

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

FEBRUARY 2024

WEBSITE: CHSCC.ORG

Cheryl Marius - Executive Director
Monica Warrell, Site Director - St. Nicholas Center
Vivian Johnson, Site Director - Beatrice Lewis Center
Alishia Thomas, Site Director - Central Harlem

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



February 1, 2024

Greetings from the desk of the Board Chair

Happy Black History Month!

February is the shortest month of the year and my ultimate favorite month. The month is focused primarily on Black History Month. A time where we stand on the shoulders of our Black and Brown heroes and pay homage for all the great work and major contributions that have been made in our community.

Let us be proud of the leaders and activists who represent us when we were faced with inequality and racial division. Let us be grateful for Christian leaders who keep our spirits and faith strong during adversities. Let us celebrate the educators who have encouraged and shaped our future leaders. Let us applaud our medical brothers and sisters who save the lives of people in our community each day.

This is the time to be proud and reflect on all of our Black and Brown heroes who have created and continue to add historical moments that we can put in our history book to forever remember.

February is also the month of LOVE! Let's continue to love and treat our neighbors as we would treat ourselves.

History has shown us that courage can be contagious and hope can take on a life of its own.

- Michelle Obama

Yours in Love,

Cheryl Marius, Board Chair

She, Her, Hers

CELEBRATING

BLACK

HISTORY

MONTH

FEBRUARY

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.

FEBRUARY 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 February 20th 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.

FEBRUARY 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	chsc Dining Room
Wednesday 11:00am-12:00pm	Bereavement Support	Central Harlem	Joyce	IN-PERSON	Dining Room
Wednesday February 21st 11:30am-12:00pm	Nutrition Class	Central Harlem	Tamra	85388551219 Virtual	chsc
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
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.

FEBRUARY 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>
<u>Friday</u> <u>10:00am-12:00pm</u>	<u>Using My Device</u>	<u>Central Harlem</u>	<u>LaQuawn</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>Friday</u> <u>12:00pm-1:00pm</u>	<u>Zumba Hybrid</u>	<u>Central Harlem</u>	<u>Myna</u>	<u>98851241201</u> <u>IN-PERSON</u>	<u>chsc</u> <u>PT Room</u>
<u>Friday</u> <u>1:00pm-3:00pm</u>	<u>Line Dancing</u>	<u>Central Harlem</u>	<u>LaVern</u>	<u>IN-PERSON</u>	<u>PT Room</u>
<u>1st & 3rd</u> <u>Friday</u> <u>2:00pm-4:00pm</u>	<u>Paint & Sip</u>	<u>Central Harlem</u>	<u>Patricia</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>2nd & 4th</u> <u>Friday</u> <u>2:00pm-4:00pm</u>	<u>Jewelry Class</u>	<u>Central Harlem</u>	<u>Patricia</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>2nd & 4th</u> <u>Friday</u> <u>5:00pm-7:00pm</u>	<u>Game Night</u>	<u>Central Harlem</u>	<u>Will</u>	<u>IN-PERSON</u>	<u>Pool Room</u> <u>&</u> <u>Dining Room</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Febrero 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>
<u>Lunes – Viernes</u> <u>9:00am-4:40pm</u>	<u>Juegos de piscina y ocio</u>	<u>Centro de Harlem</u>	<u>Será</u>	<u>PRESENCIAL</u>	<u>Sala de billar y</u> <u>Sala de juegos</u>
<u>Lunes</u> <u>10:00 a.m. -1:00 p.m.</u>	<u>Acolchado</u>	<u>Centro de Harlem</u>	<u>Jackie</u>	<u>PRESENCIAL</u>	<u>Sala de Artes y Manualidades</u>
<u>Lunes</u> <u>14:00-15:00</u>	<u>Español</u>	<u>Centro de Harlem</u>	<u>Gerterlyn</u>	<u>95707623638</u> <u>PRESENCIAL</u>	<u>CHSCC</u> <u>Sala PT</u>
<u>Lunes</u> <u>14:00-16:00</u>	<u>Tejer</u>	<u>Centro de Harlem</u>	<u>Jackie</u>	<u>PRESENCIAL</u>	<u>Sala de Artes y Manualidades</u>
<u>Lunes</u> <u>14:10-16:40</u>	<u>Pokeno</u>	<u>Centro de Harlem</u>	<u>Sandra</u>	<u>PRESENCIAL</u>	<u>Comedor</u>
<u>Martes</u> <u>10:00am-12:00pm</u>	<u>Uso de mi dispositivo</u> Híbrido	<u>Centro de Harlem</u>	<u>LaQuawn</u>	<u>92031960069</u> <u>PRESENCIAL</u>	<u>CHSCC</u> <u>Comedor</u>
<u>Martes</u> <u>10:30am-1:30pm</u>	<u>Fabricación de muñecas</u>	<u>Centro de Harlem</u>	<u>Betty</u>	<u>PRESENCIAL</u>	<u>Sala de Artes y Manualidades</u>
<u>Martes</u> <u>20 de febrero</u> <u>12:00pm-1:30pm</u>	<u>Celebración de cumpleaños</u>	<u>Centro de Harlem</u>	<u>Kennedy</u>	<u>PRESENCIAL</u>	<u>Comedor</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Febrero 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	Centro de Harlem	Noemí	PRESENCIAL	Sala PT
Martes 14:10-16:40	Bingo	Centro de Harlem	Stephanie	PRESENCIAL	Comedor
Miércoles 10:00am-12:00pm	Uso de mi dispositivo Avanzar	Centro de Harlem	LaQuawn	PRESENCIAL	CHSCC Comedor
Miércoles 11:00am-12:00pm	Apoyo para el duelo	Centro de Harlem	Joyce	PRESENCIAL	Comedor
Miércoles 21 de febrero 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.

