



**BALTIMORE CITY
COMMUNITY COLLEGE**
CHANGING LIVES...BUILDING COMMUNITIES

ElderLearn
SENIOR CENTER CATALOG
2014-2015





2014-2015 Senior Course Catalog

Computers

INTRODUCTION TO PERSONAL COMPUTERS

This is a prerequisite for all other computer courses. Discover what you can do with your computer. Course topics include: introduction to computers, identifying hardware components, mouse use, window navigation, exploring software, types of storage, flash drives, hard drives and a brief look at the Internet.

Site provides all supplies including flash drives and computers with up to date software, printer paper, and printer ink, and access to the Internet for ALL Computer courses.

INTRODUCTION TO MS EXCEL

This course provides instruction on the utilization and application of spreadsheet technology in a workplace environment using Microsoft Excel. Topics include creating and modifying a basic worksheet, selecting, creating, and manipulating ranges, moving and copying techniques, and format and print functions.

Site provides all supplies including flash drives and computers with up to date software, printer paper, and printer ink, and access to the Internet for ALL Computer courses.

INTRODUCTION TO THE INTERNET

This course is designed to give students an overview of connecting to and navigating within the Internet. Students will explore the basics of the Internet: its history, structure, resources, function, addressing schemes, and connection requirements.

Site provides all supplies including flash drives and computers with up to date software, printer paper, and printer ink, and access to the Internet for ALL Computer courses.

INTRODUCTION TO MS WORD

This course orients participants to Microsoft Word. Participants learn to create, open and edit a document, navigate in Word, use Help Basics, edit and format text, create tabs and tables, and insert files and graphics.

Site provides all supplies including flash drives and computers with up to date software, printer paper, and printer ink, and access to the Internet for ALL Computer courses.

SOCIAL NETWORKING-NEW COURSE!

Become familiar with the concept of social networking and gain an overview of the types of social media in used today. Learn how to setup social media such as: Facebook, Twitter, Flickr, DIGG, MySpace, and LinkedIn and integrate them into everyday life.

Site provides all supplies including flash drives and computers with up to date software, printer paper, and printer ink, and access to the Internet for ALL Computer courses.

IPAD FOR SENIORS-NEW COURSE!

Learn how to get the most out of iPad. Discover how to take complete advantage of this user-friendly technology. Explore how to setup your iPad and navigate the screens; connect to a WI-FI or mobile data network; surf the Internet and use email; use built-in applications (apps); download apps from the Apple Store; and work with photos/video/music. ***Students must bring their own Apple Ipad to each class.***

Site provides all supplies including access to the Internet for ALL Computer courses.

Life enrichment

PERSONAL FINANCE-NEW COURSE!

This course provides an overview of personal financial planning, emphasizing needs of seniors.

WILLS AND ESTATES-NEW COURSE!

This course is designed to teach the student how to manage his/her estate. Topics include: the Maryland and federal inheritance tax laws, alternatives to wills and the probate process.

IMPROVING YOUR MEMORY PART I

This course is designed to enable the student to learn the principles of memory improvement and techniques to improve long and short term memory. Topics to be covered include memory exercise, long and short term memory, and memory principle. Learning styles, steps for memory retention and techniques for improving memory.

IMPROVING YOUR MEMORY PART II

This is an extended course to enable the student to explore and understand particular strategies and techniques of how memory changes with normal aging. To be able to identify any factors that may be affecting the memory, and explore the purpose of the brain and its functions.

Language

SPANISH I

This course provides instruction on Spanish language for those who have no previous instruction in the language. It will provide an introduction to Spanish with an emphasis placed on the development of basic verbal and reading skills in the Spanish language.

Health

INTEGRATED HEALTH & WELLNESS

This course is designed to instruct students on how to modify their behavior by taking the responsibility to make changes and choices to improve quality and longevity to their lives. Areas covered would be physical, mental and nutritional health issues.

WATER AEROBICS

This course includes dance routines that combine aerobic moves and dance moves done in the form of line dances. Dances are low-impact but are good for the cardiovascular system. Supplemental nutrition facts will be discussed as a useful tool.

Site provides all supplies including a Working Pool and changing/locker facility.

MEDITATION SAMPLER-NEW COURSE!

This course is designed to teach how to make choices about where to put your memory effort, based on an understanding of how memory works and how it changes with age. You will also be provided with some concrete strategies you can use to tackle the areas of memory that trouble you the most

LITURGICAL DANCE-NEW COURSE!

