

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

APRIL 2024

WEBSITE: CHSCC.ORG

Cheryl Marius - Board Chair
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**

Hello
April

FUNDED IN PART BY NYC DEPT. FOR THE AGING



From The Desk of

BOARD CHAIR

Dear CHSCC Community,

As we step into the month of April, we're embracing the spirit of renewal and growth here at Central Harlem Senior Citizens Centers (CHSCC). April brings with it a sense of motivation towards "spring cleaning" both mentally and physically. Let us be intentional with spending time with each other, here at CHSCC,

We are offering new activities such as couponing which will show us how to budget our money during these difficult times. We will also offer on how to write your own memoir. The instructor is a great writer and her assistants are students attending Columbia University. Of course, we are continuing computer classes, arts and crafts and other exciting activities. You can find all our activities on our website.

In the month of April, we celebrate health and wellness, community engagement, personal growth and learning, and Earth Day.

What is also important is going out to vote, Early voting is March 23- March 30 and Election Day is April 2. Let's all stroll to the Polls!

At CHSCC, we believe that every day is an opportunity to embrace life to the fullest and create meaningful experiences together. We invite you to join us each day and spend time with your members and staff.

Warm regards,

Board Chair

Cheryl Marius

Cheryl Marius

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.

APRIL 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 April 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.

APRIL 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>Tuesday</u> <u>2:10pm-4:40pm</u>	<u>Bingo</u>	<u>Central Harlem</u>	<u>Stephanie</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>Wednesday</u> <u>10:00am-12:00pm</u>	<u>Using My Device</u> <u>Advance</u>	<u>Central Harlem</u>	<u>LaQuawn</u>	<u>IN-PERSON</u>	<u>chsc</u> <u>Dining Room</u>
<u>Wednesday</u> <u>11:00am-12:00pm</u>	<u>Bereavement</u> <u>Support</u>	<u>Central Harlem</u>	<u>Joyce</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>Wednesday</u> <u>April 17th</u> <u>11:30am-12:00pm</u>	<u>Nutrition Class</u>	<u>Central Harlem</u>	<u>Tamra</u>	<u>85388551219</u> <u>Virtual</u>	<u>chsc</u>
<u>Wednesday</u> <u>2:10pm-4:40pm</u>	<u>Pokeno</u>	<u>Central Harlem</u>	<u>Sandra</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>Thursday</u> <u>11:30am-12:30pm</u>	<u>Tai Chi</u> <u>Hybrid</u>	<u>Central Harlem</u>	<u>Myna</u>	<u>94582403454</u> <u>IN-PERSON</u>	<u>chsc</u> <u>Arts & Craft</u> <u>Room</u>
<u>Thursday</u> <u>12:30pm-1:30pm</u>	<u>Meditation/Yoga</u> <u>Hybrid</u>	<u>Central Harlem</u>	<u>Myna</u>	<u>95753324942</u> <u>IN-PERSON</u>	<u>chsc</u> <u>Arts & Craft</u> <u>Room</u>
<u>Thursday</u> <u>2:10pm-4:40pm</u>	<u>Bingo</u>	<u>Central Harlem</u>	<u>Stephanie</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>3rd Friday</u> <u>10:00am-11:00am</u>	<u>Book Club</u>	<u>Central Harlem</u>	<u>Hilda</u>	<u>IN-PERSON</u>	<u>Arts & Craft</u> <u>Room</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

APRIL 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	chscc 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
2nd & 4th Friday 2:00pm-4:00pm	Jewelry Class	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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Abril 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</u> <u>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</u> <u>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</u> <u>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> <u>Híbrido</u>	<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</u> <u>Manualidades</u>
<u>Martes</u> <u>23 de abril</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.

Abril 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 17 de abril 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.

