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| Image result for march clip artsImage result for march bannerImage result for march clip arts | **Henry Street SettlementVirtual Senior Center**“Where Good Friends Meet” |
| **We are now on YouTube, click link below and *subscribe* to our channel to get the latest updates and events!**[**https://www.youtube.com/channel/UCLi11TIDaJ9URNrYPTUb9Ig**](https://www.youtube.com/channel/UCLi11TIDaJ9URNrYPTUb9Ig)**We are now also on WeChat! Simply download the App on your smartphone and scan the QR code below:** | **NEW CLASSES:****11:00 am: Meditation**  **w/ *Threejewels.org* NEW!!** Zoom Mtg ID: 966 9790 2710 [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/96697902710)**12:00 pm: Yoga**  **w/ *Threejewels.org* NEW!!** Zoom Mtg ID: 921 7367 9797 [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/92173679797)**ONGOING CLASSES:****1:00 pm: Cooking w/ Ann** *Tuesdays* Zoom Mtg ID: 830 8892 0001 [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83088920001)**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) **2:00 pm: Drawing w/ Will** Zoom Mtg ID: 812 1135 0510 [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81211350510)**SPECIAL EVENT:****3:00 pm: Spring Trivia** **w/ Olivia (PRIZES!!!)** **Date: 3/19** Zoom ID: 920 9213 9762 [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92092139762) | **PRESENTATIONS:****3:00 pm: Black History (Curiosity** **Stream Documentary) w/ Olivia** **Date: 3/1** Zoom Mtg ID: 975 0639 5830 [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/97506395830)**1:00 pm: St. Patrick’s Greatest Gift**  **(Curiosity Stream Documentary)** **w/ Olivia**  **Date: 3/17** Zoom Mtg ID: 982 1355 0593 [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/98213550593)Image result for st. patrick's day**PARTIES / CELEBRATIONS:****3:00 pm: Senior Birthday**  **Party w/Olivia Date: 3/25** Zoom Mtg ID: 884 2701 8730 [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/88427018730)**VIRTUAL TOUR:****3:00 pm: Virtual Tour: Visiting 9/11** **Museum of NY w/ Olivia** **Date: 3/15**Zoom Mtg ID: 926 4878 6099[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92648786099) | **To register for virtual tours, trips or concerts, be added to our member email list to receive this calendar & early notice of special programming, become a new member or for more information,****please contact us at VirtualSeniorCenter@henrystreet.org****or call *347-493-2787*** |
| **Funded by the NYC Department for the Aging & Henry Street Settlement** | **Do you live in the Vladeck Housesand 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****Monday - Friday 9 AM - 5 PM** |
| **Announcements:*****National Nutrition Awareness Month!*****Sunday, March 14:** Daylight Savings Time Begins*Remember to “Spring Forward!”***Wednesday, March 17:** “Saint Patrick’s Day”**Saturday, March 20:** “First Day of Spring” |