Create a connection of mind, body and spirit through movement. Students will specifically explore contemporary dance techniques and perform them to liturgical and sacred cultural music. Whether you have never danced before or all your life this class will help guide your spiritual self-awareness and expression.

Site provides all supplies including adequate space for dancing and equipment for playing music (i.e. a CD player).

YOGA LEVEL I-NEW COURSE!

This course is designed to allow students to explore the components of yoga in three stages: stage 1 is body and breath awareness. Stage 2 is inner focus and concentration, and stage 3 absorption. Students will perform using techniques in the tradition of Kripalo Yoga.

Site provides all supplies including Yoga mats for the students.

TAI CHI FOR BEGINNERS-NEW COURSE!

Tai Chi Chuan is a traditional Chinese martial art practiced in slow motion. It is an excellent low impact exercise low impact that strengthens and stretches students of any age without risk of injury, improving overall health, and alleviating symptoms of stress.

ZUMBA-NEW COURSE!

Dance all the way to fitness. Burn fat and tone the body through this fusion of Latin and International musical and dance themes that create a high-energy workout.

Site provides all supplies including adequate space for dancing and equipment for playing music (i.e. a CD player).

Art

THE ART OF POTTERY

This course focuses on the history and techniques of the artistic manipulation of clay. Topics include influential potters of the past, clay manipulation and bonding techniques, firing processes, specialized glazes, and hand-painting techniques.

Site provides all supplies including a working kiln, clay, ceramics, glazes, brushes, and sponges.

DESIGN AND PRODUCTION OF ARTS FOR PROFIT (Jewelry)

This course is designed to teach the production of marketable art items. Emphasis is placed on developing the skills needed for basic construction of at least three artistic products.

Site provides all supplies including beads, 4.57 wire, ohring, and fold overs.

TEXTILE ART DESIGN AND PRODUCTION (Sewing/Crocheting)

This course surveys basic concepts for the development and production of creative textile art. The elements of design-color, texture, line, shape, form, balance, proportion, and rhythm are explored. Students acquire hands-on experience through projects emphasizing original layout and design and assembly.

Sewing: Site provides all supplies including fabric, thread, measuring tape, scissors, sewing machine, and needles.

Crocheting: Site provides all supplies including yarn, crocheting hooks, and patterns.

WATERCOLOR

This course is designed to provide elementary skills in watercolor painting build confidence and develop a clear sense of personal style and subjects.

Site provides all supplies including paint in tubes, brushes, and watercolor paper.

Writing /literature

THE BIBLE AS LITERATURE

This continuing education course provides instruction on understanding the Biblical text through literary, historical and archeological analysis. Topics include the Bible as a historical record, as a chronological measure of archeological discoveries and as a literary work.

Students are required to bring a bible for each class.

CREATIVE WRITING

This course focuses on how to discover and express one's creative self through writing. Students will learn techniques to break through writer's block and discover avenues to awaken the imagination. Molding inspiration into effective written stories will be developed through writing refinement techniques.

History

GENEALOGY-NEW COURSE!

Look for your ancestors by using a variety of record sources such as immigration and citizen, census, will and interstate, land, marriage, and death as well as church records and cemeteries.

Site provides all supplies including flash drives and computers with up to date software, printer paper, and printer ink, and access to the Internet.

CONTEMPORARY SOCIAL ISSUES-NEW COURSE!

This course provides instruction on social and political contemporary issues and their impact on life in modern society. Topics include current local and national issues and events, including politics, race relations, the economy and foreign news.

All classes are offered mornings and/or afternoons Monday through Friday.

Site provides copying services for instructor material and syllabi for students.



Seniors can take any Baltimore City Community College class tuition-free!

Senior Citizen Tuition Waivers

Senior citizens (60 or older at the time of registration) are eligible to use Senior Citizen Tuition Waivers to register for credit classes tuition-free on a “seats available” basis, two full business days prior to the start of the semester. Please note that course fees may still apply. For more information and/or to register for a class, call the registration office at 410-462-7777.

For more information about how to offer Baltimore City Community College ElderLearn Courses at your Senior Center, contact the Reisterstown Center office at 410-580-2750.

For additional information and/or assistance for seniors, please contact **Baltimore City Health Department, Division of Aging and CARE Services** at 410-396-CARE(2273).



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