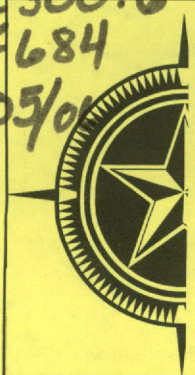


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# FOCUS

## Lee College Senior Citizen Program

Government June, 2005  
Texas State Documents

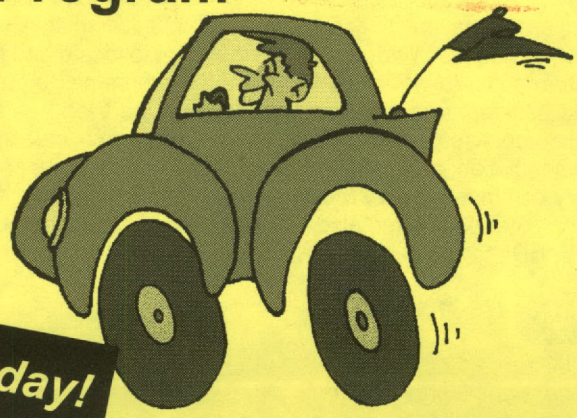
Lynne Foley, Senior Citizen Program Manager, 281-425-6416, lfoley@lee.edu

### Register Now!

### AARP Driver Safety Program

Depository  
Dallas Public Library

(Formerly "55" Alive Defensive Driving Class)  
Back by popular demand is AARP instructor Benny Beck offering the "55 Alive" Defensive Driving course. You must come to the Continuing Education Office in Rundell Hall to register as you can only pay by check or money order. No cash or charge card. There you will also be given a college parking permit. **The \$10 payment must be made payable to AARP.** This class will satisfy all Texas insurance requirements for you to save money, but may **not** be used for a ticket violation. You must be 50 years of age or older.



**Register today!**

• 11740-CENC-SCA4098-001 \$10  
M/T June 20 & 21  
8:30 a.m. - 12:30 p.m.  
Location: Lee College Republic-Whiting Building  
Instructor: Benny Beck



### Let's go to the South Pacific Australia & New Zealand! October 8-26, 2005

#### Trip Highlights

Cairns and The Great Barrier Reef, Melbourne, Little Penguin Parade, Canberra, Sydney Opera House, Christchurch, New Zealand, Franz Josef, Queenstown, Milford Sound, Mt. Cook National Park, and Rotorua

The Tour Package includes round-trip air from Houston and flights throughout Australia and New Zealand, Lee College travel shirt, travel bag, all sightseeing, deluxe motor coach for land tours, deluxe hotel accommodations for 18 nights, air and land cancellation waivers, 16 meals, complimentary luggage handling, completely escorted from Lee College by Program Director Lynne Foley. \$5,499 per person, double occupancy. Call Lynne Foley at 281-425-6416 for more information or for reservations.

View this newsletter online at [www.lee.edu](http://www.lee.edu). Click on Continuing Education, then click on Focus Newsletter!

# Classes Especially for Seniors

## Computing for Seniors\*\*

Courses are for students 55 years or older who want to learn in a relaxed, informal setting. Class size is kept low to allow for individualized instruction.

## Introduction to Windows XP\*\*

(Introduction to Computer Operating Systems)

Master the skills needed to get you moving ahead. Learn the practical techniques and skills that will help you accomplish more in less time and get impressive results in one day. This workshop will teach students the benefits of working with personal computers and of using Windows XP to manage information, to run programs, and to access the Web. In addition, they will learn how to use the Windows XP environment to locate and manage information, to work with Windows XP programs, to customize the desktop, and to access and browse the Web. (A study of microprocessor architecture, file creation/deletion, data entry and manipulation, automatic file execution, configuration, and directory commands.) **Textbook:** *Essentials MS Windows XP Brief*. Computer course fee also includes books. **Supplies:** 3.5" disk; DS, HD.

