



*classes geared specifically for boomers and seniors*

## *Computers & Technology*

### Computer Understanding

If you have little or no computer experience, but want to learn, this is the class for you. It's easy. In fact it's a lot of FUN! Topics include: components and terminology of a computer system, keyboard and mouse usage, care and handling of diskettes, and an overview of software applications.

TH, February 2-23 from 9-Noon  
M-F, April 16-20 from 9-11:30am  
M, July 9-30 from 9-Noon  
Instructor: Larry Jahn  
Location: Village Mall  
Fee: \$80

### Social Networking

Ever wonder what Facebook and Twitter are all about? This class will help you set up an account so you can stay in touch with your family and friends. Get your questions answered and come and learn how much fun these social networking sites can be.

Instructor: Timothy Morgan  
W, February 15 from 9-11:30am  
TH, April 26 from 9-11:30am  
Location: Village Mall  
Fee: \$15

### Intro to the Smart Phone

Do you know how to use a Smart Phone? Want to get caught up to the age of Technology then this is the class for you. A Smart Phone is a mobile phone that offers more advanced computing ability and connectivity than a contemporary cell phone. Smart Phones are commonly referred to as a Blackberry, Droid (Android), Palm, and iPhone. In this class, we will discuss how to use a Smart Phone, the capabilities such as browsing the web, using Facebook, using the Calendar features, note pad, taking clear video's and picture quality. Smart Phones are thought of as handheld computers in the palm of your hand.

Instructor: Timothy Morgan  
W, March 7 from 5:30-8:30pm  
T, June 12 from 5:30-8:30pm  
Location: Village Mall  
Fee: \$20

### Ins and Outs of the Internet

Do you know how to use browse the Internet? Do you want to stay connected with your loved ones? Then this is the class for you. This class will show you how to browse the internet on popular web search engines, such as Google, Yahoo and Bing. This class will show you the Ins and Out of the world wide web. You will be introduced on How to use Free Tools, including: Email, Games, Websites and Skype. Other topics include, Netflix, Amazon, Ebay, Paypal and other Shopping Websites.

Instructor: Timothy Morgan  
TH, January 19-26 from 5:30-8:30  
M, April 23-30 from 5:30-8:30pm  
TH, June 14-21 from 5:30-8:30pm  
Location: Village Mall  
Fee: \$40

### Creating Cards and Newsletters

Learn how you can use preset templates in Microsoft Word to create a family newsletter and greeting cards. You won't believe how simple it is – most of the work is done for you. You just add in your information, pictures, or clipart.

Instructor: Leslie Sconce  
M, February 6-13 from 9-11am  
TH, May 17-24 from 1-3pm  
T, July 3-10 from 9-11am  
Location: Village Mall  
Fee: \$20

### Email and Attachments

Set up you very own free email account that you will be able to access from any computer. Learn how to send emails, manage your inbox, and attach files to your messages. Be sure to bring friends and families' email addresses with you to class. You'll need to be familiar with Windows and know how to use the mouse.

Instructor: Larry Jahn  
W, January 11-18 from 9-11am  
F, March 2-9 from 9-11am  
TH, May 24-31 from 9-11am  
Location: Village Mall  
Fee: \$15

## *Personal Enrichment*

### Memoirs

Your life story is unique and should be recorded for yourself and for your family. In this course, you will learn seven styles for writing memoirs. Since this is your "slice of life", you choose the style that is right for you. Shirley will teach shortcuts to successful writing, inexpensive self-publishing, and a memorable means for handing out the copies to those you chose to receive them. Participants will need to bring a pack of index cards.

Instructor: Shirley Splittstoesser  
W, March 14 & TH, April 12 from 1-3pm  
Location: Bremer Conference Center  
Fee: \$20

## Heath & Fitness

### Tai Chi For Health

Medical and fitness authorities stress that effective exercise for health should include three components: cardiovascular fitness, muscular strength, and flexibility; nowadays, tai chi is practiced in every corner of the world for health improvement. Scientific studies show that tai chi improves and possibly prevents chronic conditions such as arthritis, diabetes, improves balance, immunity and reduces stress. Tai Chi for Health program uses Sun style tai chi forms that are very low-impact, more upright postures, suitable for people of all ages. Handouts of all the movements will be passed out in class.

Instructor: Vic Vanesse

T, March 13-May 29, from 6-7pm

Location: Mary Miller Dance Studio

Fee: \$50

### Tai Chi – 24 Form

This class provides instruction in 24 Form, "Simplified" Tai Chi which uses movements from Yang style tai chi. Although it has been simplified by reducing the repetition of moves and some of the more difficult kicks it contains the important and traditional characteristics and features of Yang style forms. It is said to be the most popular tai chi form practiced today world-wide. The movements are rigorous, standardized and natural. The body is fully, but gently, stretched. The 24 form enables beginners, young and old, to appreciate the essential principles of Tai Chi's effortless movement, relaxation and awareness of the mind and body as one. Handouts of all the movements will be passed out in class.

