

FIREHOUSE TECH CAFE & SENIOR SOCIAL CLUB FEBRUARY 2020

WEEKLY AGENDA

FREE COMPUTER AND TECHNOLOGY HELP

Monday & Wednesday

9am-2pm

Tuesday & Thursday

Noon-2pm

PEPPI EXERCISE

Tuesdays at 9:15am

BINGO/BUNKO

Tuesdays 9:45

DRUMMING TO A

NEW BEAT

Thursdays 8:30am

CARDS AND GAMES

Thursdays from

9:30-noon (ish)

ZUMBA GOLD

Monday 6pm-7pm

FREE GENEALOGY HELP

Wednesday 6pm-8pm

TECHNOLOGY TIP

STOP WIFI IMPOSTERS

Laptops, smartphones, tablets, iPads and other Wi-Fi-enabled devices can automatically connect to familiar Wi-Fi networks. That's convenient-no one wants to enter a password for their home or work Wi-Fi every day-but it can also be risky. A hacker can set up a rogue Wi-Fi network with the same name as a legitimate one such as "Google Starbucks" or "Kearney School District" or attwifi and trick your gadgets into joining it. Periodically get a fresh start by using your devices' networks or Wi-Fi settings to prune the networks you join automatically. Most devices let you delete networks one by one, but if you have an iPhone or iPad, you need to go to Reset Network settings under general settings and delete all of them at once. On an Android, you would open your Applications menu, Select Settings. Under Wireless & networks, select Wi-Fi. From the Wi-Fi screen, tap and hold the Wi-Fi network and click on forget network. You are always welcome to come into the Tech Café for help with this and any other questions you may have.

BINGO AND BUNKO

BUNKO Feb 4th

BINGO Feb 11th

BUNKO Feb 18th

BINGO Feb 25th



HANDWASHING

Handwashing is a simple thing and it's the best way to prevent infection and illness. Keeping hands clean prevents illness at home, at school, and at work. At home, **handwashing** can prevent infection and illness from spreading from family member to family member and, sometimes, throughout a community. Below are a few tips on keeping your hands clean and sanitized.

What's the best way to wash my hands?

Use soap and warm water, and scrub every nook and cranny you can, rubbing your hands together for at least 20 seconds. Get in between your fingers, cover the entire palm, and wash all the way down to the wrist on both sides. Some people say their ABCs and rinse when you get to Z. Try to avoid using your newly clean hands to touch the faucet or doorknob. Use a paper towel if available.



LET'S BE HEART HEALTHY



**American
Heart
Association®**
life is why™

February is traditionally the month for love, lovers and all things heart related. February is also American Heart Month and is a time to remind us to take care of our hearts.

This February lets "GO RED"

G: GET YOUR NUMBERS

Ask your doctor to check your blood pressure and cholesterol.

O: OWN YOUR LIFESTYLE

Stop smoking, lose weight, exercise, and eat healthy.
It's up to you. No one can do it for you.

R: REALIZE YOUR RISK

We think it won't happen to us, but heart disease kills one of three women.

E: EDUCATE YOUR FAMILY

Make healthy food choices for you and your family.
Teach your kids the importance of staying active.

D: DON'T BE SILENT

Tell every woman you know that heart disease is our number 1 killer.

MONTHLY BIRTHDAY & SWEETHEART LUNCHEON

Join us for our annual **SWEETHEART** luncheon on **February 11th** at **11:30**. We will also be celebrating February birthdays! Be sure to wear red and pink to get into the Valentine's Day spirit!