



October 2018



OPEIU153

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 Columbus Day Office Closed!!	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31	Use this calendar to map out your monthly events!	

Computer and Fitness Classes

Mondays October 1, 15, 22, 29-Intro to Computers and Windows10: Making life easier with your computer - Wouldn't you like to: Create a flyer or newsletter? Pay parking tickets online? Know where your UPS and FedEx packages are? Go to free concerts & events in NYC? Come learn all this, and more! **Time:10:00am-12:00pm**

Mondays October 1, 15, 22, 29-Your Mac and You - Finally, a class just for Mac users! You'll learn the Mac way of doing things (which is much simpler than Windows), including email, photos, cool apps, music, iCloud, backing up, and much more! **Time: 1:00pm-3:00pm**

Tuesdays October 2, 9, 16, 23, 30-Take Control of Your Android Smartphone and Tablet- We cover setting up your device, installing great apps and MUCH more. **Time:10:00am-12:00pm**

Tuesdays October 2, 9, 16, 23, 30--Yoga- Keep your mobility, strength and flexibility. Join the Yoga class. **Time: 11:00am- 12:30pm**

Tuesdays October 2, 9, 16, 23, 30- Dance with Margaret- Enjoy ballroom dancing and learning new steps. **Time: 1:00pm -2:00pm**

Tuesdays October 2, 9, 16, 23, 30--Take Control of Your iPhone & iPad-Learn to setup your device, use iCloud backup, Apple Music, Face Time, Find-my-iPhone, and more! **Time:1:00 pm-3:00pm**

Tuesdays October 2, 9, 16, 23, 30- Stretch with Irene - for a greater range of motion. **Time: 2:00pm -3:00pm**

Wednesdays October 3, 10, 17, 24-The Art of Walking-This ingenious class adds a twist to maintaining good posture and walking skills. Your body and mind will benefit. **Time: 2:00pm -3:00pm**

Fridays October 5, 12,19, 26-Zumba-Rhythm dance and aerobics, choreographed to all types of music. **Time: 10:30am -11:30am**

Fridays October 5, 12, 19, 26-Stretch and Toning with Irene. **Time: 11:30am -12:30pm**

Fridays October 5, 12, 19, 26-Line Dancing with Phoenix - Come learn the latest line dancing steps while stimulating your brain and your muscles. **Time: 2:00pm – 3:00pm**