Abril 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 10:00-11:00	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 Híbrido	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, April 5th & 19th

2:00 pm to 4:00 pm

• Jewelry Making Class

Friday, April 12th & 26th

2:00 pm to 4:00 pm

• Game Night

Friday, April 12th & 26th

5:00 pm to 7:00 pm

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

Tuesday, April 2nd, 12:30 pm to 1:30 pm

**• Colorectal Cancer Study Presentation –
St. Charles Borromeo & Columbia University**

Wednesday, April 3rd, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Elder Abuse Presentation - Carter Burden**

Monday, April 8th, 12:30 pm to 1:30 pm

- **Virtual Nutrition Presentation**

Wednesday, April 17th, 11:30 am to 12:00 pm

Meeting ID: 853 8855 1219

Passcode: chscc

- **Columbia Presbyterian – Diabetic and Brain Health**

Thursday, April 18th, 12:30 pm to 1:30 pm

- **Coupons 101- Arts & Crafts Room**

Thursday, April 18th, 1:45 pm to 3:30 pm

- **Birthday Celebration**

Tuesday, April 23rd, 12:00 pm to 1:30 pm

- **Coupons 101- Arts & Crafts Room**

Thursday, April 25th, 1:45 pm to 3:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• Pintar y sorber

Viernes, 5 y 19 de abril

De 14:00 a 16:00 horas

• Clase de Joyería

Viernes, 12 y 26 de abril

De 14:00 a 16:00 horas

• Noche de juegos

Viernes, 12 y 26 de abril

De 17:00 a 19:00 horas

**• Preparación de Impuestos y Asesoramiento Financiero –
Departamento de Protección al Consumidor y al Trabajador de la
Ciudad de Nueva York**

Martes, 2 de abril, 12:30 pm a 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Presentación del estudio sobre el cáncer colorrectal
San Carlos Borromeo y la Universidad de Columbia**

Miércoles 3 de abril, de 12:30 a 13:30 horas

- **Presentación de Abuso de Ancianos - Carter Burden**

Lunes, 8 de abril, 12:30 pm a 1:30 pm

- **Presentación Virtual de Nutrición**

Miércoles 17 de abril, 11:30 am a 12:00 pm

ID de reunión: 853 8855 1219 Código de acceso: chscc

- **Columbia Presbyterian - Diabéticos y la salud cerebral**

Jueves 18 de abril, de 12:30 a 13:30 horas

- **Cupones 101- Sala de Artes y Oficios**

Jueves, 18 de abril, 1:45 pm a 3:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Celebración de cumpleaños**

Martes, 23 de abril, 12:00 pm a 1:30 pm

- **Cupones 101- Sala de Artes y Oficios**

Jueves, 25 de abril, 1:45 pm a 3:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Virtual Presentation

Wednesday, April 17th

11:30 pm to 12:00 pm

Meeting ID: 853 8855 1219

Passcode: chsc

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CENTRAL HARLEM SENIOR
CITIZENS CENTERS PRESENTS

COUPONING 101



Thursday, April 18th (1:45 - 3:30 PM)

Thursday, April 25th (1:45 - 3:45 PM)



THE KENNEDY CENTER

34 West 134th Street
New York, NY 10037



Call For More Information
212-926-4871



JOIN US!

Come join us and learn about couponing, how to maximize savings, and more! Door Prizes will be given away each class!!

What You Will Learn:

- Basic couponing and saving
- Traveling at reduced prices
- How to get free food from restaurants
- Use receipts for cash back
- Reward programs and more!

Arts and Crafts Room

BRAIN HEALTH WORKSHOP



Diabetic and Brain Health ***April 18 2024 at 12:30pm***

This workshop will cover

- *Where to go to for concerns and for preventive care*
- *What to ask the doctor during your visit*
- *Normal symptoms, tests, procedures*
- *Different types of tests, procedures and why/when to get them*
- *Insurance and follow-up care;*
- *Local resources and organizations and places to learn more;*
- *Webpages about brain health that can be installed on your phone.*

Presented By

Project Coordinator Danurys (Didi) Sanchez
Recruitment Coordinator Mayra Gonzalez



COLUMBIA

TAUB INSTITUTE FOR RESEARCH
ON ALZHEIMER'S DISEASE
AND THE AGING BRAIN

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Friday, April

5th & 19th

2:00 pm to 4:00 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

New Class Alert!!!



