

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

AUGUST 2023

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**



FUNDED IN PART BY NYC DEPT. FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Well, well, well...can you believe that we are already in August??? To be sure, one thing for certain about the Summer of 2023, is that it literally has been the hottest on record...it is no small task, therefore, to keep oneself cool, calm and hydrated! Additionally, as we move into this final stretch of summer, we also need to remain vigilant about air quality and be on the lookout for alerts -- remember, older adults can be particularly susceptible. When directed by authorities, take precautions to reduce physical exertion and try to stay indoors with the windows closed.

As you probably already know, some of our classes and programming remain on summer hiatus, although we still have many core activities being provided, both on-site and remotely which include arts & crafts, exercise classes, computer lab, etc., along with regular breakfast and lunch served every day. We are "rounding" out our final summer informational presentations; getting in those last beach and shopping trips; enjoying those remaining music and movie revues, and game nights; and one more summer birthday celebration this month. Again, please be sure to check the website, CHSCC.org and newsletter for details.

Additional update: the CHSCC Greenhouse project remains in near-completion stage, with final touches, materials and other elements continually being input to make ready for a formal opening for business. We are very excited about this new addition to our programming and activities, and hope that you will find the planting, instruction and related activities to be truly beneficial!

One last thing, again, and we cannot emphasize this more strenuously: PLEASE be mindful of this very hot weather we're experiencing; this, the hottest summer the world over, is no joke and you MUST take precautions. Fortunately, the city has made a number of provisions to help keep you safe, informed and cool: there are daily reports and monitoring of temperature and air quality levels; a multitude of cooling centers are activated around the city in all five boroughs during periods of extreme heat; and you can always get help, if need be, by calling 911 or 311 for emergencies or assistance.

As always, remember that your CHSCC staff is here for you, and we are always doing our best to ensure your health, safety and well-being!

A. Kevin Berry, MPA
Executive Director

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.

AUGUST 2023 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 Summer Recess Resumes 9/12/23 2:00pm-3:00pm	Spanish	Central Harlem	Gerterlyn	95707623638 IN-PERSON	chsc TBA
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 -1:00pm	Quilting	Central Harlem	Jackie	IN-PERSON	Arts & Craft Room
Tuesday Summer Recess Resumes 9/12/23 10:30am-1:30pm	Doll Making	Central Harlem	Betty	IN-PERSON	Arts & Craft Room
Tuesday August 22nd 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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

AUGUST 2023 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 Summer Recess Resumes 9/12/23 2:00pm-3:00pm	Movement Speaks Hybrid	Central Harlem	Naomi	82353296478 IN-PERSON	chsc PT Room
Tuesday 2:00pm-4:00pm	Crochet	Central Harlem	Jackie	IN-PERSON	Arts & Craft Room
Tuesday 2:10pm-4:40pm	Bingo	Central Harlem	Stephanie	IN-PERSON	Dining Room
Wednesday 10:00am-11:00am	Using My Device Hybrid	Central Harlem	LaQuawn	92031960069 IN-PERSON	chsc Dining Room
Wednesday 11:00am-12:00pm	Bereavement Support	Central Harlem	Joyce	IN-PERSON	Dining Room
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	chsc Arts & Craft Room
Thursday 12:30pm-1:30pm	Meditation/Yoga Hybrid	Central Harlem	Myna	95753324942 IN-PERSON	chsc Arts & Craft Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

AUGUST 2023 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>
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
Friday 10:00am-11:00am	Using My Device Hybrid	Central Harlem	LaQuawn	92031960069 IN-PERSON	chsc 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 Hybrid	Central Harlem	LaVern	94913692798 IN-PERSON	chsc PT Room
1st & 3rd Friday 2:00pm-3:30pm	Paint & Sip	Central Harlem	Patricia	IN-PERSON	Dining Room
2nd & 4th Friday 5:00pm-7:00pm	Game Night	Central Harlem	Will	IN-PERSON	Pool Room & Dining Room

- **Brain Health Presentation** Tuesday, August 1st, 12:00pm to 1:00pm
 - **Elder Abuse Presentation** Wednesday, August 2nd, 12:30 pm to 1:30 pm
 - **City Island Friday** August 4th, 10:00 am to 2:00 pm
- **Paint & Sip (New Class)** Friday, August 4th & 18th 2:00pm to 3:30pm
 - **Wind Creek Trip** Thursday, August 17th, 8:30 am to 5:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

