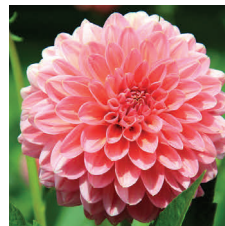







# May 2017



Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> <i>Cinco de Mayo!!!!</i> 
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>29</b> Happy Memorial Day!! Closed!!! 	<b>30</b>	<b>31</b>	<i>Happy Mothers Day</i> 	

## Computer and Fitness Classes

**Mondays May 8, 15, 22-More Computer Basics Using Windows 10** –Save your favorite websites, read webpages without ads and clutter, use calendar to set appointments and reminders, create simple documents, save and organize your photos, and more!  
**Time:10:00am-12:00pm**

**Mondays May 1, 8, 15, 22-Chair Dancing** - While you sit, you burn calories, tone muscles, and improve flexibility with low impact chair aerobics. **Time: 10:30am-12:00pm**

**Mondays May 8, 15, 22-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 May 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 May 2, 9, 16, 23, 30- Yoga**- Keep your mobility, strength and flexibility join the Yoga class.  
**Time: 11:00am- 12:30pm**

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

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

**Wednesday May 3, 10, 17, 24, 31 - 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**

**Friday May 5, 19, 26-Zumba** -dance and aerobics, choreographed to all types of music. **Time: 10:30am-12:00pm**

**Friday May 5, 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**