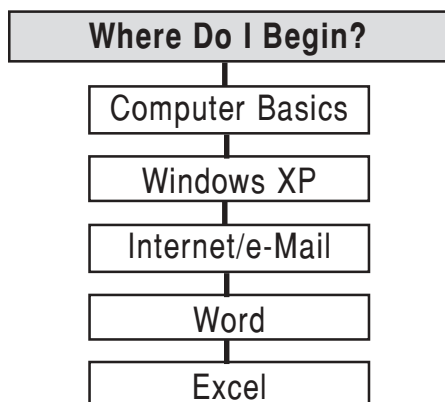


SENIORS COLLEGE

Paige Parrish
Seniors College
Coordinator



Computers A-Z



Introduction to Computers

This course is designed for the novice computer user. It is intended to be an overview of computer architecture, operating systems, and applications software. It utilizes a hands-on approach that prepares you to take other computer courses. A brief look at Windows, and word processing, spread sheet and database software is included. Skills-building is accomplished in follow-on courses. Textbook is provided. (12 hrs.)

ITSC8001 203042Q **\$65**
1/24-2/9 MW 2-3:50 p.m.
Location: RTDC

Windows XP with Internet Application

This course will focus on teaching the skills necessary for you to make the most effective use of your Microsoft Windows XP operating system and personal computer. Building on the foundational concepts taught in Introduction to Computers, Microsoft Windows XP w/Internet Application will take a handsome approach to teaching and applying the basic concepts of day-to-day personal file management and Internet access within the

903-510-2900

Microsoft Windows XP operating system. Textbook is provided. (12 hrs.)

ITSC8004 201042Q **\$65**
2/14-3/2 MW 2-3:50 p.m.
Location: RTDC

Microsoft Word Processing

Students will create, edit, save, open and print documents and work with formatting options to change their appearance. Indents, tab stops, margins and page breaks are addressed. Additional enhancements can be used such as bullets and numbering; special tools are discussed such as AutoCorrect and SpellChecking. *Instruction in terminology, computer operation, editing functions, formatting and special text options.* One 3.5 diskette is recommended and textbook is provided. (12 hrs.)

POFT8004 202043Q **\$65**
3/21-4/6 MW 2-3:50 p.m.
Location: RTDC

Introduction to Microsoft Excel Spreadsheet

Create spreadsheets, revise, save and enhance. This course addresses the columns, rows and cells which create your spreadsheet in addition to formatting cell entries to better express their value. Learn the tricks to ease your usage in copying, moving and deleting cells. Basic formula creation is included in this introductory course. Instruction in terminology, machine use, program parameters, display characteristics, formatting features, mathematical functions and printing. One 3.5" diskette is recommended and textbook is provided. (12 hrs.)

ITSW8002 203043Q **\$65**
3/21-4/6 MW 10-11:50 a.m.
Location: RTDC

Physical Activities Offerings

A.B.C. Aquatic Body Conditioning

Designed for the beginner water fitness participants and seniors. Emphasizes total body toning and conditioning through water resistance beginner level aerobics. (32 hrs.)

OHPE2024 203042Q **\$74**
1/11-4/29 TR 8-8:50 a.m.
Location: Ornelas HPE

Adapted Aquatics

This flexible swimming water activity program is for persons with limited mobility. The goal is to adapt the skills and basic movements of water exercise and swimming to the capabilities and needs of participants. Special emphasis is placed on improvement in the areas of coordination, strength, flexibility and endurance. Class limit 25. (29 hours)

OHPE4001 206042Q **\$74**
1/5-4/27 MW 9-9:50 a.m.
OHPE4001 207042Q
1/5-4/27 MW 10-10:50 a.m.
Location: Ornelas HPE143

Aquacize Basics

This flexible and fun shallow water program incorporates all aspects of fitness with extended flexibility and strength/ tone segments. The unique properties of water allow a varied intensity level designed to fit the needs of the individual with some physical limitations to the intermediate level water exerciser. Some benefits reported include increased stamina, flexibility, strength and a sense of well being. Class limit 20. (29 hours)

OHPE4002 201042Q **\$74**
1/5-4/27 MW 1-1:50 p.m.
OHPE4002 202042Q
1/6-4/21 TR 9:55-10:45 a.m.
Location: Ornelas HPE

Personal Training for Seniors

Personal Training for Seniors is a flexible one-on-one service specifically designed for the needs of the senior adult by an instructor certified by the American Senior Fitness Association. After a health profile and fitness assessment, the participant will be guided individually through a customized program which may involve areas such as general fitness training, postrehab training, strength training, functional fitness training or training for the senior athlete and more. For additional information call 903-510-4414. Class limit 10. (5 hrs.) (10 hrs.)

