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| Image result for march clip arts **APRIL**Image result for march clip arts | | **Henry Street Settlement Virtual 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!**  [**YOUTUBE - CLICK HERE!!**](https://www.youtube.com/channel/UCLi11TIDaJ9URNrYPTUb9Ig)  **We are now also on**  **WeChat! Simply**  **download the App on**  **your smartphone and**  **scan the QR code** | **NEW CLASSES:**  **11:00am (Wednesdays): Meditation**  **w/ *Threejewels.org* NEW!!**  Zoom Mtg ID: 966 9790 2710  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/96697902710)  **12:00pm (Fridays): Yoga**  **w/ *Threejewels.org* NEW!!**  Zoom Mtg ID: 921 7367 9797  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/92173679797)  **2:00-4:00pm (Mondays): NEW!!**  **A Matter of Balance w/ Cheryl & Linda**  **Zoom Mtg ID:**  971 8170 8714  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/97181708714)  **ONGOING CLASSES:**  **1:00 pm Pet Visiting w/ Amy 4/14 & 4/28**  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81077270496)    **2:00 pm: Drawing w/ Will 4/14 & 4/28**  Zoom Mtg ID: 812 1135 0510  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81211350510)  **SPECIAL EVENT:**  **3:00 pm: Stress Awareness Trivia w/ Olivia**  **WIN PRIZES!!! 4/15**  Zoom Mtg ID: 965 0054 6584  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/96500546584)  **CONCERT:**  **3:00 pm: “Live Opera Concert”**  **w/ Nicola Mills 4/28**  Zoom Mtg ID: 991 626 1009  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/9916261009) | **PRESENTATIONS:**  **3:00 pm: Curiosity Stream   “Secret life of dogs”**  **w/Olivia 4/6**  Zoom Mtg ID: 936 6539 5430  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/93665395430)  **3:00 pm: Curiosity Stream**  **“Kittenhood” w/ Olivia 4/20**  Zoom Mtg ID: 973 1935 2481  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/97319352481)  **PARTIES / CELEBRATIONS:**  **3:00 pm: Senior Birthday Party   w/ Olivia 4/29**  Zoom Mtg ID: 884 2701 8730  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/88427018730)  **VIRTUAL TOURS:**  **3:00 pm: “National Museum of**  **History” Virtual Tour 4/16**  Zoom Mtg ID: 975 1975 9432  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/97519759432)  **12:00 pm: “Tenement Museum”**  **Virtual Tour w/Olivia 4/29**  Zoom Mtg ID: 846 0764 5469  **Password: 945038**  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/88530215779)  **3:00 pm: “NY Aquarium”**  **Virtual Tour w/Olivia 4/30**  Zoom Mtg ID: 924 6412 6689  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92464126689) | **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 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**  **Monday - Friday 9 AM - 5 PM** |
| **Announcements:**  **National Stress Awareness Month!**  **Thursday, April 1:**  **“April Fool’s Day!”**  **Friday, April 2 :**  **“Good Friday”**  **Sunday, April 4:**  **“Easter Sunday”**  **Thursday , April 22:**  **“Earth Day"** |

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| **April 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** |
| **12:00pm:** **Arts & Crafts**  **w/ Karina**  Zoom Mtg ID: 898 8824 3711  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/89888243711)  **1:00pm: Bingo w/ Olivia**  Zoom Mtg ID: 874 8318 1329  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/874%208318%201329)  **2:00-4:00pm:**  **A Matter of Balance**  **w/ Cheryl & Linda NEW!