



News Release

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Series of workshops to help seniors get comfortable with computers

Aroostook County - Area senior citizens who are having a little difficulty getting comfortable with some of the technology prevalent in today's age of computers and digital cameras are invited to a series of workshops at Northern Maine Community College that will give them some hands-on help. The College is offering three courses which are designed especially for those age 50 and older, to help them connect to the world at their fingertips. The classes, which run on three consecutive Wednesdays in November, feature dedicated teachers, small class sizes and a slower pace.

Those who have had very little experience 'surfing the net' and who would like to start an email account or learn how to better utilize their existing email are encouraged to sign up for ***Introduction to the Internet and E-Mail*** on Wednesday, November 14. Topics include downloading files, cleaning out your temporary Internet files, customized settings, and blocking unwanted e-mail.

In ***Digital Photography for Seniors***, participants will learn about features of digital cameras, ways to shoot pictures and how to save these photos on their computer. They will also learn how to print photographs on a home printer and how to send photos to friends and family. The course will be held on Wednesday, November 21.

Basic Word Processing for Seniors, offered November 28, will include how to open and create word processing documents, enhancing them with fonts, type sizes and styles. Participants will learn to edit text with cut, copy and paste commands and how to spell check, as well as how to print a document and/or save it within the computer or on a CD to retrieve it later.

Each of the courses runs from 1:00 to 5:00 p.m., with a cost of \$45 each. The courses may be taken individually or collectively. For more information or to register, please call NMCC's continuing education division at 768-2845.

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