Every 2nd & 4th Friday

April 12th & 26th

2:00 pm to 4:00 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Friday, April

12th & 26th

5:00 pm - 7:00 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.

APRIL 2024 Hybrid & In Person Classes

St. Nicholas Older Adult Center

<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 @ 11AM-4PM EVERY WEEK	ACES Entitlement Benefits Counsel	St. Nicholas	Ms. Wanda	IN PERSON	Computer Room
MONDAY @ 1PM 4/8/24	Self-Facial	St. Nicholas	Ali Zidar	IN – PERSON	Meeting 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 4/16/24 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 4/16/24 @ 1PM	FDNY Fire Safety Presentation	St. Nicholas	FDNY	IN PERSON	Meeting Room
TUESDAY 3/26/24 @ 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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

APRIL 2024 Hybrid & In Person Classes

St. Nicholas Older Adult Center

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode /Location</u>
WEDNESDAY 10:00AM-3:00PM	Triangle Brigade	St. Nicholas	Ms. Gwen	IN PERSON	Meeting Room
WEDNESDAY 4/10/24 @1PM	Belly Dance Class	St. Nicholas	VNS	IN PERSON	Meeting Room
WEDNESDAY 4/24/24 @ 1PM	Townhall Meeting (Membership)	St. Nicholas	Ms. Monica	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 4/5/24 @10AM – 12PM	Swim Team Meeting	St. Nicholas	Mr. Le Roy	IN PERSON	Dining 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

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.

Abril 2024 Clases híbridas y presenciales

Centro de Adultos Mayores de San Nicolás

<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 10:00 a.m.-12 p.m.	Clase de Computadora Híbrido	San Nicolás	Laquawn	94147034525 EN PERSONA	chscs Sala de billar
LUNES @ 11- 4PM CADA SEMANA	Asesor de Beneficios de Derechos de ACES	San Nicolás	Sra. Wanda	EN PERSONA	Sala de Informática
LUNES @ 1PM 4/8/24	Autofacial	San Nicolás	O albañil	EN PERSONA	Sala de Reuniones
LUNES 12:30 p.m.-1:15 p.m.	Campamento de entrenamiento para personas mayores Híbrido	San Nicolás	Tommy	95529741467 EN PERSONA	chscs Sala de billar
LUNES 13:30-14:30	Artes y Oficios	San Nicolás	Sra. Patricia	EN PERSONA	Comedor
LUNES 14:00-16:00	Bingo	San Nicolás	Sra. Daisy	EN PERSONA	Sala de Reuniones
MARTES 11:00 a.m.-12:00 p.m.	Meditación Híbrido	San Nicolás	Myna	99753963309	CHSCC
MARTES 11:30 a.m.-12:00 p.m.	Grupo de discusión	San Nicolás	Lashonda	EN PERSONA	Sala de Reuniones
MARTES 4/16/24 12:00 p.m.-1:30 p.m.	Celebración de cumpleaños	San Nicolás	San Nicolás	EN PERSONA	Comedor
MARTES 12:30 p.m.-1:15 p.m.	Aptitud Híbrido	San Nicolás	Tommy	97124229071 EN PERSONA	Sala de reuniones del chscs
MARTES 4/16/24 @ 1PM	Presentación de seguridad contra incendios del FDNY	San Nicolás	Departamento de Bomberos de Nueva York (FDNY,	EN PERSONA	Sala de Reuniones
MARTES 3/26/24 @ 1PM	Taller de Nutrición Híbrido	San Nicolás	Tamar	838 9098 4113 PRESENCIAL	CHSCC Sala de Reuniones

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.

