

# ***BROOKLYN PARK SENIOR CENTER***

## ***SPRING 2011 CLASSES***

Classes listed in ***BOLD and ITALICS*** are free. All classes require registration. Registration begins on Tuesday, February 01, 2011. Please register as soon as possible to avoid cancellation of classes.

<b>MONDAY</b>						
Class	STARS #	Time	Instructor	Location	Dates	Sessions
Computer Keyboarding	<b>44444</b>	10:00 – 12:00	S. Shin	Computer Lab	4/4-6/20	10
MS Powerpoint for Windows	<b>44272</b>	12:30 – 2:30	S. Shin	Computer Lab	4/4-6/20	10
<i><b>Bingo</b></i>		<i><b>12:30 – 2:00</b></i>	<i><b>Volunteer</b></i>	<i><b>Multi-purpose room</b></i>	<i><b>Ongoing</b></i>	<i><b>Ongoing</b></i>
<b>TUESDAY</b>						
Class	STARS #	Time	Instructor	Location	Dates	Sessions
Intro to the Internet	<b>44253</b>	9:30 – 11:30	B. Herrick	Computer Lab	4/5-6/7	10
HLOA: Exercise: Aerobics Tu/Thr	<b>44455</b>	10:00 –11:00	T. Crofoot	Exercise room	4/5-6/9	20
<i><b>Weight Training</b></i>		<i><b>12:30- 1:30</b></i>	<i><b>Volunteer</b></i>	<i><b>Parks &amp; Rec</b></i>	<i><b>Ongoing</b></i>	<i><b>Ongoing</b></i>
HLOA:Yoga Tu/Thr	<b>44458</b>	12:30-1:30	S. Harty	Exercise room	4/5-6/9	20
Home Computer Data Organization (Korean)	<b>44285</b>	1:00-3:00	J. Kim	Computer Lab	4/5-6/7	10
HLOA: Pilates Tu/Thr	<b>44462</b>	1:30-2:30	S. Harty	Exercise room	4/5-6/9	20
HLOA: Line Dance	<b>44450</b>	5:30 – 7:30	K. McIntyre	Multi-purpose	4/5-6/7	10
<b>WEDNESDAY</b>						
Class	STARS #	Time	Instructor	Location	Dates	Session
HLOA: Exercise: Fun & Fitness	<b>44471</b>	9:30-10:30	D. Cadden	Exercise room	4/6-6/8	10
<i><b>ESL</b></i>		<i><b>9:30-11:30</b></i>	<i><b>TBA</b></i>	<i><b>Craft room</b></i>		<i><b>10</b></i>
Current Issues	<b>44465</b>	12:00 – 2:00	P. Cho	Multi-Purpose	4/6-6/8	10
Computer Awareness	<b>44416</b>	12:30 – 2:30	S. Shin	Computer Lab	4/6-6/8	10
Fundamentals of Music	<b>44472</b>	12:30 – 2:30	J. Yoon	Craft Room	4/6-6/8	10
HLOA: Line Dance	<b>44469</b>	1:00-3:00	K. McIntyre	Exercise room	4/6-6/8	10
<i><b>Weight Training</b></i>		<i><b>12:30 –1:30</b></i>	<i><b>Volunteer</b></i>	<i><b>Parks &amp; Recs</b></i>	<i><b>Ongoing</b></i>	<i><b>Ongoing</b></i>

## THURSDAY

Class	STARS #	Time	Instructor	Location	Dates	Sessions
HLOA: Exercise: Aerobics Tue/Thr	<b>44455</b>	10:00 –11:00	T. Crofoot	Exercise room	4/5-6/9	20
HLOA: Yoga Tue/Thr	<b>44458</b>	12:30–1:30	S. Harty	Exercise room	4/5-6/9	20
HLOA: Pilates Tue/Thr	<b>44462</b>	1:30–2:30	S. Harty	Exercise room	4/5-6/9	20
MS Word Level II (Korean)	<b>44293</b>	1:00–3:00	J. Kim	Computer Lab	4/7-6/9	10

## FRIDAY

Class	STARS #	Time	Instructor	Location	Dates	Sessions
<i>Drum Team</i>		<i>8:00 –9:30</i>	<i>Volunteer</i>	<i>Exercise</i>	<i>Ongoing</i>	<i>Ongoing</i>
<i>Traditional Dance</i>		<i>9:30–11:30</i>	<i>Volunteer</i>	<i>Exercise</i>	<i>Ongoing</i>	<i>Ongoing</i>
HLOA: Line Dance	<b>44473</b>	9:30 –11:30	D. Cadden	Park & Rec	4/8-6/24	10
HLOA Strength & Stretch	<b>44474</b>	12:30-1:30	K. Schanberger	Exercise	4/8-6/24	10
<i>Weight Training</i>		<i>12:30-2:00</i>	<i>Volunteer</i>	<i>Parks &amp; Rec</i>	<i>Ongoing</i>	<i>Ongoing</i>

# NEW SPRING 2011 CLASSES OFFERED

<p><b><u>Computer Keyboarding</u></b> : Learn the fundamentals of keyboarding using touch typing on a computer. Develop speed and accuracy in operating a computer keyboard.</p>	S. Shin	Mondays 10:00 – 12:00
<p><b><u>Home Computer Data Organization (Korean)</u></b>: Learn to locate, differentiate and consolidate your files and folders, back up drives, copy move and delete files and folders for a more organized desktop.</p>	J. Kim	Tuesdays 1:30 – 4:30
<p><b><u>Strength and Stretch</u></b>: Participants follow instruction from a seated position. This class is recommended for persons who have physical limitations (arthritis, back trouble, breathing difficulties, stroke injuries, etc.). This is a low impact exercise program</p>	K. Schanberger	Fridays 12:30 – 1:30