

# Adult Specialty

## COMPUTERS

Information: 303-987-5446  
Instructor: Shawn Winchester

### MS 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.

Ages: 16 and up

\$39 Resident, \$49 Nonresident

Activity #	Date	Day	Time	Loc
110010-01	Jan 25	Wed	10 am-1 pm	LINK
110010-02	Mar 7	Wed	3:30-6:30 pm	LINK
110010-03	May 30	Wed	5:30-8:30 pm	LINK

### MICROSOFT WORD

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. You may bring your own computer with any word processor on it.

Ages: 16 and up

\$45 Resident, \$55 Nonresident

Activity #	Date	Day	Time	Loc
110012-01	Jan 11-18	Wed	3-5 pm	LINK
110012-02	Mar 8-15	Thu	6-8 pm	LINK
110012-03	May 16-23	Wed	10 am-noon	LINK



## Private Computer Lessons

From the *basics* to more *advanced* subjects, we can help you refine your skills or assist you with that *special project*.

Take *one-on-one* lessons with an experienced instructor.

**1 Lesson : \$50**  
**3 Lessons : \$130**  
**90 minutes each**

For more information or to schedule a lesson, please contact our Computer Programs Coordinator Andres Urdiales.  
**303-987-5446 : andurd@lakewood.org**  
Lakewood Link Recreation Center : 1295 S. Reed St.



## DIGITAL PHOTO HANDLING

Bring your digital camera and your memory cards and cables, and we'll show you how to get the photos off your camera and into folders on your computer. Rename the photos and open and size them so they can be sent through e-mail. Also learn to make a page of photos with captions to print and send.

Ages: 16 and up

\$45 Resident, \$55 Nonresident

Activity #	Date	Day	Time	Loc
110027-01	Feb 15-22	Wed	3-5 pm	LINK
110027-02	May 2-9	Wed	6-8 pm	LINK

## SHARING FILES ONLINE

This is for those needing help organizing and sending files. We will show you how to share files with others using a variety of methods including free file sharing and storing programs.

Ages: 16 and up

\$25 Resident, \$35 Nonresident

Activity #	Date	Day	Time	Loc
110031-01	Feb 22	Wed	1-2:30 pm	LINK
110031-02	May 16	Wed	1-2:30 pm	LINK

## MAKE YOUR OWN BUSINESS CARDS

Create one for each of your endeavors. We'll print one sheet in class and then send you home with a copy of it on CD or on your USB drive.

Ages: 16 and up

\$29 Resident, \$39 Nonresident

Activity #	Date	Day	Time	Loc
110043-01	Mar 21	Wed	6-8 pm	LINK
110043-02	May 30	Wed	1-3 pm	LINK

## COMPUTER BASICS

Using Windows XP or Vista, learn about the programs on your computer and what they can do. We'll cover the computer jargon and what it all means. Organize your desktop. Open a typing program, save a file, print it. Open a picture and resize it. Imaging, internet, spreadsheet, virus scan and computer updates.

Ages: 16 and up

\$45 Resident, \$55 Nonresident

Activity #	Date	Day	Time	Loc
110049-01	Jan 11-18	Wed	6-8 pm	LINK
110049-02	Feb 18	Sat	10 am-2:30 pm	LINK
110049-03	Apr 28	Sat	10 am-2:30 pm	LINK

## COOKING

Information: 303-987-5423  
Instructor: Susan Evans

### WARMING WINTER SOUPS

Savory soups are easy, inexpensive, rich in vitamins and easy to freeze. We'll make Upstate Minestrone with Savory Sausage, New England Clam-Chowder and Butternut Squash Bisque with Chipotle Cream. We'll sample it all with bread and a sweet. Recipes and full dinner included. Yum! Please bring a place setting.

Ages: 14 and up

\$35 Resident, \$45 Nonresident

Activity #	Date	Day	Time	Loc
110306-01	Jan 18	Wed	6-8 pm	LINK

# Adult Specialty

## BOTANICAL BODY SPA

Discover how to make luxurious spa treatments from ingredients found in your kitchen and garden. We'll make an exfoliating face scrub, rose toner, cleansing mask, body salve and herbal hair rinse. We'll discuss easy, effective body products made with fresh produce and herbs. Recipes and samples included. Look gorgeous naturally!

**Ages: 14 and up**

**\$35 Resident, \$45 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110302-01	Feb 8	Wed	6:30-8:30 pm	LINK

## MEXICAN FIESTA

Discover the ease of preparing delicious dishes from south of the border. We'll prepare the classics, salsa, pico de gallo and guacamole, and use them for garnishes for our Spinach and Cheese Enchiladas, Chicken Tortilla Soup and Baja Citrus Shrimp Tacos. We'll finish with a sweet. Recipes and dinner included. Please bring a place setting.

**Ages: 14 and up**

**\$35 Resident, \$45 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110303-01	Mar 21	Wed	6-8 pm	LINK



## HERBAL TEA PARTY

Discover the joys of high tea. We'll make an assortment of delicious finger sandwiches, fresh fruit jam and scrumptious lemon curd to serve with rose petal scones and fragrant floral tea. Chocolate Nut Clusters provide the perfect finish. Pinky finger at the ready! Recipes, generous tastings and take home samples included.

**Ages: 14 and up**

**\$35 Resident, \$45 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110304-01	Apr 4	Wed	6-8 pm	LINK

## EMERGING WILD GREENS OF SPRING

The earth is greening and amongst the wildflowers the tender first greens of spring are emerging. Take a stroll and discover the culinary, medicinal and nutritional values of wild greens. We'll discuss dandelions, nettles, wild mint, chickweed and more. Discover the amazing plants you've been stepping on all these years.

