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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 & Performances  Funded by the NYC  Department 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 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** |
| **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**