Febrero 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 Hibrido	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	Centro de Harlem	LaQuawn	PRESENCIAL	Comedor
Viernes 12:00pm-1:00pm	Zumba Hibrido	Centro de Harlem	Myna	98851241201 PRESENCIAL	CHSCC Sala PT
Viernes 1:00 p.m.-3:00 p.m.	Baile en línea	Centro de Harlem	Lavern	PRESENCIAL	Sala PT
1º y 3º Viernes 14:00-16:00	Pintar y sorber	Centro de Harlem	Patricia	PRESENCIAL	Comedor
2º y 4º Viernes 14:00-16:00	Clase de Joyería	Centro de Harlem	Patricia	PRESENCIAL	Comedor
2º y 4º Viernes 5:00pm-7:00pm	Noche de juegos	Centro de Harlem	Será	PRESENCIAL	Sala de billar & Comedor

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• Paint & Sip

Friday, February 2nd & 16th

2:00 pm to 4:00 pm

• Jewelry Making Class

Friday, February 9th & 23rd

2:00 pm to 4:00 pm

• Game Night

Friday, February 2nd & 9th

5:00 pm to 7:00 pm

• Elder Abuse Presentation - Carter Burden

Tuesday, February 6th, 12:30 pm to 1:30 pm

• Colorectal Cancer Study Presentation –

St. Charles Borromeo & Columbia University

Wednesday, February 7th, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Tax Preparation & Financial Counseling – NYC Department of Consumer & Worker Protection**

Tuesday, February 13th, 12:30 pm to 1:30 pm

- **Valentine's Day Celebration**

Wednesday, February 14th, 2:00 pm to 3:00 pm

- **Oak Street & Salsa Class (Arts & Crafts Room)**

Wednesday, February 14th, 2:00 pm to 3:00 pm

- **Columbia Presbyterian – Nutrition for Brain Health**

Thursday, February 15th, 12:00 pm to 1:30 pm

- **Presidents' Day- CLOSED**

Monday, February 19th

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• Birthday Celebration

Tuesday, February 20th, 12:00 pm to 1:30 pm

• Virtual Nutrition Presentation

Wednesday, February 21st, 11:30 am to 12:00 pm

Meeting ID: 853 8855 1219

Passcode: chscc

• Oak Street & Manicures

Wednesday, February 21st, 1:30 pm to 2:30 pm

- Ohel's Older Adults Services – Healthy Relationship Thursday, February 22nd, 12:30 pm to 1:30 pm**

• Older Adults Scam Prevention –

NYC Department of Consumer & Worker Protection

Tuesday, February 27th, 12:30 pm to 1:30 pm



Friday, February

2th & 9th

5:00 pm - 7:00 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

New Class Alert!!!