AUGUST 2023 HYBRID & VIRTUAL CLASSES

LINCOLN CENTER

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode</u>
Monday 11:00am-12:00pm	<u>Bereavement Support</u>	<u>Lincoln</u>	<u>Joyce</u>	<u>85889853397</u>	<u>chsc</u>
Tuesday 10:00am -11:00am	<u>Arts & Crafts</u>	<u>Lincoln</u>	<u>Patricia</u>	<u>83212294871</u>	<u>chsc</u>
Wednesday 11:00am-12:00pm	<u>Using My Device</u>	<u>Lincoln</u>	<u>LaQuawn</u>	<u>94602064756</u>	<u>chsc</u>
Wednesday 12:30pm-1:30pm	<u>Staywell</u>	<u>Lincoln</u>	<u>Myna</u>	<u>95303702191</u>	<u>chsc</u>
Thursday 11:00am-12:00pm	<u>Using My Device Hybrid</u>	<u>Lincoln</u>	<u>LaQuawn</u>	<u>94602064756</u> <u>Kennedy</u>	<u>chsc</u>
Thursday 11:00am-12:00pm	<u>Arts & Crafts</u>	<u>Lincoln</u>	<u>Patricia</u>	<u>83212294871</u>	<u>chsc</u>

***Nutrition Presentation** Zoom Call In #: **1 646 558 8656** (you must use the meeting ID **88986743917** and the Passcode **194804** after dialing in)

***Elder Abuse Presentation** Zoom Call In #:
1 646 558 8656 (you must use the meeting ID **88239885464** and the Passcode **716829** after dialing in)

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

City Island



Friday, August 4, 2023

Fee: \$20.00

***No Refunds**

Departing from Kennedy Center

34 West 134th Street at 10:00 am

Departing from City Island at 2:00 pm

***Payment due by Friday, July 28, 2023**

Please sign up in the office:

Gloria McNeal

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

New Class Alert!!!



Paint and Sip

Every 1st & 3rd Friday

Beginning August 4th

2:00 pm to 3:30 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



- **Brain Health Presentation**
Tuesday, August 1st, 12:00 pm to 1:00 pm

- **Elder Abuse Presentation**
Wednesday, August 2nd, 12:30 pm to 1:30 pm

-
- **City Island**
Friday, August 4th, 10:00 am to 2:00 pm

- **Game Night**
Friday, August 11th & 25th, 5:00 pm to 7:00 pm

- **Paint & Sip (New Class)**
- **Friday, August 4th & 18th 2:00 pm to 3:30 pm**

- **Wind Creek Trip**
Thursday, August 17th, 8:30 am to 5:30 pm

- Birthday Celebration/Fish Fry**
Tuesday, August 22nd, 12:00 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

AUGUST 2023 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-11AM	Computer Class Hybrid	St. Nicholas	Laquawn	94147034525 IN PERSON	Chscc Poolroom
MONDAY 12:30PM-1:15PM	Senior Boot Camp Hybrid	St. Nicholas	Tommy	95529741467 IN PERSON	Chscc 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	Chscc
TUESDAY 11:30AM-12:00PM	Discussion Group	St. Nicholas	Lashonda	IN PERSON	Meeting Room
TUESDAY 8/15/23 @1PM	Brain Fitness	St. Nicholas	Columbia Presbyterian	IN PERSON	Meeting Room
TUESDAY TBA 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	Chscc 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 8/16/23 @ 1pm	Chair Yoga Boxing	St. Nicholas	Oak Street Health	IN PERSON	Meeting Room
WEDNESDAY 2PM – 4PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
THURSDAY 10:00AM-11AM	Computer Class Hybrid	St. Nicholas	Laquawn	94147034525 IN PERSON	Chscc Poolroom

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

AUGUST 2023 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>
THURSDAY 8/24/23 @ 10:30	<u>City Island Trip</u>	<u>City Island</u>	<u>Ms. Juanita</u>	<u>IN PERSON</u>	<u>City Island</u>
THURSDAY 8/31/23 @ 1PM	<u>Emergency Preparedness</u>	<u>St. Nicholas</u>	<u>NYCEM</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
THURSDAY 2:00PM-4:00PM	<u>Pokeno</u>	<u>St. Nicholas</u>	<u>Ms. Khadijah</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
THURSDAY 2:30PM-4:00PM	<u>Line Dancing Hybrid</u>	<u>St. Nicholas</u>	<u>LaVern</u>	<u>99142016385 IN PERSON</u>	<u>Chscc PoolRoom</u>
FRIDAY 8/4/23 10AM - 12PM	<u>Swim Team Meeting</u>	<u>St. Nicholas</u>	<u>Mr. Le Rio</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
FRIDAY 8/11/23 @ 1PM	<u>Credit Building Presentation</u>	<u>St. Nicholas</u>	<u>Vicki Li</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
FRIDAY 8/25/23 12PM - 5PM	<u>Intergenerational Barbeque</u>	<u>St. Nicholas</u>	<u>NSTAT</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
FRIDAY 1:30PM -2:00PM	<u>Discussion Group</u>	<u>St. Nicholas</u>	<u>Lashonda</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
FRIDAY 2:00PM-4:00PM	<u>Bingo</u>	<u>St. Nicholas</u>	<u>Ms. Daisy</u>	<u>IN PERSON</u>	<u>Meeting Room</u>

Central Harlem Senior Citizens' Centers, Inc.

