

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JANUARY 2024

WEBSITE: CHSCC.ORG

Kevin Berry, MPA – Executive Director
Monica Warrell, Site Director – St. Nicholas Center
Vivian Johnson, Site Director – Beatrice Lewis Center
Alishia Thomas, Site Director – Central Harlem/Lincoln Centers

CENTRAL HARLEM

**34 WEST 134TH STREET
NEW YORK, NY 10037
212-926-4871**

ST. NICHOLAS HOUSES

**210 WEST 131TH STREET
NEW YORK, NY 10027
646-678-4451**

BEATRICE LEWIS

**2322 THIRD AVENUE
NEW YORK, NY 10035
212-289-9155**

LINCOLN SENIOR CENTER

**60 EAST 135TH STREET
NEW YORK, NY 10037
212-926-4871**

hello
January



HISTORY MONTH

FUNDED IN PART BY NYC DEPT. FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

As we bid farewell to another remarkable year, let us welcome the possibilities that the new year holds with open hearts and anticipation. Our community has thrived through shared stories, laughter, and the resilience that defines us.

In the spirit of the upcoming year, let's continue to cherish the bonds we've forged and the friendships that have grown stronger with time. Together, we've created a tapestry of memories that we carry into the future.

As we navigate the pages of the coming year, let's embrace the wisdom that comes from our collective experiences and the joy that can be found in life's simple pleasures. May this year be filled with shared moments, new adventures, and the warmth of companionship.

Let's celebrate the resilience that resides within each of us and look forward to the countless opportunities that await us. Here's to a year of continued growth, joy, and the camaraderie that makes our community so special.

Wishing you all a Happy New Year filled with love, laughter, and the comfort of cherished friendships.

A. Kevin Berry, MPA
Executive Director

CELEBRATE 50 YEARS
OF SERVICE, COMMUNITY, AND LOVE



50

*Years Tells
the Story*



VIEW PICTURES FROM THE 50th CHSCC GALA ONLINE

CHSCC.ORG

THANK YOU TO EVERYONE WHO SUPPORTED OUR

50TH YEAR ANNIVERSARY!!!

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Offers

CASE MANAGEMENT ASSISTANCE

Janet Y. Williamson, LMSW
Social Worker

Supporting Services Provided for:

- **Counseling**
- **Case Management**
- **Referrals (For Housing, Legal, Entitlements, SNAP, DRIE etc.)**
- **Housing Applications (For SCRIE, etc.)**
- **And more....**

For Information, Call 212-926-4871 ext. 102

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JANUARY 2024 Virtual & Hybrid Classes **CENTRAL HARLEM (KENNEDY)**

<u>Day/Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
Monday – Friday 9:00am-4:40pm	Pool & Leisure Games	Central Harlem	Will	IN-PERSON	Pool Room & Game Room
Monday 10:00am - 1:00pm	Quilting	Central Harlem	Jackie	IN-PERSON	Arts & Craft Room
Monday 2:00pm-3:00pm	Spanish	Central Harlem	Gerterlyn	95707623638 IN-PERSON	chsc PT Room
Monday 2:00pm-4:00pm	Crochet	Central Harlem	Jackie	IN-PERSON	Arts & Craft Room
Monday 2:10pm-4:40pm	Pokeno	Central Harlem	Sandra	IN-PERSON	Dining Room
Tuesday 10:00am-12:00pm	Using My Device Hybrid	Central Harlem	LaQuawn	92031960069 IN-PERSON	chsc Dining Room
Tuesday 10:30am-1:30pm	Doll Making	Central Harlem	Betty	IN-PERSON	Arts & Craft Room
Tuesday January 23rd 12:00pm-1:30pm	Birthday Celebration	Central Harlem	Kennedy	IN-PERSON	Dining Room
Tuesday 12:30pm-1:30pm	Staywell Hybrid	Central Harlem	Myna	94497791386 IN-PERSON	chsc PT Room
Tuesday 2:00pm-3:00pm	Movement Speaks	Central Harlem	Naomi	IN-PERSON	PT Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JANUARY 2024 Virtual & Hybrid Classes **CENTRAL HARLEM (KENNEDY)**