Every 2nd & 4th Friday

February 9th & 23rd

2:00 pm to 4:00 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Virtual Presentation

Wednesday, February 21st

11:30 pm to 12:00 pm

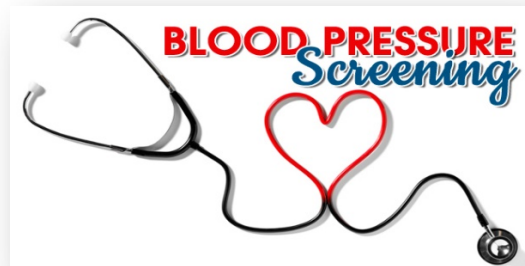
Meeting ID: 853 8855 1219

Passcode: chscc

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Nurse Lorna



Medication Overview

&

Blood Pressure Screening

Wednesday, February 7th

Thursday, February 8th

Wednesday, February 14th

9:00 am to 4:00 pm

Arts and Crafts Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Friday, February

2nd & 16th

2:00 pm to 4:00 pm

Funded in part by NYC Dept. for the Aging

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.

FEBRUARY 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 @ 10 EVERY WEEK	ACES Entitlement Benefits Counsel	St. Nicholas	Ms. Wanda	IN PERSON	Computer Room
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 2/20/24 @1PM	Connect2Care	St. Niccholas	Karla A.	IN PERSON	Meeting room
TUESDAY 2/27/24 @ 1PM	Nutritional Workshop Hybrid	St. Nicholas	Tamar	838 9098 4113 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 2/7/24 @1PM	Belly Dance Class	St. Nicholas	VNS	IN PERSON	Meeting Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

FEBRUARY 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 2/14/24	Valentine Day Photo Shoot/Party	St. Nicholas	VNS	INPERSON	Meeting Room
WEDNESDAY 2/21/24 @1PM	Elder Abuse Presentation	St. Nicholas	CBN	IN PERSON	Meeting Room
WEDNESDAY 2/28/4@ 1PM	Alzheimer's Screening	St. Nichoals	NYU Langone	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 2/2/24 @10AM – 12PM	Swim Team Meeting	St. Nicholas	Mr. Le Roy	IN PERSON	Dining Room
FRIDAY 2/16/24 @ 1PM	Traffic Safety for Older Adults	St. Nicholas	NYPD	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.

St. Nicholas OAC

Nutritional Workshops

Every Last Tuesday of the Month

With Tamar Elkins

VIA Zoom

@ 1PM

210 West 131st Street

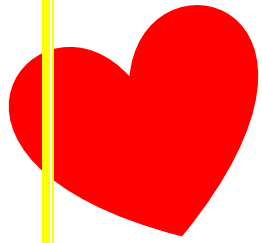


Meeting ID: 838 9098 4113

Password: chscc

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

ST. NICHOLAS OLDER ADULT CENTER



VALENTINE



PHOTO SHOOT

WHEN:
WEDNESDAY,
FEBRUARY 14, 2024
1:PM – 2:30PM

WHERE:
210 WEST 131ST
STREET (ON 7TH AVE)

REFRESHMENTS
& BINGO

PHOTO
BOOTH



VNS Health



Central Harlem Senior Citizens' Centers Inc.



COME JOIN US FOR A BELLY DANCE LESSON



WHERE: 210 WEST 131ST STREET
WHEN: WEDNESDAY, FEBRUARY 7, 2024
TIME: 1PM- 2PM

THERE WILL BE GIVE AWAYS AND MORE

SPONSOR BY:



FINANCED IN PART BY NYC AGING

Central Harlem Senior Citizens' Centers Inc.



ÚNASE A NOSOTROS PARA UNA LECCIÓN DE DANZA DEL VIENTRE



DONDE: 210 WEST 131ST STREET
CUANDO: MIÉRCOLES, 7 FEBRERO 2024
LAS: 1PM-2PM

HABRA PEQUENOS REGALITOS Y MAS

PATROCINADO POR:



FINANCIADO EN PARTE POR NYC AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

St. NICHOLAS OLDER ADULT CENTER



NYPD

PRESENTS:

TRAFFIC SAFETY FOR OLDER ADULTS



SENIOR PRESENTATION WILL INCLUDE:

- SENIOR SAFETY TIPS FOR PEDESTRIAN CROSSING
- REFLECTIVE TAPE TO BE PUT ON (WALKERS, CANES, WHEELCHAIRS)
- INFORMATIONAL FLYERS WHEN OPERATING A VEHICLE

WHEN: FRIDAY, FEBRUARY 16, 2024

TIME: 1PM

**WHERE: ST. NICHOLAS OLDER ADULT CENTER 210
WEST 131 STREET**

HOSTED BY: PO. NARVAEZ

**32PCT CRIME PREVENTION OFFICER AND 32 DOMESTIC
VIOLENCE OFFICERS.**

Funded in Part by NYC Aging

ST. NICHOLAS OLDER ADULT CENTER
Join us for...

