

JANUARY

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 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”

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!!](#)
EVERY MONDAY!!

1:00 pm: Cooking w/ Ann
Zoom Mtg ID: 830 8892 0001
[Click Here To Join Zoom Class!!](#)
Every Tuesday!!!

1:00 pm: Pet Visiting w/ Amy
Zoom Mtg ID: 810 7727 0496
[Click Here To Join Zoom Class!!](#)
1/7/2021 & 1/21/2021

2:00 pm: Drawing w/ Will
Zoom Mtg ID: 812 1135 0510
[Click Here To Join Zoom Class!!](#)
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!!](#)
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!!](#)
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!!](#)
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

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.

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
<p>12:00 pm: Arts & Crafts w/ Karina Zoom Mtg ID: 898 8824 3711 Click Here to Join Zoom Class!!</p> <p>1:00 pm: Bingo w/ Olivia Zoom Mtg ID: 874 8318 1329 Click Here To Join Zoom Class!!</p> <p>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!!</p>	<p>10:00 am: Morning Yoga w/Jolie Zoom Mtg ID: 834 2114 4182 Click Here To Join Zoom Class!!</p> <p>12:00 pm: "Farmers Market Workshops" w/ EatingHealthyNYC Zoom Mtg ID: 871 7219 6163 Click Here To Join Zoom Class!!</p> <p>1:00 pm: Cooking w/ Ann Zoom Mtg ID: 830 8892 0001 Click Here To Join Zoom Class!!</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 Class!!</p>	 <p>12:00 pm: Dessert w/ Ann Zoom Mtg ID: 830 6860 7168 Click Here To Join Zoom Class!!</p> <p>1:00 pm: Simply Tai Chi w/ David Zoom Mtg ID: 895 2337 9243 Click Here To Join Zoom Class!!</p> <p>2:00 pm: Be Flexible w/ Linda Zoom Mtg ID: 858 7274 2853 Click Here To Join Zoom Class!!</p>	<p>11:00 am Vocal Ease Robo Call Concert (Non-Zoom Participants, Please Register in Advance via Email or by Phone) 01/14/2021</p> <p>1:00 pm: Pet Visiting w/ Amy Zoom Mtg ID: 810 7727 0496 Click Here To Join Zoom Class!! 1/7/2021 & 1/21/2021</p> <p>2:00 pm: Drawing w/ Will Zoom Mtg ID: 812 1135 0510 Click Here To Join Zoom Class!! 1/7/2021 & 1/21/2021</p> <p>4:00 pm: Chinese Dance Group Zoom Mtg ID: 816 6732 6275 Click Here To Join Zoom Class!!</p>	<p>11:00 am: "Greenmarket At Home" w/ GROW NYC Zoom Mtg ID: 831 7249 7878 Click Here To Join Zoom Class!! 1/1 (Every 1st Friday of the month)</p> <p>12:00 pm: Meditation w/ Daniela Zoom Mtg ID: 867 7027 8089 Click Here to Join Zoom Class!!</p> <p>1:00 pm: Zumba w/ Jiali Zoom Mtg ID: 869 1395 7452 Click Here To Join Zoom Class!!</p> <p>2:00 pm: Chinese Dance w/ Jiali Zoom Mtg ID: 837 4715 4778 Click Here To Join Zoom Class!!</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 1st Time Joining A Class? Come a Bit Early to Register</p>	<p>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!! 1/19/2021</p> 	<p>3:00 pm: Art w/ Linda Zoom Mtg ID: 819 7461 2024 Click Here To Join Zoom Class!!</p> <p>PARTNER EVENT!! 11:00 am: Betances Health Center "Nutrition Group" Zoom Mtg ID: 885 3021 5779 Click Here To Join Zoom Class!!</p>	<p>PARTY!! 3:00 pm: Senior Birthday Party w/Olivia Zoom Mtg ID: 884 2701 8730 Click Here to Join Zoom Class!! 01/28/2021</p> 	<p>3:00 pm: Music Concert w/ Olivia Zoom ID: 834 9178 9152 Click Here To Join Zoom Class!!</p> <p>SPECIAL EVENT 3:00 pm: Remembering Dr. Martin Luther King Jr. w/Olivia Zoom ID: 927 2055 0008 Click Here To Join Zoom Class!! on 1/15/2021</p>

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

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!!

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!!

Movies & Activities w/ Theresa & Christina:

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

**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**