

Free & Affordable Classes At the Richmond Village Beacon

Fall 2011 Adult Program Schedule



Classes begin
August 29th!



Come to our Kick-Off Party and Relaxation Workshop!! Thursday, September 1st, 6:00PM

- Meet other adults and instructors from our classes.
- Bring your favorite healthy dish, and the recipe to share with others!
- Be part of our Relaxation Workshop and learn the basics of Meditation with an instructor from Shambhala Meditation Center!
There will be NO adult classes on this day

Computer Class Schedule

The first 45 minutes of the class will be a lesson instructed by our teacher and the last 45 minutes will be open computer time

Week 1 and 2: Internet Basics: basic web navigation and search techniques.

Week 3 and 4 : Email basics: set up an email account.

Week 5 and 6 : From Camera to Computer: uploading pictures to your computer and organizing them.

Week 7 and 8: Social Networking: Learn about web-sites such as Facebook, Twitter, Yelp, Youtube and LinkedIn.

Week 9 and 10 : Microsoft Word

Week 11 and 12: Excel

Week 13 and 14: Music- how to download music and use iTunes.

Need More Details?

Location: Classes are held in different rooms on the George Washington High School Campus. Come to the Beacon office near the back gates at 30th Ave and Anza.

All classes are on a drop in basis. There is no need to pre register. Please come 10 minutes early prior to your first class to fill out an Adult Membership Form.

Phone: 415-750-8554
E-mail: sarah@rvbeacon.org

Monday	Time	Cost
Ballroom Dance 1	6-7 PM	FREE
Ballroom Dance 2	7-8 PM	\$2 donation requested
Computer (English)	6:30-8 PM	FREE
Tuesday	Time	Cost
Breathing/ Relaxation Yoga	6-7 PM	FREE
Cardio Yoga	7-8 PM	\$2 donation requested
Zumba	8-9 PM	FREE
English (ESL) *	6-8 PM	FREE
GED Prep Class*	6-8 PM	FREE
Wednesday	Time	Cost
Tai Chi 1	6-7 PM	FREE
Tai Chi 2	7-8 PM	FREE
Knitting Circle	7-8 PM	FREE
Computer (Cantonese)	6:30 -8 PM	FREE
Thursday	Time	Cost
Breathing/ Relaxation Yoga	6-7 PM	FREE
Cardio Yoga	7-8 PM	\$2 donation requested
Line Dance	8-9 PM	FREE
English (ESL) *	6-8 PM	FREE
GED Prep Class*	6-8 PM	FREE

* Free Childcare is provided



Now offering GED Prep Class!

- After students attend 60 hours of instruction and pass a practice test, we will pay for their GED Test
- The GED (General Education Development) preparation program offers multi-level classes that focus on the five main topic areas: math, language arts/writing, social studies and science.
- Steck-Vaughn's Pre-GED and GED series provide the backbone to the GED curriculum, which is supplemented with real-life materials including newspapers and writing guides.
- The TABE assessment tool is used to diagnose the learners current knowledge base so the instructor can concentrate lessons on the information needed for the GED test.