5 Visits Plan
HPE 3045 201042Q **\$156**
1/3-5/31 Varies Varies
10 Visits Plan
HPE 3062 201042Q **\$287**
1/3-5/31 Varies Varies
Location: Ornelas HPE

Tai Chi/Qi Gong

Class begins with QiGong which is slow moving exercises involving Active and Meditative practices. Great for lowering blood pressure, reducing stress, balancing energy, and promoting general health. Tai Chi is a slow moving exercise form that enhances the central nervous system and promotes physical fitness. Class limit 15. (30 hrs.)

OHPE2004 201042Q **\$79**

1/3-4/27 MW 4:30-5:25 p.m.

Location: Ornelas HPE

"I have found learning Tai Chi to be especially enjoyable. The slow, gentle movements reduce muscle stiffness and have significantly improved my back problems. This class has been very beneficial." —Ruth Crowe

Swim Lessons for Adult Beginners 18 plus

A beginning level water class designed for students who cannot swim. Contact instructor at 903-510-2552 for information. Class limit 15. (16 hrs.)

OHPE2014 201042Q **\$81**

1/8-4/30 S 11-11:50 a.m.

Location: Ornelas HPE

Fly-fishing

Prepare for the abundant fishing this fall with our exciting fly fishing course. We will tell you where to go and how to fly fish correctly! Our instructor Steve Robbins is a pro, working hand in glove with people like Orvis and Backcountry. All outdoor sport enthusiasts should consider this fun class. We promise that you will love it and hope that you catch fish too!

FLFI8001 201043Q **\$65**

4/7-5/12 R 6-8 p.m.

Location: RTDC

**A FRIEND
OF SENIORS
COLLEGE**

**Blackjack
Clay Company**

Service Learning

One feature offered through Seniors College is Service Learning, designed to link community service and academic study in a way that strengthens both. This form of teaching enhances traditional methods of instruction and helps students learn and develop through thoughtfully organized service opportunities. Service Learning provides an opportunity for students to enrich their lives while helping community service agencies meet critical human needs.

Bear Care

NEW!

The Family Violence Unit of the Tyler Police Department is accepting donations of stuffed teddy bears for their Bear Care program. The Bear Care program provides officers teddy bears to keep in



their police cars in order to reduce the trauma suffered by children whom they encounter on patrol. The teddy bears are a very useful tool in counseling and comforting children who have been

exposed to violence, abuse or other upsetting incidents. Join us as we hear Kristi Hachtel of Child Protective Services speak about children's experience with family violence as well as the collaborative efforts of agencies that help the children of Smith County. Lunch will be provided, and after we **stuff** ourselves, we will **stuff** teddy bears for a great cause! The bears will then be presented to Officer Chris Moore, Chief Information Officer for the Tyler Police Department, as well as the programs director. ***There is no sewing involved in this project; the cost includes lunch and materials for one bear per student.***

SRVC8003 201042Q **\$25**

2/4 F 11:30 a.m.-1 p.m.

Location: RTDC

"Empty Bowls" Project

Seniors College is honored to participate in the internationally recognized Empty Bowls project. Empty Bowls is a hunger awareness campaign, whereby potters create bowls from clay and donate them to fundraising events which benefit local feeding programs. In this course we will create several bowls from a slab of clay to then be painted, glazed and fired. The bowls will be sold at a fundraising event to be set at a later date; the purchaser chooses a bowl to keep as a reminder that there are always empty bowls in the world, more specifically in East Texas. The proceeds from this fundraiser will benefit The East



Texas Food Bank and Meals on Wheels. For every \$100 donated to East Texas Food Bank, over 800 meals can be provided to children and adults in our community. You won't want to miss this opportunity to serve!

