



**Little Rock SeniorNet Newsletter  
March - 2016  
Editor: Charles Frith**

### **Online Registration Form**

You can register for a class, by clicking on Registration below, printing the form, filling it out and mailing it to SeniorNet. Check the class schedule below to see what class you want to take. Regular classes include eight two hour classes (Total of 16 hours of instruction) and cost \$45.00 for the class and \$15.00 for the manual (Total = \$60.00); and is payable on the first day to class. Costs for workshops vary depending on the number and length of classes. If you are interested in a workshop, click on the News and Event Section on the home page to see what is available.

**[Registration](#)**

# Class Schedules

## SeniorNet Class Schedules for March 2016



### 2016 Computer Classes for Seniors (50+)

SeniorNet of Little Rock will be offering the following classes in **March - 2016**

3/7 – 3/30/16	Mon - Wed	1:00 – 3:00	Fundamentals for Beginners – Win 8.1	Kissire/Owens
3/1/ – 3/17/16	Tues - Thurs	10:00 – 12:00	Microsoft Word (6 Classes)	Martha Hunt
3/1/ – 3/24/16	Tues - Thurs	1:30 – 3:30	Introduction to Computers – Windows 10	Charlie Frith

Classes will be held at the Donald W. Reynolds Center UAMS Institute on Aging in Room 2156. If you are interested in enrolling in a class or obtaining more information about any of the classes, please call SeniorNet voice mail at (501) 603-1262 or send an email to [seniornetjoan2@gmail.com](mailto:seniornetjoan2@gmail.com) **Check our website: [littlerockseniornet.com](http://littlerockseniornet.com)**

Diane Hughes, Chairman Little Rock Learning Center

## SeniorNet Recognizes their Newest Volunteer, Instructor and Board Member



Martha G. Hunt is a recently retired attorney who served as chief legal counsel at the Department of Finance and Administration for more than ten years and previously was engaged in private practice. In retirement, Martha enjoys volunteering, travel, gardening, knitting, cooking for friends and family, and spending time with her granddaughter.



Martha is shown with two of her students (Lana & Eva) in the File Management Class that she recently taught.

**I got a Fitbit for Christmas.**



A Fitbit is a wearable fitness tracker you wear every day, like a watch. It is designed to help you become more active, eat a more well-rounded diet and even sleep better. Fitbit currently sells four activity tracker wristbands - the Fitbit Flex, Charge, Charge HR, and Surge. The price ranges from \$79 - \$249. The Fitbit Charge HR, the one I got, costs \$149.

The Charge HR and Surge can now automatically detect which activity you're doing. This means these trackers will know when you're cycling, running, hiking or playing sports including football, tennis and basketball. They will also recognize aerobic workouts such as Zumba, cardio-kickboxing and dance workouts. They will record the exercise in the Fitbit app along with an exercise summary.

Since living with the Fitbit, I am far more consciously aware of everything I do that even remotely affects my health. Wearing a tracker makes you think about how often you opt for the elevator, how full your plate is at every meal, and how much sleep you get on a daily basis. While I'm not necessarily eating any better, I'm becoming more aware of what I eat too often (bagels) and not enough (anything green).

The Fitbit Charge and Charge HR both automatically track and record your sleep. There is no requirement to tell the device you're headed to bed. Instead, it just automatically figures it out - which is quite nice. It will tell you when you went to sleep, how long you slept and if you woke up during the night.

