

Horizons

Spring 2004

Del Mar College • Senior Citizens Education Program • Special Services

Senior Education Citizens Program Enters the Computer Age



Age 55 or older? Interested in learning about computers? Visit our Web site: www.delmar.edu/specserv to see our class offerings or call (361) 698-1298.

Our computer classes have been receiving rave reviews. Sign up now for a future class and enter the computer age.

We need your help to expand this program. If you are interested in volunteering to teach a computer class, we will be happy to provide *free* training. Training and classes are typically held weekdays, 1 - 5 p. m. Email us at ppudelk@delmar.edu or sjgraham@delmar.edu or call (361) 698-1298 to sign up.

Tuition-Free Classes for Age 65 and Older

Citizens 65 years and older may audit, tuition free, noncredit, academic, technical, and occupational courses offered by the College if space is available. Noncredit and academic classes begin January 20th. Both day and evening classes are available.

To inquire or sign up for a course, call the Special Services

Office, (361) 698-1298, or come by the program office in Room 188 of the Harvin Student Center on the East Campus of Del Mar College, during office hours.

Your name will be placed on a reservation list. You will be notified whether space is available in the class.

Web sites You May Find Interesting

www.corpuschristi-tx-cvb.org

Link to local attractions and a calendar of events.

www.christusspohn.org

Link to Physician Referral service, recipes for healthy living and health information.

www.aarp.org Web site of AARP with links to health, wellness, and legislation related to senior issues.

www.ssa.gov Web site of the Social Security Administration to get benefits information or to apply for Social Security benefits.

www.medicare.gov Latest Medicare information, including link to nursing home comparisons.

www.alz.org The home page of the Alzheimer's Association.

<http://groups.msn.com/alzheimerssupport>

An on-line support group for caregivers of Alzheimer patients.

The Resource Directory for Older People: www.aoa.gov Provides links to a large variety of medical, legal, and social agencies of interest to Seniors.

SPRING 2004 CALENDAR

Classes Begin January 20
Spring Break March 15-20

Classes Resume March 22
Last Day of Classes May 5

Special Services
 Harvin Student Center Room 188
 101 Baldwin Blvd.
 Corpus Christi, Texas 78404-3897



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Special Interest Classes For Age 55 and Older

Register by calling (361) 698-1298 or come by the Special Services Office, Room 188 in the Harvin Student Center. Doctor's permission required for swimming and water exercises. A nominal fee is charged to provide for a lifeguard for swimming and water exercises. See calendar on other side for meeting dates.

Spring 2004 Classes

Class	Day	Begins	Time	Place	Instructor
Spanish, Intermediate	Tuesday	Jan. 20	1:30 p.m.	CB-110	Coons
Lap Swimming	Mon/Wed	Jan. 21	4:30-5:30 p.m.	Pool	Dugat
Beginning Swimming	Friday	Jan. 23	7-7:50 a.m.	Pool	Buzbee
Intermediate Swimming	Friday	Jan. 23	8-8:50 a.m.	Pool	Balcar
Water Exercise I	Mon/Wed	Jan. 21	7-7:50 a.m.	Pool	Buzbee
Water Exercise II	Mon/Wed	Jan. 21	8-8:50 a.m.	Pool	Albritten
Water Exercise III	Tue/Thur	Jan. 20	8-8:50 a.m.	Pool	Fogel
Water Exercise IV	Tue/Thur	Jan. 20	7-7:50 a.m.	Pool	Joseph

IMPORTANT: for your safety

During all swimming and water exercise classes, a certified lifeguard is always on the pool deck to insure a safe class. In the event that no lifeguard is available, classes will unfortunately be cancelled. Del Mar College has also established safety procedures to follow in case of an emergency. The Senior Citizen program has an excellent safety record. Please use caution both in and out of the water.

- Water Exercise classes are full through preregistration, with a waiting list of approximately 6 months. Lap swimming has openings.
- Seniors must be enrolled in a class to receive an ID card. Your ID card entitles you to attend most campus activities and to use the pool during recreational swim hours, to be announced later.
- If you park on Dicianna Drive, be sure you enter and exit in the proper lane. Also, leave clearance for pedestrians to use sidewalk.



Del Mar College
 Senior Citizens Education Program
 of the Special Services Office

Coordinator of
 Senior Citizens Program
 Pam Pudelka

Senior Citizens Clerk
 Jane Graham

(361) 698-1298 • FAX (361) 698-1092
 Office Hours
 7:30 a.m. - 5 p.m., Monday-Thursday
 7:30 a.m. - 12:30 p.m., Friday
 Harvin Student Center
 Room 188

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