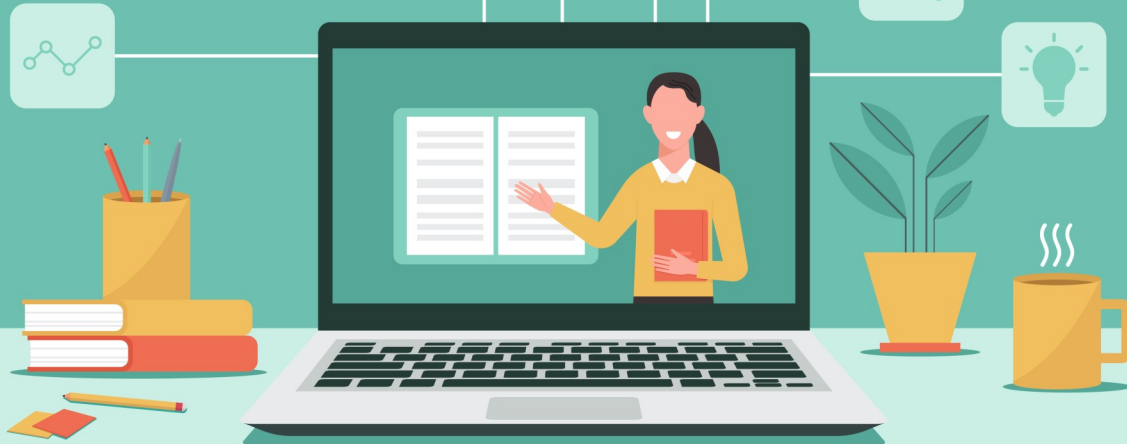


Online Classes for Fun and Learning



Technology | Fitness | Food | Arts & Creative | Meditation | Lifestyle

www.gccoa.org/online-classes


GCCOA is pleased to present free online classes that you can view at home on your computer, laptop or tablet. These classes are videos that can be watched at any time.

Take a fitness class — learn about technology — watch a recipe being made — relax with meditation — learn to draw or paint.

Class videos are from 4 minutes to 56 minutes long. You can stop and start, rewind or close: you are in control.

You do not have to download any software or register for anything.

To get started, go to the GCCOA.org website and click the link on the home page (or enter the above address in your browser address bar).

Scroll down to see the menu of topics and a selection of class videos. Use the menu to go right to the topic you are interested in. Click to go to the video. At the bottom of the video on the left, click the icon to turn on the sound: 

To pause the video, click anywhere. Select the Exit button (top left after clicking on video) to return to main online classes page.