

COMPUTER TRAINING FOR ADULTS & SENIORS

The following two workshops must be registered through EDD at: (916-227-0301)

PC Basics Workshops: Monday 9:30 to 11:30

Introduction to the computer, it's components and the essential skills to interact with the computer through the mouse and keyboard. Also learn common computer terminology, how to navigate around the desktop and perform basic universal computer functions.

CalJOBS Website Navigation Workshops: Call for Availability 12:30 to 2:30

Workshop geared towards instructing users how to create a CalJOBS account and use it to post a CalJOBS resume online and search for employment opportunities.

Call (916) 313-7639 to inquire about the following Classes and Resources

Computer Applications for Seniors and the Workplace: Call for Availability

Want to get schooled on Computers at a facility in *your* community? Computer Clubhouse presents FREE adult computer education courses including: **Beginning computer skills, Microsoft Word, Excel, PowerPoint, Email and Internet browsing.** Courses will provide access to hands-on detailed instruction, manuals, exercises and exams. Students must be enrolled to participate, please call for registration, current class availability and further details.

Open Computer Lab: Monday/Tuesday/Thursday 12:30 to 2:30

Free public access to our computer lab is available to the community for multi-purpose use. If you are looking for a place to work on your resumes, search online for jobs, practice computer class material, work on your typing skills, troubleshoot your own computer/laptop issues or looking for help with any of the above, Volunteers and Staff are on-hand if you need help. Available as a drop-in resource, NO registration is needed to attend.



Location:

Sacramento Food Bank & Family Services
3333 Third Avenue
Sacramento, CA 95817
Phone: (916) 313-7639

■ Compassion ■ Integrity ■ Community