SRVC8001 201043Q **\$50**

4/13-5/25 W 9-11 a.m.

Location: Jenkins 316 (art studio)

St. Louis Project

We are fortunate to have two outstanding special education teachers to provide you with information concerning individuals with special needs. This invaluable information will help you be effective and comfortable inter-acting with children with disabilities in our community, specifically in a volunteer setting. The first day of class Christine Vandiver will deliver an overview of special needs and specific disabilities that are served at St. Louis School. You will learn about characteristics of various disabilities as well as common myths



Jim Buck assists Joshua during his horseback riding therapy.

and misconceptions related to various disorders. The next class will be located in the horse arena at The St. Louis School where Rebecca Mercer, the therapeutic horseback riding instructor will demonstrate ways that you can assist in carrying out children's educational goals. Horses have a tremendous gift of movement, and can enable students who have never walked a chance to experience the pelvic action of walking through riding the horses. You can make a big difference in a child's life by volunteering at St. Louis. Volunteerism is not a requirement of the class, but we hope that you will want to use your new skills to benefit this population within our community.

TRAV8014 201042Q **\$25**

3/7 M 9-11 a.m.

3/9 W 9-11 a.m.

Location: —RTDC
—St. Louis School

St. Louis School is located at 2800 Walton Road. Take Loop 323 and turn right before Tyler Ford.

Special Interests and Activities

Book Club

NEW!

You don't have to be a member to read and enjoy the **official** book of *The Red Hat Society*. Please join our book club Thursdays this February as we read and discuss the book entitled **The Red Hat Society: Fun and Friendship After Fifty** by Sue Ellen Cooper. This New York Times best seller describes how this phenomenon came into being as well as examines and celebrates the aging process. The students will be asked to read a selected number of pages prior to each meeting to get the very most out of this lively discussion. Join us for coffee, scones and an abundance of fun! **The book is provided and may be picked up at the RTDC registration desk on Wednesday January 26th.**

BOOK8001 201042Q **\$35 (includes book)**
2/3-2/24 R 9-11 a.m.

Location: RTDC

Lunch & Learn

NEW!

This is a new lecture series that will feature top-quality speakers at a convenient time during the lunch hour for those students who are always on the go! A boxed lunch will be provided at every session.

Randy Gilbert—Local attorney and former president of the Smith County Historical Society will share his immense knowledge and passion about the Civil War. The focus of his lecture will be of Tyler's role in the Civil War and some interesting facts and bits of trivia that you probably did not learn in your high school history class. *Lunch is provided.*

SPTO8001 201042Q **\$12**
1/25 T 12 noon-1 p.m.

Location: RTDC

Jon Brody—Federal Bureau of Investigations (FBI) agent Jon Brody will speak about terrorism and our responsibilities on the home front as well as attempt to demystify the daily operations of the bureau. *Lunch is provided.*

SPTO8001 202042Q **\$12**
2/15 T 12 noon-1 p.m.

Location: RTDC

Dr. Bob Peters—Everyone has opinion about the weather, especially in Texas, but how does a totally blind meteorologist accomplish this task with such accuracy? "Dr. Bob" will share his story and try to answer some of the most frequently asked questions about his job and how he functions with adaptive technologies. *Lunch is provided.*

SPTO8001 203043Q **\$12**
4/6 T 12 noon-1 p.m.

Location: RTDC

Dick Johns—Author and artist Dick Johns will give our audience some insight into the development of political cartoons, these so often tell the real story of political events. He will also share his experiences about becoming a published author and will provide a question and answer session. *Lunch is provided.*

SPTO8001 204043Q **\$12**
5/10 T 11:30 a.m.-12:30 p.m.

Location: RTDC

Murder in High Society: A Rose is a Rose

NEW!