Abril 2024 Clases híbridas y presenciales Centro de Adultos Mayores de San Nicolás

<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 14:00-16:00	Bingo	San Nicolás	Sra. Daisy	EN PERSONA	Sala de Reuniones
MIÉRCOLES 10:00 a.m.-3:00 p.m.	Puente triangular	San Nicolás	Sra. Gwen	EN PERSONA	Sala de Reuniones
MIÉRCOLES 4/3/24 @1PM	Medicare 101	San Nicolás	Sr. Michael Walker	EN PERSONA	Sala de Reuniones
MIÉRCOLES 4/24/24 @ 1PM	Reunión del Ayuntamiento (Membresía)	San Nicolás	Sra. Mónica	EN PERSONA	Sala de Reuniones
MIÉRCOLES 2PM – 4PM	Bingo	San Nicolás	Sra. Daisy	EN PERSONA	Sala de Reuniones
JUEVES 10 a.m. – 12 p.m.	Clase de Computadora	San Nicolás	Laquawn	EN PERSONA	Sala de billar
JUEVES 13:00 – 16:00	Puente	San Nicolás	Sra. Cynthia	EN PERSONA	Sala de Reuniones
JUEVES 14:00-16:00	Pokeno	San Nicolás	Sra. Khadijah	EN PERSONA	Sala de Reuniones
JUEVES 14:30-16:00	Baile en línea Híbrido	San Nicolás	Lavern	99142016385 EN PERSONA	Chscc Sala de billar
VIERNES 4/5/24 @10AM – 12PM	Reunión del equipo de natación	San Nicolás	Sr. Le Roy	EN PERSONA	Comedor
VIERNES 13:30 -14:00	Grupo de discusión	San Nicolás	Lashonda	EN PERSONA	Sala de Reuniones
VIERNES 14:00-16:00	Bingo	San Nicolás	Sra. Daisy	EN PERSONA	Sala de Reuniones



Medicare can be
overwhelming.
Don't get discouraged,
get informed!

Do you know your Medicare A, B, C's and D's?

St. Nicholas Older Adults Center invites you to attend our educational workshop on the ABC's of Medicare Advantage Plans. If you have questions, now is the time to ask! There will be no sales pressure or commitment required by you. This is strictly an educational program. No product names or rates are mentioned.

Join us to learn:

- How to enroll into Medicare
- What Parts A, B, C, & D mean
- The cost sharing and benefits that are associated with each letter



Event Information

Date:

Wednesday, April 3, 2024

Time:

1PM

Location:

St. Nicholas Older Adults Center
210 West 131st Street
New York, NY 10035

For additional questions, please call:

Michael Walker

Broker/Agent

(212) 389-6162

This is an advertisement. A licensed health insurance agent will be present at this educational event but no sales will be conducted. For accommodations of persons with special needs at meetings call 212-234-7906 (TTY:711).

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pamper me



MARY KAY

Great day! I would like to invite you to:

What: **SELF FACIALS**

When: **APRIL 8, 2024 @1PM**

Where: **210 WEST 131ST STREET**

To enjoy **FREE** beauty tips, facial, make-over, and a chance to try other Mary Kay products. You can bring your friends too!



Don't miss this **GREAT OPPORTUNITY!**
See you there!

I am: _____

I am an Independent: () Beauty Consultant
() Group Leader () Team Leader
() Future Sales Director () Sales Director

Contact No.: **646-678-4451**

Central Harlem Senior Citizens' Centers Inc.



