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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 | **ONGOING CLASSES!!**  **2:00-4:00 pm: NEW!! “Fun & Games Mondays” Games, Movies, Karaoke and more w/ Christina & Theresa**  **Zoom Mtg ID: 920 8476 6393**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/92084766393)  **EVERY MONDAY!!**  **1:00 pm: Cooking w/ Ann**  **Zoom Mtg ID:** **830 8892 0001**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/83088920001)  **Every Tuesday!!!**  **1:00 pm: Pet Visiting w/ Amy**  **Zoom Mtg ID**: **810 7727 0496**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/81077270496)  **1/7/2021 & 1/21/2021**  **2:00 pm: Drawing w/ Will**  **Zoom Mtg ID:** **812 1135 0510**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/81211350510)  **1/7/2021 & 1/21/2021** | **PRESENTATIONS:**  **3:00 pm: Remembering Dr. Martin Luther King Jr. w/Olivia**  **Zoom ID: 927 2055 0008**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/92720550008)  **on 1/15/2021**  **3:00 pm: “The Body vs. Corona Virus“ Documentary by ‘Curiosity Planet’ w/ Olivia**  **Zoom Mtg ID:** **805 494 4886**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/8054944886)  **1/19/2021**  **PARTIES/CELEBRATIONS:**  **3:00 pm: Seniors’ December Birthday Party!! w/ Olivia**  **Zoom Mtg ID:** **884 2701 8730**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/88427018730)  **01/28** | **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** | |
| **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 by order of the City of NY due to the Pandemic but Staff is still assisting Vladeck Houses senior residents over the telephoneonly**  **Monday - Friday 9 AM-5 PM.** | |
| **Announcements**  **We will Not hold classes on New Years Day & Martin Luther King Day**  **Friday, January 1st is “New Years Day”**  **Monday, January 18th is**  **“Martin Luther King Day”**  **January is “Cervical Health AwarenessMonth”** |

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| **January 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** |
| **12:00 pm:** **Arts & Crafts w/ Karina**  **Zoom Mtg ID:** **898 8824 3711**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/89888243711)  **1:00 pm: Bingo w/ Olivia**  **Zoom Mtg ID:** **874 8318 1329**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/874%208318%201329)  **2:00-4:00 pm: NEW!! “Fun & Games Mondays” Games, Movies, Karaoke and more w/ Christina & Theresa**  **Zoom Mtg ID: 920 8476 6393**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/92084766393) | **10:00 am: Morning Yoga w/Jolie**  **Zoom Mtg ID:** **834 2114 4182**  [**Click Here To Join Zoom Class!!**](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 Class!!**](https://us02web.zoom.us/j/87172196163)  **1:00 pm: Cooking w/ Ann**  **Zoom Mtg ID:** **830 8892 0001**  **[Click Here To Join Zoom Class!!](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 Class!!**](https://us02web.zoom.us/j/82121186861)  **PRESENTATION**  **3:00 pm: “The Body vs. Corona Virus“ Documentary by ‘Curiosity Planet’ w/ Olivia**  **Zoom Mtg ID:** **805 494 4886**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/8054944886)  **1/19/2021** | **12:00 pm: Dessert w/ Ann**  **Zoom Mtg ID:** **830 6860 7168**  [**Click Here To Join Zoom Class!!**](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 Class!!**](https://us02web.zoom.us/j/89523379243)  **2:00 pm: Be Flexible w/ Linda**  **Zoom Mtg ID:** **858 7274 2853**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/85872742853)  **3:00 pm:** **Art w/ Linda**  **Zoom Mtg ID:** **819 7461 2024**  [**Click Here To Join Zoom Class!!**](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 Zoom Class!!**](https://us02web.zoom.us/j/88530215779) | **11:00 am Vocal Ease Robo Call Concert (Non-Zoom Participants, Please Register in Advance via Email or by Phone)**  **01/14/2021**  **1:00 pm:** **Pet Visiting w/ Amy**  **Zoom Mtg ID**: **810 7727 0496**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/81077270496)  **1/7/2021 & 1/21/2021**  **2:00 pm: Drawing w/ Will**  **Zoom Mtg ID:** **812 1135 0510**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/81211350510)  **1/7/2021 & 1/21/2021**  **4:00 pm: Chinese Dance Group**  **Zoom Mtg ID:** **816 6732 6275**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/81667326275)  **PARTY!!**  **3:00 pm: Senior Birthday Party w/Olivia**  **Zoom Mtg ID:** **884 2701 8730**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/88427018730)  **01/28/2021** | **11:00 am: “Greenmarket At Home” w/ GROW NYC**  **Zoom Mtg ID:** **831 7249 7878**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/83172497878)  **1/1 (Every 1st Friday of the month)**  **12:00 pm:** **Meditation w/ Daniela**  **Zoom Mtg ID:** **867 7027 8089**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/86770278089)  **1:00 pm: Zumba w/ Jiali**  **Zoom Mtg ID:** **869 1395 7452**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/86913957452)  **2:00 pm: Chinese Dance w/ Jiali**  **Zoom Mtg ID:** **837 4715 4778**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/83747154778)  **3:00 pm: Music Concert w/ Olivia**  **Zoom ID: 834 9178 9152**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/83491789152)  **SPECIAL EVENT**  **3:00 pm: Remembering Dr. Martin Luther King Jr. w/Olivia**  **Zoom ID: 927 2055 0008**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/92720550008)  **on 1/15/2021** |
| ***No Smartphone?***  ***No Computer or Tablet?***  ***Join Zoom via Telephone!!***  **Call (929) 205-6099 & Enter the Zoom Mtg ID to Join Any Class**  ***1st Time Joining A Class?***  **Come a Bit Early to Register** |

***What Will Ann be Teaching Us to Make this Month?: Movies & Activities w/ Theresa & Christina:***

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

**01/05: *Creamy Spinach Parmesan Stuffed Chicken***

***W/Tossed Salad***

**01/12: *Garlic Butter Pork w/Fresh Rosemary***

***Roasted Sweet potato***

**01/19: *Easy Kielbasa & Cabbage, with Brown Rice***

**01/26: *Salmon w/ Avocado Basil Pesto w/Broccoli & Carrots***

**Every Tuesday at 1:00 pm!!**

**Fun and Games Monday’s**

**Activity List**

**Join Theresa & Christina for Games, Movies, Karaoke & More!!**

***01/04: Charades (English & Chinese)***

***01/11: Jeopardy (English)***

***01/18: Karaoke (English & Chinese)***

***01/25:*** ***Movie (Mandarin film with English subtitles). Film is 20 Once Again***

***重返20歲***

**Ann’s January Baking Class Menus:**

**01/06: *Chocolate soft Serve Ice Cream***

***w/ Peanut Butter Cookies***

**01/13: *Creamy Avocado Berry Smoothie Choco-nut Fat Bombs***

**01/20: *Blueberry Mug Cake Cheese Muffins***

**01/27: *Ricotta Slab Bars Almond Butter Mug Cake***

**Every Wednesday at 12:00 pm Noon!!**

**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**](mailto:info@henrystreet.org)