St. Nicholas Older Adult Center

&

 Oak St. Health

**Presents:
Chair Yoga Boxing**



When: Wednesday, August 16, 2023

Where: 210 West 131st Street

Time: 1PM

For Information Contact:

Monica Warrell, Site Director

Phone: 646-678-4451



FUNDED IN PART BY NYC AGING



Central Harlem Senior Citizens' Centers, Inc.

St. Nicholas Houses OAC

WANTS YOU TO JOIN US FOR A DAY OF SUN



AT CITY

ISLAND

When:

**Thursday, August 24,
2023**

**Departure Time:
10:30am**

**Departing From:
210 West 131st Street**



Funded in Part by NYC aging

Saint Nicholas Houses Presents

Intergenerational BBQ

ST. Nicholas Older Adult Center

210 West 131st

Join us for food, music,
fun, and neighborhood
connection

Friday

August 25th, 2023

12pm-5pm



Neighborhood
STAT

Saint Nicholas Houses



Central Harlem Senior Citizens' Centers, Inc



EMERGENCY PREPAREDNESS PRESENTATION AT OUR CENTER

Central Harlem Senior Citizens'
Centers, Inc.

St. Nicholas Older Adult Center

210 West 131st Street

@ 1pm

Thursday, August 31, 2023



Funded in Part by the NYC Department for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

AUGUST 2023 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

Day /Time	Activity	Center	Instructor	Meeting ID	Passcode/Location
Wed. Aug. 2 11-1pm(I)	Manicures	<u>Beatrice</u>	<u>Oak Street</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Thurs. Aug. 3 10:30am(I)	Blood Pressure Screening	<u>Beatrice</u>	<u>Janice Holt</u>	<u>IN PERSON</u>	<u>Blood Pressure Room</u>
Fri. Aug 4th. 10-12pm(I)	Fan Food Distribution	<u>Beatrice</u>	<u>Common Pantry</u>	<u>IN PERSON</u>	<u>Pantry</u>
Fri. Aug 4th. 10am(I)	TW Painting "How to prevent mold" (Summer Giveaways)	<u>Beatrice</u>	<u>Home Solutions</u>	<u>IN PERSON</u>	<u>CHSCC</u>
Fri Aug. 4th. 1pm(I)	Access A Ride Updates	<u>Beatrice</u>	<u>Access A Ride</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Mon Aug 7th. 2pm(H)	Indoor Air Quality	<u>Beatrice</u>	<u>Healthy Homes</u>	<u>765 648 3055</u>	<u>chsc</u>
Tues. Aug. 8th. 10:30am	Sammy's Fish Box City Island, NY	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>Day Trip</u>	<u>City Island</u>
Thurs. Aug. 10th. 2:pm(I)	Movie Review	<u>Beatrice</u>	<u>Ms. Kay</u>	<u>IN PERSON</u>	<u>Computer Room</u>
Thurs. Aug. 10th. 3pm(I)	Snack & Chat	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Fri. Aug. 11th. 8:30am	Hudson Valley Resorts	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>DAY TRIP</u>	<u>Hudson Valley , NY</u>
Tues Aug. 15th. 10:30am	Walmart	<u>Beatrice</u>	<u>CHSCC</u>	<u>Ms. Holt</u>	<u>New Jersey</u>
Thurs. Aug. 17th. 10:30(I)	Blood Pressure Screening	<u>Beatrice</u>	<u>CHSCC</u>	<u>Ms. Holt</u>	<u>Blood Pressure Room</u>
Thurs. Aug 17th. 3pm (I)	Icy/ Ice Cream Social	<u>Beatrice</u>	<u>CHSCC</u>	<u>CHSCC</u>	<u>Dining Room</u>
Fri. Aug. 18th. 2:30pm(H)	Fashion Show	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Mon. Aug. 21st. 11:15am (I)	Trivia W/ Alicia	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Mon Aug 21. 2pm	Panic Attack vs Heart Attack	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>CHSCC</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