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| **March Virtual Calendar 2021****Activities with an \* are Vladeck Cares/NORC- & New York State Office for the Aging (NYSOFA)-Funded****All Other Programming & Services are Funded by the New York City Department for the Aging (DFTA), 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)**PRESENTATION:****3:00 pm: Celebrating Black History (Curiosity Stream Documentary) w/ Olivia: 3/1**Zoom Mtg ID: 975 0639 5830[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/97506395830)**VIRTUAL TOUR:****3:00 pm: Virtual Tour: Visiting the 9/11 Museum of NY w/ Olivia: 3/15**Zoom Mtg ID: 926 4878 6099[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92648786099) | **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 / Alzheimer’s Foundation of America**Zoom Mtg ID: 821 2118 6861[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/82121186861) | **11:00 am:** **Meditation NEW!!****w/ *Threejewels.org***Zoom Mtg ID: 966 9790 2710[Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/96697902710)**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)**PRESENTATION:****1:00 pm: St. Patrick’s Greatest Gift (Curiosity Stream Documentary) w/ Olivia: 3/17**Zoom Mtg ID: 982 1355 0593[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/98213550593)**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) | **1:00 pm:** **Pet Visiting w/ Amy 3/11 & 3/25**Zoom Mtg ID: 810 7727 0496[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81077270496)**2:00 pm: Drawing w/ Will****3/11 & 3/25**Zoom Mtg ID: 812 1135 0510[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81211350510)**4:00 pm: Chinese Dance Group**Zoom Mtg ID: 816 6732 6275[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81667326275)**VIRTUAL CONCERT:****11:00 am: Vocal Ease Robo Call Concert***(Non-Zoom Participants, Please Register in Advance via Email or by Phone)* **3/11****PARTY:****3:00 pm: Senior Birthday Party w/ Olivia 3/25**Zoom Mtg ID: 884 2701 8730[Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/88427018730) | **9:00 am: Zumba w/ Jiali**Zoom Mtg ID: 869 1395 7452[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/86913957452)**10:00 am: Chinese Dance****w/ Jiali**Zoom Mtg ID: 837 4715 4778[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83747154778)**12:00 pm:** **Yoga NEW!!****w/ *Three Jewels.org***Zoom Mtg ID: 921 7367 9797[Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/92173679797)**3:00 pm: Music Concert** **w/ Olivia**Zoom Mtg: 834 9178 9152[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83491789152)**SPECIAL EVENT:****3:00 pm: Spring Trivia****w/ Olivia (Win Prizes) 3/19**Zoom Mtg: 920 9213 9762[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92092139762) |
| **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 Chef Ann Teach Us to Make this Month?:***

**Chef Ann’s Keto Baking Class Menu:**

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

**03/03: *Cookie Bars; Cream Cheese Cookies***

**03/10: *No-Bake Chocolate Oatmeal Bar; Coconut Custard Pie***

**03/17: *No-Bake Peanut Butter Caramel Cookies; Pecan Danish***

**03/24: *Dairy-Free Fruit Tarts; Chocolate Hazelnut Brownie Pie***

**03/31: *Strawberry Cheesecake Pops; Peanut Butter Jelly Cups***

**Chef Ann’s Keto Cooking Class Menu:**

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

**03/02: *Pizza***

**03/09: *Juicy Skirt Steak w/ Veggie Medley***

**03/16: *Pork Chops Milanese w/ Tossed Salad***

**03/23: *Mediterranean Chicken Pesto Bake w/ Green Salad***

**03/30: *Mediterranean Meatballs w/ Mozzarella***

**A ketogenic (or *keto) diet* is a low-carb, high-fat diet similar to** [**Atkins**](https://www.healthline.com/nutrition/atkins-diet-101)**. It can help you lose weight, lower risk factors for disease and cause major reductions in blood sugar and insulin levels. Keto involves cutting carbohydrates, limiting your body’s supply of glucose (sugar). This puts your metabolism into** [**ketosis**](https://www.healthline.com/nutrition/what-is-ketosis)**, where your body becomes incredibly efficient at** [**burning fat**](https://www.healthline.com/nutrition/best-ways-to-burn-fat) **for fuel instead of carbs. A ketogenic diet involves filling up on fats like meat, fish, eggs, nuts and healthy oils. Research shows it may be more effective for weight loss than a** [**low-fat diet**](https://www.healthline.com/nutrition/do-low-fat-diets-work)**. What’s more, the diet is so filling you can** [**lose weight**](https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible) **without counting calories or tracking your food intake. It can also lower diastolic** [**blood pressure**](https://www.healthline.com/health/high-blood-pressure-hypertension/blood-pressure-reading-explained) **and** [**triglyceride levels**](https://www.healthline.com/nutrition/13-ways-to-lower-triglycerides)**.\***

**\*healthline.com**

***Daylight Savings Time Reminder!!***

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***Sunday, March 14, 2021***

*Please Remember To Turn Your Clocks*

*Forward 1 Hour!!*

**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**