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| 八月 | Henry Street SettlementVirtual Senior Center“Where Good Friends Meet” |
| 星期一 | 星期二 | 星期三 | 星期四 | 星期五 |
| 11:00 am: 繪畫 w/ Jia & AceZoom Mtg ID: 892 5389 0895[Click here to Join Zoom Meeting!!](https://us02web.zoom.us/j/89253890895)12:00 pm: 中午閒聊 w/ KarinaZoom Mtg ID: 898 8824 3711[Click Here to Join Zoom Meeting!!](https://us02web.zoom.us/j/89888243711) 1:00 pm: 賓果遊戲 W/Olivia 新活動!!Zoom Mtg ID: 874 8318 1329 [Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/874%208318%201329)星期一開始 8/16!!2:00 pm: “2020人口普查: 為什麼 及 如何” w/ JingZoom Mtg ID: 810 6652 4506[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/81066524506) | 10:00 am: 早上瑜珈 w/ Jolie 新活動!!Zoom Mtg ID: 834 2114 4182[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/83421144182)12:00 pm: 新活動!!“農產品（菜帣）工作坊” by EatingHealthyNYC Zoom Mtg ID: 871 7219 6163[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/87172196163)1:00 pm: 烹飪課 w/ AnnZoom Mtg ID: 830 8892 0001[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/83088920001)2:00 pm: 認識阿茨海默症Zoom Mtg ID: 821 2118 6861[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/82121186861)3:00 pm: 一起動起來 Zoom Mtg ID: 882 9047 3486[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/88290473486) | 11:00 am: 唱詩班 Zoom Mtg ID: 834 0831 7629[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/83408317629)12:00 pm: 甜點 w/ AnnZoom Mtg ID: 830 6860 7168[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/83068607168)1:00 pm: 簡易太極 w/DavidZoom Mtg ID: 895 2337 9243[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/89523379243)2:00 pm: 一起鍛鍊柔韌 w/ LindaZoom Mtg ID: 858 7274 2853[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/85872742853)3:00 pm: 繪畫 w/ LindaZoom Mtg ID: 819 7461 2024[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/81974612024) | 10:00 am: 生命物語 工作坊 w/ Lily zhou（ Vita 故事俱樂部）新活動!!Zoom Mtg ID: 848 3331 6664[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/84833316664)12:00 am: 整體健康 w/ Nurse Arthur (西班牙語)Zoom Mtg ID: 820 0645 2818 [Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/82006452818)1:00 pm: 寵物探訪 w/Amy Zoom Mtg ID: 810 7727 0496[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/81077270496)2:00 pm: 素描 w/ WillZoom Mtg ID: 812 1135 0510[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/81211350510)3:00 pm: 整體健康 w/ Nurse Arthur (英語)Zoom Mtg ID: 898 6066 4161[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/89860664161)4:00 pm: 中國舞Zoom Mtg ID: 816 6732 6275 [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81667326275) | 12:00pm: 冥想 w/DanielaZoom Mtg ID: 867 7027 8089 [Click Here to Join Zoom Meeting!!](https://us02web.zoom.us/j/86770278089)1:00 pm: 尊巴舞蹈 w/ DreamZoom Mtg ID: 869 1395 7452 [Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/86913957452)2:00 pm: 中國舞 w/ DreamZoom Mtg ID: 837 4715 4778 [Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/83747154778)3:00 pm: “音樂演唱會” W/Olivia 新活動!!Zoom ID:834 9178 9152 [Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/83491789152)每月活動!!8/7 11:00 AM: “綠色市場” by “GROW NYC” Zoom Mtg ID: 831 7249 7878[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/83172497878)(每個月第一個星期五) |
| 特別活動!!8/10 3:00 pm: 網上營養工作坊W/Brenna （紐約食物銀行）Zoom Mtg ID: 836 1358 8003[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/83613588003)特別活動!!8/17 3:00pm 網上卡拉OK!! W/KarinaZoom Mtg ID: 812 8573 4070[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/81285734070) | 特別活動!!8/11 11:00 am: Vocal Ease 音樂會!!Zoom Mtg ID: 822 5918 4722[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/82259184722) | 合作活動11:00 am: Betances 健康中心 -- “營養知識”[Click Here To Join Meeting!!](https://www.gotomeet.me/RenataShiloah/betances-nutrition-group#_blank) | 特別活動!!8/13 12:00 pm: “紐約大學 牙科學校” 新冠病毒疫情-口腔急診Zoom Mtg ID: 988 4010 4656 (西班牙語)[Click Here To Join Zoom Class!!](https://nyu.zoom.us/j/98840104656)Zoom Mtg ID: 944 0416 7175 (廣東話)[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/94404167175)特別活動!!8/27 3:00 pm 長者生日派對!! w/ OliviaZoom Mtg ID: 884 2701 8730[Click Here to Join Zoom Meeting!!](https://us02web.zoom.us/j/88427018730) | **沒有智能手機？沒有電腦？****請致電（929）205-6099並輸入課程代碼當參加任何課程時。****第一次加入我們？****早點來，這樣你就可以註冊！** |
| A picture containing red, drawing  Description automatically generated | Coming Soon:更多線上課程，線上報告，遊覽，旅行和表演Funded by the NYC Department for the Aging & Henry Street Settlement | 要註冊虛擬遊覽，旅行或音樂會，添加到我們的會員電子郵件列表中或了解更多信息，請通過VirtualSeniorCenter@henrystreet.org與我們聯繫。或致電347-493-2787 |