

# FALL 2011 COMPUTER CLASSES

## SEPTEMBER 26<sup>TH</sup>—NOVEMBER 18<sup>TH</sup>



Beginning Sept. 21<sup>st</sup> through October 5<sup>th</sup>, class Sign-ups will be taken online at [www.fsstech.org](http://www.fsstech.org), by phone at 323.300.6077 and in-person at the Bradley Center. Class size is limited. Sign-ups taken on a first come, first served basis with priority given to first-time students living within the City of Los Angeles. Students who have taken the same class two or more times will be put on the wait list for that class, if they wish to take it again.

To guarantee a seat in the class, students **must** attend the first day of class. Students with more than two (2) unexcused absences will be dropped from class. Class schedule is subject to change without notice.

**Class fees: Sliding-scale of \$0—\$30 per class, based on household income and city of residence.**

Phone: 323.300.6077 • [info@fsstech.org](mailto:info@fsstech.org) • [www.fsstech.org](http://www.fsstech.org)

We  
Welcome  
Seniors!

## SCHEDULE & COURSE DESCRIPTION

FSS Classes @Tom Bradley FSC • 5213 West Pico Blvd. • Los Angeles, CA 90019

### Basic Skills-Part II • Introduction to the Internet

**Mon & Wed** 9:00AM - 11:00AM  
**Instructor: P. Calderon**

**Description:** Class participants will gain a deeper understanding of current internet trends. The current technologies explored go beyond the skills of the beginner user and introduces the student to the practical knowledge needed to be productive on today's Internet. Topics will include using email effectively, and internet privacy and safety. *Participants must have completed the Basic Skills: Intro to Computers course or have basic computer skills.*

### You, the Web & Social Media

**Mon & Wed** 11:10AM - 1:10PM  
**Instructor: P. Calderon**

**Description:** Web 2.0 and Social Media has changed the way the world interacts. There are more people visiting Facebook daily than there are using Google. This class focuses on how to maximize Web 2.0 and Social Media. This class is for casual users, home business and business owners, and individuals active in organizations. We will explore the emerging trends that makes this platform perfect for business growth. *Participants must have completed the Intro to Computers/Internet courses or have basic computer skills.*



### Digital Literacy Skills for the Workplace

**Mon & Wed** 6:00PM - 8:00PM  
**Instructor: L. Ball**

**Description:** *Need to gain or enhance your computer and Internet skills for employment?* For intermediate & advanced level users. This course covers basic computer skills, and intermediate to advanced level MS Office applications, (Word, Excel, PowerPoint), Windows 7, file management and core Internet skills. Self-paced, computer-based courseware is included. *Participants must have completed the Basic Skills: Intro to Computers course or have basic computer skills.*

### Basic Skills-Part I • Introduction to Computers

**Tues & Thurs** 9:00AM - 11:00AM  
**Instructor: A. Williams**

**Description:** Do you know how to use a mouse, open a file on the computer, run a program or browse the internet? If you don't, then this class is for you. Basic Skills I is intended for those who have no experience using a computer. Become familiar with PC hardware components, the Windows operating system, file management & more.

### Introduction to MS Office

**Tues & Thurs** 11:10AM - 1:10PM  
**Instructor: A. Williams**

**Description:** A course for people who are beyond Basic Skills & Applications and looking to learn more about Microsoft Word, Excel & PowerPoint for personal skills or gaining skills for entry into the workforce. This class is instructor led and uses a computer based training software. *Participants must have completed the Intro to Computers/Internet courses or have basic computer skills.*

### You, the Web & Social Media

**Tues & Thurs** 6:00PM - 8:00PM  
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**Description:** Web 2.0 and Social Media has changed the way the world interacts. There are more people visiting Facebook daily than there are using Google. This class focuses on how to maximize Web 2.0 and Social Media. This class is for casual users, home business and business owners, and individuals active in organizations. We will explore the emerging trends that makes this platform perfect for business growth. *Participants must have completed the Intro to Computers/Internet courses or have basic computer skills.*

