

# Computer Training      Dance

## Build Your Own Business Website and Save \$

You can have your own a site for as little as \$5 a month. You don't have to be a programmer to design professional looking and cost effective websites, but you do have to decide what you want it to do, what you put on it, and how you promote it.

We **GUARANTEE** that you'll learn:

- What a website is and what you can put in it to improve your business
- How to analyze your needs and select the best web design criteria
- How to make the site user friendly
- How to get a shopping cart that only costs if sales are made
- How to promote your website and link with search engines to make sure you can be found

No website development experience necessary. This program is for website beginners, experts, managers and web designers. *\*Materials Fee: \$30 fee is payable in class for, Fishin' With a Net™ #0-9629944-6-4, and How To Develop An Effective Web Site™ CD.*

**Date: Aug 29**  
**T#3045.6 Sat 9:00am - 12:00pm \$45**  
 Instructor: Mike Rounds  
 Location: RHC Business Bldg., B118

## Using Your Computer to Make Money

Some eBay Power Sellers are making hundreds of thousands per year. Other businesses, including information brokers, are making even more! The great thing about working from your home computer is that your starts up costs are so low, but profitability can be so high! With hundreds of different businesses that you can run from your home computer, you are bound to find one suitable to generate profits from home. This seminar shows you the over 120 businesses which are hot, including information on dozens of computer businesses based on:

- Skills you have
  - Skills you can teach yourself
  - Software or hardware you can purchase
  - Skills that require formal training
- In this practical program, you'll also learn the basic information needed to start a business including how to:
- Legally form your business
  - Accept your customer's credit cards
  - Keep basic bookkeeping and tax records
  - Advertise and get customers
  - Use your Web site as an effective business tool

*\*Materials Fee: \$30 fee is payable in class for book "Mechanics of Starting a Home-Based Business" and the DVD "Marketing with Postcards".*

**Date: Nov 19**  
**T# 3046.6 Thu 6:30pm - 9:30pm \$45**  
 Instructor: Nancy Miller  
 Location: RHC Science Bldg., S120

## Salsa Dancing (Beginning Adult)

Salsa dancing has become very popular at many dance events. Come and learn the basics of this Caribbean dance just as it is taught at the Salsa clubs. We will cover the basic patterns along with basic turns in free-style and with partners. We will be rotating, so you don't need to bring a partner. At the end of the course, you will have learned a combination using all the steps and turns learned throughout the program. If you want to try something exciting, something fun and something new, this course is right for you!

**Date: Sep 16 – Nov 4**  
**T# 3047.6 Wed 7:00pm – 8:00pm \$55**  
 Location: Katherine Edwards Middle School

## Dance/Aerobics

This class is designed for all fitness levels. This one-hour class will start with a warm-up, then move into dance/aerobics that will increase your heart rate, and conclude with a cool down.

**Date: Sep 3 – Dec 15 (No class Sep 29, Nov 26)**  
**T# 3049.6 Tue/Thu 6:00pm - 7:00pm \$65**  
 Instructor: Rosemary Arroyo  
 Location: Katherine Edwards Middle School

## Belly Dancing

The beautiful art of belly dancing is a fun way to burn fat and stay fit and trim. This ancient form of artistic movement has been practiced for thousands of years and is a safe and simple way for ladies of all shapes and ages to keep fit, improve flexibility, posture, coordination, vitality well-being and self-image.

**Session 1**  
**Date: Aug 25 – Oct 13**  
**T# 3050.6 Tue 6:00pm - 7:00pm \$65**  
 Instructor: LeVina Rivera  
 Location: RHC Campus Inn

**Date: Aug 25 – Oct 13**  
**T# 3051.6 Tue 7:30pm - 8:30pm \$65**  
 Instructor: LeVina Rivera  
 Location: RHC Campus Inn

**Date: Aug 26 – Oct 14**  
**T# 3052.6 Wed 6:00pm - 7:00pm \$65**  
 Instructor: LeVina Rivera  
 Location: RHC Campus Inn

**Session 2**  
**Date: Oct 20 – Dec 8**  
**T# 3053.6 Tue 6:00pm - 7:00pm \$65**  
 Instructor: LeVina Rivera  
 Location: RHC Campus Inn

**Date: Oct 20 – Dec 8**  
**T# 3054.6 Tue 7:30pm - 8:30pm \$65**  
 Instructor: LeVina Rivera  
 Location: RHC Campus Inn

**Date: Oct 21 – Dec 9**  
**T# 3055.6 Wed 6:00pm - 7:00pm \$65**  
 Instructor: LeVina Rivera  
 Location: RHC Campus Inn

## Dance, continued

### Advanced Belly Dancing

This class is designed for advanced level students. The pace is faster, and you will learn longer and more challenging choreographies in these classes. This class is for the more serious students and is expected to practice at home. You will be using swords, Isis wings and have an opportunity to perform live.

