

## March 2014 Newsletter



**Goo-Gle-Hei-Mer's (Noun):** condition in which you think of something you want to look up, then forget what it is by the time you get to the computer.

### Free Antivirus Programs

We have established in previous SeniorNet Newsletters the importance of an antivirus program on your computer. If you receive email and use the Internet, you **must** have an antivirus program. If your internet provider is Comcast, you can download and install a free version of Norton Antivirus. If your internet provider is AT&T, you can download and install a free version of McAfee antivirus. Two other free antivirus programs that I like are AVAST which can be downloaded from AVAST.com and AVG which can be downloaded from AVG.com. An important reminder with regard to emails and email attachments, is never open an attachment from someone you do not know. Simply delete the email.

### \*Guide to Living Well - Learn

Pick up a new hobby or take a class. Check out your local art center, such as Arkansas Arts Center, for an art class; take a computer education or

### SeniorNet of Little Rock

UAMS Center on Aging  
Slot 748  
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Little Rock AR 72205

#### Website

[www.littlerockseniornet.com](http://www.littlerockseniornet.com)

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community education culinary class - such as cake making, wine making, digital photography, golf, fly fishing, etc. - through Pulaski Technical College or Arkansas Extended Learning Center. These classes have a minimal cost, you'll meet new people and you'll earn bragging rights. Studies show that "keeping the brain active seems to increase its vitality and may build its reserves of brain cells and connections." Being a lifelong learner may help lower your risk of Alzheimer's disease.

\*Excerpt from AY magazine by Angela E. Thomas

### **\*MAKING ADULTS SMARTER**

Video games help older adults reverse age-related declines in memory and focus, according to researchers at the University of California, San Francisco. After four weeks of training, participants in their 80s could beat people in their 20s. Six months later, they still could, even without practicing.

NOTE: Over more than 30 years observing adults and children playing video games, Bob found that it helped their reasoning powers as well as their concentration and dexterity; video games have an internal logic that regular players learn to analyze. The military has also found game skills useful for controlling remote mobile equipment.

\*Bob & Joy Schwabach

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Donald W. Reynolds  
Institute on Aging  
Phone: 501-603-1262



## **Student Comments**

Students are asked to complete a one page evaluation at the completion

of the course. The comments below were taken from the evaluations.

- Excellent, very patient, very helpful & knowledgeable; very good; very professional; great
- Perfect for beginners; Very good for a beginner like me
- Exceptional; Very professional but comfortable; SeniorNet does a great job
- This system for teaching is fantastic for me. This course is well worth taking. Thanks - a great class very helpful.
- Wanted you to know how much I learned from the class. I thought I would remember nothing, but almost every day something comes up that I realize I heard in class. Thanks.

## Important Notice

If you received this Newsletter by regular mail or a postcard with the SeniorNet Class Schedule and have an email address, please let us know so we can delete you from the mailing list and add you to our email list. If you use email to receive the Newsletter, you will receive it in color and save us postage. Please let Joan McKinstry know via email: ([seniornetjoan2@gmail.com](mailto:seniornetjoan2@gmail.com)).

## SeniorNet Class Schedule



### 2014 Computer Classes for Seniors (50+)

SeniorNet of Little Rock will be offering the following classes in **March - 2014**

Date	Days	Time	Course	Instructor
3/3/14 - 3/26/14	Mon-Wed	10:00-12:00	Fundamentals for Beginners	Pat Kissire
3/4/14 - 3/27/14	Tues-Thurs	1:30-3:30	Introduction to Computers – Win 8	Charles Frith

Classes will be held at the Donald W Reynolds Center UAMS Institute on Aging in Room 2156. If you are interested in enrolling in a class or obtaining more information about any of the classes, please call SeniorNet voice mail at (501) 603-1262 or send an email to [seniornetjoan2@gmail.com](mailto:seniornetjoan2@gmail.com). **Check our website: [littlerockseniornet.com](http://littlerockseniornet.com)**

Diane Hughes, Chairman

Little Rock Learning Center

# Little Rock SeniorNet Website

[www.littlerockseniornet.com](http://www.littlerockseniornet.com)

When you visit the website, you can view News and Events, current and older versions of the SeniorNet Newsletter, projected class schedules and much more.

If you have computer questions you would like answered in the Newsletter, email Charlie Frith ([chfrith@mac.com](mailto:chfrith@mac.com)).

[Forward this email](#)



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