## FSS Classes @SOUTH SEAS HOUSE

2301 W. 24th Street, Los Angeles, CA 90018 (corner of Arlington & 24th Street)

### Health Mob After-School Youth Program

**Mon & Wed** 3:00PM - 5:00PM **Instructor: P. Calderon**

**Description:** Youth, digital video, mobile technology, health and fitness all converge this fall in a unique after-school program. FSS launches the **Health Mob** project, bringing a tech twist to health and fitness by teaming youth with health & fitness celebrities, chefs, and local markets to create QR\*\* codes with videos. These youth created QR codes will be placed at Bennie H. Potter/West Adams Memorial Park adjacent to the South Seas. Local residents (and all community members) will be able to scan the codes on their cell phones to watch free exercise videos, health tips, and recipes on their cell phone. These youth-created videos will include them learning to; prepare healthy, fast and easy meals and after school snacks with local chefs, and learning the pitfalls of a poor diet and the need for healthy habits from local doctors and nutritionists. Imagine the excitement of watching a group of kids doing lunges or cooking with their favorite celebs, elected officials, as well as their parents, and neighbors -- all for healthier families in the city.

**\*\*QR Codes:** If you're not yet familiar with QR codes, they are similar to the barcodes, but the difference is the amount of data they can hold/share. You scan or read a QR code with your iPhone, Android or other camera-enabled Smartphone. When you do, you can link to digital content on the web; activate a number of phone functions; and connect the mobile device to a web browser. QR codes are growing in their use and ability to connect people with each other and to online multimedia digital content.

### Basic Skills-Part I • Introduction to Computers

**Mon & Wed** 11:00AM - 1:00PM **Instructor: A. Williams**

**Description:** Do you know how to use a mouse, open a file on the computer, run a program or browse the internet? If you don't, then this class is for you. Basic Skills is intended for those who have no experience using a computer. Become familiar with PC hardware components, the Windows operating system, file management & more.

# Tech Workshop Series

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Seniors!

## Can You Hear Me Now? Cell Phone Workshop

Friday October 7<sup>th</sup> **OR** Friday October 21<sup>st</sup>

9:00AM - 1:00PM

Instructor: L. Ball

**Description:** This course is designed to help adults over 50 use their cell phones more effectively and confidently. All mobile phone types and brands are welcome. Including Smartphones, iPhones and Android phones. **If you want to...**

- Learn to use your cell phone better
- Learn to use 1 or 2 more of its features
- Get your questions about your cell phone **patiently** answered
- Feel less intimidated by your phone
- Feel more comfortable with your phone

**Call Now to Reserve Your Seat!!**

## Open Lab/Distance Learning

**Mondays, Wednesdays & Thursdays**  
**Fridays**

**2:00 - 4:00PM**  
**10:00AM - 2:00PM**

Don't have a computer at home? Too crowded at your local library? You can use the lab for your online education needs. Check email, work on that resume, sharpen your computer skills, or Google to your hearts content. Use the FSS lab and get the extra help you need. *Participants must have completed the Basic Skills: Intro to Computers course or have basic computer skills.*

### Remember FSS in your giving . . .

FSS is a 501(c)(3) nonprofit, tax-exempt organization. Your donations to FSS are fully tax deductible. Make your donation payable to:

**Foundation for Successful Solutions**  
**c/o 5213 West Pico Blvd.**  
**Los Angeles, CA 90019**

### COMING SOON... NEW TRAINING COURSES!

 **A+** Certified Computer Technician Training

 **Security+** Security+ Training

  
**TECI421**  
Technology for the 21st Century



**Foundation for Successful Solutions (FSS) welcomes** people with disabilities. If you need any access accommodations or materials in alternate format, please contact us seven working days in advance of any class or event.

Continue to support us by letting others know about our programs. Consider making a donation, no amount is too small. We depend on charitable contributions. To contribute financially to FSS, please make your check payable to: *Foundation for Successful Solutions*. Our mailing address is 5213 West Pico Blvd., Los Angeles, CA 90019.

Our mission remains the same . . . to provide solutions for success to traditionally underserved groups, through experiences and opportunities that blend the "high-tech, high-touch" skills required to compete and thrive in the 21<sup>st</sup> Century. Our programs focus on: Technology access, literacy & fluency; literacy & communication skills; information & communications technologies; employment skills development; education and vocational training, and; community collaboration & networking.



**Classes & youth programs are free for income qualified individuals residing in the City of Los Angeles.**

Classes are funded by the City of Los Angeles. Participants must reside in the City of Los Angeles and meet income eligibility guidelines.



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URL: www.fsstech.org

*Technology Empowering Community and Home*



**Scan Me to visit FSS online!!**

**Schedule of Fall 2011  
Computer Classes  
Sign Up Today!**