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|  | | **Henry Street Settlement**  **Virtual Senior Center**  ***“Where Good Friends Meet”*** | |
| *Coming Soon:*  More Virtual Classes  *Plus*  Virtual Presentations, Trips, Tours & Performances  Funded by the NYC  Department 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 Department  for 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**