#### Session 1

**Date:** Aug 26 – Oct 14

T# 3056.6 Wed 7:30pm - 8:30pm \$75

Instructor: LeVina Rivera

Location: RHC Campus Inn

#### Session 2

**Date:** Oct 21 – Dec 9

T# 3057.6 Wed 7:30pm - 8:30pm \$75

Instructor: LeVina Rivera

Location: RHC Campus Inn

## Digital Media



### Wow'em with Photoshop!

In this fun and creative Photoshop Elements 7.0 class you will learn how easy it is to combine multiple photographs to create breathtaking works of art, which are sure to wow your friends and family. Using a hands-on approach you will learn to blend basic photo editing skills with layering, masking and filtering tools to design stunning collages and portraits. You will even have the chance to create a personalized magazine cover that will make an excellent gift for someone special during the holidays. Each student will take home a CD of his or her creations and a framed print of two of the three assignments completed in class.

**Date:** Oct 6 – Nov 3

T# 3058.6 Tue 7:00pm – 9:00pm \$69\*

\*Material Fee: \$15 payable to the instructor in cash only for course materials.

Instructor: Dedre Robinson

Location: RHC Business Bldg., B114



### Great Holiday Gifts with Digital Photos

Got lots of digital photos? Need inexpensive, personalized holiday cards and gifts? Don't have a lot of time or money? Join us as we demonstrate how easy it is to make beautiful, personalized gifts with your digital photos, using your computer and Photoshop Elements. You will learn how to organize and edit your digital photos (including an easy trick to lose 10 lbs) make projects. Class includes digital supplies to make 3 different holiday cards.

**Date:** Sep 2

T# 3059.6 Wed 6:00pm - 9:00pm \$39\*

Instructor: Patty Debowski

Location: RHC Science Bldg., S326

\*An optional \$39 materials fee is payable to the instructor in class for a 384 page color book & DVD full of digi-scrappping supplies.

Patty Debowski, founder of [www.TheDigitalScrapbookTeacher.com](http://www.TheDigitalScrapbookTeacher.com) is the author of the book, *Digital & Hybrid Scrapbooking & Card Making with Photoshop Elements* (ISBN# 978-0-9796959-0-2). She's been an accomplished scrapper for more than 30 years teaching students across the nation how to use Photoshop Elements.

## Emeritus

### Chorus Singing

This course introduces older adult students to a variety of choral music and explores its cultural and historical aspects. Students will gain knowledge of posture, vowel modification, elements of phrasing and harmony. Students will perform vocal exercises and practice breathing techniques appropriate for the older adult.

#### Session 1

**Date:** Aug 24 – Oct 22

T#5515 Mon/Thu 6:30pm - 8:30pm No Fee

Instructor: Debbie Montpas

Location: The Palms

#### Session 2

**Date:** Oct 26 – Dec 17

T#5516 Mon/Thu 6:30pm - 8:30pm No Fee

Instructor: Debbie Montpas

Location: The Palms

### Creative Writing for Older Adults

This course is for older adults and helps beginning and experienced writers break through writing blocks and create and shape autobiographies, fiction, non-fiction and poetry into readable and published forms.

#### Session 1

**Date:** Sep 11 – Oct 23

T#5511 Fri 9:30am - 11:30am No Fee

Instructor: Suzette Hodnett

Location: Whittier Senior Center

#### Session 2

**Date:** Oct 30 – Dec 18 No Class Nov 27

T#5512 Fri 9:30am - 11:30am No Fee

Instructor: Suzette Hodnett

Location: Whittier Senior Center

### Current Topics for Older Adults

This course presents older adults with various topics for discussion and class activities based on the students' individual interests, backgrounds, physical and mental abilities. Older adults are encouraged to share and compare life experiences, and learn about international, national and local events and issues from a current and historical viewpoint.

**Date:** Aug 27 – Dec 10 (No Class Nov 26)

T# 5507 Thu 9:00am-10:30am No Fee

Instructor: Mary Lou Gutierrez

Location: Emeritus at Whittier

**Date:** Aug 26 – Oct 15

T# 5506 Wed/Thu 1:00pm-2:30pm No Fee

Instructor: Elaine Bobell

Location: Merrill Gardens

**Date:** Oct 21 – Dec 10 (No Class Nov 26)

T# 5509 Wed/Thu 1:00pm-2:30pm No Fee

Instructor: Elaine Bobell

Location: Merrill Gardens