




January 2019

OPEIU153



Monday	Tuesday	Wednesday	Thursday	Friday
Use this calendar to map out your monthly events!	1 Happy New Years!!!	2	3	4
7	8	9	10	11
14	15	16	17	18
21 Office Closed!!! Martin Luther King Jr Day!!!	22 Classes Begin!!!	23	24	25
28	29	30	31	

Computer and Fitness Classes

Mondays-January 28-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-January 28-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-January 22, 29-How to Talk, Text, Transit, Travel and Take Photos with Your Android Smartphone-Ok, you know the "Talk" part. But do you know how to conference call? Group text? Exact time MTA buses will arrive? Call, text & email while overseas? Take & share GOOD pictures? Not really? This is the class you need!
Time:10:00am-12:00pm

Tuesdays -January 22, 29-Yoga- Keep your mobility, strength and flexibility. Join the Yoga class.
Time: 11:00am- 12:30pm

Tuesdays -January 22, 29-Dance with Margaret- Enjoy ballroom dancing and learning new steps.
Time: 1:00pm -2:00pm

Tuesdays -January 22, 29-Take control, and get the MOST out of your iPhone & iPad-How to setup your device and get started using FaceTime, email and iMessage, taking and sharing photos, navigating with Maps, using iCloud and Find-my-iPhone, Apple Music, Podcasts, Voice Memos and more cool stuff in the App Store!
Time:1:00 pm-3:00pm

Tuesdays-January 22, 29- Stretch with Irene - for a greater range of motion.
Time: 2:00pm -3:00pm

Wednesdays-January 23, 30-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-January 25-Zumba-Rhythm dance and aerobics, choreographed to all types of music.
Time: 10:30am -11:30am

Fridays-January 25-Stretch and Toning with Irene.
Time: 11:30am -12:30pm

Fridays-January 25-Line Dancing with Phoenix -Come learn the latest line dancing steps while stimulating your brain and your muscles.
Time: 2:00pm -3:00pm