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| Image result for march clip arts**MAY**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** | **ONGOING CLASSES:**  **11:00am (Wednesdays): Meditation**  **w/ *Threejewels.org***  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***  Zoom Mtg ID: 921 7367 9797  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/92173679797)  **12:00pm (Wednesdays): Dessert w/ Ann**  Zoom Mtg ID: 830 6860 7168  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83068607168)  **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)  **PRESENTATIONS:**  **1:00pm: Curiosity Stream**  **“The Truth About Healthy Food” w/Olivia 5/10**  Zoom Mtg ID: 985 9119 9337  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/98591199337)  **1:00pm: Curiosity Stream**  **“Veggie Power” w/ Olivia 5/17**  Zoom Mtg ID: 960 7275 1151  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/96072751151) | **PARTIES / CELEBRATIONS:**  **3:00pm: Senior Birthday Party   w/ Olivia 5/27**  Zoom Mtg ID: 884 2701 8730  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/88427018730)  **3:00pm: “Mothers Day**  **Celebration” W/Olivia 5/07**  **(Gifts for all participants)**  Zoom Mtg ID: 957 0488 7347  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/95704887347)  **3:00pm: Cinco De Mayo Party  w/ Olivia 5/05**  Zoom Mtg ID: 981 6058 7531 [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/98160587531)  **VIRTUAL TOURS:**  **3:00pm: “Virtual Tour of Paris”**  **w/Olivia 5/28**  Zoom Mtg ID: 923 8464 6799  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92384646799)  **12:00pm: “Lower Manhattan Tour w/Tenement Museum 5/25**  Zoom Mtg ID: 923 8464 6799  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92384646799)  **GAMES:**  **3:00pm: Memorial Day Trivia**  **(Prizes) w/ Olivia 5/21**  Zoom Mtg ID912 1047 1876  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/91210471876) | **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 High Blood Pressure Awareness Month!**  **Sunday, May 9th:**  **“Mother’s Day”**  **Wednesday, May 5th:**  **“Cinco De Mayo”**  **Monday, May 31st :**  **“Memorial Day”**  ***(There will be no classes held on Monday, May 31st due to the Memorial Day Holiday weekend)*** |

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| **MAY 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:**  846 0764 5469  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/84607645469)  **PRESENTATIONS:**  **1:00pm: Curiosity Stream**  **“The Truth About Healthy Food” w/Olivia 5/10**  Zoom Mtg ID: 985 9119 9337  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/98591199337)  **1:00pm: Curiosity Stream**  **“Veggie Power” w/ Olivia 5/17**  Zoom Mtg ID: 960 7275 1151  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/96072751151) | **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)    **VIRTUAL TOURS:**  **12:00pm: Lower Manhattan Tour**  **w/Tenement Museum 5/25**  Zoom Mtg ID: 923 8464 6799  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92384646799) | **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)  **PARTIES:**  **3:00pm: Cinco De Mayo Party   w/ Olivia 5/05**  Zoom Mtg ID: 981 6058 7531 [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/98160587531)  **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) | | **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 5/13  Robo Call Concert**  *(Non-Zoom Participants, Please register in advance via email or by phone)*  **PARTIES:**  **3:00pm: Senior Birthday Party   w/ Olivia 5/27**  Zoom Mtg ID: 884 2701 8730 [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/88427018730) | | **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 5/14**  Zoom Mtg: 834 9178 9152  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83491789152)  **PARTIES:**  **3:00pm: “Mothers Day Celebration” w/Olivia 5/07**  **(Gifts for all participants)**  Zoom Mtg ID: 957 0488 7347  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/95704887347)  **GAMES:**  **3:00pm: Memorial Day Trivia (Prizes) w/ Olivia 5/21**  Zoom Mtg ID912 1047 1876  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/91210471876)  **VIRTUAL TOURS:**  **3:00pm: “Virtual Tour of Paris”**  **w/Olivia 5/28**  Zoom Mtg ID: 923 8464 6799  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/92384646799) |
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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!!**  **05/04: *Crispy Chicken Nuggets W/French Fries*.**  **05/11: *Keto Chili Cod with Chive Sauce Veggie Medley.***  **05/18: *Keto Beef Burger with Lettuce & Avocado*.**  **05/25: *Keto Sausage with Sauerkraut W/Tossed Salad.*** | | | **Chef Ann’s Keto Baking Class Menu:**  **Every Wednesday at 12:00 pm Noon!!**  **05/05: *Keto Lemon Zucchini Loaf & Keto Chocolate Mocha Mousse Cups***  **05/12: *Keto Homemade Marshmallows with Chocolate***  ***Perfect Pumpkin Pudding***  **05/19: *Keto Chocolate Cupcake & Keto Chewy Double Chocolate Cookies***  **05/26: *Keto Flourless Chocolate Cake & Keto Almond Cocoa and Vanilla Cookies.*** | | | | |
| **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** | | | | | ***HAPPY MOTHERS DAY!!***  ***From all the HSS Senior Center Staff!!*** | | |
| **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) | | | | |