Empass

United Way
of New York City

United
Way



FREE PREVENTATIVE CARE SERVICES

PRESENTED BY VIP EMPASS AND
UWNYC – HEALTH EQUITY UNIT

CONNECT
2CARE

LUNCH & LEARNS

- ✓ Healthy meals and health education

VACCINATIONS

- ✓ COVID-19
- ✓ Influenza

HEALTH SCREENING

- ✓ Blood Pressure
- ✓ Height/Weight
- ✓ Body Mass Index (BMI)
- ✓ Vision

POINT OF CARE TESTS

- ✓ COVID-19
- ✓ Influenza
- ✓ Strep
- ✓ RSV



FEBRUARY 20

1-4PM

210 WEST 131 ST.

NO OUT OF
POCKET
COSTS!



Register for free
preventative health
services here!



No matter what you're facing, you deserve to be connected to help. For more information regarding health services & referrals, visit connect.unitedwaynyc.org

CENTRO DE ADULTOS MAYORES DE SAN NICOLÁS

Únete a nosotros...

SERVICIOS DE ATENCIÓN PREVENTIVA GRATUITOS

PRESENTADO POR VIP EMPASS Y UWNYC - HEALTH EQUITY UNIT

Empass

United Way
of New York City

United Way



**CONNECT
2 CARE**

ALMUERZO Y APRENDE

- ✓ Comida saludables y educación para la salud

VACUNAS

- ✓ COVID-19
- ✓ Influenza

EXÁMENES DE SALUD

- ✓ Presión arterial
- ✓ Altura/Peso
- ✓ Índice de masa corporal (IMC)
- ✓ Visión

PRUEBAS EN EL PUNTO DE ATENCIÓN

- ✓ COVID-19
- ✓ Influenza
- ✓ Strep
- ✓ RSV



**20 DE FEBRERO
1-4PM**

210 WEST 131 ST.

**¡SIN
GASTOS DE
BOLSILLO!**

*¡Regístrese para recibir
servicios de salud
preventivos gratuitos
aquí!*



No importa lo que esté enfrentando, merece estar conectado para ayudarlo. Para obtener más información sobre servicios de salud y referencias, visite connect.unitedwaynyc.org

Central Harlem Senior Citizens' Centers, Inc.



St. Nicholas OAC

ASCEND Alzheimer's Disease Risks

The ASCEND-AD study investigates whether Obstructive Sleep Apnea (OSA) increases one's risk of Alzheimer's Disease (AD) among older Black/ African Americans to examine the linkage between sleep disorders and memory problems.

Why should you participate?

- Take control of your brain health: Black people are 2x at risk of developing Alzheimer's Disease (AD) compared to non-Hispanic Whites
- Contribute & increase representation in AD-related clinical research to enhance treatment developments
- Participate in a sleep study and receive a comprehensive sleep report
- Receive free cognitive evaluations, a bloodwork summary, and guidance from clinical professionals
- Receive compensation for your involvement in the ASCEND-AD study. We value your time and dedication.

Who is Eligible?

Black/ African Americans between the ages of 55-85 who have not been diagnosed with any neurological disorders, psychiatric conditions, and cognitive impairments. Individuals who either have untreated obstructive sleep apnea or have not been diagnosed with any sleeping disorders may participate.

If interested or would like to learn more, contact:

- **Oliver Cesar** (Clinical Coordinator)
Phone: 646-754-2244
Email: oliver.cesar@nyulangone.org
- **Laurel Browne** (Community Liaison) Phone: 646-754-2275
Email: laurel.browne@nyulangone.org



Where: 210 West 131st Street (Entrance on ACP)
When: Wednesday February 28th
Time: 1pm



Health

Prevention (ARISE-DP) Program

dementia

Central Harlem Senior Citizen's Centers, Inc.



Rosa Nagovich, 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
Monday, March 4, 2024
1pm

Funded in Part by the NYC Department for the Aging

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.
ST. NICHOLAS OLDER ADULT CENTER
&
Advocacy, Counseling, and Entitlement Services**



Supportive Services Provided:

- SNAP
- Entitlements
- DRIE
- Housing Applications (For SCRIE, etc.)
- And more....

