



County Executive John R. Leopold

Department of Aging and Disabilities

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For Immediate Release

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Space available in Spring Semester Courses

Annapolis, MD (Feb. 22, 2011) – The Pascal Senior Activity Center located at 125 Dorsey Rd., Glen Burnie, still has spaces in the following courses for the Spring Semester, which starts April 4, 2011.

- **Microsoft Windows XP, Level 1.** Learn to use and customize the Microsoft Windows environment including the taskbar, start menu, and recycle bin. Work with files and folders.

- **Home Computer Data Organization.** Learn to locate, differentiate and consolidate your files and folders, back up drives, copy, move, and delete files and folders.

- **Autobiographical Writing.** Discover your distinctive writing voice and explore stories from your life through in-class exercises, writing assignments and class discussion. No prior writing experience is required.

- **Ink Oil Roughing.** A unique technique of adding color washes to pen and ink designs, "rouging" creates a wonderfully soft, subtle effect.

- **Functional Mobility/Balance I, Tai Chi.** Tai Chi is an ancient system of physical and mental harmony, gentle exercise that emphasizes relaxation, balance and coordination.

- **Health for the Mature Adult.** Improve health through education and awareness training of health concepts and practices.

- **Enhancing Mind Functions.** Maximize the power of the brain through challenges, memory stimulation and hand-eye coordination.

To register, go online to myaacc.aacc.edu; telephone using STARS numbers at 410-777-2241; in person at Pascal Senior Activity Center until March 14, and then you must go to the college's Arnold campus, Glen Burnie Town Center, or AACC at Arundel Mills. Sign up early before the class is filled. You may pay by credit card, check or money order payable to AACC.

- Making Life Better -