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| October Newsletter — Longmont Christian School | **Henry Street Settlement****Virtual Senior Center*****“Where Good Friends Meet”*** |
| *Coming Soon:*More Virtual Classes*Plus*Virtual Presentations, Trips, Tours & PerformancesFunded by the NYCDepartment for the Aging &Henry Street Settlement | **PRESENTATIONS:****10/19, 11:00: Voting In 2020!!****Zoom Mtg ID: 890 9169 5298**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/89091695298)**10/22, 11:00 am: Burn Center Presentation!! By NY Presbyterian****Zoom Mtg ID:** **815 1582 7409**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/81515827409)**11:00 am: Intrepid Museum Stories by Charlotte****Zoom ID: 823 9763 4364**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/82397634364)**10/16 and 10/30****10/23, 11:00 am: Aging Issues Group By “United Neighborhood Houses”****Zoom ID: 863 0040 9546**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/86300409546)**11:00 am: "Nutrition Event”** **w/ Brenna de Souza of Foodbank NY****Zoom mtg ID : 82358001928**[**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/82358001928)**11/8, and 11/29** | **PARTIES/CELEBRATIONS:****10/1, 3:00: Chinese Moon Festival Virtual Celebration W/Theresa & Christina (HSS SC Case Managers)****Zoom Mtg ID:** **843 3892 9975**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/84338929975)**10/22, 3:00 pm: Senior Birthday Party!! w/ Olivia****Zoom Mtg ID:** **884 2701 8730**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/88427018730)**10/30, 3:00 pm:** **Halloween Costume Party And Contest!! w/ Olivia**  **With Prizes!!!!****Zoom Mtg ID:** **889 9719 8209**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/88997198209)TRIP TO FARMERS MARKET**10/15, 11:00 am: "Nutrition Event” w/ Brenna de Souza of Foodbank For NYC****SPECIAL EVENT!!****10/01, 11:00 am: Vocal Ease Concert!!****Zoom Mtg ID: 822 5918 4722**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/82259184722) | **To register for virtual****tours, trips or concerts,****be added to our member email list or for more information,****please contact us at VirtualSeniorCenter****@henrystreet.org****or call 347-493-2787** |
| **Haven’t Heard From a Friend from the Center Lately? Please Let Us Know so We Can Make Sure They’re OK** | **Do you live in the Vladeck Houses****and need some help or support?****Call our NORC/ Vladeck Cares Office at 212-477-0455. Our office (located at 351 Madison Street) is currently closed but we are still assisting Vladeck senior residents over the telephone. Staff is available via telephone only****Monday - Friday 9 AM-5 PM.** |
| **Announcements****We will not hold classes on “Columbus Day”****Monday 10/12/2020****October is Longterm Care Month,****And National Apple month** |