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
Tuesday 2:10pm-4:40pm	Bingo	Central Harlem	Stephanie	IN-PERSON	Dining Room
Wednesday 10:00am-12:00pm	Using My Device Advance	Central Harlem	LaQuawn	IN-PERSON	chscc Dining Room
Wednesday 11:00am-12:00pm	Bereavement Support	Central Harlem	Joyce	IN-PERSON	Dining Room
Wednesday January 24th 11:30am-12:00pm	Nutrition Class	Central Harlem	Tamra	85388551219 Virtual	chscc
Wednesday 2:10pm-4:40pm	Pokeno	Central Harlem	Sandra	IN-PERSON	Dining Room
Thursday 11:30am-12:30pm	Tai Chi Hybrid	Central Harlem	Myna	94582403454 IN-PERSON	chscc Arts & Craft Room
Thursday 12:30pm-1:30pm	Meditation/Yoga Hybrid	Central Harlem	Myna	95753324942 IN-PERSON	chscc Arts & Craft Room
Thursday 2:10pm-4:40pm	Bingo	Central Harlem	Stephanie	IN-PERSON	Dining Room
3rd Friday 10:00am-11:00am	Book Club	Central Harlem	Hilda	IN-PERSON	Arts & Craft Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JANUARY 2024 Virtual & Hybrid Classes **CENTRAL HARLEM (KENNEDY)**

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
Friday 10:00am-12:00pm	Using My Device	Central Harlem	LaQuawn	IN-PERSON	Dining Room
Friday 12:00pm-1:00pm	Zumba Hybrid	Central Harlem	Myna	98851241201 IN-PERSON	chsc PT Room
Friday 1:00pm-3:00pm	Line Dancing	Central Harlem	LaVern	IN-PERSON	PT Room
1st & 3rd Friday 2:00pm-4:00pm	Paint & Sip	Central Harlem	Patricia	IN-PERSON	Dining Room
1st & 3rd Friday 5:00pm-7:00pm	Game Night	Central Harlem	Will	IN-PERSON	Pool Room & Dining Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

January 2024 Clases presenciales e híbridas

Centro de Harlem (Kennedy)

<u>Día /Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
Lunes – Viernes 9:00am-4:40pm	Juegos de piscina y ocio	Centro de Harlem	Será	PRESENCIAL	Sala de billar y Sala de juegos
Lunes 10:00 a.m. -1:00 p.m.	Acolchado	Centro de Harlem	Jackie	PRESENCIAL	Sala de Artes y Manualidades
Lunes 14:00-15:00	Español	Centro de Harlem	Gerterlyn	95707623638 PRESENCIAL	CHSCC Sala PT
Lunes 14:00-16:00	Gancho	Centro de Harlem	Jackie	PRESENCIAL	Sala de Artes y Manualidades
Lunes 14:10-16:40	Pokeno	Centro de Harlem	Sandra	PRESENCIAL	Comedor
Martes 10:00am-12:00pm m	Uso de mi dispositivo Híbrido	Centro de Harlem	LaQuawn	92031960069 PRESENCIAL	CHSCC Comedor
Martes 10:30am-1:30pm	Fabricación de muñecas	Centro de Harlem	Betty	PRESENCIAL	Sala de Artes y Manualidades
Martes 23 de enero 12:00pm-1:30pm	Celebración de cumpleaños	Centro de Harlem	Kennedy	PRESENCIAL	Comedor

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

January 2024 Clases presenciales e híbridas

Centro de Harlem (Kennedy)

