

CLASSES FOR MATURE ADULTS

Computer Basics for Mature Adults MAT 10/\$185

Never touched a computer? Have computer anxiety? In a relaxed and supportive environment, adults 60 and over are introduced to the keyboard, monitor and mouse. Microsoft Windows and basic elements of word processing are covered. The skills you learn will open an exciting new world for you to explore! *Tuition reflects senior citizen discount. No additional discount applies. For students who wish to practice in the College IT Center, a valid CUNYCard ID is required.*

LC Tues./Thurs., 10:00 a.m.-12:00 p.m., Oct. 6-Nov. 3 (9 sessions) Wendy Siegel, computer specialist.

Internet and E-Mail Basics for Mature Adults MAT 12/\$125

A new world is at your fingertips as you learn the Internet to keep up with the news, read movie reviews, shop and get information on almost any topic that interests you. In addition, you are taught how to send and receive e-mail to keep in touch with relatives and friends. *Open to those 60 and over. Familiarity with the computer keyboard and mouse is preferred. Tuition reflects senior citizen discount. No additional discount applies. For students who wish to practice in the College IT Center, a valid CUNYCard ID is required.*

LC Tues./Thur., 10:00 a.m.-12:30 p.m., Nov. 5-Nov. 19 (5 sessions) Wendy Siegel, computer specialist.



Facebook, Twitter and More...

PCW 31/\$140

Do you want to find old friends, make new ones, reunite with long-lost and distant relatives and some you never knew you had? Would you like to receive direct reports from people participating in major events throughout the world? Do you want advice on finding the best pizza when traveling? Do you want to keep an online journal and collaborate on a web site with people located anywhere in the world who share your interests? You can do all of this using Facebook, Twitter and other social networking services that you will learn about in this class. (Prereq: PCW 22: Basic Computer Skills)

LC Fri., 6:00 p.m.-8:30 p.m., Sept. 25-Oct. 16 (4 sessions)

All physical fitness classes will be held at Lehman College in The APEX, a state-of-the-art facility. Students enrolled in physical fitness classes must have a valid CUNYCard (photo I.D.) to enter The APEX and sign the Physical Fitness Participant Release Form. Your physician's approval to exercise is highly recommended.

Arthritis Aquatics MAT 35/\$75

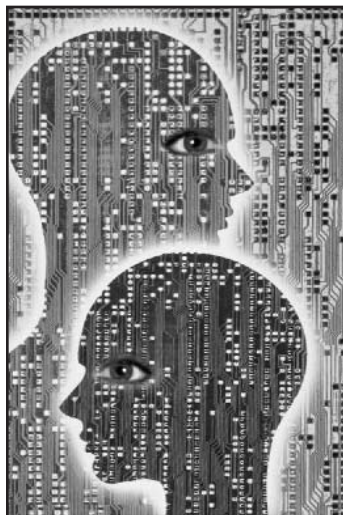
This class permits participants to exercise without putting excess pressure on joints and muscles. The mild activities in water, along with buoyancy, promote increased strength and flexibility in a friendly and supportive environment. *Tuition reflects senior citizen discount. Valid CUNYCard I.D. required.*

LC Sun., 11:40 a.m.-12:25 p.m., Oct. 4-Nov. 8 (6 sessions) Garrett Keohane, arthritis aquatics specialist.

Tai Chi Chuan PES 44/\$150

Experience the calming, stress-reducing influence of Tai Chi Chuan. Through a series of flowing, slow movements performed in sequence, Tai Chi Chuan calms the mind and relaxes the body. It also increases endurance, helps circulation and strengthens muscles and joints. *Wear loose-fitting clothing to class. Valid CUNYCard I.D. required.*

LC Sat., 9:15 a.m.-10:30 a.m., Oct. 3-Nov. 21 (8 sessions) Sifu Hugo I. Morales, Jr., certified instructor and fitness expert.



Eat Your Way to Health: Vegetarian/ Vegan Cooking CUL 04/\$220

Get ready for the holidays with an introduction to the lifestyle and techniques of vegetarian/vegan cooking taught by a former health care provider, vegetarian, and catering business owner. Learn the differences between vegetarian and vegan cooking; how to remove pesticides from fruits and vegetables; and how to prepare tasteful meat substitutes and dairy free products in this practical, "hands-on" class. *Cost of materials \$40 must be paid to instructor at first class.*

LC Sun., 10:00 a.m.-1:00 p.m., Nov. 8-Dec. 6 (4 sessions) Valerie Adams, cooking instructor.

Creative Drawing and Painting STA 26/\$145

This course encourages artistic ability while providing technical instruction. Step-by-step approaches to the elements of color, composition, design and perspective coupled with individual and group demonstrations. Students may work from still life, nature or masters' works and with the medium of their choice. *Open to students at all levels. A list of materials is available at the first class.*

LC Sat., 12:30 p.m.-2:30 p.m., Oct. 10-Nov. 21 (7 sessions)



Public Art: The Amazing Art Collections of NYC STA 83/\$145

Discover the public art galleries and art collections of New York City through personal guided tours. Your knowledgeable tour "guide" provides you with a discussion of the history, elements and principles of design and an analysis of the works viewed. A lovely way to spend a fall Saturday morning. *First class meets at Lehman College. (Admission, when applicable, to galleries not included).*

LC Sat., 11:30 a.m.-1:30 p.m., Oct. 3-Nov. 14 (7 sessions) Patricia Cazorla, artist.



Introduction to the Art of the Film STA 84/\$155

Discover a critical appreciation of film by learning the essential properties of the cinematic medium; its mode of production, language and aesthetics. Each class is dedicated to a specific theme and includes viewing and discussion of relevant films. *NOTE: may require some film viewing at home.*

LC Wed., 7:00 p.m.-9:30 p.m., Sept. 30-Nov. 4 (6 sessions) Daniela Bajar, film and screenwriting instructor.