COME JOIN US FOR A BELLY DANCE LESSON



WHERE: 210 WEST 131ST STREET
WHEN: WEDNESDAY, APRIL 10, 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, 10 DE ABRIL 2024

LAS: 1PM-2PM

HABRA PEQUEÑOS REGALITOS Y MAS

PATROCINADO POR:



FINANCIADO EN PARTE POR NYC AGING

Double-click to hide white space

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.
St. Nicholas Older Adult Center



FDNY
SAFTEY SMART
PRESENTS
“Fire Safety for Older Adults”

St. Nicholas
Tuesday, April 16, 2024
210 West 131st Street
(Entrance on 7th Avenue)
@1pm

Contact Monica Warrell,
Site Director

Funded in part by the NYC Department for the Aging

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: chsc

**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 11am until 4pm
For Information, Call 6466-678-4451**



FUNDED IN PART BY NYC AGING

Central Harlem Senior Citizens' Centers, Inc.

@ St. Nicholas OAC

ATTENTION!!!



ON WEDNESDAY,

APRIL 24, 2024

THERE WILL BE A

MEMBERSHIP (TOWNHALL)

MEETING @ 1:00PM

ALL SHOULD ATTEND!!!

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

St. NICHOLAS OLDER ADULT CENTER



NYPD

PRESENTS:

TRAFFIC SAFETY FOR OLDER ADULT



WHEN: WEDNESDAY, APRIL 17, 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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

APRIL 2024 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

<u>Day /Time</u> <u>APRIL</u>	<u>Activity</u> <u>2024</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
<u>April 4th</u> <u>11:15 (I)</u>	<u>Coupon Session</u>	<u>Beatrice</u>	<u>M. Pannell</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>April 5th</u> <u>10-12 (I)</u>	<u>Cake Sale</u>	<u>Beatrice</u>	<u>Advisory Council</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>April 5th</u> <u>10-12(I)</u>	<u>Fan Food</u>	<u>Beatrice</u>	<u>Common Pantry</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>April 8th</u> <u>10:30</u>	<u>Seafood City</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY EXCURSION</u>	<u>Bronx NY</u>
<u>April 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>April 9th</u> <u>2:30pm(I)</u>	<u>Healthy Dish with the Chef</u>	<u>Beatrice</u>	<u>Head Cook</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 10th</u> <u>11:15am</u>	<u>Advisory Council Meeting</u>	<u>Beatrice</u>	<u>Members Only</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
<u>April 10th</u> <u>11:15 (I)</u>	<u>Access a Ride Presentation</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>IN PERSON</u>	<u>Blood Pressure Room</u>
<u>April 11</u> <u>11:15 (I)</u>	<u>Coupon Session</u>	<u>Beatrice</u>	<u>M. Pannell</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 12th</u> <u>10-2pm</u>	<u>WINDCREEK</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY EXCURSION</u>	<u>Bethlehem Pa.</u>
<u>April 15</u> <u>10:30-12</u>	<u>Blood Pressure Screening</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>IN PERSON</u>	<u>Pressure room</u>
<u>April 16th</u> <u>2:30(I)</u>	<u>SIP & TEA</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 17th</u> <u>1pm(I)</u>	<u>Vocal Ease</u>	<u>Beatrice</u>	<u>Vocal Ease</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 17th</u> <u>1pm</u>	<u>General Membership Meeting</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 18th</u> <u>2pm(H)</u>	<u>Movie Review</u>	<u>Beatrice</u>	<u>Ms. Kay</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 19th</u> <u>11:15(I)</u>	<u>Trivia with Alicia</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 19th</u> <u>1-2pm</u>	<u>Open Mic</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 22nd</u> <u>11:15 (I)</u>	<u>Poetry in Motion</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>April 22nd</u> <u>1pm</u>	<u>Hearing Loss Presentation</u>	<u>Beatrice</u>	<u>Columbia Presbyterian</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 23rd</u> <u>3pm (H)</u>	<u>Groove & Chew Music Review</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>HYBRID</u>	<u>Dining Room</u>
<u>April 24th</u> <u>1pm (I)</u>	<u>Birthday Celebration</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>April 24th</u> <u>11:15</u>	<u>Stress Management</u>	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