Join us for an unforgettable evening of mystery, mayhem, murder and gourmet dining. The evening begins with a fabulous dinner at Willow Brook Country Club. Next, during dinner you will be welcomed by the "family" and you will receive a card with information about what you "know" about your character, the suspects and your relationship to the family. After dinner the guests will retire to the manor (Bonner-Whitaker-McClendon House) for coffee, dessert and a reading of the will. Everyone will have a chance to test their skills at observation and deduction as they gather clues during the evening. A super-sleuth detective will tie up all the clues and the killer will be caught! A prize will be awarded to the brilliant guest that solves the murder mystery. After dinner a guided tour will be given of the McClendon House. **Funding for this event helps to provide for the preservation, maintenance and operation of the Bonner-Whitaker-McClendon House, a national historic landmark and Texas legacy.**

THEA8002 201043Q **\$63**
4/5 T 5:30-8:30 p.m.

Locations: Willow Brook Country Club and McClendon House

Liberal Arts

Can You Dig It? Archeology for Beginners

NEW!

This new course allows students an opportunity to dig in to investigating the past! We are pleased to have Todd McMakin, Regional Archeologist for the Texas Parks and Wildlife Division in Tyler. Students will learn how past cultures are delineated based upon material traces that individuals or groups left behind. A special emphasis will be placed on the prehistory and history of East Texas which has led to such cultural diversity! The instructor will provide you hands-on experience with artifacts and enlighten you with excavation and preservation techniques. (12 hrs.)

ARCH8001 201042Q **\$55**
2/8-2/24 TR 9-11 a.m.

Location: RTDC

Monday Medley: History Roundtable with James Wilkins

A free-wheeling discussion-format look at the rich history of Tyler and Smith County led by master researcher with over 40 years of experience. The facilitator will introduce a wide variety of subjects, (from all periods of history) presented in an interesting and invigorating style. Topics vary, but might include: saints and sinners, law and order, mobs-murder-mayhem, the haves and the have-nots. These topics are all based on intensive research into our East Texas past, and presented by an artist, writer, educator and local historian. If you are new to the area you will enjoy the rich, unusual facts of Smith County's past, and an insider's view at the Monday Roundtable. (12 hrs.)

HIST8002 201043Q **\$50**
3/28-5/2 M 1-3 p.m.

Location: RTDC

Pioneers of Aviation and The Golden Age of Flight

We are pleased to have John Burke, Curator of the Historic Aviation Museum this spring at Seniors College. He will deliver an exciting overview of



the early days of aviation from 1900 to 1941. He will also cover the beginnings of flight, invention and advancement of powered flight, with some glimpses into the men and women who built and flew these

early aircraft. This course will cover the national air races, the daredevils and barnstormers, and airmail pilots. Other topics for discussion will be lighter than air ships as well as early aviation companies. We will conclude with a personally guided, tour of the Historic Aviation Museum located at Tyler Pounds Regional Airport. *The field trip is optional.* (12 hrs.)

Docent Opportunities: Due to the increased popularity of the Historic Aviation Museum's exhibition, docent guides are needed. Join the Historic Aviation Museum's team of docents and experience the many benefits of the Docent Program. For more information call Mike Burke at 903-526-1945.

TRAV8015 **\$50**
4/12-4/28 TR 9-11 a.m.

Location: RTDC

CHANGE HAPPENS.

Call before you drive to confirm the start time and location of your class.

903-510-2900

Special Trips

Each trip requires a minimum number of participants. The last date to sign up for each trip will be 30 days to trip date. After this time there can be no refunds nor cancellations unless we do not meet the minimums for each trip, in which case you will be fully refunded after the cut-off date. If for some reason you cannot make the trip you may sell or give your reservation to another individual. Please call to make those changes. Check course description for reservation and refund deadlines.

Messina Hof Winery and George Bush Library

Our travel study will begin at the Messina Hoff Winery, which is nestled among forty acres of vineyards on a 100 acre estate located in Bryan Texas. A tour of the vineyards will give insight into the planting, growing and harvesting techniques of grape horticulture. We will also explore the daily processes of wine production such as; crushing, fermentation, bottling, storage and aging techniques. We also will enjoy a delicious gourmet lunch at the Vintage House Restaurant located on the estate whose menu reflects the deep flavors that are created when cooking with wine. Next, we will travel to the George Bush Memorial Library and Museum in College Station. You will be sure to enjoy the rich sources which document George Bush's distinguished career from congressman to his presidency. *Price includes bus transportation, tickets to the vineyard and library and lunch. Trip participants will be mailed a pre-select menu after registration. The bus will depart from the RTDC campus at 7:30 a.m.* Registration deadline is March 7, 2005.