**Ages: 14 and up**

**\$19 Resident, \$29 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110305-01	May 19	Sat	9-11 am	BCLP

## EDUCATION

**Information: 303-987-5423**

### FLY, STAY, TRAVEL CHEAP

Learn the secrets of traveling in grand style on a limited budget. Discover how to obtain great deals on airfares and accommodations in exciting destinations, all for a fraction of the usual cost. Learn the best airfare search engines, discount cruising and more. Materials fee \$15 payable at beginning of class.

**Ages: 19 and up**

**Instructor: Ron Stern**

**\$25 Resident, \$35 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110904-01	Jan 5	Thu	6-8 pm	LINK

### HOW TO BE A TRAVEL WRITER

Learn the secrets of travel writing, including how to get started with local and online publications. Find out about free trips and best sites for writers. Build a media contact list, obtain assignments, approach airlines for free airfare, conduct interviews and create a portfolio. \$25 materials fee at beginning of class includes two booklets.

**Ages: 19 and up**

**Instructor: Ron Stern**

**\$25 Resident, \$35 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110903-01	Feb 2	Thu	6-8 pm	LINK



# Adult Specialty

## WRITING FOR FUN OR PROFIT

If you've ever had a desire to write fiction or non-fiction, either for fun or for profit, but didn't know how to take that next step, this class will help you develop your ideas, give you resources to find other writers and show you how to contact agents and publishers. Bring your questions and get your answers.

**Ages: 18 and up**

**Instructor: Troy Seate**

**\$35 Resident, \$45 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
111002-01	Feb 21	Tue	6:30-8:30 pm	LINK
111002-02	Apr 24	Tue	6:30-8:30 pm	LINK

## DIGITAL TRAVEL PHOTOGRAPHY

Veteran travel photojournalist Ron Stern shares the secrets you need to know to take great photos! Whether you have a small point-and-shoot or an expensive SLR, learn how to look for and take the best possible shots. Techniques such as framing, fill flash, reflections, natural lighting and manual settings. Bring your camera.

**Ages: 19 and up**

**\$25 Resident, \$35 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110902-01	Mar 1	Thu	5-7 pm	LINK

## WILLMAKER SEMINAR

Leave this class with a basic will that includes distribution of property, named guardians and trustees, personal representative to handle estate and specific burial instructions. Witness and notary provided. Complete a living will, financial and medical power of attorney and organ donor registration. No advance preparation needed.

**Ages: 18 and up**

**Instructor: Rebecca Bennetti**

**\$99 Resident, \$125 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110307-01	Jan 25	Wed	6-9 pm	LINK
110307-02	Feb 22	Wed	6-9 pm	LINK
110307-03	Mar 28	Wed	6-9 pm	LINK
110307-04	Apr 25	Wed	6-9 pm	LINK
110307-05	May 30	Wed	6-9 pm	LINK

## LANGUAGE

Information: 303-987-5423

## CONVERSATIONAL SPANISH 1

This course will introduce you to the basics of Spanish pronunciation, vocabulary, idiomatic expressions and grammar, presented in a cultural context. Instructor Jose Mariman has years of experience teaching, and he provides a relaxed and comfortable learning atmosphere. This class will prepare you for Conversational Spanish 2.

**Ages: 15 and up**

**Instructor: Jose Mariman**

**\$75 Resident, \$89 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110701-01	Jan 5-Feb 2	Thu	5:30-7:30 pm	LINK
110701-02	Mar 29-Apr 26	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. Prior completion of Conversational Spanish 1 is recommended.

**Ages: 15 and up**

**Instructor: Jose Mariman**

**\$75 Resident, \$89 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110702-01	Feb 16-Mar 15	Thu	5:30-7:30 pm	LINK
110702-02	May 3-31	Thu	5:30-7:30 pm	LINK

## SIGN LANGUAGE BEGINNER

You will learn to fingerspell your own name, the alphabet and numbers. Included in this class will be colors, people, places, locations, foods, animals and much more. Skills are learned through games and activities. There is a \$15 book fee at first class.

**Ages: 14 and up**

**Instructor: Patti Dunsmore**

**\$55 Resident, \$65 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110704-01	Jan 9-Mar 19	Mon	7-9 pm	WRC
110704-02	Mar 28-May 23	Wed	7-9 pm	WRC

(No class Jan 16, Feb 20)

## SIGN LANGUAGE INTERMEDIATE

Expand on previously learned vocabulary and add emotions, nature, clothing, calendar and more. Skills are learned through games and activities. There is a \$15 book fee at first class.

**Ages: 14 and up**

**Instructor: Patti Dunsmore**

**\$55 Resident, \$65 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110705-01	Jan 11-Mar 7	Wed	7-9 pm	WRC
110705-02	Mar 26-May 21	Mon	7-9 pm	WRC

## SIGN LANGUAGE PRACTICE

Now is the time to put all your signed vocabulary to use. Develop your skills by signing sentences, stories and playing games. New vocabulary is taught as needed.

**Ages: 14 and up**

**Instructor: Patti Dunsmore**

**\$55 Resident, \$65 Nonresident**

<u>Activity #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Loc</u>
110706-01	Jan 10-Mar 6	Tue	7-9 pm	WRC
110706-02	Mar 27-May 22	Tue	7-9 pm	WRC



## INCLUSION AND ACCESSIBILITY SERVICES

Information: Please call 303-987-4869

Lakewood Recreation welcomes individuals of all abilities into our programs and activities. In order to provide a successful experience, we invite you to call 303-987-4869 or TDD 303-987-4862 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.