**Every Monday from 10am until 4pm
For Information, Call 6466-678-4451**



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

FEBRUARY 2024 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

Day/Time	Activity	Center	Instructor	Meeting ID	Passcode/Location
February 2 nd 10-12	Fan Food	Beatrice	Common Pantry	IN PERSON	CHSCC
February 2 nd 2pm	Cake Sale	Beatrice	Advisory Council	IN PERSON	CHSCC
February 5 th 11-11	Resource Presentation	Beatrice	Boriken	IN PERSON	CHSCC
February 6 th 2:30(I)	Snack & Chat	Beatrice	CHSCC	IN PERSON	Dining Room
February 7 th 1pm(I)	Karaoke	Beatrice	NYPD	IN PERSON	Dining Room
February 8 th 10:30	Walmart	Beatrice	Ms. Holt	DAY EXCURSION	New Jersey
February 8 th 10-12(I)	Movie Review	Beatrice	Ms. Kay	IN PERSON	Computer Room
February 9 th 12pm(I)	Blood Pressure Screening	Beatrice	Ms. Holt	IN PERSON	Medication Room
February 9 th 11:30(I)	Trivia with Alicia	Beatrice	Ms. Berry	IN PERSON	Dining Room
February 12 th 11-11 (H)	Heart Healthy Presentation	Beatrice	Ms. Simmons	765 648 3055	chsc
February 12 th 1pm	Roundtable with Esty	Beatrice	Ms. Esty	IN PERSON	Dining Room
February 14 th 11am(H)	Advisory Council Meeting	Beatrice	Members Only	IN PERSON	Library
February 14 th 1pm(I)	Free Tax Prep Presentation	Beatrice	NYC Free Tax Prep	IN PERSON	Dining Room
February 15 th 1pm (H)	Winter Safety Presentation	Beatrice	DOH	765 648 3055	chsc
February 16 th 11:15(I)	Affordable Connectivity Program- Presentation	Beatrice	ACP	IN PERSON	Dining Room
February 19 th	CLOSED	Presidents	DAY		
February 20 th 10:30am(H)	Groove & Chew Music Review	Beatrice	Ms. Berry	765 648 3055	chsc
February 21 st 2:pm(H)	Diabetes Presentation	Beatrice	Columbia University	765 648 3055	chsc
February 22 nd 10:30	Walmart	Beatrice	Ms. Holt	DAY EXCURSION	New Jersey
February 23 rd 2:30(I)	Black History Presentation	Beatrice	CHSCC	IN PERSON	Dining Room
February 26 th 10-10m(I)	COVID 19 Booster Flu Shots	Beatrice	Ryans Health Pop Up	IN PERSON	Card Room
February 26 th 11am(I)	Poetry in Motion	Beatrice	Momma Dee	IN PERSON	Dining Room
February 26 th 10:30-12(I)	Blood Pressure Screening	Beatrice	Ms. Holt	IN PERSON	Medication Room
February 26 th 2:30(H)	Nutrition Workshop	Beatrice	Ms. Tamar	765 648 3055	Dining Room
February 27 th 3pm(H)	Virtual Theatre	Beatrice	CHSCC	765 648 3055	Dining Room
February 28 th 1pm(I)	Birthday Celebration	Beatrice	CHSCC	IN PERSON	Dining Room
February 29 th 1:15pm	One on One with Medicare	Beatrice	CHSCC	One on One	Dining Room

