

# The Seniors Center

Camden County is pleased to offer the following courses to senior adults over the age of 55. Please join us for these special classes where learning never stops!

## Basic Computer Skills for Seniors

This course is designed for the mature adult who has had little or no experience with personal computers. In this class, individuals will become familiar with terminology, computer components, making a computer purchase, and hardware and software. Individuals will also develop their skills in keyboarding, mastering the mouse through point and click activities. This class is designed for the first-time user. .8 CEU

Cost: \$45      Heritage Square Bldg, Cherry Hill, Room 103  
CE.SEN 007-21    1/13 – 1/15  
2 sessions      T, R, 9 a.m. - 1 p.m.

## Introduction to Windows for Seniors

This hands-on course will train you to use the exciting features found in Windows. You will learn how to use the desktop, manipulate files, control feature, and accessory features. Individuals must have completed the Introduction to Personal Computers class or have prior computer experience before registering for this class. A review of Introduction to Personal Computers is not included in this class. .8 CEU

Cost: \$45      Heritage Square Bldg, Cherry Hill, Room 103  
CE.SEN 002-21    1/20 – 1/22  
2 sessions      T, R, 9 a.m. - 1 p.m.

## Introduction to the Internet for Seniors

Connect to the world wide web! This hands-on course will teach you how to navigate the internet, visit web sites, and understand how to

use e-mail, mailing lists, and newsgroups. Cruise on the superhighway and learn how to communicate with your grandchildren and friends on the internet. Individuals must have completed the Introduction to Personal Computers and Windows courses or have a working knowledge of both prior to registering for this class. A review of these topics is not included in the class. .8 CEU

Cost: \$45      Heritage Square Bldg, Cherry Hill, Room 103  
CE.SEN 003-21    1/27 – 1/29  
2 sessions      T, R, 9 a.m. - 1 p.m.

## Introduction to eBay for Seniors

Over millions of people are using eBay each day buying and selling every type of product available. Come join us in the introductory seminar to learn the basics of manipulating eBay. Learn how to maneuver the site, research and list items, monitor listings, and complete transactions securely.

Cost: \$45      Heritage Square Bldg, Cherry Hill, Room 103  
CE.SEN 014-21    2/3 – 2/5  
2 sessions      T, R, 9 a.m. - 1 p.m.

## Introduction to E-mail Basics

This hands-on course will teach you to use the fundamental points of using e-mail. You will learn how to send, retrieve, and forward e-mails. In addition, you will learn how to use the address book and send and receive photographs and attachments. E-mail opens a whole new way to communicate fast with friends and family.

Cost: \$45      Heritage Square Bldg., Cherry Hill, Room 103  
CE.SEN 016-21    2/10 – 2/12  
2 sessions      T, R, 9 a.m. - 1 p.m.

**Prices for the Senior Center courses are as stated; no further discounts apply.**

# Sports, Health & Wellness

## Yoga Basics

This class will provide an introduction to the practice of yoga. Hatha yoga will help you to achieve complete mind and body relaxation. The class will consist of energy enhancing practice and a focus in on breath work – pranayama, a workout for the mind, body, and soul that brings inner and outer balance. Some sessions will include a brief guided meditation followed by music. Wear loose clothing and bring a blanket or mat to class.

Cost: \$109      Blackwood Location  
CE.HPE 015-51    1/26 – 5/11  
15 sessions      M, 5:30-7 p.m.

## Golf Skills for Adults

Now is the time to take professional golf lessons designed especially for the beginner. Learn the basics of golf including grip, stance, swing, and etiquette. The cost of the course includes the use of clubs and golf balls for indoor use. You will learn the proper techniques of the game in a relaxed learning environment and at an affordable price.

Cost: \$75      Blackwood Location  
Off Campus Range  
CE.HPE 004-51    3/26 – 4/23  
5 sessions      R, 6-8 p.m.

# Sports, Health & Wellness

## Introduction to Pilates

Pilates (pronounced puh-LAH-teez) is a popular exercise regimen that uses special stretches and machines. Emphasizing flexibility and overall strength over body bulk, Pilates has quickly become popular. This floor workout is designed to tone your midsection through a series of exercises focusing on your core muscles. Participants should bring a mat or towel to class.

Cost: \$75  
CE.HPE 036-51  
10 sessions  
Blackwood Location  
1/26 – 3/30  
M, 6-7 p.m.

## Belly Dance Basics

Discover this ancient art with a modern mission: to unify women with themselves and with those around them. This is a dance of diversity that not only exercises and tones the body, but calms the mind and frees the spirit! This is a non-competitive class that is respectful, informative and fun! All women of any size, shape or ability can learn to belly dance! This class is for you! Bring a bottle of water and wear socks or slippers as footwear.

Instructor: Christine Bozzuffi

Cost: \$75  
CE.HPE 042-51  
6 sessions  
Blackwood Location  
1/21 – 2/25  
W, 7-8 p.m.

CE.HPE 042-52  
6 sessions  
1/26 – 3/2  
M, 7-8 p.m.

## Belly Dance – Beyond Basics

This class builds on what was taught in the beginner's class. Movements are refined and layered with other movements to create a unique self-expression. A short choreography will be taught. CD booklet and music CD is included. Instructor: Christine Bozzuffi

Cost: \$85  
CE.HPE 044-01  
6 sessions  
Blackwood Location  
3/4 – 4/8  
W, 7-8 p.m.

## Nutrition Awareness

Join us for a fun and interactive workshop learning the 4 basic steps in digestion, components of foods the body needs for good health, good fats vs. bad fats, substitutions so we're not going without, how additives and preservatives affect the body and mind, as well as, conscious eating for weight loss. Instructor: Lisa O'Brien, RYT, CRM

Cost: \$25  
CE.HPE 053-51  
1 session  
Blackwood Location  
3/26  
R, 7-9 p.m.

## ZUMBA

Let's face it, working out can be healthy, rewarding, and beneficial. . . working out can be lots of things, but it's never been known to be much fun. . . UNTIL NOW! Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. The goal is simple: by integrating Zumba into everyday life, individuals may achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric burning, heart racing, muscle pumping, body energizing movements meant to engage and captivate for life. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba. Zumba has been sweeping the country and has positioned itself as the single most influential movement in the industry of fitness. Come join us in the best party around!

Cost: \$90  
CE.ENR 140-51  
8 sessions  
Blackwood Campus, Lincoln 6  
1/27 – 3/17  
T, 6:30-7:30 p.m.

or

CE.ENR 140-52  
8 sessions  
1/27 – 3/17  
T, 7:30-8:30 p.m.

## Young at 100: Successful Longevity Strategies

The course will cover all aspects of how to live to 100 while staying healthy and happy. The mortality of Americans from 1900 to the present is examined along with the changes that have occurred and why they happened. Topics of discussion will include reasons for the differences in mortality between men and women and among the various races; the 22 major ways to help achieve longevity; exercise, nutrition and relaxation; and a detailed analysis of the longevity benefits of: relationships, friends and pets; humor; vacations and hobbies; sleep; spirituality; low-stress occupations and good home and work environments. You will also learn how obesity; tobacco; street and over-used prescription drugs; and steroids can affect longevity. Also examined will be the topics of dying, death and the afterlife. Instructor: Donald R. Morse, BS, DDS, MA (Microbiol.), MA (Clin. Psych.), PhD

Cost: \$95  
CE.ENR 147-41  
8 sessions  
Cherry Hill, Rohrer Center  
3/24 – 5/12  
T, 7-8:30 p.m.

NEW

## Need More Information?

Call us at 856-874-6004