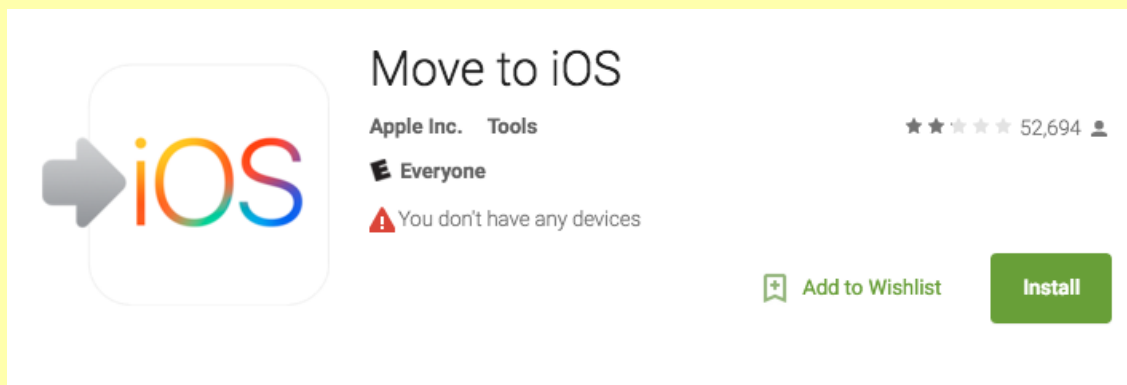
This means all you need to do is wear either unit 24×7 and it'll pretty much track every aspect without any button pushing.

## Moving from an Android Phone to an iPhone



If you have an Android and want to move to an iPhone, Apple has made this easier than ever before with iOS 9. With the newest iOS update, there's an app called Move to iOS, and it will

help all current Android users to move all of their important data to an iPhone. This app will upload all contact info, photos, mail settings, calendar, and even texting history into the iCloud so they can easily upload to their iPhone. This app is the best way to get started on a new iPhone if you wanted to become an Apple user.



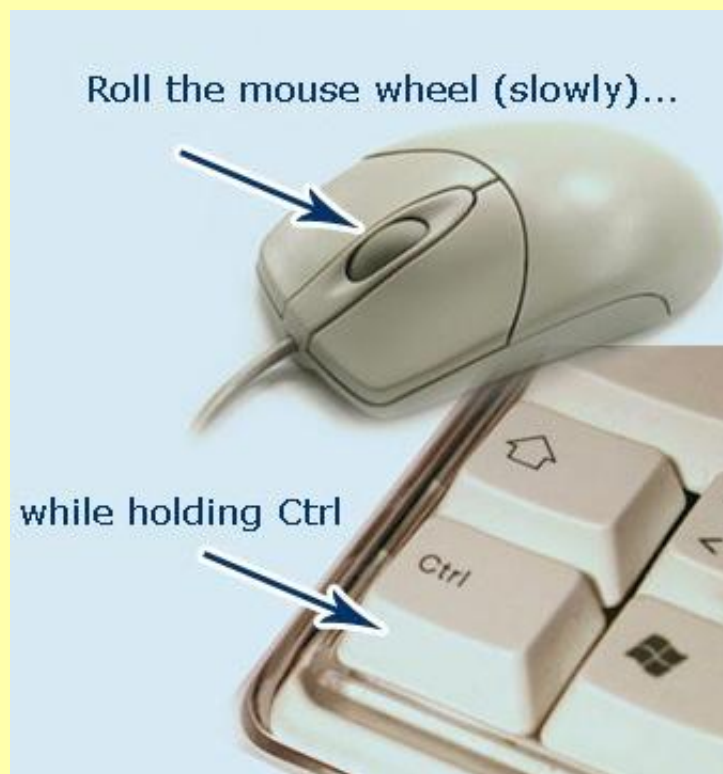
## Everyone (especially seniors) should know this handy tip:

While holding down the Ctrl button on your keyboard -- rotate the scroll wheel in the middle of your mouse. (see image on right)

**Go ahead and give it a try, right now.**

On most computers this will magnify / shrink the size of websites.

Rolling the mouse wheel up will make everything bigger, while rolling the mouse wheel down will have the opposite effect.