<u>Día /Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
Martes 12:30pm- 1:30pm	Permanezca bien Híbrido	Centro de Harlem	Myna	94497791386 PRESENCIAL	CHSCC Sala PT
Martes 14:00-15:00	El movimiento habla Híbrido	Centro de Harlem	Noemí	82353296478 PRESENCIAL	CHSCC Sala PT
Martes 14:10-16:40	Bingo	Centro de Harlem	Stephanie	PRESENCIAL	Comedor
Miércoles 10:00am- 12:00pm m	Uso de mi dispositivo Avanzar Híbrido	Centro de Harlem	LaQuawn	92031960069 PRESENCIAL	CHSCC Comedor
Miércoles 11:00am- 12:00pm	Apoyo para el duelo	Centro de Harlem	Joyce	PRESENCIAL	Comedor
Miércoles 11:30am- 12:00pm	Clase de Nutrición	Centro de Harlem	Tamra	85388551219 Virtual	CHSCC
Miércoles 14:10-16:40	Pokeno	Centro de Harlem	Sandra	PRESENCIAL	Comedor
Jueves 11:30am- 12:30pm	Tai Chi Híbrido	Centro de Harlem	Myna	94582403454 PRESENCIAL	CHSCC Sala de Artes y Manualidades

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

January 2024 Clases presenciales e híbridas

Centro de Harlem (Kennedy)

<u>Día /Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
Jueves 12:30pm-1:30pm	Meditación/Yoga Híbrido	Centro de Harlem	Myna	95753324942 PRESENCIAL	CHSCC Sala de Artes y Manualidades
Jueves 14:10-16:40	Bingo	Centro de Harlem	Stephanie	PRESENCIAL	Comedor
3º Viernes 10:00am-11:00am	Club de lectura	Central Harlem	Hilda	PRESENCIAL	Sala de Artes y Manualidades
Viernes 10:00am-12:00pm	Uso de mi dispositivo Híbrido	Centro de Harlem	LaQuawn	92031960069 PRESENCIAL	CHSCC Comedor
Viernes 12:00pm-1:00pm	Zumba Híbrido	Centro de Harlem	Myna	98851241201 PRESENCIAL	CHSCC Sala PT
Viernes 1:00 p.m.-3:00 p.m.	Baile en línea Híbrido	Centro de Harlem	Lavern	94913692798 PRESENCIAL	CHSCC Sala PT
1º y 3º Viernes 14:00-16:00	Pintar y sorber	Centro de Harlem	Patricia	PRESENCIAL	Comedor
1º y 3º Viernes 5:00pm-7:00pm	Noche de juegos	Centro de Harlem	Será	PRESENCIAL	Sala de billar & Comedor

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Tuesday, January 2, 2024

12:00 pm – 2:00 pm

New Year Celebration!

Dining Room

MENU

***BBQ Ribs or Chicken**

***Yellow Rice**

***Collard Greens**

***Cake**

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Friday, January

5th & 19th

2:00 pm to 4:00 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Friday, January

12th & 26th

5:00 pm - 7:00 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Virtual Presentation

Wednesday, January 24th

11:30 pm to 12:00 pm

Meeting ID: 853 8855 1219

Passcode: chscc

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Spa Day – Massage Therapy



Wednesday, January 24th

12:30 am to 1:30 pm

Arts and Crafts Room

Spaces are limited

Please sign up at the front desk

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Using My Device-Kennedy

In-person & Zoom



Additional Class!

Bring your tablets and laptops

Beginner, Intermediate & Advance

Instruction

Central Harlem (Kennedy):

Tuesdays - 10:00 am to 12:00 pm Beginner & Intermediate

Wednesdays - 10:00 am to 12:00 pm Advance

Fridays - 10:00 am to 12:00 pm Beginner & Intermediate

Meeting ID: 92031960069

Passcode: chscc

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Sight & Sound Theater - Lancaster, PA

