



February 2019



OPEIU153

Monday	Tuesday	Wednesday	Thursday	Friday
Use this calendar to map out your monthly events!				1
4	5	6	7	8
11	12 Office Closed!!	13	14 Happy Valentine's Day!!	15
18 Office Closed!!!!	19	20	21	22
25	26	27	28	

Computer and Fitness Classes

Mondays-February 4, 11, 25-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-February 4, 11, 25-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-February 5, 19, 26-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 -February 5, 19, 26-Yoga- Keep your mobility, strength and flexibility. Join the Yoga class.
Time: 11:00am-12:30pm

Tuesdays -February 5, 19, 26-Dance with Margaret- Enjoy ballroom dancing and learning new steps.
Time: 1:00pm -2:00pm

Tuesdays -February 5, 19, 26-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-February 5, 19, 26- Stretch with Irene - for a greater range of motion.
Time: 2:00pm -3:00pm

Wednesdays-February 6, 13, 20, 27-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-February 1, 8, 15, 22-Zumba-Rhythm dance and aerobics, choreographed to all types of music.
Time: 10:30am - 11:30am

Fridays-February 1, 8, 15, 22-Stretch and Toning with