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| **October 2020 Virtual Calendar**Activities with an **\*** are NORC-Funded; Activities in **Bold** are New or Changed. Programming & Services are Funded by theNew York City Departmentfor the Aging (DFTA), Vladeck Cares/NORC, New York State Office for the Aging (NYSOFA), Henry Street Settlement and YOUR Contributions |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **12:00 pm:** **Arts & Crafts w/ Karina****Zoom Mtg ID:** **898 8824 3711**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/89888243711)**1:00 pm: Bingo w/ Olivia****Zoom Mtg ID:** **874 8318 1329**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/874%208318%201329)3:00 pm: "Emergency Preparedness for Individuals & Your Pets” w/ Olivia NEW!!Zoom Mtg ID: 853 5353 5551[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/85353535551)PRESENTATION**10/19, 11:00: Voting In 2020!!****Zoom Mtg ID**: **890 9169 5298**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/89091695298) | **10:00 am: Morning Yoga w/ Jolie****Zoom Mtg ID:** **834 2114 4182**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/83421144182)**12:00 pm: “Farmers Market Workshops” w/ EatingHealthyNYC****Zoom Mtg ID:** **871 7219 6163**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/87172196163)**1:00 pm: Cooking w/ Ann****Zoom Mtg ID:** **830 8892 0001****[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/83088920001)****2:00 pm: “What You Should Know About Alzheimer’s” w/ the AFA****Zoom Mtg ID**: **821 2118 6861**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/82121186861)**SPECIAL EVENT****10/1, 3:00: Chinese Moon Festival Virtual Celebration W/Theresa & Christina (HSS SC Case Managers)****Zoom Mtg ID:** **843 3892 9975**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/84338929975)**SPECIAL EVENT!!****10/01, 11:00 am: Vocal Ease Concert!!****Zoom Mtg ID: 822 5918 4722**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/82259184722)**SPECIAL EVENT!!****10/8, 11:00 Vocal Ease Robo Call (Non-Zoom Participants Please Register in Advance via Email or by Phone)** | **11:00 am: Voices of Ascension****Zoom Mtg ID:** **834 0831 7629**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/83408317629)**12:00 pm: Dessert w/ Ann****Zoom Mtg ID:** **830 6860 7168**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/83068607168)**1:00 pm: Simply Tai Chi w/ David****Zoom Mtg ID:** **895 2337 9243**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/89523379243)**2:00 pm: Be Flexible w/ Linda****Zoom Mtg ID:** **858 7274 2853**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/85872742853)**3:00 pm:** **Art w/ Linda****Zoom Mtg ID:** **819 7461 2024**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/81974612024)**PARTNER EVENT!!****11:00 am: Betances Health Center “Nutrition Group”****Zoom Mtg ID: 885 3021 5779**[**Click Here To Join Meeting!!**](https://us02web.zoom.us/j/88530215779) | **10:00 Excersice Is Fun *New!!***  **W/ The Captain****Zoom Mtg ID:** **875 2441 0097**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/87524410097)**10/8****1:00 pm:** **Pet Visiting w/ Amy****Zoom Mtg ID**: **810 7727 0496**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/81077270496)**10/8 and 10/22****2:00 pm: Drawing w/ Will****Zoom Mtg ID:** **812 1135 0510**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/81211350510)**10/8 and 10/22****4:00 pm: Chinese Dance Group****Zoom Mtg ID:** **816 6732 6275**[**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/81667326275)TRIP TO FARMERS MARKET**10/15, 11:00 am: "Nutrition Event”** **w/ Brenna de Souza of Foodbank For NYC****PRESENTATIONS****10/22, 11:00 am: Burn Center Presentation!! By NY Presbyterian****Zoom Mtg ID:** **815 1582 7409**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/81515827409)**11:00 am: "Nutrition Event”** **w/ Brenna de Souza of Foodbank NY****Zoom mtg ID : 82358001928**[**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/82358001928)**11/8, and 11/29****PARTY!!****10/22, 3:00 pm: Senior Birthday Party!! w/ Olivia****Zoom Mtg ID:** **884 2701 8730**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/88427018730) | **10/2, 11:00 am: “Greenmarket At Home” w/ GROW NYC****Zoom Mtg ID:** **831 7249 7878**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/83172497878)**(Every 1st Friday of the month)****12:00 pm:** **Meditation w/ Daniela****Zoom Mtg ID:** **867 7027 8089**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/86770278089)**1:00 pm: Zumba w/ Dream****Zoom Mtg ID:** **869 1395 7452**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/86913957452)**2:00 pm: Chinese Dance w/ Dream****Zoom Mtg ID:** **837 4715 4778**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/83747154778)**3:00 pm: Music Concert w/ Olivia****Zoom ID: 834 9178 9152**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/83491789152)**PRESENTATION****11:00 am: Intrepid Museum Stories by Charlotte****Zoom ID: 823 9763 4364**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/82397634364)**10/16 and 10/30****PRESENTATION****10/23, 11:00 am: Aging Issues Group By “United Neighborhood Houses”****Zoom ID: 863 0040 9546**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/86300409546)**PARTY!!****10/30, 3:00 pm:** **Halloween Costume Party!!** **w/ Olivia****Zoom Mtg ID:** **889 9719 8209**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/88997198209) |
| ***No Smartphone?******No Computer?******Join Zoom via Telephone!!*****Call (929) 205-6099 & -- to Join Any Class - Enter the Zoom Mtg ID When Asked*****1st Time Joining Us?*****Come a Bit Early to** **Register** |

***What Will Ann be Teaching Us to Make this Month?:***

**Ann’s October Cooking Class Menus:**

**10/6: Jerk Chicken Red Bead & Rice Sautéed Cabbage**

**10/13: Shepherd Pie’s**

**10/20: Parmesan Crusted Tilapia Roasted Red Potatoes**

**10/27: Baked Ziti W/ground Turkey**

**Ann’s October Baking Class Menus:**

**10/7: Apple Muffin**

**10/14: Apple Crisp Crème Brulee**

**10/21: Apple Turn over**

**10/28: Apple Pie**