

San Mateo Senior Center Computer Group

A PROGRAM OF SAN MATEO PARKS AND RECREATION DEPARTMENT

Fall 2009

If you have been thinking you would like to learn more about computers and you are age 50 or older, we have classes for you. The Computer Group at the San Mateo Senior Center offers classes to teach you the basics, including word processing, and how to use email and the internet. More advanced classes are sometimes offered as well, including "Photographs on Your Computer" and "Computer Crafts".

Our classes run one day a week, for two to three hours, for five weeks. The cost for each 5-week set of classes is \$30. To sign up, get an application from our web site or from the front desk at the Senior Center. If you would like to speak with someone about the classes before signing up, leave us a message at 650-345-7029 and we'll return your call.

If you have ideas for other classes you would like us to teach, we want to hear them. If you think you might like to volunteer with our group or come to one of our meetings, send us an email (sanmateosccg@yahoo.com) or leave us a message at 650-345-7029 and we'll return your call.



Our classes seek to demystify computers for seniors (living in or out of San Mateo) and expose them to the world of information that is just keystrokes away. March with us into the information age. You know you're never too old to learn!

Schedule: COMPUTER CLASSES
October – November – December 2009

Introduction to Computers
Monday 9:00 am– 12 pm 10/26 to 11/23
Email & The Internet
Wednesday 9:30 am – 12 pm 10/28 to 12/2

INTRODUCTION TO COMPUTERS

Basic steps of using a computer:

- Desktop and pointer shape
- Using the mouse
- Identification of the document window
- Selecting, Deleting, and Inserting Text
- Files and Folders
- Cut, Copy, and Paste.

EMAIL & THE INTERNET

Basic steps of using email and the internet:

- Finding information
- Shopping
- Getting maps and directions
- Travel sites
- News
- Radio stations
- Games
- Downloading pictures
- Sending and receiving email
- Sending and downloading pictures via email

Computer Club

If you would like to meet other seniors who are interested in computers, come to our Computer Club. Meetings are the first Monday of every month at 2:00pm in the computer classroom. Our purpose is to continue your interest and knowledge of computers without specific classes and in a communal atmosphere.

San Mateo Senior Center, 2645 Alameda de las Pulgas (Telephone 650-345-7029)

Email – sanmateosccg@yahoo.com; Web – <http://www.geocities.com/sanmateosccg>

Your Computer: Listening Online

According to Wikipedia:

“**Streaming media** are multimedia that are constantly received by, and normally presented to, an end-user while being delivered by a streaming provider (the term "presented" is used in this article in a general sense that includes audio or video playback). The name refers to the delivery method of the medium rather than to the medium itself. The distinction is usually applied to media that are distributed over telecommunications networks, as most other delivery systems are either inherently streaming (e.g., radio, television) or inherently non-streaming (e.g., books, video cassettes, audio CDs).”

There are many interesting web sites to listen to on the internet, some of which are streaming and some are not (such as music). Here are a few for you to try.

San Mateo County Live Audio Feeds

<http://www.radioreference.com/apps/audio/?ctid=223>

This site allows you to listen to:

- San Mateo County Amateur Radio Emergency Services
- San Mateo County Fire and Cal Fire
- San Mateo County Law Enforcement

These are live feeds of radio contact. Click on the feed you want to listen to, such as

► [San Mateo County Law Enforcement](#)

KQED Radio Station

<http://www.kqed.org/>

This site streams the same feed as you would hear on KQED radio (a public radio station for

northern California). Click on

LISTEN LIVE >>

KDFC Radio Station

<http://www.kdfc.com/>

This site plays classical music, as it's being



played on the radio station. Click on

Pandora

<http://www.pandora.com/>

Type in the name of an artist you like (for example, Frank Sinatra) and Pandora will play you songs by Sinatra and similar artists that you might like. There are some limits (like you can't choose *which* song you will hear). See the following page for details about Pandora:

<http://blog.pandora.com/faq/>

Tumble Talking Books

<http://www.tumblebooks.com/talkingbooks/home.asp>

This site allows you to listen to many books on your computer. There are other sites that allow you to download and listen to books, which this site does too, but few that allow you to stream them.



Stan Ackerman and Diana Rehfield
consulting@ackerfield.com

Home Computer Consulting and Repair