjust them, send them as e-mail attachments or print them out? Come find out! This focuses on “point and shoot” (simple) Digital Cameras (not SLR’s). Feel free to bring your camera, or find out about which ones might be good to purchase. **Wednesday, February 8th, 1 – 3:30 pm.**

***USING YOUR COMPUTER TO ENJOY MUSIC:** We’ll review some of the basic ways that computer use can enhance your access to and enjoyment of music. Some things we will look at include: listening to music CD’s, burning (copying CD’s), organizing music in your computer, listening to radio stations from around the world through Internet, attaching better speakers to your computer, listening to other Internet Music sites, such as Grooveshark, Youtube, and Pandora. **Wednesday, February 15th, 1 – 3:30 pm.**

***COMPUTER MAINTENANCE:** Let’s save you big bucks! Computer repairs are costly and frustrating but avoidable – if you apply the straight forward maintenance tips you’ll practice in this workshop. We’ll eliminate cookies, temporary files, and temporary Internet files, dump files and programs, do Windows updates, defragment and scan the disk for errors, clean the mouse, eliminate dust from the computer as well as practice updating Virus shields, anti-spyware programs and firewalls. **Wednesday, February 22nd, 1 – 3:30 pm.**

***STUMP THE CHUMP:** This is an open forum workshop for you to bring in any computer questions you have from our material this quarter, previous quarters, or from things that have been stumping you at home. Though our Instructor is not all-knowing, he will try his best to answer your questions. He will also have some review material for you to work on. **Wednesday, February 29th, 1 – 3:30 pm.**



HAPPY HOURS!

Mark Your Calendar

for 2012, 5:30pm...

February 3rd

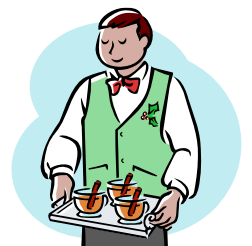
May 4th

December 7th

One of the things we do here at the Senior Center is have fun! In the spirit of having fun, the Activities Department will once again be putting on Happy Hours. This is an opportunity to socialize, have a drink or two, taste some amazingly good appetizers, and listen to some great entertainment.

If you have friends new to the area, this is a wonderful way to introduce them to the Senior Center.

We hope to see you there!



We'd like to thank Cindi Murr and Merrill Gardens for the continued support with our Happy Hour sponsorship! They will be continuing to sponsor us this coming year, so be sure to help us thank them! And, we would also like to thank Dawn Peterson at Garden Courte for being our food sponsor! We truly appreciate you!

2012 HOLIDAY LIST

NEW YEARS DAY	MONDAY, JANUARY 2, 2012
MARTIN LUTHER KING DAY	MONDAY, JANUARY 16, 2012
PRESIDENT'S DAY	MONDAY, FEBRUARY 20, 2012
MEMORIAL DAY	MONDAY, MAY 28, 2012
INDEPENDENCE DAY	WEDNESDAY, JULY 4, 2012
LABOR DAY	MONDAY, SEPTEMBER 3, 2012
VETERANS DAY	MONDAY, NOVEMBER 12, 2012
THANKSGIVING DAY	THURSDAY AND FRIDAY, NOVEMBER 22 AND 23, 2012
CHRISTMAS	MONDAY AND TUESDAY DECEMBER 24 & 25, 2012

CLASS REGISTRATION DATES

WINTER QUARTER:	Registration: January 11, 12, 13, 2012
Classes Start:	Tuesday, January 17 th
Last Week of Classes:	Week of March 12 th
SPRING QUARTER:	Registration: April 11, 12, 13, 2012
Classes Start:	Week of April 16 th
Last Week of Classes:	Week of June 11 th
SUMMER QUARTER:	Registration June 27 th & 28 th
Classes Start:	Week of July 2 nd
Last Week of Classes:	Week of August 1 st
FALL QUARTER:	Registration September 5, 6, 7, 2012
Classes Start:	Week of September 10 th
Last Week of Classes:	November 5 th