

# Adult Special Interest

## Save Money with Extreme Couponing!

Learn how to save \$\$\$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you where to find different types of coupons, how to match coupons with sales for maximum savings, the best way to sort and store coupons and how to find other people with which to trade coupons and merchandise. Feel free to bring your coupons to class for a trading session. This workshop is taught by someone who has used many couponing secrets to save thousands. Instructor: LeeAnne Krusemark

• A \$10 materials fee is due to the instructor in class.

12364 T 6:00pm-7:00pm 9/18 CTR \$17/1 Mtg

## Understanding Your Digital Camera

This beginning class will explain camera design, functions, dials, how to set up your camera for best image quality and most importantly what those little icons are and how they adjust your cameras. So don't just set that thing on automatic and push the button - there's so much more you can do with it! Learn to take control and really enjoy photography! Instructor: Paul Litzinger

• If possible, bring the manual for your camera to class.

12048 Sa 9:00am-12:00pm 10/13 CTR \$25/1 Mtg

12049 Sa 9:00am-12:00pm 11/10 CTR \$25/1 Mtg

12050 Sa 9:00am-12:00pm 12/8 CTR \$25/1 Mtg

## Survive for 7 Disaster Planning Program

Is your family prepared for a major disaster? Having food, water and shelter for seven days is the new standard for personal and family disaster survival. Lakewood's "Survive for



[www.lakewoodcity.org/7days](http://www.lakewoodcity.org/7days)

7" disaster planning program educates residents about emergency preparedness and offers the skills they might need to survive in the first week following a catastrophe.

Do you know what to do? Do you have a plan? Fire, police and emergency medical services may be delayed in responding. You need to learn what to do. Have a plan and be prepared to take care of yourself, your family and your community.

**Sign up to learn the basics of preparing for emergency situations.**

12419 Tu 6 - 7:30 p.m. 10/16 LYC Free

## CERT

Following a major disaster, first responders who provide fire and medical services will not be able to meet the demand for these services. Factors such as number of victims, communication failures, and road blockages will prevent people from accessing emergency services they have come to expect at a moment's notice through 911. The CERT Program is about community readiness, people helping people, rescuer safety and doing the greatest good for the greatest number. CERT is a positive and realistic approach to emergency and disaster situations where community members will be initially on their own and their actions can make a difference.



The CERT program is 21-hours of **FREE** classroom instruction and hands-on training, taught by FEMA Certified CERT Instructors in conjunction with Los Angeles County Fire and Sheriff's Department personnel. It is broken up into the following units:

- ✓ **Disaster Preparedness**
- ✓ **Disaster Fire Suppression**
- ✓ **Disaster Medical Operations I**
- ✓ **Disaster Medical Operations II**
- ✓ **Light Search and Rescue Operations**
- ✓ **Disaster Psychology & Organization**
- ✓ **Terrorism**
- ✓ **Course Review and Simulation**

During each session participants are required to wear closed toe shoes and long pants (for safety purposes). The course will be held on three consecutive days - Friday evening, all day Saturday and all day Sunday. Dinner will be served on Friday evening and lunch breaks will be given on Saturday and Sunday. You must attend all three sessions to receive your CERT certification. Participants must be at least 18 years old.

**Pre-registration is required.**

12039 F 5pm - 8pm 1/25 WSC Free  
Sa-Su 8am - 5pm 1/26-1/27 WSC Free