

Adult Specialty

COMPUTERS

Information: 303-987-5446

Computer Class Description	
Use our laptops or bring your own Information: 303-987-5446 Ages 16 and up	
Computer Basics	Using Windows XP or Vista, learn about the programs you have on your computer and what they're used for. We'll cover the computer jargon and what it all means. We'll also cover items such as documents, pictures, internet, virus scan and updates to maintain your computer.
Internet Basics	Explore the World Wide Web! Learn how to send and receive email, and use search engines to find topics of interest. Get pictures and articles off the Internet to add to a document. Protect your computer from spam, spyware and viruses. Bring your own email address and password to class.
Excel Basics	Learn the basics of using MS Excel. Create spreadsheets that can be used for lists and calculations, using easy formulas that allow you to add, subtract and find percentages of numbers on the sheet. Keep tax information, address lists, or record sales.
Microsoft Word Level 1	Learn the basics of using Microsoft Word. This class will cover how to write a letter, change the font, color, and size, edit text, spell check, add pictures, open, save, and close documents, printing and more.
Photo Editing	Using Adobe Photoshop Elements, retouch an old photo, remove blemishes, or remove someone from a photo. You will learn to clean up backgrounds, sharpen and print in any size, or merge two photos. Bring your photos on a CD, USB drive, or camera, or use one of ours. Bring a blank CD or USB drive if you choose to save your photo.
Website Basics	This class will cover things you need to know about your own website. Learn how to research and select keywords, and what you can do to make it do better with search engines. We'll discuss building a website using a template, hiring a website builder and how to avoid problems.
Computer Maintenance	Take a little time to find out how and when to update your computer and why. It may save you the cost of a new computer! Virus scans, Windows Updates, defrag, and Scan Disk all explained. Learn how to clean surfaces, permanently delete files and recycle parts.
Windows Movie Maker	Learn to make movies from still shots and music. Bring a CD with photos and a music CD. Bring your own laptop if it has Windows Movie Maker on it, or use one of our PCs.
Organizing Files	For those needing help creating folders and backing up their files. Organize those files in My Documents, My Photos, and My Music. We'll show you how to use USB memory sticks, CDs, an external hard drive and the computer's hard drive to create, move, save and duplicate files.
Edit Music Files	Using a free software, you can cut a portion of a song, make a medley of songs and convert the results to MP3 and .wav files. You'll modify volume levels, playback, and clean up files.

Computer Schedule					
Class	Res/Non-Res	Date	Day	Time	Session #
Computer Basics	\$39/\$55	Jan 6	Wed	2:30-4:30pm	110002-01
		Apr 7	Wed	2:30-4:30pm	110002-02
Internet Basics	\$39/\$55	Jan 12	Tue	3-5pm	110007-01
Excel Basics	\$39/\$55	Feb 9	Tue	6-8pm	110010-01
		May 11	Tue	3-5pm	110010-02
Microsoft Word Level 1	\$39/\$55	Jan 12	Tue	noon-2pm	110012-01
		Apr 13	Tue	3-5pm	110012-02
Photo Editing	\$39/\$55	Apr 13	Tue	noon-2pm	110015-01
Website Basics	\$39/\$55	Mar 9	Tue	6-8pm	110016-01
Computer Maintenance	\$39/\$55	Mar 3	Wed	2:30-4:30pm	110019-01
Windows Movie Maker	\$39/\$55	Mar 9	Tue	3-5pm	110023-01
		May 11	Tue	6-8pm	110023-02
Organizing Files	\$39/\$55	Feb 9	Tue	3-5pm	110031-01
		May 5	Wed	2:30-4:30pm	110031-02
Edit Music Files	\$39/\$55	Feb 3	Wed	2:30-4:30pm	110039-01

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COOKING

Information: 303-987-5423

WINTER SOUPS & CHOWDERS

It's time to feast on some warm, savory soups and chowders. These are economical, easy and tasty enough for company, rich in vitamins and fibers, and a one pot meal that freezes well. We'll make Butternut Squash soup with chipotle cream, hearty Italian Riboletta with veggies and beans and Roasted Tomato Bisque with basil pistou. We'll discuss easy ways to throw together a nutritious meal with what you have on hand as we sample our soups with herbed biscuits and a fruit crisp. Recipes and a full dinner included.