Tuesday, June 11, 2024

Fee: \$144.00

***Fee includes: Ticket, Roundtrip transportation, Golden Corral (buffet, drink, tax & gratuity)**

Final payment is due by Friday, March 1, 2024

***\$50 Deposit due AS SOON AS POSSIBLE**

***Second payment of \$47 due Friday, January 5th**

***Final payment of \$47 due Friday, March 1st**

***No refunds/First come, first serve**

Bus departs from Kennedy Center

34 West 134th Street at 7:00 am

Please sign up in the office: Marna Little

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JANUARY 2024 Virtual & Hybrid Classes

(ST. NICHOLAS)

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode /Location</u>
MONDAY 10:00AM-12PM	Computer Class Hybrid	St. Nicholas	Laquawn	94147034525 IN PERSON	chsc Poolroom
MONDAY 12:30PM-1:15PM	Senior Boot Camp Hybrid	St. Nicholas	Tommy	95529741467 IN PERSON	chsc Poolroom
MONDAY 1:30PM-2:30PM	Arts & Crafts	St. Nicholas	Ms. Patricia	IN PERSON	Dining Room
MONDAY 2:00PM-4:00PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
TUESDAY 11:00AM-12:00PM	Meditation Hybrid	St. Nicholas	Myna	99753963309	chsc
TUESDAY 11:30AM-12:00PM	Discussion Group	St. Nicholas	Lashonda	IN PERSON	Meeting Room
TUESDAY 12:00PM-1:30PM	Birthday Celebration	St. Nicholas	St. Nicholas	IN PERSON	Dining Room
TUESDAY 12:30PM-1:15PM	Fitness Hybrid	St. Nicholas	Tommy	97124229071 IN PERSON	chsc Meeting Room
TUESDAY 1/30/24 @ 1PM	Nutritional Workshop Hybrid	St. Nicholas	Tamar	858 2514 9376 IN PERSON	chsc Meeting Room
TUESDAY 2:00PM-4:00PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
WEDNESDAY 10:00AM-3:00PM	Triangle Brigde	St. Nicholas	Ms. Gwen	IN PERSON	Meeting Room
WEDNESDAY 1/10/24 @1PM	Zumba Dance Class	St. Nicholas	VNS	IN PERSON	Meeting Room
WEDNESDAY 1/17/24 @1PM	Elder Abuse Presentation	St. Nicholas	CBN	IN PERSON	Meeting Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JANUARY 2024 Virtual & Hybrid Classes

(ST. NICHOLAS)

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode /Location</u>
WEDNESDAY 1/24/24 @ 1PM	Yoga Class	St. Nicholas	VNS	IN PERSON	Meeting Room
WEDNESDAY 2PM – 4PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
THURSDAY 10AM – 12PM	Computer Class	St. Nicholas	Laquawn	IN PERSON	Pool Room
THURSDAY 1PM – 4PM	Bridge	St. Nicholas	Ms. Cynthia	IN PERSON	Meeting Room
THURSDAY 2:00PM-4:00PM	Pokeno	St. Nicholas	Ms. Khadijah	IN PERSON	Meeting Room
THURSDAY 2:30PM-4:00PM	Line Dancing Hybrid	St. Nicholas	LaVern	99142016385 IN PERSON	Chscc Pool Room
FRIDAY 1/5/24 @10AM – 12PM	Swim Team Meeting	St. Nicholas	Mr. Le Roy	IN PERSON	Dining Room
FRIDAY 1/5/24 @ 12:30PM	Research Survey	St. Nicholas	William Haimer	IN PERSON	Meeting Room
FRIDAY 1/12/24 @10AM-12PM	Swim Team Meeting	St. Nicholas	Mr. Le Roy	IN PERSON	Dining Room
FRIDAY 1/12/24 @ 1pm	Understanding Medicare	St. Nicholas	Nakeeta Wills	IN PERSON	Meeting Room
FRIDAY 1/26/24 @ 1pm	Comedy Show	St. Nicholas	Steven Williams	IN PERSON	Meeting Room
FRIDAY 1:30PM -2:00PM	Discussion Group	St. Nicholas	Lashonda	IN PERSON	Meeting Room
FRIDAY 2:00PM-4:00PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JANUARY 2024 Virtual & Hybrid Classes BEATRICE LEWIS SPECIAL EVENTS AND ACTIVITIES

