

Adult Continuing Education Program

Goodwin College's Adult Continuing Education (ACE) Program provides **free** learning opportunities for seniors 55 and older in the local community. ACE classes are offered in conjunction with Goodwin College and East Hartford Senior Services.



HEALTHY LIVING

Part I: September 11, 5 to 7 p.m. (East Hartford South End Senior Center)

Part II: September 12, 9 to 11 a.m. (Goodwin College)

Healthy Living focuses on maintaining a stable, well-rounded lifestyle. Make the most of life through a combined understanding of diet, emotions, and physical health. Students will learn positive ways to care for themselves and those around them.



COMPUTER BOOT CAMP

October 9, 5 to 7 p.m. and October 10, 9 to 11 a.m., **both** at Goodwin College *Computer Boot Camp* introduces students to using computers and common applications. Participants will learn to appropriately incorporate them into their everyday lives in today's technology-based world.



A LIFETIME OF SERVICE

Part I: November 13, 5 to 7 p.m. (East Hartford South End Senior Center)

Part II: November 14, 9 to 11 a.m. (Goodwin College)

A Lifetime of Service is an open dialogue for people who have experienced and loved life in the military or know others who have. Participants will share anecdotes, experiences, and memories of military life in times of both peace and war.

INTERESTED PARTICIPANTS MUST REGISTER FOR CLASSES

Contact Claude Mayo, ACE Program Coordinator
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Goodwin College, One Riverside Drive, East Hartford
East Hartford South End Senior Center, 70 Canterbury St., East Hartford