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER

Eventos y Actividades Especiales- FEBRERO 2024

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
<u>Febrero 2nd 10-12</u>	<u>Comida para fans</u>	<u>Beatrice</u>	<u>Dispensa común</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Febrero 2nd 2pm</u>	<u>Venta de pasteles</u>	<u>Beatrice</u>	<u>Consejo Asesor</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Febrero 5th 11:15</u>	<u>Presentación de recursos</u>	<u>Beatrice</u>	<u>Boriken</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Febrero 6th 2:30(I)</u>	<u>Merienda y charla</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Dining Room</u>
<u>Febrero 7th 1pm(I)</u>	<u>Karaoke</u>	<u>Beatrice</u>	<u>NYPD</u>	<u>EN PERSONA</u>	<u>Dining Room</u>
<u>Febrero 8th 10:30</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>EXCURSION DE UN DIA</u>	<u>New Jersey</u>
<u>Febrero 8th 10-12(I)</u>	<u>Critica de la película</u>	<u>Beatrice</u>	<u>Ms. Kay</u>	<u>IN PERSON</u>	<u>Computer Room</u>
<u>Febrero 9th 2pm(I)</u>	<u>Presión sanguínea Chequeo</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>EN PERSONA</u>	<u>Sala de Medicación</u>
<u>Febrero 9th 11:30(I)</u>	<u>Curiosidades con Alicia</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Febrero 12th 11:15 (H)</u>	<u>Saludable para el corazón Presentación</u>	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Febrero 12th 1pm</u>	<u>Mesa redonda con Esty</u>	<u>Beatrice</u>	<u>Ms. Esty</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Febrero 14th 11am(H)</u>	<u>Reunión del Consejo Asesor</u>	<u>Beatrice</u>	<u>Miembros Solamente</u>	<u>EN PERSONA</u>	<u>Biblioteca</u>
<u>Febrero 14th 1pm(I)</u>	<u>Preparación gratuita de Impuestos Presentación</u>	<u>Beatrice</u>	<u>Preparación gratuita de Impuestos de la ciudad de Nueva York</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Febrero 15th 1pm (H)</u>	<u>Seguridad en invierno Presentación</u>	<u>Beatrice</u>	<u>DOH</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Febrero 16th 11:15(I)</u>	<u>Programa de Conectividad Asegurable- Presentation</u>	<u>Beatrice</u>	<u>ACP</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Febrero 19th</u>	<u>CERRADO</u>	<u>Presidentes</u>	<u>DIA</u>		
<u>Febrero 20th 10:30am(H)</u>	<u>Surco & Masticar Reseña musical</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Febrero 21st 2:pm(H)</u>	<u>Diabetes Presentation</u>	<u>Beatrice</u>	<u>Columbia Universidad</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Febrero 22nd 10:30</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>EXCURSION DE UN DIA</u>	<u>New Jersey</u>
<u>Febrero 23rd 2:30 (I)</u>	<u>Historia Negra Presentación</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Dining Room</u>
<u>Febrero 26th 10-1pm (I)</u>	<u>Refuerzo COVID 19 Vacunas contra la gripe</u>	<u>Beatrice</u>	<u>Salud de Ryans Surgir</u>	<u>EN PERSONA</u>	<u>Sala de cartas</u>
<u>Febrero 26th 11am(I)</u>	<u>Poesía en movimiento</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Febrero 26th 10:30-12(I)</u>	<u>Presión sanguínea Chequeo</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>EN PERSONA</u>	<u>Sala de Medicación</u>
<u>Febrero 26th 2:30(H)</u>	<u>Taller de Nutrición</u>	<u>Beatrice</u>	<u>Ms. Tamar</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Febrero 27th 3pm (H)</u>	<u>Teatro Virtual</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Febrero 28th 1pm(I)</u>	<u>Celebración de cumpleaños</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Febrero 29th 1:15pm(H)</u>	<u>Uno a uno con Medicare</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>765 648 3055</u>	<u>chsc</u>

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2024

FEB

ACTIVITIES

MONDAYS

LETS TALK W/ ESTY- 10-3PM
WALK WITH EASE - 1:15pm

TUESDAYS

DANCERCISE - 11am
BODY MOVEMENTS- 11:15
JEWELRY MAKING-10:30
Feb 6th & Feb 20th.
COMPUTER BASICS - 11-12:15

WEDNESDAYS

BASKET MAKING- 10:30
BODY MOVEMENTS- 2:30

THURSDAYS

DANCERCISE - 11am
COMPUTER BASICS- 11-12:15

FRIDAYS

ARTS & CRAFTS - 11AM
WALK WITH EASE - 1PM

FOR MORE INFORMATION VISIT US @ CHSCC.ORG

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER



**Boriken Neighborhood
Resource Presentation**

**Monday Feb. 5th.
11:15am**

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER



**TRIVIA WITH
ALICIA
Fri. Feb. 9th
11:30 am**

CHSCC- Beatrice Lewis Older Adults Center

ROUNDTABLE

LET'S TALK

WITH "ESTY"

Monday Feb. 12th.

1PM



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CHSCC- BEATRICE LEWIS ADULTS CENTER

Black

HISTORY

MONTH

CELEBRATION

FRIDAY

FEB. 23rd

2:30PM

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, 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**