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
<u>January 4th.</u> <u>11am</u>	<u>Blood Pressure</u> <u>Screening</u>	<u>Beatrice</u>	<u>Mrs. Johnson</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>January 4th.</u> <u>2pm</u>	<u>NY Connect</u>	<u>Beatrice</u>	<u>NYC Connect</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>January 5th.</u> <u>10-12</u>	<u>Fan Food</u>	<u>Beatrice</u>	<u>Common</u> <u>Pantry</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>January 8th.</u> <u>1PM(I)</u>	<u>Roundtable with Esty</u>	<u>Beatrice</u>	<u>Ms. Esty</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>January 9th.</u> <u>2:15(I)</u>	<u>Healthy Pizza with</u> <u>The Cook</u>	<u>Beatrice</u>	<u>“The Chef “</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>January 10th.</u> <u>11am (I)</u>	<u>Advisory Council</u> <u>Meeting</u>	<u>Beatrice</u>	<u>Advisory</u> <u>Council</u>	<u>IN PERSON</u>	<u>Library</u>
<u>January 10th.</u> <u>11:15am</u>	<u>Elder Abuse</u> <u>Workshop</u>	<u>Beatrice</u>	<u>DA's Office</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>January 11th.</u> <u>(2pm)(I)</u>	<u>Movie Review</u>	<u>Beatrice</u>	<u>Ms. Kay</u>	<u>IN PERSON</u>	<u>Computer Room</u>
<u>January 16th.</u> <u>2:30(I)</u>	<u>Snack& Chat</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>January 17th.</u> <u>1pm</u>	<u>General Membership</u> <u>Meeting</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>January 18th .</u> <u>10:30am</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY</u> <u>EXCURSION</u>	<u>New Jersey</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JANUARY 2024 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

<u>January 18th</u> <u>11am (H)</u>	<u>Medicine Safety</u>	<u>Beatrice</u>	<u>DOH</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>January 19th</u> <u>1pm(H)</u>	<u>Sing For Your Seniors</u>	<u>Beatrice</u>	<u>SFYS</u>	<u>392 450 0931</u>	<u>SFYS</u>
<u>January 22nd</u> <u>11am (I)</u>	<u>Momma Dee's</u> <u>Poetry in Motion</u>	<u>Beatrice</u>	<u>Deborah Gray</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>January 23rd</u> <u>3pm(H)</u>	<u>Music Review</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>January 24th</u> <u>1pm (I)</u>	<u>Medicare Presentation</u>	<u>Beatrice</u>	<u>Mr. Fabian</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>January 25th .</u> <u>10:30am</u>	<u>Seafood City</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY EXCURSION</u>	<u>Bronx, NY</u>
<u>January 25th..</u> <u>2:30pm(H)</u>	<u>High Blood Pressure</u> <u>Presentation</u>	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>January 26th</u> <u>4:30pm</u>	<u>Game Night</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>January 29th</u> <u>11:15am (I)</u>	<u>Trivia With Alicia</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>January 29th</u> <u>2:30am</u>	<u>Nutrition Workshop</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>January 31st</u> <u>11am</u>	<u>Blood Pressure</u> <u>Screening</u>	<u>Beatrice</u>	<u>Mrs. Johnson</u>	<u>IN PERSON</u>	<u>CHSCC</u>

