



**Workforce Development  
and Lifelong Learning**

# Introducing the WDLL Senior Academy!

Empower Yourself with New Skills in a Friendly Environment

**Free Admission**  
Registration required

Join us at WDLL's **Senior Academy**, for those 60 and over, where learning meets fun and community! Our programs are specially designed for seniors who want to embrace new opportunities, connect with others, and enjoy life to the fullest.

**Tuesday and Thursdays**  
**9:30am - 12pm**

## Basic Computer Skills:

Choose the session that works for you.

- Master email, video calls, and social media.
- Learn how to browse the internet safely and confidently.
- Explore how technology can simplify your everyday life.

**March 25 - May 1**  
**May 20 - June 26**

**September 9 - October 16**

12 classes per session  
over the course of 6 weeks



Scan the QR Code by opening up your smart phone camera to register for a class.

**FOR MORE INFORMATION  
PLEASE CONTACT**

**WDLL@middlesexcc.edu**  
**732.906.2556**

Classes are for Middlesex County residents only.

*Space is limited, register today!*



[middlesexcollege.edu/lifelong-learning](http://middlesexcollege.edu/lifelong-learning)

Flip over to check out our cooking classes. →



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**Wednesdays**  
**10am – 1pm**

## **Making Healthy Food Choices on a Budget:**

- Learn to prepare nutritious, budget-friendly meals with ease.
- Explore affordable ingredients and easy-to-make recipes.
- Get tips for smart shopping and meal planning.

Choose the date that works for you.

**April 2**  
**May 7**

**September 3**  
**October 1**  
**November 5**



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