

55+ Learning Academy

Soups On!

Soup can be anything you want it to be, quick, hearty or light. It's the perfect meal option for feeding a crowd or just a few. Once you've mastered the basics you can experiment endlessly with your favourite vegetables, beans and meats to make tasty soups in no time. Nothing beats homemade soup!

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Wed., Feb. 24 (1 class), 9:30 a.m. – 12:30 p.m. \$39 (materials included). Facilitator: Chef Nick Hender.

Bon Appetizers!

Appetizers come in all shapes and sizes. Join Chef Hender for a fun-filled lesson in preparing a wide array of elegant appetizers that will be sure to impress! Then sample your own creations!

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Wed., March 17 (1 class), 9:30 a.m. – 12:30 p.m. \$49 (materials included). Facilitator: Chef Nick Hender.

Computer Basics, Level 1

This is an uncomplicated introduction to the world of computers in a no-stress environment. Learn the language and the skills needed to use your personal computer. This course covers a variety of topics that start with turning on the system, proper mouse technique, how to personalize your computer and some basic word-editing tips.

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Thu., Jan. 28 – Feb. 25 (5 classes), 10 a.m. – 12:30 p.m. \$139. Facilitator: Penny George.

Computer Basics, Level 2

Computer Basics, Level 1, recommended. Building on the skills you learned in Computer Basics, this course will help you become more comfortable with your computer. You will learn how to manage files, use the control panel to add or remove programs and how to maintain your computer.

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Thu., March 18 – April 15 (5 classes), 10 a.m. – 12:30 p.m. \$139. Facilitator: Penny George.

Introduction to the Internet and E-mail

Basic knowledge of computers is required. You'll soon be on your way to navigating the World Wide Web with confidence! You will learn the use of a search engine to find your interests, complete on-

line banking and keep up with current events. You'll also learn how to send and receive email to keep in touch with family and friends.

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Thu., March 18 – April 15 (5 classes), 2 – 4:30 p.m. \$139. Facilitator: Penny George.

Introduction to Digital Cameras and to Photo Management

Learn how to use all those features on your digital camera that are there to help you take the photo you really want! Also learn how to use your computer to organize and manage your pictures, remove red-eye and even convert your images to black and white.

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Thu., Jan. 28 – Feb. 25 (5 classes), 2 – 4:30 p.m. \$139. Facilitator: Penny George.

Eating for Your Health

Healthy eating is about feeling great, having more energy and keeping healthy. You will learn to choose the types of foods that improve your health and avoid the types of foods that raise your risk for such illnesses as heart disease, cancer and diabetes. Learn to use guidelines and tips for creating and maintaining a satisfying, healthy diet.

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Wed., Feb. 10 (1 class), 2 – 4 p.m. \$49. Facilitator: Janine Woodrow.

Music Theatre

No experience needed! For anyone who would like to sing, act and dance! Enhance your active and social lifestyle with the experts of Spirit of Newfoundland and discover the magical world of music theatre. In this engaging workshop, you will learn the tricks of the trade both in front of and behind the curtain; from creating scripts, to developing musical and acting talents, to prop and costume creation and so much more!

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Mon. and Wed., Feb. 1 – 24 (8 classes), 7 – 9:30 p.m. \$185. Facilitation provided by Spirit of Newfoundland.





Also for our 55+ learners....
Short, information-packed workshops with Penny George.

Workshop 1 - Printers

Learn how to install a printer and output documents, including photos.

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Fri., Jan. 29 (1 class), 2 – 4:30 p.m.

Workshop 2 – Burners

Learn how to backup your files, create a music CD or burn a DVD of all your pictures.

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Fri., Feb. 12 (1 class), 2 – 4:30 p.m.

Workshop 3 – MP3 Players or I-Pods

Learn how to download music and create play lists so you can take your music with you.

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Fri., March 12 (1 class), 2 – 4:30 p.m.

Workshop 4 – Web Cams

Find out how to use a web cam to keep up with family and friends.

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Fri., March 26 (1 class), 2 – 4:30 p.m.

Workshop 5 - Digital Picture Frames

Learn how to use today's newest technology for viewing your pictures.

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Fri., April 9 (1 class), 2 – 4:30 p.m.

Workshop 6 – Scanners

Learn how to use a scanner and save information to a file on your computer.

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Fri., April 16 (1 class), 2 – 4:30 p.m.

\$39 per workshop or \$149 for all 6.

