

Interested in our courses?

Please contact us for more details and to book your place.



01727 737000



acl@oaklands.ac.uk

How to find us

Oaklands College Borehamwood

Off Todd Close,
163 Estree Way,
Borehamwood
WD61JY

Oaklands College Welwyn Garden City Campus

The Campus, Welwyn
Garden City
AL8 6AH

St Albans City & District Council

Civic Centre, St Peters
Street
AL1 3JE
*(for Sat-Nav users, please use
AL1 3LD)*

More courses coming soon...

Courses will be repeated throughout the local area. Please contact us for more information.



For more information on all our Adult Short Courses

Our Adult Short Courses guide has details on all the short courses we run in the local area. Pick up your copy from either of our campuses or get in touch with us so we can send one out to you.



OAKLANDS COLLEGE



@oaklandscollege



Short Courses
65+ Project

Spring 2020

Short Courses in your Local Community

Oaklands College runs a number of courses for over-65s. These courses are free of charge, however a small registration fee of £10 applies for the Mindfulness, Memoir Writing and Staying Safe Online courses.

Getting to Grips with your Smartphone

When: Fri 6 & Fri 13 March, 10am-1pm (2 weeks)

Where: St Albans District & Council Offices

Code: CL191B1P

Get more out of your smartphone in these practical sessions where we will explore applications (apps), how to search, download and delete them, phone storage, transferring pictures and how you can amend your phone settings.



Memoir Writing

When: Wed 26 Feb - 25 Mar, 10am-12pm (5 weeks)

Where: Oaklands Borehamwood

Code: CL226B1P

Our memories are the most precious thing we have. This course will help you capture yours in writing, both for yourself and your family. It will provide you with expert training from a professional writer. Learn how to plan your memoirs and start the process of putting your life into words.



Mindfulness for Daily Living

When: Fri 28 Feb - 27 Mar, 10am-12pm (5 weeks)

Where: St Albans District & Council Offices

Code: CL092E1P

Learn how to bring the mind to rest...

- Understand the basics of mindful living
- Learn simple meditation techniques
- Practice mindful meditation
- Reap the benefits of emotional and mental health that mindfulness can provide.



Internet & Staying Safe Online

When: Mon 3 Feb - 9 Mar, 2-4pm (5 weeks)

Where: Oaklands College, WGC Campus

Code: CL248C1P

Fraud and cyber-crime are the fastest-growing crimes. This course will improve your mouse and keyboard skills, show you how to access secure websites and safely shopping online.

