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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 | **NEW CLASSES!!**  **11:00 am:** **Meditation NEW!!**  **By: Threejewels.org**  **Zoom Mtg ID:** **966 9790 2710**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/96697902710)  **12:00 pm: Yoga NEW!!**  **By:Three Jewels.org**  **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**  **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)  **2/11 &2/25**  **2:00 pm: Drawing w/ Will**  **Zoom Mtg ID:** **812 1135 0510**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/81211350510)  **2/11 &2/25** | **PRESENTATIONS:**  **3:00 pm: Chinese New Year Presentation!!**  **Zoom Mtg ID: 975 7111 3357**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/97571113357)  **2/9/2021**  **3:00 pm: “JFK Fact and Fable” “ Documentary by ‘Curiosity Stream’ w/ Olivia**  **Zoom Mtg ID:** **805 494 4886**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/8054944886)  **2/16**  **PARTIES/CELEBRATIONS:**  **Valentine’s Day Party w/Olivia**  **Zoom Mtg ID:** **884 2701 8730**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/88427018730)  **02/12**  **February BirthdayParty!! “Mardi Gras Theme”**  **w/ Olivia**  **Zoom Mtg ID:** **884 2701 8730**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/88427018730)  **02/25** | **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 President’s Day**  **Monday, February 15st is “President’s Day”**  **February is “National Heart Health Awareness Month”** |

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| **February 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) | **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: Chinese New Year Presentation!!**  **Zoom Mtg ID: 975 7111 3357**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/97571113357)  **2/9/2021**  **3:00 pm: “JFK Fact and Fable” w/ Olivia**  **Zoom Mtg ID:** **805 494 4886**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/8054944886)  **2/16/2021** | **11:00 am:** **Meditation NEW!!**  **By: 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)  **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) | **10:00 am Vocal Ease Robo Call Concert (Non-Zoom Participants, Please Register in Advance via Email or by Phone)**  **2/11**  **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)  **2/11 &2/25**  **2:00 pm: Drawing w/ Will**  **Zoom Mtg ID:** **812 1135 0510**  [**Click Here To Join Zoom Class!!**](https://us02web.zoom.us/j/81211350510)  **2/11 &2/25**  **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**  **“Mardi Gras Theme”**  **Party w/Olivia**  **Zoom Mtg ID:** **884 2701 8730**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/88427018730)  **02/25/2021** | **12:00 pm:** **Yoga NEW!!**  **By:Three Jewels.org**  **Zoom Mtg ID:** **921 7367 9797**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/92173679797)  **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: Valentine’s Day Party w/Olivia**  **Zoom Mtg ID:** **884 2701 8730**  [**Click Here to Join Zoom Class!!**](https://us02web.zoom.us/j/88427018730)  **02/12** |
| ***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?:***

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

**02/02: *Italian Meatballs, Wheat Spaghetti, and Broccoli.***

**02/09: *Creamy Italian Chicken, Brussel Sprouts and Bacon.***

**02/16: *Parmesan Crusted Cod Coleslaw***

**02/23: *Perfectly Crispy Keto Fried Chicken Spinach Salads***

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

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***Happy Chinese New Year!!!***

**Ann’s January Baking Class Menus:**

**02/03: *Ricotta Slab Bars Creamy Keto Cheesecake Fluff***

**02/10: *Blackberry Mousse Keto Brownies***

**02/17: *Pumpkin Spice Fat Bomb Cheese Muffins***

**02/24: *Creamy Chocolate Keto Fat Bombs***

**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)