Ages: 14 and up

Instructor: Susan Evans

\$29 resident, \$39 non-resident

Activity #	Date	Day	Time	Loc
110306-01	Jan 27	Wed	6-8 pm	LINK

INCREDIBLE, EDIBLE LANDSCAPE

Plan now to experience the thrill of having a yard full of edible and fragrant, fruits, flowers, herbs and veggies, where most of your summer food staples can be found right outside the back door. We'll discuss the easiest to grow varieties for Colorado, seasonal planting, ways to use them and the best gardening techniques. Extensive handouts included.

Ages: 14 and up

Instructor: Susan Evans

\$19 resident, \$29 non-resident

Activity #	Date	Day	Time	Loc
110305-01	Mar 31	Wed	6:30-8:30 pm	GMRC

CONTAINER HERB GARDENS

This is a fun, hands-on class for those with limited space who still want to enjoy the aromatic and culinary benefits of herbs. These are perfect for patios and balconies. You will design and plant your own container herb garden to take home and learn the care and uses of the herbs. Materials and handouts included.

Ages: 14 and up

Instructor: Susan Evans

\$35 resident, \$45 non-resident

Activity #	Date	Day	Time	Loc
110302-01	Apr 14	Wed	6:30-8:30 pm	GMRC

EDUCATION

Information: 303-987-5423

BOTANICAL BODY SPA

Discover how to make your own luxurious, home spa treatments from simple ingredients found in your kitchen and local health food store. We'll make a calendula almond face scrub, a balancing facial toner, an exfoliating honey salt-rub, a firming and cleansing French facial mask and a revitalizing hair rinse. Take home a sample of each. We'll also discuss the amazing amount of body products you can make with fresh ingredients at home. From eye makeup remover to fruit facials, look gorgeous naturally.

Ages: 14 and up

Instructor: Susan Evans

\$29 resident, \$39 non-resident

Activity #	Date	Day	Time	Loc
110201-01	Mar 3	Wed	6:30-8:30 pm	GMRC

PHOTOGRAPHY WORKSHOPS

This indoor series of photography workshops are designed to be independent sessions with new topics covered each class. The focus will be on "How to shoot better pictures" by increasing your knowledge of lighting, composition, equipment choices and utilizing your camera to its' fullest capabilities. For those interested, we'll discuss the business of photography and how to make money from your hobby. Bring your questions and your camera gear.

Ages: 18 and up

\$39 resident, \$55 non-resident

Activity #	Date	Day	Time	Loc
110301-01	Feb 20	Sat	9:30-12 am	LINK
110301-02	Mar 20	Sat	9:30-12 am	LINK

WILLMAKER SEMINAR

You'll leave this class with a completed and signed basic Will that includes distribution of your property, names guardians and trustees for your children, name of personal representative to handle your estate, and specific burial instructions. Witness and notary will be provided.

Ages: 18 and up

Instructor: Rebecca Bennetti

\$99 resident, \$125 non-resident

Activity #	Date	Day	Time	Loc
110307-01	Jan 12	Tue	5:30-8:30 pm	LINK
110307-02	Mar 16	Tue	5:30-8:30 pm	GMRC

LANGUAGE

Information: 303-987-5423

CONVERSATIONAL SPANISH 1

This course will introduce you to the basics of Spanish pronunciation, vocabulary, idiomatic expressions and grammar. Conversational Spanish 2 follows this class. \$10 material fee is due at first class.

Ages: 18 and up

Instructor: Miguel Carrasco

\$75 resident, \$89 non-resident

Activity #	Date	Day	Time	Loc
110701-01	Feb 4-Mar 4	Thu	5:30-7:30 pm	LINK
110701-02	Apr 29-May 27	Thu	5:30-7:30 pm	LINK

CONVERSATIONAL SPANISH 2

Increase your vocabulary and move on to practicing Spanish in a range of new real-life situations. \$10 material fee is due at first class.

Ages: 15 and up

\$75 resident, \$89 non-resident

Activity #	Date	Day	Time	Loc
110702-01	Mar 18-Apr 15	Thu	5:30-7:30 pm	LINK

INCLUSION AND ACCESSIBILITY



Lakewood Recreation welcomes individuals of all abilities into our programs and activities. In order to provide a successful experience, we invite you to call 303-987-4866 or TDD 303-987-4862 or email aprrros@lakewood.org to discuss any reasonable accommodations you may need at least two weeks before the class is scheduled to begin. If you need a sign language interpreter, we request at least 72 hours notice.