APRIL 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>April 29th</u> <u>2:30(I)</u>	<u>Blood Pressure Screening</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>IN PERSON</u>	<u>Pressure Room</u>
<u>April 29th</u> <u>11am</u>	<u>SIP & PAINT</u>	<u>Beatrice</u>	<u>Ms. Katherine</u>	<u>IN PERSON</u>	<u>ART & CRAFT ROOM</u>
<u>April 29th</u> <u>2:30</u>	<u>Nutrition Workshop</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>April 30th</u> <u>10:30</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY EXCURSION</u>	<u>BRONX, NY</u>

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>
<u>Mon</u> <u>10-3pm(I)</u>	<u>Let's Talk With Esty</u>	<u>Beatrice</u>	<u>Esty Ohell</u>	<u>IN PERSON</u>	<u>Blood Pressure Room</u>
<u>Tuesdays</u> <u>11am(I)</u>	<u>Dancercise</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>IN PERSON</u>	<u>Card / Dance Room</u>
<u>Tuesdays</u> <u>11:15- (H)</u>	<u>Body Movements</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Tuesdays(I)</u> <u>4/9- 4/23 10:30</u>	<u>Jewelry Making</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>IN PERSON</u>	<u>Arts & Craft Room</u>
<u>Wednesdays</u> <u>10:30. (I)</u>	<u>Basket Making</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>IN PERSON</u>	<u>Arts & Craft Room</u>
<u>Wednesdays</u> <u>2:30 (H)</u>	<u>Body Movements</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Thursdays</u> <u>11am (I)</u>	<u>Dancercise</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>IN PERSON</u>	<u>Card/ Dance Room</u>
<u>Thursdays</u> <u>11:15 (H)</u>	<u>Stretching with Chris</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Fridays</u> <u>11am(I)</u>	<u>Arts & Crafts</u>	<u>Beatrice</u>	<u>Ms. Black</u>	<u>765 648 3055</u>	<u>chsc</u>

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER

Eventos y Actividades Especiales- ABRIL 2024

<u>Día /Hora</u> <u>APRIL</u>	<u>Actividad</u> <u>2024</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de</u> <u>acceso/Ubicación</u>
<u>4 de Abril.</u> <u>11:15 (I)</u>	<u>Sesión de cupones</u>	<u>Beatrice</u>	<u>M. Pannell</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>5 de Abril.</u> <u>10-12 (I)</u>	<u>Venta de pasteles</u>	<u>Beatrice</u>	<u>Consejo</u> <u>Asesor</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>5 de Abril.</u> <u>10-12(I)</u>	<u>Comida para fans</u>	<u>Beatrice</u>	<u>Common</u> <u>Pantry</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>8 de abril.</u> <u>10:30</u>	<u>Ciudad de los mariscos</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EXCURSIÓN</u> <u>DE UN DÍA</u>	<u>Bronx NY</u>
<u>8 de abril.</u> <u>1pm (I)</u>	<u>Mesa redonda con Esty</u>	<u>Beatrice</u>	<u>Ms. Esty</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>9 de abril.</u> <u>2:30pm(I)</u>	<u>Plato Saludable con el</u> <u>Chef</u>	<u>Beatrice</u>	<u>Head Cook</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>10 de abril.</u> <u>11:15am</u>	<u>Reunión del Consejo</u> <u>Asesor</u>	<u>Beatrice</u>	<u>Members Only</u>	<u>EN PERSONA</u>	<u>Sala de</u> <u>Reuniones</u>
<u>10 de abril.</u> <u>11:15 (I)</u>	<u>Acceder a una</u> <u>presentación de viaje</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>EN PERSONA</u>	<u>Sala de presión</u> <u>arterial</u>
<u>11 de abril.</u> <u>11:15 (I)</u>	<u>Sesión de cupones</u>	<u>Beatrice</u>	<u>M. Pannell</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>12 de abril.</u> <u>10-2pm</u>	<u>ARROYO DEL VIENTO</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EXCURSIÓN</u> <u>DE UN DÍA</u>	<u>Bethlehem Pa.</u>
<u>15 de abril</u> <u>10:30-12</u>	<u>Examen de la presión</u> <u>arterial</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>EN PERSONA</u>	<u>Sala de presión</u>
<u>16 de abril.</u> <u>2:30(I)</u>	<u>SIPS & CANAS</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>17 de abril.</u> <u>1pm</u>	<u>Facilidad vocal</u>	<u>Beatrice</u>	<u>Vocal Ease</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>17 de abril.</u> <u>1pm</u>	<u>Asamblea General de</u> <u>Socios</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>18 de abril.</u> <u>2pm(H)</u>	<u>Crítica de la película</u>	<u>Beatrice</u>	<u>Ms. Kay</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>19 de abril.</u> <u>11:15(I)</u>	<u>Curiosidades con Alicia</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>19 de abril.</u> <u>1-2pm</u>	<u>Micrófono abierto</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>22 de abril.</u> <u>11:15 (I)</u>	<u>Poesía en movimiento</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>22 de abril.</u> <u>1pm</u>	<u>Presentación de la</u> <u>pérdida auditiva</u>	<u>Beatrice</u>	<u>Columbia</u> <u>Presbyterian</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>23 de abril.</u> <u>3pm (H)</u>	<u>Groove & Chew</u> <u>Reseña musical</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>HIBRIDO</u>	<u>Comedor</u>
<u>24 de abril.</u> <u>1pm (I)</u>	<u>Celebración de</u> <u>cumpleaños</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>24 de abril.</u> <u>11:15</u>	<u>Manejo del estrés</u>	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER

