

# OLDER ADULTS

## PERSONAL COMPUTING

**Computer Basics:** Learn the basic features available on most computers with this gently-paced class. Explore Microsoft Windows, Internet and E-mail. Other topics which may be included depending on student requests: Basics of Word, Excel, photo editing, and transferring photos from camera to computer.



<b>Wilson</b>	Mon-Thurs	Fee: \$25	RM 11
8/16-10/7	1:55-3:00 pm		0680102
1/24-3/24	1:55-3:00 pm		0680104

## BRAIN POWER CLASSES

Our students are excited about two classes we are offering to help them keep their brains active and healthy. We are offering classes using the popular scientifically-proven software developed by Posit Science. This breakthrough computer-based technology is designed by top scientists to improve memory and sharpen thinking – which can help people feel more confident and in control. Daily attendance is required for approximately 40 hours.

### INSIGHT™

**InSight™** is an easy-to-use computer program that speeds up and strengthens the brain's ability to take in and remember more visual details. It helps you react more quickly and drive more safely.

<b>Wilson</b>	Mon-Thurs	FEE \$25	RM 11
10/11-12/16	1:55-3:00pm		0669130
4/11-6/9	1:55-3:00pm		0669132

### BRAIN FITNESS™

**Brain Fitness™** uses fun and engaging listening activities on the computer to improve memory, understanding, and thinking. It helps you feel more alert and focused in conversations and also remember what you hear in any setting.

<b>Wilson</b>	Mon-Thurs	FEE \$25	RM 11
10/11-12/16	1:55-3:00pm		0669118
4/11-6/9	1:55-3:00pm		0669120

*"After completing the program I went to a wedding...and I remembered the names of everyone I met...and it was stunning to me!"*  
- Brain Fitness Student