AUGUST 2023 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

Day /Time	Activity	Center	Instructor	Meeting ID	Passcode/Location
Wed. Aug. 22nd 10:30	Bay Plaza Mall	Beatrice	Janice Holt	IN PERSON	Day Trip
Wed. Aug 22nd 10:30am(I)	Round Table w/ Errol “ The Main Pillars Of Health ”	Beatrice	Errol Knight LMSW	IN PERSON	Dining Room
Wed. Aug. 23 1pm (I)	SFYS Sing For Your Seniors	Beatrice	SFYS	IN PERSON	CHSCC
Thurs. Aug 24th 2pm (I)	Healthy Smoothies with the Cook	Beatrice	CHSCC	IN PERSON	Dining Room
Thurs. Aug 24th 2pm(H)	Movie Review	Beatrice	Ms. Kay	IN PERSON	Computer Room
Fri. Aug 25th 11:15 (I)	Elder Abuse Presentation	Beatrice	DA Office	IN PERSON	CHSCC
Fri. Aug 25th 4:30-7:30	Game Night	Beatrice	CHSCC	IN PERSON	CHSCC
Mon. Aug 28th 11:15(I)	Poetry in Motion	Beatrice	Momma Dee	IN PERSON	Dining Room
Fri. Aug. 11th 8:30am	Hudson Valley Resorts	Beatrice	Ms. Berry	DAY TRIP	Hudson Valley , NY
Wed. Aug 30th 11-1pm	Massage Therapy	Beatrice	Oak Street	CHSCC	CHSCC
Wed. Aug 30th 1pm (I)	Birthday Celebration	Beatrice	CHSCC	Ms. Holt	Blood Pressure Room
Wed. Aug 30th 1pm (I)	Vocal Ease	Beatrice	CHSCC	CHSCC	Dining Room
Thurs. Aug 31st 11:30	Nikko's Hibachi Asian Fusion Restaurant	Beatrice	CHSCC	Ms. Holt	Day Trip
Thurs. Aug 31st 3pm	Music Review	Beatrice	CHSCC	Ms. Berry	CHSCC

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

AUGUST 2023 Virtual & Hybrid Classes BEATRICE LEWIS

Weekly Recurring events Mon – Fri

<u>Day/Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
M, W & Thurs	Errol	Beatrice	Errol	IN Person	Blood Pressure
9-5pm (I)	Mental Health				Room
Mon	S.A.I.L	Beatrice	Chris	765 648 3055	Dining Room
11:15am (H)	<small>Stay Active & Independent for Life</small>				
Tuesdays	Body	Beatrice	Chris	765 648 3055	CHSCC
11:15- (H)	Movements				
Tuesdays	Jewelry	Beatrice	ARHC	IN PERSON	Arts & Craft
10:30am (I)	Making				Room
<small>July 11th & 26th</small>					
Wednesdays	Basket Making	Beatrice	ARHC	IN PERSON	Arts & Craft
10:30. (I)					Room
Wednesdays	Body	Beatrice	Chris	765 648 3055	CHSCC
2:30 (H)	Movements				
Thursdays	S.A.I.L	Beatrice	Chris	IN PERSON	Dining Room
1pm	<small>Stay Active & Independent for Life</small>				
Fridays	Arts & Crafts	Beatrice	Ms. Black	IN PERSON	Arts & Crafts
11am (I)					Room

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2023 ACTIVITIES

MONDAYS

MENTAL HEALTH

ERROL KNIGHT - 9-5pm
S.A.I.L - 11:15am

TUESDAYS

DANCERCISE- 11AM
BODY MOVEMENTS- 11:15
JEWELRY MAKING-10:30

WEDNESDAYS

ERROL KNIGHT- 9-5PM
BASKET MAKING- 10:30
BODY MOVEMENTS- 2:30
COVID TESTING- 11- 1PM

THURSDAYS

DANCERCISE - 11AM
S.A.I.L - 11:15

FRIDAYS

ARTS & CRAFTS - 11AM

FOR MORE INFORMATION VISIT US @ CHSCC.ORG

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CHSCC- Beatrice Lewis Older Adults Center



ACCESS - A- RIDE
Update Presentation
Tues. Aug. 4th.
1pm

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

SING FOR YOUR SENIORS



**WED. AUG 23RD.
1PM
IN HOUSE**

CHSCC Beatrice Lewis Older Adults Center

JOIN US FOR THE

BIRTHDAY CELEBRATION

Wednesday
Aug.30 @ 1pm

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**



**CHSCC.ORG NOW HAS
ONLINE GAMES!!!
GO TO: CHSCC.ORG TO PLAY NOW!**

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



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

LIST OF HOLIDAYS 2023

DAYS CENTERS ARE CLOSED

MONDAY, SEPTEMBER 4TH – LABOR DAY

MONDAY, OCTOBER 9TH – COLUMBUS DAY

FRIDAY, NOVEMBER 10TH – VETERANS DAY (OBSERVED)

THURSDAY, NOVEMBER 23RD -THANKSGIVING DAY

FRIDAY, NOVEMBER 24TH - DAY AFTER THANKSGIVING

MONDAY, DECEMBER 25TH – CHRISTMAS DAY

TUESDAY, DECEMBER 26TH – DAY AFTER CHRISTMAS

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**