**  **Zoom Mtg ID:**  971 8170 8714  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/97181708714) | **12:00pm: “Farmers Market Workshops” w/EatingHealthyNYC**  Zoom Mtg ID: 871 7219 6163  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/87172196163)  **1:00pm: Cooking w/ Ann**  Zoom Mtg ID: 830 8892 0001  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83088920001)  **2:00pm: “What You Should**  **Know About Alzheimer’s”** by ***AFA / Alzheimer’s***  ***Foundation of America***  Zoom Mtg ID: 821 2118 6861  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/82121186861)    **PRESENTATIONS:**  **3:00pm: Curiosity Stream**  **“Secret life of dogs”**  **w/Olivia 4/6**  Zoom Mtg ID: 936 6539 5430  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/93665395430)  **3:00pm: Curiosity Stream**  **“Kittenhood” w/ Olivia 4/20**  Zoom Mtg ID: 973 1935 2481  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/97319352481) | **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: 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)  **CONCERT:**  **3:00 pm: Live Opera Concert**  **w/ Nicola Mills 4/28**  Zoom Mtg ID: **991 626 1009**  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/9916261009)  **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) | | **1:00pm:** **Pet Visiting w/ Amy**  Zoom Mtg ID: 810 7727 0496  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81077270496)  **4/14 & 4/28**  **2:00pm: Drawing w/ Will**  Zoom Mtg ID: 812 1135 0510  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81211350510)  **4/14 & 4/28**  **4:00pm: Chinese Dance Rehearsal**  Zoom Mtg ID: 816 6732 6275  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81667326275)  **VIRTUAL CONCERT:**  **11:00am: Vocal Ease   Robo Call Concert 4/15**  *(Non-Zoom Participants, Please register in advance via email or by phone)*  **PARTIES:**  **3:00pm: Stress Awareness Trivia**  **w/ Olivia 4/15**  Zoom Mtg ID: 965 0054 6584  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/96500546584)  **3:00pm: Senior Birthday Party   w/ Olivia 4/29**  Zoom Mtg ID: 884 2701 8730  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/88427018730)  **VIRTUAL TOUR:**  **12:00 pm: “Tenement Museum”**  **Virtual Tour w/Olivia 4/29**  Zoom Mtg ID: 846 0764 5469  **Password: 945038**  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/88530215779) | | **10:00am: Zumba w/ Jiali**  Zoom Mtg ID: 869 1395 7452  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/86913957452)  **11:00am: Chinese Dance**  **w/ Jiali**  Zoom Mtg ID: 837 4715 4778  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83747154778)  **12:00pm:** **Yoga NEW!!**  **w/ *Three Jewels.org***  Zoom Mtg ID: 921 7367 9797  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/92173679797)  **3:00pm: Music Concert**  **w/ Olivia 4/2, 4/9, & 4/23**  Zoom Mtg: 834 9178 9152  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83491789152)  **VIRTUAL TOURS:**  **12:00pm: “National Museum**  **of History” Virtual Tour**  **w/Olivia 4/16**  Zoom Mtg ID: 975 1975 9432  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/97519759432)  **3:00 pm: “NY Aquarium”**  **Virtual Tour w/Olivia 4/30**  Zoom Mtg ID: 924 6412 6689  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92464126689) |
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| What will chef Ann teach us to cook and bake this month? | | | | | | | |
| **Chef Ann’s Keto Cooking Class Menu:**  **Every Tuesday at 1:00 pm!!**  **04/06: Chicken and Sausage Gumbo w/ White Rice.**  **04/13: BBQ Pork Chops w/ Feta Cheese & Sun-Dried Tomato Salad**  **04/20: Ground Beef Stew w/Majoram & Basil Tossed Salad.**  **04/27:Crispy Salmon & Broccoli w/ Green Pepper Salad.** | | | **Chef Ann’s Keto Baking Class Menu:**  **Every Wednesday at 12:00 pm Noon!!**  **04/07: Chocolate Covered Cheesecake Bites &  Almond Butter Cookies.**  **04/14: Low Carb Blueberry Crisp & Strawberry Mousse.**  **04/21: Chocolate Hazelnut Brownie Pie.**  **04/28: Gingersnap Cookies & Chocolate Cake.** | | | | |
| **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)**.**  **By: healthline.com** | | | | |  | | |
| **Due to the pandemic, the senior center is closed until further notice. Staff continues to work from home and can be reached at:**  **Phone: 212-349-2770**  **Email:** [**info@henrystreet.org**](mailto:info@henrystreet.org) | | | | |