Eventos y Actividades Especiales- ABRIL 2024

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
29 de Abril. 2:30(I)	<u>Examen de la presión arterial</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>EN PERSONA</u>	<u>Sala de presión</u>
29 de Abril. . 11am	<u>SIP & PAINT</u>	<u>Beatrice</u>	<u>Ms. Katherine</u>	<u>EN PERSONA</u>	<u>SALA DE ARTE Y MANUALIDADES</u>
29 de Abril. 2:30	<u>Taller de Nutrición</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>765 648 3055</u>	<u>chsc</u>
30 de Abril. 10:30	<u>Walmart</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EXCURSIÓN DE UN DÍA</u>	<u>BRONX , NY</u>

Semanal Recurrente Eventos De lunes a viernes

<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 10-3pm(I)	<u>Hablemos Con Esty</u>	<u>Beatrice</u>	<u>Esty Ohell</u>	<u>EN PERSONA</u>	<u>Sala de presión arterial</u>
Martes 11am(I)	<u>Bailarina</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta / Salón de Baile</u>
Martes 11:15- (H).	<u>Movimientos corporales</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
Martes(I) 4/9- 4/23 10:30	<u>Jewelry Making</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y Manualidades</u>
Miércoles 10:30. (I)	<u>Basket Making</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y Manualidades</u>
Miércoles 2:30 (H)	<u>Movimientos corporales</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
Jueves 11am (I)	<u>Bailarina</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta/ Salón de Baile</u>
Jueves 11:15 (H)	<u>Estiramientos con Chris</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
Viernes 11am(I)	<u>Artes y Oficios</u>	<u>Beatrice</u>	<u>Ms. Black</u>	<u>765 648 3055</u>	<u>chsc</u>