TRAV8019 201043Q \$95
4/7 R 7:30 a.m.–7:30 p.m.
Location: RTDC Parking Lot

Shall We Dance?
Fort Worth Symphony at Bass Hall

The Seniors College students will travel to Bass Hall in Fort Worth to experience the Fort Worth Symphony's performance of violinist Cho-Liang Lin, whose releases have won Gramophone's Record of the year as well as two Grammy award nominations. The evening begins as we dine in the famous Sundance Square, located in the heart of downtown Fort Worth. Following a leisurely lunch our group will be whisked away in five nostalgic horse drawn



carriages that will provide us with a rich, scenic tour of historic downtown. Next, the carriages will drop us off at Bass Hall prior to the 2:00 matinee, and we will return to the west campus later that evening. *The price includes bus transportation, orchestra seats and horse drawn carriage ride. We will leave RTDC campus at 9:00 on Sunday morning. Registration deadline is April 15, 2005*

TRAV8021 201043Q \$127
5/15 U 9 a.m.–7 p.m.
Location:

The Dallas Arboretum

Spring is in the air and the Dallas Arboretum is in full bloom! We will travel to Dallas to view the outstanding collection of Huang Azaleas, which is the only public display of its kind outside of China. In addition there are 2400 other different varieties of Azaleas as well as other spring blooms. Our students will also see the experimental beds which feature new plants before they are available for sale to the public. We will have lunch at the new DeGolyer Garden Café (the space formally occupied by the Arboretum's gift shop). Our final stop before heading home will be North Park Mall for coffee, dessert and a little shopping. *Price includes bus transportation and ticket to the Arboretum, lunch is out of pocket. Registration deadline is February 7, 2005*

TRAV8020 201043Q \$50
3/7 M 8:30 a.m.–4:30 p.m.
Location: RTDC Parking Lot

Kimbell and Amon Carter Museum Trip

We head off once again for an art-filled day in Fort Worth's cultural district. The Seniors College students will view the permanent exhibits at both the Kimbell and Amon Carter museums. The Kimbell Art Museum has acquired two major Italian sculptures: Bernini's presentation model (*modello*) for the *Fountain of the Moor* executed in Rome in 1653; and a rare portrait bust of a woman, probably Isabella d'Este from the 1500's. These two pieces will highlight the Italian Renaissance and Baroque collections at the Kimbell. The Amon Carter Museum holds a collection of over 300,000 objects, including paintings, sculpture, and prints, as well as American photographs. We will have lunch at the Kimbell Museums Buffet Restaurant and enjoy Shelby Shafer's famous homemade soups, salads, quiche and deserts. *Lunch is out of pocket. Registration deadline is January 8, 2005.*

TRAV8018 201042Q \$45
2/8 T 8 a.m.–5 p.m.
Location: RTDC parking lot



Seniors College Day Trips

Seniors are on the move and headed to some exciting destinations.

Kimbell and Amon Carter Museums, Fort Worth—Tuesday, February 8

Dallas Arboretum—Tuesday, March 7

Messina Hof Winery & the George W. Bush Presidential Library—Thursday, April 7

Fort Worth Symphony, Bass Hall—Sunday, May 15

Travel to Texas Wine Country
Messina Hof Winery, Bryan, TX

"Every visit we make to Messina Hof has been splendid. This is one of Bryan/College Station's best kept secrets."

—Dallas, TX

Nestled among forty acres of vineyards on a 100 acre estate lies Messina Hof Winery, the Vintage House Restaurant and the Villa, an elegant antique-appointed 10 room bed and breakfast. Messina Hof is owned by Paul and Merrill Bonarrigo who chose the name Messina Hof to reflect their family heritages. Winemaker Paul Bonarrigo's heritage lies in Messina, Sicily, and Merrill's family hails from Hof, Germany. When it was founded in Bryan, Texas, in 1977, Messina Hof was one of only 3 Texas wineries. Today Texas, the fastest growing wine producing state in America, boasts over 50 wineries.

—www.messinahof.com