



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

Haven't Heard From a Friend
from the Center Lately? Please
Let Us Know so We Can Make
Sure They're OK

Announcements

We will Not hold classes on
Thanksgiving Day & the Day After
Thursday 11/26/2020 &
Friday 11/27/2020.

Sunday, November 3 is the Start of
Daylight Savings Time.

November is
Alzheimer's Awareness Month.

PRESENTATIONS:

11:00 am: "Nutrition Event" w/ Brenna
de Souza of Foodbank of NYC
Zoom Mtg ID: 823 5800 1928
Click Here To Join Zoom Class!!
11/10 and 11/24

11:00 am: Intrepid Museum Stories
w/ Charlotte
Zoom ID: 823 9763 4364
Click Here To Join Zoom Meeting!!
11/13 and 11/20

12:00 pm: What Is In Season?
w/ Grow NYC Farmers Markets.
Zoom Mtg ID: 970 9816 6718
Click Here To Join Zoom Meeting!!
11/12

NEW CLASS!!:

2:00-4:00 pm: "Movie Club" w/
Christina & Theresa
Zoom Mtg ID: 920 8476 6393
Click Here To Join Zoom Meeting!!

SPECIAL EVENTS!!:

11:00 am: Virtual Tour of the
Orchid Show/w NY Botanical
Gardens w/ Olivia
Zoom Mtg ID: 945 5292 5301
Click Here To Join Zoom Meeting!!
11/10

11:00 am: Metropolitan Museum
of Art Tour w/Olivia
Zoom Mtg ID: 914 6533 8720
Click Here To Join Zoom Meeting!!
11/17

PARTIES/CELEBRATIONS:

3:00 pm: Seniors' November
Birthday Party!! w/ Olivia
Zoom Mtg ID: 884 2701 8730
Click Here to Join Zoom Meeting!!
11/19







To register for virtual tours, trips or
concerts, be added to our member
email list to receive this calendar &
early notice of special programming
or for more information,
please contact us at
VirtualSeniorCenter@henrystreet.org
or call 347-493-2787

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 by order of the City of NY due
to the Pandemic but Staff is still
assisting Vladeck Houses senior
residents over the telephone only
Monday - Friday 9 AM-5 PM.

