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|  | **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 | **SPECIAL EVENTS,:****9/4, 11:00 am: “Greenmarket At Home” with 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)**9/8. 11:00 am Vocal Ease Robo Telephone Concert (Non-Zoom Participants can Register in Advance via Email or Phone)****9/22, 11:00 am: Vocal Ease Concert!!****Zoom Mtg ID:** **822 5918 4722**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/82259184722)**12:30 pm: Holistic Health w/ Nurse Arthur (English)****Zoom Mtg ID:** **914 7860 0602**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/91478600602)2:00 pm: “The Census 2020: Why It’s Important & How to Complete It” w/ Jing on 9/7, 9/14 and 9/21!!Zoom Mtg ID: 810 6652 4506[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/81066524506) | **PARTIES/CELEBRATIONS:****9/17, 11:00am: Spanish Heritage Month Celebration W/Karina****Zoom Mtg ID:** **836 5012 2600**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/83650122600)**9/24, 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)**PRESENTATIONS:****9/14, 11:00 am: "Nutrition Event” w/Brenna from Foodbank For NYC**Zoom Mtg ID: 846 0390 9994[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/84603909994)**9/15, 11:00: Voting In 2020!!****Zoom Mtg ID**: **856 0532 2301**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/85605322301)**9/18, 11:00 am: “Pedestrian Safety For Older Adults” by NYC DOT Staff****Zoom Mtg ID: 818 1941 0622**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/81819410622) | **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 “Labor Day”****Monday 9/7/2020****September is Spanish Heritage Month and Cholesterol Education Month!** |

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| **September 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** |
| PRESENTATION**9/14, 11:00 am: "Nutrition Event” w/ Brenna de Souza of Foodbank For NYC**Zoom Mtg ID: 846 0390 9994[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/84603909994)**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)**2:00 pm:** **“Census 2020: Why It’s Important, How to Complete It” w/ Jing**Zoom Mtg ID: 810 6652 4506[Click Here To Join Zoom Meeting!!](https://us02web.zoom.us/j/81066524506)On 9/7, 9/14, and 9/21!!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) | **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!!****9/8, 11:00 Vocal Ease Robo Call (Non-Zoom Participants Please Register in Advance via Email or by Phone)****PRESENTATION!!****9/15, 11:00: Voting In 2020!!****Zoom Mtg ID: 856 0532 2301**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/85605322301)**SPECIAL EVENT!!****9/22, 11:00 am: Vocal Ease Concert!!****Zoom Mtg ID: 822 5918 4722**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/82259184722) | **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 am: Life Story Workshop****w/ Lily Zhou w/ Vita Story Club****Zoom Mtg ID: 848 3331 6664**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/84833316664)**12:00 pm: Salud Holística c/ Nurse Arthur (Spanish)****Zoom Mtg ID:** **820 0645 2818**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/82006452818)**12:30 pm: Holistic Health w/ Nurse Arthur (English)****Zoom Mtg ID:** **914 7860 0602**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/91478600602)**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)**On 9/10 and 9/24!!****2:00 pm: Drawing w/ Will****Zoom Mtg ID:** **812 1135 0510**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/81211350510)**On 9/10 and 9/24!!****4:00 pm: Chinese Dance Group****Zoom Mtg ID:** **816 6732 6275**[**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/81667326275)**SPECIAL EVENT!!****9/17, 11:00am: Spanish Heritage Month Celebration w/ Karina****Zoom Mtg ID:** **836 5012 2600**[**Click Here to Join Zoom Meeting!!**](https://us02web.zoom.us/j/83650122600)**SPECIAL EVENT!!****9/24, 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) | **MONTHLY EVENT!!****9/4, 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)****PRESENTATION****9/18, 11:00 am: “Pedestrian Safety for Older Adults” by NYC DOT Staff****Zoom Mtg ID: 818 1941 0622**[**Click Here To Join Zoom Meeting!!**](https://us02web.zoom.us/j/81819410622)**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) |
| ***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** |

***Celebrate the 100th Anniversary of Women’s Right to Vote!!:***

[**https://www.smithsonianmag.com/history/what-first-women-voters-experienced-when-registering-1920-election-180975435/**](https://www.smithsonianmag.com/history/what-first-women-voters-experienced-when-registering-1920-election-180975435/#_blank)

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

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

**9/1: Steak & Chicken Fajitas**

**9/8: Turkey Lasagna w/ Garlic Bread**

**9/15: Beef Tacos**

**9/22: Chicken Gyros**

**9/29: Spinach & Cheddar Frittatas**

**Ann’s September Baking Class Menus:**

**9/2: Carrot Cake Cookies**

**9/9: No-Bake Chocolate Peanut Butter Cookies**

**9/16: Pineapple Upside-Down Cake**

**9/23: Banana Muffins**

**9/30 Chocolate Muffins & Cranberry Orange Muffins**