• 11784-ITSC1006-001 \$120  
M/W July 11-18  
9:00 a.m. - 12:00 noon  
3 sessions/9 hours  
Location: SJM, 101  
Instructor: Jerrell Troutman

## Introduction to Microsoft Word 2002

(Intermediate Word Processing)

You will learn to use one of the world's most popular computer programs, even if you are a novice! This course will give you the essentials you need to get up and running and producing professional documents quickly, and what you need to survive in Word. Learn how to get started and use Word menus and toolbars, create a document, improve text with fonts and formatting, organize data in tables, and format documents. For beginning-intermediate users. (A study of production techniques including search and replace functions, headers and footers, spelling checker, mail merge, file functions, and printer set-up. Students will also learn to merge documents, insert graphics, and editing techniques.) Computer course fee also includes book. **Textbook:** *Word 2002 (XP): Level 1* available at the Lee College Bookstore. **Supplies:** 3.5" disk, DS, HD.

• 11787-POFT1042-001 \$110  
M/W June 20-29  
9:00 - 11:00 a.m.  
4 sessions/8 hours  
Location: SJM, 101  
Instructor: Frederick Olson

## Learn How to Make Your Own Candles

This course is for anyone interested in learning the basics of candle making. You will get hands-on experience while you learn how to pour jars, mugs, and tins and about the different techniques, waxes, wicks, and scents used to make professional quality candles. They are easy and fun to make. Make a candle to take home and enjoy. **Supplies:** Plastic gloves, face mask (optional), and dress comfortable. There is a \$5 material fee payable to the instructor first day of class.

• 11640-CENC-HAV4041-004 \$35  
Thursday June 23  
9:00 a.m. - 1:00 p.m.  
1 session/4 hours  
Location: ATC, 220  
Instructor: Isela Garcia

## Stretch & Strength for Seniors

This class is designed to help regain and sustain flexibility and strength through a gentle routine of poses based on Yoga and Pilates complemented with various techniques of breath and relaxation. Poses are open to modification depending on your individual needs.

• 11832-CENC-RFE4101-001 \$45  
M/W June 13-July 11  
No class July 4  
8:00 - 9:00 a.m.  
8 sessions/8 hours  
Location: Gym, Rm. 110  
Instructor: Barbara Snodgrass

• 11833-CENC-RFE4101-002 \$45  
M/W July 13-August 8  
8:00 - 9:00 a.m.  
8 sessions/8 hours  
Location: Gym, Rm. 110  
Instructor: Barbara Snodgrass

## Need more exercise?

The Continuing Education Department is now offering several sessions for seniors (65+) and non-seniors in the Wellness Center and the newly remodeled Pool! Register for one semester, three semesters or try a one-day or one-week guest pass. Special offers for new seniors!

Call the Continuing Education office for all the details and to register,

**281-425-6311**



Over 400 senior citizens danced the afternoon away to the music of the Bayou Big Band at the Annual Christmas Party and Dinner Dance sponsored by Lee College, Baytown Parks and Recreation Department and Harris County Commissioner Sylvia Garcia.

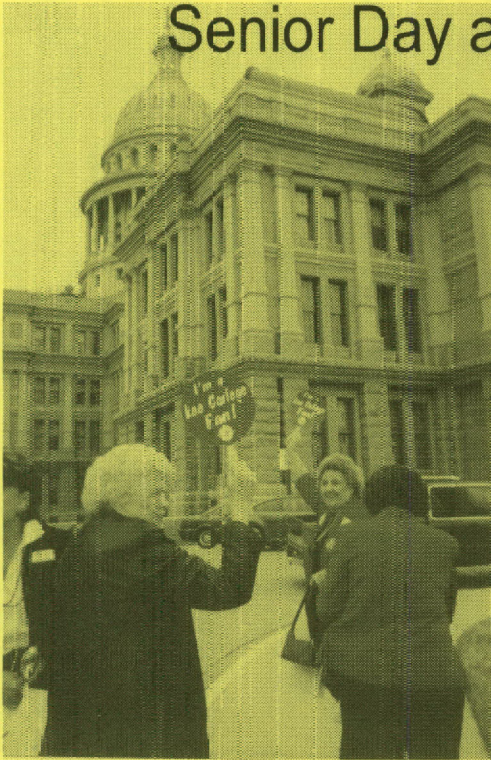
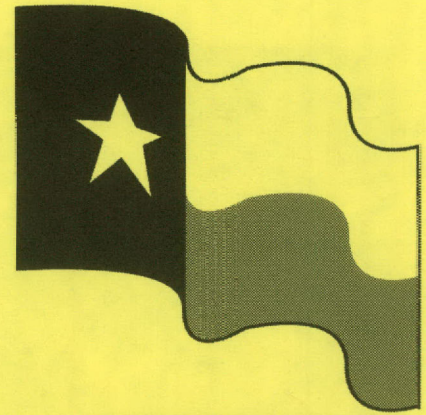


