### Monday
- **11:00 am**: Art w/ Jia & Ace
  - Zoom Mtg ID: 892 5389 0895
- **12:00 pm**: Noon w/ Karina
  - Zoom Mtg ID: 898 8824 3711
- **2:00 pm**: “The Census 2020: Why & How” w/ Jing
  - Zoom Mtg ID: 882 8458 9404

### Tuesday
- **10:00 am**: Morning Yoga w/ Jolie
  - New!!!
  - Zoom Mtg ID: 834 2114 4182
  - STARTING 7/7/20!!!
  - Click here to Join Zoom Meeting!!
- **11:00 am**: Salud Holistica w/ Nurse Arthur (Spanish)
  - Zoom Mtg ID: 820 0645 2818
  - Click here to Join Zoom Meeting!!
- **1:00 pm**: Simply Tai Chi w/ David
  - Zoom Mtg ID: 895 2337 9243
  - Click here to Join Zoom Meeting!!
- **3:00 pm**: Art w/ Linda
  - Zoom Mtg ID: 882 9047 3486
  - Click here to Join Zoom Meeting!!

### Wednesday
- **11:00 am**: Voices of Ascension w/ Whitney
  - Zoom Mtg ID: 834 0831 7629
  - Click here to Join Zoom Meeting!!
- **12:00 pm**: Dessert w/ Ann
  - Zoom Mtg ID: 830 6860 7168
  - Click here to Join Zoom Meeting!!
- **1:00 pm**: Be Flexible w/ Linda
  - Zoom Mtg ID: 858 7274 2853
  - Click here to Join Zoom Meeting!!
- **3:00 pm**: Art w/ Linda
  - Zoom Mtg ID: 819 7461 2024
  - Click here to Join Zoom Meeting!!

### Thursday
- **1:00 pm**: Pet Visiting w/ Amy, Rexi & Whitney
  - Zoom Mtg ID: 810 7727 0496
  - Click here to Join Zoom Meeting!!
- **2:00 pm**: Drawing w/ Will
  - Zoom Mtg ID: 812 1135 0510
  - Click here to Join Zoom Meeting!!
- **3:00 pm**: Holistic Health w/ Nurse Arthur (English)
  - Zoom Mtg ID: 898 6066 4161
  - Click here to Join Zoom Meeting!!
- **4:00 pm**: Dessert w/ Dream
  - Zoom Mtg ID: 816 6732 6275
  - Click here to Join Zoom Meeting!!

### Friday
- **11:00 am**: Your Health w/ Nurse Nicole
  - Zoom Mtg ID: 833 2175 5297
  - Click here to Join Zoom Meeting!!
- **12:00 pm**: Meditation w/Danie
  - Zoom Mtg ID: 867 7027 8089
  - Click here to Join Zoom Meeting!!
- **1:00 pm**: Zumba w/ Dream
  - Zoom Mtg ID: 884 2701 8730
  - Click here to Join Zoom Meeting!!
- **2:00 pm**: Chinese Dance w/ Dream
  - Zoom Mtg ID: 837 4715 4778
  - Click here to Join Zoom Meeting!!

### SPECIAL EVENT!!
- **7/6 3:30 pm**: Sing For Your Seniors
  - Zoom Mtg ID: 882 8458 9404
  - Click here to Join Zoom Meeting!!

### On 7/3/20, ALL Friday Classes will be CANCELLED as Henry Street Settlement Celebrates the Independence Day Holiday!!

### Coming Soon:
- **More Virtual Classes**
- **Virtual Presentations, Trips, Tours & Performances**
- **Funded by the NYC Department for the Aging & the East Harlem Community Center**

### Contact Information
- **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.or or call 347-493-2787