□

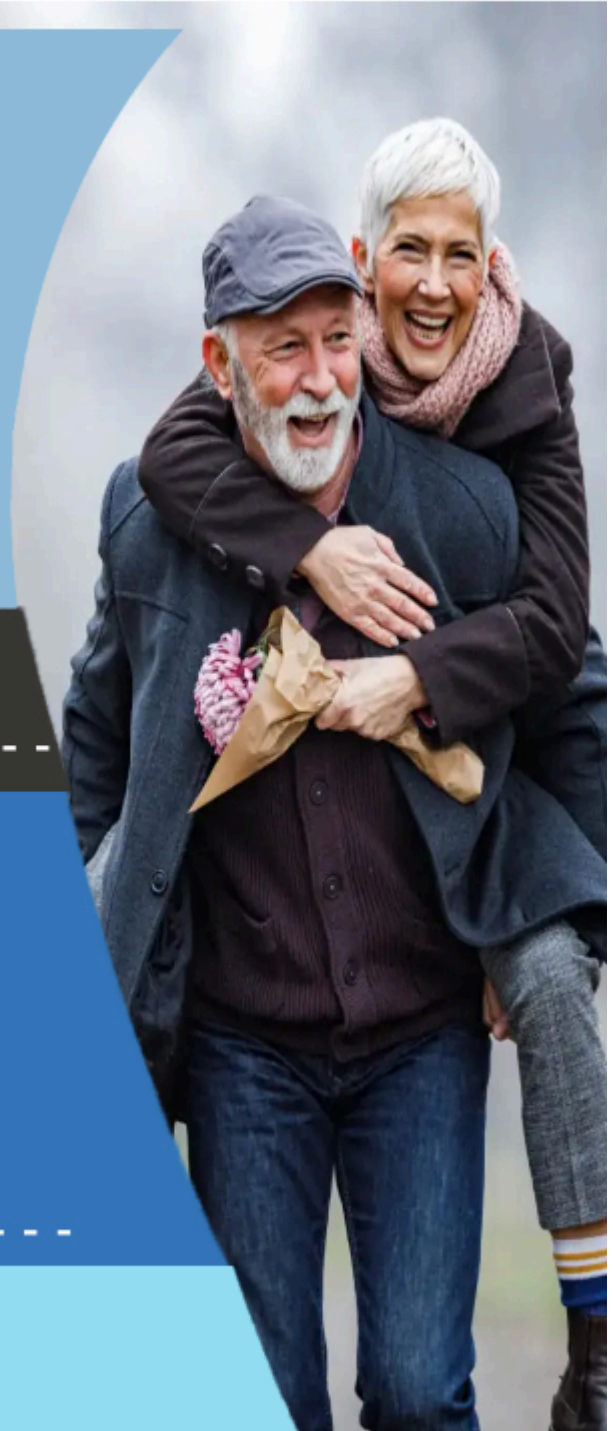
MEDICARE

101

You already know Medicare
can be confusing

...we can help answer all your questions.

Fri. April. 5th.
1PM



CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER



ACCESS - A- RIDE
Presentation
Mon. APRIL 10th.
11:15 am



" OPEN MIC"
FRIDAY APRIL 19th.
1-2PM

**CENTRAL HARLEM SENIOR
CITIZENS CENTERS PRESENTS**



COUPONING 101



JOIN US!

Come join us and learn about couponing, how to maximize savings, and more! Door Prizes will be given away each class!!



**Thursday, April 4th (1:45 - 3:30 PM)
Thursday, April 11th (1:45 - 3:45 PM)**



THE BEATRICE LEWIS CENTER
2322 Third Avenue @ 127th St.
New York, NY 10035



Call For More Information
212-289-9155

What You Will Learn:

- Basic couponing and saving
- Traveling at reduced prices
- How to get free food from restaurants
- Use receipts for cash back
- Reward programs and more!

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2024

APRIL

ACTIVITIES

MONDAYS

LETS TALK W/ ESTY- 10-3PM

TUESDAYS

DANCERCISE - 11am
BODY MOVEMENTS- 11:15
JEWELRY MAKING-10:30
April 9th. & April 29th..

WEDNESDAYS

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

THURSDAYS

DANCERCISE - 11am
STRETCHING WITH CHRIS
11:15

FRIDAYS

ARTS & CRAFTS - 11AM

FOR MORE INFORMATION VISIT US @ CHSCC.ORG

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

LIST OF HOLIDAYS 2024

DAYS CENTERS ARE CLOSED

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**