November 2020 Virtual Calendar

Activities with an * are NORC-Funded; Activities in **Bold** are New or Changed. Programming & Services are Funded by the New 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
<p>12:00 pm: Arts & Crafts w/ Karina Zoom Mtg ID: 898 8824 3711 Click Here to Join Zoom Meeting!!</p> <p>1:00 pm: Bingo w/ Olivia Zoom Mtg ID: 874 8318 1329 Click Here To Join Zoom Meeting!!</p> <p>2:00-4:00 pm: NEW!! "Movie Club" w/ Christina & Theresa Zoom Mtg ID: 920 8476 6393 Click Here To Join Zoom Meeting!! Starting Monday 11/9!!</p>  <p>No Smartphone? No Computer or Tablet? Join Zoom via Telephone!! Call (929) 205-6099 & Enter the Zoom Mtg ID to Join Any Class <u>1st Time Joining A Class?</u> Come a Bit Early to Register</p>	<p>10:00 am: Morning Yoga w/ Jolie Zoom Mtg ID: 834 2114 4182 Click Here To Join Zoom Meeting!!</p> <p>PRESENTATION 11:00 am: "Nutrition Event" w/ Brenna de Souza of Foodbank of NYC Zoom Mtg ID: 823 5800 1928 Click Here To Join Zoom Class!! 11/10 and 11/24</p> <p>11:00 am: Virtual Tour of the Orchid Show at the NY Botanical Gardens w/ Olivia Zoom Mtg ID: 945 5292 5301 Click Here To Join Zoom Meeting!! 11/10</p> <p>SPECIAL EVENT 11:00 am: Metropolitan Museum of Art Tour w/Olivia Zoom Mtg ID: 914 6533 8720 Click Here To Join Zoom Meeting!! 11/17</p> <p>12:00 pm: "Farmers Market Workshops" w/ EatingHealthyNYC Zoom Mtg ID: 871 7219 6163 Click Here To Join Zoom Meeting!!</p> <p>1:00 pm: Cooking w/ Ann Zoom Mtg ID: 830 8892 0001 Click Here To Join Zoom Meeting!!</p> <p>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!! 11/10</p> <p>3:00 pm: "Prescription Nutrition" Documentary by 'Curiosity Planet' w/ Olivia Zoom Mtg ID: 805 494 4886 Click Here To Join Zoom Meeting!! 11/10 and 11/24</p>	<p>11:00 am: Voices of Ascension Sing-A-Long Zoom Mtg ID: 834 0831 7629 Click Here To Join Zoom Meeting!!</p> <p>12:00 pm: Dessert w/ Ann Zoom Mtg ID: 830 6860 7168 Click Here To Join Zoom Meeting!!</p> <p>1:00 pm: Simply Tai Chi w/ David Zoom Mtg ID: 895 2337 9243 Click Here To Join Zoom Meeting!!</p> <p>2:00 pm: Be Flexible w/ Linda Zoom Mtg ID: 858 7274 2853 Click Here To Join Zoom Meeting!!</p> <p>3:00 pm: Art w/ Linda Zoom Mtg ID: 819 7461 2024 Click Here To Join Zoom Meeting!!</p> <p>PARTNER EVENT!! 11:00 am: Betances Health Center "Nutrition Group" Zoom Mtg ID: 885 3021 5779 Click Here To Join Meeting!!</p> 	<p>11:00 am Vocal Ease Robo Call Concert (Non-Zoom Participants, Please Register in Advance via Email or by Phone) 11/5</p> <p>PRESENTATION 12:00 pm What Is In Season? By Grow NYC Farmers Markets. Zoom mtg ID: 970 9816 6718 Click Here To Join Zoom Meeting!! 11/12</p> <p>1:00 pm: Pet Visiting w/ Amy Zoom Mtg ID: 810 7727 0496 Click Here To Join Zoom Meeting!! 11/5 and 11/19</p> <p>2:00 pm: Drawing w/ Will Zoom Mtg ID: 812 1135 0510 Click Here To Join Zoom Meeting!! 11/5 and 11/19</p> <p>4:00 pm: Chinese Dance Group Zoom Mtg ID: 816 6732 6275 Click Here To Join Zoom Class!! 11/19</p> <p>PARTY!! 3:00 pm: Senior Birthday Party!! w/ Olivia Zoom Mtg ID: 884 2701 8730 Click Here to Join Zoom Meeting!! 11/19</p> 	<p>11:00 am: "Greenmarket At Home" w/ GROW NYC Zoom Mtg ID: 831 7249 7878 Click Here To Join Zoom Meeting!! 11/6 (Every 1st Friday of the month)</p> <p>PRESENTATION 11:00 am: "Intrepid Museum Stories" w/ Charlotte Zoom ID: 823 9763 4364 Click Here To Join Zoom Meeting!! 11/13 and 11/20</p> <p>12:00 pm: Meditation w/ Daniela Zoom Mtg ID: 867 7027 8089 Click Here to Join Zoom Meeting!!</p> <p>1:00 pm: Zumba w/ Jiali Zoom Mtg ID: 869 1395 7452 Click Here To Join Zoom Meeting!!</p> <p>2:00 pm: Chinese Dance w/ Jiali Zoom Mtg ID: 837 4715 4778 Click Here To Join Zoom Meeting!!</p> <p>3:00 pm: Music Concert w/ Olivia Zoom ID: 834 9178 9152 Click Here To Join Zoom Meeting!!</p> 

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

Ann's November Cooking Class Menus:

11/03: *Chicken Cacciatore w/ White Rice & Broccoli.*

11/10: *Spinach Lasagna & Garlic Bread.*

11/17: *Roast Turkey, Stuffing, Mac & Cheese, Candied Yams, Sautéed String Beans.*

11/24: *Roasted Chicken, Mashed Potatoes, and String Beans.*

Every Tuesday at 1:00 pm!!

Ann's November Baking Class Menus:

11/04: *Pumpkin Crème Brûlée and Pumpkin Smoothie.*

11/11: *Pumpkin Chocolate Cookies and Pumpkin Bread.*

11/18: *Pumpkin Cheesecake and Pumpkin Cheesecake Muffins.*

11/25: *Pumpkin Pie and Pumpkin Pound Cake.*

Every Wednesday at 12:00 pm Noon!!

Movies & Discussion w/ Theresa & Christina:

Movie Club Movie List

Join Theresa & Christina for
A Movie & A Discussion

11/09: *13th (English w/ Chinese Subtitles)*

11/16: *IP Man (Cantonese w/ English Subtitles)*

11/23: *Tuesdays with Morrie (English, No Subtitles)*

11/30: *Look for a Star (Cantonese w/ English Subtitles)*

**Due To The Pandemic, NYC has Ordered the Senior Center Closed Until Further Notice. Staff continues to Work from Home & Can be Reached by:
Phone: 212-349-2770 &
Email: info@henrystreet.org**