



# March 2019

OPEIU153



Monday	Tuesday	Wednesday	Thursday	Friday
Use this calendar to map out your monthly events!				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

## Computer and Fitness Classes

**Mondays-March 4, 11, 18, 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-March 4, 11, 18, 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-March 5, 12, 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 -March 5, 12, 19, 26-Yoga**- Keep your mobility, strength and flexibility. Join the Yoga class.  
**Time: 11:00am- 12:30pm**

**Tuesdays -March 5, 12, 19, 26-Dance with Margaret**- Enjoy ballroom dancing and learning new steps.  
**Time: 1:00pm -2:00pm**

**Tuesdays -March 5, 12, 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-March 5, 12, 19, 26- Stretch with Irene** - for a greater range of motion. **Time: 2:00pm -3:00pm**

**Wednesdays-March 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-March 1, 8, 15, 22, 29-Zumba**-Rhythm dance and aerobics, choreographed to all types of music.  
**Time: 10:30am -11:30am**

**Fridays-March 1, 8, 15, 22, 29-Stretch and Toning with Irene**. **Time: 11:30am -12:30pm**

**Fridays-March 1, 8, 15, 22, 29-Line Dancing with Phoenix** - Come learn the latest line dancing steps while stimulating your brain and your muscles. **Time: 2:00pm -3:00pm**