Some of the members of the Lee College Senior Citizen RSVP group were honored at the Annual Retired and Senior Volunteer Recognition Luncheon in Houston. Pictured are Ann Bigler, Jack Dickerson, Shirley LaVerne, Yslita Brewer, Beth Albright, Linda Bennett, Barbara Wilson. In the front row are Billie Stendley, Nell Martin and Rosa Soieau.



Pictured during the Spring Horticultural and Botanical Gardens trip to Mercer Arboretum are (L-R) Brenda Stone, Cherry Sillman, Kim Cavaretta, Greg Haverson-Mercer Arboretum Program Director and Horticulturist, Lynne Foley- Lee College Senior Citizen Program Director, Barbara Wilson and Diane Gillett.

# Senior Day at the Capitol



Carclyn McBride and Irène Krull lead the way to the Senior Citizen Rally at the steps of the Texas State Capitol in Austin. Photo courtesy of the Baytown Sun.



Dolly Wallace meets with Representative Wayne Smith while in Austin.



Texas State Representative Wayne Smith hosts a Capitol tour and luncheon in his office. Area seniors boarded a Lee College bus and spent the day in Austin along with 2000 other Senior Citizens in the state to rally for pertinent issues affecting their health and welfare. Leading the discussion is Lynne Foley, Lee College Senior Citizen Program Director and left to right, Cliff Rowe, Beth Albright, Fern Urban, Mildred Oakes and Madge Gaines. Photo courtesy of the Baytown Sun.



*Red Hatters enjoy a day trip together*



*Senior Day at the Capitol photos courtesy of the Baytown Sun*



*End of a busy day!*



*Baytown Seniors on the Capitol steps with State Representative Wayne Smith.*



Join the Official Red Hat Society of Lee College

# Scarlett YA YAs



Charter members Patsy Sharp and Shirley Fletcher proudly volunteer as "Red Hat Tour Guides" for Senior Day at Lee College. This event sponsored by the Gear Up program showcased Lee College to 900 area 12th grade students in the Baytown area.

Be it a ruby red turban, a flame colored cloche, or a red wine hood; a red hat is the signature of a member of the Scarlett YA YAs of Lee College.

Be a regular to attend the three-a-year Red Hat Socials and one or more monthly small group gatherings.

All member group socials are planned by the Scarlett YA YAs Planning Committee. Your input is always welcome to one of these committee organizers.

Small group gatherings meet on Tuesday, Wednesday or Thursday. Each Red Hatter is welcome to join one or all of the small groups. The activity date, time, and place is set by each small group. Just call the Day Captain of your choice to be assured of receiving the information on their planned activities.

The Scarlett YA YAs is your organization, so speak up and participate. There will be opportunities for volunteer work, community service and of course just a lot of fun and fellowship with other ladies over the age of 50 (or 40 and you can be a "pink lady in waiting").

**Planning Committee:**

- |                 |              |
|-----------------|--------------|
| Melba Anson     | Liz Dobbins  |
| Yslita Brewer   | Jane Roberts |
| Sammy Courville | Rosa Soileau |

**Day Captains**

- |                |                  |
|----------------|------------------|
| <i>Tuesday</i> | <i>Wednesday</i> |
| Barbara Wilson | JoAnn Kelley     |

- Thursday*  
Jane Roberts

Lee College Senior Citizen Program Director and Lee College Red Hat Society Director (aka Queen Mother) Lynne Foley 281-425-6416



Dorothy Harbour models a beautiful hand-made Red Hat



Lynne Foley, Senior Citizen Program Director and Carol Dilling, Red Hat volunteer discuss job duties for the Senior Day Tour at Lee College

# **TRIP REGISTRATION DAY**

**WEDNESDAY, JUNE 15 AT 2:00 P.M.**

*Register by phone or in the Continuing Education  
Department in Rundell Hall*

To register you must call Continuing Education at 281-425-6311 and use your Visa, MasterCard, or Discover OR come by the Continuing Education windows in Rundell Hall to pay by cash, check or credit card.