CHSCC - BEATRICE LEWIS MAYOR CENTRO DE ADULTOS

Enero de 2024

Eventos y Actividades Especiales

Day /Time	Activity	Center	Instructor	Meeting ID	Passcode/Location
<u>4 de ENERO</u> <u>11am</u>	<u>Presión sanguínea</u> <u>Chequeo</u>	<u>Beatrice</u>	<u>Mrs.</u> <u>Johnson</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>4 de ENERO</u> <u>2pm</u>	<u>NY Conectar</u>	<u>Beatrice</u>	<u>NYC</u> <u>Conectar</u>	<u>765 648 3055</u>	<u>chsc.</u>
<u>5de ENERO</u> <u>10-12</u>	<u>COMIDA FAN</u>	<u>Beatrice</u>	<u>Dispensa</u> <u>común</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>8 de ENERO</u> <u>1PM(I)</u>	<u>Mesa redonda con</u> <u>Esty.</u>	<u>Beatrice</u>	<u>Ms. Esty</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>8 de ENERO</u> <u>2:15(I)</u>	<u>Pizza saludable con</u> <u>el cocinero</u>	<u>Beatrice</u>	<u>"El Chef "</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>10 de ENERO</u> <u>11am (I)</u>	<u>Reunión del</u> <u>Consejo Asesor</u>	<u>Beatrice</u>	<u>Consejo</u> <u>Asesor</u>	<u>EN PERSONA</u>	<u>Library</u>
<u>10 de ENERO</u> <u>11:15am</u>	<u>Taller de Abuso de</u> <u>Ancianos</u>	<u>Beatrice</u>	<u>DA's Oficina</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>11 de ENERO</u> <u>(2pm) (I)</u>	<u>Crítica de la</u> <u>película</u>	<u>Beatrice</u>	<u>Ms. Kay</u>	<u>EN PERSONA</u>	<u>Sala de</u> <u>Informática</u>
<u>16 de ENERO</u> <u>2:30(I)</u>	<u>Bocadillo & Charlar</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>17 de ENERO</u> <u>1pm</u>	<u>Membresía</u> <u>General</u> <u>Reunión</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>18 de ENERO</u> <u>10:30am</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EXCURSIÓN</u> <u>DE UN DÍA</u>	<u>New Jersey</u>
<u>18 de ENERO</u> <u>11am(H)</u>	<u>Seguridad de los</u> <u>medicamentos</u>	<u>Beatrice</u>	<u>DOH</u>	<u>765 648 3055</u>	<u>chsc.</u>
<u>19 de ENERO</u> <u>1pm(H)</u>	<u>Cantar Para Usted</u> <u>Personas mayores</u>	<u>Beatrice</u>	<u>SFYS</u>	<u>392 450</u> <u>0931</u>	<u>SFYS</u>
<u>22 de ENERO</u> <u>11am (I)</u>	<u>Momma Dee's</u> <u>Poesía en</u> <u>movimiento</u>	<u>Beatrice</u>	<u>Deborah</u> <u>Gray</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>23 de ENERO</u> <u>3pm(H)</u>	<u>Reseña musical</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chsc.</u>
<u>24 de ENERO</u> <u>1pm</u>	<u>Presentación de</u> <u>Medicare</u>	<u>Beatrice</u>	<u>Mr. Fabian</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>25 de ENERO</u> <u>10:30am</u>	<u>Ciudad de los</u> <u>mariscos</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY</u> <u>EXCURSION</u>	<u>Bronx, NY</u>
<u>25 de ENERO</u> <u>2:30pm(H)</u>	<u>Presión arterial</u> <u>alta</u> <u>Presentación</u>	<u>Beatrice</u>	<u>Ms.</u> <u>Simmons</u>	<u>765 648 3055</u>	<u>chsc.</u>
<u>26 de ENERO</u> <u>4:30pm</u>	<u>Noche de juegos</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>29 de ENERO</u> <u>11:15</u>	<u>Curiosidades con</u> <u>Alicia</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>29 de ENERO</u> <u>2:30am(H)</u>	<u>Taller de Nutrición</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>765 648 3055</u>	<u>chsc.</u>
<u>31 de ENERO</u> <u>11am(I)</u>	<u>Examen de la</u> <u>presión arterial</u>	<u>Beatrice</u>	<u>Mrs.</u> <u>Johnson</u>	<u>EN PERSONA</u>	<u>CHSCC</u>

