



*Strengthen your brain
and make new friends*

Silver College

*A series of courses designed for
active retirees*

**Workforce Development and
Continuing Education Division**

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Keep your brain engaged

Researchers believe that learning can be an effective preventive medicine to keep your brain healthy. Staying active mentally can help you build up alternate neural networks that may be able to help you better work around memory problems. In addition, the Alzheimer's Association recommends keeping up social interaction to maintain brain function.

Expand your social circle

TMCC's Silver College courses offer a comfortable learning environment that fosters friendships among your peers.

Unlike general college courses, each Silver College course is designed to meet the needs and interests of active retirees, whether it's learning how to use Internet bill pay while you're on vacation, practicing how to use your digital camera or finding out how you can write down your life story.

Stay current

Computers are a good way to correspond with your family and friends, and they give you another way to relate to your grandchildren. Find out the latest medical research, book a trip or uncover your family's history by using the Internet.

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Enjoy affordable, in-depth college courses

If you are at least 62 years old and have been a Nevada resident for one year or more, you qualify for the special tuition rate of \$5.50 per credit (most courses are two-credits, so you'll pay \$11) plus lab fees (which range from \$10 to \$30) and textbooks.

Silver College Courses

Computers and Technology

Personal Computer I

If you've always wanted to learn how to use a computer, this course is for you. Learn about computer hardware and software, terminology and how to purchase a computer. You'll also learn basic word processing, formatting, editing and printing of documents.

Personal Computer II

Expand your basic computer knowledge so that you can learn how to use spreadsheet, database, presentation, Internet and e-mail software.

Personal Computer III

Further build upon your Microsoft Windows and Excel skills. Learn how to mail merge, insert a spreadsheet into a Word document, and attach files to e-mails.

Personal Computer IV

Enhance your documents by adding graphics. Learn software programs including PowerPoint and Publisher, and find out how to scan photos into your computer.

Internet

If you have a basic knowledge of computers, but want to become more Internet savvy, this course is for you. Learn how to use browser software and search engines, while also downloading files, using e-mail and taking part in newsgroups.

MS Word

If you have basic computer knowledge, but would like to learn about Word's features, this course is for you. Learn how to edit, format, work with tables, add graphics and merge documents.

"Computers have opened up a whole new world to me. Now I'm an information addict," Barbara, a 2004 student, said.

Management of PC Files and Folders

Delve into Windows Explorer and the My Computer features. Learn how to backup, restore, create, find, copy, move and delete folders.

Digital Camera

Find out what to look for when buying a digital camera and how to capture, crop, edit and enhance your photos through your computer.

Photoshop Elements

Learn how to repair photos, add special effects, display photos on the Web and more.

Graphics Applications

Build upon your knowledge of computer

"Even when I thought I knew everything about computers, I still learn new things from these classes," said Carl, a long-time Silver College student.

graphics by learning the techniques, tools and principles common in software programs. Learn scanning, image editing and optimization, among others. Also find out how to use the Web for computer art, virtual reality, animation and more.

Writing and Personal Expression

Life Stories

Learn how to write a good story from your own life. Gain confidence and a sense of accomplishment while you create a priceless legacy.

"This class inspired me to pass on my war stories...I have decided to create a book based on the stories I wrote in the class," George, a 2006 student, said.

Creative Writing

Explore the diverse world of writing from journaling and collage to poetry and essay writing—all in an accepting and supportive environment.

Need help with the cost of books and supplies?

Call us at 829-9010 for details on the Senior Sunshine Fund.