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SAFETY

Information: 303-987-5423

See OUTDOOR ADVENTURE section for Wilderness First Aid and Pet First Aid

CPR/FIRST AID CERTIFICATION

Learn the skills needed to prevent, recognize and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive. CPR training teaches participants to recognize and care for breathing and cardiac emergencies in infants, children and adults, minimize the effects of shock and recognize emergencies and take action.

Ages: 16 and up

\$55 resident, \$69 non-resident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
111003-01	Feb 6	Sat	9:30 am-1:30 pm	LINK

REANIMACIÓN CARDIPULMONAR

Clases Espanol. Reanimación Cardipulmonar Para Adultos. Aprenda cómo responder en situaciones de emergencia y reconocer y tratar emergencias de vida o muerte como problemas cardiacos o respiratorios.

Ages: 14 and up

\$55 resident, \$69 non-resident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
111004-01	Apr 10	Sat	9:30 am-1:30 pm	LINK

TRAVEL

Information: 303-987-5423

FLY, STAY AND TRAVEL CHEAP!

Now you can learn the secrets of traveling in grand style on a limited budget. In just two hours, discover how to obtain great deals on airfares and accommodations in exciting destinations, all for a fraction of the usual cost. Learn about \$0 airfares, pricing glitches, how to stay for free as a caretaker, the best airfare search engines, discount cruising and more. Materials fee \$15 payable to instructor at beginning of class.

Ages: 18 and up

Instructor: Ron Stern

\$25 resident, \$35 non-resident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110901-01	Feb 2	Tue	6-8 pm	LINK
110901-02	May 12	Wed	6-8 pm	LINK

HOTTEST TRAVEL CAREERS

Did you know that travel is the world's biggest business and one of the fastest growing? Make money as a Part or Full-Time home-based travel agent. Travel for free arranging group tours. Cruise for as little as \$35 per day on a luxury cruise airline in this little-known opportunity. Live for free in a foreign country for up to a year as an English instructor. Learn how others will pay your way to write about travel and take interesting photos. \$10 optional materials fee at the start of class.

Ages: 18 and up

\$25 resident, \$35 non-resident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110902-01	Mar 11	Thu	6-8 pm	LINK

WRITING

Information: 303-987-5423

TRAVEL WRITER-THE EASY WAY!

If you can write a postcard and have a desire to travel, this class is for you. Many people dream of becoming travel writers, but lack the inside information necessary to get started on the fast track to this career. Learn the secrets of travel writing, including how to get started with local and online publications. Use the internet to find out about free trips and the best sites for writers. Learn how to build a media contact list, obtain assignments, approach airlines for free airfare, conduct interviews, and create a portfolio and more. Travel writers stay in the best hotels, eat the best food and experience VIP treatment- all free! \$25 material fee paid to instructor at the beginning of class includes two booklets.

Ages: 15 and up

Instructor: Ron Stern

\$35 resident, \$45 non-resident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
111001-01	Jan 14	Thu	6-9 pm	LINK
111001-02	Apr 13	Tue	6-9 pm	LINK

IT'S NEVER TOO LATE TO WRITE

Whether you've always had a desire to write fiction or non-fiction, all it takes is an idea that is unique to you. Learn how to develop your ideas, where to find kindred spirits, and how to contact agents and publishers.

Ages: 18 and up

Instructor: Troy Seate

\$35 resident, \$45 non-resident

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
111002-01	Jan 7	Thu	6:30-8:30 pm	LINK
111002-02	Feb 11	Thu	6:30-8:30 pm	LINK

Private Computer

Lessons @ The Link Recreation Center

Take a one-hour, one-on-one lesson with one of our experienced instructors. From the basics to the more advanced subjects, let us help you refine your skills or help with that special project.



Private Lesson Packages
(Instructor/Participant Ratio 1:1)

<u>Lessons</u>	<u>Cost</u>
1	\$50/90 min
3	\$130/90 min

For more information or to schedule a lesson please contact:
Andres Urdiales
Computer Programs Coordinator
303-987-5446 or email andurd@Lakewood.org