Instructor: Vic Vanesse

T, March 13-May 29, from 6:15-7:15

Location: Mary Miller Dance Studio

Fee: \$50

## Lunch & Learn Series

*Travel around the world and learn about far-off lands without leaving the comforts of home.*

*The Lunch and Learn series is presented by retired U of I professor, Dr. Walter Splittstoesser, chronicling his travels around the world. Programs are held on the campus of DACC in the Bremer Conference Center. Cost for lunch and the presentation is \$10.*

### In the Footsteps of Jesus

Take a trip through the Holy Land starting with Moses leaving Egypt and where Mary and Joseph entered Egypt as they fled from Herod. See sites where Jesus traveled around the Sea of Galilee, travel Jerusalem including the site of the Last Supper, the Mount of Olives, Calvary, and the burial tomb. Take a side trip to Jordan to see the site where John baptized Jesus in the Jordan River and an ancient mosaic in Madaba, which shows the site of Jesus' baptism. Israel is an ancient land that is also thoroughly modern. Travel Jerusalem, along the Jordan River to the Sea of Galilee and south to the Dead Sea. You will see barren desert and carefully tended agricultural land within a country much smaller than the state of Illinois. The Garden of Gethsemane, Bethlehem, and many sites where Jesus lived and worked are a vital part of this trip.

W, March 14 at 11:30

### The Wonders of China

Visit Shanghai and the 3 Gorges Dam, the largest dam in the world. Sail the Yangtze River and see the sites flooded by the 3 Gorges Dam. See Chongqin, the largest city in the world (30 million). This was the U.S. airbase location of the famous Flying Tigers of WWII. Look at ancient terra cotta warriors at Xian built to protect the emperor. In Beijing, see the Forbidden City and the Great Wall. China is a land both old and new.

TH, April 12 at 11:30

### Egypt

Visit the Pyramids of Giza, the Sphinx, and sites of Cairo. Travel to the Aswan Dam and fabled Abu Simbel which was moved block by block to avoid being covered by the waters that rose behind the Aswan Dam. Continue down the Nile River to see temples to various Egyptian gods including Karnak and Luxor. See the Valley of the Kings, burial place of the Egyptian Pharaoh including King Tut. T, May 8 at 11:30

### Antarctica, Land of Ice and Penguins

Antarctica is a continent where penguins and seals, not people, are the natives. See seven types of penguins as we travel to Antarctica and surrounding islands. Visit the Falklands and South Georgia with its whaling village of Grytviken abandoned in 1967 after processing 1/2 million whales. The famous explorer Earnest Shackleton is buried here. Travel with Walt Splittstoesser onto the continent of Antarctica for a look at the native wildlife.

NOTE—this session will be held in Lincoln Hall in the Cooper Penny Room. M, June 11 at 11:30

## Register

Payment must be received upon registration.

How to register:

Online: [www.dacc.edu/cce](http://www.dacc.edu/cce)

Click on Register Online

By Person: stop by the Village Mall Location

By Mail: mail registration form along with payment to the address listed below.

Community Education

Located at the Village Mall

2917 N. Vermilion St.

Danville, IL 61832

Email: [commed@dacc.edu](mailto:commed@dacc.edu)

217-554-1667

217-554-1668

# REGISTRATION FORM

Danville Area Community College

Submit payment in the form of check or money order (made out to DACC) along with completed registration form. Mail form and payment to the following address: DACC, 2971 N. Vermilion, Danville, IL 61832

You may also register online at [www.dacc.edu/cce](http://www.dacc.edu/cce)

Personal Information:

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
 Last Name                      First Name                      Middle Initial                      Month                      Day                      Year                      Male or Female

\_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
 Address    City    State    Zip Code

\_\_\_\_\_    \_\_\_\_\_  
 Social Security Number    Email Address

\_\_\_\_\_    \_\_\_\_\_  
 Home Phone    Cell Phone

Please register me for:

_____	_____	_____
Course/Trip	Date and Time	Amount
_____	_____	_____
Course/Trip	Date and Time	Amount
_____	_____	_____
Course/Trip	Date and Time	Amount

Information collected in this section is used to comply with Federal and State reporting requirement. Please check:

Highest Degree Earned:

- High School Diploma
- GED
- Certificate
- Associates Degree
- Bachelors Degree
- Masters Degree
- Doctorate Degree
- Other
- None

Have either one of your parents completed a Bachelors Degree?

- Yes
- No

Racial Ethnic Classification:

- (choose one or more)
- African American/Black
  - American Indian or Alaskan
  - Asian
  - Hispanic
  - White
  - Choose Not to Respond

Enrollment Status:

- First Time Student
- Continuing Student

Employment Status:

- Full Time (40 hours or more)
- Part Time (over 15 hours per week)
- Part Time (under 15 hours per week)
- Unemployed
- Homemaker
- Retired/Other

Citizenship or Visa:

- United States Citizen
- In United States on a VISA
- Applying for Citizenship

Signature

Date