CHSCC - BEATRICE LEWIS MAYOR CENTRO DE ADULTOS

Enero de 2024

Eventos y Actividades Especiales

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
<u>Lunes</u> <u>1: 15pm(H)</u>	<u>Camina con</u> <u>facilidad</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>Comedor</u>
<u>Lunes</u> <u>10-3pm(I)</u>	<u>Hablemos</u> <u>Con Esty</u>	<u>Beatrice</u>	<u>Esty</u> <u>Ohell</u>	<u>EN PERSONA</u>	<u>Sala de presión</u> <u>arterial</u>
<u>Martes</u> <u>11am(I)</u>	<u>Bailarina</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta / Salón</u> <u>de Baile</u>
<u>Martes</u> <u>11:15- (H)</u>	<u>Movimientos</u> <u>corporales</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Martes</u> <u>10:30am(I)</u> <u>Jan 2nd & Jan16th.</u>	<u>Fabricación</u> <u>de joyas</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y</u> <u>Manualidades</u>
<u>Martes</u> <u>11-12:15(I)</u>	<u>Conceptos</u> <u>básicos de</u> <u>informática</u>	<u>Beatrice</u>	<u>Senior</u> <u>Planet</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Miércoles</u> <u>10:30. (I)</u>	<u>Cestería</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y</u> <u>Manualidades</u>
<u>Wednesdays</u> <u>2:30 (H)</u>	<u>Movimientos</u> <u>corporales</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Jueves</u> <u>11am(I)</u>	<u>Bailarina</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta/ Sala</u> <u>de baile</u>
<u>Jueves</u> <u>11-</u> <u>12:15pm(I)</u>	<u>Conceptos</u> <u>básicos de</u> <u>informática</u>	<u>Beatrice</u>	<u>Planeta</u> <u>Sénior</u>	<u>EN PERSONA</u>	<u>Sala de</u> <u>Informática</u>
<u>Viernes</u> <u>11am</u>	<u>Artes y</u> <u>Oficios</u>	<u>Beatrice</u>	<u>Ms.</u> <u>Black</u>	<u>765 648 3055</u>	<u>chsc</u>



Harlem Advocates for Seniors, Inc.

**In Collaboration with
Central Harlem Senior Citizens Centers
St. Nicholas Senior Center
Invites You to Learn About the**

HARLEM ADVANTAGE RESEARCH SURVEY

Presenter: William Hamer, Executive Director Harlem Advocates for Seniors

The survey sponsored by HAS, is a community wide effort to learn from Harlem's Older Adults, their issues, needs and concerns. The survey will then be used to develop a needed program in Harlem to address, and provide services and program supports to older adults, leading to a better quality of life, and the opportunity to stay at home and age gracefully in their community.

**Where: St. Nicholas Senior Center
210 West 131st
New York New York 10027
Date: Friday, January 5, 2024
Time: 12:30 – 2:00 PM**

**Come join us, complete the survey, and be a part of this very important
Harlem community initiative**

Refreshments and Give Aways will be provided

**WE WILL ALSO PROVIDE A CASH GIFT OF \$10 TO ALL THOSE WHO
COMPLETE THE SURVEY**

You must complete the survey to qualify for the giveaways and cash gift

Central Harlem Senior Citizen's Centers, Inc.



Rosa Nagoyich, Presenter
CEMAPP Outreach Coordinator
Carter Burden Network
312 East 109th St.
New York, NY 10029

ELDER ABUSE PRESENTATION



ST. NICHOLAS OLDER ADULT CENTER
210 West 131st Street
Wednesday, January 17, 2024

Central Harlem Senior Citizens' Centers, Inc.