Registration for any of the day/night trips will begin on Wednesday, June 15 at 2 pm in the Lee College Continuing Education Dept. and continue until the trip is filled. (even up to the time of departure). We will always take a Wait List. If you need to cancel a trip for any reason you must cancel by calling Lynne Foley at 281-425-6416. A refund may be given if a replacement can be found for you on the bus.

All buses whether for a day trip or multiple days trip will leave from the Lee College Texas Avenue parking lot (across from Baytown's Old Oak Tree) which is on Texas Avenue between Felton and Whiting streets.



## **SUMMER TRIPS**

### **June 27 Swamp And River Tour**

We'll leave the Lee College parking lot at 8 am to travel to Orange, Texas and some surrounding communities for a most fun and adventurous day. A guide and a biologist will escort us on our tour into the Sabine River Basin Outback. Incredible scenery with the magical beauty of wildlife and birds will relax and soothe the spirits on our boat ride (with a covered canopy/no harsh sun). Then we'll tour the other attractions and have a delicious Cajun or American meal. Trip fee of \$32 includes the boat tour and a delicious all-you-can eat buffet at a local restaurant. Return late afternoon

### **August 2-13 Voyage Of The Glaciers Alaska Cruise Tour**

THIS TRIP IS FILLED, but we are taking a WAIT LIST!!! Call Continuing Education if you are interested at 281-425-6311.

### **August 22 Sam Houston Statue, Texas Prison Museum And Hunstville State University**

The bus will leave the Lee College Texas Avenue parking lot at 8 am for a full day of sightseeing. Trip fee of \$32 will include lunch, tour and transportation. Return late afternoon.

### **August 24 Texas City By The Bay Tour**

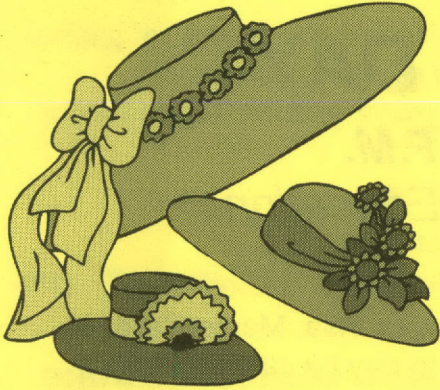
Did you know there is a big secret in Texas City? Hop on the bus at the Texas Avenue parking lot at 9 a.m. and we'll head south for a great day. Lunch will be dutch treat at a wonderful seafood restaurant near the Bay. Wear comfortable shoes and be in for a leisurely day. Trip fee is \$15. Return late afternoon.

# RED HAT CORNER

The Scarlett YA YAs is your organization, so speak up and participate. There will be opportunities for volunteer work, community service and of course just a lot of fun and fellowship with other ladies over the age of 50 (or 40 and you can be a "pink lady in waiting").

Melba Anson .....	281-424-6162
Yslita Bewer .....	281-837-1162
Sammy Courville .....	281-424-8078
Liz Dobbins .....	281-324-2226
Jane Roberts .....	281-422-4188
Rosa Soileau .....	281-422-2558
Billie Standley .....	281-573-1220

Be a regular to attend the three-a-year Red Hat Socials and one or more monthly small group gatherings. Small group gatherings meet on Tuesday, Wednesday or Thursday. Each Red Hatter is welcome to join one or all of the small groups. The activity, date, time, and place is set by each small group. Just call the Day Captain for information, Tuesday's group, Barbara Wilson @ 281- 427-6146, Wednesday's group, JoAnn Kelley at 281-422-7301 or Thursday's group, Jane Roberts at 281-422-4188.





LEE COLLEGE



*P.O. Box 818*

*Baytown, Texas 77522-0818*

*FOCUS NEWSLETTER*

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