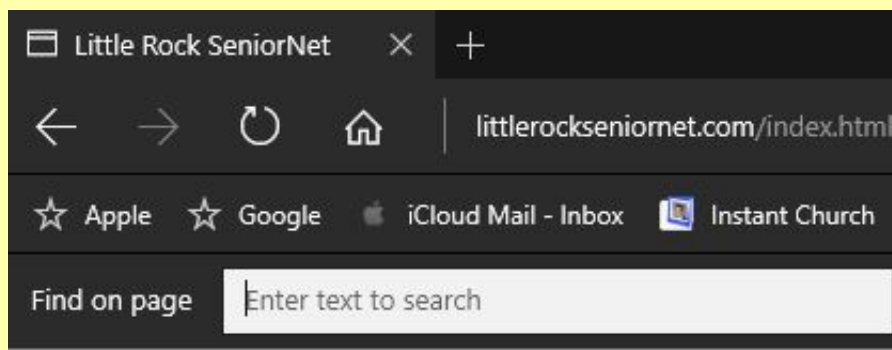
## Search for Text Within Any Web page

Ever end up on a site from a search engine, but can't find the exact words you are looking for? The answer is:

**Ctrl + f**

Go ahead and hold down the Ctrl button on your keyboard and press "f" -- you should see a search box pop-up somewhere on your screen. (Usually near the bottom of the window). Now you can type any word into that search box and your internet browser will find and highlight each instance of that word as it appears on the page. You can also click the "next" button to allow the page to auto-scroll to the next instance of the word.





## Dealing With Error Messages

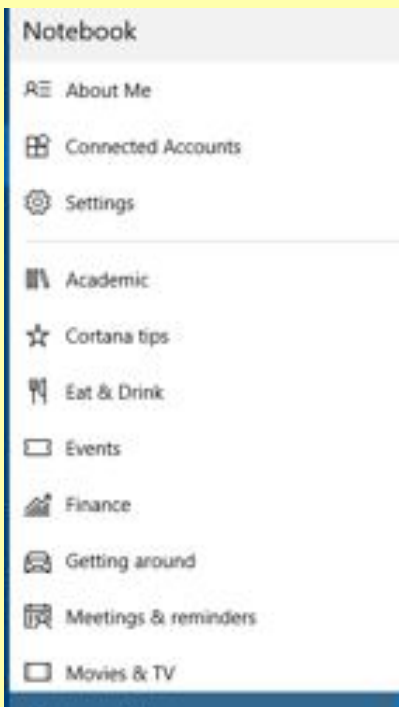
**If you receive an error message you don't understand:**

Type the error message into Google Search. You'll find other's who have had the same issue, and hopefully someone who has found the solution, as well. Don't just read one discussion or solution -- take the time to read a few different websites opinions before jumping to a conclusion.

This is an important lesson -- you can type any question into Google in plain english. It's so easy, but I am always amazed at how many people have problems "searching". Just search for what other people would search for... you are bound to stumble upon at least one person who has had the same problem as you and asked it to one of the many online discussion forums.

## More About Cortana

The Cortana digital assistant is one of Windows 10's highlight new features, but she truly shines if you take the time to tell her your interests. Open Cortana and select the Notebook icon in her left-hand pane. From there, browse each section to tailor your preferences for specific news topics, alerts, and even the types of restaurants you like. You'll be glad you did.



## Two Things You Should Know

**1. If you use Internet Explorer, Microsoft is only supporting Internet Explorer 11. If you have an earlier version, you need to update to Internet Explorer 11.**

**2. If you are still using Windows 7 or Windows 8.1, be advised that you only have until the end of June, 2016, to download Windows 10. After that date it will cost you approximately \$100 to upgrade. **Why not go ahead and do it now!****

## What Operating System is your Computer Using?

There is an easy way to find out!  
Just Click on the link below.

[Check your Operating System](#)

Check out our Website  
[littlerockseniornet.com](http://littlerockseniornet.com)

phone: 501-603-1262

[Forward this email](#)



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*Try it FREE today.*

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