St. Nicholas OAC

Nutritional Workshops
Every Last Tuesday of the Month
With Tamar Elkins
VIA Zoom
@ 1PM
210 West 131st Street



[Funded in Part by NYC Aging](#)

Central Harlem Senior Citizens' Centers Inc.



COME JOIN US FOR A ZUMBA CLASS



WHERE: 210 WEST 131ST STREET
WHEN: WEDNESDAY, JANUARY 10, 2024
TIME: 1PM- 2PM

THERE WILL BE GIVE AWAYS AND MORE

SPONSOR BY:



FUNDED IN PART BY NYC AGING

Central Harlem Senior Citizens' Centers Inc.



VEN Y ÚNETE A NOSOTROS PARA UNA CLASE DE ZUMBA



DONDE:

210 WEST 131ST STREET

CUANDO:

MIÉRCOLES, 10 DE ENERO DE 2024

LAS:

1PM-2PM

HABRA PEQUENOS REGALITOS Y MAS

PATROCINADO POR:



Central Harlem Senior Citizens' Centers Inc.



COME JOIN US FOR A YOGA CLASS



WHERE: 210 WEST 131ST STREET
WHEN: WEDNESDAY, JANUARY 24, 2024
TIME: 1PM- 2PM

THERE WILL BE GIVE AWAYS AND MORE

SPONSOR BY:



FUNDED IN PART BY NYC AGING

Central Harlem Senior Citizens' Centers Inc.



VEN Y ÚNETE A NOSOTROS PARA UNA CLASE DE YOGA



DONDE: 210 WEST 131ST STREET
CUANDO: MIERCOLES, 24 DE ENERO DE 2024
LAS: 1PM-2PM

HABRA PEQUENOS REGALITOS Y MAS

PATROCINADO POR:



FINANCIADO EN PARTE POR NYC AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

USING MY DEVICE

IN-PERSON & ZOOM

NEW TIME!

BRING YOUR TABLETS AND LAPTOPS

Beginner and Intermediate Instruction

KENNEDY:

Wednesdays-
10:00am -
11:00am
Fridays –
10:00am -
11:00am

Meeting ID:
92031960069
Passcode: chscc

**ST.
NICHOLAS:**

Mondays –
10:00am -
11:00am
Thursdays –
10:00am -
11:00am

Meeting ID:
94147034525
Passcode: chscc

LINCOLN:

Mondays –
11:00am -
12:00pm
Thursdays –
11:00am -
12:00pm

Meeting ID:
94602064756
Passcode: chscc



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ONLINE GAMES!!!**
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CHSCC.ORG/GAMES
or
SCAN HERE TO PLAY



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

LIST OF HOLIDAYS 2024

DAYS CENTERS ARE CLOSED

MONDAY, JANUARY 1ST – NEW YEAR'S DAY

MONDAY, JANUARY 15TH – MARTIN LUTHER KING, JR. DAY

MONDAY, FEBRUARY 19TH – PRESIDENTS' DAY

MONDAY, MAY 27TH – MEMORIAL DAY

WEDNESDAY, JUNE 19TH - JUNETEENTH

THURSDAY, JULY 4TH – INDEPENDENCE DAY

MONDAY, SEPTEMBER 2ND – LABOR DAY

MONDAY, OCTOBER 14TH – COLUMBUS DAY

MONDAY, NOVEMBER 11TH – VETERANS DAY

THURSDAY, NOVEMBER 28TH -THANKSGIVING DAY

FRIDAY, NOVEMBER 29TH - DAY AFTER THANKSGIVING

WEDNESDAY, DECEMBER 25TH – CHRISTMAS DAY

Hours of operation

Monday thru Friday, 9:00 am-5:00 pm

You must be 60yrs or older to join

Hours of Registration: 9:00 am – 11:00 am & 2:00 pm – 4:00 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

**OLDER ADULTS MUST BE
60YRS OR OLDER TO JOIN.**

**Hours of operation:
Monday thru Friday – 9AM to 5PM**

**For information, please call
212-926-4871**