

New Rochelle Public Library

Luncheon Express Yoga

Free sessions of easy yoga to help reduce stress and relieve tension are offered during Monday and Wednesday lunch hours at the New Rochelle Public Library (NRPL). From January 3 to June 20, the Monday sessions will be held for 30 minutes, from 12:15 to 12:45 p.m. From January 5 to June 22, the Wednesday sessions will be 45-minutes, from 1:15 to 2 p.m.

Yoga instructor Nora LeMorin leads the gentle yet invigorating sessions of Luncheon Express Yoga, which help participants return to work with renewed energy and focus. Participants do not need to change out of work clothes, and mats will not be needed for these sessions of breathing and meditation techniques as well as the guided relaxation. The drop-in sessions do not require advanced registration.

Free Computer Training Opportunities

The NRPL has expanded its computer training classes from nine sessions a month to 26 a month, as a result of the library being awarded funding to become a New York State Public Computer Center. All Computer classes are free, but registration is required (except GED Preparation). Call 914-632-7878 ext. 2000 or stop by the Reference Desk on the 2nd floor to register.

Computer Basics

Mouse and Keyboard Skills is a one-session class that will be held in Spanish on Mondays, January 3 and 31, and in English on Mondays, January 10 and 24 from 10 to 11:30 a.m. Learn how to use the mouse and keyboard to navigate within the computer's interface. Practice using these two devices with hands-on exercises and online resources.

Introduction to Microsoft Word

A one-session class that will be conducted in Spanish on Tuesdays, January 4 and 18, and in English on Tuesdays, January 11 and 25 from 6 to 7:30 p.m. Learn how to create a simple document, edit and format text, correct spelling, adjust margins, save, print and open files in Microsoft Word.

Fundamentals of Microsoft Word

Four, 2-hour hands-on class for new users. Participants must attend all sessions: Wednesdays, January 5 to 26 from 10 a.m. to 12 p.m. Learn how to create a simple document, edit and format text, correct spelling, adjust margins, save, print and open files in Microsoft Word. An understanding of Windows and keyboard and mouse use is required. Registration is limited.

Set-up and Use an E-mail Account

A one-session class that will be held in Spanish on Saturdays, January 8 and 22, and in English on Saturdays, January 15 and 29, from 10 to 11:30 a.m. and in Spanish on Friday, January 14 from 10 to 11:30 a.m. Learn about the Internet and the World Wide Web, how to navigate a web browser and explore the library's Web site. An understanding of Windows and keyboard and mouse use is required.

Intermediate Internet

Friday, January 21 from 10 to 11:30 a.m. Learn how to search the web using a variety of tools such as directories and search engines. Basic Computer class or some knowledge of computers required.

How to Scan and Upload Photographs

Friday, January 28 from 10 a.m. to 12 p.m.

Learn how to scan photos or images, change resolution and size of photos, how to select a file format and save images to a disk. An understanding of Windows and keyboard and mouse use is required.

Free Job Readiness Classes

How to Write a Resume

Saturdays, January 8 and 22 from 10 to 11:30 a.m. This class will assist individuals in creating or updating a professional resume.

How to Write a Cover Letter

Saturdays, January 15 and 29 from 10 to 11:30 a.m. A follow-up to "How to Write a Resume," this class will guide students in writing a professional cover letter. For both classes, participants should know how to use the mouse and keyboard.

GED Preparation

Each Saturday afternoon, from 2 to 5 p.m., one-on-one assistance is available to guide patrons through the on-line training for successful Preparation for GED. Registration is not required, so drop-in to the third floor Computer Lab.

Three Kings Day

The NRPL will hold its 23rd annual celebration of Three Kings Day Celebration on Thursday, January 6, in conjunction with the BID Family Days. The holiday's joyous cultural traditions, as passed down through generations in Puerto Rico, Latin America and the Caribbean, will be explored through a performance for children in Pre-K to Grade 6 and their families.

The event will begin at 5 p.m. with a performance of the "El Louie Show." Bilingual children's musician and entertainer "Louie" delights the audience with his lively songs, movement and stories that are guaranteed to have everyone tapping feet and singing along.

A surprise visit from the Three Kings bearing gifts will follow the show. The evening will conclude with samples of Rosca de Reyes, the traditional Three Kings Bread.

Sonads from Brazil: Nanny Assis Trio

Nanny Assis, a top percussionist, vocalist and composer of Brazilian jazz, Afro-Brazilian music and other popular and folkloric sounds of his homeland, will perform a concert, "Brazilian Vibe," on Sunday, January 8 at 3 p.m. in the Oreste Davis Theater of the NRPL. He will be joined by musicians on piano, guitar, bass percussion and drums for a rich concert of sizzling music. The concert is sponsored by the Friends of the New Rochelle Public Library. A donation of \$2 suggested at the door.

Assis started his career as a drummer and percussionist, turning into a brilliant multi-form musician. Academically, he developed his music skills at the Federal School of Arts and Music in Bahia, Brazil. His evolution as an artist has led to international acclaim as a singer and composer who is greatly influenced by the mellow voices of Chet Baker and Joao Gilberto. Assis is sought after by world-class musicians for both studio recordings and live performances. He has played and recorded with artists such as Phillip Glass, Ennio Deodato, Romero Lubambo, Melvin Gibbs, The Manhattan Swing Orchestra and many, many others.

When he is not touring the world or performing in major international music festivals, Nanny Assis lives in New Rochelle with his wife and two children.

The New Rochelle Public Library is located at 1 Library Plaza in New Rochelle. For more information on these and other programs, call 914-632-8254, fax 914-632-5386 or visit www.nrpl.org.